

ROAD



HOTEL
ATENEA
PORT

★★★★

BARCELONA · MATARÓ





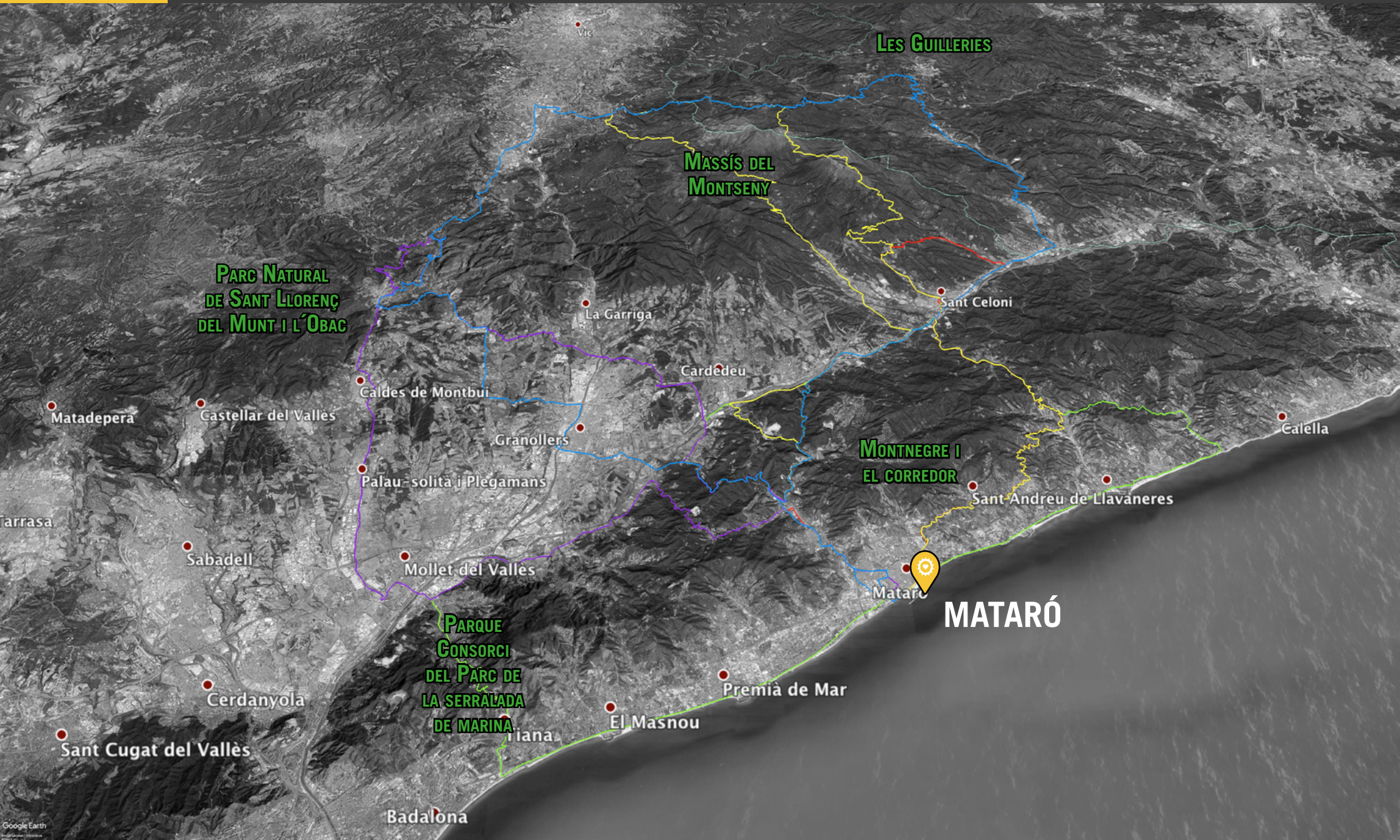
TRACKS
Bikefriendly
 We like cyclists!



