



# Participant's guide

## 2024

[www.lagarba.com](http://www.lagarba.com)

# INDEX

- **Presentation**
- **Schedule**
- **Routes**
- **Observations on equipment**
- **Aid Stations**
- **Cut-off times**
- **Race bib pick-up**
- **Services**

## PRESENTATION

La Garba is a sporting proposal that aims to give you the opportunity to discover the Terres de l'Ebre through cycling. Enjoy the emotion of pedalling in a territory declared a Biosphere Reserve by UNESCO in 2013!

There are up to five routes with different distances and elevation gain (84k +30m, 116k +50m, 130k +1600m, 235k +4500m y 335k +5700m), starting and finishing in the Ebro Delta and designed exclusively for Gravel bikes (e-bikes and MTB also have a place). Routes are not physically marked, the route is followed with GPS.

Don't miss the opportunity to get to know the Ebro Delta Natural Park and the Ports Natural Park through cycling, and do it by surprise, as the routes will not be made public until a few days before the event to ensure a pure and authentic spectacle!



Who's in the mood for pedalling?

## SCHEDULE

### FRIDAY 22<sup>ST</sup> MARCH 2024

17:30h to 20:30h — Collection of Lo Cabrit, La Cabra y Lo Flamenc bibs

18:00h to 19:30h — Warm Up Ride by Allout Cycling

20:30h — Briefing for Lo Cabrit, La Cabra y Lo Flamenc

### SATURDAY 23<sup>ST</sup> MARCH 2024

05:30h — Opening of the cloakroom service at the start area

**06:00h — START LO FLAMENC 335km (Bib I — 150)**

**06:15h — START LA CABRA 235km (Bib 201 — 350)**

**08:30h — START LO CABRIT 130km**

**08:30h — START LO CABRIT I (Bib 401 — 466)**

**08:45h — START LO CABRIT II (Bib 467 — 533)**

**09:00h — START LO CABRIT III (Bib 534 — 600)**

13:00h — Opening of the final refreshment station and recovery service

13:00h — Changing room and showers service

13:00h to 20:30h — After Party with DJ

17:00h to 18:30h — Warm Up Ride by Guava

17:30h to 20:30h — Collection of Lo Manoll y La Garba bibs

18:00h — Closing of the Lo Cabrit race control point

\*All locations and services will be at the Poliesportiu Municipal l'Ampolla —

[MAP](#)

## SUNDAY 24<sup>ST</sup> MARCH 2024

07:00h to 09:30h — Collection of bibs at the start area

07:30h — Opening of the cloakroom service at the start area

**08:30h — START LA GARBA 120km**

**08:30h — START LA GARBA I (Dorsal 601 — 675)**

**08:45h — START LA GARBA II (Dorsal 676 — 750)**

**09:00h — START LA GARBA III (Dorsal 751 — 825)**

**09:15h — START LA GARBA IV (Dorsal 826 — 900)**

**09:30h — START LO MANOLL 84km**

**09:30h — START LO MANOLL I (Dorsal 901 — 966)**

**09:45h — START LO MANOLL II (Dorsal 967 — 1033)**

**10:00h — START LO MANOLL III (Dorsal 1034 — 1100)**

12:00h — Opening of the final refreshment station and recovery service

12:00h — Changing room and showers service

13:00h to 15:00h — Delta rice tasting thanks to Arròs Montsià

13:00h to 20:00h — After Party with DJ

15:00h — Closing of the Lo Manoll race control point

17:00h — Closing of the La Garba race control point

18:00h — Closing of the La Cabra race control point

20:00h — Closing of the Lo Flamenc race control point

\*All locations and services will be at the Poliesportiu Municipal l'Ampolla —

[MAP](#)

## ROUTES

### Lo Manoll

80k and +30m

A flat and rolling route with an infinite variety of terrain and landscapes that allow you to discover the essence of the Ebro Delta.

Lo Manoll is designed for Gravel bikes, although it is also suitable for MTB and electric bikes. The recommended tyre width is 38mm. The route is not physically signposted, the route will be followed using the track.

