



# PARTICIPANTS' GUIDE 2023

*wefee*  
events



# INDEX

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- » **PRESENTATION**
- » **PROGRAMME**
- » **GRAN FONDO COURSE**
- » **MEDIO FONDO COURSE**
- » **PEQUEÑO FONDO COURSE**
- » **MOUNTAIN PASSES**
- » **REFRESHMENT POSTS**
- » **TIMEKEEPING**
- » **DIPLOMAS**
- » **SERVICES**

# PRESENTATION

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The Falla, the main symbol and tradition of this unique event, was declared Intangible Heritage of Humanity in 2015. The element is represented by fire and the common name of the festivities is the Fallas of the Pyrenees. Many towns and two regions, one Aragonese and the other Catalan, are united by this element.

The villages of Ribagorza and Ribagorça develop rituals around fire when a date full of magic arrives: the summer solstice. This is a time of natural change, a time to honour the Sun on the feast of Saint John (23-24 June).

And this is the date that the inhabitants of these valleys are looking forward to lighting the fallas. To descend millenary mountains with lit torches, to light the lighthouse planted in the square, to dance and move the ritual fire that illuminates the longest night of the year.

The route joins all these villages in a spectacular guided tour through different valleys and along serpentine roads, where the vegetation, the mountains and the aerial views are the common denominator.

The ascent to the special category pass of the Boi - Taull ski resort stands out, reaching an altitude of 2,020 metres from the base of the resort and with views of the highest skiable lift in the Pyrenees (Puigfalcó 2,750 metres).

# PROGRAMME

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## FRIDAY 1<sup>ST</sup> OF SEPTEMBER 2023

**17:00h to 21:00h** Collection of race bibs and race maillot

**20:00h** On-site briefing

## SATURDAY 2<sup>ND</sup> OF SEPTEMBER 2023

**08:00h to 08:45h** Collection of race bibs and race maillot

**09:00h** Start of Gran Fondo

**09:03h** Start of Medio Fondo and Pequeño Fondo

**10:00h** Opening of final refreshments + physiotherapy service

**10:07h** Arrival of first Pequeño Fondo cyclist

**11:34h** Arrival of the first rider of the Medio Fondo

**12:31h** Arrival of the first rider of the Gran Fondo

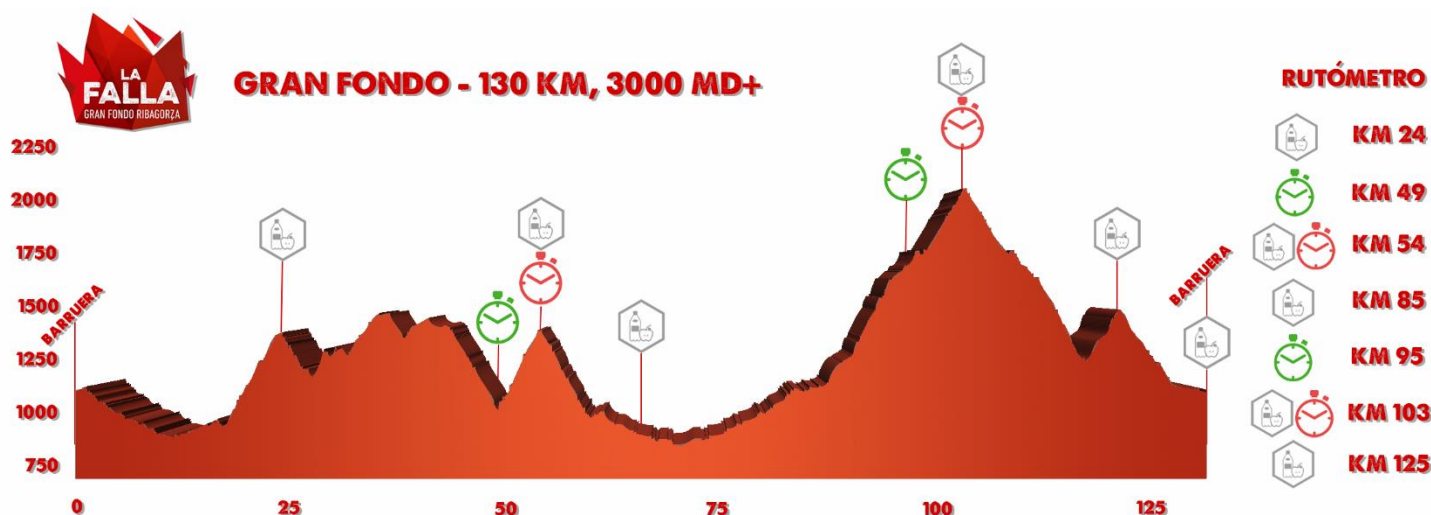
**13:30h** Award ceremony of the time trial

