



# Participant's guide 2024

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# 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 (approximately: 84k +60m, 123k +80m, 130k +1550m, 226k +3920m y 343k +5410m), 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!



# **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 19:00h — Warm Up Ride by Allout Cycling
- 20:00h — Briefing for Lo Cabrit, La Cabra y Lo Flamenc

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

- 05:00h — Opening of the cloakroom service at the start area
- 05:00h — Breakfast before the start
- 06:00h — START LO FLAMENC**
  - 06:00h — START LO FLAMENC I (Bib 1 — 50)
  - 06:15h — START LO FLAMENC II (Bib 51 — 105)
- 06:30h — START LA CABRA**
  - 06:30h — START LA CABRA I (Bib 201 — 250)
  - 06:45h — START LA CABRA II (Bib 251 — 320)
- 07:30h to 08:30h — Collection of Lo Cabrit bibs
- 08:30h — START LO CABRIT**
  - 08:30h — START LO CABRIT I (Bib 401 — 475)
  - 08:45h — START LO CABRIT II (Bib 476 — 550)
  - 09:00h — START LO CABRIT III (Bib 551 — 630)
- 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
- 14:00h to 16:00h — Delta rice tasting thanks to Arròs Montsià
- 17:00h to 18:00h — 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

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

07:00h — Opening of the cloakroom service at the start area

07:00h to 10:00h — Breakfast before the start

07:00h to 09:30h — Collection of Lo Manoll and La Garba bibs

**08:30h — START LA GARBA**

**08:30h — START LA GARBA I (Bib 701 — 775)**

**08:45h — START LA GARBA II (Bib 776 — 850)**

**09:00h — START LA GARBA III (Bib 851 — 925)**

**09:30h — START LO MANOLL**

**09:30h — START LO MANOLL I (Bib 1001 — 1075)**

**09:45h — START LO MANOLL II (Bib 1076 — 1150)**

**10:00h — START LO MANOLL III (Bib 1151 — 1225)**

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](#)

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**HOTEL OFICIAL**

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**La Garba**

## Oferta especial



- Early breakfast, para coger fuerzas antes de la aventura.
- Parking de bicis seguro.
- Acceso zona taller y lavado de bicis.



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# ROUTES

## Lo Manoll

83k and +60m

Flat and rolling circuit with countless varieties of terrain and landscapes that allow you to discover the essence of the Ebro Delta.

Lo Manoll is designed for Gravel bicycles, although it is also suitable for MTB and electric bicycles. The recommended width for tires is 38mm. Routes not physically marked, the route is followed using GPS.

**Finish line cut-off time: 3:00 p.m.**

### LO MANOLL 83km +60m



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**La Garba**

Check [HERE](#) for the most important locations of the test.

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

## La Garba

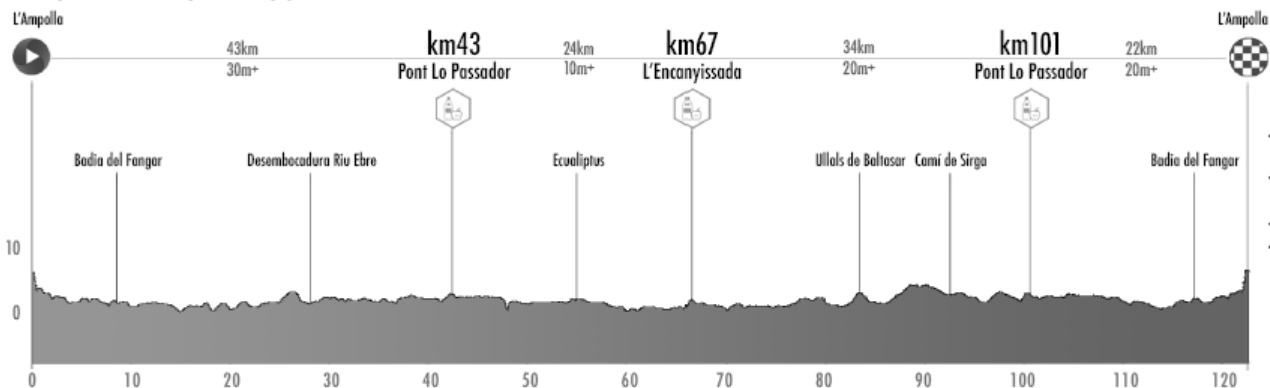
123k and +80m

A tour through the Ebro Delta Natural Park that allows you to discover, by bicycle, 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 land!

