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## - Supporting Information -

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Atom N°	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	1
se	1,414	1,413	1,405	1,405	1,402	1,403	1,401	1,404	1,401	1,403	1,410	1,404	1,408	1,404	1,404	Ar1-Ar2
	1,394	1,390	1,395	1,396	1,397	1,394	1,398	1,396	1,399	1,398	1,398	1,396	1,391	1,398	1,397	Ar <sub>2</sub> -Ar <sub>3</sub>
tanc	1,414	1,413	1,406	1,405	1,401	1,404	1,401	1,404	1,401	1,403	1,408	1,404	1,407	1,403	1,403	Ar <sub>3</sub> -Ar <sub>4</sub>
c dis	1,414	1,403	1,405	1,405	1,406	1,403	1,406	1,404	1,405	1,404	1,404	1,403	1,399	1,405	1,404	Ar <sub>4</sub> -Ar <sub>5</sub>
mati	1,394	1,399	1,395	1,396	1,395	1,398	1,396	1,399	1,394	1,396	1,402	1,398	1,402	1,397	1,397	Ars-Ars
Aroi	1,414	1,403	1,406	1,405	1,406	1,403	1,406	1,404	1,406	1,404	1,404	1,403	1,400	1,405	1,403	Are-Ar1
	1,523	1,511	1,510	1,512	1,511	1,515	1,515	1,519	1,518	1,516	1,521	1,517	1,522	1,517	1,521	Ar1-Ch1
	1,607	1,593	1,584	1,576	1,568	1,560	1,558	1,553	1,553	1,554	1,563	1,551	1,541	1,556	1,546	Ch1-Ch2
	1,584	1,583	1,570	1,562	1,558	1,552	1,554	1,544	1,544	1,540	1,547	1,539	1,553	1,541	1,537	Ch2-Ch3
	1,607	1,583	1,576	1,557	1,552	1,549	1,543	1,547	1,545	1,544	1,548	1,546	1,548	1,547	1,541	Ch3-Ch4
	1,523	1,593	1,570	1,557	1,551	1,549	1,545	1,547	1,546	1,545	1,544	1,545	1,544	1,546	1,544	Ch₄-Ch₅
		1,511	1,584	1,562	1,552	1,541	1,548	1,545	1,548	1,541	1,547	1,540	1,545	1,542	1,539	Ch <sub>5</sub> -Ch <sub>6</sub>
		-	1,510	1,576	1,561	1,550	1,539	1,546	1,549	1,545	1,546	1,542	1,544	1,543	1,539	Che-Ch7
		-	-	1,512	1,570	1,554	1,545	1,540	1,544	1,545	1,543	1,543	1,541	1,551	1,540	Ch7-Ch8
ncei		-	-	-	1,511	1,564	1,551	1,547	1,539	1,544	1,546	1,539	1,546	1,549	1,542	Ch8-Ch9
lista		-	-	-	-	1,512	1,559	1,549	1,542	1,542	1,546	1,540	1,547	1,548	1,547	Ch <sub>9</sub> -Ch <sub>10</sub>
atic		-	-	-	-	-	1,514	1,557	1,544	1,547	1,546	1,542	1,541	1,544	1,542	Ch10-Ch11
liphs		-	-	-	-	-	-	1,518	1,552	1,552	1,545	1,539	1,542	1,542	1,540	Ch11-Ch12
<		-	-	-	-	-	-	-	1,517	1,557	1,549	1,546	1,538	1,539	1,539	Ch12-Ch13
	-	-	-	-	-	-	-	-	-	1,516	1,554	1,547	1,549	1,540	1,539	Ch13-Ch14
		-	-	-	-	-	-		-	-	1,517	1,554	1,557	1,545	1,544	Ch14-Ch15
		-	-	-	-	-	-	-	-	-	-	1,521	1,554	1,549	1,541	Ch15-Ch16
			-	-	-	-	-	-	-	-	-	-	1,516	1,555	1,537	Ch16-Ch17
	-	-	-	-	-	-	-	-	-	-	-	-	-	1,517	1,546	Ch17-Ch18
		-	-	-	-	-	-		-	-	-	-	-		1,521	Ch18-Ch19
Q Q	Chs	Ch <sub>6</sub>	Ch <sub>7</sub>	Ch <sub>8</sub>	Ch <sub>9</sub>	Ch <sub>10</sub>	Ch11	Ch <sub>12</sub>	Ch <sub>13</sub>	Ch <sub>14</sub>	Ch <sub>15</sub>	Ch <sub>16</sub>	Ch17	Ch <sub>18</sub>	Ch <sub>19</sub>	1
4	Ar <sub>4</sub>	Ar4	Ar4	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	 Ar₄	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	Ar <sub>4</sub>	

 Table S1. Bond Distances for the cyclophanes family, in Angstrom.