**17:00h** Closing of the control of the Gran Fondo

**17:30h** Closing of the final refreshment point and cyclist services

# GRAN FONDO COURSE

- Distance: 130 km
- Total elevation gain: 3.000 metres
- Cumulative difference in altitude going downhill: 3.000 metres
- Ends at starting point (circular): Yes
- Maximum altitude: 2.046 metres
- Minimum altitude: 843 metres
- Technical difficulty: Difficult



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## ROUTE PLANNER AND CUT-OFF TIMES FOR THE GRAN FONDO

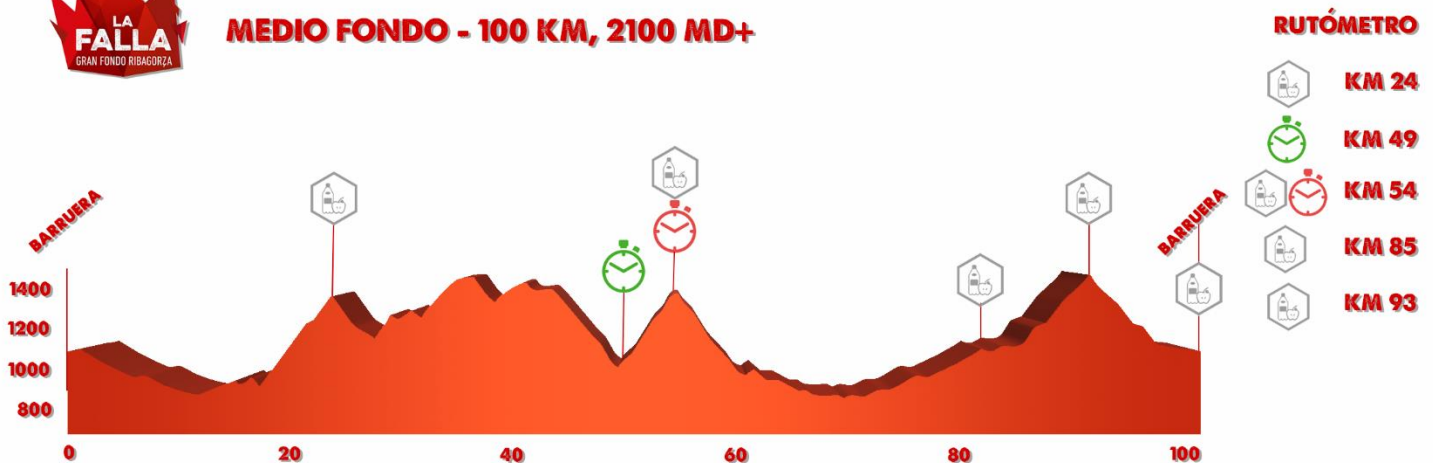
ROUTE PLANNER GRAN FONDO LA FALLA	KM POINT	CUT-OFF TIME
START OF THE RACE – L-500 pk 11	0	0:00
L-500 with N-230	11,5	0:46
N-230 with N-260	15,6	1:02
N-260 with A-1605	17,9	1:11
<b>Provisioning point 1 - ALTO DE BONANSA</b>	24	1:36
A-1605 with road to Espés	28,3	1:53
Road to Espés with N-260	39,3	2:37
N-260 with Camí de Noales to Vilaller	50,1	3:20
<b>Provisioning point 2 - CÁMARA DE MONTANUY</b>	54	3:36
Camí de Noales to Vilaller with N-230 (pk 132)	61,6	4:06
Pk 123 of the N-230 with El Pont de Suert	71,3	4:45
N-230 with L-500	72	4:48
L-500 pk 11 (Barruera) – End of Pequeño Fondo	85	5:40
<b>Provisioning point 3 - BARRUERA – POST RACE AREA</b>	85	5:40
L-500 with L-501 (to Boí)	89,1	5:56
<b>Provisioning point 4 - Boí Taüll Ski Resort</b>	103,3	6:53
L-500 with L-501 (to Caldes Boí)	117,5	7:50
<b>Provisioning point 5 - L-500 pk 19,5 (Caldes de Boí)</b>	121,4	8:05
L-500 pk. 11 (Barruera) - ARRIVAL – <b>Provisioning point 6</b>	129,7	8:38
<b>SPEED</b>		15km/h
<b>Time for km</b>		<b>0:04:00</b>

