

TRAIL CAT THE RACE ROADBOOK					
name	PK	WP	Assistance Allowed	Description	
Start- Sortida	0	Yes	Yes	peatonal - pedestrian area	https://maps.app.goo.gl/XVwWzqFLxkWNp7
Fornverd	8	Yes			
Refugi Illa	15	Yes		Mountain Shelter- Refugi Muntanya Guardat	
Cabana dels Esparvers	19	Yes			
Portella Blanca- Triple Frontera	23	Yes		Punt triple frontera - triple border AND-FRA-CAT Atencion a los primeros mts de descenso pasado el collado / pay attention to first descent mts	
Port Envalira	28,3	Yes	Yes	2.400 mts road access acceso carretera	https://maps.app.goo.gl/F5hC-DicIPqqj-hts9
Costa Rodona	29,5	Yes			
Pas de la Casa Travessa del Pas	30,2	Yes	Yes	ASSISTANCE LUGH / Water and Fruits	https://maps.app.goo.gl/DwaQYm-rVM-uTco215
Mines Pymorents	35	Yes			
Col Pymorents	39	Yes	Yes	No services	https://maps.app.goo.gl/GzTC-smSHW-ibaa5v7
Pymorents Vilage	40,8	Yes	Yes	Small Vilage Bar- Restaurant (no night time) from here several livestock electric fences / varias vallas electricas de ganado	https://maps.app.goo.gl/cqjNNWd-EwNLIWoa6
Porta	43,7	Yes			
La Tour de Carol - Estació	55,7	Yes	Yes	Train Station-Parking estacion-Bar	https://maps.app.goo.gl/v83x4JkLc0RC-G4HA
Puigcerdà	61,3	Yes	Yes	Shops, Prohibit dormir en camper / Forbiden sleep in camper van	https://maps.app.goo.gl/FUjVRQF7ugaaE-A
Queilans	63,8	Yes			
Alp	69,6	Yes	Yes	Shops, Prohibit dormir en camper / Forbiden camper sleep in camper van	https://maps.app.goo.gl/85mAbhfwg9BaCk17
La Masella	74,9	Yes	Yes		https://maps.app.goo.gl/qSLQyIPms4PhkvZA
Tossal de la Pia	77,6	Yes			
lla de la Molina	81,2	Yes			
LA MOLINA / Base Camp 1	82,2	Yes	Yes	Food-Drink - Sleep / ASSISTANCE BAG	https://maps.app.goo.gl/ug1TVGgGddwa3a8
Coll de la Creueta	90	Yes	Yes	Encadenat cotes 2000 mts/ several 2000 mts, NAVIGATION	https://maps.app.goo.gl/WovHj1tYKQM-Ti5N6
Pleta Roja	92	Yes		Encadenat cotes 2000 mts/ several 2000 mts, NAVIGATION	
				Livestock fences no electric / vallas de ganado no electricas	
Cim Pla dels Pujals	99	Yes		Encadenat cotes 2000 mts/ several 2000 mts, NAVIGATION	
Campelles	105,5	Yes		potential wind-cold / Frio-Viento	
				Small Vilage, No Services	
Bar Cusi-Ribes Freser	109,8	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/PF55HwMmpMCwqG9
Tagà	116,5	Yes		Bar Gusí open 7AM-8PM + ribes freser vilage - pueblo	
Sant Martí Ogassa	118,7	Yes		2040 mts - Mid Mountain potential wind-cold / Frio-Viento	
Ogassa	122,6	Yes			
Sant Joan de les Abadeses	128,7	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/5emQslewG3arAjy6
Sant Pau de Segúries	136,3	Yes	Yes	Area Camper - Parkin Caravanas OK Sleeping	https://maps.app.goo.gl/CqkRjhM9ndK3vBsa6
Pas dels Traginers	144	Yes		water Source- Road Crossing (Shops-restaurants-hostel)	
Hostalnou de Bianya	150	Yes	Yes		https://maps.app.goo.gl/po7Rug8Bdqqaa47
Olot Plaça	157	Yes	yes	Restaurants - Shops - Pharmacie-Hotels	https://maps.app.goo.gl/DpmaapB8bChd2039
Olot Fleca-Cafè	158	Yes	yes	Coffee-Bakery	https://maps.app.goo.gl/MGhDWr-cvWH88629
Hotelriu Fluvia	153	NO	yes	Hotel 200 mts out off track 200 fuera track	https://www.riufuvia.es
Pensió els Ossos	155,5	Yes	yes	NO special price , sin descuento especial	https://maps.app.goo.gl/pN8QdbG9V4dQLuK7
