



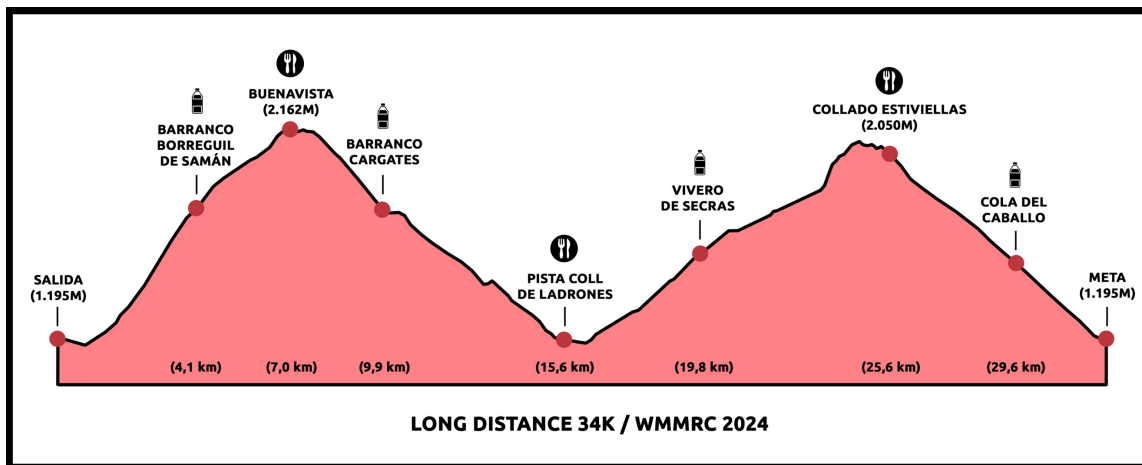
ROADBOOK 34K

WMMRC 2024

PROFILE AND DATA OF THE LONGDISTANCE 34K

This two-loop route reaches its climax at Refugio de Buenavista, at an altitude of 2,162 metres. It might be a good idea to take a break here to catch your breath and enjoy the views. The descent then begins through the Epifanio, Cargates and Picaubé ravines, but don't use up all your energy, because the second loop, with the ascent to the Collado de Estiviellas at an altitude of over 2,000 metres, will not be a walk.

A race that runs along the two slopes of Los Arañones mountain. Its highest points, the Refugio de Buenavista and the Collado de Estiviellas. You will have 8 hours to cover the 34 kilometres and its 1,900 positive metres. But don't let the numbers fool you, 34 kilometres in Canfranc are never easy. The highest point of the race is at an altitude of 2,162 metres.



Distance: 33,400 kilometres
 Positive difference in altitude: 1.967 metres
 Negative difference in altitude: 1.967 metres

Closing time Canfranc-Estación (finish line): 08:00 hours

SECTOR 1**CANFRANC-ESTACIÓN (start) / REFUGIO DE BUENAVISTA**

SECTOR DETAILS: 7.0 km, 963 m. positive and 23 m. negative
ACCUMULATED DATA: 7.0 km, 963 m. positive and 23 m. negative

Medium difficulty. The entire section is marked with PR markings as well as the race marking by the organisers (red flags with the name of the race and ribbons).

The first 600 metres of the CLASSIC 17K run along the road to the bridge at the start of the Picaubé track. This section will be controlled both by the Guardia Civil (who will close the traffic on this road) and by the organisers. After about 500 metres of ascent, we will take the so-called "camino del Carretón", a path that leads us, in continuous ascent, towards the Buenavista Refuge.

Near the halfway point of the climb, take a detour to the left which, passing under the hydroelectric power station pipeline, will take you back into the forest. We will soon reach kilometre 4.1 of the race, where we will find the first liquid refreshment point. Once past this point, we will soon reach a crossroads, where we will take the detour to the right, which will make us progress quite comfortably, first into the forest and then through a grassy area.

Once we have passed an altitude of 2,140 metres, we will turn left at another crossroads, and after just 100 metres more, we will reach the highest point of the race, the Buenavista Refuge, the race's complete refreshment point and where the descent to the finish line will begin.

