



FEDME
FEDERACIÓN ESPAÑOLA DE DEPORTES
DE MONTAÑA Y ESCALADA



3ª Prueba Copa de España
CXM en Línea 2022.



FDMESCYL
Federación de Deportes de Montaña,
Escalada y Senderismo de Castilla y León

Cto. de Castilla y León de CXM
distancia Ultra 2022



GUÍA DEL CORREDOR

EDICIÓN - 2022



Diputación
de Salamanca



club de
montañeros
SIERRA
de Béjar



Junta de
Castilla y León



FEDME

FEDERACIÓN ESPAÑOLA DE DEPORTES
DE MONTAÑA Y ESCALADA



FDMESCYL

Federación de Deportes de Montaña,
Escalada y Senderismo de Castilla y León



NutriSport



Joma



**GASEOSA
MOLINA**



santalucía
SEGUROS

PROGRAM

FRIDAY 1

4:00 p.m. / 9:00 p.m. Delivery of numbers*

SATURDAY 2

6:00 Delivery of Numbers* (Béjar)

7:00 Ultra Departure.

7:00 XCross bus departure from Candelario.

7:30 Departure of the XCross bus from Béjar.

8:00 Trail departure.

8:00 Delivery of Bibs X Cross (Baths of Montemayor and Puerto de Béjar [Cat. Juvenile CXM])*.

Cross Departures (Baños de Montemayor and Puerto **XCross** (Béjar Fairgrounds). of Bejar).

9:30 Delivery of Kidstrail numbers* (Béjar)

10:00 Arrival of the first XCross (Candelario).

10:00 Depart Kidstrail

11:00 Arrival first Trail

12:00 Return XCross bus from Candelario

12:50 Arrival of the first Ultrail

13:15 Return XCross bus from Candelario

19:00 FEDME Awards Ceremony, Trail and 9:00 X

22:00 FEDMESCYL and Ultrail Awards Ceremony
(Béjar Fairgrounds).



To collect the number, you must present your DNI and the Federative Card, if you are a federation.

BEJAR

main locations

1. Béjar Fairgrounds

- Delivery of Numbers
- Provisioning
- Departures and arrivals of XCross buses
- Camper Area
- Start and finish

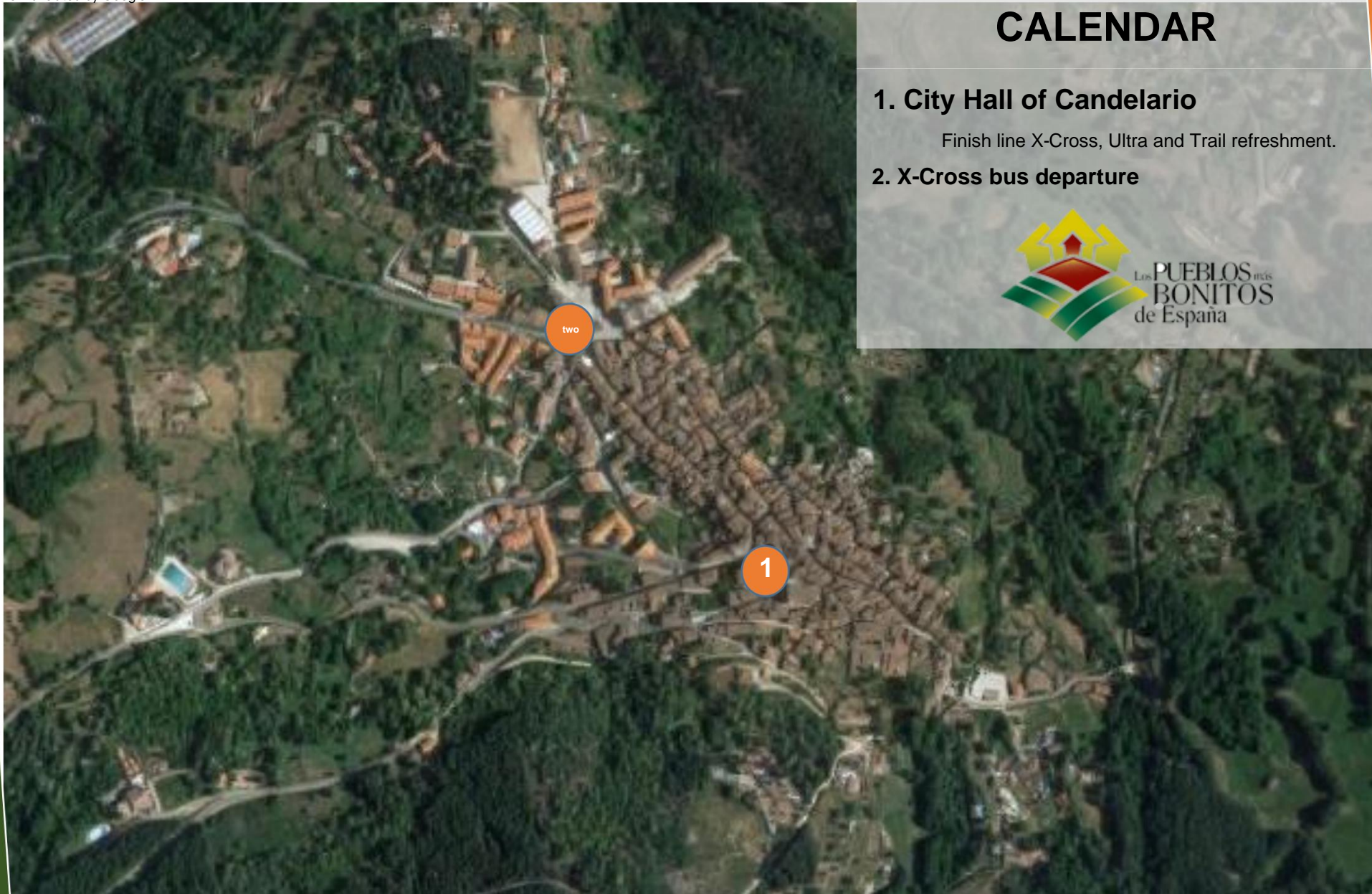
2. Changing rooms (Antonio Sánchez Municipal Pavilion)



Tap the numbers to take you there!

