



THE MANUAL

REACH
NEW
HEIGHTS



Dear Rider,

As you know, one of the major objectives of the Haute Route is to guarantee the safety of all riders who come to take part in the event.

Due to the pandemic, which is still active today, the Haute Route has to adapt its health measures.

In addition to the generic safety measures, we are currently working on a strict and highly tailored process that can be applied to certain aspects of the Haute Route

experience, such as briefings, departures, feed stations and arrivals. All riders will be informed about these measures in the next few weeks in their individual road book. Of course, in addition to these additional measures, the standard precautions also apply to our event and we strongly recommend each rider do their best to follow these recommendations to ensure the safety of all.

SANITARY PROTOCOL



Keep distance 1m



Wearing a mask mandatory in the village and confined spaces



Hand sanitizer



Hand cleaning and disinfection



Contents

Welcome to the 2020 Haute Route!

As there is much more to the Haute Route experience than just turning up for the event, the purpose of this guide is to outline all the information you will need to organise your event and to help you to reach new heights. On top of this guide, you will receive your Rider's Roadbook 3 weeks prior to your event with detailed information about each stage.

Ride safe and see you in the mountains,

The Haute Route team

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Stay Connected

Meet-ups

Get advice and insights from our team of ambassadors and take the opportunity to connect with other riders:

- Partner stores
- Training centres
- Hubs & Cafés
- Zwift

View our next meet-ups:

hauteroute.org/ambassadors/month

If you have any questions regarding your preparation for your first or next Haute Route challenge, you can also consult our 'Training' section.

Follow us on Social Media #HauteRoute

 [cyclinghauteroute](https://www.facebook.com/cyclinghauteroute)

 [@haute_route](https://twitter.com/@haute_route)

 [@haute_route](https://www.instagram.com/@haute_route)

 [hauteroutetv](https://www.youtube.com/channel/UC...)

 [haute route](https://www.strava.com/clubs/haute_route)

 [haute route](https://www.linkedin.com/company/haute_route)



Registration Day

The event village will be open on Thursday afternoon.



1

VILLAGE ARRIVAL – We advise you to arrive at the Event before 4pm. Before exploring the village and visiting partners' and exhibitors' booths, make sure you follow the steps outlined below.



2

BIKE PARK – If you brought your bike with you to the village use the secure bike park while you complete the registration process.



3

BIB COLLECTION – Collect your bib and bike plate (you will need one form of photo ID).



4

REGISTRATION PACK COLLECTION – Get your official Haute Route jersey, goodies from partners and backpack (25L).



5

OFFICIAL PHOTO – Don't forget to have your official Haute Route picture taken.



6

BIKE PLATE – Once you've collected your registration pack, attach your bike plate on to your handlebars. It is forbidden to alter, cut or fold your bike plate.



7

WELCOME BRIEFING – Once you have completed all these steps and have visited our partner and exhibitor stands please ensure that you attend the mandatory Rider Briefing.

N.B: The Rider Briefing will be followed by the Event Supporter Briefing which is mandatory for friends and family following the event by car.



8

PASTA PARTY – To start the Haute Route in the right way, make new friends over dinner at the Pasta Party, which will take place after the Rider Briefing.

Finally, don't forget to pick up your bike if you used the bike park. There is no secure bike park overnight.

Registration Pack



LE COL JERSEY

Receive your Jersey at the Le Col stand



KITBRIX BACKPACK

To put your change of clothes for each day



BACKPACK TAG

To insert in the pocket on the side of your backpack



BIKE PLATE & CABLE TIES

To be secured on your bike's handlebars



BIB NUMBER AND PINS

Attach the bib number on your back with the pins provided



ROADBOOK

To be referred to during all event



2 BIKE STICKERS

With profile info for each stage



WATERPROOF POUCH



PRECISION HYDRATION ELECTROLYTE TABLETS



HAUTE ROUTE LANYARD



ID CARD

ID card to give you access to all services on event

What To Take With You

While every rider will have their own personal preference, this is a suggested list of what to take on the bike and in your backpack (dropped off at the start/collected at the finish of each stage):



