

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

CIVILITY. RESPECT SOME RULES

Year after Oxfam Intermon Trailwalker moves more than 3,000 people with a common goal, for a same route and time slot. So, we must respect some rules:

- Respect traffic rules
- Pay attention to the instructions given by by volunteers
- Rubish should be collected
- Be specially careful when you cross streets and roads. Participants have no preference

Support team

- Support vehicles have NO preference
- Unregistered vehicles will not be able to access to the reserved car parks
- Park only in reserved areas. You can not park at the roadsides
- Carry little weight. Some onrol points are far away of the parking area
- Occupy the least space in the control point: we are many teams and all have the right to rest with comfort

SAFETY REGULATIONS

- Do not run faster than necessary: the journey is long and you should save energy.
- Trailwalker isn't 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 SUPPORT TEAM 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 10.00 am on Saturday and 6.00 pm of Sunday, call number 679131067 or 682413480. 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.

IMPORTANT ISSUES

- 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!
- All walkers on a team must walk and get to the controls together.
- Use the toilets located at the points
- 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 SUPPORT TEAM vehicle.

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 SUPPORT TEAM. 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.

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.

BEFORE STARTING

ROADBOOK PAG 6-7

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

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.

*provided by the organization

ACCREDITATIONS (OLOT):

- Accreditation will take place inside the fairgrounds of Olot on Friday from 6.00 pm to 12.00 am.
- Park your car in order in the areas indicated.
- The "Start" of the Trailwalker will be at 10:00 am on Saturday 16 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 8-9

OPENING: Saturday 11.10 am; **CLOSURE:** Saturday 2.00 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.
- **1L** 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.

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 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 S.FELIU PALLEROLS (C1) LES PLANES (C2) 5,7 km

ROADBOOK PAG 10-11

OPENING: Saturday 11:30 am; **CLOSURE:** Saturday 15:15 pm

We found the check point in the sporting pavilion of Les Planes d'Hostoles.

REACHING THE CHECK POINT AT LES PLANES D' HOSTOLES:

- We reach Les Planes d'Hostoles through road C-63, direction Girona.
- We park in an orderly way following indications.
- The check point is located in the sporting pavillion.
- The WCs are located in the sports hall.

LEAVING THE CHECKPOINT AT LES PLANES D' HOSTOLES:

- After leaving the check point C2, at Les Planes d'Hostoles, take the C-63 direction Girona.

FROM LES PLANES (C2) TO AMER (C3) STAGE: 8,1 km

ROADBOOK PAG 12-13

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

3A - Km 0.0 – 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.

REACHING THE CHECK POINT AT AMER:

- We reach Amer through road C-63 in direction to Girona.
- 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.

LEAVING THE CHECKPOINT AT LES PLANES D' HOSTOLES:

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

FROM AMER TO ANGLÈS (C4) STAGE: 7,5 km

ROADBOOK PAG 14-15

OPENING: Saturday 1:00 pm; **CLOSURE:** Saturday 7:00 pm

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 direction 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 Cellera de Ter.

4E – Km 7.4 – We pass the police station, turn left across the road at the crosswalk.

REACHING THE CHECK POINT AT ANGLÈS:

- We reach Anglès through road C-63, direction Girona.
- When reaching the roundabout Sant Julià de Llor, we turn left across the road.
- At 30 meters we turn right and we enter the parking.
- We park in an orderly way following the indications.
- The check point is located at the entrance of Vapor de la Burés (200 meters)

- After leaving the check point C4, turn left until C-63 and we turn left.

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

FROM ANGLÈS TO GIRONA (C5): STAGE: 17.1 km

ROADBOOK PAG 16-17

OPENING: Saturday 2:30 pm; **CLOSURE:** Sunday 1:00 am

5A – Km 1.75 – We left the check point following the way and the river.

5B – Km 4 - Attention, dangerous intersection! We crossed the access road to Bonmatí.

5C – Km 11,5 – Turn left. We pass under an overpass, the greenway is bifurcated. We take the road left, direction Girona.

5D – Km 13.6 – Turning left and then right, direction Girona (Auditorium) and sporting pavilion.

5E – Km 14,5 - Turning left and then right, toward Girona (Auditorium) and sporting pavilion. We left right Salt laundries.

5F – Km 15,2 - Turning left and then right, toward Girona (Auditorium) and sporting pavilion. We left right the Salt right people.

5G – Km 16.3 - Attention, turn right and then left in towards Girona (Auditorium) and sporting venue. We left the Salt right people.

Continue straight through the orchards to Girona (Auditorium) and sporting pavilion. We left to the right people of Salt.

- 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 18-19

- 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.