# MEDIO FONDO COURSE

- Distance: 100 km
- Total elevation gain: 2.100 metres
- Cumulative difference in altitude going downhill: 2.100 metres
- Ends at starting point (circular): Yes
- Maximum altitude: 1.470 metres
- Minimum altitude: 835 metres
- Technical difficulty: Medium



**MEDIO FONDO - 100 KM, 2100 MD+**



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## ROUTE PLANNER AND CUT-OFF TIMES FOR THE MEDIO FONDO

<b>ROUTE PLANNER MEDIO FONDO LA FALLA</b>	<b>KM POINT</b>	<b>CUT-OFF TIME</b>
START OF THE RACE – L-500 pk 11	0	0:00
L-500 with N-230	11,5	0:46
N-230 with N-260	15,6	1:02
N-260 with A-1605	17,9	1:11
<b>Provisioning point 1 - ALTO DE BONANSA</b>	24	1:36
A-1605 with Ctra. A Espés	28,3	1:53
Ctra. A Espés with N-260	39,3	2:37
N-260 with Camí de Noales to Vilaller	50,1	3:20
<b>Provisioning point 2 - CÁMARA DE MONTANUY</b>	54	3:36
Camí de Noales to Vilaller with N-230 (pk 132)	61,6	4:06
Pk 123 of the N-230 with El Pont de Suert	71,3	4:45
N-230 with L-500	72	4:48
L-500 pk 11 (Barruera) – End of Pequeño Fondo	85	5:40
<b>Provisioning point 3 - BARRUERA</b>	85	5:40
L-500 with L-501 (to Caldes Boí)	89	5:56
<b>Provisioning point 4 - L-500 pk 19,5 (Caldes de Boí)</b>	93	6:12
L-500 pk. 11 (Barruera) - ARRIVAL - <b>Provisioning point 5</b>	100	6:40
<b>SPEED</b>		15km/h
<b>Time for km</b>		<b>0:04:00</b>

