

THE ULTIMATE GUIDE  
FOR A FIRST-TIMER

# BECOME AN HAUTE ROUTE RIDER



HAUTE ROUTE

# Welcome to HAUTE ROUTE



## THE CONCEPT

**Moving mountains since 2011 so you can reach new heights.**

Born in the mountains and raised on the road, Haute Route is driven by a passion for soaring heights and personal feats. We pave the way to the most intense experience of your life.

Our challenges range from 3, 5 and 7-day events in iconic cycling destinations worldwide. We provide the opportunity to

## THE CHALLENGE

**The road can seem long, hard and lonely, but together we are stronger.**

At Haute Route, we believe that, with a little help, we can all overcome the obstacles that keep us from being the best we can be. Whether it is the pressure we put on ourselves, the pressure society puts

## THE HAUTE ROUTE FIRST-TIMER GUIDE

**You're still wondering if the Haute Route is for you...**

This guide will help answer most of your questions, from choosing which event is

ride unique routes and legendary climbs in a peloton of passionate cyclists, just like you. Whatever your ranking is and whoever you're riding with, you'll find a supportive and positive atmosphere to help you reach new heights.

Our team of professionals has you covered with a range of premium services before, during and after the events. Haute Route services make the difference and allow you to aim for great challenges.

on us or our own physical limitations - real or imagined - we believe you are tougher than you think.

So, if you're the type of person who never does things by halves, rest assured that when you ride with us there's no stopping you from going all the way.

best for you to how to prepare for your ride. Allow us to help you guide your way through an exceptional journey and become part of the Haute Route community in 2022!





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## 2022 HAUTE ROUTE SERIES

5 events · 3 countries

**3 DAYS**  **ALPE D'HUEZ**  
 24-26 June

Biarritz - Saint-Lary-Soulan  
**5 DAYS**  **PYRENEES**  
 5-9 July

Nice - Megève  
**7 DAYS**  **ALPS**  
 21-27 August

Bormio - Cortina d'Ampezzo  
**5 DAYS**  **DOLOMITES**  
 29 August - 3 September

**3 DAYS**  **DAVOS**  
 23-25 September

Moving mountains since 2011 so you can



**REACH  
NEW  
HEIGHTS**



# Find the ideal Haute Route journey for you

## TRAIN, DISCOVER, CHALLENGE!

### Haute Route Compact

A more accessible cycling experience. An ideal starting point for cyclists new to Haute Route, The Compact format is available on select 3-day events. These rides are 30% shorter than the original format and feature less climbing. Nevertheless, the Compact format is still challenging, fun, and an authentic Haute Route experience in every way where our team, exceptional services and amenities are always available. It is also a great option for groups with varying fitness levels and Haute Route veterans looking for shorter days on the bike.

Available on: Davos and Alpe d'Huez 2022

### Haute Route 3-day

Perfect for cyclists seeking a new adventure within a limited number of days. Haute Route 3-day events are authentic, full-service Haute Route experiences in world-renowned cycling destinations – the Alpe d'Huez and Davos. The events feature two classic mountain stages and finish with an uphill time trial on the final day to facilitate your travel plans. Whether you come to compete, challenge yourself, or enjoy the scenery with new and old friends, there's no better way to spend a long weekend on the bike!

Available on: Davos and Alpe d'Huez 2022

### Haute Route 5-day

An immersive Haute Route experience, riding point-to-point through the world's best cycling destinations. From the wild Pyrenees to the dramatic Italian Dolomites, Haute Route 5-day events are a true adventure, traversing countries and scaling mountain ranges. The five-day format allows riders to fully lose themselves in a long, roaming challenge. An immersive experience you will never forget, conquer long, thrilling days in the saddle, alongside a peloton of passionate, supportive riders.

