



RUNNER'S GUIDE



INSTITUTIONAL SPONSOR

NAMING SPONSOR

OFFICIAL SPONSOR

OFFICIAL MAPING

ORGANIZING

The background image is a collage. The top half shows a multi-story brick building with several windows, some with satellite dishes. In front of the building are several tall, narrow banners. One prominent banner is orange and black with the text 'HTAIH BIKE' written vertically. Another banner is black with a red circular logo featuring a stylized bird or flame. There are also smaller banners with 'SCOTT' and 'TT' visible. The bottom half of the image shows a large crowd of people from behind, many wearing backpacks, walking towards the festival area. Bicycles are visible in the crowd.

GET YOUR TICKET!

It is essential that you fill out this form to download your ticket and be able to access the festival to collect your bib.

GET YOUR TICKET



LAST NEWS!!!

This past weekend, torrential rains on the Costa Brava have caused several landslides, and one entity has been affected by a significant fall of rocks on the GI682 road, where the 140km Ciclobrava route had to pass. The road was closed and we remained pending at the Servei Català de Transit until Tuesday when they sent us a letter denying passage through this road and asking for an alternative.

We quickly presented the alternative and did not want to send the broker's dossier until we had a response. Today they have given us a negative response to touching any road that we have not previously requested, therefore, the Costa Brava section of the 140km distance will be canceled and the long Ciclobrava will remain at 114 kilometers this year. The route is the same as the distance of 100, and you will go to Monells to do the Púbol and La Pera loop, reaching 114km in total.

PROGRAM DAY SEPTEMBER 24 FOR THE DISTANCE OF 140KM

The departure will be at 8:10 a.m. together with the distance of 100km, the two distances will go together to Monells, and where the second separation loop was planned, it will be done, therefore, the distance of "140km" will go to the right towards Corçà, and the distance of 100km, as planned, will go to the left towards Madremanya.

THE DISTANCES OF 100KM AND 70KM WILL BE MAINTAINED AS PROVIDED.

THE DISTANCE OF 140KM WILL BE CUT TO 114KM.



INTRODUCTION

“An essential classic of the cycle tourism calendar”

The Continental Ciclobrava is a non-competitive cyclotourist containing a spectacular tour which you can discover by choosing the long, medium or short distance of ~~140~~, 100 or 70km. A tour where you can **discover and enjoy the Costa Brava**, municipalities with spectacular buildings, wooded paths, very Little-travelled ports, long roads where the professionals train and, finally, an up to Montjuïc with its most spectacular side to enjoy the antic zone of Girona to finish at the Passeig de la Devesa.

The route will be open from the beginning until the end. There will be no chips, nor classifications

The participant's security is our number one priority which is why we ask all participants to respect the traffic regulations and the indications given by the Mossos, the Police, the Civil Protection, volunteers and the organization.

TECHNICAL DATASHEET

• DATE	24.09.2023
• HOUR	114KM-08:10h / 100KM-08:10h / 70KM-08:20h
• LOCATION	Fontajau Pavilion (Girona) - Start at Av. Josep Tarradellas
• CIRCUITS	114KM / 1.200M+ 100KM / 1.150M+ 70KM / 800M+



BIB COLLECTION SCHEDULE

Saturday 23.09.23
9 AM to 7:15 PM

Sunday 24.09.23
6:30 to 8 AM

**THE PICK UP WILL BE
INSIDE THE PAVILION**

To pick up your number, you will need the following documents:

- If you took the organization's assurance/ security, you will have to show your ID.
- If you did not take the assurance, you will have to show your ID and the ORIGINAL LICENCE of the UCI, the Spanish Cycling Federation or the Catalan Cycling Federation.
- For minor people, the parental confirmation is mandatory.

To pick up a friend's bib number, you will need the following documents:

- If he/she took the organization's assurance/ security, you will have to show your ID.
(a picture or copy is allowed)
- If he/ she did not take the assurance, you will have to show her/his ID (a picture or copy is allowed) and the ORIGINAL LICENCE of the UCI, the Spanish Cycling Federation or the Catalan Cycling Federation (a picture or copy is allowed).



JERSEY



We remind you that if you had pre-reserved WEAR DESIGN's shorts, you need to formalize your purchase in the stand **WEAR DESIGN [R 30]** within the Red Zone.

DOWNLOAD YOUR TRACK



140KM



100KM



70KM

GARMIN.



TUTORIAL:
HOW TO TRANSFER
YOUR WIKILOC TRACK
TO YOUR GARMIN?