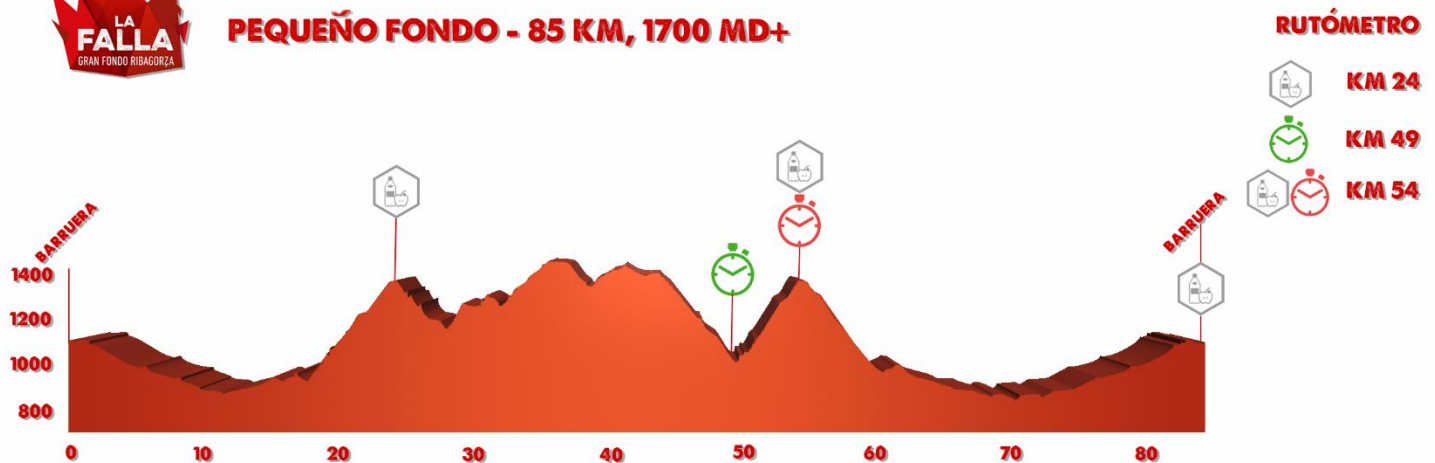


# PEQUEÑO FONDO COURSE

- Distance: 85 km
- Total elevation gain: 1.700 metres
- Cumulative difference in altitude going downhill: 1.700 metres
- Ends at starting point (circular): Yes
- Maximum altitude: 1.458 metres
- Minimum altitude: 915 metres
- Technical difficulty: Medium



**PEQUEÑO FONDO - 85 KM, 1700 MD+**

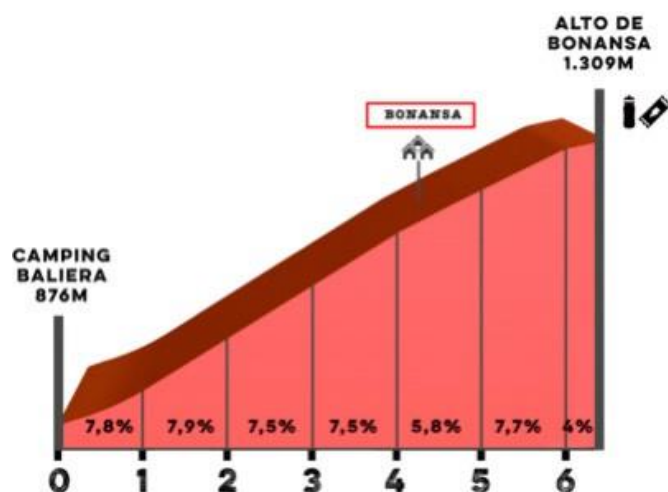


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## ROUTE PLANNER AND CUT-OFF TIMES FOR THE PEQUEÑO FONDO

ROUTE PLANNER PEQUEÑO FONDO LA FALLA	KM POINT	CUT-OFF TIME
START OF THE RACE – L-500 pk 11	0	0:00
L-500 with N-230	11,5	0:46
N-230 with N-260	15,6	1:02
N-260 with A-1605	17,9	1:11
<b>Provisioning point 1 - ALTO DE BONANSA</b>	24	1:36
A-1605 with Ctra. A Espés	28,3	1:53
Ctra. A Espés with N-260	39,3	2:37
N-260 with Camí de Noales to Vilaller	50,1	3:20
<b>Provisioning point 2 - CÁMARA DE MONTANUY</b>	54	3:36
Camí de Noales to Vilaller with N-230 (pk 132)	61,6	4:06
Pk 123 of the N-230 with El Pont de Suert	71,3	4:45
N-230 with L-500	72	4:48
L-500 pk 11 (Barruera) – End of Pequeño Fondo	85	5:40
<b>Provisioning point 3 - BARRUERA – AFTER-RACE ZONE</b>	85	5:40
SPEED		15km/h
<b>Time for km</b>		<b>0:04:00</b>

