



























# TransPerfect Mountain Challenge 2025 info and recommendations

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## **Event information**

This information bulletin contains a summary of the necessary information for the event. To fully enjoy the experience, we recommend reading this document in its entirety.

## Date and location of the event

The TransPerfect Mountain Challenge will take place on Sunday, April 6, 2025. The competition center will be located at the Velòdrom d'Horta.

Location: <a href="https://maps.app.goo.gl/m6LxDLLRFh72hpgQ9">https://maps.app.goo.gl/m6LxDLLRFh72hpgQ9</a>

## Schedule

8:30 a.m. Bib collection

10:30 a.m. Start of the trail and 5 km and 10 km walk

10:45 a.m. Start of activities in the Kids area

11:00 a.m. Start of short and long orientation races (with variable start times)

12:00 p.m. Last orientation race starts

12:00 p.m. Stretching and recovery session

12:00 p.m. Track cycling at the velodrome. Open until 2:00 p.m.

12:30 p.m. Music and food start

1:00 p.m. Trail running awards ceremony

2:00 p.m. Orientation awards ceremony

4:30 p.m. Event ends

## **Important**

Bring a cup, bottle, soft flask, or water bottle. At the 10 km race aid station, there will be water and isotonic drinks in large containers for refilling, but we will not provide plastic cups. At the finish line aid station for all races, you will have water, isotonic drinks in large containers, and a sandwich. For the bar service, reusable cups will be available for purchase.

# Healthy and Solidary Food

At the TransPerfect Mountain Challenge, we are deeply committed to sustainability and the social impact of our events. This year, the company Solucions Socials Sostenibles joins the project with its Boncor catering service. They employ people at risk of social exclusion and work with organic, locally sourced products from socially responsible companies. After the sporting events, we will enjoy freshly prepared meals: fideuà, vegetable rice, croquettes (fried on the spot), Bolognese pasta, and salads. We hope you enjoy the responsible culinary selection we have chosen.

#### Recommendations and rules

While the TransPerfect Mountain Challenge is a competitive event where teams will be included in a time-based ranking, the spirit and main goal behind it are to enjoy the experience in a healthy and cooperative way. We kindly ask you to respect all participants and the environment.

The event will take place in an area very close to the Collserola Natural Park, and the trail races will be held within the same Natural Park. Since we expect more than 600 people, it is very important to follow these recommendations:

• Take all the waste you generate with you. Wrappers, organic food scraps, water bottles, and everything you bring to the mountain must be taken back with you. Use a plastic bag to store

- the waste. According to the Collserola Park regulations, energy bars and gels must be marked with your bib number.
- We ask for special attention to be given to tissues or sanitary wipes. Do not throw them on the ground after use. Store them in a bag and dispose of them in the containers at the finish line.
- We would appreciate it even more if you pick up waste that is not yours. You will help clean the mountain.

#### Visit La Casa dels Xuklis

This year, the TransPerfect Mountain Challenge is taking place very close to La Casa dels Xuklis. For this reason, we have prepared a special surprise for the participants of the orienteering circuits. Along the route, you will find a checkpoint inside the grounds of La Casa dels Xuklis. This will give you the opportunity to see up close the building where Afanoc provides accommodation and support to children and their families. We hope you enjoy this gesture, which means a lot to us.

## Choose your Challenge!

There will be 5 options to choose from: 2 orienteering races, 2 trail running distances, and 1 track cycling activity. In detail:

**Short Orienteering Course:** An orienteering race around the Velodrome with a specific orienteering map, aimed at beginners and families with children. You can run or walk, and the distance will be between 3 and 5 km, depending on your chosen route between controls. You must pass through all the controls sequentially, which will be numbered. With your bib, you will enjoy a sandwich, water, and isotonic drink at the finish.

Long Orienteering Course: An orienteering race around the Velodrome with a specific orienteering map, aimed at experienced orienteers or those seeking a longer challenge. You can run or walk, and the distance will be between 6 and 8 km, depending on your chosen route between controls. You must pass through all the controls sequentially, which will be numbered. With your bib, you will enjoy a sandwich, water, and isotonic drink at the finish.

**5 km Trail Run or Walk:** A 5 km trail running route with 200 m of positive elevation gain. You can run or walk as the terrain is moderately technical. The route will be marked with ribbons, but you can always download the track for your GPS device here. There will be no aid stations along the route, only at the finish. With your bib, you will enjoy a sandwich, water, and isotonic drink at the finish.

10 km Trail Run: A 10 km trail running route with 380 m of positive elevation gain. You can run or walk as the terrain is moderately technical. The route will be marked with ribbons, but you can always download the track for your GPS device here. There will be an aid station at km 5 where you can refill water and have a snack. With your bib, you will enjoy a sandwich, water, and isotonic drink at the finish.