START LOCATION





START SCHEDULE

Starting times will be in groups according to bib numbers:

08:10h - participants 114KM
(orange color bib)

08:10h - participants 100KM
(blue color bib)

08:20h - participants 70KM
(white color bib)



- Bib numbers **1 to 1.000** (orange bib number - distance: 114), those who **start at 08:10h**, will be located at the **Passeig de la Devesa** at **07:50h**, entering by the Pont de la Barca. At 07:55h the ribbon cutting ceremony will take place and the start will be at **08:10h**.
- Bib numbers **1.001 to 2.000** (blue bib numbers – distance: 100), those who **start at s 08:10h**, will be located at the **Passeig de la Devesa** at 07:50h, entering by the Pont de la Barca.
- Bib numbers **2.001 to 3.000** (White bib numbers – distance: 70), those who will start at **08:20h**, will be located at the **Passeig de la Devesa** at 08:05h, entering by the Pont de la Barca.

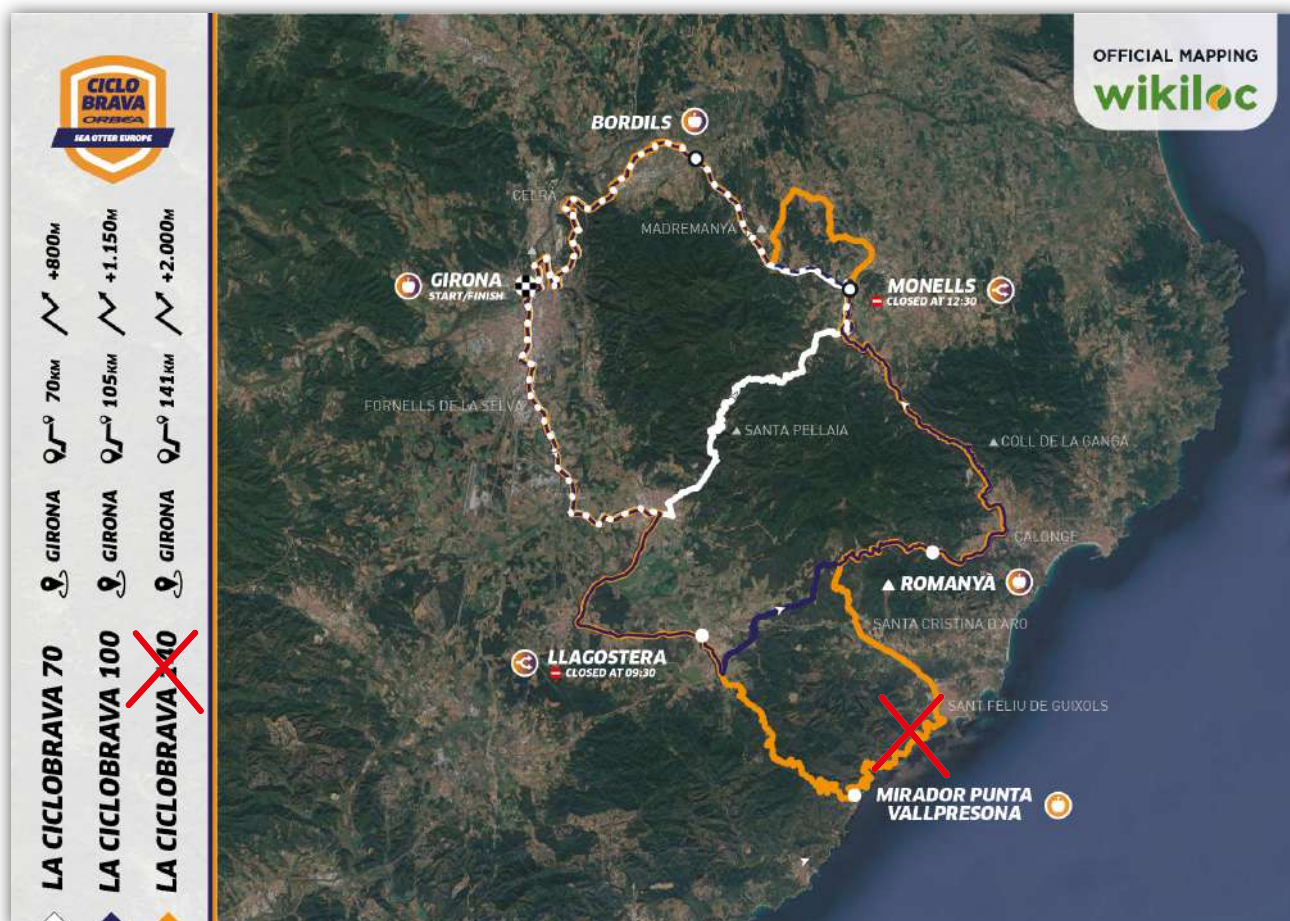
The fact of making the start by distances gives us a lot of security when it comes to maintaining the distances when the time comes at the different points of the route.