Volcans 1	164,1	Yes		Hostel els Ossos	
Volcans 2	167,6	Yes		secondary road crossroad	
Sant Cristòfol Cogolts	173,2	Yes			
Mount to Coast / La Vila Nature Experience	174,2	Yes	Yes	ASSISTANCE LUGH Power Nap 2h / Water and Energetic Box	https://maps.app.goo.gl/MRy6hrWmCrU77xvF9
Via Verda Olot-Girona	176,2	Yes		Acceso Via Verde hasta pueblo/ acces to bike lane until vilage	
Sant Feliu Pallerols	179,2	Yes	yes	Hostel, Shops, Restaurants	https://maps.app.goo.gl/uT5gNN6MShg9Pma6
Font La Salut- Cruïlla Carretera	180	yes		water Source- Road Crossing (Atencion)	
Ermita de la Salut	181,2	yes	yes	Font-Source (Bar-Restaurant closed/cerrado)	https://maps.app.goo.gl/vYhbSjDIduCl45dBA
Rupit	183	yes		Rupit Small Vilage Shops-hosting-bakery	
Parking Rupit	188,5	NO	Yes	Rupit Small Vilage Shops-hosting-bakery	https://maps.app.goo.gl/avAgH8s3d86vV599
Filat Rupit	190,5	Yes		Livestock Fences / Filats Vallas / Ganaderia	
Porta Ganado Rajots	192	Yes		Livestock Fences / Filats Vallas / Ganaderia	
Puig Cortils	192,9	Yes		Paso para saltar valia / pass to jump the fence	
Masia Avenç	194,7	Yes		Livestock Fences / Filats Vallas / Ganaderia	
Tavertet (Sin servicios)	197,8	Yes		Close the door - Cerrar la puerta	
Masia la Riba / Area Camper	200,6	Yes	Yes	Small Vilage no services. Water Source	https://maps.app.goo.gl/9gmwVeQ7p5ohqgB6
Pantà de Sau	202,6	Yes		ASSISTANCE LUGH Power Nap 2h / Water and Energetic Box	
Sau Poble	208	Yes	Yes	Area Camper (plazas limitas) https://bosclariba.cat/ - contactar	
El Munt	210	Yes		Small Vilage, No Services	https://maps.app.goo.gl/AtvqTupR-MC-z7Ez-z
Sant Llorenç del Munt	212,4	Yes			
Sant Julià Vitoria	216,5	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/jiujYF2huB-1eqH728
Santuari Puig de l'Àguila	222,5	Yes	Yes	Carretera acceso estrecha / narrow acces road	https://maps.app.goo.gl/c2Wb4YpcNtD-cfEVe
Coll de la Mansa	224,8	Yes			
San Miquel Espinella	228,6	Yes			
Coli Aligues	235	Yes			
Matagalls	238	Yes			
Pu dels Cincous	242	Yes			
EL BRULL / Base Camp 2	247,5	Yes	Yes	Food, Shower- Sleep / ASSISTANCE BAG	https://maps.app.goo.gl/oaPulhCy6h4cy6Jn8
Aiguafreda	258	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/SFLcPhkxss53L727
Sant Pere del Berti	263	Yes			
Sant Miquel del Fai	272	Yes	Yes		https://maps.app.goo.gl/twQ1XT1XkU4wPpAa
El Perer	275	Yes		Pay attention cross paths / cruce o camino sendero complicado	
Cim d'Aligues	277	Yes	Yes	ASSISTANCE LUGH Power Nap 2h / Water and Energetic Box	https://maps.app.goo.gl/SiSp2BMu6R6t41fE9
Sant Feliu de Codines	279	Yes		water Source- Road Crossing (Shops-restaurants-hostel)	
Sant Llorenç Savall	291,1	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/Uw6ALN25f9K7Y946
Montcau	298	Yes			
Coli Estenalles	299,2	Yes		water Source- Road Crossing	
Relinars	312	Yes	Yes		https://maps.app.goo.gl/31ahqKMSBPhuQ2a6
Monistrol 1	324	Yes	Yes	water Source- Road Crossing (Shops-restaurants-hostel)	https://maps.app.goo.gl/rjJSozT2Gu4Qub9u99
Monistrol 2	324,7	Yes		water Source- Road Crossing (Shops-restaurants-hostel)	
Monistrol 3	325,1	Yes		water Source- Road Crossing (Shops-restaurants-hostel)	
