

PROGRAMME

FRIDAY 22ST 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 23ST MARCH 2024

06:00h — **START LO FLAMENC** 335km

06:15h — **START LA CABRA** 235km

08:30h to 09:00h — **STARTS LO CABRIT** 130km

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

SUNDAY 24ST MARCH 2024

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

08:30h to 09:15h — **STARTS LA GARBA** 120km

09:30h to 10:00h — **STARTS LO MANOLL** 84km

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

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

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

[MAP](#)