wikiloc

Accede a las rutas oficiales de la
SEA OTTER EUROPE en Wikiloc

ROUTES



CUT TIME

The organisers have set a minimum average hourly speed of 20 km/h.

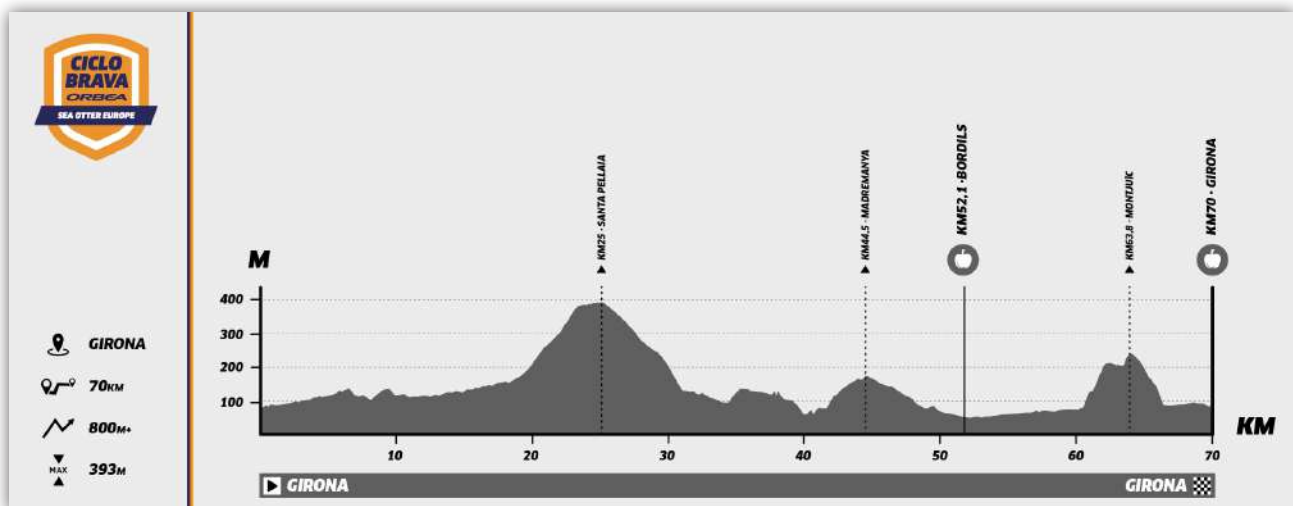
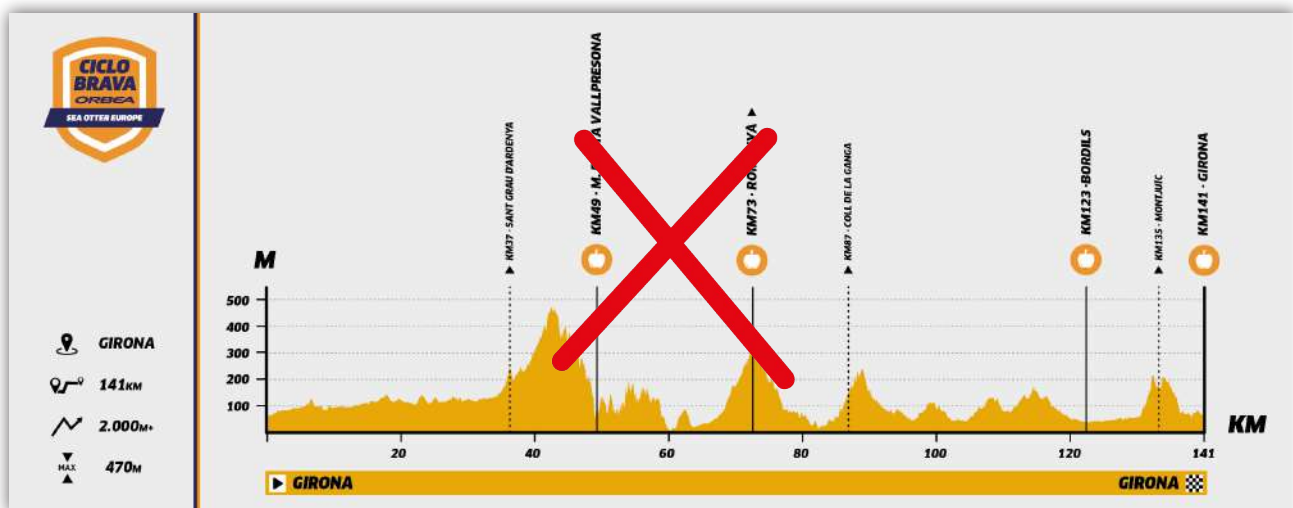
The broom car will be governed by this timetable and in the event that any participant circulates in a lower average, they must hand in their bib number and continue or return to the point of origin, always respecting the rules of the road.