The Garba is designed for Gravel bicycles, although it is also suitable for MTB and electric bicycles. The recommended width for tires is 38mm. Routes not physically marked, the route is followed using GPS.

**Finish line cut-off time: 5:00 p.m.**

### LA GARBA 123km +80m



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**La Garba**

Check [HERE](#) for the most important locations of the test.

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



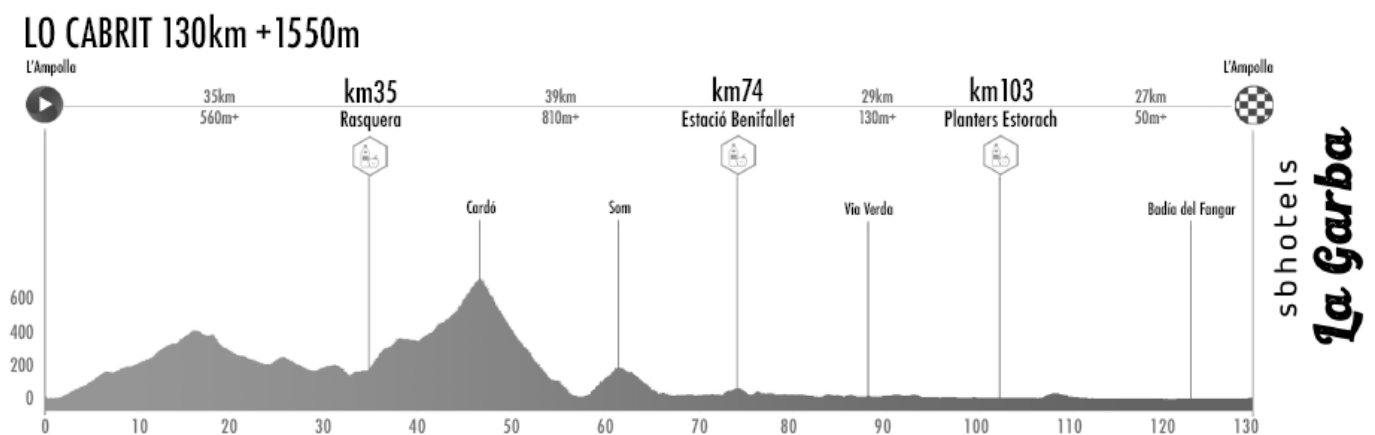
## Lo Cabrit

130k and +1550m

A route that allows you to travel along some paths in the Serra de Cardó, get to know the historic Greenway of the Val de Zafán and end up pedaling in the middle of the rice fields of the Ebro Delta Natural Park. Landscape diversity guaranteed!

The Cabrit is designed for Gravel bicycles, although it is also suitable for MTB and electric bicycles. The recommended width for tires is 38-40mm. Routes not physically marked, the route is followed using GPS.

**Finish line cut-off time: 6:00 p.m.**



\*Attention from PK46.6 to 56.3: Technical track through loose gravel of 9.7 km, descent to Tivenys (Mortero), it is advisable to do it very slowly and lower the pressure in the tires.

Check [HERE](#) for the most important locations of the test.

