



Pamplona  
2025



## EVENT INFO

## ABOUT PAMPLONA

### LOCAL WEATHER

In May daytime temperatures in Pamplona usually reach 20°C, falling to 10°C at night. Check the local weather details at

<https://www.accuweather.com/es/es/pamplona/308575/weather-forecast/308575>

### WHERE TO GO AND VISIT

**Pamplona** and **Navarre** have many places of tourist interest to visit, as well as leisure, recreational and cultural activities.

For more information, visit the official [Pamplona Tourism site](#) (in [Facebook](#) and [Instagram](#)) and the official [Kingdom of Navarre Tourist site](#) (in [Facebook](#) and [Instagram](#)).

## TRAVEL, TRANSPORT & ACCOMMODATION

The event Official Travel Agency is **BCD Meetings and Events**

For all issues related to travel, transfers, car rental and accommodation contact: [triathlon@bcdme.es](mailto:triathlon@bcdme.es)

### HOW TO ARRIVE TO PAMPLONA

Pamplona has different means of transport. You can arrive by car, bus, train or plane. The new bus station is located in the city centre, in Calle Yanguas y Miranda. The Renfe train station is in the San Jorge neighbourhood, and offers different routes linking Pamplona to numerous cities in Spain. The airport is six kilometres out of the city, in the town of Noáin.

#### By PLANE

The **Pamplona airport** is located in the **town of Noáin**, at a distance of six kilometres from Pamplona. The airport terminal was built in 2010 and regular flights operate between Pamplona and Madrid, and between Pamplona and Frankfurt (Germany). During the San Fermín festival, the airport also receives numerous charter flights.

The airport services include a shop selling gourmet products, a cafeteria, toilets and a pay-on-exit public car park. Keep in mind that there is **no left luggage service**.

City bus line A connects the train and bus stations with the airport terminal. [Click here](#) for more details.

You can also take a taxi to the airport. For more information about the service, [click here](#).

#### By TRAIN

A number of train routes link Pamplona to other Spanish cities. If you're taking the train from Madrid to Pamplona, the journey takes around three hours. From Barcelona, the journey can take from four to nine hours, depending on the type of

train. For more information on the train routes and bookings, click on the following [link](#).

The Pamplona **train station** is located in the **district of San Jorge**, in the north-eastern part of the city. On foot, it can take about half an hour from the Old Quarter of the city to the train station, but it's also possible to take a bus. The lines connecting the train station to the city centre are number 9 and the special A line linking the train station, bus station and airport. Line 7 connects the station with the Hospital complex.

There's also a taxi stand outside the station. More information [here](#).

The train station services include a bar-cafeteria, toilets, stationery and bookshop, and luggage trolleys. Furthermore, the station is accessible to persons with reduced mobility.

What's more Renfe Tren Oficial (Spain's railway operator) increases the number of trains operating during the San Fermín festival. However, it is still advisable to book in advance, due to the fact that demand is high and the seats on some trains may be sold out.

### By BUS

Pamplona has a **modern bus station**, inaugurated in 2007, which is the arrival and departure hub for all the lines. This underground station is **centrally-located in street Yanguas y Miranda**, next to the Citadel and the Vuelta de Castillo green belt. The bus station houses a bar-cafeteria, toilets, gift and sweet shops and a gym.

It also offers **self-service left-luggage lockers**, available **from 6.30 am to 23.00 pm**, at a price of 4 euros per day for medium lockers and 5 euros per day for the large lockers. During the San Fermín festival in July, there is a 24-hour attended left-luggage service available at a price of 5 euros per package.

Other places in Pamplona can be easily reached on foot from the bus station, or by taking a city bus or taxi. There are **two different taxi stands**. One taxi stand is located inside the bus station on floor 2, which is only available during the bus station opening times. The other taxi stand is outdoors, on street Yanguas y Miranda. There is also a bus stop on this street, for line 16 and special A line linking the bus station to the train station and airport. [Click here](#) to get more information on urban transport.

### By CAR

Pamplona is located in the **centre of the Autonomous Community of Navarre**, in northern Spain, very close to the border with France. By road, the city is within easy reach of a number of different places.

The journey by car from the neighbouring cities of San Sebastian, Vitoria-Gasteiz and Logroño takes approximately one hour. San Sebastian and Vitoria-Gasteiz are connected to Pamplona via the **AP-15 toll motorway**, while Logroño is connected via the **A-12 free expressway**.

Less than two hours away are Bilbao, along the AP-15, and Zaragoza, connected to Pamplona by the **AP-68** and AP-15 motorways.

The car journey from Madrid to Pamplona takes just over four hours. Although there are a number of options, the most common route is via the A-2 expressway to Medinaceli, taking the **N-111** to Soria, followed by the **N-122** to Tudela where it is then possible to take the AP-15 motorway as far as the capital city of Navarre.