**Track Cycling:** In the morning, you can enjoy the experience of riding a track bike at the Olympic velodrome. For only 1€ per lap, you can experience the adrenaline of pedaling through the banked curves and using the momentum for the straights. No reservation is necessary; you can go directly to the track between 14:00 and 16:00h.

## Split section by BPM Custom Socks

We want you to stay motivated until the very end! There will be special timed sections for the 5 km and 10 km trail courses. The two fastest runners in these sections, in both the female and male categories for each distance, will step onto the podium to receive a pair of these exclusive socks that BPM has designed and produced for the Mountain Challenge 2025.

## Map and orienteering terrain

The orienteering participants will receive a map per person or team right at the moment of departure. These are specialized orienteering maps charted according to the international standards of this sport. You can check the map legend for the symbols used, as well as at the end of this document in the annex. Since we are very close to La Casa dels Xuklis, the home where Afanoc provides accommodation for families, we have prepared a very special surprise. Both orienteering courses will include a control in the garden of La Casa dels Xuklis, so you can see the building up close.

In orienteering, specific conventions are used to depict the terrain on the map.:

- Both courses take place in an urban environment with streets open to traffic. Traffic rules must be followed at all times, and extra caution should be taken around vehicles and other pedestrians.
- The map includes a significant level of detail, but not all obstacles and objects are represented.
- Trails for walking or running are depicted with dashed black lines, varying in thickness depending on how easy they are to traverse. A thick black line represents a wide gravel road, while a thin dashed line indicates a path that might be partially covered with vegetation and not as easy to follow.
- Roads and streets are depicted in beige. Some sections of the map may be marked as impassable due to local or safety regulations. These will be crossed out in pink.

In the image, you can see a section of a street that is impassable and an area that is passable. The restricted areas are hatched in pink. Here is an example of an urban orienteering map and the areas where passage is prohibited:



Olive green represents areas of private residences. You can walk on the streets, but you must not enter private property.

#### Location of the controls

On the map, you will find a table with the descriptions of the controls, which includes a series of attributes regarding their exact location (the center of each control circle). Refer to the appendix for the meanings of these symbols.

## Timing system

Timing will be done using the SportIdent (SI) system. Those who do not have their own SI card can use a loaner for the event, for which they must leave an ID as a deposit when picking it up.

In team mode, each member must carry a SportIdent card. Teams must punch their presence at each control and at the finish together, with a maximum margin of 30 seconds. Only participants and teams who have punched all controls sequentially will be included in the rankings.

All team members must punch the electronic controls as shown below using their provided SportIdent (chip) within 30 seconds. Otherwise, the control punch will be nullified, as this implies that the team has separated. Wait for the beep before removing the SportIdent.



# Trail and orienteering recommended equipment

Keep in mind that April 6th might be windy or cold. Though there will be one aid station for the 10 km race and public fountains available for orientation, we highly recommend bringing enough water for all team members throughout the race. Additionally, it's advisable to bring:

- Sports or hiking shoes
- Sports watch with the track loaded to follow the trail route and record the activity
- Sportswear appropriate for the weather and duration of the race
- Water bottle or cup (disposable cups will not be provided at the event)
- Water backpack for 500 ml per person
- Energy bars, nuts, or sandwiches
- Mobile phone with enough battery

## Prohibited items

Glass containers for liquids or solid food.

#### Access

#### Is there public transport?

Yes, the nearest Metro station is L3 Mundet (Avinguda Vall d'Hebron exit), just 300 meters from the competition center. There is also a stop for several bus lines nearby.

#### Can I park there if I drive?

Yes, you can park your car for free here.

#### Can I come by bike?

Of course, we love bikes! You can leave it in the cloakroom area. However, bring your own lock.

## Showers, Changing Rooms, and Cloakroom

Changing rooms, showers, and bathrooms will be available at the velodrome facilities, right next to the start and finish line. You can leave your backpack in the cloakroom when you pick up your bib.

## Collaborators

We work closely with individuals very involved in the Afanoc solidarity cause. Thanks to them, we are able to enjoy this event.

