Montserrat	328,8	Yes	Yes *	Shop-Restaurant / payment parking- Parking de pagó * Car is not arriving at assistance / el coche no llega al punto asistencia	https://maps.app.goo.gl/6nc8ssStaejFPH66
Canal Sant Jeroni	334	Yes		sendero técnico / technical path	
Roca Foradada	337,4	Yes		sendero técnico / technical path	
Can Maçana	337,4	Yes	Yes	Parking parque natural - Natural Park Parking	https://maps.app.goo.gl/qSSECD8R34q2mYnV7
Sant Pau de la Guardia	338,7	Yes			
Torrent Valldespers	346,7	Yes			
Castellfollit del Boix	352,6	Yes			
NASSER CAMP Base Camp 3	354,5	Yes	Yes	Food-Drink-Shower- Sleep / ASSISTANCE BAG	https://maps.app.goo.gl/sCVrAJkWNQbs7698
WP Exit Nasser Camp	355,6	Yes		acceso balizado con cinta	
WP Cal Pessetero	358	Yes			
Igualada 1	367,4	Yes	Yes	Attention to right small track / atención al sendero derecha	https://maps.app.goo.gl/vKD1fFN4Z4z9Rb8
Igualada 2	370	Yes	Yes	Hostels, shops, restaurants	https://maps.app.goo.gl/bU7mawYkdaBn89
Santa Margarida Montbui	372,5	Yes	Yes	Hostels, shops, restaurants	https://maps.app.goo.gl/zx6MG172SZ2MNgb67
Cal Cottillare	377	Yes			
Can Violant	379,5	Yes		High vegetation track / Camino con alta vegetación	
Riera de Carme	381,5	Yes			
Castell d'Orpi	382,4	Yes			
Coll d'Orpi	384,6	Yes	Yes	Small Vilage no services / Pueblo pequeño sin servicios	https://maps.app.goo.gl/7Z1hSKVb1kmt1TS26
Cal Xivella	386,2	Yes			
Cal Gili carretera	387,9	Yes		Pay attention road crossing / Atencion cruce carretera	
La Llacuna Poble	391	Yes	Yes	Shops, Pharmacie and Restaurants, fuente-water source	https://maps.app.goo.gl/7Xsc1DilACucCZJA
Coll de la Llacuna	394,1	Yes	Yes	No services	https://maps.app.goo.gl/yRu4v8ouhnhQubR99
Puig Castellar	396	Yes			
Coll del Rimbaldà	400,7	Yes			
Font Formigosa	403,5	Yes		Fuente-Water source	
Ermita Montagut	405,5	Yes	Yes	Church-Ermita No services	https://maps.app.goo.gl/laTv2A1Vm2Byp5c99
Iles Pobles	415,5	Yes	Yes	Small Vilage-Pueblo Pequeno- Fuente -Water Source	https://maps.app.goo.gl/5dtpOL5vEf4dnVW7
Albà	421,5	Yes	Yes		https://maps.app.goo.gl/g8m2PXT7mH1F5kUu6
Rodonyà	431,5	Yes	Yes	Shops, restaurants , Small vilage	https://maps.app.goo.gl/7SEHJFMQclLnVQ796
La Torre del Moro	437	Yes			
Presca del Canllar	447	Yes			
B Canllar (Poble)	449,5	Yes	Yes	Shops, Restaurants, Area Camper Parking	https://maps.app.goo.gl/vy41D3Ph6KAg5e47
Coll Tapiolets	451,2	Yes		Road crossing Attention / cruce Carretera	
Hostalet	455,5	Yes	Yes	Road crossing Attention / cruce Carretera Shops-restaurants	https://maps.app.goo.gl/CGBuQy4545Sp6EmYn7
Pont Diabla	459	Yes			
Parc Francolí	462	Yes		Taraco city crossing / assistance walk ok, asistencia puede andar con corredor/a	
Final Balco Mediterrani	464,5	Yes		Taraco city crossing / assistance walk ok, asistencia puede andar con corredor/a	
ARRIVAL META	465,5	Yes	Yes	Peñonatal area no cars allowed / Zona Peñonatal	https://maps.app.goo.gl/RETLXU12mqd4q38
				Nearest Parkings (payment) / Parking cercano (no gratuitos)	
				Parking Saavedra	https://maps.app.goo.gl/sa5d7VY6ECdGcre6
				Parking Torroja	https://maps.app.goo.gl/Z4KmiDZRL83eEc8
				Parkin Plaça de la Font	https://maps.app.goo.gl/KYayvqFLECaNaK7