



4^a MITJALBA

8.11.2025

COLLBATÓ

12K | 692M+ | TECHNICAL GUIDE

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CURSA DE L'ALBA - COLLBATÓ



“La Cursa de l’Alba” is a benchmark for mountain running in Catalonia and one of the oldest in our country, and will be held on November 7 and 8 in Montserrat, specifically in Collbató, Esparreguera, and El Bruc. Elite and recreational runners will gather in the Montserrat massif to take on an iconic race that will reach its 37th edition with three distances: **Marathon (42km)**, **Cursa de l’Alba (22km)** and the **Mitjalba (12km)**, with the 42 and 22-kilometer distances crowning the mountain's highest peak.

The Cursa de l’Alba – XTERRA European Trail Run Championship is a special event. A fixture on the Catalan calendar and one of the premier races for trail running enthusiasts. It has always attracted a high-caliber field of participants; the Dawn Run has been won by trail running icons such as Kiko Soler, Nuria Picas, Andreu Simon, Sheila Avilés, José Manuel Granadero, etc.

The Montserrat Marathon - XTERRA European Trail Run Championship.

The XTERRA European Trail Run Championship. invites runners of all levels—from amateurs to elites—to come together and discover the most picturesque and challenging trails in a unique setting within Montserrat, considered the largest rock in the world. The Montserrat Marathon will only be possible this year, 2025, because it is part of the Montserrat Millennial celebrations, and for this reason, it will be the only year this distance can be run in the massif. The Montserrat Marathon has a distance of 42 km and an elevation gain of 2,404 meters.

La Mitjalba.

A 12 km race with 692 meters of elevation gain, ideal for testing the Montserrat massif. It's a fast race that will have us sharing the course with the Cursa de l’Alba up to km 6 and will descend via the so-called Bateria path back to Collbató. A very fast race due to its topography.



HOW TO GET

COLLBATÓ



MITJALBA - 12KM

12KM
692M+

BIB PICK-UP

El Cassinet, carrer Colon, 3

Friday 7 - 10:00h a 20:00h

Saturday 8 - 8:00h a 9:00h



START

Passeig Mansuet, s/n

Saturday 8 - 09:15h



FINISH

Passeig Mansuet, s/n



PRIZE CEREMONY

11:00h



What's included?

- RACE BIB AND ONE-USE CHIP
- COMMEMORATIVE T-SHIRT
- MEDICAL SERVICE
- CLOAKROOM SERVICE
- SHOWER SERVICE
- FINISHER MEDAL
- TROPHY FOR THE TOP THREE (M/F) OF EACH CATEGORY
- SAUSAGE FEAST (BOTIFARRADA)
- NECK TUBE (TUBULAR)
- 2 AID STATIONS
- WELCOME PACK BAG

Time cut-offs

APARCAMENT DE LES COVES:

9:35H. (KM 2,5)

Mandatory equipment

THERE IS NO OBLIGATORY MATERIAL, BUT PLEASE ADVISE HYDRATION SYSTEM IS RECOMMENDED (MINIMUM 500ML) SINCE AID STATIONS **WILL NOT PROVIDE CUPS OR BOTTLES**; PARTICIPANTS CAN REFILL THEIR OWN HYDRATION BOTTLES.

IN CASE OF ADVERSE WEATHER, A RAINJACKET WILL BE MANDATORY.

