



Encamp, A call to sport

European Town of Sport 2020

Report

Encamp, European Town of Sport 2020

30 October 2020



Summary

As a European Town of Sport, Encamp has been a driving force, a boost to continue working and consolidating Encamp and El Pas de la Casa as European references in sport, for their facilities, for the events they host, but above all, for the promotion of sport among all their citizens despite the pandemic.

Encamp has been named “European Town of Sport 2020”, and the main goals of the team of the administrative parish, have been to promote healthy habits and values among the people of the parish through sports and to encourage sports in order to increase the percentage of citizens who do sport in Encamp and Pas de la Casa. In this regard, we have worked to achieve our goals and we have continued to focus on consolidating high-level sporting events as well as to create new ones.

This report is presented in order to gather all the activities, acts and sporting events that we have carried out in the parish of Encamp without forgetting the world pandemic caused by the SARS-CoV-2 virus that caused all scheduled activities for the months of March, April and May to be suspended, as well as many of the programmed activities, organized and planned for the rest of the months of 2020. Nevertheless, Encamp has carried out a significant number of events and activities that are detailed in this report.

Contents

1. Presentation of the Mayor
2. Chronological description of the activities and events carried out during 2020
3. Collaboration agreements and sponsorships
4. Scheduled and cancelled activities and events
5. Supervised classes and scheduled activities for people over 65 years old
6. Sports activities for children, young people, adults and senior citizens at the local sports facilities
7. Investments in sports facilities and equipment
8. Associations and sports organizations
9. Bicycle tourism routes
10. The Tamarros
11. Summary of social networks and media.

The unexpected value of Encamp as a European Town of Sport: Resilience



Laura Mas Barrionuevo
Mayor of Encamp

What if the pandemic had not happened? What would the balance of this magical nomination be like without this wretched virus? We will never know, but won't complain about it either. This candidacy was presented as **"a call to sport"** a driving force to provide for the values of sport, integration, participation, the promotion of healthy habits... And not even a global pandemic has been able to change this, on the contrary, it has managed to **further strengthen the main objectives** for which Encamp is firmly committed to promoting inclusive sports, promoting sporting events and ensuring citizens have a close relationship with health and physical exercise. The call to sport has been stronger and more

committed as well as very different from how we imagined it would be.

Sport has become a powerful driving force, cohesive, supportive and an economic engine for the parish, and the pandemic has made it even more evident. **We thank all the people and organizations for the efforts** they have made and continue to make, despite the adversities, to continue training, committing to their teams and remembering the importance of sport.

The excitement to hold the title of European Town of Sport for a year has led us to schedule a calendar of events full of activities for everyone, an unforgettable year. And if normally the sporting activity in Encamp and Pas de la Casa is

frenetic, the nomination raised expectations and turned things upside down. During the first days and weeks of COVID-19, we stopped everything and focused on the most important thing, saving lives, so easy and difficult at the same time, we were in unknown territory.

However, the technical training teams, clubs, associations and citizens who were in the spotlight of this nomination, managed to turn this difficult situation into a new opportunity to bring out the best of everything: effort, solidarity, creativity, inclusion, teamwork, improvement, strength... We changed gyms, tracks, swimming pools..., for balconies, dining rooms, virtual sessions and social networks, and little by little, **we created a new way of doing**

things. We were resilient.

The pandemic will leave a very clear footprint in our lives. In Encamp, we will try to make the unexpected value of this nomination part of the footprint, the ability to adapt in the slightest way with positive results in a frankly adverse situation. The pandemic is not over and the world of sports is facing a difficult future. We will remember what we have learned, **we will remain resilient and we will move forward.**

4F



Encamp
Vila Europea
de l'Esport
2020

January

SNOW SCHOOL, from 11 January to 8 March

Alpine skiing, snowboarding and freestyle. 170 children from 5 to 17 years old, on the weekends.



February

TRAINING TRIP OF THE TERRASSA SWIMMING CLUB

Training trip of the Terrassa Swimming Club with 15 technical training swimmers.



February

THE WOMEN'S FOOTBALL CLUB OF ENCAMP

Wins the final. Women's sports support.



February

HEALTHY WALKS AND ROUTES FOR SENIOR CITIZENS

This year around Carnival.



February

LA SPORTIVA SKIMO, 22 and 23 February

La Sportiva Skimo; mountain skiing races with different routes: 14 km, 30 km, 40 km and 70 km. They all cover mountain peaks and places of national interest.



February

1st SNOW CAMPUS, from 25 to 28 February

Week of skiing and snow related activities with a night in the hostel located in the Cortals d'Encamp area.



February

**TRAINING TRIP OF THE SANT ANDREU SWIMMING CLUB.
El Pas de la Casa**

Training trip of the national team of swimmers trained by Jordi Jou, with the girls and boys of Pas de la Casa.



February

**TRAINING TRIP OF THE BARCELONA SWIMMING CLUB.
El Pas de la Casa**

Training trip of the Barcelona Swimming Club with 20 young technical training swimmers.

amp.ad



February

1st FOOTBALL CHAMPIONSHIP. El Pas de la Casa
Championship including four children's teams of the country.



March

1st ENCAMP DOGTRAIL, 1 March

The first edition, in Andorra, of a mountain race with a dog. Great participation with 50 participants in the different circuits.



March

ENCAMP RHYTHMIC GYMNASTICS TROPHY, 7 March

XVIII Rhythmic Gymnastics Trophy with the participation of 7 clubs and 92 gymnasts.