FAIRGROUNDS main locations





CALENDAR

1. City Hall of Candelario

Finish line X-Cross, Ultra and Trail refreshment.

2. X-Cross bus departure



Tap the numbers to take you there!

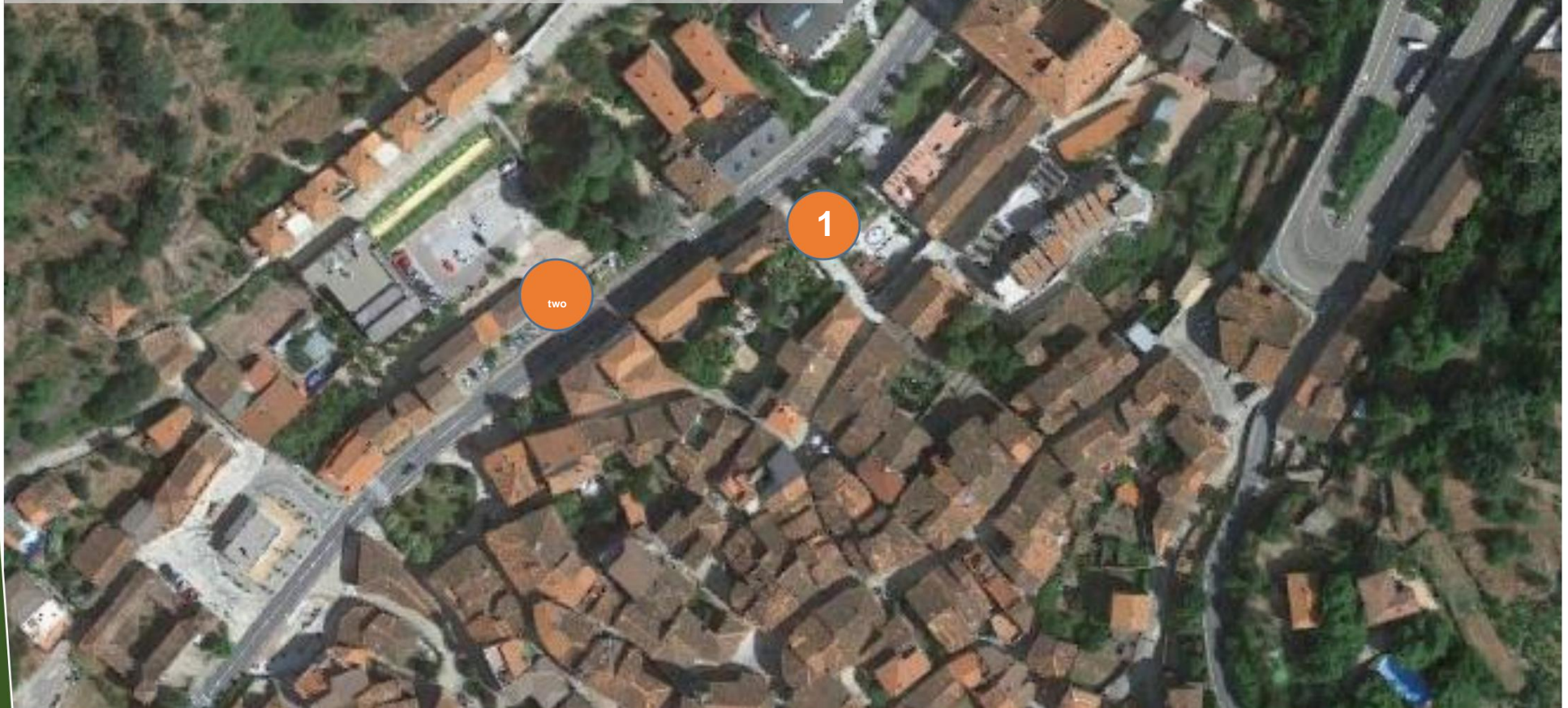
BATHS OF MONTEMAYOR

1. X Cross Start Area and Ultra refreshment



BAÑOS DE MONTEMAYOR
BALNEARIO Y TERMAS ROMANAS

2. Arrival bus X Cross (Tourist Office)



Tap the numbers to take you there!

