

VALD'ARAN

 PYRENEES

BY **UTMB**[®]



TRAIL CAMPS

by Mauberme Experiences

WE HELP YOU TO PREPARE YOUR CHALLENGE

WWW.VALDARANCAMPS.COM

VALD'ARAN

 PYRENEES

BY **UTMB®**

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**Anna
Comet**

&

**François
D'Haëne**

&

**Maite
Maiora**

**8th, 9th, 10th
and 11th June**

**11th, 12th, 13th
and 14th June**

Led by **Depa**

VALD'ARAN PYRENEES BY UTMB®

After the success of its first edition, **Val d'Aran by UTMB®** returns in full force as one of the three **UTMB® World Series Majors** that will be held in 2022, the European final of the **UTMB® World Series** circuit.

Four distances that run through a valley where rivers form hundreds of lakes, where the peaks touch the sky, and where its main value, its people, are preparing to share and celebrate the great trail running party with you. Air, land and water are the elements that will accompany you during this challenge.

Welcome to Val d'Aran by UTMB®.

Welcome to an adventure you will never forget.

TRAIL RUNNING IN THE HEART OF THE PYRENEES

Four distances will run through our mountains and valleys.

Torn dera Val d'Aran - VDA, "Tour de la Val d'Aran", with 161 km crossing peaks, forests, alpine meadows, lakes, old mines, dream huts and typical Aranese villages in the middle of the mountains.

Camins de Hèr - CDH, "Iron Roads", of 105 km, where land and water will mark a very varied and wild route.

Peades dera Aigua - PDA, "Water Footsteps", of 55 km, where water takes on an exceptional role, passing through more than 20 high mountain lakes.

SKY Baqueira Beret, 15 km, a race to enjoy the views of the whole valley and the majesty of the roof of the Pyrenees, going through high mountain single tracks.



A WILD, NATURAL AND AUTHENTIC VALLEY AWAITS YOU. THE ESSENCE OF THE PYRENEES

Our goal as part of the organisation of the event is to provide you with the best services available to help you achieve your objectives.

Together we will prepare your challenge so that you can ring the Val d'Aran by UTMB® bell!



ABOUT VAL D'ARAN BY UTMB® TRAIL CAMPS

Many will call you crazy, they will say that you are a daring, they will accuse you of challenging your limits, and those of nature! But you have already chosen your challenge: going through the 161 km of the **VDA**, the 105 km of the **CDH**, or the 55 km of the **PDA**, and ring the bell of Val d'Aran by UTMB®. You've been dreaming about that moment for a long time.

Only you know what this adventure means, the effort it implies and the sacrifices that it entails. You, and those of us who share a passion for the mountains, for trail running, and for overcoming our own limitations.

From **Val d'Aran by UTMB® Trail Camps** we want to help you prepare **YOUR CHALLENGE** with the best means at our disposal through a personalized program designed exclusively for you. Our goal is to ensure that yours, improve your records and achieve the result you are looking for.

No matter what your aspirations are, **WE WILL HELP YOU MAKE THEM A REALITY** by being a **Val d'Aran by UTMB® finisher**. We have the best professionals who will invest all their efforts to see your dreams come true!



PROFESSIONAL RUNNERS/ELITES

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THE EVENTS AND LEVELS

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DATES AND PRE-REGISTRATION

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MEANS AND INFRASTRUCTURE

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PROFESSIONAL RUNNERS/ELITES: "THE BEST AT YOUR SERVICE"

Led by **Depa**, our technical director, **Val d'Aran by UTMB® Trail Camps** has a team of great professionals and elite runners who will accompany you during the days of **Val d'Aran by UTMB® Trail Camps** so you can face your challenge in the best possible way.

In addition, you will have the possibility to interact with our team of runners through the talks that we will organize on our social networks, with **Depa** as a mediator. You can send us your suggestions so we can deal with the topics that interest you the most and help you achieve your goals.

We will advise you to get the best results!



FRANÇOIS D'HAENE



ANNA COMET



MAITE MAIORA



JORDI GAMITO

THE EVENTS



161 Km
10.200m D+
10.200m D-



105 Km
6.100m D+
5.800m D-



55 Km
3.300m D+
3.700m D-



15 Km
800m D+
800m D-



In Val d'Aran by UTMB® Trail Camps we help you prepare for the 4 races that make up the event. We will have specialised training sessions to help you prepare for them, dividing you into groups according to kilometres and levels.

THE LEVELS

From the organisation of Val d'Aran by UTMB® Trail Camps we know that it is not the same to prepare 161 km or 15 km. But we are also aware that not everyone has the same level. Our groups (between 5 and 8 people) will be subdivided by performance and objectives, so we will ask you to give us details of your last three races and their times, as well as your UTMB® Index.

DATES

In 2022 Val d'Aran by UTMB® returns as UTMB® World Series Major. Our Trail Camps are consolidated with a total of seven days, divided into two parts, in order to be able to prepare the different distances adapting to the level of our participants.



8th, 9th, 10th and 11th June. (Anna and Francois)



11th, 12th, 13th and 14th June. (Maite and François)



7th – 10th JULY
VAL D'ARAN BY UTMB®

We will also count on the collaboration of **Jordi Gamito** and **Depa**, who will support us throughout the Trail Camps.

PRE-REGISTRATION FORM AND CANCELLATION POLICY

The professionals of our team will be distributed according to the distances that each runner needs to prepare, to the different levels of them, and to the available dates.

For the best organisation of each camp, we need to have your preferences in terms of dates, levels and professional runners in order to distribute in an optimal way the different groups.

Once we have your pre-registrations, we will answer you as soon as possible to fix the definitive dates, formalize the reservation and start the program.

