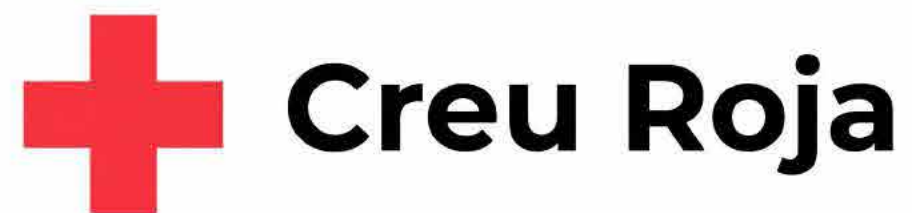


Dear athletes, these are difficult times; It seemed that we came out of one and we are already stuck in another, and this time it was not a virus, it was us, the man. It is difficult to understand this type of conflict in the 21st century, but of course, it is not the only one, Afghanistan, Syria, Yemen, Ethiopia, Burkina Faso... this one is more media coverage because we have it on our doorstep and why the consequences can be catastrophic for humanity.

The Tramuntana Travessa organization cannot be left out of the wave of solidarity towards the Ukrainian people. That is why we have decided to contribute the full benefits of the race to the Creu Roja in solidarity with the refugees and displaced by the war in Ukraine.





# TRAMUNTANA TRAVESSA

APRIL 8 & 9  
2022

POLLENCÀ ANDRATX  
BUNYOLÀ ANDRATX

TTCMM 110,7 KM + 4121 metros  
1/2 TTCMM 60 KM + 1831 metros



# PROMOTER



# ORGANIZER



# Institutions



**Mallorca**  
Illes Balears

# Collaborators





After traveling various mountains of the world, some successfully and others frustrated, one thinks that the great adventures are far from home. Could not be more wrong. I started running in the mountains as a tribute to my friend Tolo Calafat; he insisted that he had to try it and I did, though too late to compare the races with him. The first time I ran through the Tramuntana I understood that great adventures are also very close to us. It goes for you.

- "People do not decide to become extraordinary, people decide to carry out extraordinary things" - Edmund Hillary -

Manuel Gil Castelló  
Director de Tramuntana Travessa

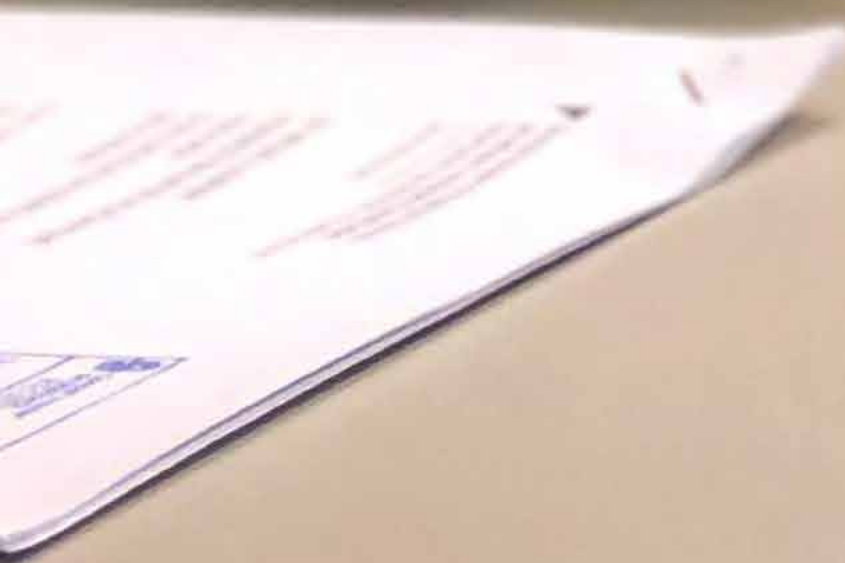
Dear runners

Here you have the Technical Guide that the Tramuntana Travessa team has prepared for that you can have all the necessary information to carry out the test. Surely we have left many things, we hope you forgive us, since this very anomalous edition it has not been easy, neither to meet nor to do everything with the normality that we would have wanted. We have had a very hard months of procedures and details, but we have done it with great enthusiasm so you can enjoy the route.