From Barcelona, the most popular option is to take the **AP-2** motorway to Zaragoza, then the **AP-68** and, finally, the **AP-15** to Pamplona.

Visitors coming from France generally cross the border at Irun and take the **N-121-A** road to Pamplona in a journey that takes little over one hour.

### By MOTORHOME

#### ORDINANCE ON PARKING AND OVERNIGHT OF MOTORHOMES

If you come to Pamplona by motorhome, you must bear in mind that you can park your vehicle in the city, but you cannot use it as a home. For this purpose there are other authorized areas. One of them is located in the Trinitarios area (next to the fire station) and is permanent. Not reservations allowed.

The service fee is 10 euros per day, plus two euros for the water change, and the maximum authorized stay is 48 hours. During the Sanfermines, the rate rises to 20 euros per day (from July 5 to 15, both included).

Finally, near the centre of Pamplona, you can find other caravan parking options connected with urban buses:

- [Berriozar](#)
- [Ansoain](#)
- [Sarriguren](#)

#### PAMPLONA MOTORHOME AREA

Only vehicles approved as home vehicles may park in the reserved areas:

- 3148 Mixed vehicle housing.
- 3200 Motorhome of GVW  $\leq 3,500$  kg.
- 3248 Mobile home caravan of MMA  $\leq 3,500$  kg.
- 3300 Motorhome of GVW  $> 3,500$  kg.
- 3348. Mobile home caravan of MMA  $> 3,500$  kg
- 2448 Van vehicle housing.

#### PRACTICAL INFORMATION

##### NO RESERVATIONS ALLOWED

**Name:** Pamplona Motorhome Area

**Address:** Trinitarios Area

**Town:** Pamplona-Iruña **Province:** Navarra

**LATITUDE:** "N 42° 49 '16" / W 01° 39' 25 " **LENGTH:** 42.82111 / -1.65694

**Web:** How to get there and how to move around the city

**E-mail:** [oficinaturismo@pamplona.es](mailto:oficinaturismo@pamplona.es)

**Phone:** (+34) 948 420 700 - 948 420 734

**Owner:** AYUNTAMIENTO DE PAMPLONA - IRUÑEKO UDALA

**Access:** Regulated

**Services:** Overnight, Drinking water, Water / gray water drainage, WC  
Chemical/Sewage, Plug, Snack, Transport, Accessible wheelchair, Payment, Video surveillance area.

**Maximum stay:** 48 hours. **No. places:** 33

**Price and services included:** €10

**Comments:** Next to the area: gas station with supermarket.

### GETTING AROUND PAMPLONA

Pamplona is a medium-sized city with approximately 200,000 inhabitants and covering 24 square kilometres. The most comfortable way to get around is on foot, as the Historical Centre, where the main tourist attractions can be found, is mostly pedestrianised. There is also a 24-hour taxi service available, with different official stops dotted around the city. Another option is cycling, as Pamplona boasts over 60 kilometres of cycle paths. The least recommended method is by car, as traffic is restricted in the city centre.

Links to: [On FOOT with METROMINUTO](#) – [By BIKE](#) – [By BUS](#) – [By TAXI](#) – [By CAR](#)

### WHERE TO PARK IN PAMPLONA

Find [here](#) the paid and free parking spots in Pamplona.

### EVENT WEBSITES

LOC website: <https://www.triatlonpamplona.es/en/half-triathlon-pamplona-iruna-eng/>

World Ttriathlon Aquathlon championships website:  
<https://triathlon.org/events/2025-europe-triathlon-aquathlon-championships-pamplona>

World Triathlon MD Triathlon Championships website:  
<https://triathlon.org/events/2025-europe-triathlon-middle-distance-championships-pamplona>

World Triathlon Aquabike Championships website:  
<https://triathlon.org/events/2025-europe-triathlon-aquabike-championships-pamplona>

### COMPETITION VENUES

The main competition venues of the **2025 Europe Triathlon Multisport Championships Pamplona** event are:

All events	Registration & Race pack pick-up	<a href="#">Plaza del Castillo</a>
2025 Europe Triathlon <b>Middle Distance</b> Championships Pamplona	Race Start & T1	<a href="#">Alloz reservoir-Camping Aritzaleku</a>
2025 Europe Triathlon <b>Middle</b>	T2	<a href="#">Parque Antoniutti</a>

<b>Distance</b> Championships Pamplona		(Pamplona)
2025 Europe Triathlon <b>Middle Distance</b> Championships Pamplona	Finish line	Plaza del Castillo
2025 Europe Triathlon <b>Aquabike</b> Championships Pamplona	Race Start & T1	Alloz reservoir-Camping Aritzaleku
2025 Europe Triathlon <b>Aquabike</b> Championships Pamplona	Finish line	Parque Antoniutti (Pamplona)
2025 Europe Triathlon <b>Aquathlon</b> Championships Pamplona	Race Start & T1 & Finish line	Alloz reservoir-Camping Aritzaleku
All events	Award Ceremonies	Plaza del Castillo