For the long route, the organisers have arranged one time cut:

- ~~Llagostera - KM 33,4 at 09:30h.~~
- Monells - KM 103,6 at 12:30h.
- Campdorà - KM 137,7 at 14:00h.

From this time onwards, all participants of both the long and the short course will follow the short course.

PROFILES





FEED ZONES

All feed zones will be liquid and solid:

140KM | ~~KM 49,5 - Mirador Punta Vallpresona~~
~~KM 73,8 - Romanyà de la Selva~~
~~KM 124,2 - Bordils~~

100KM | KM 45,5 - Romanyà de la Selva
KM 87 - Bordils

70KM | KM 51,8 - Bordils

FINISH FEED ZONE

At the arrival you will receive:

- Bottle of water (50cl)
- Arrival refreshment and a hot meals.
- Piece of fruit
- Drink

All participants can pick up the final refreshment with the participant's bracelet during and inside the festival.





MEDICAL SERVICE

The medical service of the Ciclobrava will be as following:

Two ambulances will accompany us from the start, one at the end of the long course and the other at the end of the short course. When the two routes meet again, the ambulances will be located between the middle and the end of the Ciclobrava. In this way, we will be able to provide very flexible coverage, in addition to the units we will have at the Fontajau base.

IN CASE OF AN ACCIDENT

It is very important that in the event of an accident involving a participant you can help them and the way to do this is: first of all, make sure that their situation does not pose a risk of another accident and then call the health emergency telephone number and carry out the assessment that we suggest below:

Quick health assessment:

- Location
- Plate number
- Does he/she speak or not?
- Is he/she oriented? (Does he/she know what's wrong and/or where he/she is?)
- Can he/she move? (Arms and legs)
- Does he/she bleed significantly? Where?

MECHANICAL ASSISTANCE SERVICE



The organisation will provide the **Manteca** assistance service.

Two **Manteca** Assistance vehicles will circulate within the march and will be able to help participants with basic breakdowns (punctures, small adjustments...).

The labour for this service is free of charge for the participant, but in the case of replacement parts, the participant must pay the mechanic at the time of repair.

OTHER SERVICES

There will be **shower** and **dressings room service**.

There will be **wardrobe service**.



TRAFFIC

The Ciclobrava by Orbea is a sport event with **open traffic** and is **NOT competitive**, therefore, the participant must respect at any time the traffic rules and especially the instructions of the Police, Traffic Agents and organization personnel.

Any infraction reported by the authorities will be at the expense of the person reported, and in no case will the organization be responsible for it.

Any complaint from a participant will suppose his/her withdrawal from the sport event and the non-acceptance to facilitate the registration for the upcoming year of the sanctioned participant.

ECO-RESPONSABILITY

It is very important not to leave rubbish in nature, in this way we will respect the environment and the flora and fauna that Girona offers us.

Solidarity, respect from the riders, volunteers, sponsors and the public are essential elements of La Ciclobrava by Orbea.