Checkpoint 1, **BARRANCO DEL BORREGUIL DE SAMÁN**
 Estimated time of passage of the first runner: 00:25 hours
 Estimated time of passage of the last runner: 01:00 hours

Checkpoint 2, **REFUGIO DE BUENAVISTA**
 Estimated time of passage of the first runner: 00:55 hours
 Estimated time of last runner to pass: 02:30 hours



SAFETY WARNINGS ON THIS SECTION

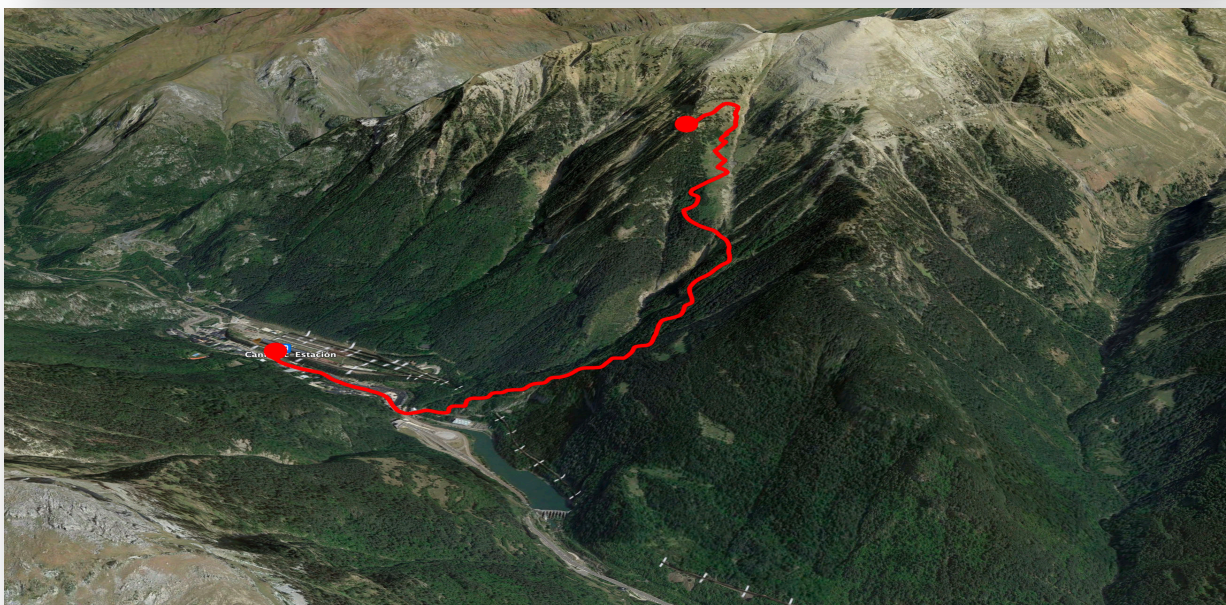
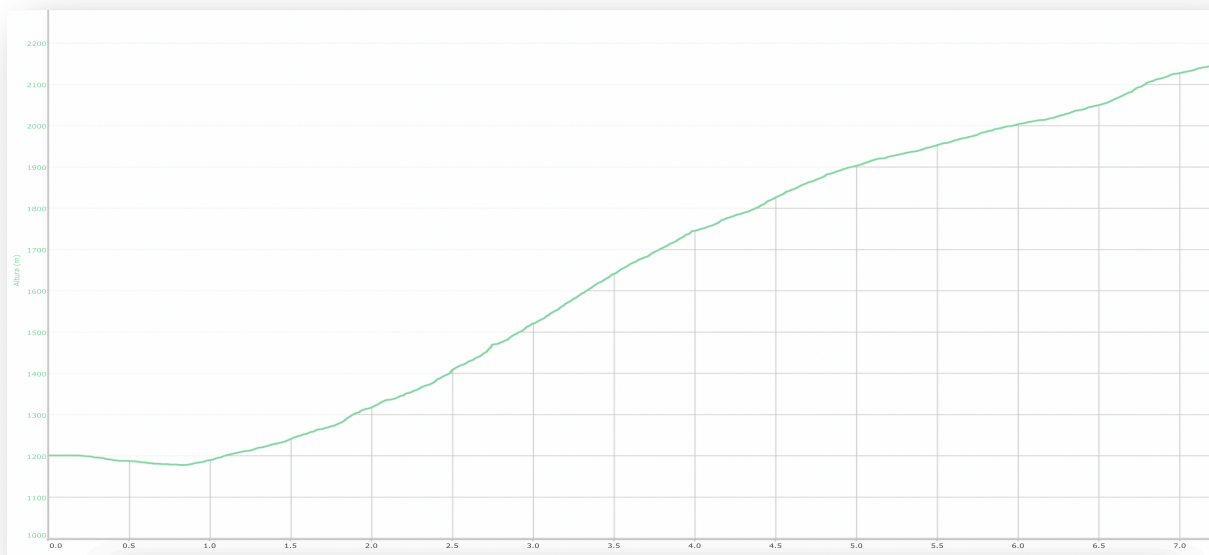
HAZARD LOCATION

PREVENTIVE MEASURES

There are no major sections of the route to note. It is only necessary to take general mountain safety measures.



SECTOR PROFILE AND MAPS



SECTOR 2**REFUGIO DE BUENAVISTA / PISTA DE COLL DE LADRONES**

SECTOR DATA: 8.6 km, 95 m. positive and 1,005 m. negative
ACCUMULATED DATA: 15.6 km, 1,058 m. positive and 1,038 m. negative

Medium difficulty. The marking in this area is done with PR markings and with race flags and ribbons. At the entrance to the village, fences and cones will help us to follow the route.

