

ROADBOOK

GIRONA 18-19 ABRIL 2015



Seguimiento en directo:



<http://trailwalker.livetrail.net>

OXFAM INTERMON 100KM/ ONE CAUSE

THANKS

For helping us improve the access to clean water to thousands of women and their families.

YOUR KM CHANGE THEIR LIVES

18 AND 19 APRIL 2015 GIRONA GREEN WAY OLOT- S.FELIU DE GUÍXOLS

20 AND 21 JUNE 2015 MADRID VALLE LOZOYA Y SIERRA GUADARRAMA

The registrations for Madrid 2015 and Girona 2016 are open.

www.OxfamIntermon.org/Trailwalker

HELP US REACH BETTER LIFE CONDITIONS FOR THOUSANDS OF FAMILIES AROUND THE WORLD

WHAT IMPLIES HAVING CLEAN WATER?

- Improves their health and encourage them against possible illnesses. What's more, decreases the risk of malnutrition.
- Promote and improve sustainable irrigation systems, this implies the possibility to grow food and sell them in markets, etc.

- It avoids death by thirst or for illnesses derivate from water of the cattle, what gives them food and resources to sell in the market.

- With nearer access to water, women avoid exposure to threats of walking large distances and this way they are safer.
- The little girls don't have to help their mothers no more to get water, instead they are able to go to school.
- Dignity. They can wash themselves, for them this mean a huge improvement in their lives.
- Conflicts are considerably reduced. Communities don't have to fight for water access.

BUT THERE'S STILL A LOT OF WORK TO DO. WITH YOUR HELP AS PARTNER MORE PEOPLE CAN REACH DIGNITY IN THEIR LIVES.

Yes, I want to become a partner.

902 330 331

www.OxfamIntermon.org/partner

KILOMETERS CHANGING LIVES. 900 MILLION PEOPLE LIVE WITH HUNGER EVERY DAY BUT, TOGETHER, WE CAN CHANGE IT.

Thanks for collaborating with OXFAM INTERMON TRAILWALKER. Your 100km will make our goal a bit more real: ending hunger. IF YOU WALK, THEY FEED. IF THEY EAT, THEIR LIFE CHANGES!

In this challenge you will reach: Water to Mherat, Food to Mamouna, Justice to Martha, Land to José Manuel, Health to Mina, Education for the children in Zafia.

We need your help all year. Become a regular donor in www.OxfamIntermon.org

SAFETY REGULATIONS

- Do not run faster than necessary: the journey is long and you should save energy.
- Trailwalkeris not a competition. You have no preference among traffic regulations. At crossroads, be extremely careful.
- Keep the road book with you 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.

!

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

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 road book to clarify your position. Remember this phone number should only be used in case of emergency; for any other question, contact with your assistant to solve your doubts.

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.

BEFORE STARTING

ROADBOOK PAG 4-5

- The Trailwalker route goes through a natural environment,so we must preserve and conserve it. 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 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.

IN CONTROL POINTS YOU WILL NOT FIND GLASSES. DON'T FORGET YOURS 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 and 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.

CHECK LIST / COMPULSORY EQUIPMENT

PER PERSON:

- Number*
- Identifying bracelet*
- 4 safety pins
- Mobile phone
- Aluminium survival blanket (220x140 cm)
- Water container or hydration system (1L)
- Headlamp/torch and spare batteries

*provided by the organization

PER TEAM:

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

SUPPORT CREW:

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

RECOMMENDED EQUIPMENT:

- Personal drinking glass
- Towelettes and toilet paper
- Spare training shoes, shirts, trousers, 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

ACCREDITATIONS (OLOT):

- Accreditation will take place inside the fairgrounds of Olot on Friday from 6.00pm to 12.00am and 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.
- LEAVING 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 to the left in Girona direction.

START- FROM OLOT TO SANT FELIU DE PALLEROLS (C1) STAGE: 17,6 km

ROADBOOK PAG 6-7

OPENING: Saturday 11.10 am; CLOSING: Saturday 3.30 pm

1A, 1B, 1C, 1D, 1E, 1F Beware, dangerous junction! Beware of other vehicles! Stay to the right, proceed with caution.

1G To the left, road C152a . Beware of other vehicles! Stay to the right, proceed with caution.

1H Coll d'en Bas. Highest point of Trailwalker, 620m above sea level. From Olot we have risen 173m.

1I 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.

C1-Sant Feliu de Pallerols Arrival checkpoint (station)

- 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 by foot, driving a vehicle is complicated here.
- To leave C2 check point, at Sant Feliu de Pallerols, continue in C-63 in direction to Les Planes d'Hostoles, Amer and Girona.

