

## **CHALLENGE YOUR LIMITS, CHALLENGE POVERTY**

We will soon be 9 billion people on the planet. Our societies have to change so that everyone can eat. Currently, nearly one billion people go to bed hungry. Not because there is not enough food, but due to the great injustice of the system and because many of our ways of understanding progress use and destroy the natural resources we depend.

The system is failing. But together we can fix it. We can grow in a way that contributes more and better to human welfare. And we can join our efforts and share solutions to grow food in a more just and sustainable way.

*"When we suffered the drought some people from Intermon Oxfam came to see us. We asked for tools and good seeds to restore the garden and fencing to protect animals. Two months later we were able to expand the field of irrigation for farming. We have learned to keep some products and improve the planting and managing of the garden."*

Mariata-Ajiby Thion. 60 year old

Founding member of Women's Agricultural Cooperative of Thidè (Mauritania)

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[www.IntermonOxfam.org/GROW](http://www.IntermonOxfam.org/GROW)

### **1. WELCOME**

The most vulnerable people are worst affected by the crisis, especially the inhabitants of the developing countries, where hunger increases and each day it becomes more difficult to meet basic needs. And governments keep cutting social spending and development aid, just when they are most needed.

The countries of the Horn of Africa, between them Ethiopia, suffered last year one of the worst famines of this century.

Today, more than 15 million people in 7 countries in Western Africa run the risk of another food crisis.

We are in time to prevent the Sahel from becoming another Horn of Africa, if we aid the most vulnerable and protect the means of production. In such difficult times, we must stand alongside the people who need us most. The support of thousands of partners and donors who believe in our work and react against injustice gives us strength to keep going forward to ensure that all persons exercise their rights and enjoy a dignified life.

Therefore, Oxfam must continue working with and for the families in the South who are worst off, as we have been doing for 55 years. We work for more than three million people from 44 countries worldwide, with cooperation programs, humanitarian action, fair trade and social mobilization.

The Water Bank of Ethiopia is an example of our work, but with your participation in the Trailwalker you are supporting many more projects.

Thank you very much and enjoy Trailwalker 2013!

### **2. BEFORE STARTING.**

#### **A) IMPORTANT**

- The Trailwalker route goes through a natural environment we must preserve and conserve. Do not throw trash. Use the recycling containers located at the control points. Leave the path cleaner than you found it!
- Use the toilet located at the control points or along the way.
- Look up the opening and closing times of the checkpoints.
- The fastest expected time is 9 hours. It will not be possible to go through before the opening of the checkpoint or after closure. Walking at a pace of 4 miles per hour and stopping five minutes at each control, you can reach the checkpoints within the maximum time limit.
- Respect the parking spaces indicated on the road book. Remember that the neighbours should be able to park at their homes. Vehicles without accreditation can not access the check points.



- Follow the indications to enter and exit the check points with your assistance vehicle.

## B) RECOMMENDATIONS

- Eating and drinking frequently is often the best way to keep fit.
- Walk at the speed of the slowest walker of the team.
- Take care of your feet. It is better to stop to remove sand from your shoes, than to have to heal a blister.
- Do not count the distance from an overall of 100 km, but count instead the mileage of each stage.
- In the check points, respect the rest of others.

## C) CHECK LIST

### A) Compulsory Equipment Per Person:

- Number\*
- Identifying bracelet\*
- 4 safety pins
- Mobile phone
- Aluminium survival blanket (at least 220 x 140 cm)
- Water container or hydration system (at least 1L capacity)
- Headlamp/torch and spare batteries

### B) Compulsory Equipment Per Team:

- First aid kit
- 2 Roadbooks\*
- Sport-Ident (SI) card \*

### C) Compulsory equipment of support crew:

- 2 mobile phones
- Complete first aid kit
- 2 Roadbooks\*

### D) Recommended Equipment:

- Personal drinking glass
- Towelettes and toilet paper
- Spare training shoes
- Spare shirts, trousers and socks
- Whistle
- Breathable clothes
- Sport trousers, short or pirate leggings
- Windproof jacket
- Sun block and vaseline
- Long sleeve shirt.
- Sleeping bag.
- Swiss army knife.
- Sunglasses

