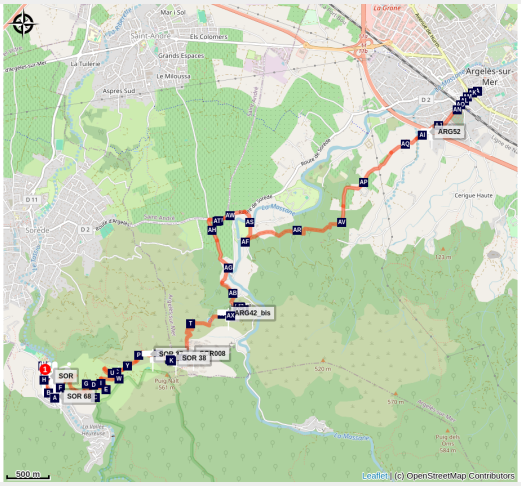
Ultrera Trail (1st Relay)

Albères



(StockSnap_SA83WAUPEP)



First stage of the challenge on December 2, 2018
8:30 AM starting from Argelès-sur-Mer

500m of positive elevation gain
400m of negative elevation loss

Useful information

Practice : Trail running

Duration : 2 h

Length : 12.5 km

Difficulty : Hard

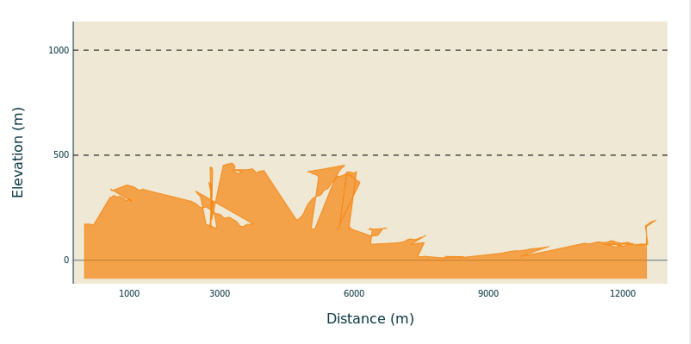
Type : Traversée

Themes : Point de vue, Sommet, Montagne, Patrimoine

Trek

Departure : Argelès village
Arrival : Sorède (la Vallée Heureuse)
Cities : 1. ARGELES SUR MER
2. SOREDE
3. ST ANDRE