# DECALOGUE OF GOOD PRACTICES FOR RUNNERS

1. I will always respect the environment. I will not spoil natural resources as much in protected and non-protected areas, nor ethnological elements.
2. I will respect and follow at all times the itinerary of the path marked by the organization, avoiding leaving the route, when I train I will always go for marked trails and I'll avoid cross fields
3. I will respect all the members of the organization, the other runners, judges, volunteers and all the people involved in the race.
4. All my gels, bars, etc., I will carry them properly marked with the my bib number.
5. I will not throw away any type of waste (gel wrappers, bars, food or materials) outside the places authorized by the organization.
6. I lasted canes as long as it is allowed and, if I carry them, I will do it with the properly fitted caps.
7. I will not emit light signals during the route, except for the front and rear lighting (red light) on night sections.
8. I will not call or make unnecessary noise during the tour, thus respecting environment, neither in competition nor in training.
9. I know and accept the regulations of mountain races of the FBME, as well such as the protection zones and I am committed to complying with them.
10. I know and accept the specific rules of the race and I agree to fulfill them.





# Delivery of numbers

WEDNESDAY 6 APRIL FROM 4 PM TO 9 PM  
IN THE SPORTS PAVILION OF BUNYOLA



They can also be collected one hour before the departure of each of the races.

You can give us your life bag before departure, we will bring it to you to the location of the route that we have enabled for this, we believe which is the most optimal. The point of delivery of the runner's bag It is at the Bunyola refreshment station.







# POLLENÇANDRATX

# Technical data and supplies

## POLLENÇA ANDRATX

TTCMM 110 Distance 110,7 KM  
Elevation gain + 4.121 metres  
Maximum height 1.213 m.  
Minimum height 49 m.

**X** Cutting times  
Bunyola: 9:00 a.m.  
Estellencs: 18:00 a.m.

DEPARTURE TIME: 22:00 h. April 8  
ARRIVAL TIME: 00:00h. April 9  
Maximum total time: 26 Hores.