ROAD BIKE
 ID: 75-200 (difficulty index)



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ROAD BIKE 1

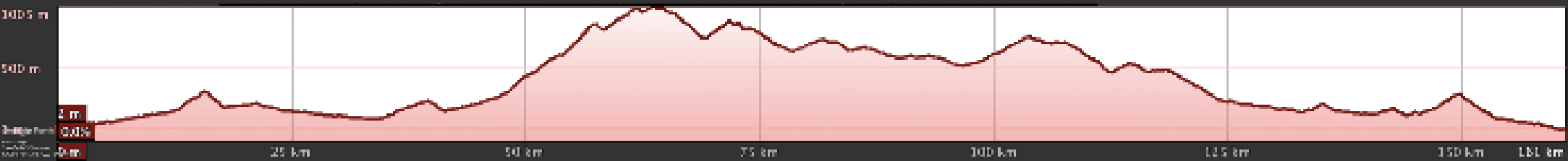
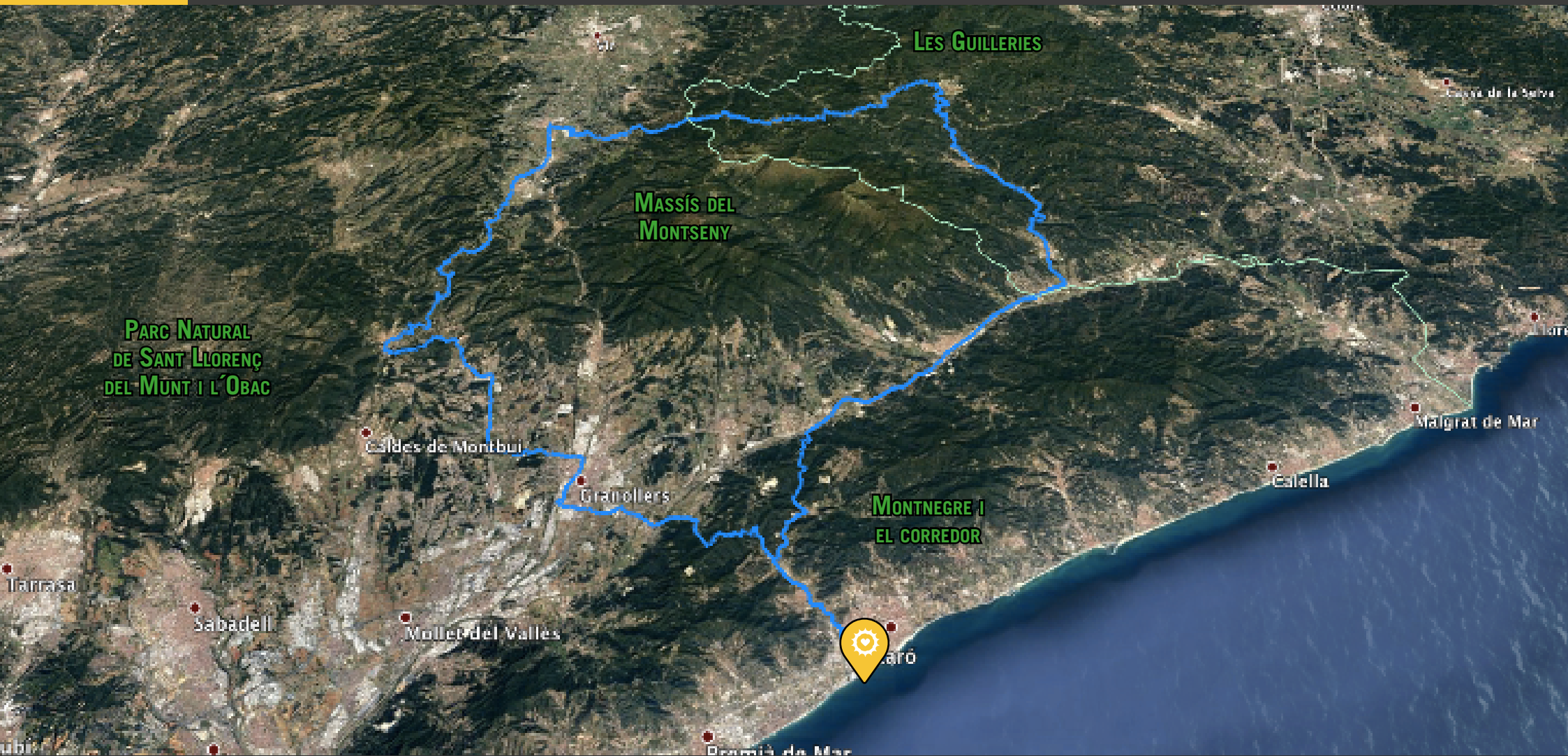
Distance: 171 km

