

Groupe	Jour	Date	Cols	Distance	Dénivelé positif		Lien Openrunner
Zen	Dimanche	21/04/2024	Collada de les Masies (468m), Coll de les Alzines Sureres (515m), Coll del Pins Vells (501m)	64km	780m	Cambrils - N°5 OR 18756058	<a href="https://www.openrunner.com/route-details/18756058">https://www.openrunner.com/route-details/18756058</a>
Zen	Lundi	22/04/2024	Coll de la Teixeta (541m)	56km	606m	Cambrils - N°6 OR 18756117	<a href="https://www.openrunner.com/route-details/18756117">https://www.openrunner.com/route-details/18756117</a>
Zen	Mardi	23/04/2024	Coll de la Batalla (463m)	65km	654m	Cambrils - N°7 OR 18756191	<a href="https://www.openrunner.com/route-details/18756191">https://www.openrunner.com/route-details/18756191</a>
Zen	Mercredi	24/04/2024	Coll del Guix (427m), Coll Llana (310m), Coll de Prevell (299m), Coll Roig (414m), Coll de Fatxes (505m), Coll de Mas Vell (264m)	79km	1100m	Cambrils - N°8 OR 18756803	<a href="https://www.openrunner.com/route-details/18756803">https://www.openrunner.com/route-details/18756803</a>
Zen	Jeudi	25/04/2024	Coll d'Alforja (632m), Coll de les Marrades (539m), Coll de la Teixeta (541m), Collada de les Masies (468m)	84km	1278m	Cambrils - N°9 OR 18756306	<a href="https://www.openrunner.com/route-details/18756306">https://www.openrunner.com/route-details/18756306</a>
Zen	Vendredi	26/04/2024	Coll de la Teixeta (541m), Coll de les Marrades (539m), Coll d'Alforja (632m)	78km	1113m	Cambrils - N°10 OR 18756413	<a href="https://www.openrunner.com/route-details/18756413">https://www.openrunner.com/route-details/18756413</a>
Randocool	Dimanche	21/04/2024	Coll Del Guix (427m), Coll Llana (310m), Coll De Prevell (299m), Coll Roig (414m), Coll de Fatxes (505m), Coll de Mas Vell (264m)	70km	1150m	Cambrils - N°8 OR 15439492	<a href="https://www.openrunner.com/route-details/15439492">https://www.openrunner.com/route-details/15439492</a>
Randocool	Lundi	22/04/2024	Coll del Guix (427m), Coll Roig (559m), Coll de Fatxes (505m), Coll de Mas Vell (264m)	95km	1350m	Cambrils - N°11 OR 15442052	<a href="https://www.openrunner.com/route-details/15442052">https://www.openrunner.com/route-details/15442052</a>
Randocool	Mardi	23/04/2024	Collet de la Creu (831m), Coll de la Batalla (463m)	95km	1400m	CF - CAMBRILS 2019 OR 9887380	<a href="https://www.openrunner.com/route-details/9887380">https://www.openrunner.com/route-details/9887380</a>
Randocool	Mercredi	24/04/2024	Collet de la Creu (831m)	72km	1030m	CF Cambrils J7 Moyen OR 16726253	<a href="https://www.openrunner.com/route-details/16726253">https://www.openrunner.com/route-details/16726253</a>
Randocool	Jeudi	25/04/2024	Coll de Prevell (299m), Coll Roig (414m), Coll Major (502m), Collet de la Sentiu (384m), Coll de la Pigat (554m), Coll de Pradell (553m), Coll Roig (559m)	108km	1800m	CAMBRILS 12 OR 15743989	<a href="https://www.openrunner.com/route-details/15743989">https://www.openrunner.com/route-details/15743989</a>
Randocool	Vendredi	26/04/2024	Coll de Prevell (299m), Coll Roig (414m), Coll de Fatxes (504m), Coll Major (502m), Collet de la Sentiu (384m), Coll de la Pigat (554m), Coll de Pradell (553m), Coll Roig (559m)	107km	1600m	Suriana via Cornudella OR 16711112	<a href="https://www.openrunner.com/route-details/16711112">https://www.openrunner.com/route-details/16711112</a>
Rando	Dimanche	21/04/2024	Coll d'Algar (371m), Coll del Guix (427m), Coll de la Llana (310m), Coll de Prevell (299m), Coll Roig (414m), Coll de Fatxes (505m), Coll de Mas Vell (264m)	77km	1100m	Cambrils 8 OR 18068161	<a href="https://www.openrunner.com/route-details/18068161">https://www.openrunner.com/route-details/18068161</a>