# MOUNTAIN PASSES



**ALTO DE BONANSA**

**DISTANCE – 6,2 KM**

**AVERAGE SLOPE – 6,93%**

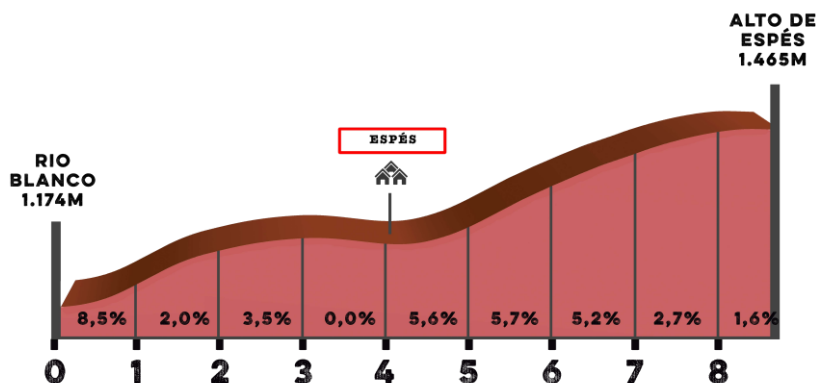
**ELEVATION GAIN – 433 MTS**

The first major challenge of La Falla. This pass starts at the cosy Baliera Campsite, which is immersed in the middle of nature. The ascent begins by crossing the Baliera river and always leaving the La Mola gorge to the left. The slope is very constant, making it a pass with few rests, but without major difficulties.

At km 4.2 of the ascent, the road leaves on your right the beautiful village of Bonansa, a town in the province of Huesca, located between the Axial Pyrenees and the Sierra de Sis.



# MOUNTAIN PASSES

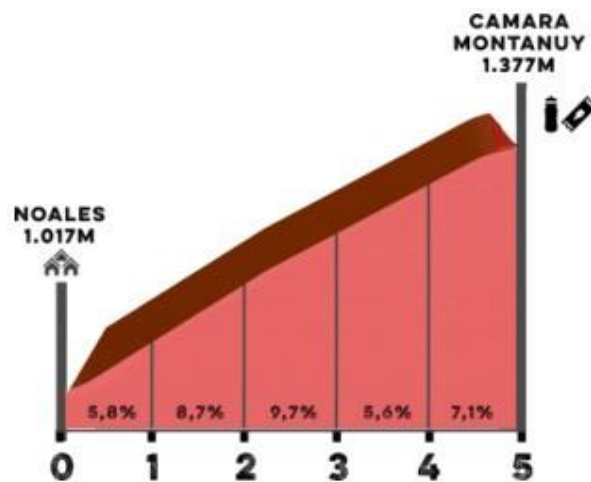


**ALTO DE ESPÉS**  
**DISTANCIA – 8,5 KM**  
**PENDIENTE MEDIA – 3%**  
**DESNIVEL – 291 MTS**

The first kilometre starts at the Obarra gorge with an initial slope of 9-10%, passing through a red pine forest and with some very tight bends on a narrow road, which makes this first stretch both tough and fun.

From here onwards, the slope becomes much gentler, passing through the forest and taking numerous breaks until approximately km 4, where a second uphill section begins, reaching the pretty village of Espés Bajo. At this point, you come out of the gorge, opening up wonderful views of the Turbón and the Maladeta massif, with the Aneto summit (3,404 m) as the main protagonist. On the last stretch of the pass, the slope becomes gentler again with beautiful views of the villages in a peaceful atmosphere.

