

DO YOU KNOW THE TIME OUR WASTE TAKES TO DECOMPOSE IN THE ENVIRONMENT?

APPLE	2 MONTHS
TISSUE	3 MONTHS
BANANA/ ORANGE PEEL	2 YEARS
CIGARETTE BUTT	2 YEARS
CHEWING-GUM	5 YEARS
PLASTIC BAG	10-20 A YEARS
ALUMINUM CAN	20 YEARS
TETRA BRICK	30 A YEARS
LIGHTER	100 YEARS
PLASTIC BOTTLE OR TOP	100 YEARS
DISPOSABLE DIAPER, SANNITARY TOWEL OR TAMPON	300-400 YEARS
BATTERY	4000 YEARS

HELP US PRESERVE OUR ENVIRONMENT

The race goes through an exceptionally beautiful natural area that we all must preserve. Therefore, it is totally forbidden to throw away any waste.

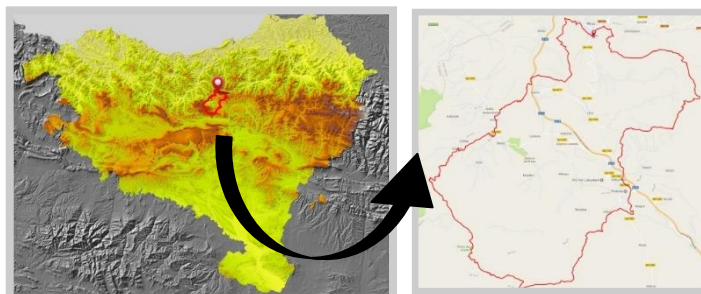
The organization will provide several rubbish containers at the end of every refreshment and/or food station so you can sort out your own waste. It is compulsory to follow the provided recycling system.



REAL TIME TRAIL TRACKING

<https://www.rockthesport.com/es/evento/mendi-erronka-2018>

TOUR



EUSKAL HERRIA MENDI ERRONKA 67KM 3600M+ KM BERTIKALA



EU | ES | CA | FR | EN



WHERE TO FIND OUR FACILITIES

- A** STARTING LINE / FINISHING LINE and BAGGAGE DROP-OFF POINT
- B** PARKING
- C** CARAVAN PARKING
- D** SHOWER / CHANGING ROOMS and BAGGAGE PICK UP POINT





VIEWPOINTS

TOWN	EHME KM	FIRST RUNNER
Leitza	0	8:00
Gorriti	9,6	8:45
Arribe	14	9:15
Gaintza	18,2	9:30
Albi	27	11:00
Putzuzar	32,8	11:30
Lekunberri	45,5	12:30
Beruete (Iontza)	59,5	13:45
Leitza	67	14:45

AUTHORISED VEHICLES ONLY: the spectators who want to go to Gaintza will have to take a taxi provided by the organisation, in Arribe.

REFRESHMENT STATIONS

Pagozelai
Iribasko iturburua
Iontza
Jaundegiko borda

FOOD STATIONS

Gaintza
Unagako putzua
Putzuzar
Lekunberri
Idiazabal
Leitza

CHECK POINTS

Gaintza
Irumugarrieta
Artxueta
Lekunberri
Ireber
Leitza

CHECK POINTS WITH TIME LIMITS

Gaintza.....11:15
Albi.....14:00
Lekunberri.....16:30
Leitza(group).....20:00
Leitza(Individual)21:00

TECHNICAL DETAILS

Starting point	at 8 A.M. at Leitza's main square
Distance	67km
Check points	6
Food and refreshment stations	9
Total elevation gain	7.200m
Maximum height	Irumugarrieta 1.431m
Minimum height	Arribe 222m
Awards	at 8 P.M. at Leitza's main square

FOLLOWING THE RACE

Leitza-Gorriti	10 min	NA-170 A-15	9 km	
Gorriti-Arribe	19 min	A-15 NA-1300	17 km	
Arribe-Gaintza	5 min	NA-7512	4 km	
Gaintza-Albi	37 min	NA-1300 NA-7510	27 km	
Albi- Putzuzar	9 min	NA-7510	5 km	
Putzuzar-Lekunberri	24 min	NA-7510	18 km	
Lekunberri-Leitza	15 min	A-15 NA-170	17 km	