Once the descent begins, we will first walk through the Upper Epifanio Basin. Passing first by the Fuente Elvira, the path soon starts to descend in the direction of Canfranc-Estación, entering the forest. We will quickly pass the Refugio del Vasco, and shortly after, we will take a detour to the right that will take us to the Barranco de Cargates, where at kilometre 9.9, we will find the next liquid refreshment point.

From this point, we will head towards the upper part of the Picaubé ravine, which curve after curve will take us down until we reach a crossroads where we will take the path to the left, and after a small and comfortable climb, take the next turning to the right, to continue our descent to the Picaubé track. The last kilometres of this descent and of the first loop run first along a comfortable track until we reach the Casita Blanca, where we take the path to the right again, which will take us to the Pisca de Coll de Ladrones, where we will have a full refreshment point (kilometre 15.6).

There we will take the road and turn left to reach the finish area, to pass through the village of Canfranc-Estación and reach the start of the second climb of the race.

Checkpoint 3, **BARRANCO DE CARGATES**

Estimated time of passage of the first runner: 01:20 hours

Estimated time of last runner to pass: 03:30 hours

Checkpoint 4, **PISTA DE COLL DE LADRONES**

Estimated time of passage of the first runner: 01:45 hours

TIME OF CLOSING OF CHECK POINT: 04:00 hours



SAFETY WARNINGS ON THIS SECTION

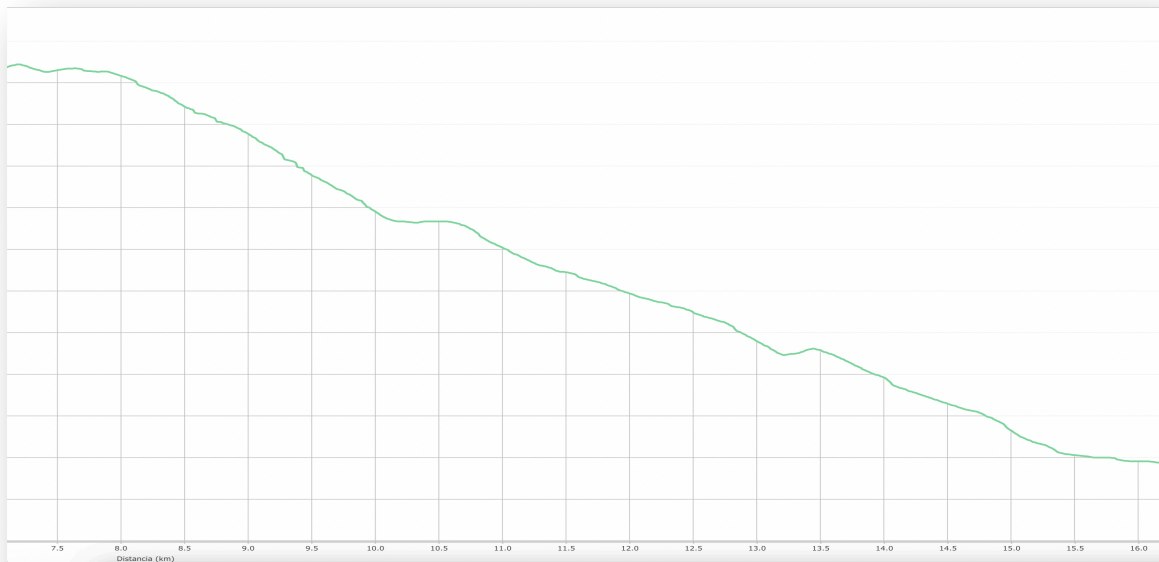
HAZARD LOCATION

PREVENTIVE MEASURES

There are no major sections of the route to note. It is only necessary to take general mountain safety measures.



SECTOR PROFILE AND MAPS



SECTOR 3

PISTA DE COLL DE LADRONES / COLLADO DE ESTIVIELLAS

SECTOR DATA: 10.0 km, 851 m. positive and 120 m. negative
ACCUMULATED DATA: 25.6 km., 1,907 m. positive and 1,158 m. negative

Medium difficulty. The marking in this area is made with PR markings and with trial flags and ribbons.

After crossing Canfranc-Estación, cross the road and take the path that climbs up to the Secras nurseries, a very smooth and flat path, where those who are strong can run easily. We will take all the crossroads to the left and little by little we will gain altitude until we reach, at kilometre 19.8, the next refreshment point, liquid.

The route passes these nurseries and continues ascending until the Olla de Estiviellas, where we turn left again. From this point onwards, we will climb steeply at first and then steeply towards the Sarrio pass, also passing by the Fuente del Centenario (a spring of untreated water).