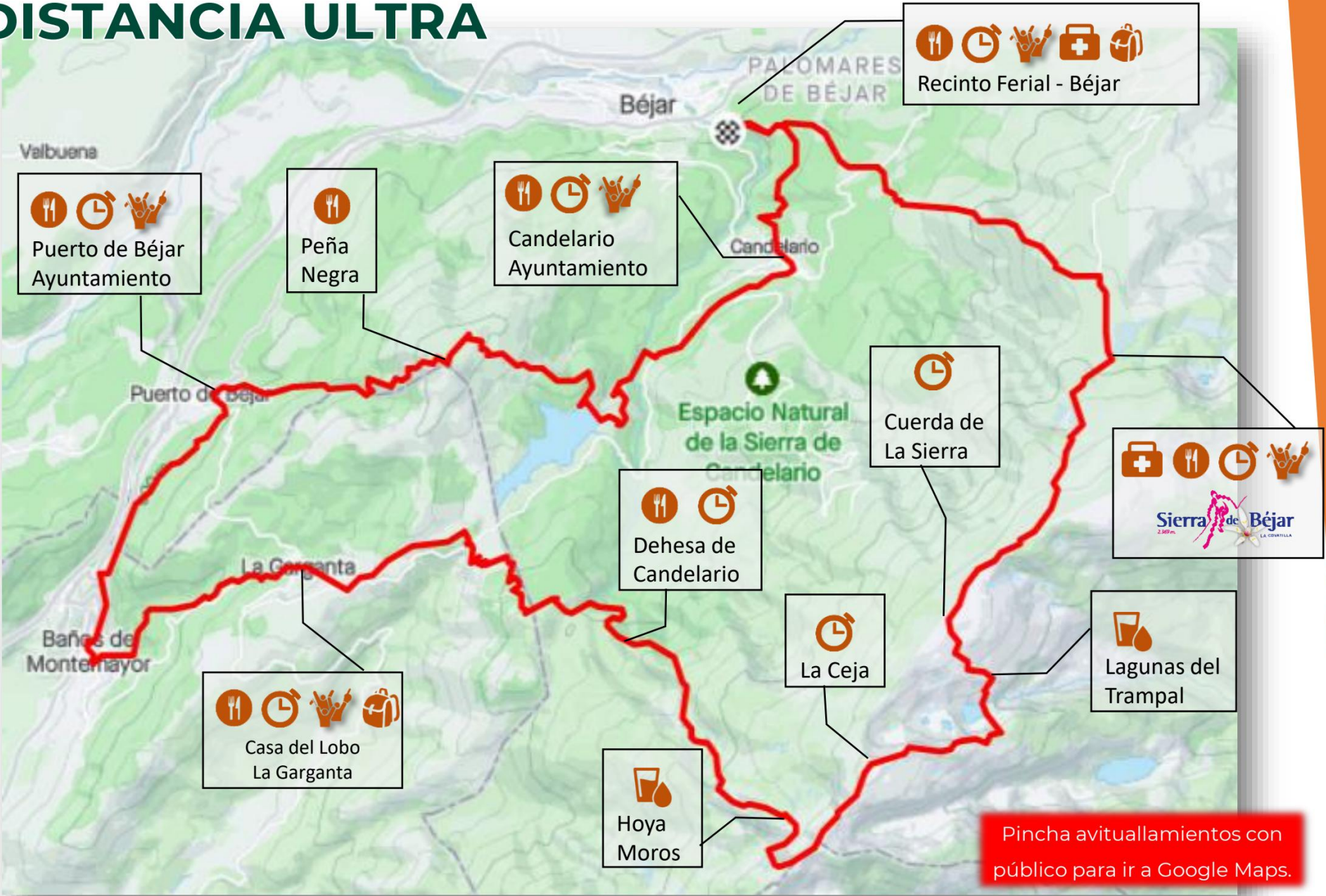
Port of Bejar

1. Starting Area of the X Cross (Youth CXM) and Ultra provisioning. Municipality of Puerto de Béjar.



Tap the numbers to take you there!

DISTANCIA ULTRA



ULTRA DISTANCE

In the 60 km, with 7,000 m of accumulated difference in altitude, we can distinguish two parts: an initial, technical and high-mountain part, and the another, fast, between forests and below 1,500 m.

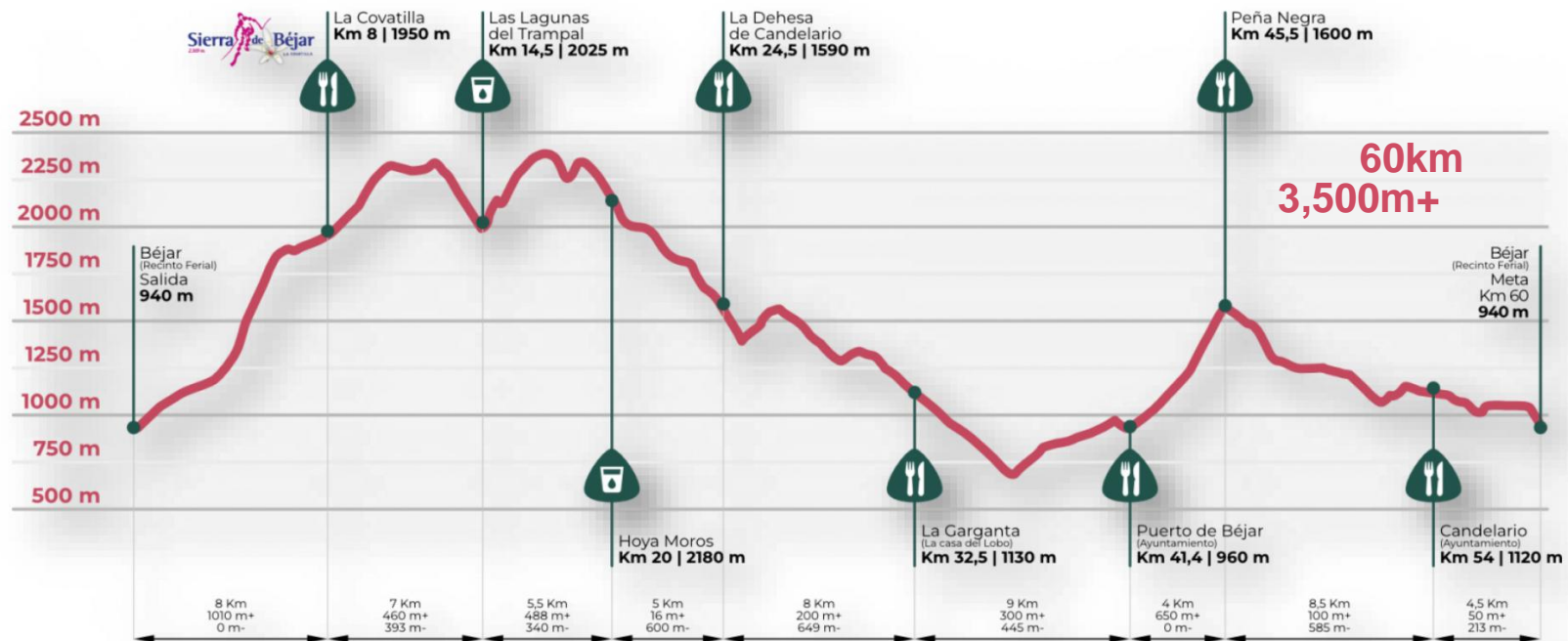
In the first 20 km the distance accumulates more than 2,000 m +, with a great ascent of more than 1,300 vertical meters.