SESSIONS DE FITNESS LIVE

A LES 17 H

Dilluns
Yoga

Dimarts
Circuit training

Dimecres
Zumba

Dijous
Pilates
Divendres
GAC

SEGUEIX-NOS AL NOU INSTAGRAM: @ENCAMP.ESPORT

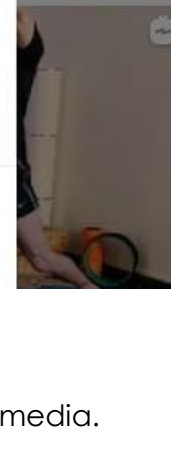
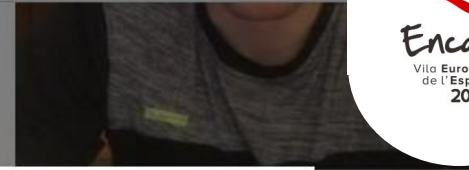
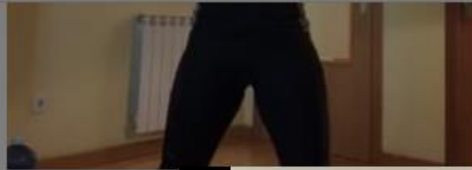


#joemquedoacasa



ACTIVITIES APRIL AND MAY

Encamp adapts to the confinement and launches Fitness Live through Instagram. Supervised activities aimed at keeping fit from home, following the explanations and advice of the monitors who usually teach the classes at the Pas de la Casa Sports Centre and the Sports and Sociocultural Centre of Encamp. The activities taught live were from Monday to Friday at 5 pm, including yoga, circuit training, Zumba, Pilates, GAC, fullbody, stretching, cardiobox and aerobics.



encamp.esport



encamp.esport CORE & STRETCHING

Sessió de treball de la regió mitjà del cos. Prioritzant les zones de l'abdomen al i les lumbar. Classe distribuïda en 4 blocs de treball de Core:

- Dempeus
 - De genolls
 - Sentats
 - Decubit Supi i Decubit Pro
- Per finalitzar em realitzat una part de Stretching amb cadira.

Material necessari:

- Mat
- Tovallola
- Cadira

#coretraining #encampesports
#superpilates #stretching #core
@entrenadormarcandorra



179 views

MAY 20



16:48 / 50:18



FITNESS LIVE ON INSTAGRAM

Fitness sessions through social media.

A PARTIR DEL 2 DE JUNY

REOBRIM ELS CENTRES ESPORTIUS



REOPENING OF SPORT CENTRES WITH AN INCREASE IN HEALTH SAFETY MEASURES

The booking system is promoted as an improvement in the management and service to users.

Everyone can book in advance to use the facilities, avoiding queues and crowds.

Complex
Centre Esportiu

Prada de Moles

Gimnàs · Pàdel · Tennis

Aforament limitat

Reserva prèvia web i telèfon

Funcionament adaptat a la COVID19

732 700 Complex i Prada de Moles

755 111 Centre Esportiu Pas de la Casa

comuencamp.ad

PISCINA DEL PRAT GRAN



CAPACITAT MÀXIMA 115 PERSONES PER TORN



MANTENIR UNA DISTÀNCIA DE SEGURETAT



ÚS RECOMANABLE MASCARETA EN ZONES
COMUNITÀRIES (vestidors, lavabos, bar, etc..)



ÉS OBLIGATORI DUTXAR-SE ABANS DEL BANY



DAVANT DE QUALESVOL LESIÓ O FERIDA
CONSULTEU EL SOCORRISTA ABANS DE BANYAR-VOS



TELÈFON D'EMERGÈNCIA A LA INFERMERIA



NO S'ADMETEN ANIMALS



PROHIBIT PORTAR ROBA I CALÇAT DE CARRER



PROHIBIT FUMAR I MENJAR A TOT EL RECINTE DE
LA ZONA AQUÀTICA



ELS INFANTS MENORS DE 12 ANYS HAN D'ANAR
ACOMPANYATS D'UNA PERSONA ADULTA



PROHIBIT PORTAR LLAUNES I GOTS DE VIDRE
A LA ZONA DE BANY

Moltes gràcies per la vostra col·laboració.

**GREATER PROVISION OF INFORMATION ON HEALTH MEASURES
IN ALL THE SPORTS FACILITIES OF THE PARISH**



Recomanacions de seguretat
Recomanaciones de seguridad
Health safety recommendations

DISTANCIA
Guarda una distancia mínima
de 1,5 metres

1,5M

DISTANCIA
Mantén la distancia mínima
de 1,5 m

DISTANCE
Keep a distance of 1.5 m

MASCARETA
L'ús de les mascaretes
és obligatori

MASCARILLA
El uso de la mascarilla es
obligatorio

MASK
The use of face mask is
mandatory

AFORO MAXIMO
Evita les aglomeracions
Respecta el aforament
de les instal·lacions

CAPACITY
Avoid crowding places
Respect the maximum capacities
in the establishments

HIGIENE
Renteu-vos les mans
amb aigua i gel hidroalcohòlic

PER LA DRETA
Circuleu sempre per la
vostre dreta

PAGO
Sempre que pugueu, paga
amb targeta de credit

COM LA DERECHA

Comú d'Encamp

Thank you for your collaboration

#mesuresCOVID19
www.comuencamp.ad/coronavirus

**GREATER PROVISION OF INFORMATION ON HEALTH MEASURES
IN ALL THE SPORTS FACILITIES OF THE PARISH**



July

TOTALHANDBALL CAMPUS in Pas de la Casa, 29 June

Technical training handball campus for young athletes, taught by internationally renowned coaches.



July

LOCAL SLOTS OPENING, 11 July

Inauguration of the new local slot room for experts and amateurs.

July

37th OTSO ENCAMP TREK, 19 July

The oldest mountain race in the country with three different categories and with the participation of Pau Capell. It is considered the first post-Covid race in the Pyrenees.



July

37th OTSO ENCAMP TREK, 19 July

The oldest mountain race in the country with three different categories and with the participation of Pau Capell. It is considered the first post-Covid race in the Pyrenees.