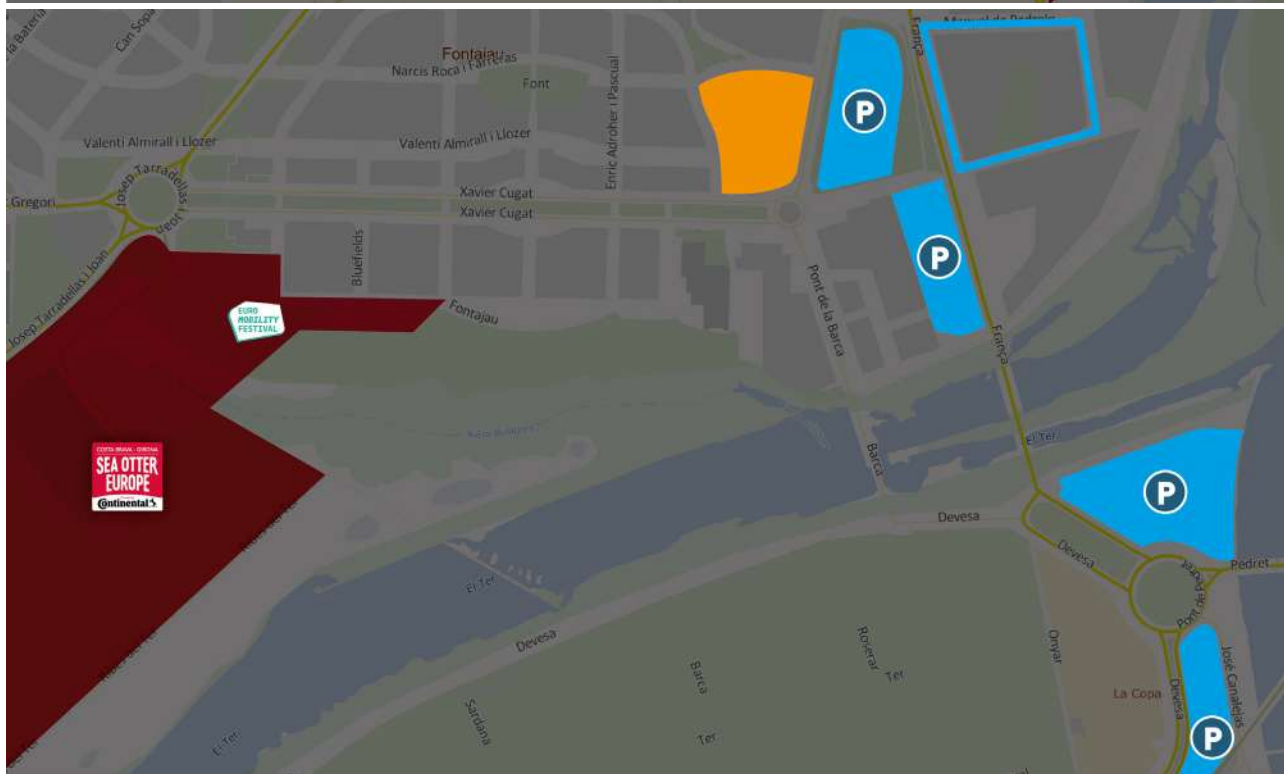
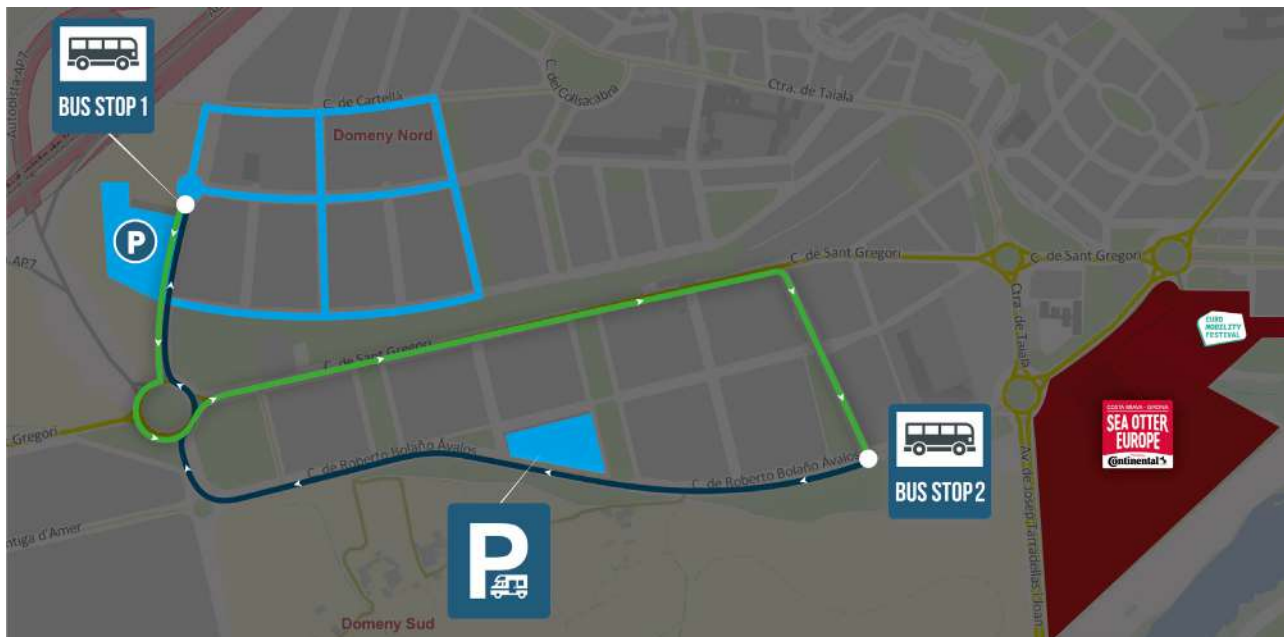
If we do not become aware of this, one day we will not have the involvement of a volunteer.