Later you enter the most technical area of the route, from approximately km 13 to km 27. In this section there are several block areas where you have to put your hands and even a slide with a chain.

The second part runs along paths more simple, although sometimes shod cobblestones hinder the running technique.

From the provisioning of Puerto de Béjar the last big climb begins, with a part sole stone finish that makes it harder. The end is made to wait, because although it is lowered, Small climbs demand effort from the runner.

[Click on the profile to go to Wikiloc](#)



ULTRA LA COVATILLA 2022 · INFO AVITUALLAMIENTOS



Nombre	Km	Km parc.	Km rest	D+ acu	T' corte	Hora corte	Servicios
Béjar (Salida) – Recinto Ferial	0	0	60	0	0h'	7h 00'	
La Covatilla	8	8	52	1.010	2h 30'	9h 30'	
Cuerda del Calvitero	13	5	47	1.470	3h 35'	10h 35'	
Lagunas del Trampal	14,5	6	45,5	1.470	4h 00'	11h 00'	
La Ceja	17	2,5	43	1.900	5h 10'	12h 10'	
Hoya Moros	20	5,5	40	2.050	6h 00'	13h 00'	
Dehesa de Candelario	24,5	5	35,5	2.060	7h 00'	14h 00'	
La Garganta – Casa del Lobo	32,5	8	27,5	2.250	8h 40'	15h 40'	
Puerto de Béjar –Ayuntamiento	41,4	9	18,6	2.650	10h 45'	17h 45'	
Peña Negra	45,5	4	14,5	3.300	12h 15'	19h 15'	
Candelario – Ayuntamiento	54	8,5	6	3.400	13h 40'	20h 40'	
Béjar (Meta) – Recinto Ferial	60	6	0	3.500	14h 30'	21h 30'	
Avituallamiento sólido		Avituallamiento líquido					Cronometraje
Servicios Sanitarios		Guardarropa y bolsa de vida					Asistencia de público

ULTRA

Compulsory material				
				
Mobile phone	Jacket windbreaker	Hydration system at least 1l	Thermal blanket	Whistle
Recommended material				
				
Cap or similar	gps watch with track	Backpack, fanny pack or similar	Sunscreen	Sunglasses

- The definitive list of material will be published 48 hours before the test.
- It is mandatory to have the mobile turned on, with the volume activated at maximum and with a full charge at the beginning of the test.
- Track of the test in:
 - <https://www.ultrail-lacovatilla.es/ultrail/>
 - <https://es.wikiloc.com/rutas-carrera-por-montana/ultrail-la-covatilla-2022-103938304>

TRAIL DISTANCE | Absolute and Promise CXM Cup

38 km, with 2,300 m of difference in altitude accumulated. In this distance the ground difference marks the height.

The parts below 1,500 m of run along tracks and paths between forest with less technical difficulty.