If the Camp cannot take place for reasons related to Covid-19, or if participants are unable to attend for the same reason, we guarantee our clients free cancellation by Covid (except for expenses already incurred for the reservation) in the form of a voucher valid for one year to be used in our camps (see Reservation and Cancellation Policy).

MEANS AND INFRASTRUCTURE: ALL-INCLUSIVE VIP

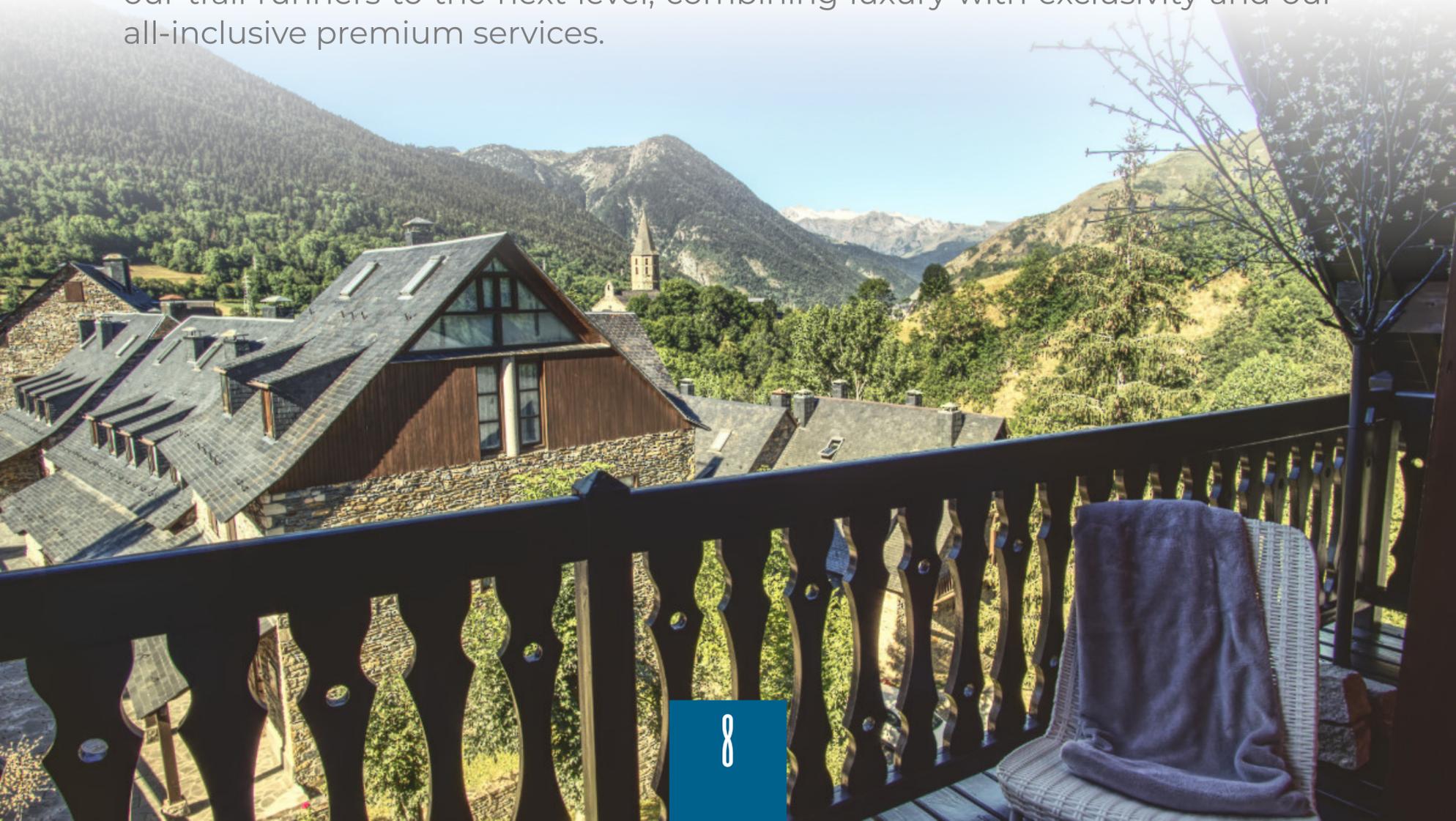
The Val d'Aran by UTMB® Trail Camps will be carried out with totally exclusive means and infrastructure. We have the Hotel Mauberme - Mountain Boutique Hotel, a small and exclusive hotel, modern and comfortable, that combines luxury and functionality. Located in Salardú-Val d'Aran, the three races (VDA, CDH and PDA) pass through its doors, making it the ideal place to organize the camps and their training sessions.



RELAX ZONES, MULTIMEDIA ROOM, GYM, SAUNA AND PHYSIOTHERAPY SERVICE

Everything is included, from the famous breakfast at the Mauberme hotel, to the refreshments and meals in the mountains, day or night, and, of course, the refreshing dinners after a day of intense training. In addition, participants will also have access to a physiotherapy service, both in the mountains and in the hotel itself.

At Val d'Aran by UTMB® Trail Camps we take the logistics and assistance of our trail runners to the next level, combining luxury with exclusivity and our all-inclusive premium services.



DETAILED PROGRAM – CAMP 1

***Most of the routes will be different in each Camp.
Tentative agenda subject to change due to weather conditions and organizational needs.**

WEDNESDAY 8TH JUNE

- 16:00h. - 17:00h.** Arrival at the Mauberme Hotel.
- 17:00h. - 19:30h.** Team presentation.
Afternoon departure from the Hotel: Training zones 5-7* (approx. 10-15 km and D+500).
- 19:30h. - 20:15h.** Rest.
- 20:15h. - 22:30h.** Technical talk and dinner:
ÉLITE runners presentation and introduction Technique Day: Climbs and descents.
Training areas of the Trail Camp and routes of the Val d'Aran by UTMB® races by the event's technical directors.

