

The image is a full-page background photograph of a mountain landscape. In the foreground, a hiker is seen from behind, walking up a grassy, yellowish-brown slope. The hiker is wearing a backpack and using trekking poles. To the right of the hiker, a line of small evergreen trees grows along the slope. In the background, a massive, craggy mountain face rises steeply, its surface a mix of grey and white rock. The sky is blue with scattered white clouds. The entire image is framed by a yellow border that is thicker on the left and right sides and tapers towards the top and bottom.

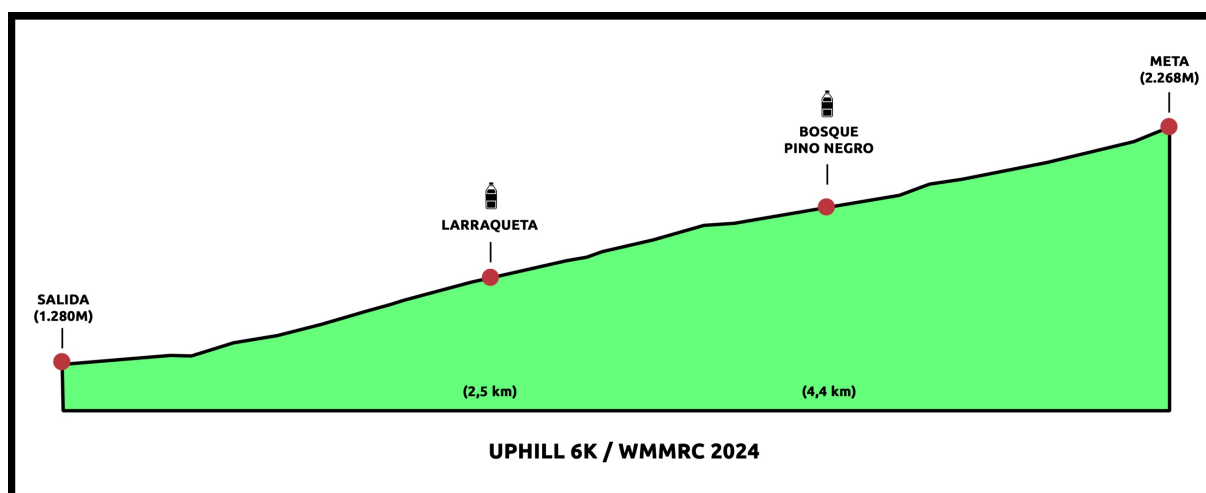
ROADBOOK 6K

WMMRC 2024

www.canfranc2024wmmrc.com

UPHILL 6K PROFILE AND DATA

This race is designed for the Uphill category of the World Masters Mountain Running Championship. A single ascent to Larraca through a spectacular path in the forest. A route that reaches the best viewpoint in the Canfranc Valley and from the finish line you will be able to see a large part of the Pyrenees and France.



Distance: 6,500 kilometres
Positive difference in altitude: 986 metres
Negative difference in altitude: 4 metres

Closing time Larraca (finish line): 02:00 hours

SINGLE SECTOR**HOTEL SANTA CRISTINA (start) / CIMA LARRACA**

SECTOR DETAILS: 6.5 km, 986 m. positive and 4 m. negative
ACCUMULATED DATA: 6.5 km, 986 m. positive and 4 m. negative

Medium difficulty. Almost the entire stretch is marked with GR markings as well as the marking of the race by the organisers (red flags with the name of the event).

The UPHILL 6K starts from the old N330 road, near the Hotel Santa Cristina. At the start, a 600-metre stretch of asphalt will serve to stretch the group which, shortly afterwards, will enter the forest via some stairs on a left turn.

From this point on, the race runs mostly through the black pine forest of Larraca. The path is fast, easy and very comfortable, so the athletes will enjoy themselves. You quickly gain altitude and soon reach Larraqueta, where there is a liquid refreshment point at kilometre 2.5.

Once we leave this grassy field, the path returns to the forest and bend after bend we reach another liquid refreshment point, this one at kilometre 4.4. Shortly after, we come out of the forest and soon we can see the summit. For the time being, we continue along the southern slope for a further stretch, and when we reach an altitude of 2,140 metres, we turn to the right for our last stretch, which is almost north-facing and will take us almost to the finish line, where we will take a 100 metre track to the end of the route.

Checkpoint 1, **LARRAQUETA**

Estimated time of passage of the first runner: 00:15 hours
 Estimated time of last runner to pass: 00:35 hours.

Checkpoint 2, **BLACK PINE FOREST**

Estimated time of passage of the first runner: 00:25 hours
 Estimated time of last runner to pass: 01:10 hours

Checkpoint 1, **LARRACA** (finish line)

Estimated time of passage of the first runner: 00:45 hours
 Estimated time of last runner to pass: 01:45 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