Race bib

4 MITJALBA

COLLBATÓ 2025

3456

ANNA

MITJALBA - 12KM



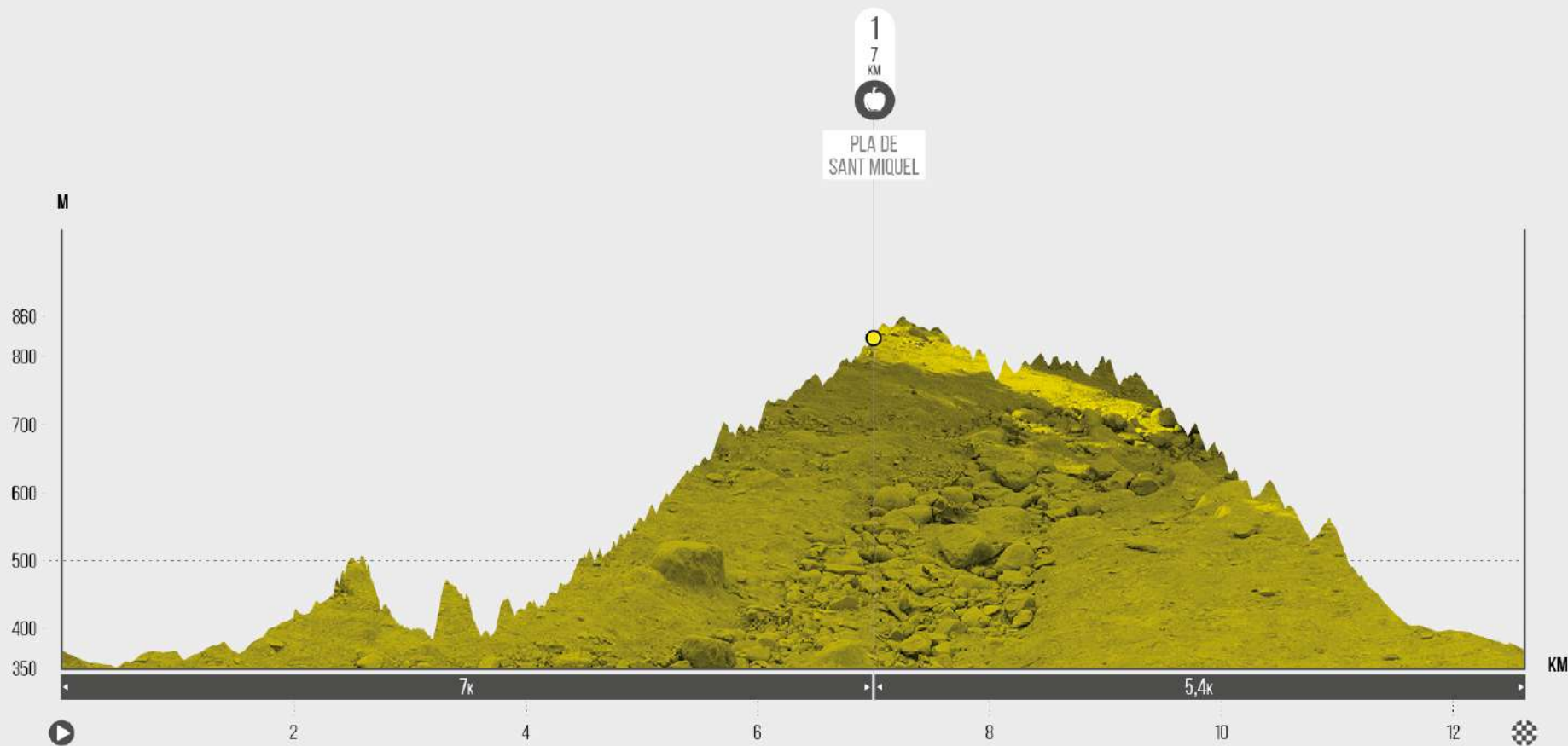
COLLBATÓ

TRAIL RUN

12,42KM

692M+

861M



WHAT IS INCLUDED IN THE SUPPLIES:

- WATER
- ISOTONIC
- COCA COLA
- BANANA
- ORANGES
- DRIED FRUITS (ALMONDS, HAZELNUTS, WALNUTS)
- JELLY CANDY
- ENERGY BARS



OFFICIAL MAPPING
wikiloc

1 | 7
KM

PLA DE
SANT MIQUEL

📍 COLLBATÓ

🔄 TRAIL RUN

🏁 12,42KM

⬆️ 692M+

⚡ 861M

START | FINISH