THURSDAY 9TH JUNE

- 7:00h. - 8:00h.** Breakfast and preparation of the material for the day (full day, include a midday bag).
- 8:00h. - 9:00h.** Departure. Displacement to the Training Area and briefing on technique by the ÉLITE runners.
- 9:00h. - 13:00h.** Zone 1-2 training* (approx. 15 km and D+1200).
- 13:00h. - 15:00h.** Lunch, shower and changing facilities, physiotherapy and rest included.
- 15:00h. - 18:00h.** Training Zone 1-2* (approx. 10 km and D+1000).
- 18:00h. - 20:15h.** Return. Rest. Physiotherapy service.
- 20:15h. - 22:30h.** Technical talk and dinner: Nutrition before/during/after the race by the ÉLITE runners.

FRIDAY 10TH JUNE

- 8:00h. - 9:00h.** Breakfast and preparation of the day's material (full day).
- 9:00h. - 10:00h.** Departure and displacement to the Training Area. Briefing about Nutrition in charge of the ÉLITE runners.
- 10:00h. - 17:00h.** Zone 3-4-5 training* (food included) (approx. 22 km and D+1800).
- 17:00h. - 20:00h.** Return. Break. Physiotherapy service.
- 20:00h. - 22:15h.** Technical discussion and dinner: Training, reconciliation and material.
- 22:15h. - 01:00h.** Departure and travel to the Night Training Area. Briefing on Navigation.

SATURDAY 11TH JUNE

- 8:00h. - 9:00h.** Breakfast and material preparation.
- 9:00h. - 9:30h.** Departure and travel to the Training Area.
- 9:30h. - 11:30h.** Training Zone 7-final*.
- 11:30h. - 13h.** Return to Hotel and Check Out.
- 13:00h. - 15:00h.** Farewell meal in a restaurant.

DETAILED PROGRAM – CAMP 2

***Most of the routes will be different in each Camp.**

Tentative agenda subject to change due to weather conditions and organizational needs.

SATURDAY 11TH JUNE

- 16:00h. - 17:00h.** Arrival at the Mauberme Hotel.
- 17:00h. - 19:30h.** Team presentation.
Afternoon departure from the Hotel: Training zones 5-7* (approx. 10-15 km and D+500).
- 19:30h. - 20:15h.** Rest.
- 20:15h. - 22:30h.** Technical talk and dinner:
ÉLITE runners presentation and introduction Technique Day: Climbs and descents.
Training areas of the Trail Camp and routes of the Val d'Aran by UTMB® races by the event's technical directors.

SUNDAY 12TH JUNE

- 7:00h. - 8:00h.** Breakfast and preparation of the material for the day (full day, include a midday bag).
- 8:00h. - 9:00h.** Departure. Displacement to the Training Area and briefing on technique by the ÉLITE runners.
- 9:00h. - 13:00h.** Zone 1-2 training* (approx. 15 km and D+1200).
- 13:00h. - 15:00h.** Lunch, shower and changing facilities, physiotherapy and rest included.
- 15:00h. - 18:00h.** Training Zone 1-2* (approx. 10 km and D+1000).
- 18:00h. - 20:15h.** Return. Rest. Physiotherapy service.
- 20:15h. - 22:30h.** Technical talk and dinner: Nutrition before/during/after the race by the ÉLITE runners.

MONDAY 13TH JUNE

- 8:00h. - 9:00h.** Breakfast and preparation of the day's material (full day).
- 9:00h. - 10:00h.** Departure and displacement to the Training Area. Briefing about Nutrition in charge of the ÉLITE runners.
- 10:00h. - 17:00h.** Zone 3-4-5 training* (food included) (approx. 22 km and D+1800).
- 17:00h. - 20:00h.** Return. Break. Physiotherapy service.
- 20:00h. - 22:15h.** Technical discussion and dinner: Training, reconciliation and material.
- 22:15h. - 01:00h.** Departure and travel to the Night Training Area. Briefing on Navigation.