## SCHEDULES

The **2025 Europe Triathlon Middle Distance Championship Pamplona** will take place from the 14<sup>th</sup>. to the 17<sup>th</sup>. of May with this schedule:

## CHECK-IN/OUT TIMES

DAY	HOURS	EVENT / COMPETITION	LOCATION
Thursday 15 May	TBC	Aquathlon I Check-in	Alloz reservoir - Camping Aritzaleku
Thursday 15 May	TBC	Aquathlon I Check-out	Alloz reservoir - Camping Aritzaleku
Friday 16 May	11:00-21:00	MD Triathlon I <b>T1 Bike Check-in</b> <b>MANDATORY</b>	Alloz reservoir - Camping Aritzaleku
Friday 16 May	11:00-21:00	MD Triathlon I T2 Run bag <b>Check-in</b> <b>MANDATORY</b>	Parque Antoniutti (Pamplona)
Friday 16 May	11:00-21:00	Aquabike I <b>T1 Bike Check-in</b> <b>MANDATORY</b>	Alloz reservoir - Camping Aritzaleku
Friday 16 May	11:00-21:00	Aquabike I <b>T2 Run bag Check-in</b> <b>MANDATORY</b>	Parque Antoniutti (Pamplona)
Saturday 17 May	TBC	MD Triathlon I T2 Check-out	Parque Antoniutti (Pamplona)
Saturday 17 May	TBC	MD Triathlon I T2 Check-out	Parque Antoniutti (Pamplona)

## RACES START TIMES

DAY	RACE START	COMPETITION
Thursday 15 May	18:00	Europe Triathlon <b>Aquathlon</b> Championships I ELITE Men
Thursday 15 May	18:03	Europe Triathlon <b>Aquathlon</b> Championships I ELITE Women
Thursday 15 May	18:05	Europe Triathlon <b>Aquathlon</b> Championships I Rolling Start AGE GROUPS-OPEN
Saturday 17 May	13:30	Europe Triathlon <b>Middle Distance</b> Championships I ELITE Men
Saturday 17 May	13:32	Europe Triathlon <b>Middle Distance</b> Championships I ELITE Women
Saturday 17 May	13:33	Europe Triathlon <b>Middle Distance</b> Championships I PARA
Saturday 17 May	13:35	Europe Triathlon <b>Middle Distance</b> Championships I Rolling Start AGE GROUPS-OPEN-OPEN RELAY
Saturday 17 May	13:35	Europe Triathlon <b>Aquabike</b> Championships I Rolling Start AGE GROUPS-OPEN

## AWARD CEREMONIES SCHEDULE

DAY	HOURS	EVENT / COMPETITION	LOCATION
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Friday 16 May	20:00	Aquathlon I Elite	Plaza del Castillo
Friday 16 May	20:30	Aquathlon I Age Groups	Plaza del Castillo
Saturday 17 May	18:30	Medal Ceremonies / ELITE MD Triathlon I Elite	Plaza del Castillo
Saturday 17 May	20:30	Aquabike I Age Groups	Plaza del Castillo
Saturday 17 May	20:30	MD Triathlon I Age Groups	Plaza del Castillo

## EXPO SCHEDULE

TBC

## PARADE OF NATIONS, OPENING & CLOSING CEREMONIES

TBC

## REGISTRATION PROCESS

For all categories, registrations for the **2025 Europe Triathlon Middle Distance Championships Pamplona** must be made through the National Federation (NF) of the participating countries.

No individual registrations nor payment are allowed through the Local Organising Committee. National Federations are to collect the entry fees from all athletes.

Registration deadline: 17th. april 2025. National Federations will have to submit the delegation by this date.

For Age Group athletes, registrations must be made by a designated Age-Groups Team Manager.

For more information on the qualification procedure in your country please contact your National Federation. In case you are not able to get in touch with your National Federation, you should contact [agegroup@triathlon.org](mailto:agegroup@triathlon.org)

## ENTRY FEES (net price)

Event	ELITE	JUNIOR	PARA	AGE GROUP
MD Triathlon	€250	-	€250	€250
MD Aquabike	-	-	-	€190
Aquathlon	€75	€75	€75	€75

Payment must be done in Euros and all rates mentioned include taxes and VAT.

Please note that your NF entry fee may be higher than the one above to cover the national support team provided on site by your NF (team managers, bike mechanics, doctors, social functions, etc.). For more details, please contact your [National Federation](#).