July

FOOTBALL CLUB ANDORRA CAMPUS 1st round 20 to 24 July, 2nd round 27 to 31 July



July

“HER WORLD HER RULES” CAMPUS, from 27 to 31 July

Organized by the Basketball Federation in Encamp, combining sport and culture (guided tours of museums and parish activities) promotion of women's sport.



July

PROMOTION OF CYCLING ROUTES

Promotion of high-altitude cycling routes, taking advantage of the longest cable car in Europe with a length of 5.6 km.

www.encamp.ad

encamp
pas de la casa

enc
el pas



July

Motor racing runner from Encamp that competes in international races.

July

TRAININGS OF THE ANDORRAN TENNIS FEDERATION IN PRADA DE MOLES

The tennis courts of Encamp are assigned to their athletes for training, including Vicky Jimenez, world number 1 junior tennis player.



July

FOOTBALL CLUB ENCAMP CELEBRATES THE LEAGUE AND WILL SOON PLAY CHAMPIONS PHASE IN ENCAMP

CYCLING

PLAÇA DELS ARÍNSOLS

Del 3 al 16 d'agost

Dilluns i dijous

De 19 a 20 h i de 20.30 a 21.30 h

**ACTIVITATS
DIRIGIDES
GRATUÏTES I A
L'AIRE LLIURE**

Del 17 d'agost al 4 de setembre

Dilluns i dimecres

De 19 a 20 h i de 20.30 a 21.30 h

Free outdoor activities for adults that include health prevention measures against COVID-19.



August

OUTDOOR SPORTS ACTIVITIES IN UNUSUAL PLACES OF THE PARISH

Connecting nature and culture with sport.



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Connecting nature and culture with sport.

IOGA PILATES

Agost

IOGA

Les Bons 1/8 **10 h**
Prat Gran 4/8 i 11/8 **9:30 h**
Llac d'Engolasters 15/8 **10 h**
Amb Valeria Berisso. Reserva al 646194

PILATES

Prat Gran 4/8, 6/8, 11/8 i 13/8 **20:30 h**
Plaça Sant Miquel 19/8, 26/8 i 2/9 **19:15 h**

**ACTIVITATS
DIRIGIDES
GRATUÏTES I A
L'AIRE LLIURE**

Free outdoor activities for adults that include health prevention measures against COVID-19.

August

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Connecting nature and culture with sport.

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OUTDOOR SPORTS ACTIVITIES IN UNUSUAL PLACES OF THE PARISH

Connecting nature and culture with sport.



August

4X15 ACTIVITIES AND SUMMER CAMPS

Promotion of sport and exercise in summer activities for young people aged 6 to 16 years.



August

TRAINING TRIP OF INDUSTRIAS SANTA COLOMA

Training trip of a Spanish first division futsal team in the Encamp Sports and Sociocultural Centre.



August

**TRAINING TRIP OF THE WOMEN'S MOVISTAR CYCLING TEAM, EI
Pas de la Casa**

Training trip of the first women's cycling team of MOVISTAR.



August

TRAINING TRIP OF THE FC BARCELONA HANDBALL TEAM

Training trip of the first handball team of FC Barcelona, coached by Xavier Pascual Fuertes.

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www.encamp.ad

August

TRAINING TRIP OF THE FC BARCELONA ROLLER HOCKEY TEAM

Training trip of the first roller hockey team of FC Barcelona, coached by Edu Castro.



August

TRAINING TRIP OF THE FC BARCELONA BASKETBALL TEAM

Training trip of the first basketball team of FC Barcelona, coached by Sarunas "Saras" Jasikevicius.



August

TRAINING TRIP MORABANC, El Pas de la Casa

Training trip of the first basketball team of Morabanc Andorra ACB, coached by Ibon Navarro.



August

THE ORGANIZATION OF THE II ENCAMP TROPHY MATCH MORABANC ANDORRA – FC BARCELONA

Organization of the 2nd Encamp Basketball Trophy Match played behind closed doors for security reasons as a result of COVID-19, and broadcasted on TV and Internet.



September

SPARTAN RACE 2020, 15, 16 and 17 September

This event has always taken place in the parish of Encamp, specifically in Grau Roig, since 2016. In this 2020 edition, the location changed and the race took place in the town and surroundings of Encamp.



September

CHARITABLE CYCLING MASTERCLASS

A charitable cycling masterclass was held as closure of the outdoor sport activities.

CENTRE ESPORTIU DEL PAS DE LA CASA


Encamp
Vila Europea
de l'Esport
2020 |

September

**TRAINING TRIP OF CHRIS FROOME, 4 TIMES CHAMPION OF THE
TOUR DE FRANCE. El Pas de la Casa**

GRENADIER

September

TRAINING TRIP OF THE ANDORRAN SWIMMING TEAM. El Pas de la Casa



September

TRAINING TRIP OF THE ELCHE SWIMMING CLUB. El Pas de la Casa

October

OTSO 7 K AND OTSO 7K ROLLERSKI, GRAU ROIG - PORT D'ENVALIRA, 11 October

Race that takes place on the road from Encamp to the Port of Envalira, the highest altitude race on tarmac in Europe.



October

OTSO 7 K AND OTSO 7K ROLLERSKI, GRAU ROIG - PORT D'ENVALIRA, 11 October

Race that takes place on the road from Encamp to the Port of Envalira, the highest altitude race on tarmac in Europe.

AGOST



Port D'Envalira 2.408 m



October

OTSO 7 K AND OTSO 7K ROLLERSKI, GRAU ROIG – PORT D'ENVALIRA, 11 October

Race that takes place on the road from Encamp to the Port of Envalira, the highest altitude race on tarmac in Europe.



A group of swimmers in a large indoor pool. In the foreground, a swimmer in a red swimsuit and blue cap is smiling. Behind her, several other swimmers in blue caps are in the water. In the background, two people are sitting at a table near a large window that looks out onto a green landscape. The pool has lane lines and starting blocks.