Climb: 2.400 m

Track difficulty: 187 (ID index)



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ROAD BIKE 2

Distance: 149 km

Climb: 2.700 m

Track difficulty: 178 (ID index)



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ROAD BIKE 3

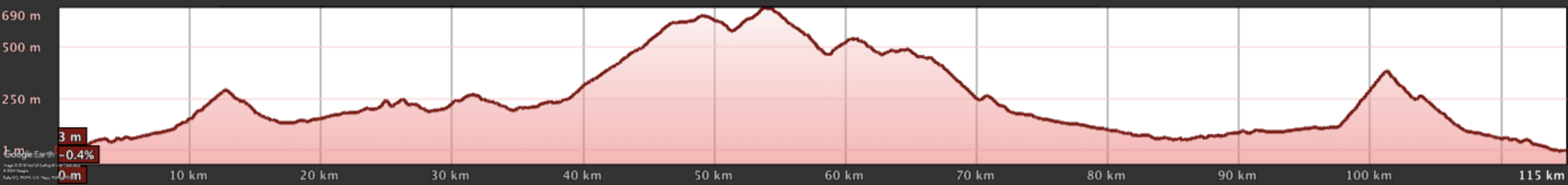
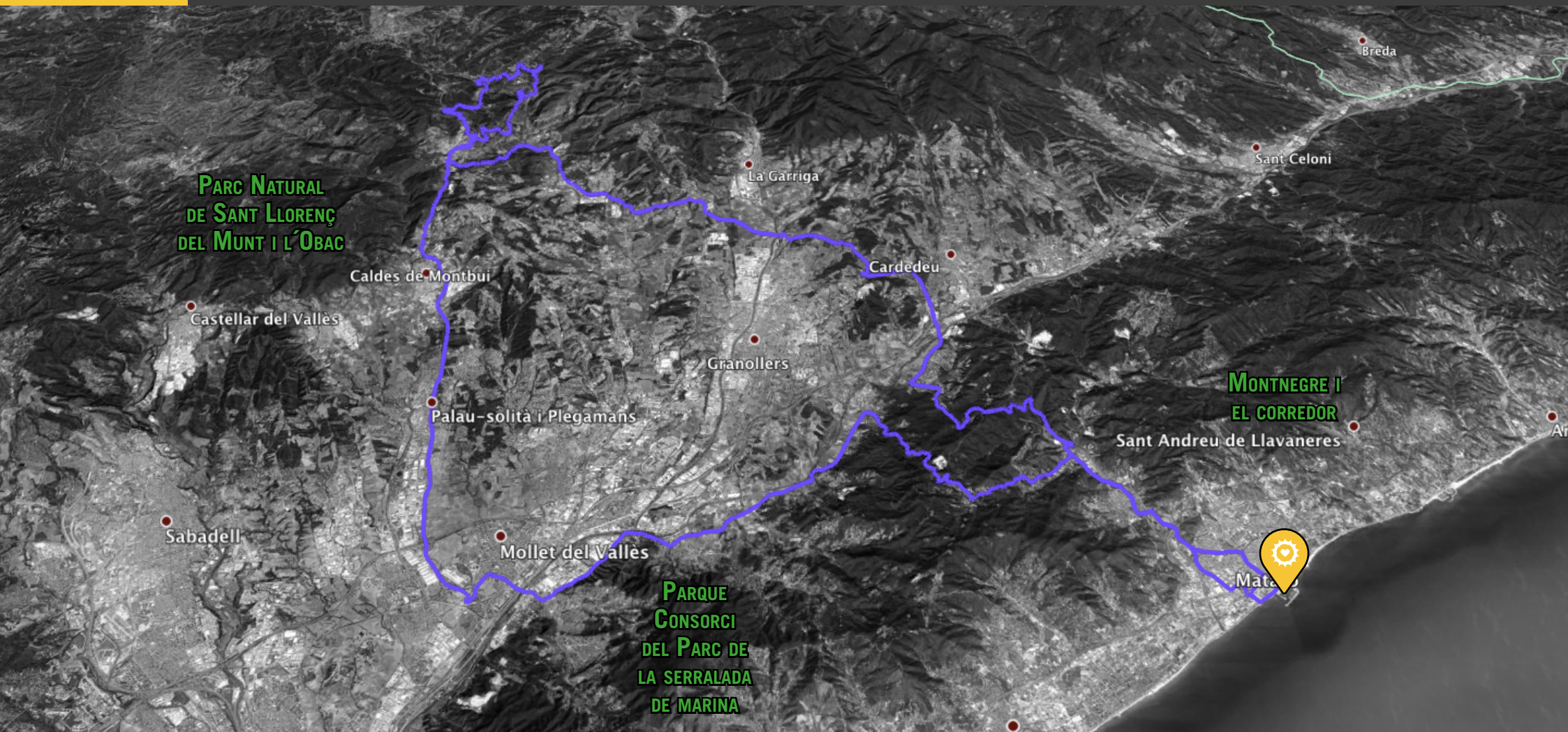
Distance: 120 km