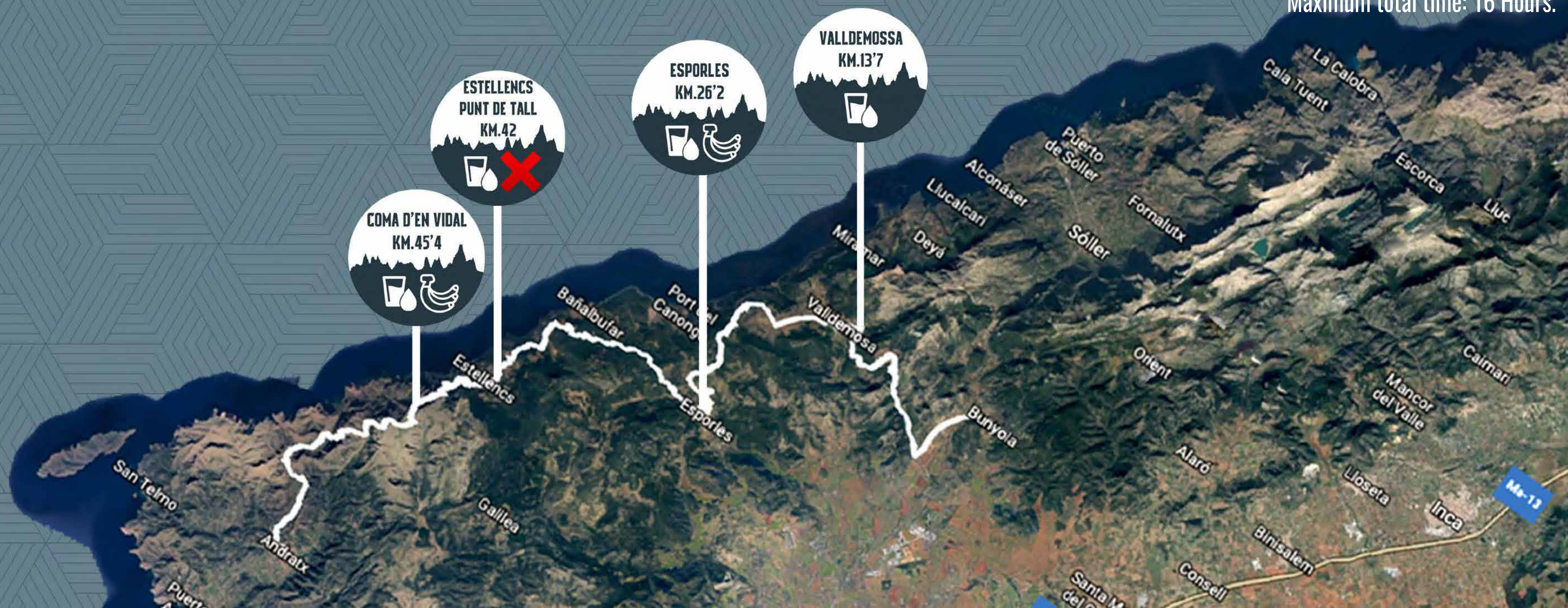
# BUNYOL ANDRATX



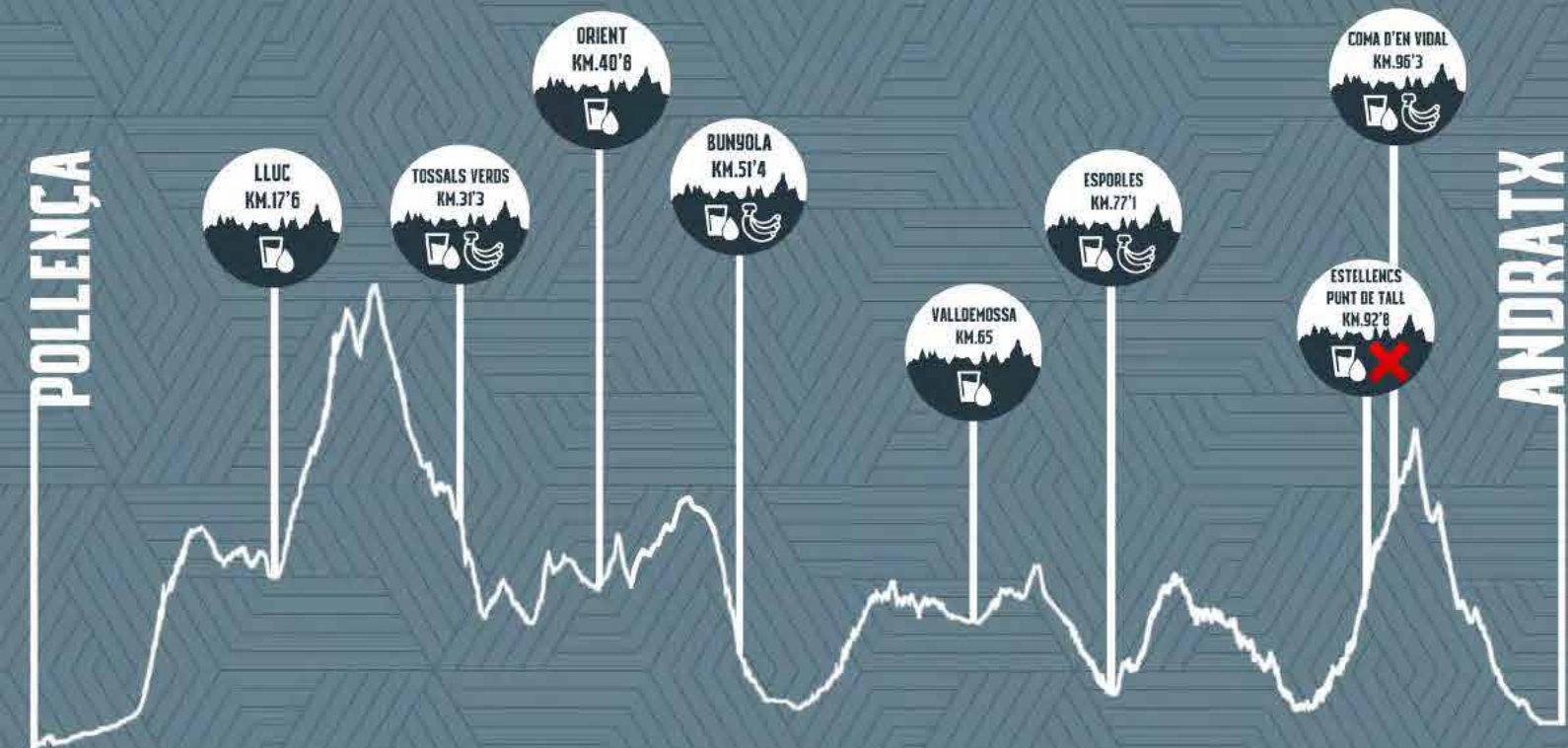
# Technical data and supplies

## BUNYOLANDRATX

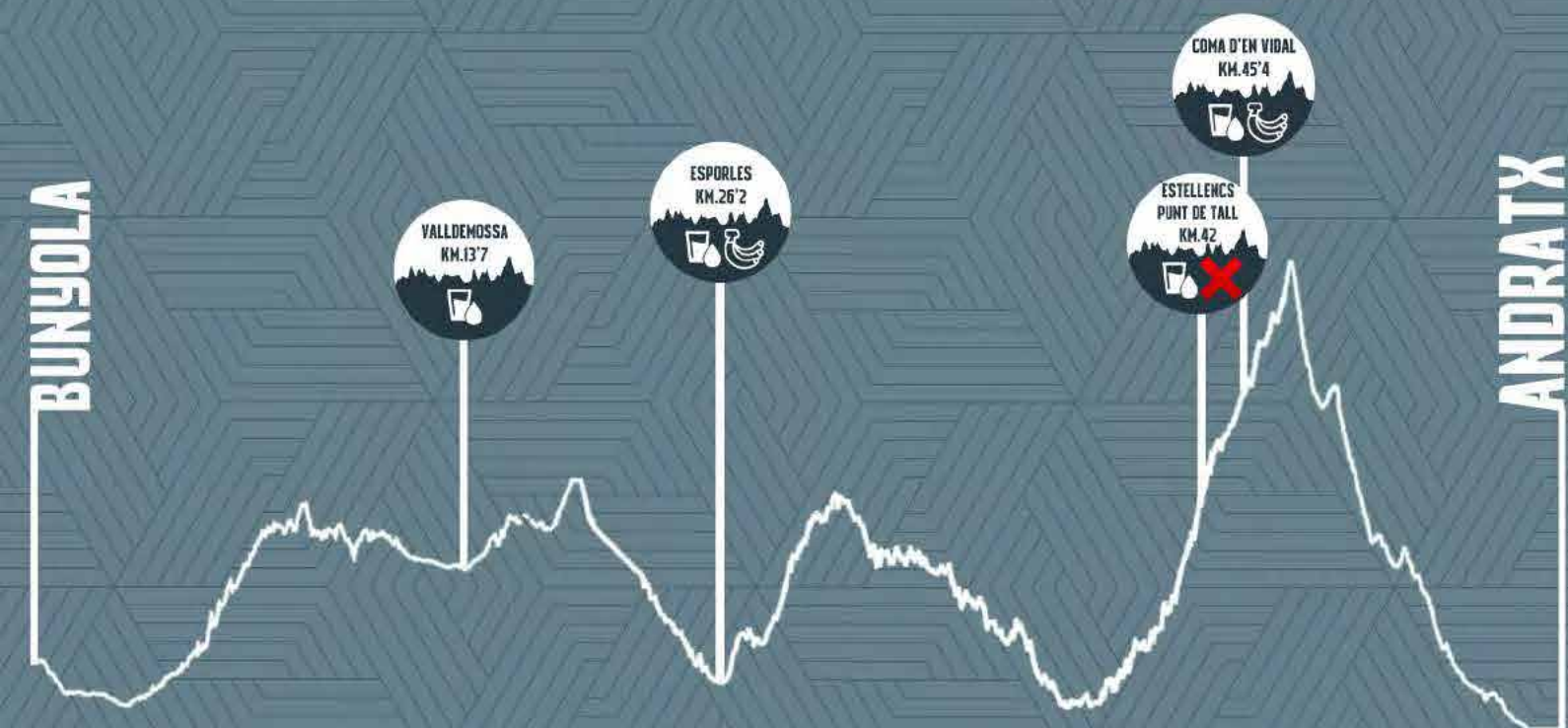
TTCMM 60 Distance 59,31 KM  
Elevation gain + 1.831 meters  
Maximum height 846 m.  
Minimum height 70 m.  
✗ Cutting times  
Estallencs: 6:00 p.m.  
HORA DE SALIDA: 8:00 a.m. April 9  
HORA DE LLEGADA: 00:00h. April 9  
Maximum total time: 16 Hours.