# MOUNTAIN PASSES



## ALTO DE LA CÁMARA DE MONTANUY

DISTANCE – 5 KM

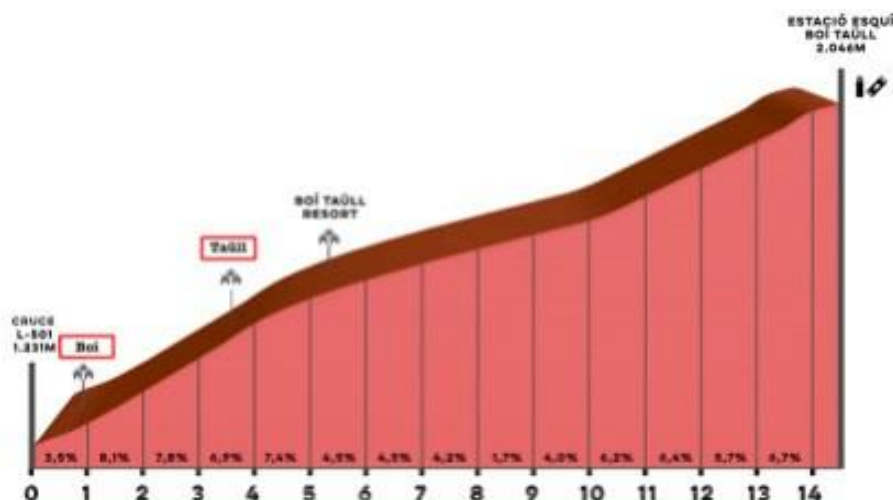
AVERAGE SLOPE – 8%

ELEVATION GAIN – 323 MTS

A short mountain pass, but perhaps the hardest pass of La Falla. After the long descent of the Coll de Espina and arriving at the village of Noales, the ascent to the Montanuy camera starts there, crossing the streets of the village. There are 5 km of twisty and constant bends with a gradient of around 10% in the middle part and running through oak woods in the initial part to the small village of Escané.

In the final stretch the grove disappears and at the top of the hill there is a 360° panoramic view with amazing views. The climb is a must to see this spectacle of nature with the towns of Montanuy, Vilaller and El Pont de Suert at your feet and with the Barravés Valley and the Boi Valley tremendously marked in the landscape.

# MOUNTAIN PASSES



## BOI – TAULL SKI RESORT

**DISTANCE – 14,2 KM**

**AVERAGE SLOPE – 5,49%**

**ELEVATION GAIN – 815 MTS**

A special category pass that will only be climbed by those registered in the GF and that will also be timed along the stretch from Pla de la Ermita to the ski resort car park (from km. 80.4 to 89 of the GF La Falla route) to obtain the special mountain prize. In addition, we will do a route through the impressive Romanesque churches of the Vall de Boi, declared World Heritage of Humanity by UNESCO. It is 14.2 km long and 815 m high, but it is worth mentioning that from El Pont de Suert to the start of the pass there are already 16 km of continuous ascent, giving a total height difference of 1,200 m.

Shortly after leaving the town of Barruera and just before the start of the timed section, the climb starts to get tough with gradients of around 10%. The pass starts with a gentle first kilometre that leads us to the pretty village of Boi and it is just as we enter it that the pass gets tougher. Tight bends and a constant slope for almost 5 km that leaves no rest, passing by the majestic church of Sant Climent in the village of Taull.

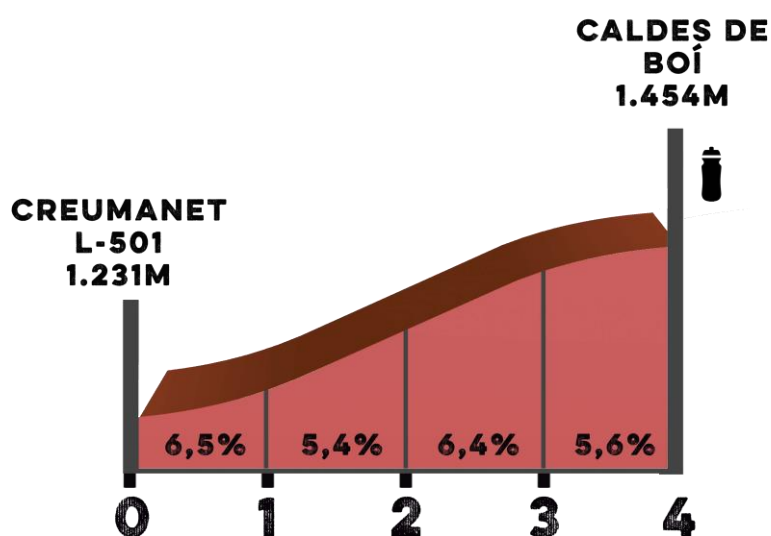


# MOUNTAIN PASSES

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Once we reach the Pla de l'Ermita Resort of the Boi - Taull Ski Resort, the slope takes a break, allowing us to observe the marvellous high mountain scenery. The final stretch intensifies again the slope with a winding road in a perfect state of asphalt. The pass ends in the car park of the alpine ski resort at an altitude of over 2,000 metres.