Available on: Dolomites and Pyrenees 2022

### Haute Route Alps

Meet the highest, toughest and founding event in the Haute Route cycling series. A 7-day Haute Route is a challenge and accomplishment you will never forget. Ride long point-to-point stages in the Alps with mechanical, nutritional, safety, and logistics support normally reserved for pro races.



### Ride Your Way: Choose to ride with a team or solo

With all our events, you have the choice to take on the challenge as a solo rider or as a team (4-6 riders). Each team will make their own strategy to get three of their riders to the finish line as fast as possible. The ranking will be based by cumulating the times of the three fastest members. For Mixed teams it must include the times from at least one woman and one man on each stage. Each rider of the team will also be ranked in the solo General Classification.

An official prize ceremony will take place at the end of each day to celebrate the biggest stars of each stage.



**HAUTE ROUTE**  
ALPE D'HUEZ

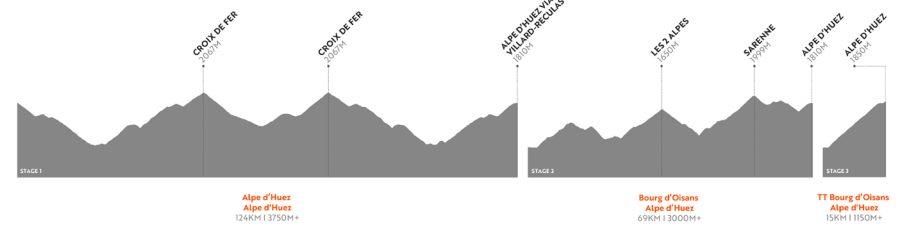
# Haute Route Events

Live the full Haute Route experience with our expertly-curated routes, unrivaled services and sense of community.

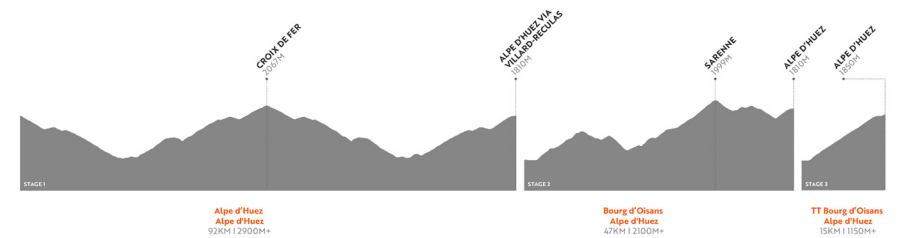
Take on the most famous cycling destination in the world, the Alpe d'Huez. In a course steeped in cycling history, discover the surrounding climbs which make this region a Mecca for road cyclists. With two classic stages, plus a time trial up the famous 21 switchbacks, this is one ride you do not want to miss.

[Discover this event >](#)