\*provided by the organization

### 3. ON THE RACE/ THE ROADBOOK

#### 0) OLOT ACCREDITATIONS:

- Accreditation will take place inside the fairgrounds of Olot on Friday from 6.00pm to 12.00am on Saturday from 7.00am to 9.00am.
- Park your car in order in the areas indicated.
- The "Start" of the Trailwalker will be at 10:00 am on Saturday 20 April.
- Be ready at the starting area in time to pass control of material and avoid queues (1 h before).
- The presentation of trophies and parliaments will begin at 9.00 am.

#### - SERVICES AT OLOT:

-Supermarket -Pharmacy -Bakery -Bar -Hardware -Store -Petrol station

#### - LEAVING THE CHECKPOINT AT OLOT:

- When leaving the fairgrounds of Olot, take Madrid Street until the end.
- Drive with caution and without haste. There is enough time to reach the next check point.
- At the roundabout, continue towards Vic.
- Continue on the C-152.
- At the roundabout of Bracons tunnel, continue the left in Girona direction.

#### 1) STAGE 1 : START- FROM OLOT TO SANT FELIU DE PALLEROLS (C1)

STAGE: 17.6 km

TOTAL: 17.6 km

OVERTURE / OPENING: Saturday 11.10 am

TANCAMENT / CLOSING: Saturday 3.30 pm

SERVEIS / SERVICES: drinks, food, pharmacy, toilets.

Control input step.

#### - ENTRY CHECK POINT:

- 2A Km 1,6 – Beware, dangerous junction! After the trail stretch parallel to the fields, we Reach the old road and we cross it. Beware of other vehicles!
- 2B-Km 3.4- Beware, we take a left at the old road C-152a, now with restricted access to private land. Stretch shared with other vehicles. Stay to the right, proceed with caution.
- 2C- Km 4.5 – Coll d'en Bas. Highest point of Trailwalker, 620m above sea level. From Olot we have risen 173m.
- 2D-Km 4.9 – After a curve to the left the greenway leaves behind the road and takes the trail through the right shoulder. Beware, don't leave the C-63 road.
- C2-Sant Feliu de Pallerols Arrival checkpoint (station)
- C2- Starting check point

#### - REACHING THE CHECK POINT AT SANT FELIU DE PALLEROLS:

- When reaching Sant Feliu de Pallerols, the access to the parking space is through the road behind the station.
- In the parking spaces, traffic goes both ways.
- Follow the indications of the employees.
- If the parking at the check point area is full, use the alternative parking in the football field grounds.



- If you want to visit the town, do it on foot, driving with a vehicle is complicated here.

- *SERVICES OF INTEREST AT SANT FELIU DE PALLEROLS:*

- Groceries - Pharmacy - Bakery – Bar

- *LEAVING THE CHECK POINT AT SANT FELIU DE PALLEROLS*

- To leave C2 check point, at Sant FelIU de Pallerols, continue in C-63 in direction to Les Planes d'Hostoles, Amer and Girona.

**2) STAGE 2: FROM SANT FELIU DE PALLEROLS (C1) TO AMER (C2)**

STAGE: 13,8 km

TOTAL: 31,4 km

OPENING: Saturday 12:15 am

CLOSURE: Saturday 6:00 pm

SERVICES: drinks, food, pharmacy, toilets.

Control input step.

- *ENTRY CHECK POINT:*

- 3A Km 0.1 – Beware, when leaving the check point we turn right and leave the greenway. We follow the indications in the map through the town.
- 3B-Km 0.9 – Beware, we turn left and immediately afterwards right to take again the greenway.
- 3C Km 5.7 – Beware, dangerous junction! Cross the road of Olot. Be careful! Take a lot of care as this road is very busy. Remember you have no right of way; give way to other vehicles.
- C3 Amer Arrival check point (station)
- C3 Starting check point

- *REACHING THE CHECKPOINT AT AMER:*

- We reach Amer through road C-63 in direction to Olot.
- We turn left in the first traffic light, in direction to Sant Martí Sacalm.
- We park in an orderly way following the indications and leave the way to the fire station clear.
- The check point is located in the old railway station.
- The WCs are located in the sports hall.