FROM SANT FELIU DE PALLEROLS (C1) TO AMER (C2) STAGE: 13,8 km TOTAL: 31,4 km

ROADBOOK PAG 8-9

OPENING: Saturday 12:15 am; CLOSURE: Saturday 6:00 pm

2A 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.

2B-Km 0.9 – Beware, we turn left and immediately afterwards right to take again the greenway.

2C – You will find a place to meet your support crew (without control or organization personal)

2D 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 preference of way; give way to other vehicles.

C3 Amer Arrival check point (station)

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

FROM AMER TO ANGLÈS (C3) STAGE: 7,4 km TOTAL: 38,8 km

ROADBOOK PAG 10-11

OPENING: Saturday 1:00 pm; CLOSURE: Saturday 8:00 pm

3A-Km 1.3- Beware, the greenway reaches the road C-63. Without leaving the road, we take the trail to the right.

3B-Km 1.5- We take the trail on the right idirection Girona.

3C-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.

3D-Km 6.1 – Beware, crossroad! We cross the street to access La Celler de Ter.

C3 Anglès Arrival check point (station)

- 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.

- 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.

FROM ANGLÈS TO GIRONA (C4): STAGE: 17.2 km TOTAL: 56 km

ROADBOOK PAG 12-13

OPENING: Saturday 4:00 pm; CLOSURE: Sunday 04:30 am

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

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

4C Bescanó. Optional control point without organization personal of the organization. Closure: 22:30h.

You will find a place to meet your support crew (without control or organization personal) in Bescanó

4D-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.

4E - Turning left and then right, direction Girona (Auditorium) and sporting pavilion.

4F -Turning left and then right, toward Girona (Auditorium) and sporting pavilion. We left right Salt laudries.

4G - Attention, turn right and then left in towards Girona (Auditorium) and sporting venue. We left the Salt right people.

4H - 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: 4C-BESCANÓ**

• 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 C4, in Girona, is located in the Palau Firal.

• 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.

ENTRY CONTROL POINT GIRONA C4

GIRONA

-After passing through Salt we continue towards north of Girona, to Palau Firal.

-Here we will use the parking Passeig de la Devesa.

LEAVING FROM GIRONA

ROADBOOK PAG 14-15

• We leave the hall and cross la Devesa through Passig del Ter.

• We cross Berenguer Carnisser Street, Passeig José Canalejas, Independència Square, Santa Clara Street, Sant Francesc Avenue, Catalunya Square, Passeig General Mendoza (always close to the river), Ultònia street, Ruatlla street, Tomas de Lorenzana street and, before the bridge, right to Font del Rei street; de la Creu street, Emili Grahit street (close to the river)

• 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.

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.

FROM GIRONA TO CASSA DE LA SELVA (C5): STAGE: 15.3 km TOTAL: 71.4 km

ROADBOOK PAG 16-17

OPENING: Saturday 4:15 pm; CLOSURE: Sunday 11:00 am

5A Km 4.0-Beware, we stay on the right and go under the bridge of the road.

5B-Km 5.4- Beware, we turn left and after some meters we go under the bridge of the road.

5C-Km 7.4- We reach Quart. We cross the town following the yellow line painted in the sidewalk or on the road.

5D-Km 11.1 – Beware, crossroad! We cross the street which gives access to the Industrial area, beware of vehicles.

5E-Km 13.1 – Beware, we turn left.

5F-Km 13.7 – Beware, we reach the road which gives access to Cassà. Caution, we stay on the shoulder.

5G-Km 14,6 – Beware, crossroad! We cross the street at the crosswalk, with caution.

- **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 the industrial area.

• The check point is located in the municipal multipurpose hall.

- **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.

FROM CASSÀ DE LA SELVA TO LLAGOSTERA (C6) STAGE: 9.6 km TOTAL: 81 km

ROADBOOK PAG 18-19

OPENING: Saturday 5:15 pm; CLOSURE: Sunday 2:00 pm

6A – Km 0.6- Beware, in the roundabout we cross at the crosswalk and keep right in the Passeig del Ferrocarril.

6B – 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.

6C – Km 1.4 – We leave Cassà, leaving the municipal swimming pool on the left.

6D- Km 4.6- Beware, we turn left.

6E- Km 8.2-Beware, crossroad! We cross the road GI-674. Beware of other vehicles.

6F- Km 8.8-Beware, crossroad! We cross the road C-253. Beware of other vehicles.

