

# FIS Telemark World Championships

## March 2013

### Invitation to the FIS Telemark World Championships Espot Esquí 2013 11 – 17 March

Welcome to ESPOT ESQUI, our ski resort located in the Catalanian Pyrenees of Spain. It is with great pleasure we welcome you to ESPOT ESQUI for the Telemark World Championships. The Organising Committee has been preparing during some months for this event and we wish all competitors and teams the best of success. We hope you enjoy visiting our region and participation in this event.

#### GENERAL INFORMATION

Pallars Sobirà is situated in the heart of the Catalanian Pyrenees of Spain, in the province of Lleida.

It offers a diverse means of enjoying the mountains and its surrounding area, and extends to areas such as Aigüestortes i Estany de Sant Maurici National Park, we also have local museums and of course some exceptional local cuisine.

#### LOCATION / HOW TO GET THERE

##### Airports

Lleida – Alguaire 175 km  
Barcelona – El Prat 254 km

##### By Train

Lleida Pirineus – La Pobla de Segur 175 km  
Barcelona – Lleida – La Pobla de Segur 254 km

##### By Car

- ✓ From Barcelona: Head towards Lleida, passing through Igualada, Cervera, Agramunt, Artesa de Segre, Tremp, Sort, Llavorsí and finally, Espot.
- ✓ From Madrid: Take the A-2 up to Zaragoza. From there continue on towards Lleida, Balaguer, Tremp, Sort, Llavorsí and Espot.
- ✓ From Valencia: Head towards Amposta, Tortosa, Mora d'Ebre, Flix, Lleida, Balaguer, Tremp, Sort, Llavorsí and Espot.



### Distances between Espot and the main cities

CITY	KILOMETRES	JOURNEY TIME (BY CAR)
Madrid	631 km	6 hr 56 min
Barcelona	264 km	3 hr 24 min
Valencia	487 km	5 hr 50 min
Granada	1029 km	10 hr 58 min
Lleida	158 km	2 hr 22 min

### For more information:

[www.skipallars.cat](http://www.skipallars.cat)

[www.visitpirineus.com](http://www.visitpirineus.com)

[www.turisme.pallarssobira.cat](http://www.turisme.pallarssobira.cat)

[www.fceh.cat](http://www.fceh.cat)

[www.rfedi.es](http://www.rfedi.es)

### SCHEDULE

Monday, 11 <sup>th</sup> March 2013	Team arrival and registration. Team captain' meeting.
Tuesday, 12 <sup>th</sup> March 2013	CLASSIC. Team captain' meeting.
Wenesday, 13 <sup>th</sup> March 2013	PARALLEL SPRINT QUALIFICATION. Team captain' meeting.
Thursday, 14 <sup>th</sup> March 2013	PARALLEL SPRINT. Team captain' meeting.
Friday, 15 <sup>th</sup> March 2013	TEAM PARALLEL SPRINT. Team captain' meeting
Saturday, 16 <sup>th</sup> March 2013	DAY OFF.
Sunday, 17 <sup>th</sup> March 2013	SPRINT.

### ENTRY / REGISTRATION

In order to accommodate all racers, coaches and officials in a correct way, we need your confirmation of team size by **February 24th 2013**, at the latest. Entry forms must be sent via e-mail to [reserves@skipallars.cat](mailto:reserves@skipallars.cat) to ensure availability of special FIS prices for hotels. Changes to entries after this date may result in extra charges.

Early arrivals and late departures will be available at the FIS rate, however they will be provided on request and subject to availability.

According to the FIS Rules, accommodation will be provided as follows:

Rates are 100 CH / night (full board accommodation in twin rooms + ski pass. Taxes included) per team members (athletes and team officials). **Single rooms have an additional charge of 40€ per night.**

The payment must be done before arrivals directly to the Race Office, by credit card or bank transfer.





After arriving at Espot, please confirm your entries at the Race office.