- *SERVICES AT AMER:*

- Grocery store -Pharmacy -Bakery –Bar

- *LEAVING THE CHECK POINT AT AMER:*

- After leaving the check point C3, at Amer, take the C-63 direction Olot.

**3) STAGE 3: FROM AMER (C2) TO ANGLÈS (C3)**

STAGE: 7,4 km

TOTAL: 38,8 km

OPENING: Saturday 1:00 pm

CLOSURE: Saturday 8:00 pm

SERVICES: drinks, food, pharmacy, toilets.

Control input step.

- *ENTRY CHEK POINT:*

- 4A-Km 1.3- Beware, the greenway reaches the road C-63. Without leaving the road, we take the trail to the right.
- 4B-Km 1.5- We take the trail on the right idirection Girona.



- 4C-Km 3.0 – Beware, the greenway reaches the road C-63. Without crossing the road, we take the shoulder on the right. Beware of the vehicles! We follow the old road crossing the river through the bridge and going under C-63.

- 4D-Km 6.1 – Beware, crossroad! We cross the street to access La Celler de Ter.

- C4 Anglès Arrival check point (station)

- C4 Starting check point

- *REACHING THE CHECK POINT AT ANGLÈS:*

- We reach Anglès through road C-63, direction Olot.

- When reaching the roundabout, we turn right at the street before the supermarket.

- We park in an orderly way following indications.

- The check point is at the avenue, in the old railway station.

- *SERVICES AT ANGLÈS:*

-Supermarket –Pharmacy -Bakery –Bar -Hardware store -Petrol station

- *LEAVING THE CHECK POINT AT ANGLÈS:*

- After leaving the check point C3, turn behind the supermarket to the road of Osor and then turn left.

- In the roundabout, turn right for the C-63 road, direction Girona.

**4) STAGE 4: FROM ANGLÈS (C3) TO BESCANÓ (C4):**

STAGE: 10.2 km

TOTAL: 49 km

OPENING: Saturday 2:00 pm

CLOSURE: Sunday 10:30 am

SERVICES: drinks, food, toilets.

Control input step.

- *ENTRY CHECK POINT:*

- 4A-Km 1,5 - Attention, dangerous intersection! After the petrol station, cross the road from Girona. Stop before crossing and look both ways, extreme caution; cars travel very fast.

- 4B-Km 4,1 - Attention, dangerous intersection! We crossed the access road to Bonmatí.

- *REACHING THE CHECK POINT AT BESCANÓ:*

- We reach Bescanó for the N-141e in Girona direction.

- We reached the second roundabout where we make a change sense.

- Turn right down the street Sant Grau.

- The control is located in the city multipurpose room.

- *SERVICES AT BESCANÓ:*

-Supermarket –Pharmacy -Bakery –Bar -Hardware store -Petrol station

- *LEAVING THE CHECK POINT AT BESCANÓ:*

- After leaving the check point C4, in Bescanó continue down the street that has brought us to the municipal multipurpose hall, to traffic lights where you turn left towards the N-girona 141e

**5) STAGE 5: FROM BESCANÓ (C4) TO GIRONA (C5):**

STAGE: 10.2 km

TOTAL: 49 km

OPENING: Saturday 2:00 pm

CLOSURE: Sunday 10:30 am



SERVICES: drinks, food, toilets.

Control input step.

- *ENTRY CHEK POINT:*

- 5A-Km 1,4 - Left turn. After passing under a overpass, the greenway forks. We take the branch left, towards Girona (Auditorium). We left the slice right Girona-Salt.
- 5B-km 3,5 - Turning left and then right, direction Girona (Auditorium) and sporting pavilion.
- 5C-Km 4,4 -Turning left and then right, toward Girona (Auditorium) and sporting pavilion. We left right Salt laundries.
- 5D-Km 5,1 - Attention, turn right and then left in towards Girona (Auditorium) and sporting venue. We left the Salt right people.
- 5E-Km 6,2 - Continue straight through the orchards to Girona (Auditorium) and sporting pavilion. We left to the right people of Salt.

