

WELCOME TO SGRAILCOUNTRY!

- 📍 [Pick-up of bib numbers](#)
- 📍 [Bags and bikes delivery](#)
- 📍 [Bus departure](#)
- 📍 [Personal bag delivery](#)

TIME TABLE

LOCATIONS

WHAT SHOULD YOU KNOW BEFORE SGRAIL100 GIRONA?

- The check-in and the arrival area of SGRAIL100 Girona are located in [Plaça dels Jurats - Girona](#).
- Access to the area is restricted with a wristband for both participants and family or friends.
- Ask for your wristbands for family or friends at the entrance of the square.
- When you do the check-in you will receive two bags: a white T1 bag and a black T2 bag.
- You will take the white bag T1 with you to the Cadaqués, start line and you will place it in T1 on Sunday from 8:00 AM to 8:30 AM with the material you need for the Gravel section.
- The black T2 bag must be delivered to the [GEiEG de Sant Ponç - Girona](#) on Saturday from 1:00 PM to 5:00 PM with the material you need for the Trail section.
- If you have requested bicycle transport from Girona to Cadaqués, you must deliver it to the [GEiEG de Sant Ponç - Girona](#) on Saturday from 1:00 PM to 5:00 PM. Your bike will be in Cadaqués on Sunday at 8:00 AM in the T1 bike stands.
- On Saturday, at [GEiEG de Sant Ponç](#), from 1:00 p.m. to 5:00 p.m. you will find a [CANYON](#) mechanical point to check your bike and leave it ready for Sunday.
- If you have not requested bike transport, you must place it in Cadaqués in T1, bike stands, on Sunday from 8:00 AM to 8:45 AM.
- If you have ordered the bus service to Cadaqués, departures will be gradual, with the first bus leaving at 6.15am and the last one at 6.45am.

- On Sunday, in Cadaqués, you will find a [CANYON](#) mechanical point for small adjustments of your bike.
- In Cadaqués you can leave a personal bag (in the cloakroom) that you can collect on your arrival in Girona at [Plaça dels Jurats](#).
You must mark the bag with the sticker showing your number that we will provide you on Saturday.
- In Cadaqués, before the start, you can have a coffee with Buycycle and a donut with [Sram](#) and [Zipp](#).
- Before departure, you must change and put on your swimsuit in the transition tents (Not in the toilets).
- You will find portable toilets and toilets in the maritime services.
- T1, T2 bags and bicycles will be collected on Sunday at the [GEiEG de Sant Ponç - Girona](#) from 3 PM to 6 PM.
- If you want to swim in Sgrail100 Girona week, you can access the 50m pool of the [GEiEG of Sant Ponç](#) at a special price from 11 AM to 4 PM.

WHAT CAN YOU EXPECT IN SGRAIL100 GIRONA?

- SGRAIL100 GIRONA is a non-competitive event that runs from Cadaqués to Girona.
- All roads and highways are open to traffic. Respect the rules of the road.
- The total of the route and the different sections will be timed.

Swim section
Swim to gravel transition
Gravel section
Gravel to trail transition
Trail section
Total

- The CHIP has to be on your ankle throughout the race until crossing the finish line. You've to return the chip in the finish line.
- There is a specific number for the Gravel section that you should place on your bike on the back under the saddle the day before. You can also stick a small sticker, with the profile, mileage and refreshments of the section.
- There is a specific number for the Trail section that you must wear (Visible from the front) starting from T2 in Celrà.
- You can also wear the Trail number already for the Gravel section. (If not bag T2)
- In case of breakdown or accident, contact the organization. You will find the phone number printed on the numbers.

SWIM SECTION

[TRACK>](#)

- The SWIM SECTION has a distance of **1500m**. The start and finish is in **Platja Gran de Cadaqués**.
- The track is rectangular and in an anti-clockwise direction.
 - 700m straight marked with yellow buoys every 250m.
 - 100m curve marked with red buoys.
 - 700m straight marked with yellow buoys every 250m.



SWIM TO GRAVEL TRANSITION

[TRACK>](#)

- The SWIM TO GRAVEL TRANSITION is made up of different zones.
 - Entrance to the transition by the beach.
 - Refreshment point with Maurten water & fruit.
 - Area to collect the white bag T1 that you will have placed previously.
 - Changing room tents.
 - **Box area to deposit your white bag T1 that you will recover in Girona.**
 - Bike Stands area with the bikes placed in straight lines.
- At race day, you have to run with your bike through the Transition zone. At the end of T1 marked with the CANYON arch you can jump on your bike and start riding.



GRAVEL SECTION

[TRACK>](#)

- The GRAVEL SECTION has a distance of **86,4km with 900m** of positive gain from Cadaqués to Celrà.
- The track is not marked. You will not find any mark. All participants must download the track following the instructions that you will have received by email 48h before the race.
- The paths and roads are open to traffic, and you must respect the traffic regulations.
- During the first 25km, which we cross the Natural Park of Cap de Creus, we accumulate 70% of the total positive gain.
- During the Gravel section you will find mechanics with bikes in case you need mechanical assistance to the participants.
- During the descent by road from the military base "El Pení" to the urbanization "Mas Fumats", near Roses, you must be extremely careful.
- Cycling in groups is allowed, the draft is legal.
- The Gravel section has 2 [Maurten](#) refueling and [CANYON](#) mechanical points.

📍 **Km 34,3 Aid Point 1 - Castelló d'Empuries**

📍 **Km 68 Aid Point 2 - Jafre**



GRAVEL TO TRAIL TRANSITION

[TRACK>](#)

- The GRAVEL TO TRAIL TRANSITION has different zones.
 - **Unnumbered rack area to leave your bike that you will collect in Girona.**
 - Refreshment point with [Maurten](#), water, fruit, food, coffee provided by [Ryzon](#) Horizon Van and donut [Sram](#) and [Zipp](#).
 - **Area to collect the black bag T2 that you dropped and left with us on Saturday in Girona.**
 - Changing room tents and a WC.
 - **Box area to deposit your black bag T2 that you will receive after the race in Girona.**

You must get off the bike before entering the transition zone.



TRAIL SECTION

[TRACK>](#)

- The TRAIL SECTION has a total distance of **10km with 320m** of positive ascent from Cerlà to Girona.
- The route is marked with red ribbons and blue arrows.
- In the initial climb of 4.5km to the Castell de Sant Miquel we accumulate 250m of positive gain.
- After the descent of 3km to the Font del Ferro in Girona, we will find the last climb of 500m with 50m of positive gain.
- The last 2 km are downhill except for a small climb of 20m of positive gain just 1km before the finish.
- The surface of the route is made up of 95% of tracks in good condition with 5% of stony paths.
- The Trail section has 1 Refueling point.

Km 4,2 Feed zone – Castell de Sant Miquel



SGRAIL100 GIRONA FINISH LINE

- The finish line is located in **Plaça dels Jurats** in Girona, an iconic site in the old town.
- The access to the finish line area is by 20 iron steps.



REMEMBER...
YOU ARE WHAT YOU SGRAIL