Mandatory Equipment

Hard-shell helmet
Long sleeve thermal jacket
Thermal overshoes

Leg warmers
Full finger winter gloves
Red back light



On The Bike

A windbreaker/gilet
Water/drinks bottles
Cereal bars, dried fruits, energy gels
A pair of sunglasses
A mobile phone in your waterproof pouch
Spare inner tubes or sealant for tubeless tyre
Tyre-levers
A pump or a CO2 canister
A multi-tool including chain tool



Kit

Jerseys
Shorts
Base layers
Gilet
Cycling cap
Beanie
Arm warmers
Leg warmers
Knee warmers
Shoes
Socks
Buff



In Your Backpack

Haute Route ID Card
Comfy clothes
Shoes
Tech
Chargers
Toiletries
Towel
Compression socks



Nutrition

Bars
Gels
Electrolyte tablets
Recovery drinks



Protection

Sun cream
Chamois Cream

Accommodation



Make the most of your experience

Our Event hotels have been chosen for their proximity to the Event Village and the race services. If you are looking for accommodation to ease your logistics we recommend our event hotels which also include early sportive breakfast options, secure bike storage and late check-out on the Sunday.

Select the accommodation package that fits your needs, you have various choices from budget to premium hotels. You can find more information on each event page on our website.

Nights included:
Thursday, Friday and Saturday.



Extra nights

You can book extra nights before or after the event through our organisation or directly with the hotel. Contact us to know what is the best for your event.



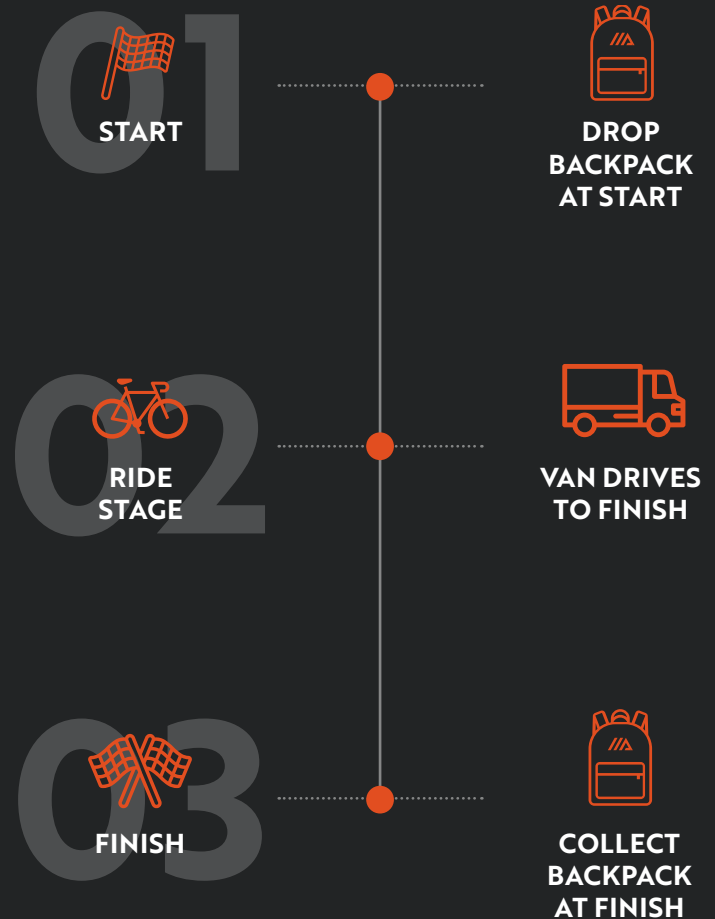
Friends & Family accommodation

You have friends and family coming to the event to support you? You can book accommodation for them on your customer account. For any specific request (additional bed in a room for children/babies), please contact us.