- *REACHING THE CHECK POINT AT GIRONA:*

- Trailwalker goes through Girona, from west to east. We must be prudent and very careful, because, as along the whole route, traffic is open and we have no right of way.
- We will reach Girona going through the garden area. We will leave a very quiet area and arrive suddenly to a large city.
- The check point C5, in Girona, is located in the Fontajau hall.
- When walking inside the city, we will always walk on the sidewalks and pedestrian streets.
- We will cross all roads at the crosswalks or traffic lights.
- C5 Girona Arrival check point (station)
- After crossing Salt we will go towards the north of Girona, to the Fontajau sports hall.
- We will use the parking space of the hall.
- If you want to rest you can pitch your tent in the grass area behind the Hall, at the shore of the Ter river.

- *SERVICES AT GIRONA:* At Girona, Provincial capital, we will find all services:

- Supermarket -Pharmacy -Bakery -Bar -Hardware store -Petrol station -Bar -Restaurant
- Hotel

- *LEAVING THE CHECK POINT AT GIRONA:*

1) *WALKERS:*

- We leave the hall and cross the bridge over the Ter river towards la Devesa.
- We cross la Devesa in direction of the Law Courts.
- We keep going south through the streets following the marks painted in the ground (not very visible) of the green way.
- When going through the city we will always cross through crosswalks or traffic lights.
- From km 3.3 onwards we leave the city and we follow the greenway in direction to Sant Feliu de Guixols.

2) *ASSISTANCE:*

- We leave the hall and go north, bypass la Devesa and cross Girona in south direction on the Barcelona road.
- After going through the shopping mall (Decathlon, Media Markt), we take the road C-65 direction Sant Feliu de Guixols.
- After leaving the check point C4, in Bescanó continue down the street that has brought us to the municipal multipurpose hall, to traffic lights where you turn left towards the N-girona 141e



**6) STAGE 6: FROM GIRONA (C5) TO CASSA DE LA SELVA (C6):**

STAGE: 15.3 km

TOTAL: 71.4 km

OPENING: Saturday 4:15 pm

CLOSURE: Sunday 11:00 am

SERVICES: drinks, food, toilets, pharmacy, sportive pavilion.

Control input step.

- *ENTRY CHECK POINT:*

- 6Akm 4.1-Beware, we stay on the right and go under the bridge of the road.
- 6B-Km 5.5- Beware, we turn left and after some meters we go under the bridge of the road.
- 6C-Km 7.5- We reach Quart. We cross the town following the yellow line painted in the sidewalk or on the road.
- 6D-Km 11.2 – Beware, crossroad! We cross the street which gives access to the Industrial area, beware of vehicles.
- 6E-Km 13.2 – Beware, we turn left.
- 6F-Km 13.8 – Beware, we reach the road which gives access to Cassà. Caution, we stay on the shoulder.
- 6G-Km 14,7 – Beware, crossroad! We cross the street at the crosswalk, with caution.
- C6 Cassà de la Selva Arrival check point (sports hall)
- C6 Starting check point

- *REACHING THE CHECK POINT AT CASSÀ DE LA SELVA:*

- We reach Cassà through the road C-65 direction Llagostera.
- When we reach the roundabout in the Riudellots road, we turn left and enter Cassà.
- At the next roundabout, we turn right towards to the industrial area.
- The check point is located in the municipal multipurpose hall.

- *SERVICES AT CASSÀ DE LA SELVA:*

- Supermarket –Pharmacy -Bakery –Bar –Hardware store –Petrol station

- *LEAVING THE CHECKPOINT AT CASSÀ DE LA SELVA:*

- When leaving check point C6, in Cassà, we go back the way we came, to the Riudellots roundabout.
- In the roundabout we take the C-65 road in direction Llagostera and Sant Feliu de Guixols.