Climb: 1.700 m

Track difficulty: 123 (ID index)



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ROAD BIKE 4

Distance: 120 km

Climb: 1.380 m

Track difficulty: 114 (ID index)



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ROAD BIKE 5

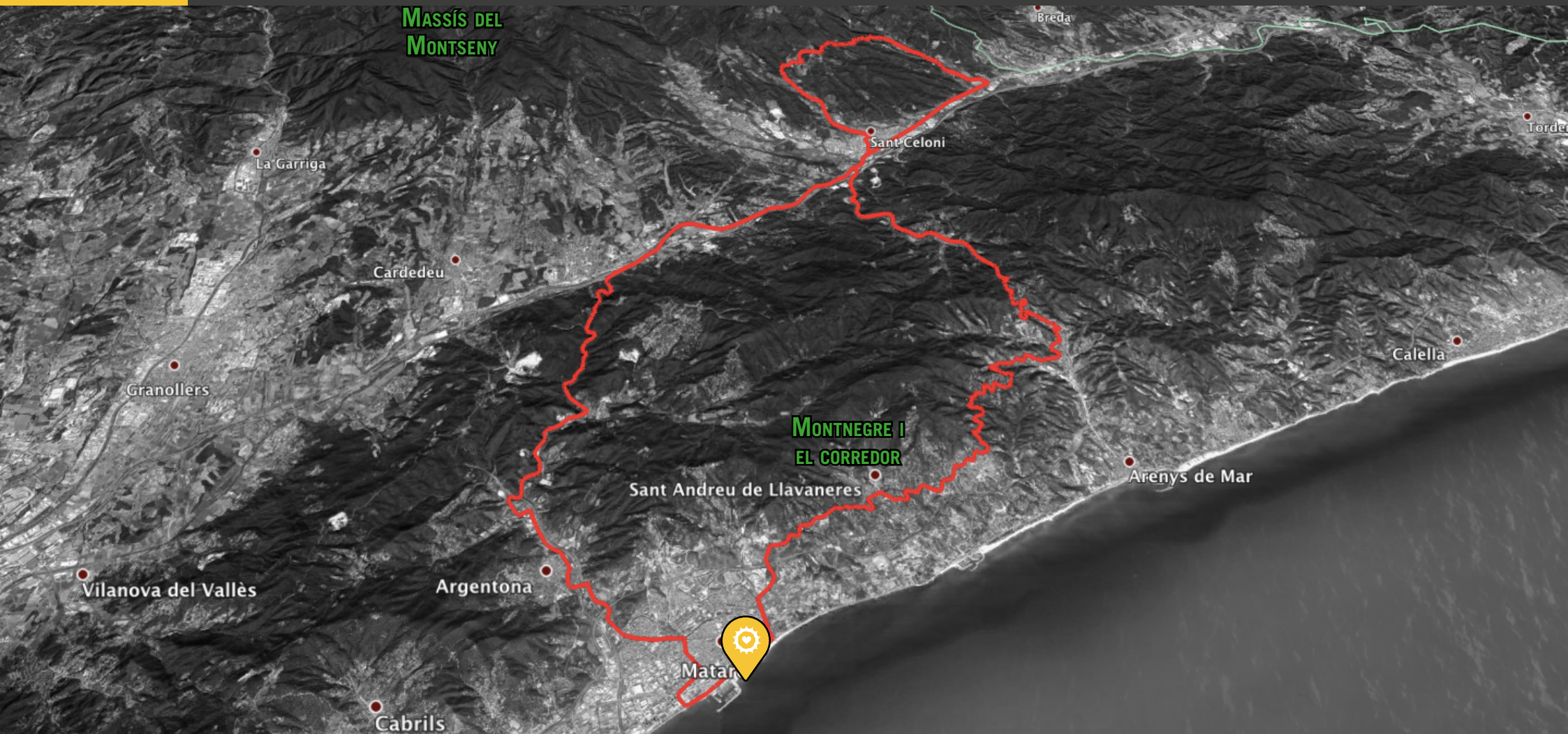