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

## La Cabra

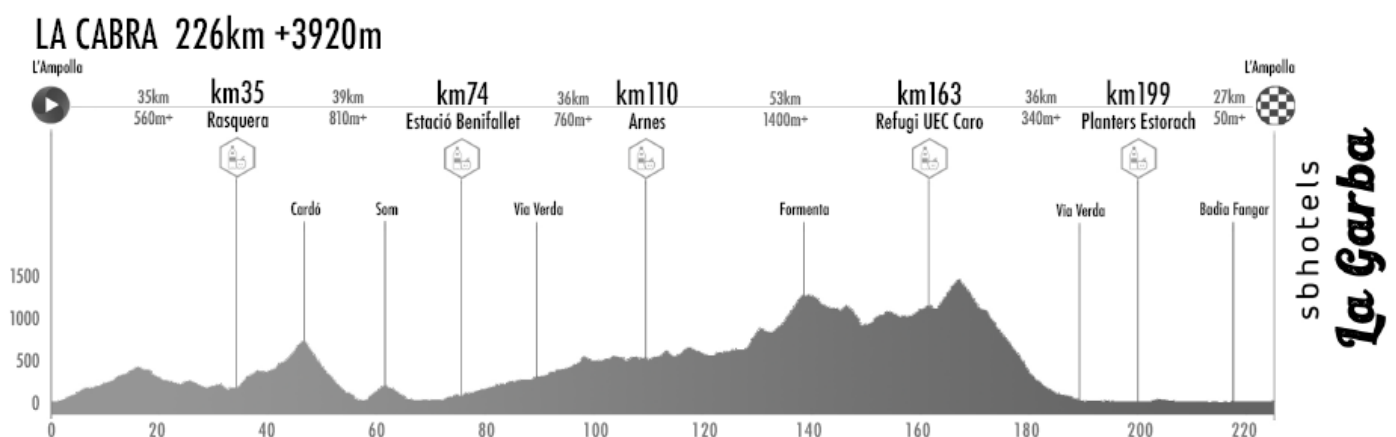
226k and +3920m

A tough route due to its length and accumulated unevenness, which allows you to travel along some paths in the Serra de Cardó, get to know the historic *Vía Verde* de la Val de Zafán and surround the Natural Park of the Ports to end up pedaling in the middle of the rice fields of the Natural Park of the Ebro Delta. Landscape diversity assured!

Distance designed to be done in Non-Stop format or in two stages, in the case of stages, Beseit (pk124) is an advisable place to spend the night.

The Cabra is designed for Gravel bicycles, although it is also suitable for MTB and electric bicycles. The recommended width for tires is 38-40mm. Routes not physically marked, the route is followed using GPS. At the Arnes aid station (pk110) there will be the possibility of having a life bag, which will be delivered to the organization when collecting numbers.

**Finish line cut-off time:** pk110 at 6:00p.m. and finish line at 6:00p.m. (+1)



Check [HERE](#) for the most important locations of the test.