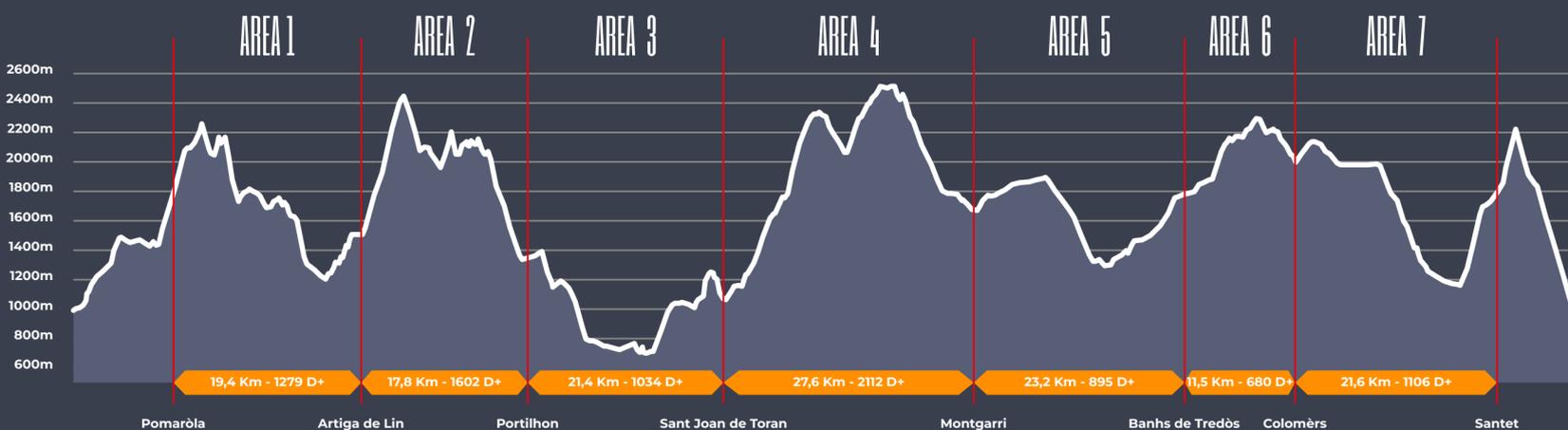
TUESDAY 14TH JUNE

- 8:00h. - 9:00h.** Breakfast and material preparation.
- 9:00h. - 9:30h.** Departure and travel to the Training Area.
- 9:30h. - 11:30h.** Training Zone 7-final*.
- 11:30h. - 13h.** Return to Hotel and Check Out.
- 13:00h. - 15:00h.** Farewell meal in a restaurant.

TRAINING AREAS



		Pomarola - Artiga de Lin		Artiga de Lin - Portilhon		Portilhon - St. Joan de Toran		St. Joan de Toran - Montgarri		Montgarri - Bahns de Tredos		Bahns de Tredos - Colomers		Colomers - Santet	
	LEVEL	19,4 KM	1.279 D+	17,8 KM	1.602 D+	21,4 KM	1.034 D+	27,6 KM	2.112 D+	23,2 KM	895 D+	11,5 KM	680 D+	21,6 KM	1.106 D+
	HIGH	✓		✓		✓		✓		✓		✓		✓	
	MID					✓		✓		✓		✓		✓	
	HIGH					✓		✓		✓		✓		✓	
	MID									✓		✓		✓	
	HIGH									✓		✓		✓	
	MID									✓		✓		✓	

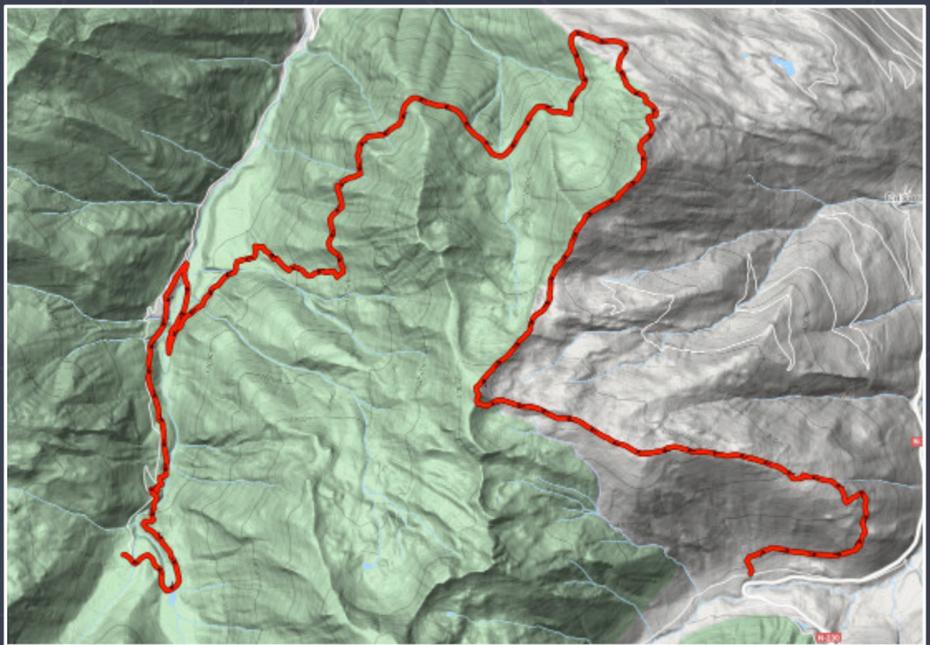


AREA 1

POMAROLA – ARTIGA DE LIN

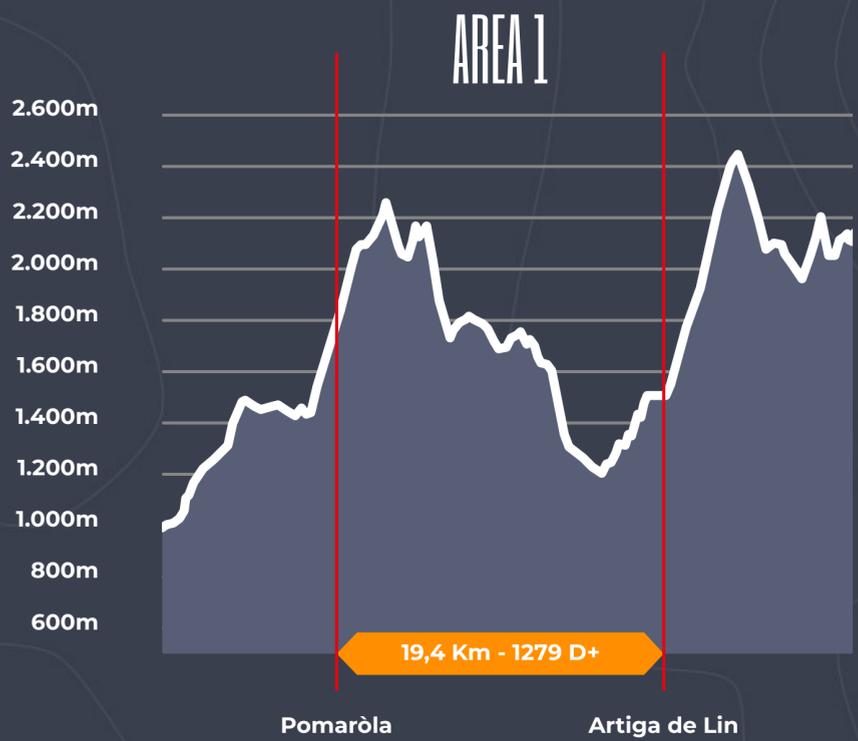
Pomarola - Artiga de Lin

	LEVEL	19,4 KM	1.279 D+
	HIGH	<input checked="" type="checkbox"/>	
	MID		
	HIGH		
	MID		
	HIGH		
	MID		