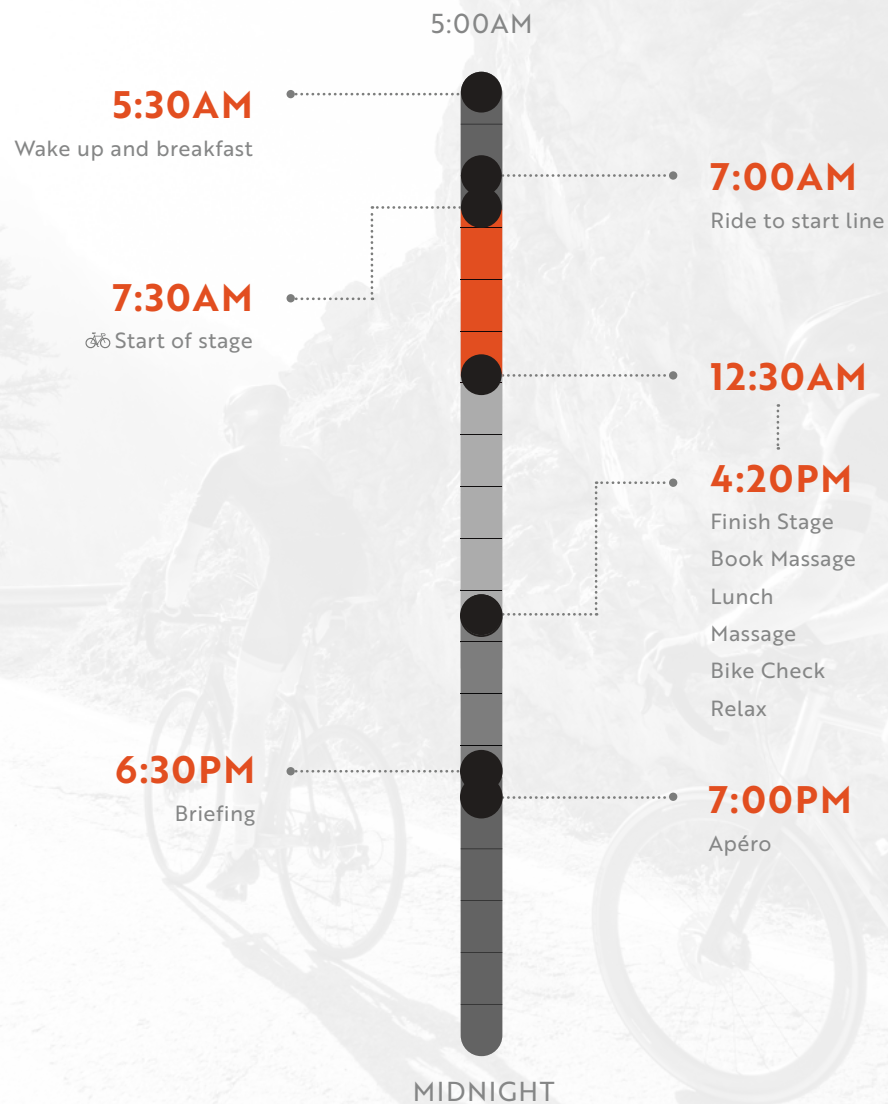


Bag Logistics

Conceived by KitBrix, your Haute Route Pockit backpack is included in your entry fee (except for Compact course). You will collect it at registration.



A Typical Day



Actual times may vary

Rules And Regulations

It is important to be aware of all the Rules & Regulations of the Haute Route which include timekeeping & rankings, time limits, equipment allowed, safety, medical and personal assistance, anti-doping and other important topics.

Your road bike

The following equipment is strictly forbidden:

- Any handlebar extension system
- Recumbent bikes, monocycles, tandems, or electric bikes
- Bottles made of non-deformable material (glass, aluminium, ...)
- Wheels with less than 12 spokes

The following equipment on your bike is mandatory:

- A red light at the rear

Cut-off times

Cut-off times for each stage will be communicated in your Riders' Roadbook. For safety reasons, after the cut-off time you will no longer be able to continue on the route and you will be picked up by the broom wagon. In some occasions, the cut-off times are imposed by public authorities and the Haute Route will enforce them. In other occasions when safety can be guaranteed, the Race Director might be able to use more flexibility with the riders.