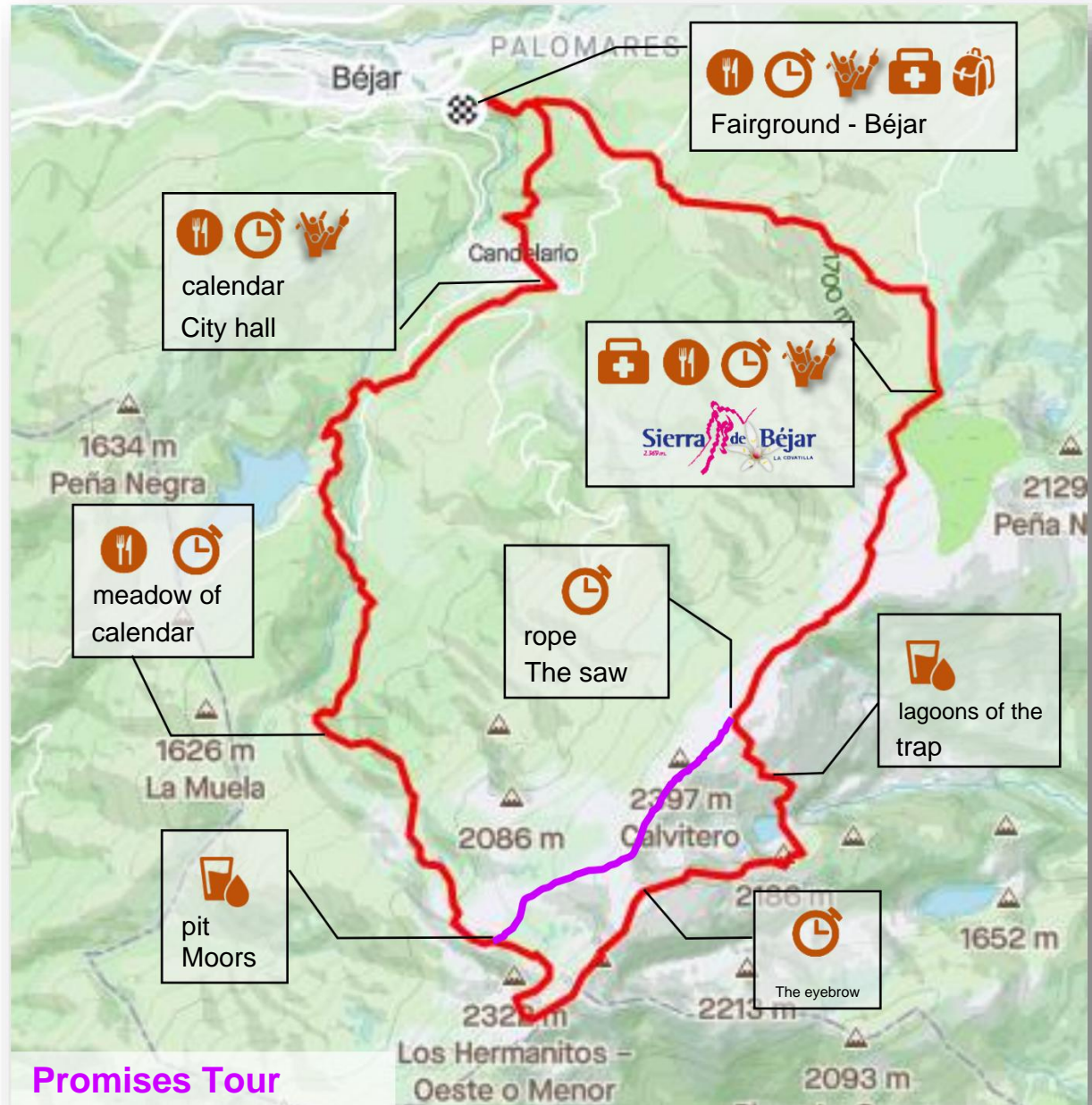
High mountain areas are techniques, with a lot of stone; From a smaller size, passing through blocks, to great slabs of rock, all they are granite. In just 20 km the race accumulates 2,000 m +. Area more technical it goes from km 12.5 to 24. The final part, with constants elevation changes,

requires

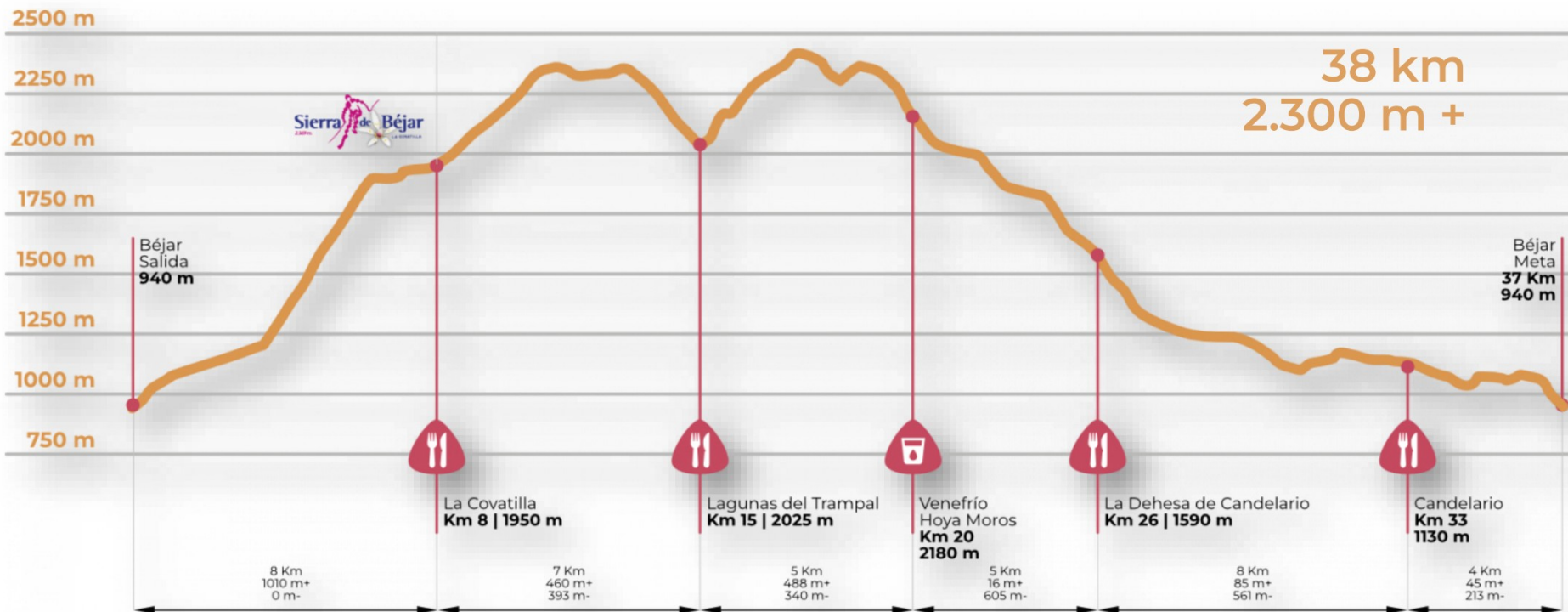
thoroughly use the broker to be Quick.