We will enjoy the green meadows that can be seen from the start. At an altitude of over 2,000 metres, we will make a beautiful crest, enjoying the views of the entire Val d'Aran and Aneto-Molieres. We will make prominent descents through meadows.

In this area we will try to perfect our agility both on the ascents and descents through meadows.

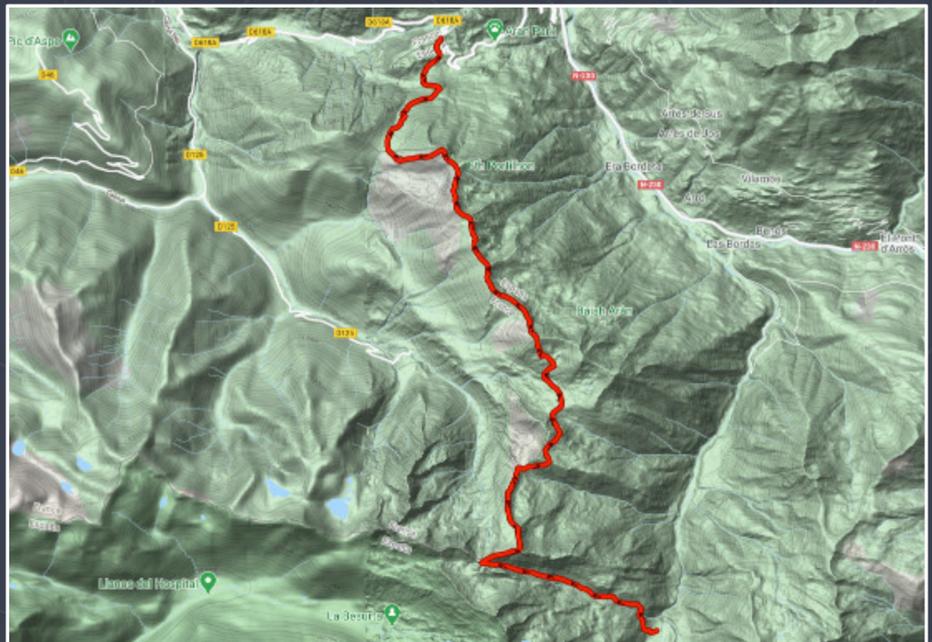


AREA 2

ARTIGA DE LIN – PORTILHON

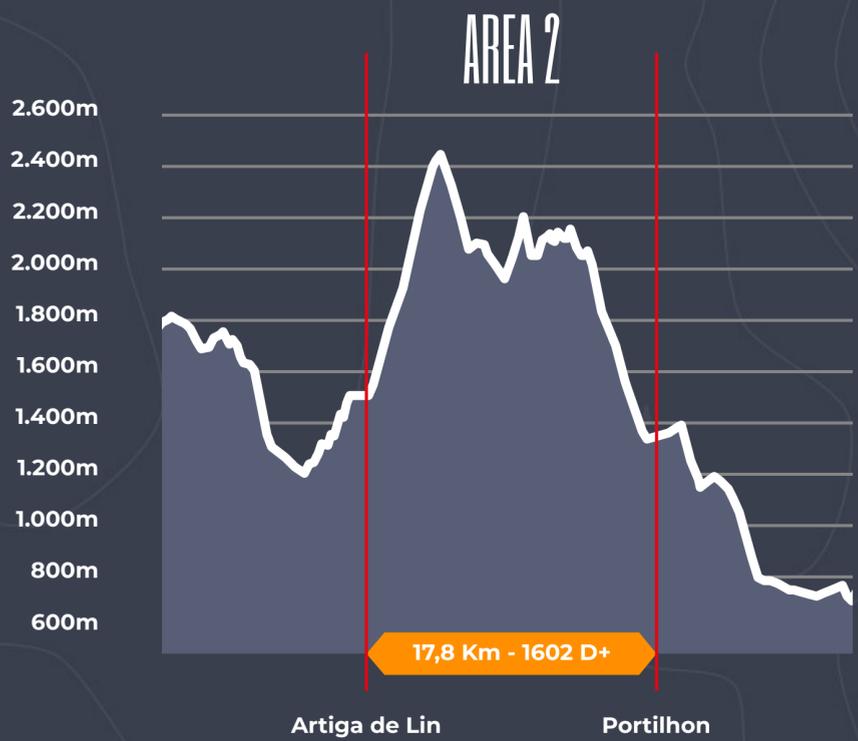
Artiga de Lin - Portilhon

	LEVEL	17,9 KM	1.602 D+
	HIGH	✓	
	MID		
	HIGH		
	MID		
	HIGH		
	MID		



The Artiga de Lin valley is a magnificent example of a Pyrenean glacial valley. There we will find the Uelhs deth Joèu, an impressive waterfall through which the waters from the glaciers of Aneto and Maladetas are captured and transferred to the Garonne basin.

One of the highest areas of the race, with a significant positive difference in altitude, where we will do endurance training on ascents and descents on technical ground.