Distance: 82 km

Climb: 1.150 m

Track difficulty: 77 (ID index)



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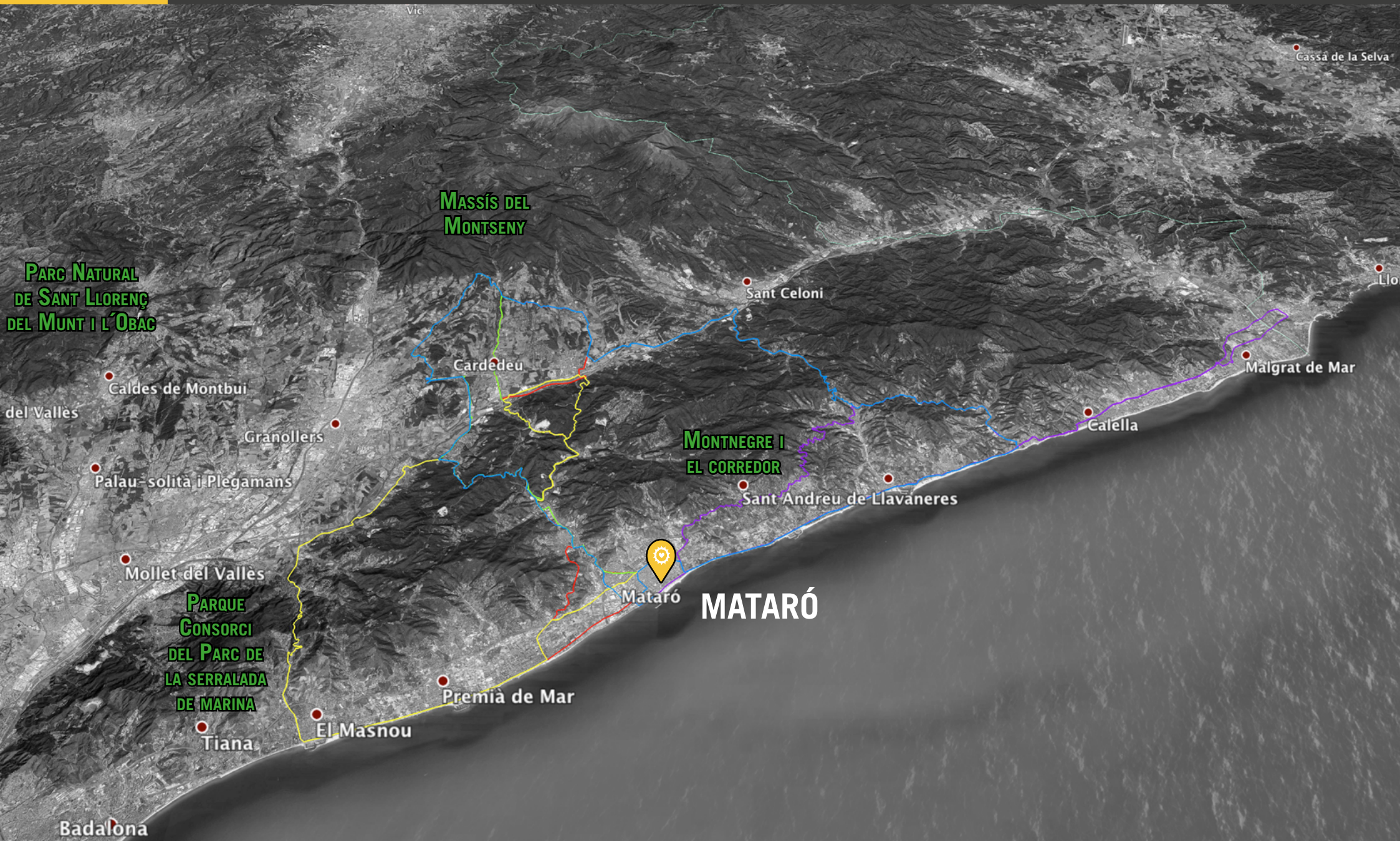
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ROAD BIKE
 ID: 0-75 (difficulty index)



