



# ICF World Cup Freestyle Kayak

## Sort • 2018

WC#1 | 2-4 JULY

WC#2 | 5-7 JULY



Ajuntament  
de Sort  
(Pallars Sobirà)

**ROCROI**  
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PIRAGÜISME



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CONSELL COMARCAL  
DEL PALLARS SOBIRÀ



# WHY IN SORT?

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Already in the 60s, white water activities started in Spain thanks to our river, La Noguera Pallaresa, which undoubtedly meant the development of a sports tourist offer related to leisure activities in nature, as well as the consolidation of several sports clubs for canoeing and kayaking.

The sports history of the town of Sort starts with the organization of the 1st Sports Tourist International Rally in la Noguera Pallaresa (in 1964), which will currently hold its 51st edition. A sports event labelled as a festivity of national tourist interest by the State Bureau of Tourist of the Spanish Government. Other white water international events held in La Noguera Pallaresa have been: Final of the European Wildwater Canoeing Cup (1980), Junior Wildwater Canoeing World Championships (1988), Freestyle World Championships (2001), Freestyle European Championships (2004), Wildwater Canoeing World Championships (2010), Freestyle International Open (2013) and ICF World Cup Kayak Freestyle (2014).

This record and the quality of the natural surroundings of the river, together with its special course as it runs through the town, have become key factors to help the town of Sort become the capital of adventure sports and of active and innovative tourism. Thus, in el Pallars Sobirà one can do more than 24 different catalogued sports activities, in relation with nature and with the river, within a radius of 40 km.

In addition, the Organization of the event in Sort on the part of the Town Council of Sort, the Spanish Canoeing Federation, the company RocRoi and the International Canoe Federation, together with the collaboration of La Seu d'Urgell in a common project for 2019, makes possible the global aspect of the event, having the implication of institutions, enterprises and citizens.



# “L’AIGÜEROLA” SLALOM COURSE AND THE RIVER LA NOGUERA PALLARESA

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“L’Aigüerola” Slalom Course in Sort is found in the river section that runs right through the heart of the town. The course was built in 1993 and has a level of difficulty graded in III. Its main features are its sports navigable waters at any time of the year and permanent training and competition facilities for slalom. There can also be found the three waves at different points of the course where paddlers go for freestyle practice within a natural surrounding.

La Noguera Pallaresa is the longitudinal axis of the county named El Pallars Sobirà, where a wide diversity of landscapes meet in the different valleys, frequently taking the name of rivers and streams that run through their valleys (“Vall de l’Escrità, Vall d’Àneu, Vall de Cardós, Vall Farrera, Vall de Siarb, Vall d’Àssua...”).

This Pyrenean river, tributary of the river Segre, is born at the southern end of Pla de Beret, at about 2.000 m high. It is 146 km long and it was one of the first to be prepared to produce energy on a broad scale. Its average flow is 31.5m<sup>3</sup>/seg. Its maximum water flow is during the springtime, thanks to the thawing period, and the minimum is usually during the winter. In the month of July the water temperature is about 15°C, one of the highest, and the flow runs at 32,7m<sup>3</sup>/seg. exceeding the annual average of 29,37m<sup>3</sup>/seg.

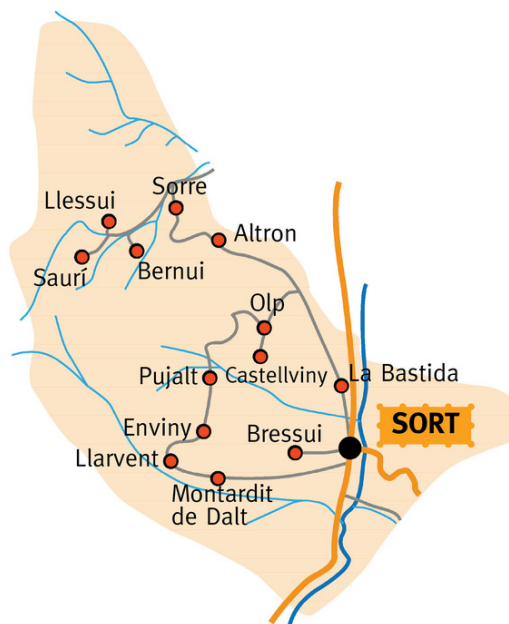


# THE MUNICIPALITY OF SORT

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Sort is the capital of el Pallars Sobirà, a county set in the north of Catalonia. The municipality covers about 105 km, it is 695 m above sea level and has about 2.200 inhabitants. Most of its inhabitants live in the town of Sort and the rest are spread among the 14 aggregated villages.

