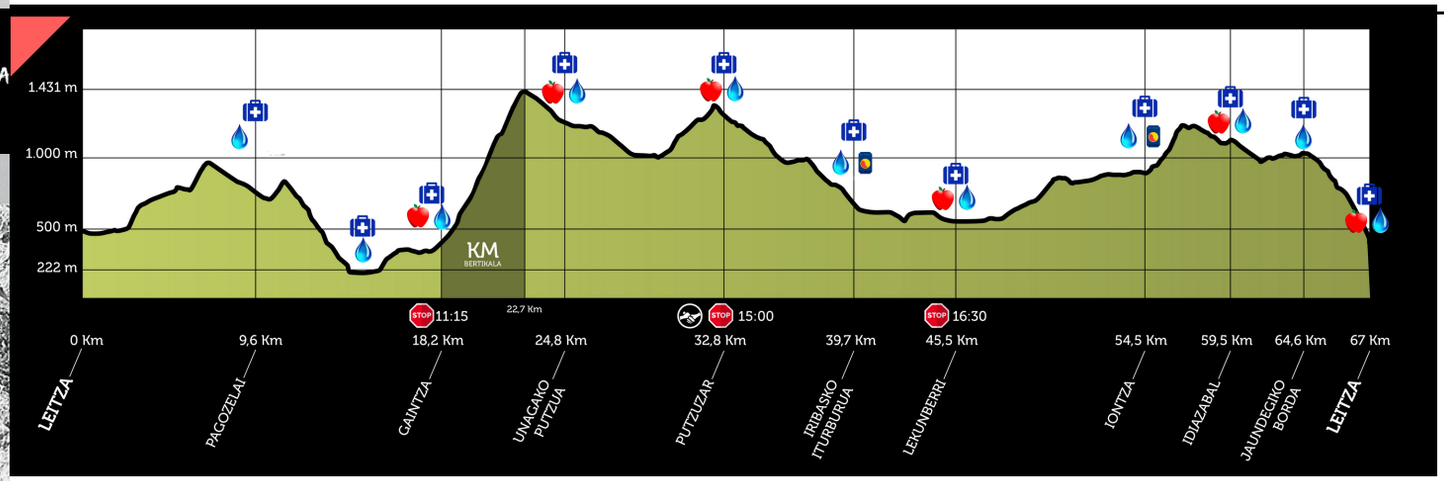
EUSKAL HERRIA MENDI ERRONKA
MENDIALDEA AUZOLANEAN

67KM
KM BERTIKALA
ERRELEBOAK

AUZOLANEAN
ARAITZ-BETELU
LARRAUN-LEKUNBERRI
ARESO
LEITZA

EU ES CA FR IN



Starting point	at 8 A.M. at Leitza s main square
Distance trail	67km
Distance relay	32,8km eta 34,2km
Awards	at 8 P.M. at Leitza ś main square

CHECK POINTS WITH TIME LIMITS

Gaintza 11:15
Putzuzar 15:00
Lekunberri 16:30
Leitza (group)20:00
Leitza (individual) 21:00

FOOD STATIONS

Gaintza
Unagako putzua
Putzuzar
Lekunberri
Idiazabal
Leitza

POINTS TO LEAVE THE RACE

Gaintza
Putzuzar
Lekunberri

REFRESHMENT STATIONS

Pagozelai
Iribasko iturburua
Iontza
Jaundegiko borda

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.

FOLLOWING THE RACE

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

http://www.kronoak.com/live/2019/ehmendierronka/index/.html

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.

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 ..... 20 years
Aluminum can ..... 20 years
Tetra brick ..... 30 years
Lighter..... 100 years
Plastic bottle or top .....100 years
Disposable diaper, sannitary towel. 400 years
Battery .....4000 years