SUPPORT TEAM:

- 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 (C6): STAGE: 15.3 km
ROADBOOK PAG 20-21
OPENING: Saturday 4:00 pm; **CLOSURE:** Sunday 9:00 am

- 6A - Km 4.0 - Beware, we stay on the right and go under the bridge of the road.
- 6B - Km 5.4 - Beware, we turn left and after some meters we go under the bridge of the road.
- 6C - Km 7.4 - We reach Quart. We cross the town following the yellow line painted in the sidewalk or on the road.
- 6D - Km 11.1 - Beware, crossroad! We cross the street which gives access to the Industrial area, beware of vehicles.
- 6E - Km 13.1 - Beware, we turn left.
- 6F - Km 13.7 - Beware, we reach the road which gives access to Cassà. Caution, we stay on the shoulder.
- 6G - 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 to 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 round about.
- In the roundabout we take the C-65 road in direction Llagostera and Sant Feliu de Guixols.

FROM CASSÀ TO LLAGOSTERA (C7) STAGE: 9.6 km
ROADBOOK PAG 22-23
OPENING: Saturday 5:15 pm; **CLOSURE:** Sunday 2:00 pm

- 7A - Km 0.6- Beware, in the roundabout we cross at the crosswalk and keep right in the Passeig del Ferrocari.
- 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.

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 (C8) STAGE: 9,7 km

ROADBOOK PAG 24-25

OPENING: Saturday 6:00 pm; **CLOSURE:** Sunday 5:00 pm

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 turn us 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 C8, 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 Guíxols.

STA CRISTINA TO SANT FELIU DE GUIXOLS (C9) STAGE: 9,4 km

ROADBOOK PAG 26-27

OPENING: Saturday 6:45 pm; **CLOSURE:** Sunday 6:00 pm

ENTRY CHECK POINT:

- 9A - Km 0.0 - Beware, we continue on the side of the road. Caution.
- 9B - Km 1.9 - Beware, crossroad! We cross the roundabout at the crosswalk, beware of other vehicles.
- 9C - Km 6.8 - Beware, crossroad! We cross at the crosswalk, beware of vehicles.
- 9D - Km 8.0 - Beware, crossroad! We cross at the traffic light and crosswalk, beware of vehicles.
- 9E - Km 8.3 - Beware, crossroad! We cross at the traffic light and crosswalk, beware of vehicles.
- 9F - Km 8.3 - Beware! We turn left and leave the vía verde (greenway Spanish).

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.

SERVEIS / SERVICIOS

Punt de control / Punto de control	Localització / Localización	Km etapa / Km etapa	Km total / Km total	Control	Font / Fuente	WC	Àrea de descans / Área de descanso	Aigua / Agua	Fruita / Fruta	Pasta / Caldo / Pasta / Caldo	Fisios / Fisios	Cura dels peus / Cuidado de pies	Assist. sanitària / Asist. sanitaria	Hora d'obertura / Hora de apertura	Hora de tancament / Hora de cierre
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	14.00
C2	Les Planes d'Hostoles	5,7	23,3	☉	📄	WC								11.30	15.15
C3	Amer	8,1	31,4	☉	📄	WC		☑	🍏				+	12.15	17.00
			3,6	34,0		📄	WC								
C4	Anglès	7,5	38,9	☉	📄	WC		☑	🍏				+	13.00	19.00
C5	Girona	17,1	56,0	☉		WC	🏠	☑	🍏	☑	🏠	🏠	+	14.30	01.00 d2
			63,6		📄	WC									
			66,2		📄	WC									
C6	Cassà de la Selva	15,3	71,3	☉		WC	🏠	☑	🍏	☑			+	16.00	09.00 d2
			72,0		📄	WC									
			80,7		📄										
C7	Llagostera	9,6	80,9	☉		WC	🏠	☑	🍏	☑		🏠	+	17.00	12.00 d2
C8	Santa Cristina d'Aro	9,7	90,6	☉	📄	WC		☑	🍏	☑				18.00	17.00 d2
A	Sant Feliu de Guíxols	9,4	100	☉		WC	🏠	☑	🍏				+	18.45	18.00 d2

T. EMERGÈNCIA / T. EMERGENCIA: 679 131 067 / 682 413 480

Base cartogràfica propietat de l'ICC

PATROCINADOR PRINCIPAL



SALUD Y SEGUROS MÉDICOS

EMPRESAS COL·LABORADORES

YOSOY


ANETO
 100% NATURAL

DiR
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Col·legi Oficial de Podiatres de Catalunya



Institut de Ciències de l'Esport

EMPRESA PATROCINADORA


CUATRECASAS

PATROCINADORS INSTITUCIONALS



Diputació de Girona


 Costa Brava
 Pirineu de Girona

FIRA de GIRONA
 Constructing Future. Thriving on Future


Ajuntament de Girona

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