The county of Sort, literally the old domain of a count, is worldwide known by its high quality tourist and sports offer and variety, as well as for being a town in a land where 80% of its territory is protected by the natural areas that surround it: “Aigüestortes i Estany de Sant Maurici National Park” and “Alt Pirineu Natural Park”.



A part from the extraordinary river that runs through the town, Sort counts on an important cultural and natural heritage (Castle of the Counts of del Pallars, 14 picturesque aggregated villages, Romanesque churches, museums, diaries, meteorological observatory, traditional festivals, amazing landscapes, etc.); there are also excellent hoteles, shops, restaurants and adventure sports and active tourism enterprises offering all the variety in rafting, hydrospeed, canyoning, horse riding, bungee jumping and trekking, among others.

# THE COMPETITION

## Competition venue

The area of the competition can be found just below the bridge to La Seu (N-260) and right after the Slalom Course of "l'Aigüerola." There is the competition wave surrounded by seats for the public and available space for judges and the organisation.

Only 100 m away is the Sports Centre "Els Til·lers", open for and at the service of participants and organization.



## Event calendar

JUNE						
M	T	W	TH	F	ST	SD
25	26	27	28	29	30	1
Official training						
JULY						
M	T	W	TH	F	ST	SD
						1
2	3	4	5	6	7	8
World Cup#1			World Cup#2		Final	
9	10	11	12	13	14	15
55 International Rally Noguera Pallaresa River						

## Competition regulation

The competition will be carried out under the specific regulations of the Canoe Freestyle rules approved by the ICF:

<https://www.canoeicf.com/rules>

## Categories

Men: K1, Squirt and K1 Junior

Women: K1, Squirt and K1 Junior

Unisex: C1 and OC1



## Accreditations

This year we will host two World Cups, for this reason the accreditations will work as follows:

TYPE	OBSERVATIONS	PRICE
Athletes	Limited to the athletes registered through their National Federation	1 WC = 60€ 2 WC = 100€
	..... Bib reservation	40€
Team Representatives	Maximum two entries per National Federation	40€/WC* *1WC+2WC=80€
Technical Team	-	40€/WC*
President or Chairman of National Federation	Maximum two free entries per National Federation	Free

## Register

National Federations will have to do the numerical and nominal entries in accordance with the ICF established calendar through the ISIS system.



### Payment:

All the payments for entries must be done before **15th June**.

### Bank Details:

Account holder: Ajuntament de Sort

Address: Av. Comtes de Pallars, 42 25560 Sort (Pallars Sobirà)

IBAN: ES52 2100 0043 9902 0001 7019 "La Caixa"

BIC: CAIXESBBXXX

Once the payment is done, a copy of the extract must be sent to [mtuneu@sort.cat](mailto:mtuneu@sort.cat)

# USEFUL INFORMATION

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## ***Recommended accomodation***

The promotions will be applied to the people credited to the competition and that show them at the establishment.



### **Borda Farreró Camping**

Promotion in camping unit with light included:

- Organizers: 5€/night
- Athletes and accompaniment: 5€/night and person plus 5€/night and camping unit



CAMPING SORT  
**BORDA DE  
FARRERÓ**

### ***Contact and booking:***

Crta. N-260, km. 184

25560 Montardit de Baix – Sort

<http://www.bordadefarrero.es/>  
[camping@bordafarrero.es](mailto:camping@bordafarrero.es)



### **Orri del Pallars Camping**

Promotion in **camping area**: tent, caravan and free cars.

Payment per person and night, the electricity consumed and the tourist tax:

- Less than 7 nights: 8€/night and person
- 7 or more nights: 5,50€/night and person
- Children up to 3 years old free.



Promotion in **bungalows**: typical wooden houses with a fully equipped mountain with capacity up to 4 people.

- Less than 7 nights: 80€/night
- 7 or more nights: 70€/night
- Supplement 5th person (in extra bed): 6€/night and person.