# Profiles and refreshments



## POLLENÇA ANDRATX



## BUNYOLA ANDRATX



# Supply of aid stations

	Drink					Fruit		Nuts		Sweets			Sandwich		Food				
	Water	Soda water	Isotonic	Cola	Coffe/Tea	Plátano	Melon	Dátiles	Dried apricots	Gominoles	Chocolat	Sandwich cacao	Sandwich york	Sandwich Queso	Pasta	Rice	Sopa	Energy bars	Energy gels
Lluc	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Tossals Verds	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
Orient	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Bunyola	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Valldemossa	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Esporles	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coma d'en Vidal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Andratx	✓	✓		✓		✓	✓						✓	✓	✓	✓			





PRINSOTEL  
614

  
**TRAMUNTANA TRAVESSA**  
CURSA PER MUNTANYA MALLORCA



## OBLIGATORY EQUIPMENT:

We ask that everyone please bring the mandatory equipment. The lack of any of the following items will be grounds for removal of the bib, with the exception of the water which will only be controlled at the beginning of the race.

- Mobile with full battery
- Frontal
- Rear light on road sections
- Spare batteries
- Glass
- Bowl with fork or spoon
- whistle
- Thermal Blanket (1.40 x 2m minimum)
- Jacket with a hood that withstands bad weather in the mountains and made with a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13).
- For the TTCMM110, 1 liter of water
- For the TTCMM60, 1/2 liter of water
- Bib always visible
- Chip

## RECOMMENDED EQUIPMENT:

This equipment is important

- Thermal clothing that covers the extremities
- Buff / Cap
- 2 bars and 1 gel with the number marked (or similar foods)
- Gloves and waterproof glove covers
- Waterproof pants
- 1 meter of tape
- Poles (protected with rubber stoppers)

The material control may be carried out at any time during the test.

The organization reserves the right to expand or reduce the material Mandatory depending on weather conditions.

We want to remember that all the material that the runners carry and is susceptible to dirtying the environment, must be marked with the number dorsal.



# Thanks for your attention!

Do you have any question?  
Send us an email or contact us through social networks.



[tramuntanatravessa@gmail.com](mailto:tramuntanatravessa@gmail.com)



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TRAVESSA

ANDRATX

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# TRAMUNTANA TRAVESSA

CURSA PER MUNTANYA  
MALLORCA