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ROAD BIKE 6

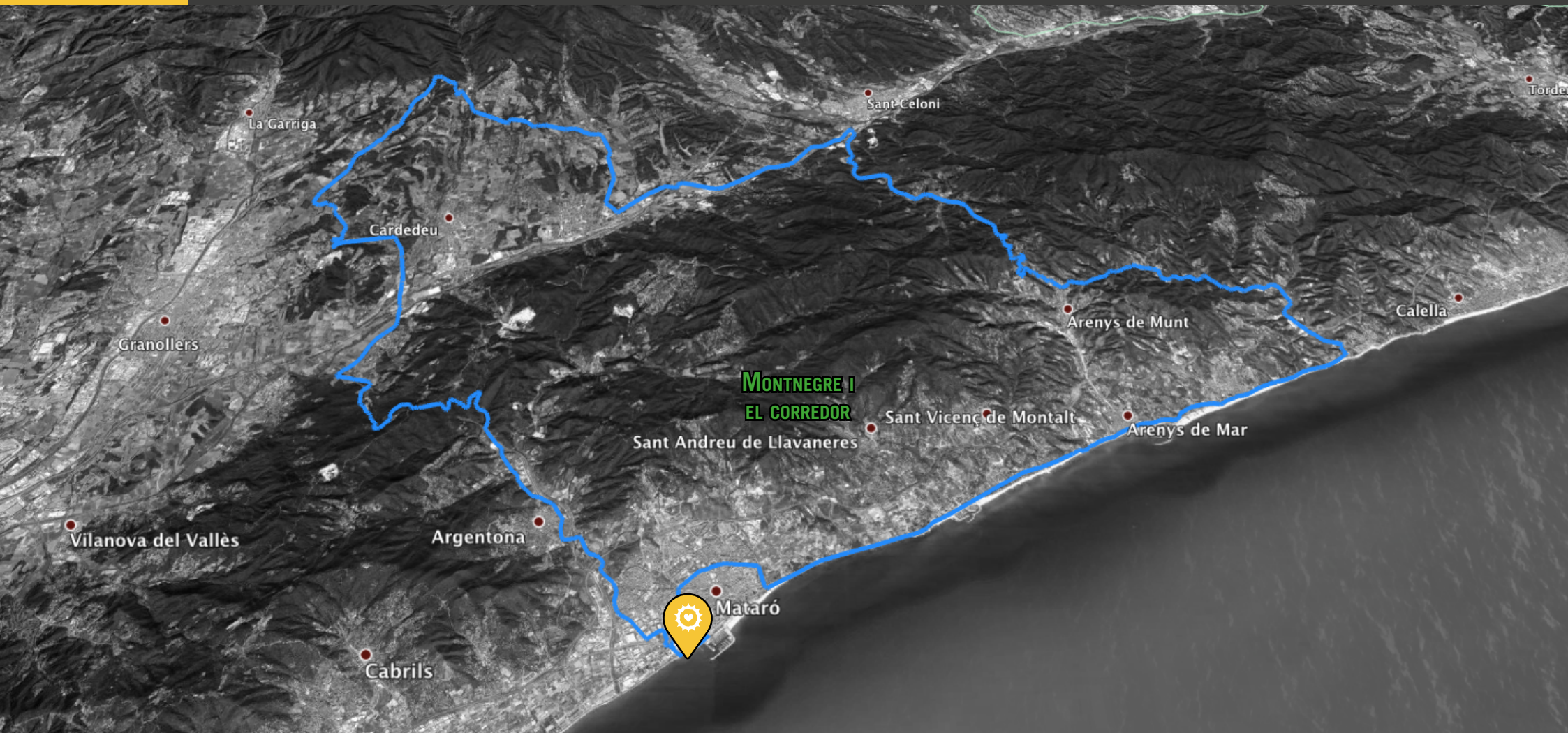
Distance: 92 km

Climb: 1.050 m

Track difficulty: 68 (ID index)