Abandon

In case you abandon the race, you must inform the organisation by calling the Haute Route hotline.

Road safety

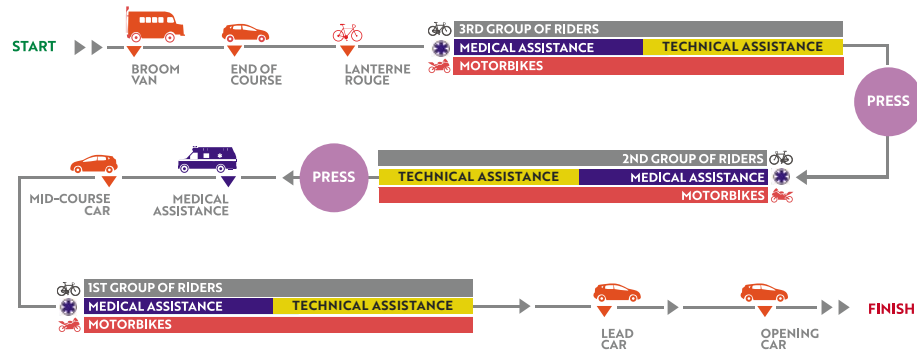
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|---|---|
|  |  |
| Respect traffic rules at all times | Ride on the right-hand side of the road |
|  |  |
| Respect traffic signs of the Haute Route | Respect other road users (not involved in the event) |
|  |  |
| Wear your helmet at all times | No earphones |

Sustainability

By entering the Haute Route, you commit to respect the environment and the natural areas visited. It is strictly forbidden to leave any type of waste (paper, plastic packaging etc) on the course. Any rider caught throwing waste on the course can be penalised or even disqualified.

Safety And Support

Organisation



Technical Assistance

The official technical assistance is the only party authorised to provide assistance on the course outside of designated feed stations. Riders receiving outside assistance - mechanical or otherwise - are liable to penalties and ultimately disqualification.

- Every participant is expected to be self-sufficient in the case of a puncture
- If you suffer a mechanical, please be patient and inform the driver of the closest course vehicle. Time waiting for technical assistance cannot be deducted from your race result.
- Technical assistance will be available in the event village and at the start line.

Although there may be some bike shops close to the course, we recommend you bring specific spares including:

- A rear-mech hanger
- Allen keys specific to your bike
- Spare brake blocks (front and rear)
- Inner tubes with the correct length valves, CO2 cartridges and a pump

Medical Assistance

Available 24/7:

- Emergency Doctors
- Professional Nurses
- Ambulances

Transition

Some stages can include a transition after the stage to go from the finish line to the Event Village. Haute Route signage will be on the road however roads will be open to traffic so you will have to respect the traffic rules. We recommend you wait for your friends and ride as a group.

Start convoy

Most stages will begin with a non-timed secure convoy to roll out of the city. The peloton will ride at the pace of the Head of Race car until the first timing mat. The start convoy is included in the distance of the stage.

Signage

Event Signage

Stage Course



Route to start line



Route back to village



Warning



Danger



Timing



Start Col



Distance to summit



Distance to finish

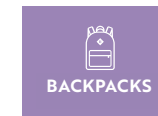


Refreshment point



Village Signage

The various services offered in the village are identified by these signs (non-exhaustive list):



Vehicle Accreditation

Car Front



Compact

The Haute Route Compact format, available on select 3-day events, is a great starting point for cyclists new to Haute Route. About 30% shorter and featuring less climbing, the Compact format is challenging, fun, and an authentic Haute Route experience in every way.

