



# TRAMUNTANA TRAVESSA

DECEMBER 3 & 4  
2021

TTCMM 120,8 KM + 4555 meters - POLLENÇA - ANDRATX  
1/2 TTCMM 65 KM + 2205 meters - BUNYOLA - ANDRATX





# PROMOTER



# ORGANIZER



# Institutions



Ajuntament d'Andratx



Ajuntament de Esporles



Ajuntament de Valldemossa



Ajuntament de Bunyola



Ajuntament d'Alaró



Ajuntament de Mancor de la Vall



Ajuntament de Escorca



Ajuntament de Pollença



GOVERN DE LES ILLES BALEARS  
CONSELLERIA DE CULTURA, PARTICIPACIÓ I ESPORTS



# Collaborators



cartonajes mallorca.sl





After traveling various mountains of the world, some successfully and others frustrated, one thinks that the great adventures are far from home. Could not be more wrong. I started running in the mountains as a tribute to my friend Tolo Calafat; he insisted that he had to try it and I did, though too late to compare the races with him. The first time I ran through the Tramuntana I understood that great adventures are also very close to us. It goes for you.

- "People do not decide to become extraordinary, people decide to carry out extraordinary things" - Edmund Hillary -

Manuel Gil Castelló  
Director de Tramuntana Travessa

Dear runners

Here you have the Technical Guide that the Tramuntana Travessa team has prepared for that you can have all the necessary information to carry out the test. Surely we have left many things, we hope you forgive us, since this very anomalous edition it has not been easy, neither to meet nor to do everything with the normality that we would have wanted. We have had a very hard months of procedures and details, but we have done it with great enthusiasm so you can enjoy the route.







TTCMM



## Delivery of numbers

WEDNESDAY 1 DECEMBER FROM 4 PM TO 9 PM  
IN THE SPORTS PAVILION OF BUNYOLA



They can also be collected one hour before the departure of each of the races.



## Runner's Bag

You can give us your life bag before departure, we will bring it to you to the location of the route that we have enabled for this, we believe which is the most optimal, so it will be found before reaching this point with a lot of mud and water. The point of delivery of the runner's bag It is at the Valldemossa refreshment station.







TTCMM  
120

TRAMUNTANA TRAVESSA



# Technical data and supplies

## TTCMM 120

TTCMM 120 Distance 120.8 KM  
Elevation gain + 4555 meters  
Maximum height 1211 m.  
Minimum height 44m.  
**X** Cutting times  
Bunyola: 9:00 a.m.  
Estellencs: 6:00 p.m.  
DEPARTURE TIME: 22:00 h. December 3  
ARRIVAL TIME: 00: 00h. December 4  
Maximum total time: 26 Hours.







