

Tour de la Géla

Warning: the trail has many parts on mountain path where it is not easy to run, especially in the Géla area.

The distance and vertical drop of the Tour de la Géla given by the Trail Passion application and adjusted by an average of the traces collected from the riders during the previous editions is 43 km pour 3400 m D+.

Matériel obligatoire

- Personal cup to drink liquids (water, coca and soup) at the food court.
- Minimum water supply 1.0 litres.
- Food reserve.
- Survival coverage (minimum 2 m²).
- Whistle.
- Waterproof and breathable jacket, membrane type or coating minimum 10000 Schmerber (KWAY type jacket or poncho not accepted).

Recommended and/or Advised Materials (Non-exhaustive List)

- Mobile phone.
- Compass, route map, roadbook.
- Gloves, bonnet, warm clothing required in adverse weather conditions.
- Telescopic poles.
- Replacement clothing.
- Sunscreen, Vaseline or anti-heat cream.

Composition of supplies

- At Piau and tunnel de Bielsa: oranges, bananas, bread, cheese, ham, sausage, dried fruit, salted cakes, cakes, chocolate bars, still water, soda water, coca, tea, coffee and soup.
- At Passerelle: raw ham, dry sausage, dried apricots, salted cakes, cake, chocolate, plain water, dried almonds

Time barriers

Tableau du paragraphe 2.2 du Plan de sécurité

Sites	Km	Altitude	Ravitaillement	Dénivelé partiel	Cumul dénivelés positifs	Cumul dénivelés négatifs	Premier coureur	Dernier coureur	Barrières horaires
Sites	Km	Altitude	Refueling	Partial difference	Cumulative elevation gain	Cumulative negative gain	First runner	Last runner	Time Barriers
Sitios	Km	Altitud	Repostaje	Diferencia parcial	Ganancia de elevación acumulada	Diferencias de altura acumulada	Primer corredor	Ultimo corredor	Barreras del tiempo
Piau	0,0	1859	C/Départ	0	0	0	7:00	7:00	
Bas Piau	0,8	1756		0	-103	0	7:03	7:06	
Sommet Piau	5,5	2535		0	779	779	7:36	8:14	
Piau	8,5	1859	C/Petit Rav	-676	779	779	7:49	8:42	8:45
Pont D118	11,0	1410		0	-449	779	8:01	9:08	
Le Plan	11,4	1439		0	29	808	8:04	9:13	
Pont Neste de la Gela	12,4	1339		0	-100	808	8:08	9:24	
Chemin Neste	12,5	1327		0	-12	808	8:09	9:25	
Virage D173	13,0	1390		0	63	871	8:13	9:34	
Passerelle	15,8	1695		0	305	1176	8:34	10:19	
Hourquette des Aiguillettes	18,3	2235		0	540	1716	9:01	11:20	
Tunnel de Bielsa	20,2	1821	C/Petit Rav	-414	1716	1754	9:12	11:45	11:45
Intersection Port de Bataillan	21,9	2245		0	424	2140	9:39	12:48	
Port de Bielsa	22,7	2425		0	180	2320	9:49	13:12	
Circo de Pinarra	24,1	2160		0	-265	2320	9:57	13:31	
Port Vieux	25,4	2384		0	224	2544	10:10	14:03	
Passerelle	30,5	1698	C/Petit Rav	-686	2544	2705	10:40	15:17	15:15
Balcon de Barroude	35,2	2330		0	632	3176	11:25	17:13	
Eperon Pic de la gela	36,6	2390		0	60	3236	11:34	17:38	
Vallon de Chermentas	37,0	2318		0	-72	3236	11:37	17:45	
Hourquette de Chermentas	37,6	2439		0	121	3357	11:45	18:06	
Lac de Badet	39,1	2084		0	-355	3357	11:54	18:33	
Mouscades	42,1	1826		0	-258	3357	12:10	19:17	
Piau	43,0	1859	C/Petit Rav	33	3390	3390	12:15	19:30	19:30

The CP and Mileage file is [HERE](#)

The route can be viewed [HERE](#).