			-	-				-		-						1
Atom N°	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
gles	150,11	156,58	161,79	164,37	168,94	172,71	175,41	178,04	177,64	177,24	178,39	179,85	178,05	178,22	179,53	D <sub>ω</sub> -Dα-Ar <sub>1</sub>
an	150,11	156,58	161,79	164,37	167,97	172,47	175,17	177,70	177,37	177,21	178,28	179,80	177,75	178,24	179,53	Dα-Dω-Ar <sub>4</sub>
natio	141,42	150,59	158,50	161,17	166,91	171,87	174,41	178,43	178,96	177,10	178,78	178,99	176,55	178,60	178,01	Da-Ar1-Ch1
Aron	141,42	150,59	158,50	161,17	167,97	171,84	175,08	178,54	178,18	176,21	179,31	176,42	178,17	177,85	178,01	D <sub>ω</sub> -Ar₄-Ch <sub>ω</sub>
	1,539	106,35	107,37	107,03	108,64	110,19	111,69	113,09	115,68	112,71	115,52	114,92	117,85	114,01	115,92	Ar1-Ch1-Ch2
	106,90	106,35	107,37	107,03	110,50	112,23	113,52	115,62	115,19	112,06	115,50	117,93	114,79	112,90	115,92	Ar4-Ch <sub>w</sub> -Ch <sub>w-1</sub>
	122,67	121,15	117,40	116,33	115,73	114,54	114,49	113,73	116,36	113,88	116,52	114,20	112,35	114,08	114,43	Ch1-Ch2-Ch3
	122,67	119,38	117,01	116,28	114,97	115,08	113,34	114,55	118,16	114,40	117,16	113,48	114,07	113,69	113,02	Ch2-Ch3-Ch4
	-	121,15	117,01	117,81	115,94	115,95	115,12	114,13	114,71	115,20	116,03	114,79	116,18	114,01	114,14	Ch₃-Ch₄-Ch₅
	-	-	117,40	116,28	115,89	114,43	115,79	113,61	114,05	114,09	113,52	113,19	115,51	112,65	113,45	Ch4-Ch5-Ch8
	-	-	-	116,33	113,64	114,68	114,46	114,72	117,51	114,59	115,73	114,75	113,27	116,36	114,60	Ch <sub>5</sub> -Ch <sub>6</sub> -Ch <sub>7</sub>
les	-	-			116,40	113,87	114,03	112,13	116,56	115,37	113,70	115,73	114,83	116,03	111,88	Che-Ch7-Chs
ang	-	-	-		-	115,52	113,85	115,24	115,38	115,28	114,28	114,23	114,36	117,51	115,90	Ch7-Ch8-Ch9
atic	-	-	-		-	-	115,21	112,92	112,92	114,77	115,54	113,12	115,57	115,45	115,62	Ch8-Ch9-Ch10
Alipt	- I	-		-				114,83	116,00	112,54	115,44	114,33	114,54	116,83	115,62	Ch9-Ch10-Ch11
	-	-			-			-	116,52	114,60	113,95	114,16	114,50	113,51	115,90	Ch10-Ch11-Ch12
	- I	-							-	114,88	114,87	115,73	115,68	115,03	111,88	Ch11-Ch12-Ch13
	-	-	-		-	-	-	-	-	-	115,76	117,91	113,86	115,72	114,60	Ch12-Ch13-Ch14
	- I	-					-		-			117,68	116,05	112,17	113,45	Ch13-Ch14-Ch15
	-	-	-		-	-	-	-	-		-	-	116,48	114,36	114,14	Ch14-Ch15-Ch16
	- I	-							-			-	-	114,33	113,02	Ch15-Ch16-Ch17
		-			-	-		-			-			-	114,43	Ch16-Ch17-Ch18
	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	$Ch_{\omega}$	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>u</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	$Ch_{\omega}$	$Ch_{\omega}$	Chu	1
	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	
1 2	Ch₄	Ch₅	Ch <sub>6</sub>	Ch <sub>7</sub>	Ch <sub>8</sub>	Ch <sub>9</sub>	Ch10	Ch11	Ch12	Ch13	Ch14	Ch <sub>15</sub>	Ch16	Ch17	Ch18	
F F	Ch <sub>w-1</sub>	Ch <sub>u-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>ii-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>ii-1</sub>	Ch <sub>ii-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>⊌-1</sub>	Ch <sub>ii-1</sub>	Ch <sub>u-1</sub>	
	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	
	Ch <sub>3</sub>	Ch₄	Ch₅	Ch <sub>6</sub>	Ch <sub>7</sub>	Ch8	Ch <sub>9</sub>	Ch10	Ch <sub>11</sub>	Ch12	Ch13	Ch <sub>14</sub>	Ch <sub>15</sub>	Ch16	Ch17	1

