

AVITUALLAMIENTOS AID STATIONS



MAPA RUTAS
ROUTE MAP



	Pont d'en Gil	Son Morell	Cala Morell	Cala Pilar	Binimel·là	Platges de Fonells	Arenal d'en Castell	Favàritx	Es Grau	Es Castell	Binibeca	Cala'n Porter	Sant Tomàs	Cala Galdana	Son Saura	Cap d'Artrutx	Meta
Agua - Agua - Water	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Coca Cola	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Refrescos - Beguda - Soft drinks	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Cafè - Café - Coffee	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hielo - Gel - Ice	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pan de molde Pa de molle Sliced bread	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Barros de pa Bread	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pizzas - Pizzas - Pizzo	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Frutos secos Fruits secs Nuts	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Orejones - Orejones Dried peaches	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Dátiles - Dátiles - Dates	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Hummus	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Caldo - Brou - Broth	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pasta	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Arroz - Arros - Rice	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Huevo duro - Ou dur Boiled egg	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Patata hervida - Patata bullida - Boiled potatoes	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pollo plancha - Pollastre brillat - Roast chicken	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Albóndigas Mandonguilles Meat balls	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Verduras - Verdures Vegetables	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Tomate rallado - Tomàtic trufat - Tomatoe	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Salsa tomate - Salsa tomàtic - Tomatoe sauce	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Jamón dulce - Pernil dolç Ham	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Jamón serrano - Pernil salat - Salt ham	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Queso - Formatge - Cheese	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Crema de cacao - Crema de cacao - Cocoa cream	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Plátanos - Plátans Bananas	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Naranjas - Taronjes Oranges	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Golosinas Llaminadures - Candies	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Chocolate - Xocolata Chocolate	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Producto Local Local Meats	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Barritas energéticas Barretes energètiques Energy bars	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pavo - Gall d'indi - Turkey	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Paella	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Cerveza - Cervesa - Beer	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

¿QUÉ SIGNIFICA? WHAT DOES IT MEAN?

- Agua Water
- Coca Cola Coca Cola
- Refrescos Refreshments
- Cafè Coffee
- Hielo Ice
- Pan de molde Sliced bread
- Barros de pa Bread
- Pizzas Pizzas
- Frutos secos Nuts
- Orejones Apricots
- Dátiles Dates
- Hummus Hummus
- Caldo Broth
- Pasta Pasta
- Arroz Rice
- Huevo Boiled Egg
- Patata Hervida Boiled potatoes
- Pollo plancha Hot chicken
- Albóndigas Meatballs
- Salteado verduras Sautéed vegetables
- Tomate rallado Grated Tomato
- Salsa tomate Tomato sauce
- Jamón Dulce Ham
- Jamón serrano Salt ham
- Queso Cheese
- Crema de Cacao Cocoa cream
- Plátanos Bananas
- Naranjas Oranges
- Golosinas Candies
- Chocolate Chocolate
- Barritas energéticas Energy bars
- Bossa Producte local
- Energic bars

SIMPLE

BÁSICO

COMPLET