### SUPPORTERS ACCOMMODATION AND TRIP PLAN

With the aim of making possible the visit and the support of family and friends of the athletes and coaches participating in the FIS Telemark World Championships, the organization has prepared the following packages specially focused on this purpose:

**Supporters Pack:** (HB Accommodation + Ski pass + On mountain dining) 150 CH/night

**Supporters Pack 2 – 4 nights:** 135 CH /night + 1 free Activity included

**Supporters Pack 5 – 7 nights:** 125 CH /night + 2 free Activities included

*Activities to choose: Snowshoeing at National Park “Aigüestortes & Estany de Sant Maurici”, Rafting, 1h Horse Riding, Museum’s Visit (Powerplant at Tavascan, Ecomuseum)*

16/3 – Day Off - Excursion to Port Ainé, Pallars Region and Cheese factory at Sort (coach included)

#### **Optional Deals:**

##### Visit Barcelona

An optional 2-day visit to Barcelona city, its most important monuments and worldwide architecture jewels such as La Sagrada Família, La Pedrera and many more is also prepared for everyone.

##### SIXT & Honda Car Rental Agreement

All racers, coaches, officials and supporters will benefit from a -20% reduction on car rentals contracted at Barcelona Airport or at their nearest rental office in their origin country. Special discounts offered by Honda.

Ask for more information on [reserves@skipallars.cat](mailto:reserves@skipallars.cat)



## ACCREDITATIONS AND RACE OFFICE

All accreditations must be collected on arrival, at the times and locations shown below:

### Opening hours:

#### Team reception (Espot Town Hall):

Monday, 11<sup>th</sup> March 2013 from 16.00 to 21.00

#### Race Office (Espot Esquí Offices – at the foot of the slopes):

Tuesday, 12<sup>th</sup> March 2013 from 08.00 to 18.00

Wednesday, 13<sup>th</sup> March 2013 from 08.00 to 18.00

Thursday, 14<sup>th</sup> March 2013 from 08.00 to 18.00

Friday, 15<sup>th</sup> March 2013 from 08.00 to 18.00

Saturday, 16<sup>th</sup> March 2013 from 08.00 to 18.00

Sunday, 17<sup>th</sup> March 2013 from 08.00 to 16.00

If any team arriving outside of the indicated hours, they must notify the race office in advance. Only team registration is possible for this competition.

## OFFICIAL INFORMATION

Changes to the schedule and additional information will be displayed in the race office and in Espot Town Hall. The competitors and team managers are responsible for keeping themselves informed.

## CONTACT INFORMATION

For information and reservations:

E-mail: [reserves@skipallars.cat](mailto:reserves@skipallars.cat)

Telephone: +34 902 190 192



## TIMETABLE

Monday, 11 <sup>th</sup> March	16.00h to 21.00 h	Reception of the teams at Race Office at the Town Hall of the village.
	20.00 h	Team captain's meeting at the Town Hall in Espot.



Tuesday, 12 <sup>th</sup> March	08.00 h	Lift Opening
	08.30 h to 09.30 h	Inspection of slope
	10.00 h	Start CLASSIC Prize giving 15 <sup>th</sup> minuts after the race
	18.00 h	Team captain's meeting at the Town Hall of the village
Wenesday, 13 <sup>th</sup> March	08.00 h	Lift Opening
	08.30 h to 09.30 h	Inspection of slope
	10.00 h	Start PARALLEL SPRINT QUALIFICATIONS
	18.00 h	Team captain's meeting at the Town Hall of the village
Thursday, 14 <sup>th</sup> March	08.00 h	Lift Opening
	08.30 h to 09.30 h	Inspection of slope
	10.00 h	Start PARALLEL SPRINT Prize giving 15 <sup>th</sup> minuts after the race
	18.00 h	Team captain's meeting at the Town Hall of the village
Friday, 15 <sup>th</sup> March	08.00 h	Lift Opening
	08.30 h to 09.30 h	Inspection of slope
	10.00 h	Start TEAMS PARALLEL SPRINT Prize giving 15 <sup>th</sup> minuts after the race
	18.00 h	Team captain's meeting at the Town Hall of the village
Sunday, 17 <sup>th</sup> March	08.00 h	Lift Opening
	08.30 h to 09.30 h	Inspection of slope
	10.00 h	Start SPRINT Prize giving 15 <sup>th</sup> minuts after the race

This program is provisional and can be modified at any time by the organization of the event.



[www.skipallars.cat](http://www.skipallars.cat)