### Original



### Compact



# HAUTE ROUTE PYRENEES

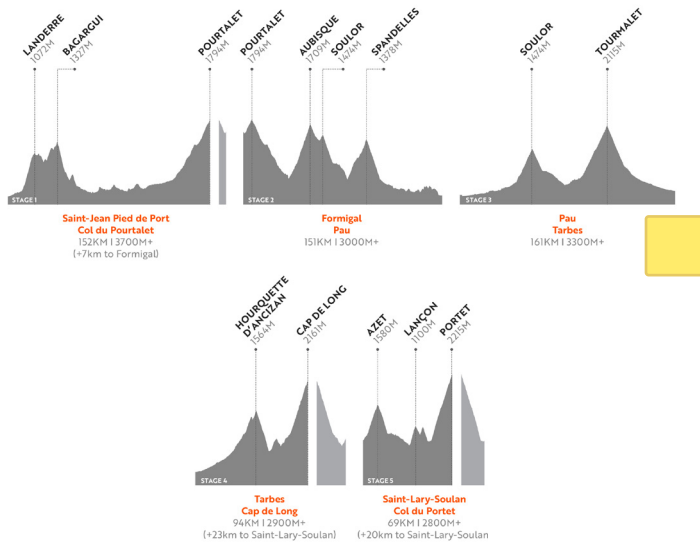
BIARRITZ - SAINT-LARY-SOULAN

5-DAY



Enjoy peaceful, narrow roads inaccessible to pro races, encounters with wild animals and a chance to appreciate the untamed chain of peaks which make the Pyrenees world-renowned. Immerse yourself into some of France's most pristine and untouched landscapes through the Basque country and into the Hautes-Pyrenees on challenging and breathtaking roads. From legendary cols like the mighty Tourmalet to some breathtaking hidden gems, this five-day challenge will be the adventure of a lifetime.

[Discover this event >](#)



# HAUTE ROUTE ALPS

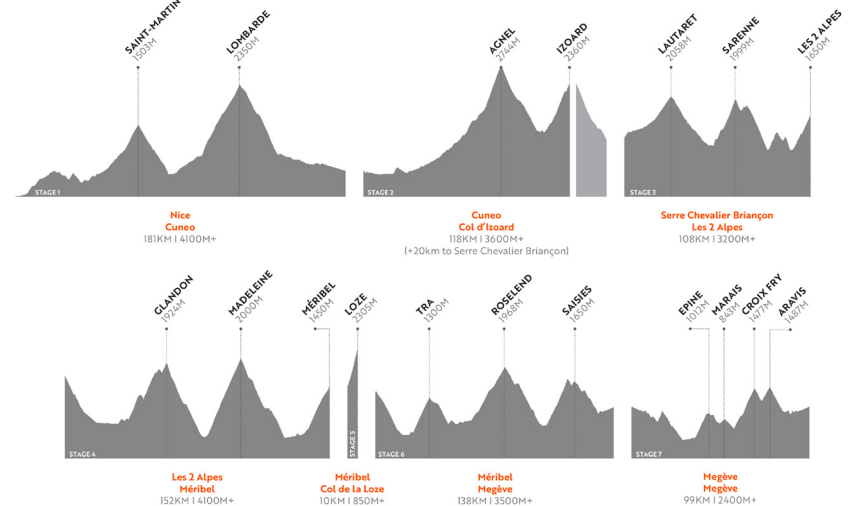
NICE - MEGÈVE

7-DAY



Described by Cyclist Magazine as "leg-shredding and life-changing in equal measure", the flagship event of the Haute Route Cycling Series is a challenge like no other. The course is packed with bucket list climbs made famous by the Tour de France, plus a host of cols over 2,000 metres above sea level. The crown jewel in the Haute Route calendar gives you the rare opportunity to pin on a number and test yourself on many of the world's most famous climbs as well as long, point-to-point stages.

[Discover this event >](#)