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

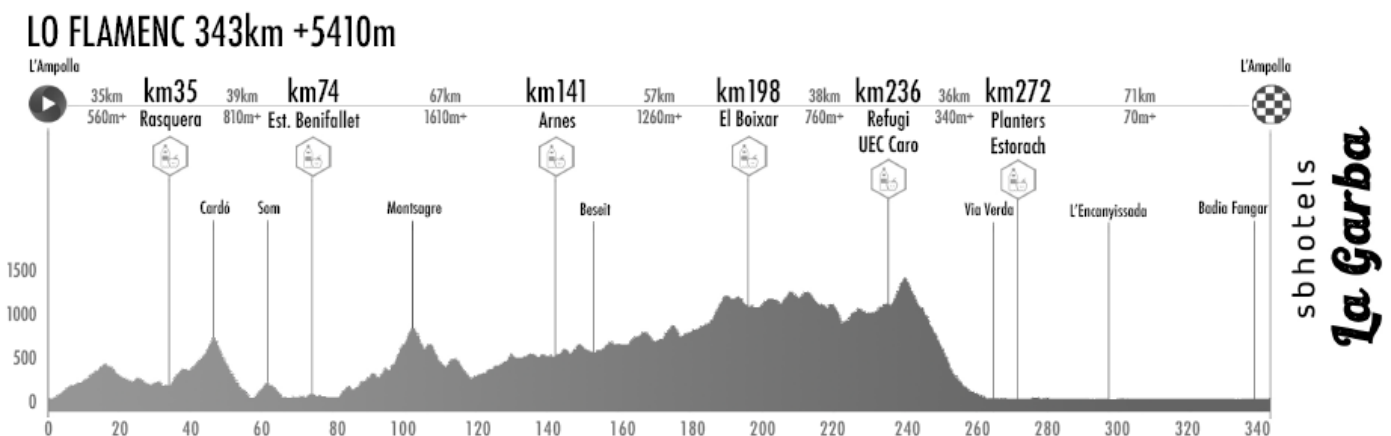
## Lo Flamenc

343k and +5410m

A tough route due to its length and accumulated unevenness, which allows you to travel along some paths in the Serra de Cardó, visit the historic Greenway of the Val de Zafán, Montsagre de Paüls, the town of El Boixar and surround the Ports Natural Park to end up pedaling in the middle of the rice fields of the Ebro Delta Natural Park. Landscape diversity guaranteed!

Distance designed to be done in Non-Stop format or in two stages, in the case of stages, [El Boixar](#) (pk190), [Refugi UEC Caro](#) (pk227) and [Hotel SB Corona](#) (pk265) are advisable places to spend the night. It is recommended to make a prior reservation. Lo Flamenc is designed for Gravel bicycles, although it is also suitable for MTB and electric bicycles. Minimum 40mm tires recommended. Routes not physically marked, the route is followed using GPS. At the Arnes aid station (pk141) you can have a life bag, it will be delivered to the organization when collecting numbers.

**Finish line cut-off time:** pk141 at 6:00p.m. and finish line at 8:00p.m. (+1)



Check [HERE](#) for the most important locations of the test.

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

# TRACK AND LIVE TRACKING

## **TRACKS:**

-The routes are not physically marked and a navigation device is necessary (GPS, navigation APP (wikilock, GPX Viewer), etc.)

-In the route section of the website you can consult and download the tracks for the different distances:

Lo Manoll Tour: [Here](#)

La Garba Tour: [Here](#)

Lo Cabrit Tour: [Here](#)

La Cabra Tour: [Here](#)

Lo Flamenc Tour: [Here](#)

\*For the Lo Flamenco distance, the shortcut to continue doing the La Cabra route is in Beceite (PK155)

-It is advisable to directly upload the .gpx files to the GPS devices and disconnect the option to automatically recalculate the route and thus follow the original track without any variation.

-The slopes of the tracks that mark applications such as Wikilock, Starva, Komoot, etc. They usually vary from the real ones. Those indicated by the organization are the real ones, however, over long distances there may be small variations.

## **LIVE TRACKING:**

- All participants are required to go through the checkpoints that will be on the circuit.
- The distance controls: Lo Manoll, La Garba and Lo Cabrit will be through a chip and are at the aid stations.
- The passage controls for the La Cabra and Lo Flamenc distances will be through a geolocator that each participant will carry. The geolocators will be delivered before the start and will be returned to the finish line. In case of loss or non-return by the participant, this will be the responsibility of the participant.
- All the passage controls and the location by geolocation of long distances can be consulted live through the section of the website: Live tracking ([Here](#))

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**La Garba**

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# **SECURITY**

## **PERCACUSION SECTIONS:**

-PK23.8 to 24.1 (Distance Lo Cabrit, La Cabra and Lo Flamenc): 300m technical path that crosses the river, it is advisable to get off the bike and do it on foot.

-PK46.6 to 56.3 (Distance Lo Cabrit, La Cabra and Lo Flamenc): 9.7 km track, descent in Tivenys (Mortero), **VERY** technical on loose gravel, it is **advisable to do it very slowly and lower pressure in the tires.**

-PK188.7 and 188.2 (Lo Flamenc Distance): Cattle gate on the road.

## **RACE CONTROL:**

-At the end of each distance there will be a broom bike to watch over the closing of the race.

-Following the evolution of the event there will be 2 4x4 follow-up vehicles.

## **PREVENTIVE MEDICAL SERVICE:**

-During the event there will be 2 traveling ambulances providing preventive service.

## **CONTACT TELEPHONES FOR INCIDENTS DURING THE ROUTE:**

-Organization: +34 618 90 61 69 (Only works at the event)

-Emergencies: 112

# **OBSERVATIONS ON EQUIPMENT**

## **Recommended material for all distances:**

Windbreak and/or material necessary to deal with sudden changes in temperature.