**7) STAGE 7: FROM CASSÀ DE LA SELVA (C6) TO LLAGOSTERA (C7)**

STAGE: 9.6 km

TOTAL: 81 km

OPENING: Saturday 5:15 pm

CLOSURE: Sunday 2:00 pm

SERVICES: drinks, food, toilets, pharmacy, foot assistance, sport pavilion.

Control input step.

- *ENTRY CHECK POINT:*

- 7A – Km 0.6- Beware, in the roundabout we cross at the crosswalk and keep right in the Passeig del Ferrocarril.
- 7B – Km 1.0- Beware, we cross the roundabout following the yellow line on the ground and keep straight. We will go past the station, leaving it on our left hand side.



- 7C – Km 1.4 – We leave Cassà, leaving the municipal swimming pool on the left.
- 7D- Km 4.6- Beware, we turn left.
- 7E- Km 8.2-Beware, crossroad! We cross the road GI-674. Beware of other vehicles.
- 7F- Km 8.8-Beware, crossroad! We cross the road C-253. Beware of other vehicles.
- C7 Llagostera Arrival check point (station)
- C7 Starting check point

- *REACHING THE CHECK POINT AT LLAGOSTERA:*

- We arrive at Llagostera on the road C-65 in direction Sant Feliu de Guixols.
- When arriving at Llagostera, we turn right to take road C-253 direction Tossa de Mar.
- In the next roundabout, we keep straight in direction to Tossa de Mar.
- At 300 meters, we turn left towards the centre of the town, and keep straight.
- The check point is located in the multipurpose municipal hall, in the Avinguda de l'Esport.

- *SERVICES AT LLAGOSTERA:*

- Supermarket –Pharmacy -Bakery –Bar

- *LEAVING THE CHECK POINT AT LLAGOSTERA:*

- When leaving check point C7, at Llagostera, we go back to the road GIV-6744 and we take it in direction to Barcelona.
- In the roundabout we take road C-53 direction Sant Feliu de Guixols.

**8) STAGE 8: FROM LLAGOSTERA (C7) TO SANTA CRISTINA D'ARO (C8)**

STAGE: 10.1 km

TOTAL: 91.1 km

OPENING: Saturday 6:15 pm

CLOSURE: Sunday 4:00 pm

SERVICES: drinks, food, toilets.

Control input step.

- *ENTRY CHECK POINT:*

- 8A- Km 2.3- Beware, crossroad! After a steep slope we cross the road with caution. Beware of other vehicles.
- 8B- Km 3.7- Beware, crossroad! We keep on the trail on the left hand side.
- 8C-Km 7.9 –Beware, the trail stretch starts here and is shared with other vehicles.
- 8D- Km 9.4- Beware, crossroad! We keep straight and enter the urban area Of Santa Cristina d'Aro.
- C8 Cristina de Aro Arrival check point (station)
- C8 Starting check point

- *REACHING THE CHECK POINT AT SANTA CRISTINA D'ARO:*

- We arrive at Santa Cristina d'Aro on C-31 in direction Sant Feliu de Guixols.
- We leave road C-31 at exit 310 in direction Sant Feliu de Guixols sur (south).
- In the roundabout we take the third exit, in direction Santa Cristina d'Aro, on road C-210.
- In the roundabout we take the first exit on the right, in direction Castell d'Aro, on road GI-662.
- We turn on the third street (Doctor Trueta) on the left.
- We park in the parking space on the right.
- The check point is located in the old railway station.





- *SERVICES AT SANTA CRISTINA D'ARO:*

-Supermarket –Pharmacy -Bakery –Bar –Petrol station

- *LEAVING THE CHECK POINT AT SANTA CRISTINA D'ARO:*

• When leaving the check point C8, at Santa Cristina d'Aro, we go back the way we came to the roundabout on road C-31, and take road C-65 direction Sant Feliu de Guixols.

## 9) **STAGE 9: FROM SANTA CRISTINA D'ARO (C8) TO SANT FELIU DE GUIXOLS (C9)**

STAGE: 9 km

TOTAL: 100 km

OPENING: Saturday 7:00 pm

CLOSURE: Sunday 6:00 pm

SERVICES: drinks, food, pharmacy, toilets, sports pavilion, showers.