# HAUTE ROUTE DOLOMITES

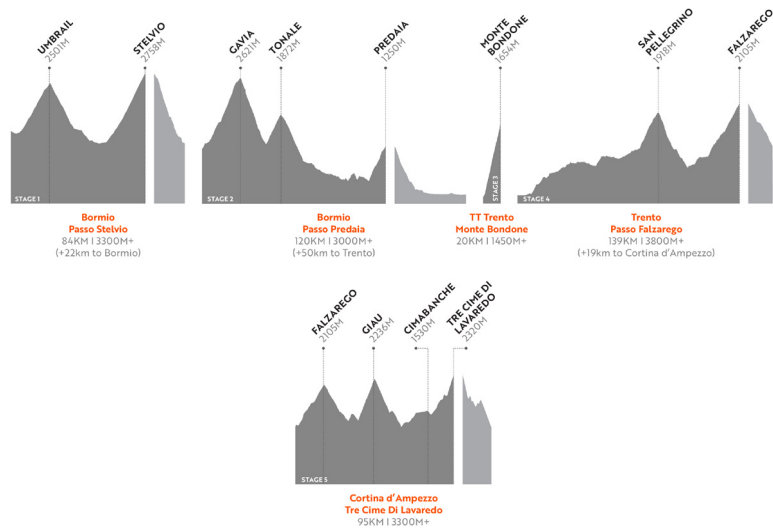
BORMIO - CORTINA D'AMPEZZO

5-DAY



Stunning, steep, and legendary, the iconic climbs in the Dolomites draw cyclists from all over the globe. Conjuring images of vast pine forests crashing into immense limestone towers, it's little wonder why this land of epic contrast has become one of the world's most important cycling destinations. During the Haute Route Dolomites, you'll have the unique opportunity to pin on a number, and test yourself or compete against friends for bragging rights on some of the most famous cycling climbs in the world. Tick off countless bucket list summits and unforgettable climbs above 2,000 metres in five days exploring the best of this legendary region, all the while guided by same safety motorbike escorts as the Giro d'Italia.

[Discover this event >](#)



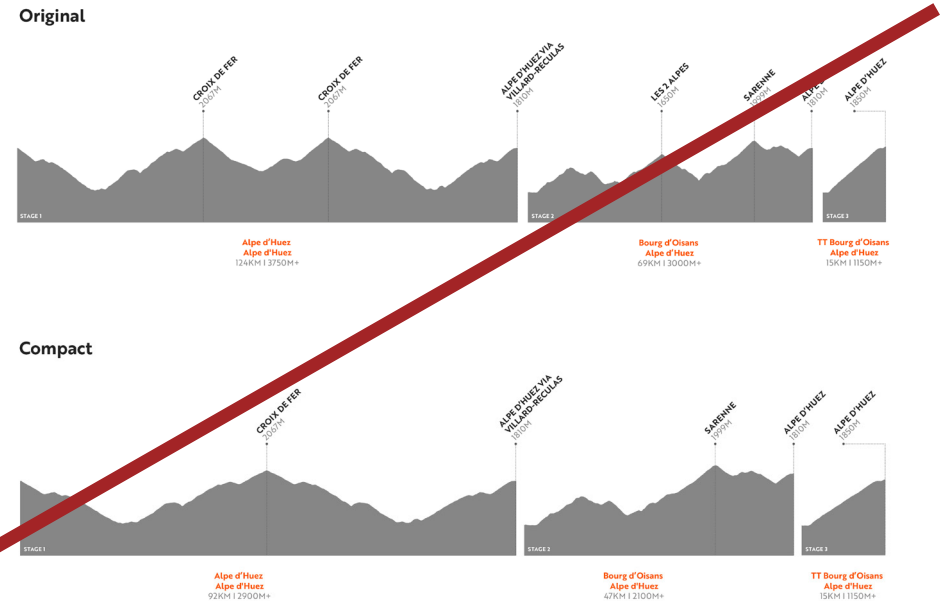
# HAUTE ROUTE DAVOS

3-DAY



Switzerland is well known for its picture postcard scenery, and the vast, breathtaking vistas of the Graubunden region do not disappoint. The dark timber of charming, centuries-old villages and pastel-coloured waters of wild rivers punctuate this idyllic landscape, tucked away in the east of the Swiss Alps.

[Discover this event >](#)



# Join the Community

You will never be alone before, during and after the event!

At Haute Route, our community is at the core of everything we do. Each rider is considered a part of the family, all year long - we do everything we can to keep you updated before, during and after each event. We guarantee you'll meet new teammates and lifelong friends when you join the Haute Route family.

## Before the Event

Once you've signed-up, we recommend you join our Facebook page for the event you're attending to get to know your fellow riders, share advice and keep up-to-date with all the latest information around the race days.

We understand that training plays a crucial part to all our events. If you're in need of some motivation our virtual training platform, FulGaz ideal for home training sessions that make you feel connected to your final goal. With FulGaz you can access around 1500 rides in more than 30 different countries, directly from your living room. Find out more.