October

**TRAINING TRIP OF THE SPANISH SWIMMING FEDERATION
JUNIOR AND SENIOR LEVELS. El Pas de la Casa**

Accompanied by their coach Jordi Jou, one of the best coaches of Spain.



October

**TRAINING TRIP OF THE SPANISH SWIMMING FEDERATION
JUNIOR AND SENIOR LEVELS. El Pas de la Casa**

Accompanied by their coach Jordi Jou, one of the best coaches of Spain.

5 Collaboration agreements and sponsorships signed in 2020

The District Council of Encamp has signed collaboration agreements with:

FC BARCELONA: Entity that has completed the 2020-21 pre-season training trip of their handball, basketball and roller hockey teams in Encamp.

BASKETBALL CLUB ANDORRA: Entity that has completed the 2020-21 pre-season training in our parish in order to promote Encamp and to promote the team.

ANDORRASKIMO 2020: Encamp has collaborated with the sponsorship of the long-distance mountain ski trek **ANDORRASKIMO 2020**. Established international event in the mountain racing calendar of the winter season.

SANT ANDREU SWIMMING CLUB: Collaboration agreement.

OTSO - EPIKA SPORTS: Collaboration agreement for the organization of the first Dog Trail, the OTSO 25k and highest altitude half marathon on tarmac in Europe at 2400m in the Port of Envalira, and the 37th Crossing of Encamp, the oldest race in the country.

30 Activities and Events cancelled due to COVID-19

April-July

Activities in April

- Training trip of the Cabrera swimming club in Pas de la Casa, from 4 to 9 April.
- Swimming meeting, 4 April.
- Water polo campus, 6 to 10 April.
- Swimming campus, 6 to 10 April.
- Encamp volleyball club campus, 6 to 10 April.
- Swimming training trip of the Toec swimming club, 13 to 17 April.
- Swimming training trip of the Cugnaux swimming club, 13 to 17 April.
- Swimming training trip of the Toec swimming club in Pas de la Casa, 14 to 18 April.

Activities in May

- TIM U12 basketball, 1 to 3 May.
- Tournament of basketball, table tennis and swimming with the Adaponda sports club, 9 and 10 May.
- XV Kung Fu trophy Encamp-el Pas de la Casa, 16 May.
- TIM U15 and U16 basketball, 30 and 31 May.
- Futsal tournament in el Pas de la Casa.

Activities in June

- Encamp U13 to U16 football club tournament, 6 and 7 June.
- European championship slot, 6 and 7 June.
- International inclusive basketball tournament, 13 and 14 June.
- Encamp U9 and U10 football club tournament, 13 and 14 June.
- "A call to sport" run, 20 June.
- Veterans football tournament of the Encamp football club, 20 June.
- Women's football tournament of the Encamp football club, 20 and 21 June.
- TIM volleyball, 27 and 28 June.
- Training trip of the Pia School, 29 June to 5 July.

30 Activities and Events cancelled due to COVID-19 July-September

Activities July

Morabanc Andorra basketball campus, 1st round 6 to 10 July and 2nd round 13 to 17 July.

Barça academy campus, 19 to 25 July.

5th Andorra open for adapted cycling, night race in the tunnel of Dos Valires and climbing time trial at Grau-Port of Envalira, 25 and 26 July.

Activities August

La Purito kids, 1 August.

La Purito 2020, 2 August.

Activities September

Andorra cup children's handball tournament, U13 to U18 and senior level, Encamp and el Pas de la Casa.

2nd Dog trail.

Andorra international open in VI archery.

Activities for people over 65 postponed due to health preventive measures.

SUMMER TRIPS July and August

Once a week, between 8 and 10 senior citizens do a trip to the Pardines walking trail, arriving by bus to the car park.

SPORTS FOR THE ELDERLY September to June

Approximately 18 enrolled for the 2020/2021 year, the activity was postponed, scheduled starting date 2 November.

SPORTS DAY Postponed to 2021

Meeting of senior citizens for a day of sport activities, including people from all over the Principality and the Alt Urgell region.

SPORT GAMES FOR THE ELDERLY scheduled for 2021

Organized in conjunction with the Andorran Olympic Committee COA, the games are held with an approximate enrolment of 28 people.

“ACTIVE ELDERLY” PROJECT

Different activities such as a masterclass, golf, walks, gymkhana of activities and yoga, even aqua gym in Caldea, with the participation of approximately 30 senior citizens.

ENCAMP - EL PAS DE LA CASA



ACTIVITATS ESPORTIVES 2020-21

INFANTS, JOVES,
ADULTS I GENT GRAN



Departament de Joventut i Esports

Complex Esportiu i Sociocultural d'Encamp
Tel. 732 700 · complex@encamp.ad

Centre Esportiu del Pas de la Casa
Tel. 755 111 · centrepas@encamp.ad

Encamp.esport · comuencamp
www.comuencamp.ad



Comú d'Encamp
ANDORRA

[Link to the details
of all the activities](#)

Children and Young People

SWIMMING SCHOOL

From 3 to 17 years old. From Monday to Friday. From 5.30 p.m. to 6.30 p.m. or 7.30 p.m. to 8.30 p.m.

Total enrolled 151 students for the September-December term.

BABY SWIMMING

Up to 3 years old. From Monday to Friday. From 4.46 p.m. to 5.15 p.m. Start of activity in January 2021.

SHARKS WATER POLO CLUB

Water polo school (born between 2010 and 2012). Friday from 6 p.m. to 7 p.m. Children (born between 2007 and 2010). Wednesday and Friday from 7.30 p.m. to 8.30 p.m. Children (born after 2006). Wednesday from 9 p.m. to 10 p.m.

Total enrolled 15 students for the September-December term.