There will be two refreshment points (liquid and solid) at kilometre point 40 and 69 of the route with a cut-off time at 13:00h and at 14:30h respectively. The finish line will be opened until 15:00h.

Check [here](#) the most important locations of the event.

\*The official track will be made public a few weeks before the event.



## La Garba

116k and +50m

A tour of the Ebro Delta Natural Park that allows you to discover, by bike, this land declared a Biosphere Reserve. Let yourself be seduced by the lagoons, the Ebro River, the rice fields, the flora and fauna of this area!

The Garba is designed for Gravel bikes, although it is also suitable for MTB and electric bikes. The recommended tyre width is 38mm. The route is not physically signposted, the route will be followed using the track.

There will be three refreshment points (liquid and solid) at kilometre point 33, 65 and 101 of the route with a cut-off time at 11:00h, at 14:30h and at 15:30h respectively. The finish line will be opened until 17:00h.

Check [here](#) the most important locations of the event.

\*The official track will be made public a few weeks before the event.





## Lo Cabrit

130k and +1600m

A tough route due to its length and elevation meters, which allows you to ride along some paths of the Serra de Cardó, discover the historic Greenway of the Val de Zafán and to finish pedalling in the middle of the rice fields of the Natural Park of the Ebro Delta. Landscape diversity guaranteed!

Lo Cabrit is designed for Gravel bikes, although it is also suitable for MTB and electric bikes. The recommended tyre width is 38-40mm. Routes are not physically signposted, the route is followed by GPS.

There will be two refreshment points (liquid and solid) at kilometre point 56 and 110 of the route with a cut-off time at 12:45 and at 17:00h respectively. The finish line will be opened until 18:00h on Saturday.

Check [here](#) the most important locations of the event.

\*The official track will be made public a few weeks before the event.





## La Cabra

235k and +4500m

A tough route due to its length, which allows you to ride along some paths of the Serra de Cardó, discover the historic Greenway of the Val de Zafán, the Montsagre of Paüls and go around the Natural Park of Els Ports to finish pedalling in the middle of the rice fields of the Natural Park of the Ebro Delta. Landscape diversity guaranteed!

La Cabra is designed for Gravel bikes, although it is also suitable for MTB and electric bikes. The recommended tyre width is 38-40mm. Routes are not physically signposted, the route is followed by GPS.

There will be four refreshment points (liquid and solid) at kilometre point 56, 116, 180 and 240 of the route with a cut-off time at 10:00h, at 15:00h and at 21:00h respectively. The finish line will be opened until 18:00 on Sunday. **Compulsory equipment: front light, back light for the bicycle, mobile phone and thermal blanket.**

Check [here](#) the most important locations of the event.

\*The official track will be made public a few weeks before the event.



## Lo Flamenc

335k and +5700m

A tough route due to its length and elevation meters, which allows you to ride along some paths of the Serra de Cardó, discover the historic Greenway of the Val de Zafán, the Montsagre of Paüls, the village of El Boixar and go around the Natural Park of Els Ports to finish pedalling in the middle of the rice fields of the Natural Park Delta del Ebro. Landscape diversity guaranteed!

Lo Flamenc is designed for Gravel bikes, although it is also suitable for MTB and electric bikes. The recommended tyre width is 38-40mm. Routes are not physically signposted, the route is followed by GPS.

There will be five refreshment points (liquid and solid) at kilometre points 56, 116, 175, 213 and 256 of the route with a cut-off time at 10:00h, at 15:00h and at 21:00h respectively. The finish line will be opened until 20:00h on Sunday.

**Compulsory equipment: front light, back light for the bicycle, mobile phone and thermal blanket.**

Check [here](#) the most important locations of the event.

\*The official track will be made public a few weeks before the event.



## OBSERVATIONS ON EQUIPMENT

### **Compulsory equipment for all distances:**

Water bottle with at least 0,5L of liquid.

Mobile phone with sufficient credit and battery.

### **Recommended equipment for all distances:**

Windbreaker and/or material necessary to cope with sudden changes in temperature.

Solid food such as bars or nuts.