## CANCELLATION/REFUND POLICY

Event	Up to 31/01/2025	From 01/02/2025
<b>MD Triathlon</b>	50% reimbursement	No reimbursement available for whatever reason
<b>MD Aquabike</b>	50% reimbursement	No reimbursement available for whatever reason
<b>Aquathlon</b>	No reimbursement available for whatever reason	

## AQUATHLON DISTANCES & COURSE MAPS

	<b>SWIM</b>	<b>RUN</b>
<b>Distances</b>	<b>1K</b>	<b>5K</b> (Elevation: +/- 43 mts. Per lap)
<b>Laps</b>	<b>1</b> (clockwise)	<b>2</b> (anticlockwise)
<b>Race Tracks by Wikiloc</b>	-	Soon

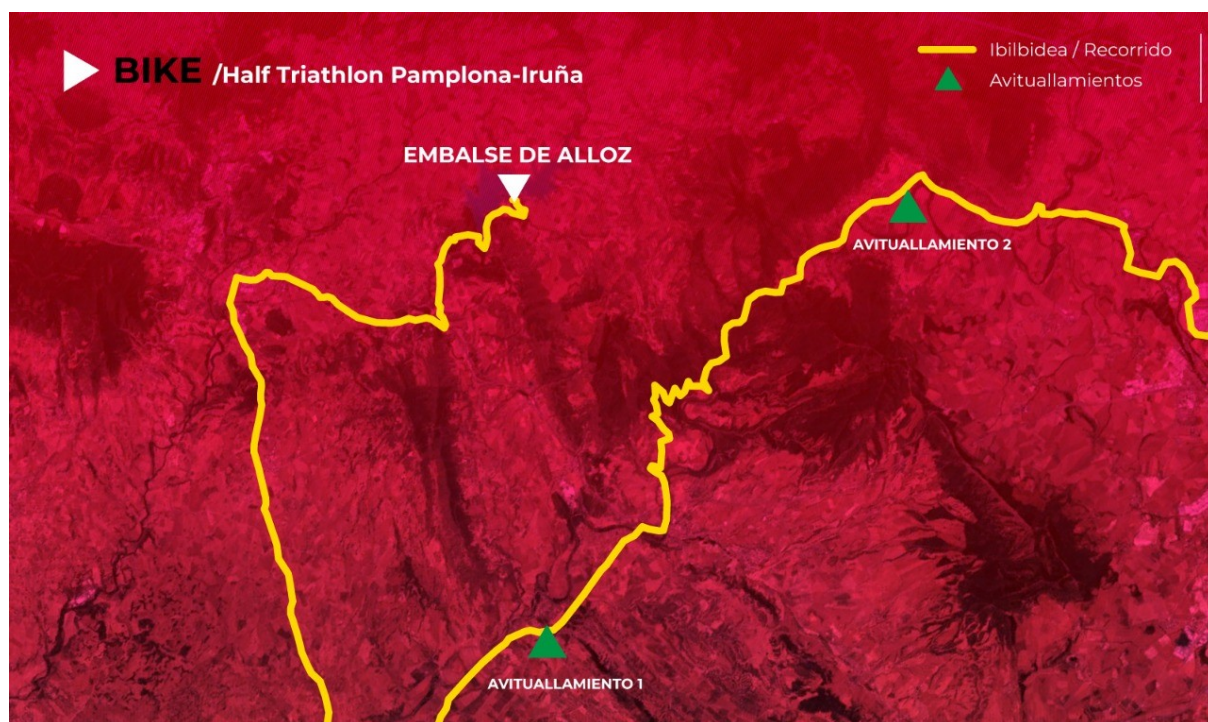
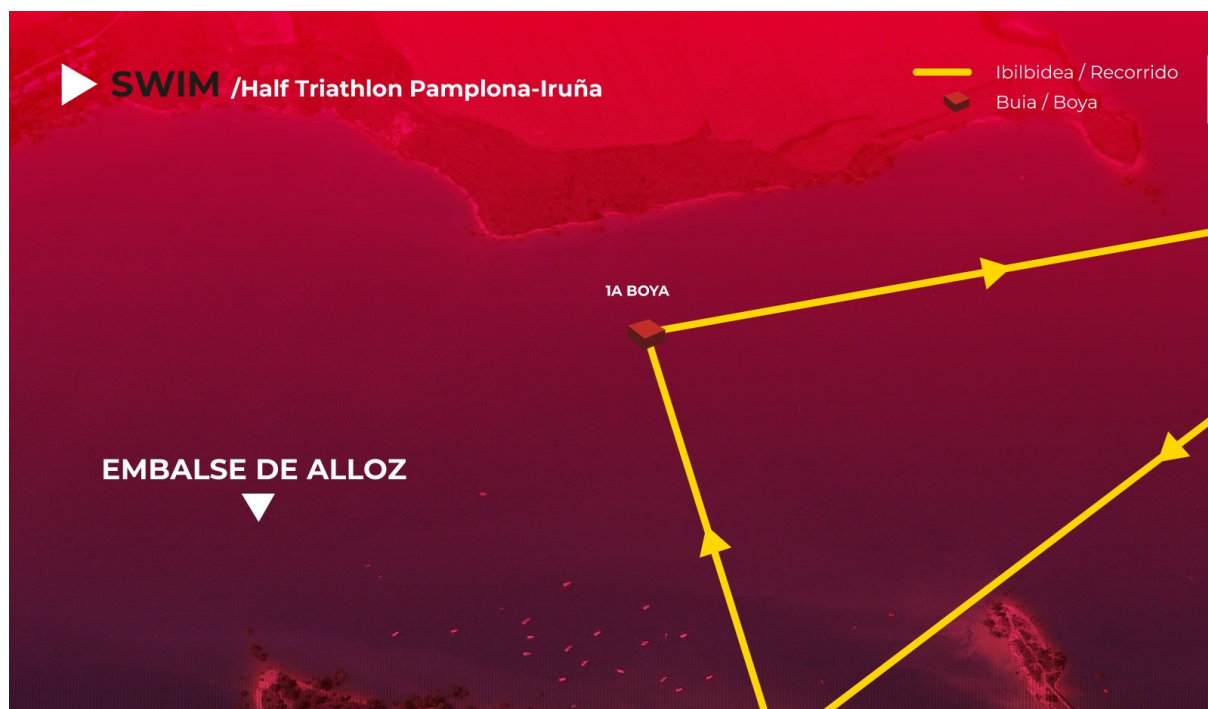