When we reach the Sarrio Pass hut, we follow the marks of the route northwards, to the right, first passing between some avalanche nets and then between several stone dykes, to reach the Estiviellas pass.

Checkpoint 5, VIVERO DE SECRAS

Estimated time of passage of the first runner: 02:20 hours

Estimated time of last runner to pass: 05:15 hours

Checkpoint 6, COLLADO DE ESTIVIELLAS

Estimated time of passage of the first runner: 02:55 hours

Estimated time of last runner to pass: 06:45 hours



SAFETY WARNINGS ON THIS SECTION

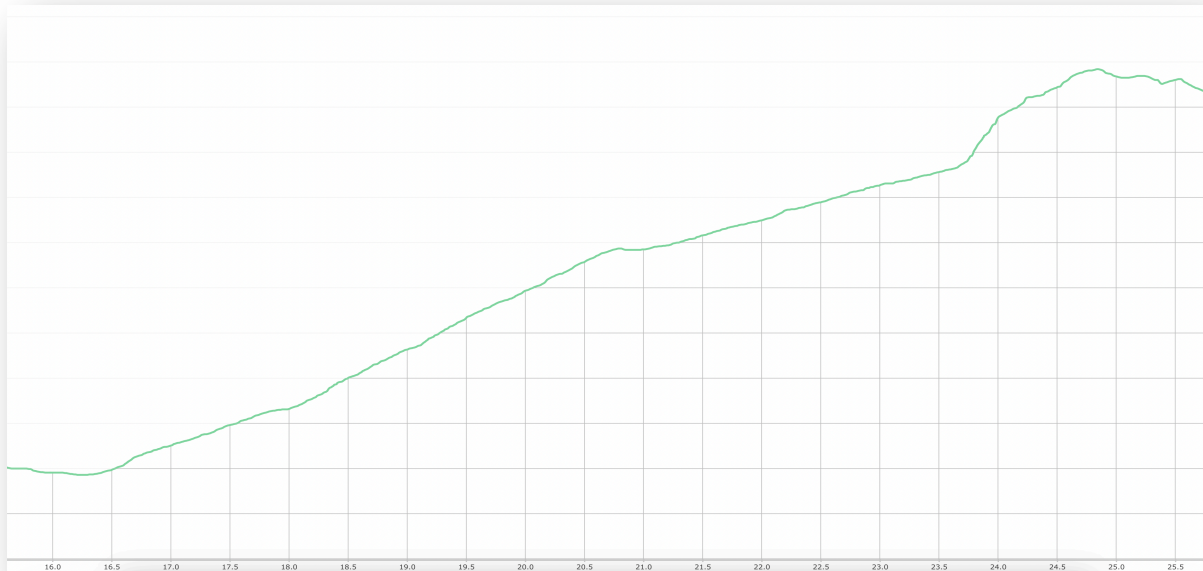
HAZARD LOCATION

PREVENTIVE MEASURES

There are no major sections of the route to note. It is only necessary to take general mountain safety measures.



SECTOR PROFILE AND MAPS



SECTOR 4**COLLADO DE ESTIVIELLAS / CANFRANC-ESTACIÓN (finish line)***SECTOR DATA: 25.6 km, 60 m. positive and 809 m. negative**ACCUMULATED DATA: 33.4 km, 1,967 m. positive and 1,967 m. negative*

Medium difficulty. The marking in this area is made with PR markings and with race flags and ribbons. At the entrance to the village, fences and cones will help us to reach the finish line.

Once at the Collado de Estiviellas (2,049 m.), we will crest briefly towards the northeast to take the last descent (very easy and comfortable), which, after 7.2 km. and with 25.6 km. already in our legs, will lead us to Canfranc-Estación. The whole descent is along old paths that were used to build all the avalanche defences that protect the village in winter, so the route is quite easy and comfortable.

All the way down, whenever we come across any crossroads, we will turn left (Estiviellas pot, or crossings), except for the Camino del Corzo, which we will take to the right, until we reach the urban area, where we will also turn in the same direction. When we reach kilometre 29,6 we will have a liquid refreshment point at Cola del Caballo, before these last crossings. We will take a break and continue the descent to the village. There we will enter the village and the route will be marked and signposted until the finish line, located at the Canfranc International Station.

Checkpoint7, COLA DEL CABALLO

Estimated time of passage of the first runner: 03:05 hours

Estimated time of last runner to pass: 07:30 hours

Checkpoint 8, FINISH LINE

Estimated time of passage of the first runner: 03:30 hours

TIME OF CLOSING OF CHECK POINT: 08:00 hours



SAFETY WARNINGS ON THIS SECTION

HAZARD LOCATION

PREVENTIVE MEASURES

There are no major sections of the route to note. It is only necessary to take general mountain safety measures.



SECTOR PROFILE AND MAPS