### **Compulsory equipment for La Cabra 235k and Lo Flamenc 335K:**

Windbreaker and/or material necessary to cope with sudden changes in temperature.

Front light and back light for the bicycle.

## AID STATIONS

Products at the aid stations:

**Liquid products:** water, isotonic drink and Coke.

**Solid products:** gels and bars Finisher, fruits, sweets, nuts, quince, ham and cheese sandwich and cocoa sandwich. Options for coeliacs and vegans, ask the staff at the refreshment posts!

**LO MANOLL** — Kilometric points 40 y 69.

**LA GARBA** — Kilometric points 33, 65 y 101.

**LO CABRIT** — Kilometric points 56 y 110.

**LA CABRA** — Kilometric points 56, 116, 180 y 214 (until 21:00h).

**LO FLAMENC** — Kilometric points 56, 116, 175, 213 i 256\*.

\*For participants who do the route in stages, they will not have the aid station at pk 256 and on Sunday they will have two more aid stations at pk 270 (from 10:00 a.m. to 2:30 p.m.) and pk 302 (from 11:30 a.m. to 3:30 p.m.)

**Final aid station:** in addition to the products mentioned above, between 13h and 15h there will be a tasting of Delta rice (Arròs Montsià) for all participants of Lo Manoll and la Garba distances. For the Lo Cabrit, La Cabra and Lo Flamenc distances will be pizzas and sandwiches.

**IMPORTANT!** It is compulsory for all participants to bring their own glass or flask, in order to be able to drink water or isotonic drink.

## CUT-OFF TIMES

### **LO MANOLL**

Kilometric point 40 (Aid Station I) at 13:00h.

Kilometric point 60 (Aid Station II) at 14:30h.

The finish line control will close on Sunday at 15:00h.

### **LA GARBA**

Kilometric point 33 (Aid Station I) at 11:00h.

Kilometric point 65 (Aid Station II) at 14:30h.

Kilometric point 101 (Aid Station III) at 15:30h.

The finish line control will close on Sunday at 17:00h.

### **LO CABRIT**

Kilometric point 56 (Aid Station I) at 12:45h.

Kilometric point 110 (Aid Station II) at 17:00h.

The finish line control will close on Saturday at 18:00h.

### **LA CABRA**

Kilometric point 56 (Aid Station I) at 10:00h.

Kilometric point 116 (Aid Station II) at 15:00h.

Kilometric point 180 (Aid Station III) at 21:00h.

The finish line control will close on Sunday at 18:00h.

## **LO FLAMENC**

Kilometric point 56 (Aid Station I) at 10:00h.

Kilometric point 176 (Aid Station II) at 15:00h.

Kilometric point 175 (Aid Station III) at 21:00h.

The finish line control will close on Sunday at 20:00h.

## BIB PICK-UP

### WHEN?

Friday 22<sup>st</sup> of March from 17:30h to 20:30h for Lo Cabrit, La Cabra and Lo Flamenc distances.

Saturday 23<sup>st</sup> of March from 17:30h to 20:30h and Sunday from 07:00h to 09:30h for Lo Manoll y La Cabra distances.

### WHERE?

Poliesportiu Municipal l'Ampolla — [MAPA](#)

### HOW?

You must present your ID card or passport and authorisation in case you pick up another participant's bib.



## SERVICES

- Official La Garba T-shirt
- Official La Garba Tubular by Gsport
- Runner's bag with local products and collaborators
- Complete and varied aid stations along the route by Finisher
- Mechanical service before each start and during Lo Manoll and La Garba
- Final aid station
- Delta rice tasting at the final aid stations thanks to Arròs Montsià (from 13:00h to 15:00h)
- Finisher medal for all participants
- Recovery service at the end of the race
- Bicycle cleaning point at the end of the race by Relber
- Cloakroom service during the race
- Showers and changing rooms service
- Photographs along the route
- Accident insurance
- Preventive medical service
- Online tracking of the participants during the race
- An experience and environment that will stay with you for life...

# La Garba

L'AMPOLLA - DELTA DE L'EBRE  
23 i 24 MARÇ 2024



GSPORT



GUAVA