AREA 3

PORTILHON – ST. JOAN DE TORAN

Portilhon - St. Joan de Toran

	LEVEL	21,2 KM	1.034 D+
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID		
	HIGH		
	MID		



An area of easy trails, forests and rivers, which will allow us to work on our agility on the descents and the specific running technique to optimise the climbs.

Ideal for practising the use of poles in movement and combining all types of running technique, from high-pace flats to very steep climbs.

AREA 3

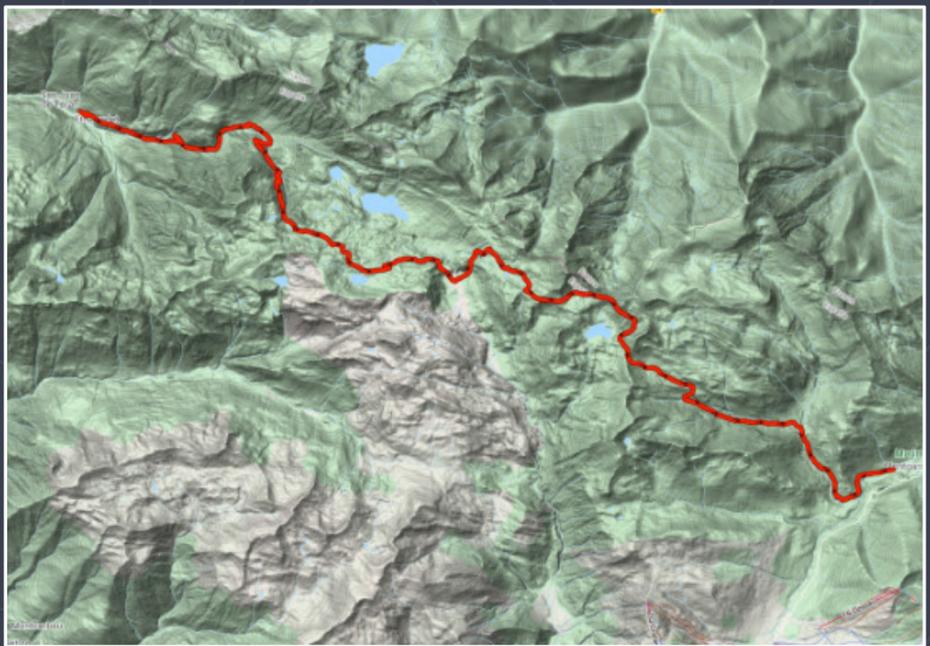


AREA 4

ST. JOAN DE TORAN – MONTGARRI

Sant Joan de Toran - Montgarri

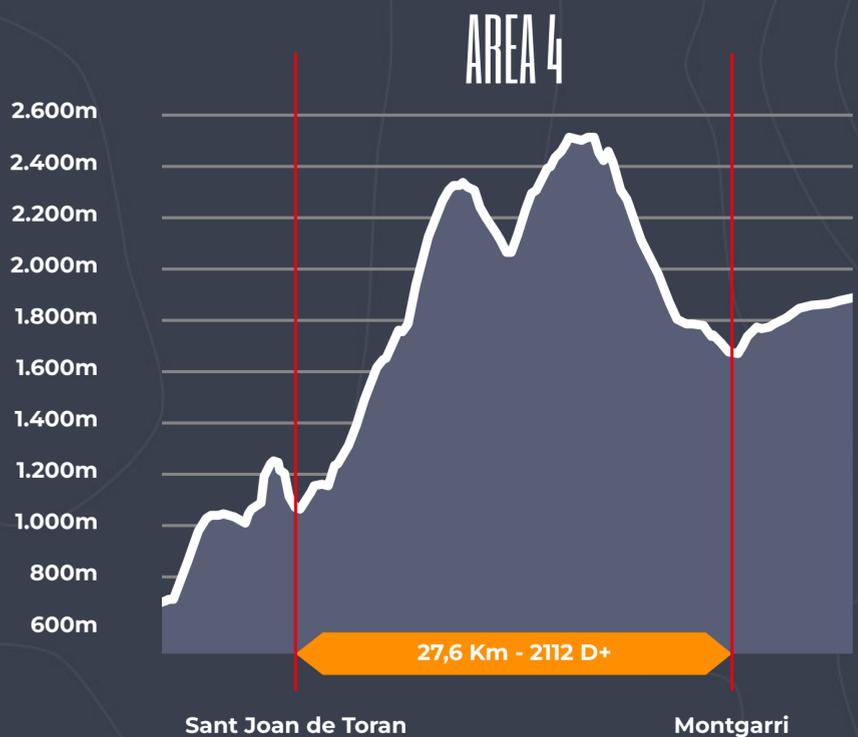
	LEVEL	27,8 KM	2.112 D+
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID		
	HIGH		
	MID		



With 2,112m of D+, this area tests our endurance. It is not a very technical terrain, but we will face a long climb on trails and paths where we will have to control our body to reach the finish line in the best possible way. We will skirt the Mauberme Peak and pass by the Liat and Ureths mines until we reach the Montgarri Sanctuary.

In the last stretch we will enjoy an agile and comforting descent that will allow us to let our legs flow after the effort made in the ascent, optimising our effort.

This is an ideal area to focus on effort management in long distance races, to develop specific running technique tips in non-technical terrain, but which requires considerable effort.