 Table S2. Bond Angles for the cyclophane family, in degree.

Atom N°	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	]
es	1,408	1,397	1,393	1,397	1,397	1,397	1,396	1,398	1,398	1,398	1,400	1,401	1,401	1,401	1,401	Ar1-Ar2
	1,399	1,400	1,402	1,398	1,397	1,395	1,398	1,397	1,398	1,399	1,393	1,395	1,393	1,393	1,394	Ar <sub>2</sub> -Ar <sub>3</sub>
tanc	1,406	1,397	1,397	1,397	1,396	1,396	1,396	1,397	1,394	1,395	1,401	1,397	1,399	1,398	1,399	Ar <sub>3</sub> -Ar <sub>4</sub>
c dis	1,408	1,402	1,400	1,397	1,397	1,397	1,398	1,398	1,399	1,399	1,399	1,400	1,399	1,400	1,400	Ar <sub>4</sub> -Ar <sub>5</sub>
nati	1,399	1,396	1,394	1,398	1,397	1,398	1,396	1,397	1,395	1,394	1,399	1,398	1,400	1,399	1,399	Ars-Are
Aroi	1,406	1,402	1,402	1,397	1,396	1,397	1,398	1,397	1,401	1,400	1,394	1,397	1,395	1,396	1,395	Are-Ar1
	1,446	1,425	1,419	1,416	1,409	1,410	1,413	1,407	1,402	1,403	1,405	1,404	1,407	1,403	1,403	Ar1-Ch1
	1,539	1,529	1,507	1,515	1,497	1,494	1,501	1,483	1,472	1,472	1,473	1,470	1,472	1,470	1,468	Ch1-Ch2
	1,567	1,575	1,557	1,555	1,544	1,545	1,532	1,536	1,530	1,530	1,532	1,535	1,529	1,546	1,530	Ch2-Ch3
	1,539	1,575	1,580	1,561	1,563	1,551	1,544	1,545	1,540	1,538	1,541	1,539	1,541	1,541	1,544	Ch₃-Ch₄
	1,446	1,529	1,558	1,561	1,552	1,549	1,552	1,538	1,538	1,540	1,539	1,545	1,543	1,541	1,546	Ch4-Ch5
	-	1,425	1,530	1,555	1,563	1,543	1,548	1,546	1,545	1,545	1,544	1,545	1,546	1,545	1,549	Chs-Chs
	-	-	1,421	1,515	1,544	1,554	1,545	1,546	1,552	1,550	1,544	1,540	1,552	1,544	1,549	Ch6-Ch7
	- I	-	-	1,416	1,497	1,541	1,563	1,538	1,544	1,545	1,539	1,544	1,551	1,540	1,546	Ch7-Ch8
LOCES	-	-	-	-	1,409	1,496	1,541	1,545	1,538	1,539	1,543	1,547	1,545	1,548	1,542	Ch <sub>8</sub> -Ch <sub>9</sub>
dista	-	-	-	-	-	1,409	1,490	1,536	1,547	1,538	1,542	1,544	1,541	1,550	1,545	Ch9-Ch10
atic	-	-	-	-	-	-	1,408	1,483	1,536	1,545	1,540	1,542	1,544	1,552	1,547	Ch10-Ch11
lipha	-	-	-	-	-	-	-	1,407	1,484	1,543	1,542	1,539	1,542	1,543	1,539	Ch11-Ch12
<	· ·	-	-	-	-	-	-	-	1,409	1,480	1,532	1,544	1,538	1,540	1,542	Ch12-Ch13
	-	-	-	-	-	-	-	-	-	1,409	1,469	1,533	1,544	1,540	1,543	Ch13-Ch14
	-	-	-	-	-	-	-	-	-	-	1,397	1,472	1,531	1,542	1,550	Ch14-Ch15
	· ·	-	-	-	-	-	-	-	-	-	-	1,399	1,471	1,529	1,546	Ch15-Ch16
	-	-	-	-	-	-	-	-	-	-	-	-	1,398	1,464	1,527	Ch16-Ch17
	· -	-	-	-	-	-	-	-	-	-	-	-		1,397	1,464	Ch17-Ch18
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1,398	Ch18-Ch19
Q	Chs	Chs	Ch <sub>7</sub>	Cha	Ch <sub>9</sub>	Ch <sub>10</sub>	Ch11	Ch <sub>12</sub>	Ch <sub>13</sub>	Ch <sub>14</sub>	Ch <sub>15</sub>	Ch <sub>16</sub>	Ch <sub>17</sub>	Ch <sub>18</sub>	Ch <sub>19</sub>	1
TA	Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	= Ar4	