When throwing something on the ground, think of the volunteer who has to pick it up.

REGULATION

EMERGENCY PHONE 638 602 777

HOW TO GET THERE/WHERE TO PARK?



ROUTE
START



ROUTE
END



PARKING
CAMPGCARS



PUBLIC
PARKING

ROUTE TO GO

ROUTE BACK

PARKING ZONES

ONLY ACCREDITED

*Launcher bus: Continuous start

BUS TRANSFER TIMETABLE

Friday 22.09.23 from 11 AM to 8:30 PM

Saturday 23.09.23 from 8 AM to 8:30 PM

Sunday 24.09.23 from 8 AM to 4 PM

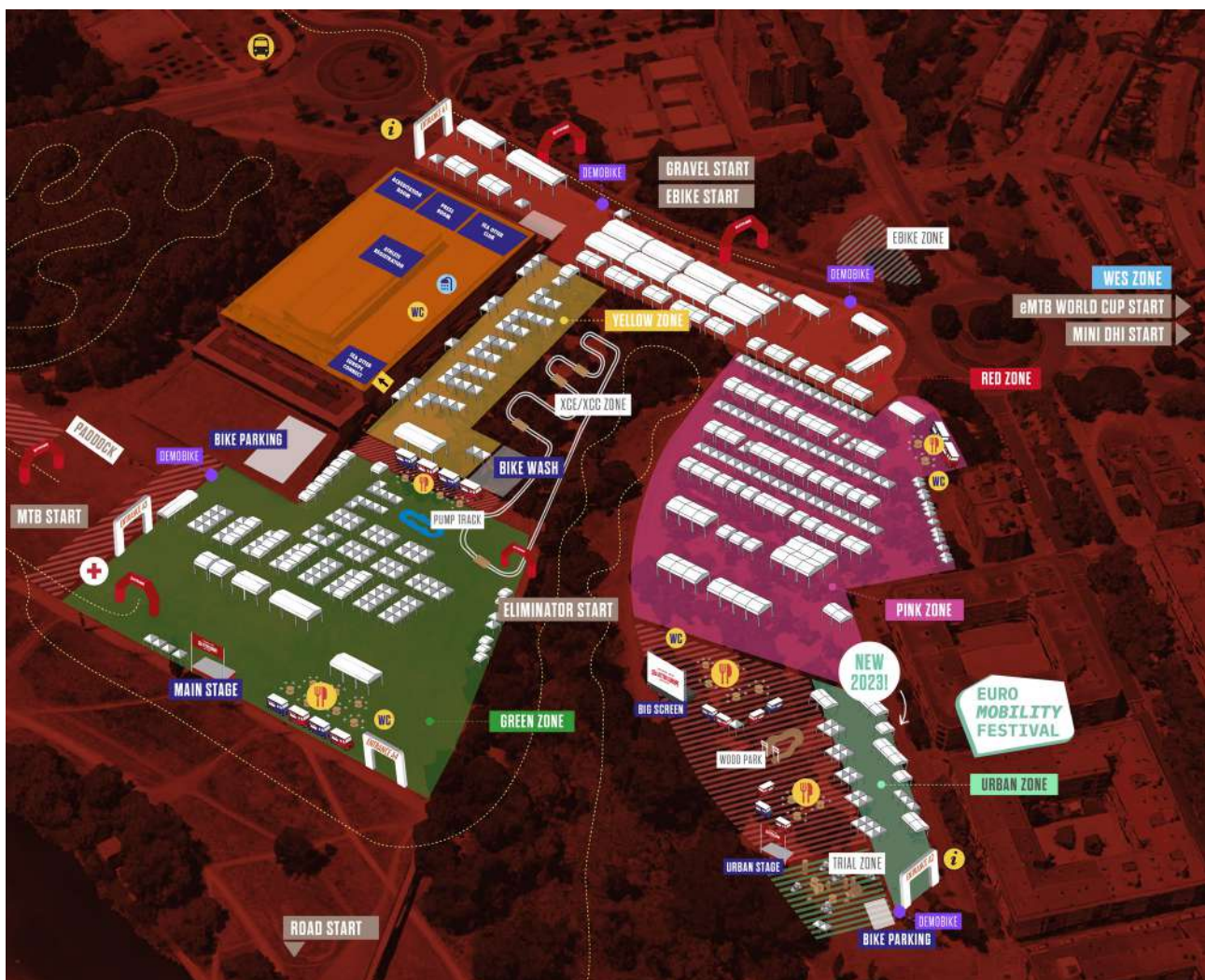
FESTIVAL SCHEDULE

Friday 22.09.23
12 to 7:30 PM

Saturday 23.09.23
9 AM to 7:30 PM

Sunday 24.09.23
9 AM to 3 PM

FESTIVAL MAP





SPORTS PROGRAM

DIVENDRES 22

12:00h		OBERTURA DEL FESTIVAL	FESTIVAL SEA OTTER EUROPE
12:30h		INICI DEMOBIKE	CIRCUIT DEMOBIKE
14:00h-15:00h		SORTIDA WORLD EBIKE SERIES ROUND 1	ZONA WES
16:00h		LLIURAMENT DE PREMIS WES	ESCENARI ZONA URBAN
16:00h-17:00h		ENTRENAMENTS SHORT TRACK	MTB START
17:00h-18:00h	NOU!	SORTIDA SHORT TRACK	MTB START
18:00h		LLIURAMENT DE PREMIS SHORT TRACK	ESCENARI ZONA VERDA
18:00h-19:00h		ENTRENAMENTS MTB ELIMINATOR CONTINENTAL SERIES	ZONA XCE XCC