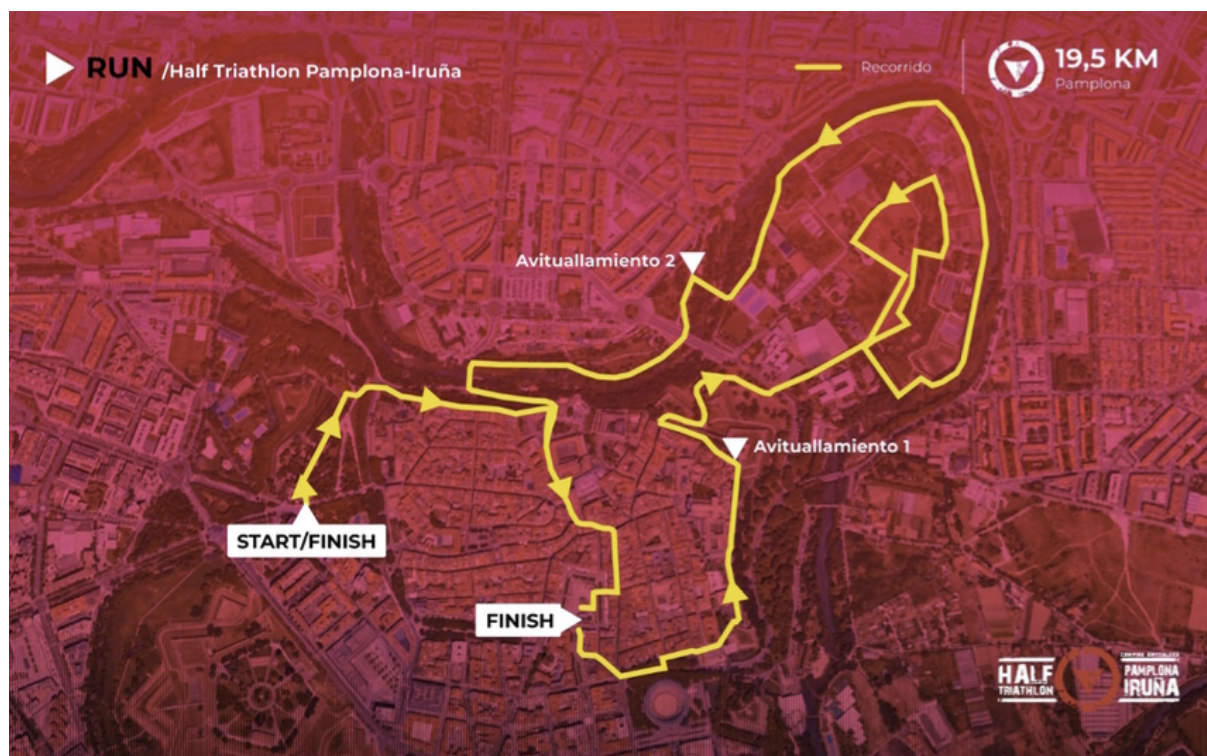


## MD TRIATHLON DISTANCES & COURSE MAPS

	SWIM	BIKE	RUN
Distances	1,9K	84,81K (Elevation: +774/-777 mts.)	19,74K (Elevation: +49/-57 mts. Per lap)
Laps	1 (clockwise)	1 (anticlockwise)	3 (anticlockwise)
Race Tracks by Wikiloc	-	<a href="https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446">https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446</a>	<a href="https://es.wikiloc.com/rutas-carrera/carrera-a-pie-tri-iruna-2022-89881667">https://es.wikiloc.com/rutas-carrera/carrera-a-pie-tri-iruna-2022-89881667</a>