Rando	Lundi	22/04/2024	Coll Negre (450m), Coll de la Teixeta (541m), Coll del Pigat (554m), Collet del Senén (380m), Coll de la Mina (391m), Coll d'Alforja (632m)	100km	1560m	Cambrils 11 OR 18076690	<a href="https://www.openrunner.com/route-details/18076690">https://www.openrunner.com/route-details/18076690</a>
Rando	Mardi	23/04/2024	Coll Roig (559m), Coll de l'Egua (117m), Coll del Perdigot (265m), Coll Major (502m), Coll de la Sentiu (384m), Coll de la Teixeta (541m)	115km	1825m	Cambrils 14 OR 18085009	<a href="https://www.openrunner.com/route-details/18085009">https://www.openrunner.com/route-details/18085009</a>
Rando	Mercredi	24/04/2024	Coll de la Batalla (463m), Coll de les Llebres (971m), El col (961m), Collet de la Creu (831m)	89km	1274m	Cambrils - N°7 OR 18068084	<a href="https://www.openrunner.com/route-details/18068084">https://www.openrunner.com/route-details/18068084</a>
Rando	Jeudi	25/04/2024	Coll de les Llebres (971m), El Coll (961m), Coll de la Fueta (753m), Coll de Capafort (936m), Coll de Forcats (953m), Collet del Peret del Silo (837m), Colls Alts (788m), Els Colls (798m), Coll d'Albarca (775m), El Collet Blanc (532m), Coll d'Alforja (632m)	119km	1802m	Cambrils6 OR 18644248	<a href="https://www.openrunner.com/route-details/18644248">https://www.openrunner.com/route-details/18644248</a>
Rando	Vendredi	26/04/2024	Coll de la Teixeta (541m), Coll de les Marrades (539m), Coll de la Creu (687m), Coll de la Vall (676m), Coll d'Alforja (632m)	83km	1248m	Cambrils4 OR 18605539	<a href="https://www.openrunner.com/route-details/18605539">https://www.openrunner.com/route-details/18605539</a>
Costauds	Dimanche	21/04/2024	Coll de la Teixeta (541m), Coll de les Marrades (539m), Coll de la Creu (687m), Coll de la Vall (676m), Coll d'Alforja (632m)	83km	1248m	Cambrils4 OR 18605539	<a href="https://www.openrunner.com/route-details/18605539">https://www.openrunner.com/route-details/18605539</a>
Costauds	Lundi	22/04/2024	Coll de les Llebres (971m), El Coll (961m), Coll de la Fueta (753m), Coll de Capafort (936m), Coll de Forcats (953m), Collet del Peret del Silo (837m), Colls Alts (788m), Els Colls (798m), Coll d'Albarca (775m), El Collet Blanc (532m), Coll d'Alforja (632m)	119km	1802m	Cambrils6 OR 18644248	<a href="https://www.openrunner.com/route-details/18644248">https://www.openrunner.com/route-details/18644248</a>
Costauds	Mardi	23/04/2024	Coll de la Teixeta (541m), Collet de la Sentiu (384m), Coll Major (502m), Coll de l'Egua (117m), Coll Roig (559m)	115km	1790m	Cambrils1 OR 18604943	<a href="https://www.openrunner.com/route-details/18604943">https://www.openrunner.com/route-details/18604943</a>
Costauds	Mercredi	24/04/2024	Coll de les Llebres (971m), El Coll (961m), Coll de la Fueta (753m), Coll de Capafort (936m), Coll de les Puntes del Paisan (957m), Coll El Portell (931m), Coll de Castillejos (957m)	115km	1794m	Cambrils2 OR 18605112	<a href="https://www.openrunner.com/route-details/18605112">https://www.openrunner.com/route-details/18605112</a>
Costauds	Jeudi	25/04/2024	Coll de la Batalla (463m), Coll de les Llebres (971m), El col (961m)	95km	1370m	Cambrils9 OR 18729473	<a href="https://www.openrunner.com/route-details/18729473">https://www.openrunner.com/route-details/18729473</a>
Costauds	Vendredi	26/04/2024	Coll de Prevell (299m), Coll Roig (414m), Coll de Fatxes (505m), Coll Roig (559m)	100km	1419m	Cambrils7 OR 18644298	<a href="https://www.openrunner.com/route-details/18644298">https://www.openrunner.com/route-details/18644298</a>