19:00h		FI DEMOBIKE	CIRCUIT DEMOBIKE
19:30h		TANCAMENT FESTIVAL	FESTIVAL SEA OTTER EUROPE

DISSABTE 23

09:00h		OBERTURA FESTIVAL	FESTIVAL SEA OTTER EUROPE
09:05h		SORTIDA CANYON GIRONA GRAVEL RIDE LLARGA	AVINGUDA TARRADELLAS
09:30h		INICI DEMOBIKE	CIRCUIT DEMOBIKE
09:30h		SORTIDA SCOTT MARATHON GIRONA XCM PRO	MTB START
09:35h		SORTIDA SCOTT MARATHON GIRONA XCP PRO/OPEN	MTB START
10:00h		SORTIDA SUPER CUP YOUTH	MTB START
13:00h		LLIURAMENT DE PREMIS SUPER CUP YOUTH	ESCENARI ZONA VERDA
13:30h		LLIURAMENT DE PREMIS SCOTT MARATHON	ESCENARI ZONA VERDA
14:00h-15:00h		SORTIDA WORLD EBIKE SERIES ROUND 2	ZONA WES
15:30h		SORTIDA OPEN ESCOLAR by SEA OTTER EUROPE	MTB START
16:00h		LLIURAMENT DE PREMIS WES	ESCENARI ZONA URBAN
16:00h-19:00h	NOU!	SORTIDA MTB ELIMINATOR CONTINENTAL SERIES	MTB START
17:00h		SORTIDA MTB CLASSIC Memoria I Co pa Grundig	MTB START
19:00h		ENTREGA DE PREMIS MTB ELIMINATOR CONTINENTAL SERIES	ESCENARI ZONA VERDA
19:00h		FIN DEMOBIKE	CIRCUIT DEMOBIKE
19:30h		TANCAMENT DEL FESTIVAL	FESTIVAL SEA OTTER EUROPE