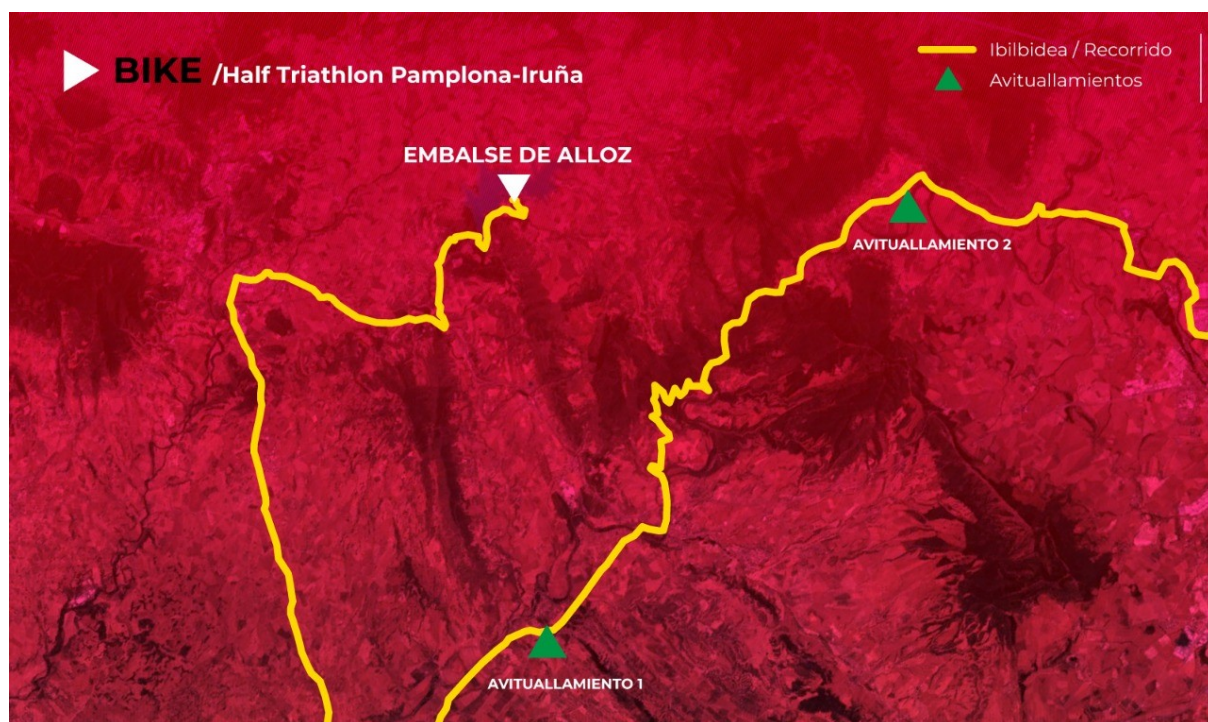
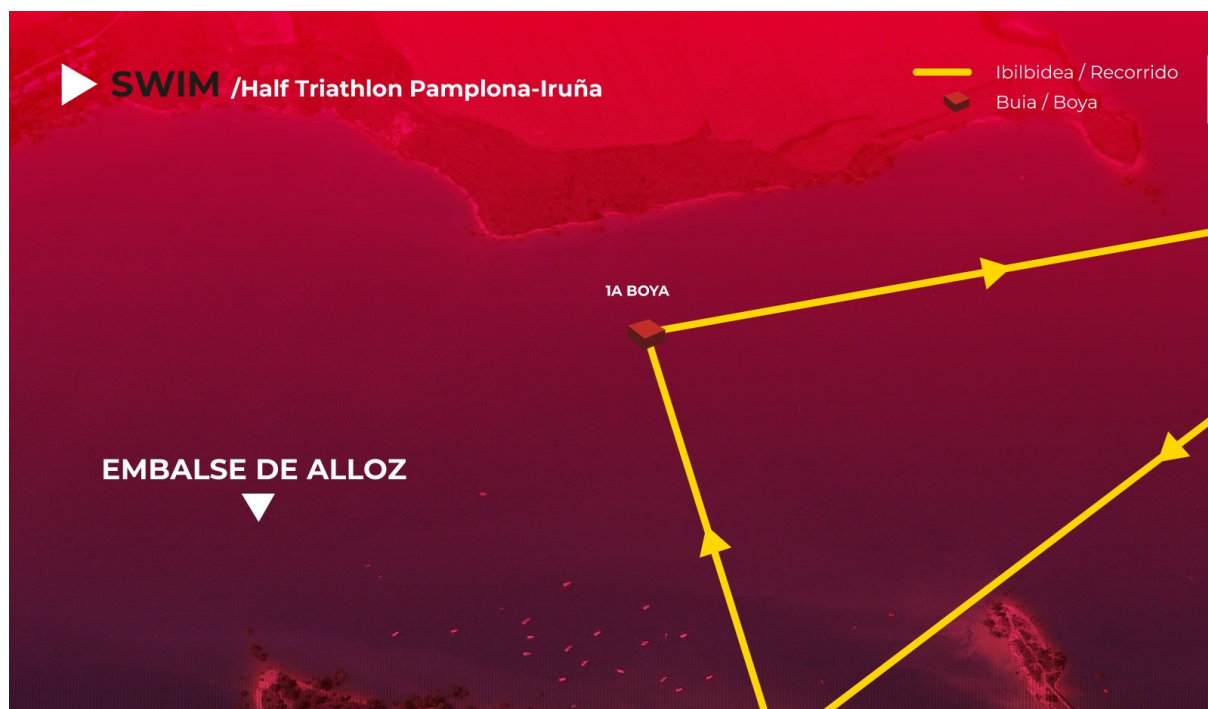