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ROAD BIKE 7

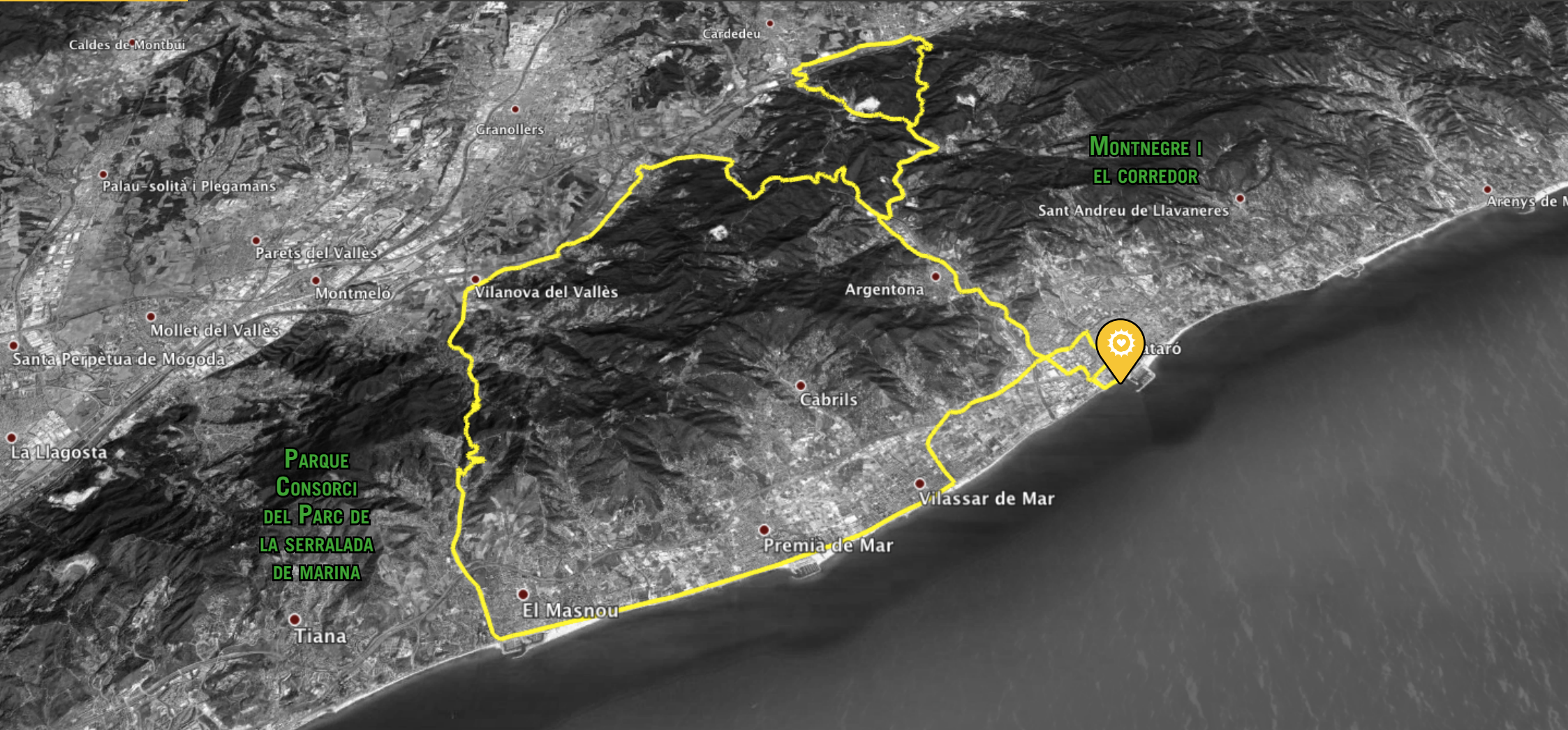
Distance: 74 km

Climb: 1.000 m

Track difficulty: 61 (ID index)



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ROAD BIKE 8

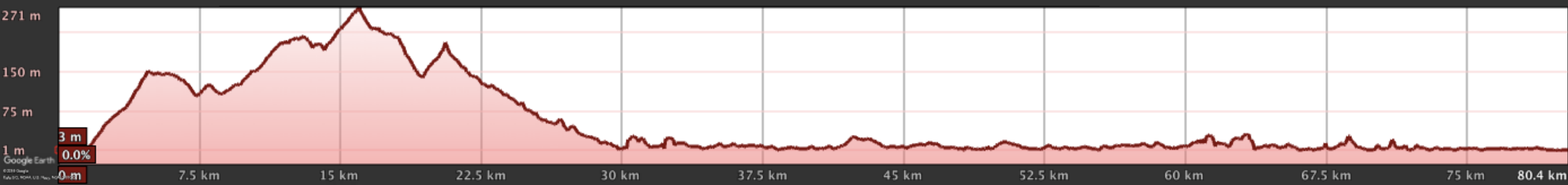
Distance: 82 km

Climb: 630 m

Track difficulty: 44 (ID index)



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ROAD BIKE 9

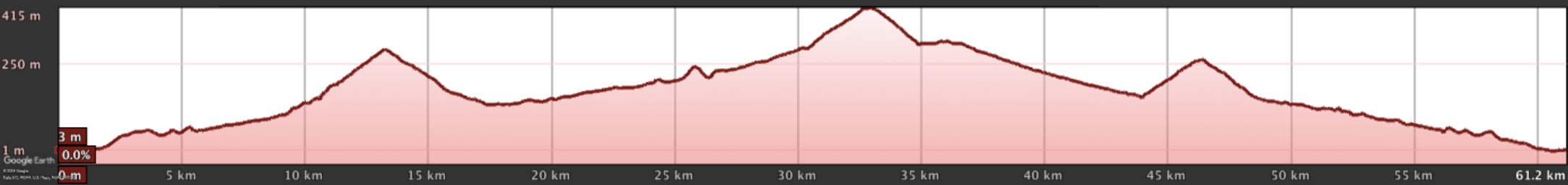
Distance: 62 km

Climb: 860 m

Track difficulty: 43 (ID index)



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ROAD BIKE 10

Distance: 62 km

Climb: 720 m

Track difficulty: 39 (ID index)



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FITNESS LEVELS					DIFFICULTY OF THE ROUTE
LOW You do not practise exercise regularly and ride a bike less than 4 days a month	MEDIUM You do regular exercise and cycle 2 days a week	HIGH You do exercise daily and cycle more than 3 days a week			DIFFICULTY According to your Fitness Level
Up to 15	Up to 50	Up to 90	→		EASY
From 15 to 50	From 50 to 90	From 90 to 220	→		MEDIUM
From 50 to 90	From 90 to 220	From 220 to 350	→		HARD
More than 90	More than 220	More than 350	→		VERY HARD

EXAMPLE

The difficulty index of the route is 95:

If your physical condition is LOW, the difficulty of the route will be VERY HARD.
 If your physical condition is MEDIUM, the difficulty of the route will be HARD.
 If your physical condition is HIGH, the difficulty of the route will be MEDIUM.

KEEP IN MIND

The effort required by a trail depends also on:

- Weather conditions: wind, rain, extreme temperatures...
- Pace of the race
- Road conditions: loose rocks, mud...