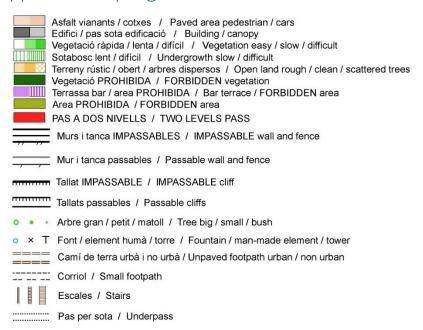








# Appendix: map legend



#### DESCRIPCIÓN DE CONTROLES

ABCDEFGH	Α	Control number
<b>(</b>	В	Control code
2 225 ↘ ∷ ∰ 8x4 •< 沈	С	Which of any similar feature
<del>                                    </del>	D	Control feature
	E	Appearance
	F	Dimensions / Combinations / Bend
	G	Location of the control flag
	Н	Other information

Ref.	Symbol	Name	Description
0.1	<b>↑</b>	Northern	The more northern of two similar features, or the northern-most of several similar features.
0.2	/	South eastern	The more south eastern of two similar features, or the south-eastern-most of several similar features.
0.3	<u>+</u>	Upper	Where the control feature is directly above a similar feature.
0.4	<b>-</b>	Lower	Where the control feature is directly below a similar feature.
0.5	-	Middle	Where the control feature is the middle one of a number of similar features.

Ref.	Symbol	Name	Description
1.1		Terrace	A level area on a slope.
1.2	Ţ	Spur	A contour projection or "nose" rising from the surrounding ground.
1.3	$\bigvee$	Re-entrant	A contour indentation; a valley; the opposite of a spur.
1.4	774	Earth bank	An abrupt change in ground level which can clearly be distinguished from its surroundings.
1.5	(2)	Quarry	Gravel, sand or stone working in flat or inclined ground.

1.6	++++	Earth wall	A narrow wall of earth projecting above the surrounding terrain; may be partially stone faced, usually man-made.
1.7	٨	Erosion gully	An erosion gully or trench, normally dry.
1.8		Small erosion gully	A small erosion gully or trench, normally dry.
1.9	0	Hill	A high point. Shown on the map with contour lines.
1.10	•	Knoll	A small obvious mound or knoll.
1.11	)(	Saddle	The low point between two higher points.
1.12	0	Depression	A depression or hollow from which the ground rises on all sides. Shown on the map with contour lines.
1.13	C	Small depression	A small, shallow, natural depression or hollow from which the ground rises on all sides.
1.14	<b>V</b>	Pit	A pit or hole with distinct steep-sides. Usually man made. Used with symbol 8.6 to indicate a rocky pit.
1.15	၁၁	Broken ground	Clearly disturbed ground with features too small or too numerous to be mapped individually; including animal earths.
1.16	*	Ant hill (ter- mite mound)	The mound made by ants or termites.

Ref.	Symbol	Name	Description
2.1	Е	Cliff, Crag	A cliff or rock face. May be passable or impassable.
2.2		Rock Pillar	A high, natural rock projection.
2.3	*	Cave	A hole in a rock face or hill side, often leading to underground workings.
2.4		Boulder	A prominent free-standing block of rock or stone.

2.5	<b>***</b>	Boulder field	An area covered by so many boulders that they cannot be individually mapped.
2.6	4	Boulder cluster	A small distinct group of boulders so closely clustered together that they cannot be individually mapped.
2.7		Stony ground	An area covered with many small stones or rocks.
2.8	兴	Bare rock	A runnable area of rock with no earth or vegetation cover.
2.9	][	Narrow passage	A gap between two cliffs or rock faces that face each other.
2.10	丁,	Trench	A rocky or artificial trench.

3.1	(3)	Lake	A large area of water, normally mapped as uncrossable.
3.2	<b>{</b> 2	Pond	A small area of water, may be shallow or seasonal.
3.3	<b>{&gt;</b>	Waterhole	A water-filled pit or depression.
3.4	SSS	River, Stream, Watercourse	A natural or artificial watercourse with either moving or standing water.
3.5	1559	Minor water channel, Ditch	A natural or man made minor water channel which may contain water only intermittently.
3.6		Narrow marsh	A narrow marsh or trickle of water, too narrow to be shown on the map with the marsh symbol.
3.7	#	Marsh	A permanently wet area with marsh vegetation.
3.8	ľ.:l	Firm ground in marsh	A non-marshy area within a marsh, or between two marshes.
3.9	SO SO	Well	A shaft containing water or a captive spring, clearly visible on the ground. Often with some form of man-made surround.

4.1	$\Diamond$	Open land	An area with no trees. Grassland, a meadow or a field.
			Also heath or moorland.
4.2		Semi-open land	An area of open land with scattered trees or bushes.
4.3	<b>\$</b>	Forest corner	The corner or tip of a forested area projecting into open land.
4.4		Clearing	A small area of land free from trees within the forest.
4.5	*	Thicket	A small area of forest where the tree cover or undergrowth is so dense that it is difficult to pass. May also be used for an individual bush (typically in Sprint competitions).
4.6	pod .	Linear thicket	A man-made line of trees or bushes that is difficult to cross. May also be used for a hedge (typically in Sprint competitions).
4.7	::·	Vegetation boundary	A distinct boundary between different types of trees or vegetation.
4.8	ф	Copse	A small area of trees in open ground.
4.9	Д	Prominent tree	An unusual or prominent tree in either open land or forest; frequently information is also given as to its type.
4.10	$\otimes$	Root stock, Tree stump	The upturned root of a fallen tree, with or without the trunk.  The stump of a tree.