Promotion in **Bengalis**: large canvas resistant canvas, already mounted, with bunk beds and fully equipped with capacity for up to 6 people.

- Less than 7 nights: 10€/night and person
- 7 or more nights: 8€/night and person

***Contact and booking:***

Carretera N260. Km. 284,  
25568 Montardit de Baix - Sort  
<http://www.orridelpallars.cat/>  
[camping@orridelpallars.cat](mailto:camping@orridelpallars.cat)



***Hotel Restaurant & SPA Pessets***

Promotion from now until July 15.

**Apartments:**

- 2/4 pax capacity: 59,45€/night
- 4/6 pax capacity: 79,50€/night
- Tourist tax
- 1 SPA free during the stay

The apartments share common services with the Hotel (garden, outdoor pool, gym)

***Contact and booking:***

Diputació, 3  
25560 SORT  
[www.hotelpessets.com](http://www.hotelpessets.com)  
[recepcio@hotelpessets.com](mailto:recepcio@hotelpessets.com)







### **Les Collades Hostal and Restaurant**

Promotions in full board (breakfast, lunch and dinner):

- Athletes: 25€/night and person
- Accompaniment: 35€/night and person



#### ***Contact and booking:***

Carrer Major, 5

25560 Sort

<http://lescollades.es/>

[info@lescollades.es](mailto:info@lescollades.es)



### **Les Estades Hostel / Rialp**

Promotion of 10% off. in their services.

Located between Sort and Rialp, Les Estades Hostel is ideally situated for winter sports and adventure sports and activities such as rafting, canyoning, horse riding, mountain biking and others, all in a setting of great natural beauty and resources. In addition to the hostel's standard bedrooms range from 2 to 10 beds, all with private bathrooms, the hostel has special "comfort" rooms with low beds, a desk, television and full bathroom with bathtub. There are also cozy lounge areas, a games room with TV, a children's room, complimentary ski storage and an outdoor area with swimming pool.

#### ***Contacte and booking:***

Carretera C-13, s/n

25594 Rialp

973 621216

[www.peretarres.org/lesestades](http://www.peretarres.org/lesestades)

[lesestades@peretarres.org](mailto:lesestades@peretarres.org)





### **Alberg Borda Ritort**

Promotion of 10% discount. In nature activities organized from the accommodation itself.

Facilities for guests: swimming pool, sports fields, picnic area and barbecue, private parking for vehicles, trailers and materials.

#### **Contact and booking:**

Passeig de les Vernedes, s/n  
25560 Sort

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

[info@bordaritor.com](mailto:info@bordaritor.com)



### **Bar El Coyote**

Special menus during World Cup days.

FREESTYLE BREAKFAST € 9.00

Eggs fried with bacon and beans + drink + coffee or infusion

Other options:

“Lunar Orbit” Menu 11,00€

MCnasty Menu 8,00€

Cartwheel Menu 8,50€

Loop Menu 7,00€

Space Goodzilla Menu 5,00€

#### **Contact and booking:**

Av. dels Comtes de Pallars, 23

25560 Sort

973 62 07 36

[https://www.facebook.com/pg/barelcoyotesort/about/?ref=page\\_internal](https://www.facebook.com/pg/barelcoyotesort/about/?ref=page_internal)



## ***Visa***

Some athletes and teams will need a visa to visit Spain. The Spanish Real Federación de Piragüismo, with the wish of helping along the procedures, will write personal letters of invitation for the athletes and delegates who require it, and who in due turn will submit it together with any other material or documents to the consulate or embassy. To obtain this letter of invitation, the corresponding federation will contact: [mvega@rfep.es](mailto:mvega@rfep.es)

## ***Embassy and Consulate***

Your embassy will assist you in case you may find any difficulty during your stay in Spain. More information about international embassies at the following link:

<http://www.exteriores.gob.es/Portal/en/ServiciosAlCiudadano/SiViajasAlExtranjero/Paginas/EmbajadasExtranjerasAcreditadas.aspx>

## ***Currency and taxes***

The country's currency is the Euro (€). To change currencies, any bank will offer the service.