Solid foods such as bars or nuts.

## **Mandatory material for all distances:**

Drum with 0.5L of minimum liquid.

Mobile phone with sufficient battery.

## **Mandatory material for La Cabra and Lo Flamenc:**

Windbreak and/or material necessary to deal with sudden changes in temperature. During the night it can reach 0°C in the PN dels Ports area.

Bicycle front light and rear light.

Thermal blanket.

## **La Cabra and Lo Flamenc life bag:**

At the Arnes aid station (pk110 for La Cabra and pk141 for Lo Flamenc) there will be the possibility of having a life bag, which will be given to the organization at the bib collection and will be returned to the participant at the finish line.



# **AID STATIONS**

## **SUPPLY BY DISTANCE:**

(In all aid stations there is a toilet and a light socket to charge ebikes)

### **Lo Manoll: 3**

- PK 23 Pont Lo Passador (10:00 a.m. to 11:30 a.m.)
- PK 34 L'Encanyissada (10:15 a.m. to 12:15 p.m.)
- PK 61 Pont Lo Passador (11:00 a.m. to 2:00 p.m.)

### **La Garba: 3**

- PK43 Pont Lo Passador (09:30 a.m. to 11:45 a.m.)
- PK 67 L'Encanyissada (10:15 a.m. to 1:15 p.m.)
- PK 101 Pont Lo Passador (11:15 a.m. to 3:00 p.m.)

### **Lo Cabrit: 3**

- PK 35 Rasquera (09:30 a.m. to 11:20 a.m.)
- PK 74 Benifallet Station (11:00 a.m. to 2:15 p.m.)
- PK 103 Planters Estorach (12:00 p.m. to 4:15 p.m.)

### **La Cabra: 5**

- PK 35 Rasquera (07:45 a.m. to 09:30 a.m.)
- PK 74 Benifallet Station (09:00 a.m. to 12:00 p.m.)
- PK 110 Arnes (10:30 a.m. to 6:00 p.m.)
- PK 163 UEC Caro Shelter (1:00 p.m. to 10:00 p.m.)
- PK 199 Planters Estorach (2:00 p.m. to 11:59 p.m.)

### **Lo Flamenc: 6**

- PK 35 Rasquera (07:15 a.m. to 09:00 a.m.)
- PK 74 Benifallet Station (08:45 a.m. to 12:30 p.m.)
- PK 141 Arnes (11:15 a.m. to 6:00 p.m.)
- PK 198 El Boixar (1:30 p.m. to 10:00 p.m.)
- PK 236 UEC Caro Shelter (3:00 p.m. to 11:59 p.m.)
- PK 272 Planters Estorach (4:30 p.m. to 1:00 a.m. (+1))\*

\*For participants who do the route in stages, they will not have the aid station at pk 272 and on Sunday they will have two more aid stations at pk 297 L'Encanyissada (from 10:15 a.m. to 1:15 p.m.) and pk 321 Pont Lo Passador ( from 9:30 a.m. to 3:00 p.m.).

### **PRODUCTS IN THE PROVISION STATIONS:**

**Liquid Products:** water, isotonic drink and Coca-Cola.

**Solid Products:** gels and bars by Finisher, fruit, sweets, nuts, potato omelette, quince, cocoa sandwich, ham and cheese.

\*At the aid stations of Arnes, El Boixar and Refugio UEC Caro at the Lo Flamenc and La Cabra distances there will also be macaroni and coffee.

\*Options for celiacs and vegans, ask the refreshment staff!

**Final provisioning:** in addition to the products mentioned above, tasting of Montsià del Delta rice for all the Lo Manoll, La Garba and Lo Cabrit distances. For the distances La Cabra and Lo Flamenc there will be macaroni and pizza.