5.1	/	Road	A metalled/asphalt surfaced or dirt road, suitable for vehicles in normal weather conditions.
5.2	/	Track / Path	A visible route made by people or animals. Tracks may be driven by rugged vehicles.
5.3	::::	Ride	A forest ride or a prominent trace through the terrain which does not have a distinct runnable path along it.
5.4	1	Bridge	A crossing point over a watercourse or other linear feature.
5.5	××	Power line	A power or telephone line, cableway or ski lift.
5.6	ø	Power line pylon	A support for power or telephone line, cableway or ski lift.
5.7	<del>×</del>	Tunnel	A way under roads, railways, etc.
		Wall	A wall wall of stone or other materials.
5.8	pp and		Used with symbol 8.11 to indicate a ruined wall.
		Fence	A wire or wooden boundary.
5.9	۸,		Used with symbol 8.11 to indicate a ruined fence.
5.10	4	Crossing point	A way through or over a wall, fence, or other linear feature, including a gate or stile.
5.11		Building	A standing brick, wood or stone structure.

5.11		Building	A standing brick, wood or stone structure.
5.12		Paved area	An area of hard standing used for parking or other purposes.
5.13		Ruin	The remains of a building that has fallen down.
5.14	₹ <sup>X</sup>	Pipeline; bobsleigh/ skeleton track	A prominent line feature such as a pipeline (gas, water, oil, etc.) or a bobsleigh/ skeleton track which is above ground level.
5.15	Т	Tower / Pylon	A metal, wooden or brick tower or pylon.
5.16	Γ	Shooting platform	A structure attached to a tree where a marksman or observer can sit.
5.17	•	Boundary stone, Cairn	A man made stone or pile of stones. A cairn, memorial stone, boundary stone or trigonometric point.
5.18	1	Fodder rack	A construction for holding feed for animals.
5.19	$\bigcirc$	Charcoal burning ground	The clear remains of an area where charcoal was burned.
		Platform	A small level man mad⊕ area on a slope (a platform).
5.20	Δ	Monument or Statue	A monument, memorial or statue.
5.21	П	Canopy	An accessible area with a roof. A canopy or a covered passageway through a building.
5.22		Stairway	A stairway of at least two steps.
5.23	佥	Out of Bounds area	Out of Bounds area. Typically a flower bed or similar feature.

8.1		Low	Where the control feature is particularly low or flat but this is not indicated on the map; e.g. Hill, low.
8.2	)	Shallow	Where the control feature is particularly shallow but this is not indicated on the map; e.g. Reentrant, shallow.
8.3	$\mathcal{V}$	Deep	Where the control feature is particularly deep but this is not indicated on the map; e.g. Pit, deep.
8.4	#	Overgrown	Where the feature is partially covered in undergrowth or bushes that are not indicated on the map; e.g. Ruin, overgrown.
8.5	::	Open	Where the feature is in an area where the tree cover is less than the surroundings but this is not indicated on the map; e.g. Marsh, open.
8.6	<b>AA</b>	Rocky, Stony	Where the feature is in an area of rocky or stony ground not indicated on the map; e.g. Pit, rocky.
8.7	=	Marshy	Where the feature is in an area of marshy ground not indicated on the map; e.g. Re-entrant, marshy.
8.8		Sandy	Where the feature is in an area of sandy ground; e.g. Spur, sandy.
8.9	\$	Needle leaved	Where the tree or trees associated with the control feature have needle shaped leaves; e.g. Prominent tree, needle leaved.
8.10	දස	Broad leaved	Where the tree or trees associated with the control feature are broad-leaved; e.g. Copse, broad leaved.
8.11		Ruined	Where the feature has fallen to ground level; e.g. Fence, ruined.

# **Combinations**

Ref.	Symbol	Name	Description
10.1	X	Crossing	The point at which two linear features cross.
10.2	2   Y   whe		The point at which two linear features meet; or where a linear feature meets the side or edge of an areal feature.

When either of these symbols is used in Column F the two features which either cross or meet must be shown in columns D and E. For example:

D	E	F		
/	/	X	Path crossing	The point at which two similar linear features cross.
.::	SSS	X	Ride / Stream crossing	The point at which two different linear features cross.
	/	Y	Road junction	The point at which two similar linear features meet.
SSS	٠٠.	У	Stream / Narrow marsh junction	The point at which two different linear features meet.
1		У	Fence / Building junction	The point at which a linear feature meets the side of an areal feature.