Control input step.

- *ENTRY CHECK POINT:*

• 9A – Km 0.9 – Beware, we continue on the side of the road. Caution.

• 9B- Km 5.8- Beware, crossroad! We cross the roundabout at the crosswalk, beware of other vehicles.

• 9C- Km 7.0- Beware, crossroad! We cross at the crosswalk, beware of vehicles.

• 9D- Km 7.3- Beware, crossroad! We cross at the traffic light and crosswalk, beware of vehicles.

• A Sant Feliu de Guixols Arrival check point (port)

- *SERVICES AT St. FELIU DE GUIXOLS:* Supermarket, Pharmacy, Bakery, Bar, Petrol station, Hotel

- *REACHING THE CHECK POINT AT SANT FELIU DE GUIXOLS:*

• We arrive at Sant Feliu de Guixols on the road C-31.

• When we reach the urban area, we keep at the right following the indications to arrive to city centre.

• We pass the bus station, and afterwards, the monastery.

• We reach the avenue and turn left, towards the port.

• We keep straight towards the port and the Club Nàutic (yacht club).

• The check point is located at the Tinglado (warehouse) of the port.

## 4. **INSTRUCTIONS**

### 1. **IN CASE OF WITHDRAWAL**

The withdrawal of one or more team members can only be done at a checkpoint. If you decide to withdraw, walk to the next control point (the previous one may be closed) and indicate the circumstances to the person responsible of the check point.

If a team member can not continue due to illness or accident, call the emergency number of the organization.

At least one person should stay with the injured walker, while the rest go to seek help to the nearest checkpoint. Do not forget to check the schedule of the check points, as you may find them closed. It is very important that you communicate to the organization any withdrawal. If a participant fails to communicate his withdrawal, he shall be officially excluded of the walk and will have to face the possible costs of assistance.

The organizers reserve the right to exclude a walker or a team on doctor's orders or at the direction of a competent authority.

After the withdrawal of a walker, the team may continue with three people. If two members of a team withdraw, the rest may continue with another team, taking into account that teams must have at least three people.

## 2. SAFETY REGULATIONS

- Do not run faster than necessary: the journey is long and you should save energy.
- The Trailwalker is not a competition. Remember that you have no right of way and must respect traffic regulations. At crossroads, be extremely careful.
- Keep referring to the road book so you don't get lost and always know your position; it will be useful in case of emergency or to help another team.
- If you get lost or doubt of the route, check the map and the directions of the road book.
- At night, keep the headlamp/torch always on.

## 3. MEDICAL ASSISTANCE

In case they are needed, at each control point there will be health personnel.

## 4. IN CASE OF EMERGENCY

In case of emergency during the development of Trailwalker, between 11.00 am on Saturday May 5 and 7.00 pm of Sunday May 6, call number 620278830 or 619310674. Indicate the stage you are on and the exact kilometre number.

Use the map of this roadbook to clarify your position. Remember this phone number should only be used in an emergency; for any other question, get in contact with your assistance to solve your doubts.

Check point	Location	Stage Km	Total Km	Entry check point	Position	Fountain	WC	R Rest area	Water	Fruit	Pasta / Soup	Massages	Foot care	Health assistance	Opening time	Closing time
S	Olot	0,0	0,0												10.00	10.15
			2,4													
			4,3													
			7,8													
C1	Sant Feliu de Pallerols	17,6	17,6												11.10	15.30
C2	Amer	13,8	31,4												12.15	18.00
			35,0													
C3	Anglès	7,4	38,8												13.00	20.00
C4	Bescanó	10,2	49,0												14.00	22.30
C5	Girona	7,0	56,0												14.30	04.30 d2
			63,6													
			66,2													
C6	Cassà de la Selva	15,3	71,3												16.15	11.00 d2
			72,0													
			80,7													
C7	Llagostera	9,6	80,9												17.15	14.00 d2
C8	Santa Cristina d'Aro	10,1	91,0												18.15	16.00 d2
A	Sant Feliu de Guíxols	9,0	100												19.00	18.00 d2