SWIMMING CLUB ENCAMP

Competition group. Monday and Thursday from 6 p.m. to 7 p.m. and from 7.30 p.m. to

8.30 p.m. Tuesday from 6.15 p.m. to 8.30 p.m.

Technical training group. Monday and Thursday from 6 p.m. to 7 p.m.

Total enrolled 20 students for the September-December term.

TAEKWONDO

Encamp Taekwondo Club

Wednesday from 5.30 p.m. to 6.30 p.m. (4 to 7 years old). From 6.45 p.m. to 7.45 p.m. (8 to 12 years old). From 8 p.m. to 9 p.m. (technical training +12 years old).

Total enrolled 15 students for the September-December term.

JUDO CLUB ENCAMP

Encamp Judo Club

Thursday from 5.30 p.m. to 6.30 p.m. (6 to 9 years old). From 6.45 p.m. to 7.45 p.m. (10 to 14 years old).

Total enrolled 3 students for the September-December term.

KARATE CLUB ENCAMP

Tuesday from 5.30 p.m. to 6.30 p.m. (4 to 8 years old). From 6.45 p.m. to 7.45 p.m. (8 to 16 years old). From 8 p.m. to 9 p.m. (+13 competition).

Total enrolled 14 students for the September-December term.

KUNG FU CLUB ENCAMP - PAS DE LA CASA

Monday from 5.30 p.m. to 6.30 p.m. (6 to 10 years). From 6.45 p.m. to 7.45 p.m. (11 to 14 years old).

Total enrolled 16 students for the September-December term.

FOOTBALL CLUB ENCAMP

Youth football including all levels until U19 and female base.

Total enrolled 91 students for the September-December term.

**SPORT ACTIVITIES 2020-2021 AND
NUMBER OF PARTICIPANTS**

Children and Young People

VOLLEYBALL CLUB ENCAMP

Boys U17 and U18 Tuesday from 7 p.m. to 8 p.m.

Girls U17 and U18 Wednesday from 8 p.m. to 9 p.m.

Friday from 7.15 p.m. to 8.30 p.m.

Total enrolled 25 students for the September-December term.

PADEL CLUB AND TENNIS IN ENCAMP - PAS DE LA CASA

Paddle Initiation School (6 to 9 years old) Monday to Friday from 5.30 p.m. to 6.30 p.m.

Tennis Initiation School (6 to 9 years old) Monday to Friday from 5.30 p.m. to 6.30 p.m.

Paddle training school (10 to 14 years old) Monday to Friday from 6.45 p.m. to 7.45 p.m.

Tennis training school (10 to 14 years old) Monday to Friday from 6.45 p.m. to 7.45 p.m.

Paddle competition school (from 15 years old) Monday to Friday from 8 p.m. to 9 p.m.
Tennis competition school (from 15 years old) Monday to Friday from 8 p.m. to 9 p.m.

Total enrolled 2 students for the September-December term.

SAE ARTISTIC GYMNASTICS

Female-Male, Tuesday and Thursday from 5.30 p.m. to 6.30 p.m. (born between 2013 and 2016). From 6.45 p.m. to 7.45 p.m. (born between 2010 and 2012). From 9 p.m. to 9 p.m. (born between 2009 and 2002).

Competition group, Monday and Wednesday de 6.30 p.m. to 8.30 p.m. and Friday from 5.30 p.m. to 8.30 p.m.

Total enrolled 92 students for the September-December term.

SAE RHYTHMIC GYMNASTICS

From 4 to 16 years old, Monday and Wednesday from 5.30 p.m. to 6.30 p.m.

Competition group, Monday from 6.45 p.m. to 8 p.m. and Wednesday from 6.45 p.m. to 7.45 p.m.

Total enrolled 10 students for the September-December term.

PSYCHOMOTOR ACTIVITY (BABY GYM)

From 3 to 5 years old, Monday and

Total enrolled 10 students for the September-December term.

SPORT DANCE

Young children's dance Monday 5.30 p.m. to 7.15 p.m.

Junior base (from 13 to 15 years old) Wednesday from 5.45 p.m. to 7.30 p.m.

Advanced Youth (from 15 to 18 years old) Monday 5.45 p.m. to 7.30 p.m.

Total enrolled 30 students for the September-December term.

ARCHERY CLUB ENCAMP

Wednesday from 6.45 p.m. to 7.45 p.m. (8 to 16 years old)

Total enrolled 3 students for the September-December term.

SLOT CLUB ANDORRA

Tuesday and Thursday from 6 p.m. to 7 p.m. (6 to 10 years old), from 7.30 p.m. to 8.30 p.m. (11 to 16 years old)

Total enrolled 2 students for the September-December term.

**SPORT ACTIVITIES 2020-2021 AND
NUMBER OF PARTICIPANTS**

Adults and Elderly People

SWIMMING FOR ADULTS

Initiation - Perfection

Advanced, Monday and Wednesday from 7.45 a.m. to 8.30 a.m. and from 8.45 p.m. to 9.30 p.m. Tuesday and Thursday from 7.45 a.m. to 8.30 a.m., 8.30 a.m. to 9.15 a.m. and 8.45 p.m. to 9.30 p.m.

ENCAMP SWIMMING CLUB

Masters group, Monday, Wednesday and Friday from 1.30 p.m. to 3 p.m. Tuesday and Thursday from 8.30 p.m. to 9.30 p.m.

AQUAGYM

Monday and Wednesday from 8.30 a.m. to 9.15 p.m.

KUNG FU CLUB ENCAMP - PAS DE LA CASA

Monday from 8 p.m. to 10 p.m.

TAEKWONDO CLUB ENCAMP

Wednesday from 9.15 p.m. to 10.15 p.m.

JUDO CLUB ENCAMP

Thursday from 9 p.m. to 10 p.m.

VOLLEYBALL CLUB ENCAMP

Senior men Wednesday and Friday from 9.15 p.m. to 10.45 p.m.