# **BIB PICK-UP**

## **WHEN?**

**FRIDAY, MARCH 22, 2024**

5:30 p.m. to 8:30 p.m. — Lo Cabrit, La Cabra and Lo Flamenc bib collection

**SATURDAY, MARCH 23, 2024**

07:30 a.m. to 08:30 a.m. — Lo Cabrit bib collection

5:30 p.m. to 8:30 p.m. — Lo Manoll and La Garba bib collection

**SUNDAY, MARCH 24, 2024**

07:00 a.m. to 09:30 a.m. — Lo Manoll and La Garba bib collection

## **WHERE?**

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

## **WHAT?**

- Welcome Pack with gifts: Sweatshirt, buff and mug
- SB Hotels La Garba identification bracelet
- Bike seat back + flanges (Lo Manoll, Lo Cabrit and Lo Flamenco distances)
- Dorsal sticker (Distances La Cabra and Lo Flamenco)
- Distance profile sticker
- Ticket: Rice tasting



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Alójate en el hotel boutique  
cicloturista de Terres de l'Ebre  
y disfruta del mejor  
ciclismo.

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# **ENVIRONMENT**

## **ENVIRONMENT:**

-The routes pass through two Natural Parks: Delta del Ebro and Els Ports, as well as Areas of Natural Interest such as the Sierra de Cardó.

-One of the main objectives of the event is to publicize the Terres de l'Ebre, declared a Biosphere Reserve. At the same time, you must take care of all the flora and fauna that is there during the tour, we will be passing by your house.

## **GOOD PRACTICES TO MINIMIZE THE ENVIRONMENTAL IMPACT:**

- Cycle and non-competitive route
- Previous reconnaissance of the routes to review the state of the terrain
- Limited participation for each distance
- Departure and arrival to an urban space
- Staggered departures, 50 participants every 15 minutes
- Route not physically marked
- Route on tracks and cycle paths, not off-piste
- Refreshment points in urban centers or closed spaces
- Selective waste collection at supply points

# SERVICES

- Official SB Hotels La Garba 2024 sweatshirt
- Official SB Hotels La Garba 2024 mug
- Official tubular La Garba 2024 by Gsport
- Broker's bag with local products and collaborators
- Mechanical service before each ride by Drago Bikes
- Breakfast before departure
- Complete and varied supplies during the route by Finisher
- Final refreshment with a tasting of Delta rice by Arròs Montsià for the Lo Manoll, La Cabra and Lo Cabrit distances and pasta and pizzas for the La Cabra and Lo Flamenc distances
- Finisher Medal for all participants
- Recovery service at the end of the test
- Bicycle cleaning point at the end of the tour by Relber
- Cloakroom service during the race
- Shower and changing room service
- Photographs along the route
- Accident insurance
- Preventive medical service
- Online monitoring of participants during the tour
- An experience and environment that will remain with you for life...

# **SB HOTELS & BIKE PHOTO RAFFLE**

**GANA UN FIN DE SEMANA CICLISTA PARA 2 PERSONAS EN HABITACIÓN DOBLE CON PENSIÓN EN SBHOTELS&BIKE + UN MAILLOT SBHOTELS!**

Thanks to our Title Sponsor SB Hotels, this edition, by sharing your photos of the adventure on Instagram you can win a prize.

## **PRIZE:**

- 2 nights in a double room with breakfast at the cycling hotel: Hotel SB Corona Tortosa 4\*
- 2 SB Hotels Jerseys

## **HOW TO TAKE PART:**

- 1) Be registered/-in the event: SB Hotels La Garba 2024
- 2) Take your best photographs related to the event during the SB Hotels La Garba 2024 weekend
- 3) Post your photos on Instagram in the feed and/or story
- 4) Visibly tag [@sbhotelsandbike](#) y [@lagarba\\_gravel](#)

## **CONDITIONS:**

- The draw will be held on Tuesday, March 26 and the winner will be announced through social networks.
- The accommodation reservation will be made at least 72 hours in advance and will be subject to availability.
- Breakfast and access to all the hotel's cycling spaces is included in the accommodation.

**GOOD LUCK!**

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**La Garba**

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



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**LA**  
l'Ampolla  
PARRIS - AMPOLLA

**GSPORT**

**DAVIMA**  
rent a car

**GUAVA**

**FINISHER**  
ARRÓS

**MONTSIA**