# MOUNTAIN PASSES



**CALDES DE BOÍ**  
**DISTANCIA – 3,8 KM**  
**PENDIENTE MEDIA – 6%**  
**DESNIVEL – 223 MTS**

After the long descent from the Boi - Taull ski resort and enjoying the spectacular views of the Boi Valley, we again reach the start of the mountain pass where we change direction to head towards the Caldes de Boi thermal spa.

This is a short ascent, but with a constant slope of 5-6%, taking us into the gates of the Aigüestortes National Park and passing by the Caldes de Boi mineral water bottling plant, immersed in a pine and fir forest. The climb ends at the entrance to the Caldes de Boi Spa, where we will see water gushing from its 37 mountain springs.

A spectacle of nature that will make us complete the 5 ascents of the GF La Falla.

# REFRESHMENT POSTS

## Products at the refreshment posts:

**Liquid products:** water, isotonic drink and Coca-Cola

**Solid products:** Fruit, sweets, biscuits, donuts, nuts, ham and cheese sandwiches and ham and cheese sandwich and cocoa cream sandwich (Bread suitable for coeliacs).



*All the products of the refreshment posts are kept cold and preserved thanks to COPIMA's refrigerated trucks.*

1	<b>Alto de Espés</b>	24	Solid and liquid products
2	<b>Alto de Mantanuy</b>	54	Solid and liquid products
3	<b>Barruera</b>	85	Solid and liquid products
4	<b>Boi Taüll Ski Resort</b>	103	Solid and liquid products
5	<b>Caldes de Boí</b>	93/121	Liquid products
6	<b>Finish line</b>		Solid and liquid products



# TIMEKEEPING

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**GRAN FONDO LA FALLA** is a cycling tour where the aim is to enjoy a good day of cycling among friends and colleagues, in order to promote the benefits of cycling, as well as respect on the road, enjoying unique landscapes.

Participants will get:

- ✓ Total net time of GF, MF or PF
- ✓ Classification of the PF and MF (Alto de Montanuy) and GF (Boí Taüll Ski Resort) Chrono Climbs.
- ✓ Official diploma of the event

**MF & PQ time climb:** Alto de Montanuy

**GF time climb:** Alto de Montanuy + Ascent of the Boí Taüll ski resort

# DIPLOMAS

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## PEQUEÑO FONDO

- GOLDEN DIPLOMA: sub 2h15'
- SILVER DIPLOMA: 2h15' - 3h
- BRONZE DIPLOMA: over 3h

## MEDIO FONDO

- GOLD DIPLOMA: sub 3h45'
- SILVER DIPLOMA: 3h45' - 5h
- BRONZE DIPLOMA: over 5h

## GRAN FONDO

- GOLD DIPLOMA: sub 4h45'
- SILVER DIPLOMA: 4h45' - 6h45'
- BRONZE DIPLOMA: over 6h45'

# SERVICES

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The Gran Fondo La Falla registration fee includes the following services:

- ✓ Finsher Medal for all the participants
- ✓ Official jersey of the event
- ✓ Time control of the “cronoescalada”
- ✓ Full refreshment stations along the route
- ✓ Final refreshments with food and drink
- ✓ Participant’s bag with products from our partners
- ✓ Mechanic service en route
- ✓ Cloakroom service
- ✓ Post-race recovery service
- ✓ Ambulance service during the race
- ✓ Special prices in the official accommodation (booking through the registration form)
- ✓ Free photographs
- ✓ Shower service
- ✓ Live rankings and diploma for all participants thanks to Wefeel Crono
- ✓ An experience that will leave no one indifferent!