BASKETBALL CLUB ENCAMP

Wednesday and Friday from 8.15 p.m. to 9.15 p.m.

SAE ARTISTIC GYMNASTICS

Monday and Wednesday from 8.45 p.m. to 9.45 p.m. (+18 years old).

PADEL AND TENNIS CLUB ENCAMP - PAS DE LA CASA

Individual and group classes, Monday to Friday from 8 p.m. to 9 p.m. and from 9.15 p.m. to 10.15 p.m.

ARCHERY CLUB ENCAMP

Wednesday from 8 p.m. to 9 p.m.

SLOT CLUB ANDORRA

Tuesday and Thursday from 9 p.m. to 10 p.m.

Sports activities for the elderly take place from September to June with a total of 40 enrolments.

AQUAFITNESS

Tuesday and Thursday from 11 a.m. to noon.

**SPORT ACTIVITIES 2020-2021 AND
NUMBER OF PARTICIPANTS**

Pas de la Casa Sports Centre

SWIMMING SCHOOL

Monday, Tuesday, Thursday and Friday from 5.30 p.m. to 7.30 p.m. (3 to 5 years old)

Monday, Tuesday and Friday from 1 p.m. to 1.45 p.m. (competition group)

Total enrolled 33 students for the September-December term.

FOOTBALL CLUB PAS DE LA CASA

Wednesday and Friday from 6.30 p.m. to 7.30 p.m. (6 to 8 years old)

Total enrolled 6 students for the September-December term.

MULTISPORT (INITIATION)

(BASKETBALL / PADEL / BADMINTON / HANDBALL / HOCKEY)

Tuesday and Thursday from 5.30 p.m. to 6.30 p.m. (6 to 12 years old)

Total enrolled 9 students for the September-December term.

YOGA SCHOOL

Tuesday from 5.15 p.m. to 6.15 p.m. (4 to 5 years old). Tuesday from 6.15 p.m. to 7.15 p.m. (6 to 8 years old)

Total enrolled 2 students for the September-December term.

PSYCHOMOTRICITY (BABY GYM)

Wednesday from 5.30 p.m. to 6.30 p.m. (4 to 5 years old)

**SPORT ACTIVITIES 2020-2021 AND
NUMBER OF PARTICIPANTS**



NUMBER OF MEMBERS IN THE ENCAMP SPORTS AND SOCIOCULTURAL CENTRE

Annual membership	4-17 years old	702 members
Annual membership	18-64 years old	472 members
Annual membership	65-99 years old	129 members
Family duo membership		501 members
Single-parent family membership		76 members
Monthly membership	18-64 years old	74 members
Term membership and fitness	18-64 years old	1 member

The total number of members in all the membership categories is 1,955 in the Encamp Sports and Sociocultural Centre.

NUMBER OF MEMBERS IN THE PAS DE LA CASA SPORTS CENTRE

Annual membership	4-17 years old	127 members
Annual membership	18-64 years old	65 members
Annual membership	65-99 years old	18 members
Family duo membership		149 members
Single-parent family membership		4 members
Monthly membership	18-64 years old	1 member
Term membership and fitness	18-64 years old	88 members

The total number of members in all the membership categories is 452 in the Pas de la Casa Sports Centre.

Total Encamp Sports and Sociocultural Centre and Pas de la Casa Sports Centre: 2,407 members who enjoy our facilities.

BUDGET of the Department of Youth and Sports

Year 2017	1,438,287.66
Year 2018	3,537,791.19
Year 2019	4,075,785.57
Year 2020	4,071,321.30

MEMBERSHIPS AND BUDGET IN SPORTS

Investments and improvements in the sports facilities

During 2020, we have invested in infrastructure for all types of audiences.

- **CHILDREN**

A number of different areas have been adapted with children's equipment. We have installed cognitive and sports elements, elements of balance to promote sport and differentiated the areas according to the ages of child development.

- **SENIOR CITIZENS**

A number of different areas have been adapted with equipment for the elderly people, cognitive and sporting elements such as the hands and feet pedal or the dartboard type of game to encourage the mobility of hands and arms.

- **ADVENTURE SPORTS**

In building process, the Tibetan bridge and the climbing wall located in the area known as "els Orris" of Cortals in Encamp. Located at an altitude of 2,039 m.

- **PRADA DE MOLES SPORTS INFRASTRUCTURE**

The stands have been expanded, a dressing room, a bar and a warehouse have been built.

- **ENCAMP SPORTS AND SOCIOCULTURAL CENTRE**

Work has been carried out to improve the swimming area during the technical shutdown, turning walls and new podiums have been built.

- **PAS DE LA CASA SPORTS CENTRE**

Work has been carried out to improve the swimming area during the technical shutdown, the lining of the large swimming pool has been done.

- **MOUNTAIN REFUGES**

Improvement and maintenance work have been carried out at the Pla de les Pedres mountain refuge.