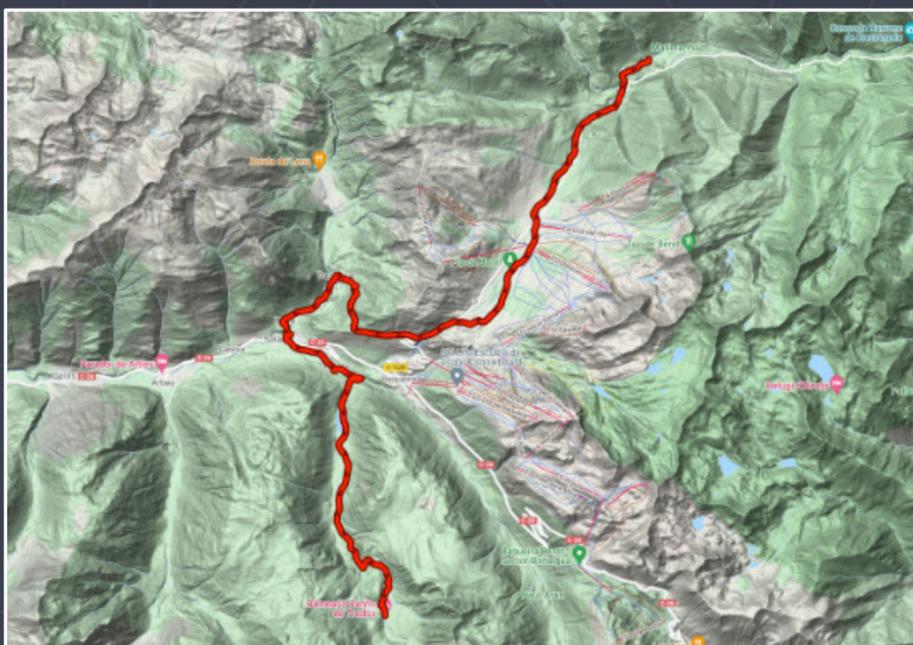


AREA 5

MONTGARRI – BANHS DE TREDÒS

Montgarri - Banhs de Tredòs

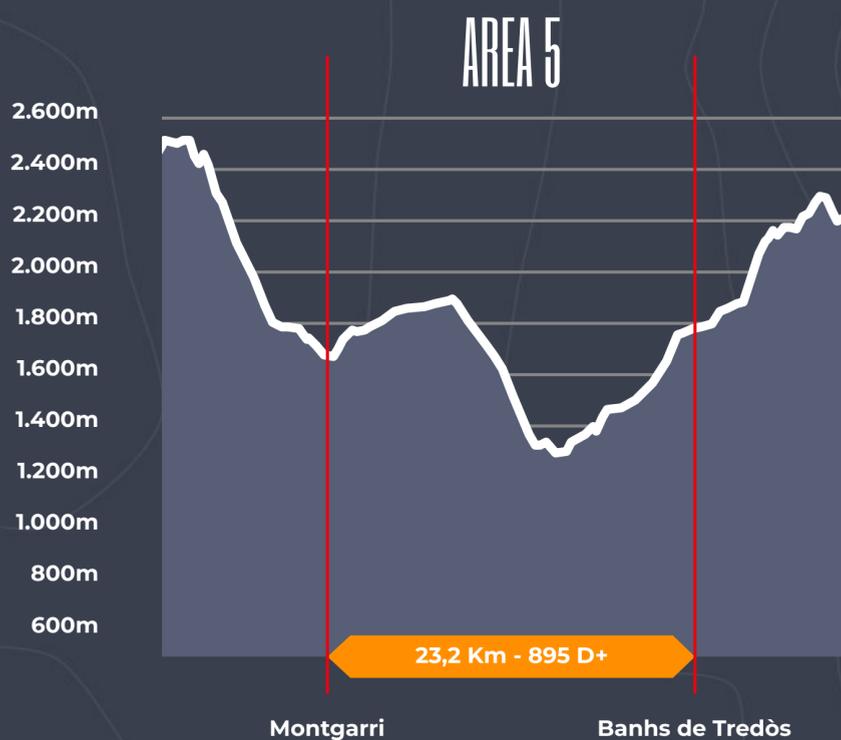
	LEVEL	23,2 KM	895 D+
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	



This area is the prelude to, perhaps, the most technical of all routes.

Little more than 23 kilometers that allow you to train race technique and rhythms on trail and track terrain. We will go through several of the most beautiful villages of the Val d'Arán and even through the door of our Hotel.

It is not a very complex level, but it helps to train your agility both uphill and downhill.

