

Trail Cat 300 Briefing — English

<https://youtu.be/-CNpfJHcAms>

Race schedule review

Please refer to the **Runner's Guide**.

Download the **Sportity app** for the information you need.

Code: TRAILCAT

[Download Sportity](#)

The organizers will not upload the route to Wikiloc or any other platform. Any versions you may find elsewhere are not official.

Recommended website for viewing the route

www.gpx.studio

Free to use, with different map layers and satellite imagery.

Recommended smartphone app

Organic Maps — the app we used to navigate the entire track.

organicmaps.app

Free and works offline. Useful for runners and support crews to see the route to and from assistance points.

Tracking app

LiveTrail

web.livetrail.net/en

Follow runners, check their estimated arrival times at points along the route, and help support crews navigate to assistance points.

Roadbook review: key points

- **0–23 km:** Start in Andorra; climb more than 1,600 m of elevation gain through the Madriu Valley.
- **23–26 km:** Caution: technical alpine section. Follow the pre-start briefing instructions and bring suitable warm clothing for the forecast conditions.
- **30–61 km:** Mostly easy terrain, flat or downhill. Keep your pace in check, as this section can use up a lot of energy.
- **70–82 km:** Demanding climb to Base Camp 1.
- **82 km:** Base Camp 1 — **La Molina.**
- **82–128 km:** Possibly the toughest part of the route. The trail crosses mid-mountain terrain, spending much of this section above 2,000 m. Plan your clothing carefully for this night section; temperatures may approach 0°C. This is a key part of the course. Near Coll de la Cruenta, watch the track carefully. There are livestock fences, which are not electrified.
- **157 km:** Pass through Olot, a city with all the services you may need.
- **158–174 km:** Demanding volcanic terrain with moderately difficult navigation.
- **174 km:** Light Assistance 1 — water, a mat for one hour of rest, and freeze-dried food.
- **179–182 km:** Very steep climb to the Ermita de la Salut.
- **190–198 km:** You'll pass through numerous livestock gates. Open and close the appropriate gates.
- **200 km:** Light Assistance 2 — water, a mat for one hour of rest, and freeze-dried food.
- **205–247 km:** Moderately difficult navigation and demanding terrain, including the climb up and descent from Matagalls.
- **247.5 km:** Base Camp 2 — **El Brull.**
- **From 247.5 km onward:** The route is similar to the Matagalls–Montserrat trail, with some variations.
- **277 km:** Light Assistance 3 — water, a mat for one hour of rest, and freeze-dried food.
- **299–324 km:** Not highly technical, but navigation is challenging, especially at night.
- **325 km:** Demanding climb to Montserrat, followed by a

technical trail to waypoint Can Massana.

- **340–354 km:** Mostly wide tracks with straightforward navigation.
- **354 km:** Base Camp 3 — **Nasser Camp**. This is the entrance gate; we'll mark the walking route to the assistance point.
- **360–367 km:** Pay attention at several important junctions.
- **368 km:** Pass through Igualada, a large city with all services.
- **381–385 km:** Demanding climb at Coll Orpí, followed by a section where you'll need to watch your navigation.
- **391 km:** La Llacuna village. If you arrive during the day, stop at the waypoint area. There's a bar, restaurant, and supermarket where you can refuel before a stretch of more than 50 km with limited access to towns and services.
- **403 km:** Water source. Refill, as there is no water source for approximately 15 km.
- **415 km:** Water source. Refill for the next section.
- **431 km:** Rodonyà village. Services are limited; refill for the section to km 450.
- **455 km to the finish:** The route passes through residential areas, but at night there are no services or water.

Base Camp

Please politely ask the staff for anything you need, and they'll do their best to help.

Medical assistance and a physiotherapist are available for serious muscle problems. There is no recovery massage service, although you may bring your own physiotherapist. Medical staff at the life bases can help with injuries, but treatment decisions will be coordinated with the PCO. Medical problems requiring hospital care will be referred to a hospital.

Managing ailments caused by fatigue, chafing, or other issues common in an ultra-endurance event is your responsibility. Bring supplies to treat chafing.

Respect the rest and sleeping areas at the life bases and follow the organizers' staff instructions.

At km 174, 200, and 277, you'll find a neutral assistance area (a tent)

with water, a hot-water heater, a container, and one serving of freeze-dried pasta per participant. **Take no more than one serving so there is enough for everyone.** These tents are self-service and allow you to rest for one hour. When the next participant arrives, give up your space if your hour is over, or share the space considerately.

PCO — Coordination Centre

The PCO is the emergency coordination centre. It is not a general information or race-organizer hotline. **Do not call unless there is an emergency.**

You'll receive the phone number when you collect your race bib. The PCO will contact you on Saturday, October 10, to confirm the number you'll carry during the race.

Withdrawals

You may withdraw only at a base Camp . If you withdraw for medical reasons, the PCO will coordinate the logistics. If you withdraw because of physical or mental exhaustion, you may withdraw only at a life base or—**only if you have external assistance**—at an external assistance point. Always notify the PCO of your withdrawal, and hand in your GPS tracker at the nearest life base.

Support crews

If you're travelling in a camper or motorhome, follow local regulations. Some areas have designated parking; in other places, whether overnight parking is allowed may depend on the time or visibility. The organizers are not responsible for fines incurred for overnight parking in prohibited areas, towns, or natural spaces.

Refer to the roadbook PDF for permitted assistance areas. Simply being present in a prohibited assistance area may result in penalties for the runner.

Pacers

Only registered pacers may run sections of the course with participants. You can still register your pacers. Runners may be penalized if they run with unregistered companions.

From now until October 10, all questions must be sent by email only to:

therace@trail.cat