If you're looking to meet other riders before the event, why not join our community, Haute Route Nation. More than just a club, this is a global community of passionate cyclists brought together by a love for reaching new heights. You can benefit by accessing special services, training insights and exclusive offers. Find out more.

## Event Facebook groups

Ask all your questions to other fellow riders

**Haute Route Dolomites**

**Haute Route Alps**

**Haute Route Pyrenees**

**Haute Route Alpe d'Huez**

**Haute Route Davos**

## 02 During the Event

We will have dedicated staff throughout the journey to ensure you have everything you need during the event, including:

- Dedicated hotline for any questions
- Emergency number available 24/7
- Mechanical assistance at the village, start line and on the road
- Pre-event rides for warm-ups with Haute Route Ambassadors
- 120 staff members onsite to guarantee your safety and comfort

## 03 After the Event

It's important to us to keep the community together post-events. So make sure you join our dedicated Facebook groups to share your feedback, photos and favourite memories and to keep in touch with new friends and riders you met during the journey.

## Website & Social Media

hauteroute.org



# We're here to support you

Focus on riding; we'll handle the rest

The unparalleled level of support and services – on and off the bike – distinguishes Haute Route from other cycling events and keeps riders coming back year after year.

We understand that each athlete is different, and each event is unique. Whilst core services are included for all riders at all events, additional add-on services are available to compliment your personal Haute Route experience.

## Rider's pack

In addition to pre-event newsletters and online groups, all riders receive a complete riders package on registration day.

Plus, you can find out everything you need to know about each event on our 'Practical Information' page [here](#).



## On the road

Ride with confidence knowing you're supported on the road by mobile mechanics, safety vehicles, course marshals, feed stations, and a medical team.



## Post stage

Prepare for the next day with a post-stage meal, daily massage, rider briefing, and full logistical support.





# A Personal Experience

Personalise your Haute Route journey with our additional services



## ADDITIONAL SERVICES

Customise your experience with premium add-on services specific to each event, this includes:

Extra massages for those who pre-book on site.

Optional luggage transfer between accommodations for riders on 5 and 7-day events. Personal race bag service where dedicated team members will bring your rucksack to chosen feeding stations during your ride.

We offer a shuttle service for our 5 and 7-day events, where we'll take you back to the starting point to collect your car, belongings and transfer back to the airport.

Transfer of personal belongings and luggage for riders taking on the Double Crown (Haute Route Alps, followed by Haute Route Dolomites).



## ACCOMMODATION

We offer several accommodation packages depending on the event you choose. All experiences include early sportive breakfast, late check-out and a secured overnight bike storage option. On 5-day and 7-day Haute Route events, you will also receive the official Haute Route travel bag which will be transferred between hotels. The only thing left to do is for you to check-in.



## AIRPORT TRANSFER

Airport shuttles are available to take you to the Haute Route Village. For more information, please refer to the extra services section on the registration page of your selected event. Or, we also have a private car service available for transfers if you prefer.



## BIKE RENTAL

Skip the hassle and expense of traveling with your bike. Instead, book a rental bike and just bring your pedals and shoes! At selected events, you can also book concierge bike service to keep your bike in top condition from start to finish.



## FRIENDS & FAMILY SUPPORT

Our events are a great way to travel with friends and family. They can follow you on your race - physically and digitally - and join you for lunch daily.

We offer accommodation packages for them too and they'll receive their own briefing from the race director.

Tickets are available at the Haute Route Village if they would like to attend the opening night and closing celebrations.

# What To Bring 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 and collected at the end of each stage).



## 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
- Red back light



## KIT

- |                |               |
|----------------|---------------|
| * Helmet       | Cycling cap   |
| Jersey         | Beanie        |
| Shorts         | Sunglasses    |
| Base layers    | Arm warmers   |
| * Shoe covers  | * Leg warmers |
| * Jacket       | Knee warmers  |
| Thermal jacket | Shoes         |
| * Gloves x2    | Socks         |
| Gilet          | Buff          |

\* Mandatory equipment to present upon registration process.