The Promise Category tour has a distance of 32 km and 1,700 m+. The

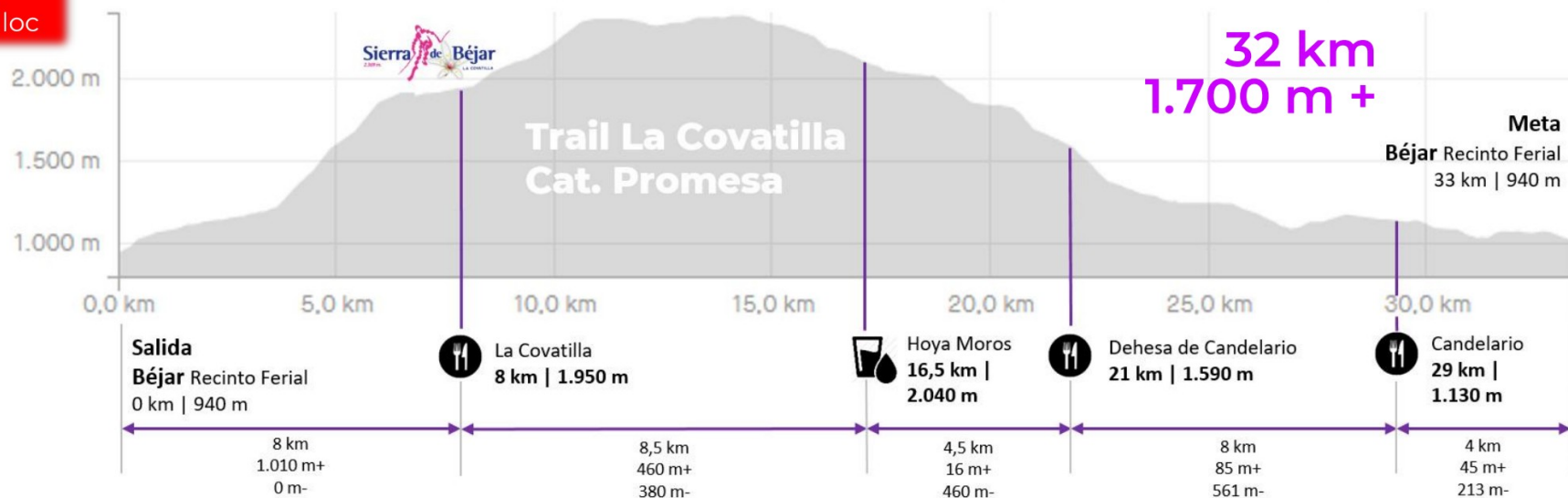
Click refreshments with public to go to Google Maps..



Promises Tour



Pincha los perfiles
para ir a Wikiloc



TRAIL LA COVATILLA 2022 · INFO AVITUALLAMIENTOS



Nombre	Km	Km parc.	Km rest	D+ acu	T' corte	Hora corte	Servicios
Béjar (Salida) – Recinto Ferial	0	0	37	0	0h'	8h 00'	 
La Covatilla	8	8	29	1.014	2h 30'	10h 30'	  
Cuerda del Calvitero	13	5	47	1.470	3h 35'	11h 35'	
Lagunas del Trampal	14,6	7,6	22,4	1.470	4h 00'	12h 00'	
La Ceja	17	2,5	43	1.900	5h 10'	13h 10'	
Hoya Moros	20	5,5	17	2.050	6h 00'	14h 00'	
Dehesa de Candelario	24,6	4,6	12,4	2.050	7h 00'	15h 00'	 
Candelario – Ayuntamiento	33	8,4	4	2.150	8h 30'	16h 30'	  
Béjar (Meta) – Recinto Ferial	37	4	0	2.200	9h 30'	17h 30'	   
Avituallamiento sólido 	Avituallamiento líquido 			Cronometraje 			
Servicios Sanitarios 	Guardarropa y bolsa de vida 			Asistencia de público 			






	AGUA	COCA COLA	ISOTÓNICO	PLÁTANO	MELÓN	CHOCOLATE	GOMINOLAS	FRUTOS SECOS	GALLETAS SALADAS	SAND. NOCILL	SAND. JAMÓN	GEL	NUTRISPORT	BARRITAS	NUTRISPORT	ARROZ	PASTA	CALDERILLO	BEJARANO
La Covatilla	X	X	X	X		X	X	X	X	X									
Lagunas de Trampal	X																		
Hoya Moros	X																		
Dehesa de Candelario	X	X	X	X	X	X	X	X	X	X	X	X	X	X					
Candelario	X	X	X	X	X	X	X	X	X	X	X								
Béjar (meta)	X	X	X	X	X											X			X

trail

Compulsory material




				
Mobile phone	Jacket windbreaker	Hydration system at least 1l	Thermal blanket	Whistle

recommended material

				
Cap or similar	gps watch with track	Backpack, fanny pack or similar	Sunscreen	Sunglasses