## MD AQUABIKE DISTANCES & COURSE MAPS

			SWIM	BIKE
Distances			1,9K	84,81K (Elevation: +774/-777 mts.)
Laps			1 (clockwise)	1 (anticlockwise)
Race Wikiloc	Tracks	by	-	<a href="https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446">https://es.wikiloc.com/rutas-ciclismo/circuito-de-ciclismo-2022-half-89881446</a>



## BIKE SHOPS IN PAMPLONA CITY

<https://www.mundoraintxe.com/>

<https://goicontini.com/>

<https://pedalier.es/>

## TECHNICAL BIKE SERVICE

TBC

Additionally, next to the Transition Area we will have a [Scandic ONBIZI bike repair station](#) free to use for the athletes.

Note that this technical service is only for emergency cases. All athletes must bring their bikes in perfect racing conditions.

## TRAINING FACILITIES IN PAMPLONA (SWIMMING POOLS)

<https://www.pamplona.es/en/node/5219>

## PHYSIOTHERAPY SERVICES

TBC

## RACE UNIFORM. CAN I WEAR MY OWN TRISUIT?

At the **2025 Europe Triathlon Multisport Championships Pamplona**, all athletes should comply with the approved National Federation uniform colour/format. The uniform must follow World Triathlon uniform rules. Hats, helmets and race belts with logos are allowed. For further information, please see the World Triathlon Competition Rule Book.

**Elite, U23, Para athletes** click [HERE](#) to check the Approved National Federation Elite Triathlon Uniforms

For **Age Groups athletes** in World Triathlon Championship Finals it is compulsory to wear the trisuit of your National Federation, the country you are representing. Contact your NF if necessary, **there will be no exceptions**. Check [HERE](#) the approved NF's Age Group uniforms by World Triathlon.

## CYCLING SAFETY IN PAMPLONA

### PERSONAL SAFETY

Prior to departure, please make sure your closest back home knows where you are and what to do if something bad happens (hopefully not!). As for those who come with you to Pamplona, friends and relatives, they should also know what to do and who to contact back home in case of an accident, for example.

Cycling in Pamplona: on the road, please ride always in single files. Cyclists must abide by traffic regulations and rules on the road. Be aware! Your cycling training is at your own risk.

These are some aspects to be considered regarding road rules for cyclists:

### BEFORE STARTING YOUR RIDE ON THE ROAD



Look backwards to check there are no other vehicles coming along or that they are faraway.

It is also compulsory to signal your future movements to other road users (motorists, pedestrians, etc.) by extending your arm, horizontally, at the level of the shoulder.

### **WHEN RIDING IN THE CITY**

Please, ride as close to the right side of the road as possible to allow other motorists to overtake.

If you cycle in a group, you can cycle two abreast but never more.

In case of bad weather, poor visibility or traffic congestions, ride in single files.

### **RIGHT OF WAY OF CYCLISTS**

If riding along a cycle path, a crossing for cyclists or a properly signalled shoulder, cyclists have right of way in detriment of other motorists.

Cyclists also have right of way when the motor vehicle about to take a turn, to the right or the left, aims to enter another carriageway and the cyclist is very near or when cyclists are riding in a group and the leader has initiated the manoeuvre to cross or has entered in a roundabout.

### **CYCLISTS HAVE TO YIELD THE RIGHT OF WAY**

Before a signalled zebra crossing or just before turning to enter another lane and there are pedestrians crossing, even if there is no zebra crossing, cyclists have to yield the right of way to pedestrians and oncoming traffic.

### **WHEN APPROACHING A CROSSING OR A JUNCTION**

Right of way will always be verified, respecting the signposting:

A police officer with the arm vertically raised or with the arm or arms extended.

Also, when you see a traffic light sign or signal, for example the red light or the non-flashing yellow light at the traffic lights, unless the cyclist is so close of the place where he/she is meant to stop and, thus, he/she cannot stop safely before the traffic lights. Or also before a stop sign where the cyclist must stop, or before a vertical yield sign if other motorists or pedestrians have right of way.