DIUMENGE 24

08:00h-08:20h		SORTIDA CICLOBRAVA by ORBEA	PASSEIG DE LA DEVESEA
09:00h		OBERTURA DEL FESTIVAL	FESTIVAL SEA OTTER EUROPE
09:00h		SORTIDA Shimano Super Cup Massi <small>Cadete (F) - Junior (F) M30/40 (F) y M40/50/60 (M)</small>	MTB START
09:00h-11:00h		ENTRENAMENTS Mini DH KIDS CUP Se a Otter Europe	ZONA WES
09:15h		SORTIDA CANYON GIRONA GRAVEL RIDE CURTA	AVINGUDA TARRADELLAS
09:15h-13:30h		SORTIDA COPA GIRONA TRIAL by SEA OTTER EUROPE	ZONA URBAN
09:30h		SORTIDA CORRATEC E-BIKE DAY GIRONA	AVINGUDA TARRADELLAS
09:30h		INICI DEMOBIKE	CIRCUIT DEMOBIKE
10:40h		SORTIDA Shimano Super Cup Massi <small>Elite (F) - S23 (F) Junior (M) y M30 (M)</small>	MTB START
11:00h	NOU!	PRIMERA RONDA Mini DH KIDS CUP Se a Otter Europe	ZONA WES
12:00h		SEGUNDA RONDA Mini DH KIDS CUP Se a Otter Europe	ZONA WES
13:00h		LLIURAMENT premis Mini DH KIDS CUP Se a Otter Europe	ESCENARI ZONA URBAN
13:00h		SORTIDA Shimano Super Cup Massi <small>Elite (M) - S23 (M)</small>	MTB START
13:30h		LLIURAMENT DE PREMIS COPA GIRONA TRIAL	ESCENARI ZONA URBAN
14:00h		LLIURAMENT DE PREMIS Shimano Super Cup Massi	ESCENARI ZONA URBAN
14:30h		FI DEMOBIKE	CIRCUIT DEMOBIKE
15:00h		TANCAMENT DEL FESTIVAL	FESTIVAL SEA OTTER EUROPE

SORTIDES

DEMOBIKE

OBERTURA I TANCAMENT
DEL FESTIVAL

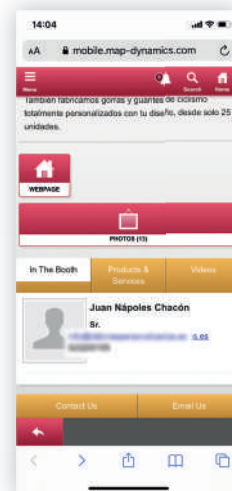
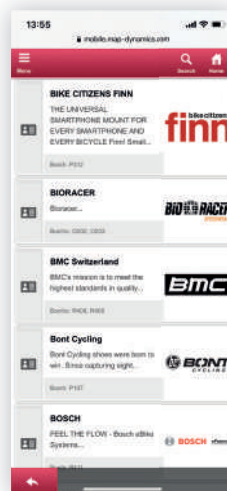
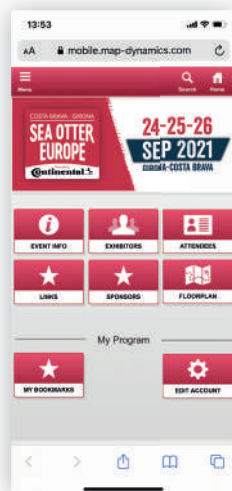
LLIURAMENT DE PREMIS





DISCOVER THE EXPO AREA

SEE THE BRANDS LIST



GET YOUR TICKET OR WRISTBAND

GET YOUR TICKET



The athlete bracelet has the same function as the festival ticket. Participants will get their athlete bracelet at the time of collection of the number, in the registration room. But the participant is recommended to download their ticket (through this link) to be able to access within the festival. Once you have collected the number and the bracelet, you can enter and leave the venue with it, without having to enter.





Sea Otter Europe Costa Brava Girona by Continental will provide a free bike wash and maintenance service for **PRORIDE** www.proridebike.com. Get your bike tuned easily and free of charge. You'll also be able to learn more about the **PRORIDE** range of products made by Proquimia, a company with over 50 years' experience of developing products for the maintenance and care of vehicles which is now at the service of cyclists.

Here's a video explaining how the **PRORIDE OFFICIAL BIKE WASH** will operate.
www.instagram.com/p/CwxIPybsxFM/

PRORIDE will be present throughout the festival to offer its experience and knowledge to all cyclists. It will also raffl three complete bicycle cleaning and maintenance kits. To enter you just have to scan this QR code, which you'll also find at the washing point and the **PRORIDE [Y14]** stand and sign up. Don't forget to follow the @proride_bike account on Instagram to find out whether you've won.



Don't miss out on this chance to discover how to ensure that your bike's as good as new and win a full basket of products.
www.proridebike.com/product-category/productos/