- The definitive list of material will be published 48 hours before the test.
- It is mandatory to have the mobile turned on, with the volume activated at maximum and with a full charge at the beginning of the test.
- Track of the test in:
 - <https://www.ultrail-lacovatilla.es/ultrail/>
 - <https://es.wikiloc.com/rutas-carrera-por-montana/ultrail-la-covatilla-2022-103938304>

trail

Mandatory material				
				
Mobile phone	Wind Jacket	Hydration system at least 1 liter	Thermal blanket	whistle
Recommended material				
				
Cup or similar	GPS watch with tracks	backpack vest or Similary	Sunscreen	Sunglasses

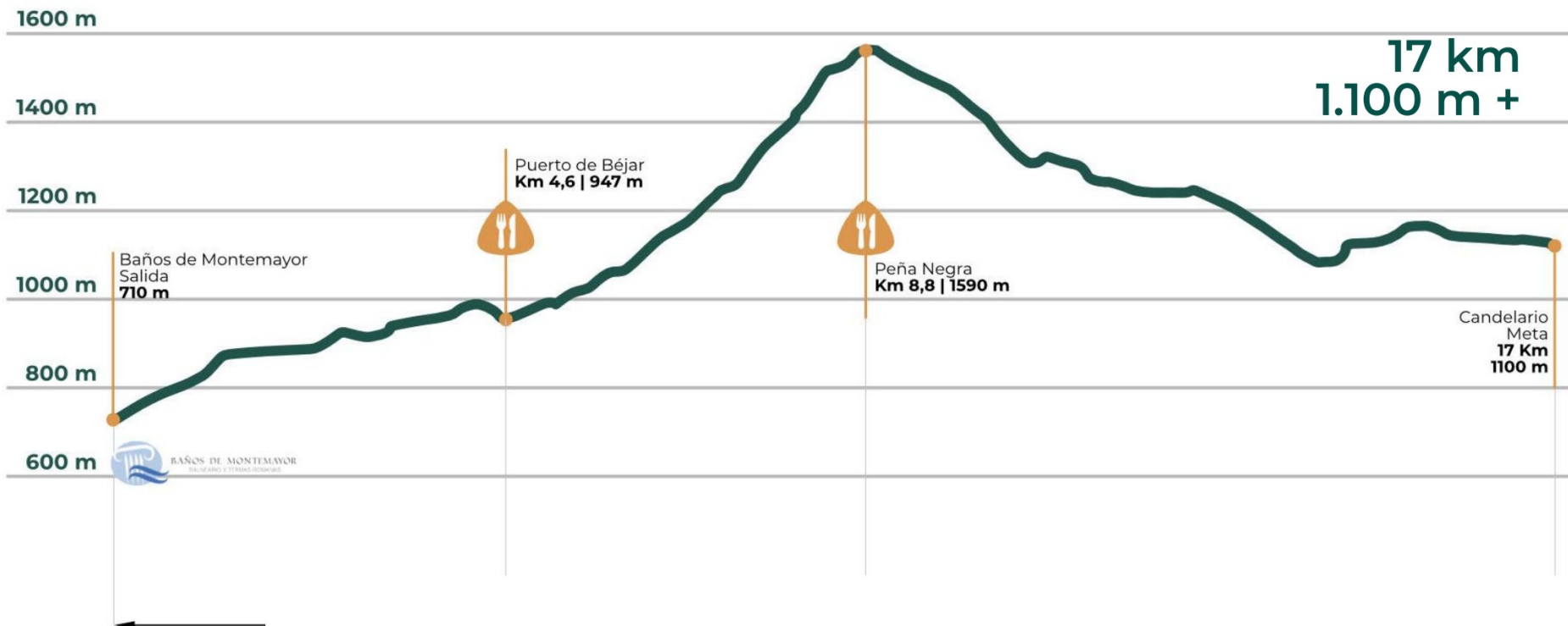
- The final list of material will be published 48 hours before the test.
- It is mandatory to have the mobile turned on, with the volume activated at maximum and with a full charge at the beginning of the test.
- Track of the test in:
 - <https://www.ultrail-lacovatilla.es/ultrail/>
 - <https://es.wikiloc.com/rutas-carrera-por-montana/ultrail-la-covatilla-2022-103938304>

DISTANCIA XCROSS | Copa CXM Junior y Juvenil



17 km con 1.000 m de desnivel positivo. Con más subida que bajada.

En un inicio, hasta el primer avituallamiento se asciende ligeramente, a pequeños escalones. A partir del km 4,6 la gran subida, continua sin descansos, la primera parte entre bosque y la segunda en un terreno roto y exigente. Después la bajada, a tramos por pista rápida y otros por sendero roto y piedras. Por último, un tramo de ligera subida por un sendero precioso entre bosque.









Pincha los
perfiles para ir
al Track en
wikiloc.



[illegible]

XCROSS

<div>Compulsory material</div> <div>Hydration system at least 500 ml</div> <div></div>				
<div>Recommended material</div>				
<div></div> <div>Cap or similar</div>	<div></div> <div>Jacket windbreaker</div>	<div></div> <div>Backpack, fanny pack or similar</div>	<div></div> <div>Mobile phone</div>	<div></div> <div>Thermal blanket</div>

- The final list of material will be published 48 hours before the test.