### **IF YOU NEED TO STOP OR MAKE A SUDDEN STOP**

Hand signals must be used to warn the other road users by lifting your arm, up and down alternatively, making short and fast movements.



### RIGHT TURN

Please keep to the right of the carriageway and check whether it is safe to turn right (check the position of other motorists on the road); give an appropriate arm signal when you wish to turn (early enough and with the right arm bent upwards and the palm outstretched), or else, with the right arm horizontally and the palm outstretched downwards.



### LEFT TURN

ONE-WAY STREET: keep as close to the left edge of the street as possible and give an appropriate arm signal early enough (the left arm horizontally extended at the level of the shoulder, the hand outstretched downwards or the right arm bent upwards and the palm outstretched).

DOUBLE-WAY STREET: respect the centre line or median, and if there isn't any, bear in mind the axis of the carriageway. Never swerve into the opposite lane (oncoming traffic).

A LANE HAS BEEN ADAPTED FOR THIS TURN: either urban or inter-urban, riders must take this lane, ASAP, and turn when traffic signalling allows it.

THE INTER-URBAN CARRIAGE HAS NO ADAPTED LANE: to take a left turn, riders must keep to the right, outside the carriageway if possible, and from this position take the turn left when it is safe to do so.



### WHEN RIDING ALONG INTERCITY/URBAN LANES

Use ALWAYS cycle lanes and cycle paths if they are available. They will mostly be signposted.



If there are no cycle lanes and/or cycle paths, keep to the right side (hard shoulder) of the road when practicable and/or wide enough, otherwise, just cycle on the carriageway but do not take more room than needed.

Cyclists can only leave the hard shoulder in a prolonged descent with curve if it is safe to do so.

### **OVERTAKING**

Before overtaking, please make sure:

- The road is sufficiently clear ahead (no oncoming traffic or too far away);
- There is a suitable gap in front of the road user you plan to overtake.

Overtake only when it is safe and legal to do so. You should:

- Not get too close to the vehicle you intend to overtake.
- Move quickly past the vehicle you are overtaking once you have started to overtake. Allow plenty of room. Move back to the right as soon as you can but do not cut in.
- Give motorcyclists, cyclists and horse riders at least as much room as you would when overtaking a car.

Please, warn other road users early enough and check there is plenty of room to overtake without putting in danger oncoming motorists. The law when overtaking: 1.5m is a minimum safe distance for overtaking in slow moving traffic. If you cannot allow the minimum distance, do not overtake until you can! SAFETY COMES FIRST!

It is not considered "overtaking" when a cyclist overtakes another cyclist when riding in a group.

### **RIDING ON MOTORWAYS AND/OR HIGHWAYS**

As a general rule, cyclists are banned from riding on motorways and/or highways. SAFETY COMES FIRST!

Ride the course: we recommend you ride the competition course (when possible) to become more familiar with it!

Medical issues: during the races, injured or ill athletes will be assessed and admitted to the Medical Tent should the medical staff deem it appropriate. The medical staff will do their best to get the athlete back on his/her feet as soon as possible.

\*IMPORTANT. All athletes must have their own insurance policy with international coverage.

<https://www.dgt.es/muevete-con-seguridad/viaja-seguro/en-bicicleta>

<https://www.dgt.es/comunicacion/noticias/20-normas-que-todo-ciclista-debe-conocer/>

## EVENT SUSTAINABILITY COMMITMENT I GOOD LOOP

Together with World Triathlon, under the **GOOD LOOP** umbrella brand, the Local Organising Committee of the **2025 Europe Triathlon Multisport Championships Pamplona** is working to achieve its social, economic and environmental sustainability. But we cannot achieve it without you. Join us and collaborate through the following actions:

- 1. Make your trips in a sustainable way:** preferably by public transport, shared car, bicycle or walking, in this way you will help reduce the carbon footprint.
- 2. Discard single-use products:** try to avoid disposables, especially single-use plastics. Try to redesign your products so they stay in the system for as long as possible, reuse, and use materials that are easily recyclable after initial use.
- 3. Consume locally:** make your purchases in local businesses, it implies less travel and more social and economic sustainability.
- 4. Preserves biodiversity:** prevents damage to the natural environment, it is our heritage and that of future generations. Participate in environmental actions related to the event.
- 5. About finite universal resources:** make responsible use of energy and do not waste water or pollute it.
- 6. The less waste the better:** it facilitates the recycling of what you generate and minimizes CO2 emissions.
- 7. Get involved in a healthy life:** exercise and eat healthy. Say NO to the use of alcohol, drugs or tobacco.
- 8. Help us to offset the carbon footprint:** report your travels to facilitate offsetting the carbon footprint and make the event much more sustainable.