- **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.

- **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.

FROM LLAGOSTERA TO SANTA CRISTINA D'ARO (C7) STAGE: 10.1 km TOTAL: 91.1 km ROADBOOK PAG 20-21

OPENING: Saturday 6:15 pm; CLOSURE: Sunday 4:00 pm

7A- Km 2.3- Beware, crossroad! After a steep slope we cross the road with caution. Beware of other vehicles.

7B- Km 3.7- Beware, crossroad! We keep on the trail on the left hand side.

7C- Km 7.9 – Beware, the trail stretch starts here and is shared with other vehicles.

7D- Km 9.4- Beware, crossroad! We turn right and continue straight inside the forest till we reach the sports centre..

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

• We arrive at Santa Cristina d'Aro on C-250 street.

• We park on the left, in the sports centre area.

LEAVING THE CHECK POINT

-When leaving the check point C7, in Santa Cristina d'Aro, we continue C-250 till the roundabout of the C-31 and we continue towards C-65 to Sant Feliu de Guixols.

• STA CRISTINA D'ARO TO SANT FELIU DE GUIXOLS (C8) STAGE: 9 km TOTAL: 100 km ROADBOOK PAG 22-23

OPENING: Saturday 7:00 pm; CLOSURE: Sunday 6:00 pm

- **ENTRY CHECK POINT:**

8A – Km 0.9 – Beware, we continue on the side of the road. Caution.

8B- Km 5.8- Beware, crossroad! We cross the roundabout at the crosswalk, beware of other vehicles.

8C- Km 7.0- Beware, crossroad! We cross at the crosswalk, beware of vehicles.

8D- Km 7.3- Beware, crossroad! We cross at the traffic light and crosswalk, beware of vehicles.

- **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 Passeig Marítim

| Check point | Location | Stage Km | Total Km | Entry check point | Fountain | WC | R Rest area | Water | Fruit | Pasta / Soup | Massages | Foot care | Health assistance | Opening time | Closing time |
|-------------|-------------------------|----------|----------|-------------------|----------|----|-------------|-------|-------|--------------|----------|-----------|-------------------|--------------|--------------|
| S | Olot | 0,0 | 0,0 | 📍 | | WC | | 🍷 | 🍏 | | | | + | 10.00 | 10.05 |
| | | | 2,4 | | ⌊ | | | | | | | | | | |
| | | | 4,3 | | | WC | | | | | | | | | |
| | | | 7,8 | | ⌊ | WC | | | | | | | | | |
| C1 | Sant Feliu de Pallerols | 17,6 | 17,6 | 📍 | ⌊ | WC | | 🍷 | 🍏 | | | | + | 11.10 | 15.30 |
| | | | 5,7 | | ⌊ | WC | | | | | | | | | |
| C2 | Amer | 13,8 | 31,4 | 📍 | ⌊ | WC | | 🍷 | 🍏 | | | | + | 12.15 | 18.00 |
| | | | 3,6 | | ⌊ | WC | | | | | | | | | |
| C3 | Anglès | 7,4 | 38,8 | 📍 | ⌊ | WC | | 🍷 | 🍏 | | | | + | 13.00 | 20.00 |
| | | | 10,9 | | | WC | | | | | | | | | |
| C4 | Girona | 17,2 | 56,0 | 📍 | | WC | 🏠 | 🍷 | 🍏 | 🍲 | 🚿 | 👤 | + | 14.30 | 04.30 d2 |
| | | | 63,6 | | ⌊ | WC | | | | | | | | | |
| | | | 66,2 | | ⌊ | WC | | | | | | | | | |
| C5 | Cassà de la Selva | 15,3 | 71,3 | 📍 | | WC | 🏠 | 🍷 | 🍏 | 🍲 | | | + | 16.15 | 11.00 d2 |
| | | | 72,0 | | ⌊ | WC | | | | | | | | | |
| | | | 80,7 | | ⌊ | | | | | | | | | | |
| C6 | Llagostera | 9,6 | 80,9 | 📍 | | WC | 🏠 | 🍷 | 🍏 | 🍲 | | 👤 | + | 17.15 | 14.00 d2 |
| C7 | Santa Cristina d'Aro | 10,1 | 91,0 | 📍 | | WC | | 🍷 | 🍏 | 🍲 | | | | 18.15 | 16.00 d2 |
| A | Sant Feliu de Guixols | 9,0 | 100,0 | 📍 | | WC | 🏠 | 🍷 | 🍏 | | | | + | 19.00 | 18.00 d2 |