- Track of the test in:

- <https://www.ultrail-lacovatilla.es/ultrail/>
- <https://es.wikiloc.com/rutas-carrera-por-montana/ultrail-la-covatilla-2022-103938304>

***All material recommendations should be taken as mandatory in case you are a beginner in Mountain Races, more if you think that you will need more time to complete the test.**

kidsTrail | CXM Cadet Cup

On a 4 km tour with low technical difficulty. The race starts and reaches the finish line of the Ultrail La Covatilla. The race runs through the area of Monte Mario. Walking trails fun and fast will make guys have a great time. The cadet category will give two laps of the tour. This distance does not mandatory stuff.



Click on the profiles to go to the Track on wikiloc.

1.110 m

7km
350m+

Trail La Covatilla

Cat. Cadete

928 m

7,94 km

Salida

Béjar Recinto Ferial
0 km

1ª vuelta
4 km















Meta

Béjar Recinto Ferial
8 km | 350 m+

8-DAY WEATHER FORECAST

JULY 2, 2022

08:00		10°	Despejado Sensación T. 10°		Sureste 5 - 30 km/h		0 Bajo FPS: No
11:00		15°	Despejado Sensación T. 15°		Noreste 1 - 28 km/h		6 Alto FPS: 15-25
14:00		20°	Despejado Sensación T. 20°		Norte 6 - 26 km/h		10 ¡Muy Alto! FPS: 25-50
17:00		21°	Despejado Sensación T. 21°		Norte 7 - 25 km/h		6 Alto FPS: 15-25

08:00		14°	Despejado Sensación T. 14°		Este 9 - 36 km/h		0 Bajo FPS: No
11:00		20°	Despejado Sensación T. 20°		Noreste 4 - 30 km/h		5 Medio FPS: 6-10
14:00		27°	Despejado Sensación T. 27°		Noroeste 7 - 25 km/h		10 ¡Muy Alto! FPS: 25-50
17:00		29°	Despejado Sensación T. 28°		Noroeste 7 - 24 km/h		6 Alto FPS: 15-25
20:00		29°	Despejado Sensación T. 27°		Norte 6 - 25 km/h		1 Bajo FPS: No

08:00		17°	Despejado Sensación T. 17°		Este 6 - 38 km/h		0 Bajo FPS: No
11:00		23°	Despejado Sensación T. 25°		Norte 2 - 31 km/h		5 Medio FPS: 6-10
14:00		29°	Despejado Sensación T. 28°		Noroeste 7 - 25 km/h		9 ¡Muy Alto! FPS: 25-50
17:00		31°	Despejado Sensación T. 30°		Noroeste 8 - 24 km/h		6 Alto FPS: 15-25

Sierra de Bejar

From 2,000m to 2,400m.

Maximum level Ultrail and Trail.

Bejar

950m

Start/finish Ultrail,
Trail and Kidstrail.

baths of

Montemayor

700m

XCross start and Ultrail minimum
level.

NUTRITION



At the aid stations you will find

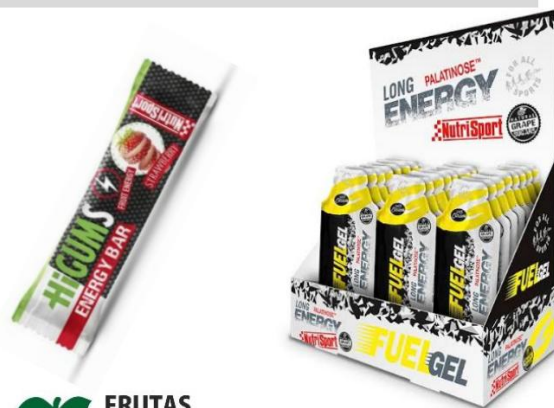
All kind of aliment. The

Nutrisport energy products

They are gluten and lactose free. In the

There will be goal provisioning

special food for celiacs.



BEACONS



The areas of the route where
the schedule is night

they will beacon with headband

reflective. the lower parts
will be marked with white tape

and red. the upper part
mountain will wear white ribbon

and red and also pennant
red.

In the Ultrail La Covatilla,
we reuse the beaconing of a
event to another, and so we do
a responsible expense
plastic.

MEDIUM AMBIENT

In the aid stations there will be no cups,
you'll have to bring your container, like
you will have seen in the compulsory material.

At the aid stations we recycle
all the waste generated. we ask you
strongly that you dedicate a
moment to consult the volunteer which
is the organic waste and what is the
packaging.

Finally, we know that as a good
mountain lover you are going to throw us
no bar wrapper or gel to
purpose. But sometimes we drop
put something in or take something out of your pocket.
Make sure you store them well in a
pocket in which you only put what
you have spent

**Together we take care of our
favorite space, the mountain!**

TOURIST POINTS OF INTEREST

*Click on the link you want under each photo.

BÉJAR



[Ducal Villa of El Bosque](#)
[Ski resort](#)

CALENDARO



[The streets of Candelario](#)
[Pork House Museum](#)

BATHS OF MONTEMAYOR



[Spa and Roman Baths](#)
[roman road](#)

HERVÁS



[jewish quarter](#)
[Church Castle of Santa Maria](#)

PORT OF BÉJAR



[Roman milestones](#)
[The Count's Garden](#)

THROAT



[The House of the Wolf and the Corral de los Lobos](#)
[Snow Well](#)

“Disfruta de tu momento”



ultrail.la.covatilla@gmail.com

Telf. y What's app 690 92 67 80