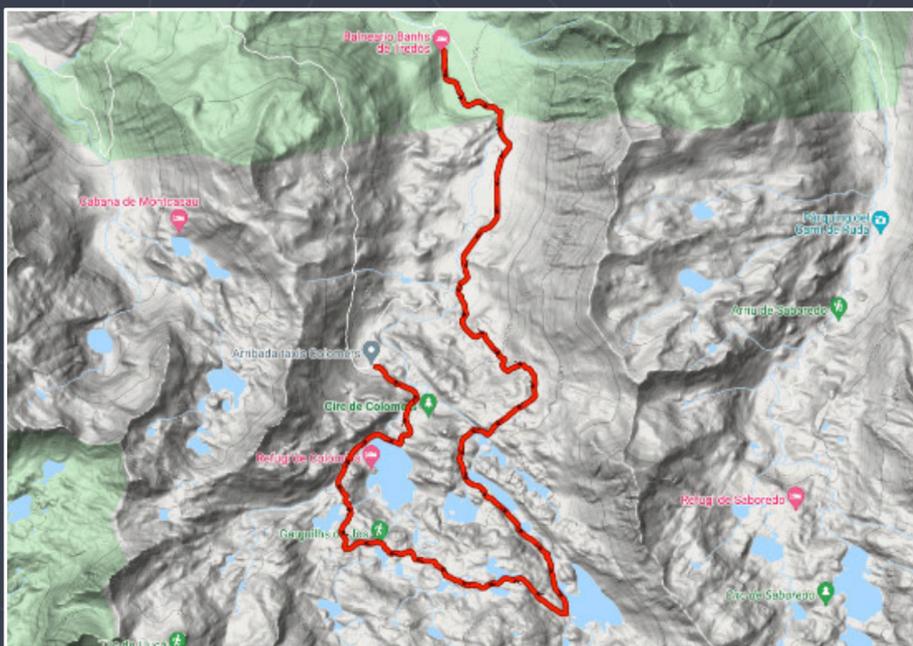


AREA 6

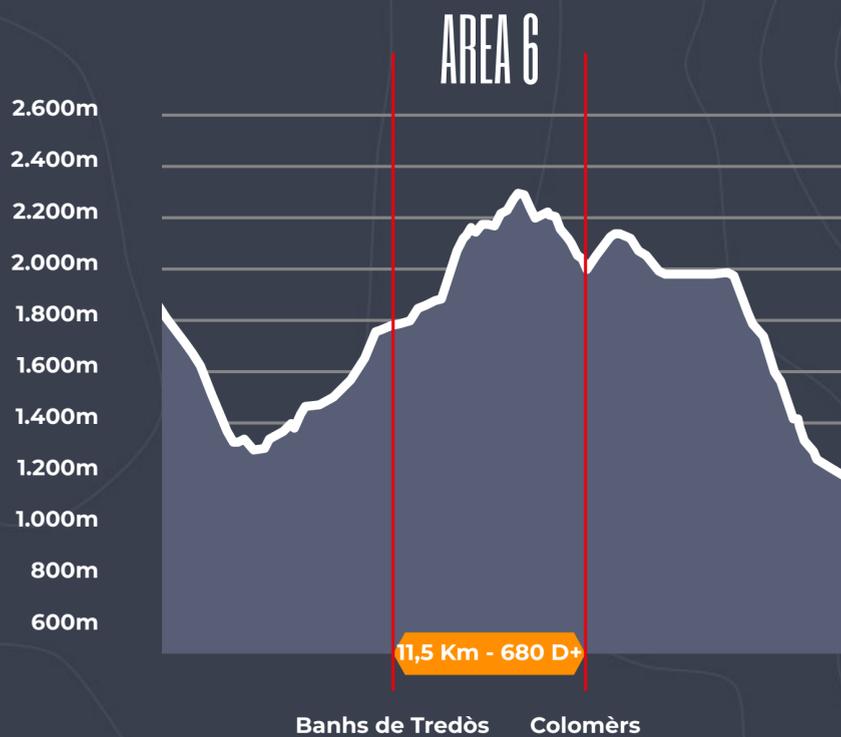
BANHS DE TREDOS – COLOMÈRS

Banhs de Tredos - Colomèrs

	LEVEL	11,5 KM	680 D+
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	



One of the most spectacular areas of Val D'Aran. Mix trails, track, technical terrain, and steep descents. We go into the Vall d'Aiguamoix until we reach the Banhs de Tredòs through a spectacular valley that, later, will take us up to the Circ de Colomèrs with its more than 20 lakes, with a very technical rocky terrain.

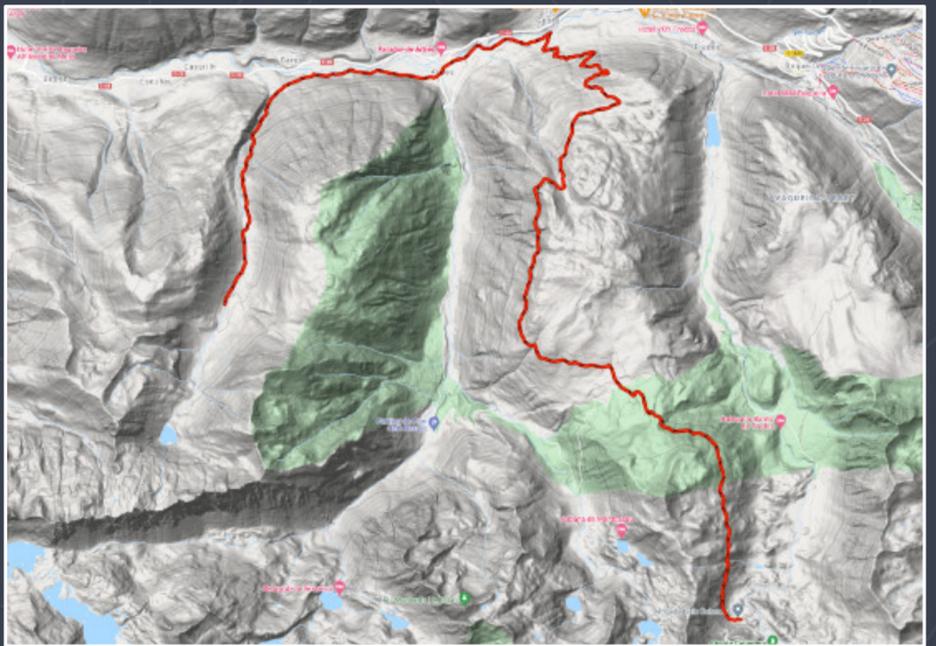


AREA 7

COLOMÈRS – SANTET D'ESCUNHAU

Colomèrs - Santet d'Escunhau

	LEVEL	21,6 KM	1.106 D+
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	
	HIGH	✓	
	MID	✓	



The end of the route combines a bit of everything: technical climbs, descents on the track and along trails, steps in height.

From Mont-Romies we will have a steep descent through its wonderful forest until we reach the beautiful town of Arties.

Ideal area to practice pole technique, controlled ascents, and agile descents.