TTCMM  
65

TRAMUNTANA TRAVESSA



# Technical data and supplies

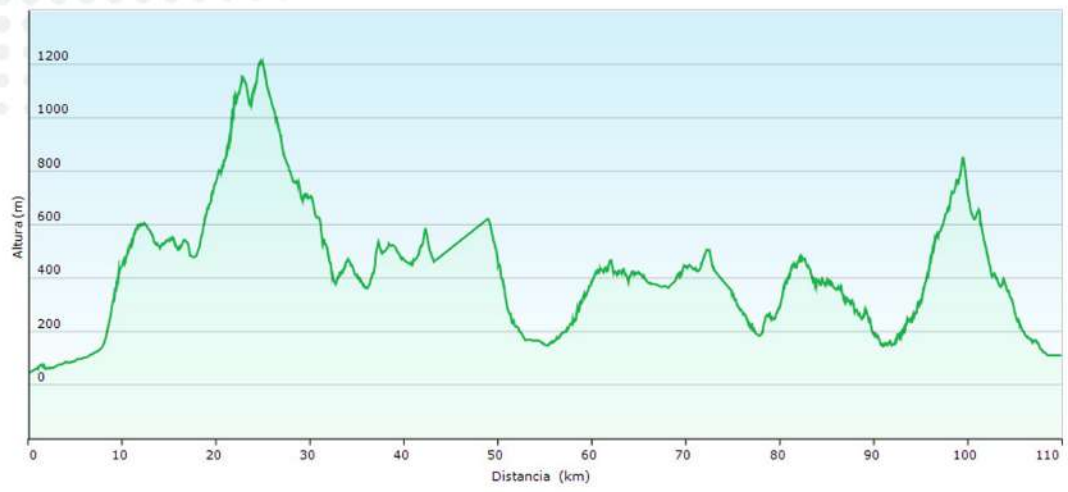
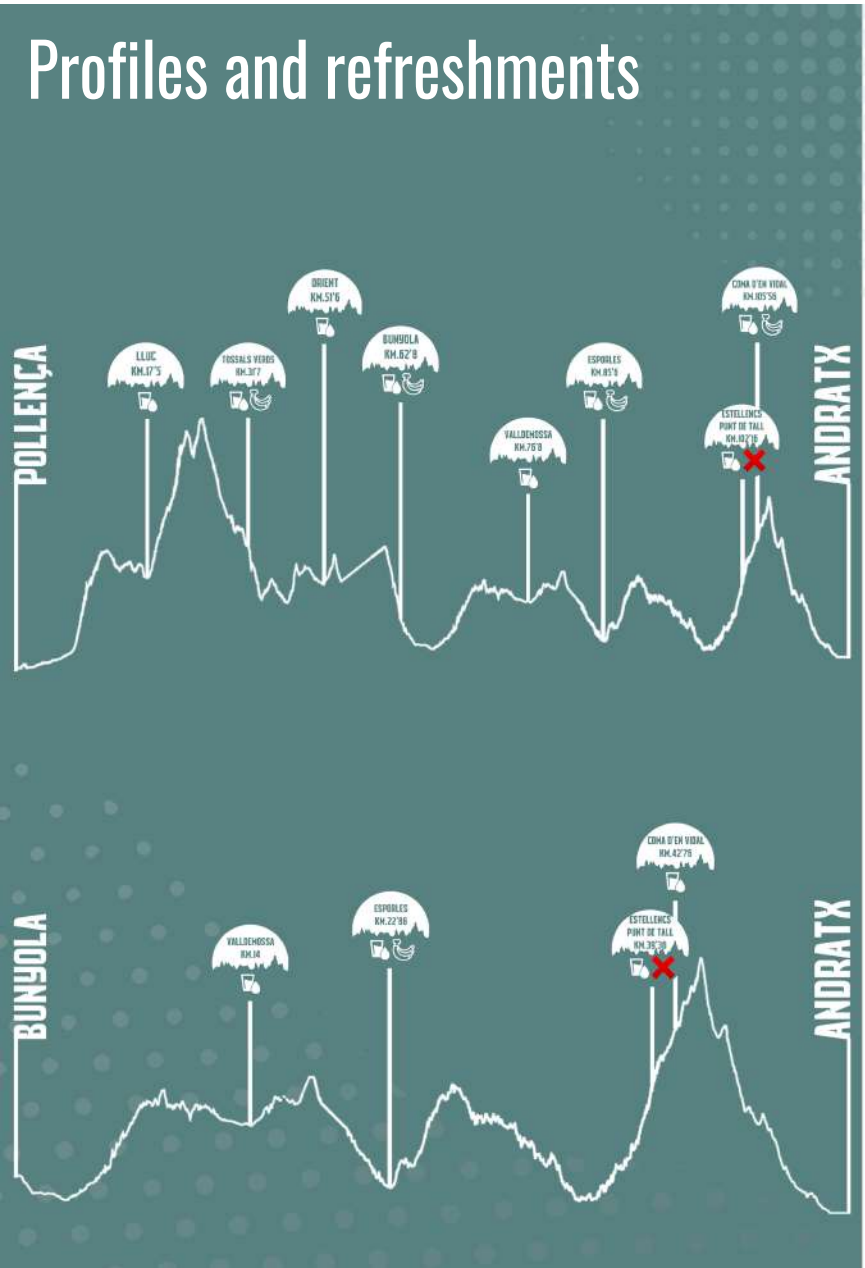
# TTCMM 65

TTCMM 65 Distance 65 KM  
Elevation gain + 2,205 meters  
Maximum height 1211 m.  
Minimum height 44m.  
✗ Cutting times  
Estallencs: 6:00 p.m.  
DEPARTURE TIME: 8:00 a.m. December 4  
ARRIVAL TIME: 00: 00h. December 4  
Maximum total time: 16 Hours.





# Profiles and refreshments





# Supply of aid stations

	Drink					Fruit		Nuts		Sweets			Sandwich		Food				
	Water	Soda water	Isotonic	Cola	Coffe/Tea	Plátano	Melon	Dátiles	Dried apricots	Gominoles	Chocolat	Sandwich cacao	Sandwich york	Sandwich Queso	Pasta	Rice	Sopa	Energy bars	Energy gels
Lluc	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Tossals Verds	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓
Orient	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Bunyola	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Valldemossa	✓	✓	✓	✓		✓		✓	✓	✓	✓							✓	✓
Esporles	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Coma d'en Vidal	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Andratx	✓	✓		✓		✓	✓						✓	✓	✓	✓			











**Attention! neutralized section**



The section in the Comellar des Prat (Escorca), between the Coll de Prat and the font den Gallina, given its poor state of preservation, it is neutralized, therefore, it is totally forbidden to run. There will be information signs at the beginning and end of the section.





**TRAMUNTANA TRAVESSA**  
CURSA PER MUNTANYA, MALLORCA



## OBLIGATORY EQUIPMENT:

We ask that everyone please bring the mandatory equipment. The lack of any of the following items will be grounds for removal of the bib, with the exception of the water which will only be controlled at the beginning of the race.