IMPROVEMENT OF THE CLIMBING WALL AND TIBETAN BRIDGE



IMPROVEMENT OF THE SWIMMING POOLS



IMPROVEMENT OF THE FOOTBALL FIELD
AND PRADA DE MOLES FACILITIES

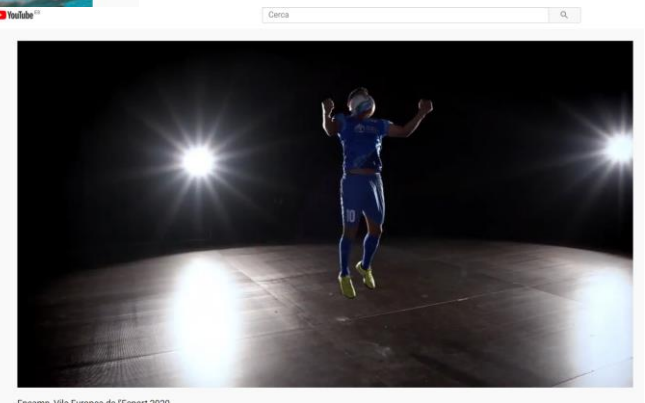
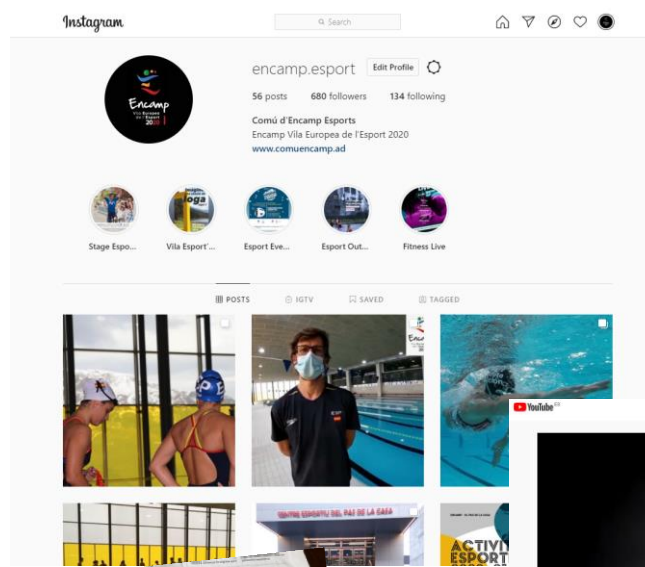
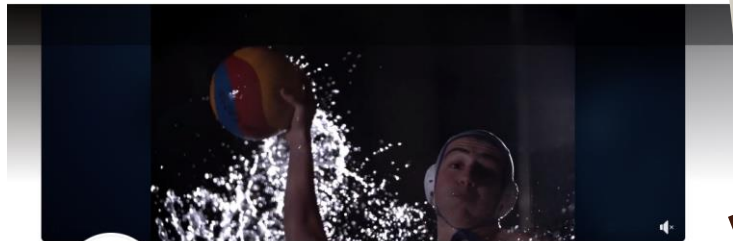
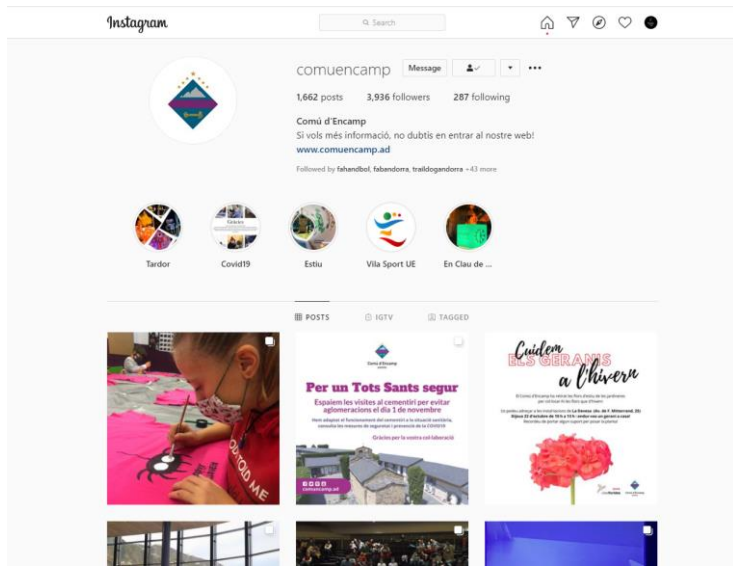
MOUNTAIN REFUGES



Encamp has **34 sport clubs and associations** dedicated to approximately twenty disciplines and different sports. However, it has an established and diverse offer for all age groups, for all sectors, as well as a great offer of sports activities inclusive to all. The sports entities of the parish are:

- Football Club Encamp
- Penya Vila Encamp 93
- Basketball Club Encamp
- Volleyball Club Encamp
- Concord Handball Club
- Rugby Club Encamp
- Archery Club Encamp
- Table Tennis Club Encamp
- La Bola Boules Club
- SAE Rhythmic Encamp
- SAE Artistic Gymnastics
- Water polo Club Tauronss
- Swimming Club Encamp
- Swimming School
- Kayak Canoe School
- Taekwondo Club Encamp
- Club Shotokan Encamp
- Judo Club Encamp
- Kung Fu Club Encamp - Pas de la Casa
- Krav Magà Association
- Budo Taijitsui & self-defence
- Ski Club Pas de la Casa – Grau Roig
- Ski Club Encamp - Pas de la Casa
- Skate / Snowboard Association Encamp- Andorra
- Football Club Association Pas de la Casa
- Futsal Pas de la Casa
- Futsal Speed
- Andorran Pyrenean Club
- Andorra Slot
- Andorran Sports Club for dance and fitness
- Paddle and Tennis Club Encamp - El Pas de la Casa
- House Russia
- Football Club Andorra
- FADEA Andorran Federation of Adapted Sports

SPORTS ASSOCIATIONS



[Audiovisual Link](#)

IMPACT OF SOCIAL NETWORKS AND MEDIA



SPARTAN ANDORRA 2020: What you missed in Andorra!

819 visualitzacions • 28 de set. 2020

42 2 COMPARTEIX DESA ...



Spartan Race Europe
8,72m subscriptors

Highlights from the event hosted in Andorra on September 5-6 2020.

We raced, we faced challenges, we overcame obstacles and jumped the fire of the Finish Line. We lived the Spartan flair applying Covid measures that allowed us to host a safe event and contain all

MOSTRAN MÉS

SUBSCRIBE

IMPACT OF SOCIAL NETWORKS AND MEDIA

[Audiovisual Link](#)

TRAIL ZONES

SHORT DISTANCE TRAILS

PESSONS: Total distance 13 km. Positive elevation gain 850 m. Departure point Grau Roig. Minimum altitude 2100 m (Grau Roig). Maximum altitude 2884 m (Pic de Pessons).