To ask for the VAT (Value Added Tax, IVA in Spanish) to be returned, if the place of residence of the buyer is outside the European Union, there must be a purchase over the total global amount of 90,15€ and also it is necessary to ask for the Tax Free Cheque in the shop.

## ***Timetable and opening hours***

Opening hours in shops are from Monday to Saturday from 10h to 13:30h and from 17h a 20h approximately.

Usual *meal times* are: breakfast is from 8h to 10h; lunch, from 13h to 15:30h; and supper, from 20:30h to 23h. Many places will offer a non-stop service throughout the day, especially bars and cafeterias. At night, opening hours have a new meaning. Pubs, bars and discos are open until 3 or 4 in the morning, especially at weekends.

*What time is it?* The time corresponds to that on the Greenwich Meridian (GTM) with an hour added in winter and two hours in summer.



## ***Telephone***

To make a phone call abroad from Spain, you must dial 00, then +34 (Spanish code) and next, dial the phone number.

Mobile! Mobile phone network coverage is based on GSM technology, which is not compatible with other countries such as United States or Japan. In that case, it is necessary to use a tri-band mobile phone (3G).

## ***Weather***

El Pallars has a clearly Mediterranean weather influence up until 1.500 m. high. From there, the climate is mainly Alpine.

The average temperature is 12,1°C. In July, the temperature is approximately 28,9°C and the minimum 12,6°C. This indicates the visible contrast between the night and day temperatures.

## ***Electricity***

Voltage: 220V

Frequency: 50Hz

Plugs: C/F

# **HOW TO GET HERE**

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## ***By plane***

Barcelona – El Prat Airport:

- It is 15 km from Barcelona and 232 km from Sort.
- More information:

<http://www.aena-aeropuertos.es/csee/Satellite/Aeropuerto-Barcelona/ca/Page/1045569607459/>

Lleida-Alguaire Airport:

- It is 33 km from Lleida and 124 km from Sort.
- More information: <http://www.aeroportlleida.cat/>

Girona Airport:

- It is 96 km from Barcelona and 227 km from Sort.
- More information: <http://www.girona-airport.cat/>

## ***By bus***

Alsa - Alsina Graells:

- There are several stops in the city of Barcelona and also at the Barcelona – El Prat airport.
- It also has stops in Lleida.
- In Sort there is an only one bus stop in the centre of the town.
- More information: <http://www.alsa.es/>

## ***By train***

Renfe:

This means of transport does not reach the town of Sort, but will get to La Pobla de Segur from where the bus can be taken (Alsa – Alsina Graells) to reach Sort.

More information: <http://www.renfe.com/>

## ***By car***

The main companies in car rental services offer their vehicles in the airports.

The roads accessing Sort are:

Highway A2 Barcelona – Lleida

Road C-13: Tremp, La Pobla de Segur, Sort

Road N-260: La Seu d'Urgell, Sort



# TELEPHONE NUMBERS AND CONTACTS

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**Emergency Number** (medical, police, fire fighters, etc.): 112

## **Health Centre - CAP**

Camí de la Cabanera, 1  
25560 Sort  
Tel.973 62 14 65

## **Pallars Hospital - Hospital Comarcal del Pallars**

Carrer Pau Casals, 5  
25620 Tremp  
Tel.973 65 22 55

## **Police. Local Police Station in Sort**

Camí de la Cabanera, 1  
25560 Sort  
Tel.973 65 88 85

## **Fire Fighter Park**

Carrer Emili Riu i Periquet, 3  
25560 Sort  
Tel.973 62 00 80

## **Pallars Sobirà Tourist Office**

Camí de la Cabanera, s/n  
25560 Sort  
Tel.973 62 10 02  
e-mail: [turisme@pallarssobira.cat](mailto:turisme@pallarssobira.cat)





# CONTACT

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## **Organising Committee** (Town Council of Sort)

C/ Carles Pol i Aleu, 13 baixos

25560 Sort, Lleida

Tel. 973 62 00 10

[mtuneu@sort.cat](mailto:mtuneu@sort.cat)

## **Spanish Canoe Federation** - Real Federación Española de Piragüismo

C/ Antracita, 7

28045 Madrid

910 329 520

[correorfep@rfep.es](mailto:correorfep@rfep.es)



Generalitat de Catalunya  
**Departament d'Empresa i Ocupació**