Altimetric profile



Min elevation 0 m Max elevation 0 m

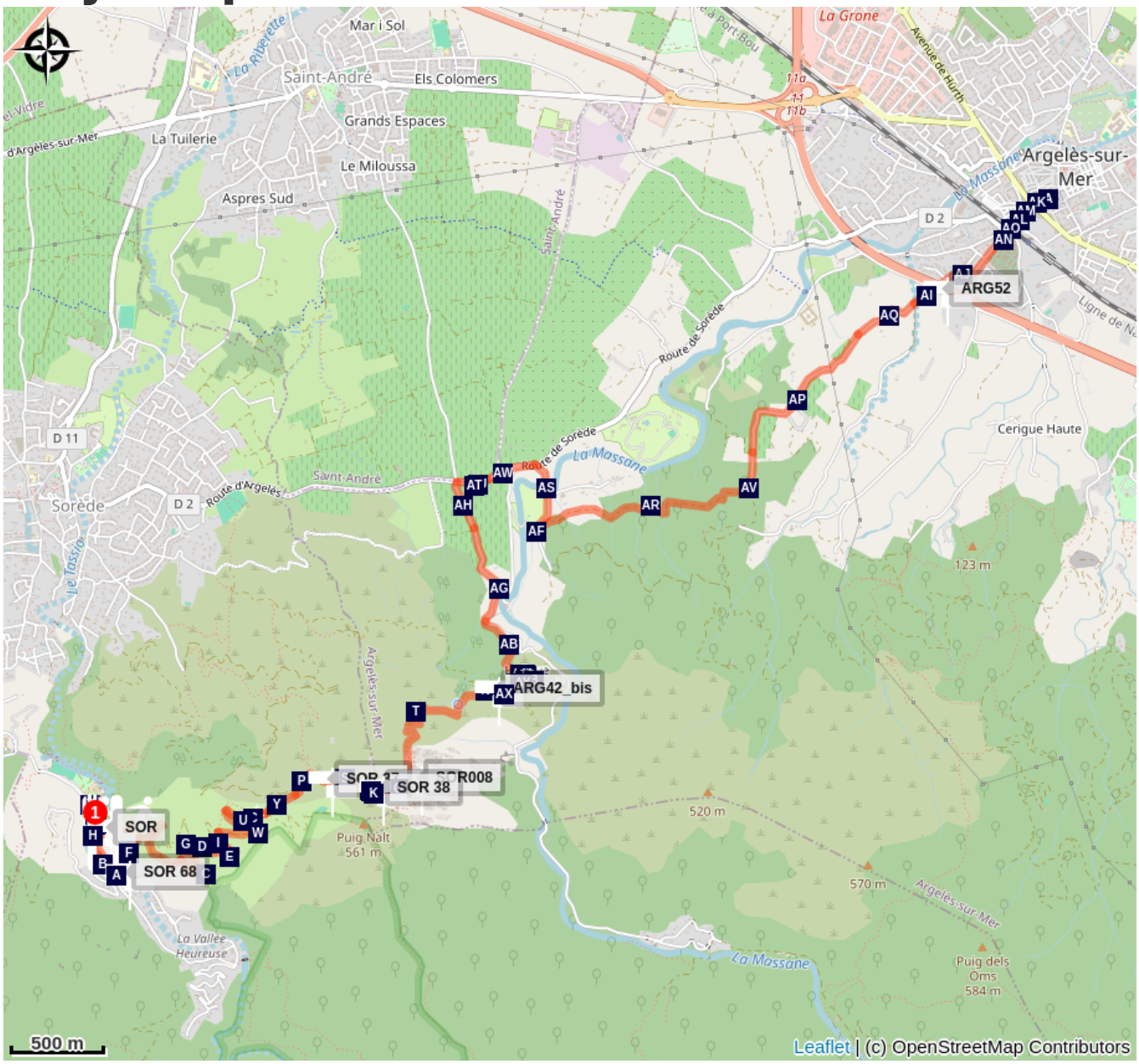
This first stage consists of two distinct sections, making it ideal for versatile runners who are comfortable on all types of terrain.

For solo runners, the relatively flat first kilometers provide a good warm-up before tackling the more challenging parts. The remainder of the course is mostly on trails and significantly more technical.
The first half is quite smooth, running on roads and tracks with a gentle uphill gradient.
The second half begins at the first trailhead, with a steep, rocky climb towards the Château d’Ultrera, followed by a descent toward Sorède along tracks and some single tracks.

A water station will be available halfway through the course.

A full refreshment station will be set up at the relay handoff point, near the Vallée des Tortues parking lot

On your path...



Argelès-sur-Mer Camp Memorial (A)

Chapelle de la Pave (B)

Les Albères (C)

All useful information

⚠ Advices

Attention: Time limit: 2h15 – Cut-off time: 10:45 AM

Before heading out on the trail, check the weather conditions and the access regulations for the area, especially during fire hazard periods.
Respect the work of farmers, landowners, and operators. Close gates behind you and avoid crossing fields off the marked routes.
Carry out any waste and dispose of it properly at the designated collection points at the trailhead.

Trail routes are also well-suited for hiking.

How to come ?

Advised parking

Gambetta Parking Lot

On your path...



Argelès-sur-Mer Camp Memorial (A)

Between February 1939 and spring 1942, over 160,000 men, women, and children were held behind the barbed wire of the Argelès-sur-Mer camp. Among them were 100,000 refugees exiled from Spain during "La Retirada," who lived directly on the sand until the summer of 1939. That autumn, the camp was modified with the construction of the first wooden barracks. Following the June 1940 armistice, the Vichy government interned, alongside Spanish Republicans, former international brigadiers, French nomads, as well as refugees from Northern and Eastern Europe, including foreign Jews.

Attribution : OT Argelès-sur-Mer



Chapelle de la Pave (B)

The Chapel of the Pave, although simple, is in fact the initial seat of a parish, and therefore of a village. When Roussillon was conquered by the Carolingians, Charlemagne introduced the feudal system. To attract the inhabitants, coming from the North of France but also from the North of Spain, it makes build important abbeys which will spread chapels in all the valleys of Albères. Thus was built St Alexander de la Pave, in 1286.

Attribution : CCACVI



Les Albères (C)

The Albères mountains offer an exceptional panorama. Enjoy the view of the dense forest and the valley below.

Attribution : CCACVI