**Table S3.** Bond Distances for the dioxacyclophane family, in Angstrom.

																1
Atom Nº	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
Aromatic angles	148,75	154,91	157,74	162,36	168,62	170,91	171,29	175,56	176,57	177,17	176,92	177,98	177,81	178,12	177,59	D₀-D₀-Arı
	148,75	154,91	157,83	162,36	168,62	170,57	171,27	175,56	176,66	177,34	177,08	177,47	177,58	177,88	177,44	Do-Du-Ar4
	142,63	153,52	161,62	165,30	174,25	175,76	174,25	178,03	175,62	175,49	176,18	176,27	176,45	175,79	176,14	Da-Ar1-Ch1
	148,75	153,52	158,95	165,30	174,25	175,41	177,65	178,03	177,65	177,53	174,60	175,56	175,31	174,99	175,02	D <sub>ω</sub> -Ar₄-Ch <sub>ω</sub>
	107,54	106,95	107,89	108,29	113,54	112,45	111,64	117,45	120,84	120,71	120,21	118,44	118,17	119,58	119,42	Ar1-Ch1-Ch2
	107,54	106,95	106,58	108,29	113,54	114,02	114,96	117,45	117,78	116,63	122,90	121,43	121,50	120,99	120,57	Ar4-Chw-Chw-1
	122,13	121,27	120,37	115,20	115,24	113,44	111,51	113,45	112,54	112,30	113,47	112,29	112,17	113,34	112,69	Ch1-Ch2-Ch3
	122,13	122,40	130,00	117,52	116,21	115,25	117,54	115,19	115,35	114,45	115,67	112,71	112,42	114,04	112,35	Ch2-Ch3-Ch4
	· -	121,27	124,21	121,03	114,91	116,86	118,13	113,05	113,16	114,43	113,17	114,62	114,30	114,87	115,81	Ch₃-Ch₄-Ch₅
les	· -	-	115,12	117,52	114,91	114,86	119,60	114,96	114,70	112,22	114,17	115,72	117,13	116,04	116,84	Ch₄-Ch₅-Ch₅
	· -	-	-	115,20	116,21	114,10	118,63	116,17	114,27	113,88	116,09	114,75	115,14	116,52	118,55	Ch5-Ch6-Ch7
	- I	-	-	-	115,24	115,60	112,29	114,96	114,50	114,58	114,41	114,69	116,40	114,85	116,90	Ch6-Ch7-Ch8
ang	- I	-	-		-	114,76	117,41	113,05	113,09	112,71	114,49	114,04	115,61	115,69	115,95	Ch7-Ch8-Ch9
atio	· -	-	-		-	-	114,35	115,19	114,04	114,71	114,49	114,94	115,49	115,82	114,84	Ch8-Ch9-Ch10
Alipt	· -	-	-		-			113,45	114,61	112,97	112,59	112,98	114,44	117,44	115,65	Ch9-Ch10-Ch11
	· -	-	-		-	-	-	-	113,54	114,11	115,89	113,72	113,10	115,52	113,79	Ch10-Ch11-Ch12
	· -	-	-		-					112,99	115,44	115,19	113,75	115,50	115,27	Ch11-Ch12-Ch13
	· -	-	-		-	-				-	109,34	115,09	115,04	112,37	114,73	Ch12-Ch13-Ch14
	- I	-	-		-	-	-	-		-	-	109,31	114,93	115,67	113,78	Ch13-Ch14-Ch15
	· -	-	-		-					-	-		108,90	114,53	116,56	Ch14-Ch15-Ch16
	- I	-	-	-	-	-	-			-	-	-	-	107,40	116,97	Ch15-Ch16-Ch17
	· -	-	-		-						-		-	-	107,78	Ch16-Ch17-Ch18
	Chω	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	$Ch_{\omega}$	$Ch_{\omega}$	Ch <sub>w</sub>	Chu	Ch <sub>w</sub>	Ch <sub>w</sub>	Ch <sub>w</sub>	1				
	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	
₽	Ch4	Chs	Ch <sub>6</sub>	Ch <sub>7</sub>	Cha	Ch <sub>9</sub>	Ch <sub>10</sub>	Ch11	Ch <sub>12</sub>	Ch <sub>13</sub>	Ch <sub>14</sub>	Ch <sub>15</sub>	Ch16	Ch <sub>17</sub>	Ch <sub>18</sub>	
F	Ch <sub>w-1</sub>	Ch <sub>te-1</sub>	Ch <sub>il-1</sub>	Ch <sub>M-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>w-1</sub>	Ch <sub>id-1</sub>	Ch <sub>id-1</sub>	Ch <sub>te-1</sub>	Ch <sub>te-1</sub>					
1	=	=	=	=	=	=	=	=	=	=	=	=	=	=	=	
1	I Ch <sub>3</sub>	Ch₄	Chs	Cha	Ch <sub>7</sub>	Cha	Cha	Ch10	Ch11	Ch <sub>12</sub>	Ch13	Ch <sub>14</sub>	Ch <sub>15</sub>	Ch <sub>16</sub>	Ch17	1