Rankings

Participants in the Compact course will be ranked in the following categories:

- Solo Men
- Solo Women

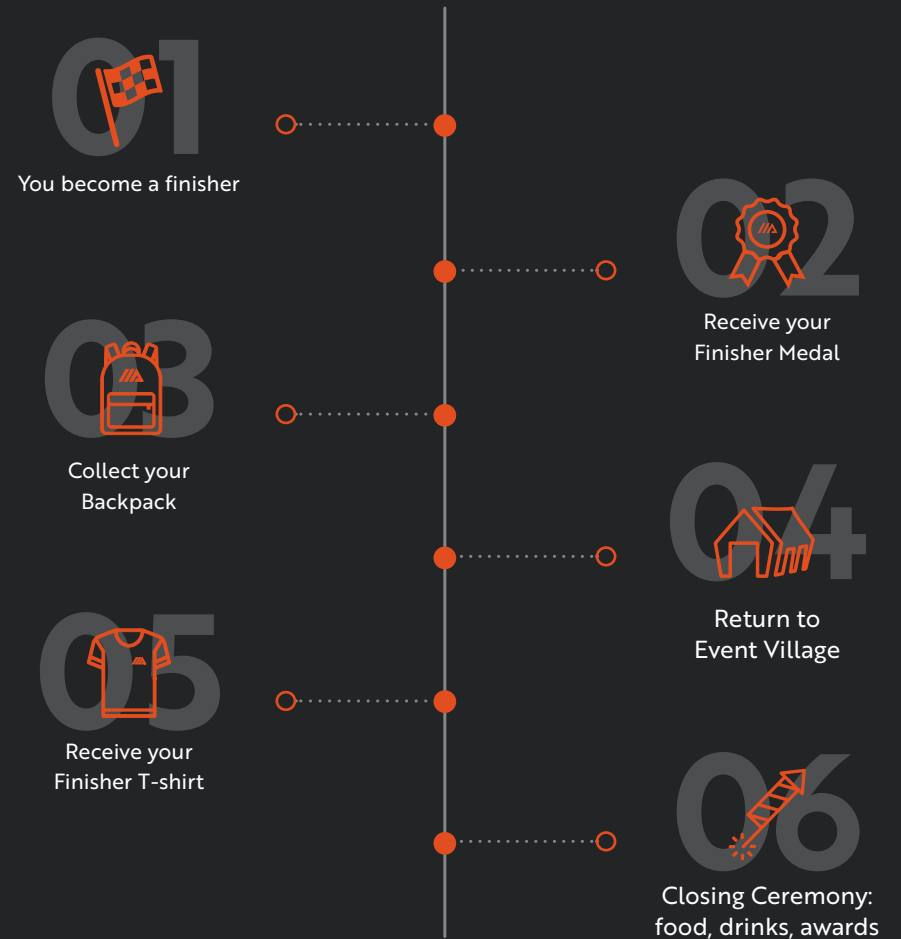
Note that there is no Duo ranking for the Compact course.

To appear in the Compact classification, you have to choose this format upon registration and then complete all Compact stages. If you register for the Original format and choose to ride the Compact course, you will not appear in the Compact rankings.

There will be a dedicated prizegiving ceremony for the Compact format each day.



Final Day Operations



The Haute Route airport shuttle will leave from the Event Village or event hotels, we will let you know the details well in advance.

We advise you to leave the venue after the well-deserved closing ceremony around 2 or 3pm on Sunday.

Event Partners

Official Global Partners



Official Global Supplier



Official Charity



Official Event Supplier



Official Event Supporter



Host City Partner



2021 HAUTE ROUTE CYCLING SERIES

9 EVENTS • 7 COUNTRIES • 3 CONTINENTS

	Haute Route Watopia · 3 DAYS February	Zwift
	Haute Route Brazil · 3 DAYS* 26 - 28 March	Florianópolis
	Haute Route Crans-Montana · 3 DAYS 11 - 13 June	Crans-Montana
	Haute Route Pyrenees · 5 DAYS 6 - 10 July	Girona - Pau
	Haute Route Alps · 7 DAYS 22 - 28 August	Megève - Nice
	Haute Route Dolomites · 5 DAYS 31 August - 4 September	Cortina d'Ampezzo - Bormio
	Haute Route Ventoux · 3 DAYS* 1 - 3 October	Bédoin
	Haute Route Oman · 3 DAYS 29 - 31 October	Nizwa
	Haute Route Mexico · 3 DAYS* 5 - 7 November	Valle de Bravo

*Include a compact format

REACH NEW HEIGHTS



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