ENGOLASTERS: Total distance 10 km. Positive elevation gain 430 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 1630 m (lake of Engolasters).

PIC D'ENVALIRA: Total distance 10.5 km. Positive elevation gain 910 m. Departure and arrival point in Pas de la Casa. Minimum altitude 2050 m (Pas de la Casa). Maximum altitude 2830 m (Pic Negre d'Envalira).

REFUGI DE LES AGOLS: Total distance 14 km. Positive elevation gain 1000 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2200 m (Refugi de les Agols).

MEDIUM DISTANCE TRAIL

ENSAGENTS: Total distance 24 km. Positive elevation gain 1850 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2840 m (Pic dels Llops).

BONY DE LES NERES: Total distance 15 km. Positive elevation gain 1050 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2200 m (Bony de les Neres).

ALT DEL GRIU: Total distance 20 km. Positive elevation gain 1800 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2876 m (Alt del Griu).

HIKING

TRAIL ZONES

LONG DISTANCE TRAILS

CIRCULAR COMÚ: Total distance 46 km. Positive elevation gain 2950 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2654 m (Coll dels Isards).

CAP DE LES AGOLS: Total distance 38 km. Positive elevation gain 2800 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 2780 m (Pic de Montmalús).

VERTICAL TRAIL

LES NERES: Total distance 3 km. Positive elevation gain 950 m. Departure point in Encamp. Arrival point at Bony de les Neres. Minimum altitude 1250 m (Encamp). Maximum altitude 2200 m (Bony de les Neres).

FUNICAMP: Total distance 4.7 km. Positive elevation gain 950 m. Departure point in Encamp. Arrival point Funicamp Intermediate Station. Minimum altitude 1250 m (Encamp). Maximum altitude 2090 m (Funicamp Intermediate Station).

LONG DISTANCE HIKING

TRAIL ZONES

OTHER TRAILS

ENGOLASTERS: Total distance 6.5 km. Positive elevation gain 400 m. Departure and arrival point in Encamp. Minimum altitude 1250 m (Encamp). Maximum altitude 1630 m (Lake of Engolasters).

URBAN: Total distance 3 km. Positive elevation gain 120 m. Departure point Les Bons. Arrival point Vila. Minimum altitude 1250 m (Encamp). Maximum altitude 1330 m (Sant Romà de les Bons).

ESTANYS DE LA SOLANA: Total distance 8 km. Positive elevation gain 400 m. Departure and arrival point Grau Roig. Minimum altitude 2100 m (Grau Roig). Maximum altitude 2500 m (Lake of Pessons).

ABELLETES: Total distance 5 km. Positive elevation gain 250 m. Departure and arrival point Pas de la Casa. Minimum altitude 2050 m (Pas de la Casa). Maximum altitude 2280 m (Estany de les Abelletes).

FONTS DEL CAMPEÀ: Total distance 5.5 km. Positive elevation gain 390 m. Departure and arrival point Funicamp Intermediate Station. Minimum altitude 1900 m (Bordes de la Casa). Maximum altitude 2200 m (Fonts del Campeà).

LA CUBIL: Total distance 3 km. Positive elevation gain 250 m. Departure and arrival point Cabana de les Solanelles. Minimum altitude 2250 m (Estany de la Cubil). Maximum altitude 2500 m (Cabana de les Solanelles).

BORDES DE VACA MORTA: Total distance 8 km. Positive elevation gain 300 m. Departure and arrival point Pas de la Casa. Minimum altitude 1800 m (Bordes Vaca Morta). Maximum altitude 2050 m (Pas de la Casa).

OTHER HIKING TRAILS

HIKING FOR YOUNGER CHILDREN

The Tamarro is a figure that forms part of the legend of Andorra. Finding the Tamarro is an activity aimed at children, where they are invited to get started in the hiking world and enjoy the nature that surrounds the many itineraries of the territory.



CYCLING ROUTES

CYCLING ROUTE ENCAMP - BEIXALÍS

The route starts at CG2 at the roundabout at the exit of Encamp in direction to France, just in front of the Funicamp at 1,329 m until the CS220 of Cortals d'Encamp at 2,083 m. The difficulty level is 1st (difficult). At the beginning, at the roundabout, the route has a slope of 10.20% and then softens to 5.4% in the area of Bordes de Rigoder. The average gradient of the ascent is 8.50% with a positive elevation gain of 754 m and 8.9 km of route.

CYCLING ROUTE ENCAMP- COLLADA DE BEIXALÍS

This cycling route runs along the CS210 from Encamp to the Beixalís mountain pass, starting at 1,240 m and going up to 1,796 m. The difficulty level is 1st (difficult). The route has a gradient of +556 m, with an average slope of 8.4% and a total route of 6.6 km, the maximum gradient is 9.6% at km 4.

CYCLING ROUTE EL PAS DE LA CASA - PORT D'ENVALIRA

This cycling route starts in Pas de la Casa at 2,080 meters, and runs along CG2. Its difficulty level is 2nd (accessible). The route has a positive gradient of 319 m, with an average slope of 6.4% and a total distance of 6.4 km. The maximum difference in level is 6.8% at km 3.

MOUNTAIN BIKE ROUTE CAMÍ DE LES PARDINES

Practically flat route for the whole family to enjoy. The Camí de les Pardines mountain bike route goes from the Borda de les Pardines car park, located at 1,630 m, to the Engolasters lake, located at 1,620 m. It has a length of 3 km and a gradient of 10 m. The difficulty of the route is easy and the round trip takes about 90 minutes.

OTHER HIKING TRAILS



CYCLING FOR DIFFERENT AUDIENCES



CYCLING FOR DIFFERENT AUDIENCES



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