 Table S4.
 Bond Angles for the dioxacyclophane family, in degree.



Figure S01. High dilution system used in the acyloin condensation.



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 5-oxo-5-phenyl pentanoic acid (**P1**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 5-phenyl pentanoic acid (**P2**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for ethyl 5-phenyl pentanoate (**P3a**).





<sup>1</sup>H and <sup>13</sup>C NMR spectra for 5-ethoxycarbonyl pentanoic acid (**P4a**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 5-ethoxycarbonyl pentanoyl chloride (P5a).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for ethyl 5-(4-(4-ethoxycarbonyl)phenyl)-5-oxo-pentanoate (P6a).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for methyl 5-(4-(4-methoxycarbonyl)phenyl)-5-oxo-pentanoate **(P6b)**.



<sup>1</sup>H and <sup>13</sup>C NMR spectra for diethyl 5,5'-(1,4-phenylene)dipentanoate (**P7a**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for dimethyl 5,5'-(1,4-phenylene)dipentanoate (**P7b**).



<sup>13</sup>C NMR spectra for 7-hydroxy-1(1,4)-benzenecycloundecaphan-6-one (**P8**) and 1(1,4)benceneocycloundecaphan-6,7-diol (**P9**) mixture.



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 1(1,4)-benzenecycloundecaphan-6,7-diol (**P9**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 1(1,4)-benzenecycloundecaphane (**P10**).



<sup>13</sup>C NMR spectra for 1(1,4)-benzenecycloundecaphan-6,7-diyl dimethanesulfonate (**P11**).





<sup>1</sup>H and <sup>13</sup>C NMR spectra for 1,8-octanediol (**P12**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 1,8-dibromooctane (**P13**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 2,11-dioxa-1(1,4)-benzenecycloundecaphane (**P15**) in one step.



<sup>1</sup>H and <sup>13</sup>C NMR spectra for *p*-hydroxyphenyl-8-bromooctyl ether (**P14**).



<sup>1</sup>H and <sup>13</sup>C NMR spectra for 2,11-dioxa-1(1,4)-benzenecycloundecaphane (**P15**) in two steps.