- Mobile with full battery
- Frontal
- Rear light on road sections
- Spare batteries
- Glass
- Bowl with fork or spoon
- whistle
- Thermal Blanket (1.40 x 2m minimum)
- Jacket with a hood that withstands bad weather in the mountains and made with a waterproof membrane (minimum recommended 10,000 Schmerber) and breathable (recommended RET less than 13).
- For the TTCMM120, 1 liter of water
- For the TTCMM65, ½ liter of water
- Bib always visible
- Chip

## RECOMMENDED EQUIPMENT:

**This equipment is important**

- Thermal clothing that covers the extremities
- Buff / Cap
- 2 bars and 1 gel with the number marked (or similar foods)
- Gloves and waterproof glove covers
- Waterproof pants
- 1 meter of tape
- Poles (protected with rubber stoppers)

The material control may be carried out at any time during the test.

The organization reserves the right to expand or reduce the material Mandatory depending on weather conditions.

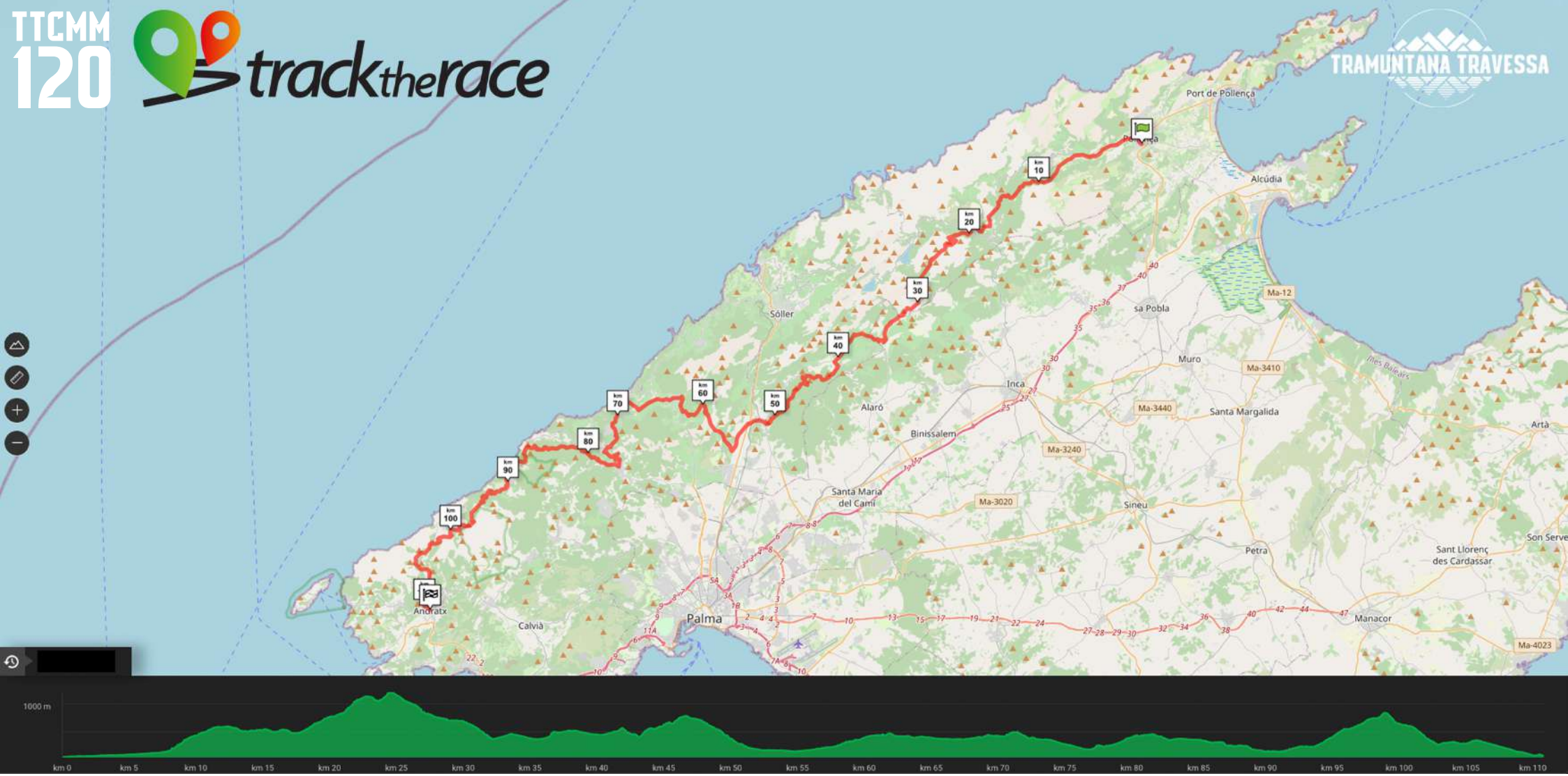
We want to remember that all the material that the runners carry and is susceptible to dirtying the environment, must be marked with the number dorsal.





# GPS tracking

To be able to track the position in real time, access the following address: <https://tracktherace.com/es/eventos-deportivos/trail-running/tramuntana-travessa/carrera>





# Thanks for your attention!

Do you have any question?  
Send us an email or contact us through social networks.





Ah! Next year we are  
waiting for you all on  
March 18 and 19, 2022







# TRAMUNTANA TRAVESSA

CURSA PER MUNTANYA. MALLORCA