## OFF THE BIKE

- 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

# | A typical Haute Route journey

We're here to help you get organised and to ensure your journey is as seamless as possible.

## PREPARATION IS KEY

- After signing up to your event, ensure you book your accommodation package and other add-ons you may require.
- Ensure you arrange your travel well in advance.
- 3 months prior to the event you will begin to receive the bi-monthly Haute Route rider newsletter to keep you updated.
- Just before the event, don't forget to service your bike!
- On Registration Day, all riders will receive a complete Riders Pack and access to the event app where you'll have all the information you need.

## WHAT TO EXPECT

Registration Day takes place the day before the first stage. When you arrive on registration day, collect your bib and registration pack and check in at the hotel. We also host a Pasta party for all the riders along with the first rider briefing.

Typically each race day begins with a morning coffee with all the riders before you take on the day's challenge. Don't forget to recover with a good massage and enjoy a beer after the ride. Catch up on the

day with the daily newsletter and share your memories, videos and photos with your family and friends.

On the final day you can expect to participate in the time trial (3-day & Compact) or to your last stage (7-day). Finally, celebrate your achievement with the other Haute Route Finishers and you prepare to travel back home.

## KEEPING IN TOUCH

Once you've completed the challenge, you can download your finisher certificate and purchase photos from the event. And don't forget to watch and share the event videos so you can re-live the memories again.

We hope to see you again at other locations!



# REMEMBER

## **01 We're here for you**

At Haute Route we have a decade worth of experience in cycling events, so we guarantee you're in the best hands.

## **02 Choose from 3, 5 or 7-day races**

Our Race/Technical directors create challenging and scenic routes which vary between 3 to 7 days, so you can truly experience iconic cycling destinations that work for you.

## **03 Choose a route to suit you**

Want an easier format for your first Haute Route experience? The Haute Route Compact is available on selected 3-day events which feature courses that are 30% shorter than the original course.

## **04 It's competitive (if you want it to be!)**

Each stage is timed and ranked, and there is an overall classification. We encourage everyone to dig deep, whether their goal is simply to finish the event or race against other riders.

## **05 Only segments are timed ...**

The whole stage is not fully timed for both sporting and safety considerations. The time taken into account is the combined time of the different timed segments. This means that you can relax, eat, find members of your group and stop to take pictures between segments.

## **06 ... and they're not all climbs!**

Some segments are climbs, and others are rolling hills or flat areas where teamwork is an advantage! Your safety is our priority. No

matter where you are, support is only a few minutes away. We have law enforcement vehicles, safety motorbikes, mobile mechanics, course marshals, broom wagons, and more.

## **07 We are behind you all the way**

Refuel and share stories over a post-stage gourmet lunch, then schedule your afternoon massage. Stay informed with the evening rider briefings and apero. Need a doctor? We even have a 24-hour medical team.

## **08 You are part of the Haute Route family!**

You are not just choosing to ride an Haute Route event, but you are also entering a new global community of riders and becoming part of the family. From now on, you will always find somebody to ride with and share experiences with. They understand what it takes to ride the Haute Route and the special moments you experience out there in the mountains.

## **09 Reach new heights**

Experience the achievement of a lifetime and create unique memories to savour forever. The Haute Route team and community are here to help you reach your goals and to push your physical and mental boundaries like never before.

# | Don't just take it from us...

Check out our riders testimonials

## Haute Route Pyrenees 2021 Rider:

"I highly recommend the Haute route for all cyclists wanting to be challenged and seeking a unique experience like nothing else! Through the super friendly riders you meet during the week, to the amazing Haute Route support staff, you will not be disappointed!! I am looking forward to many Haute Route to come!"

## Haute Route Dolomites 2021 Rider:

"This was a brilliant event. The Dolomites are breathtakingly beautiful, there was a fun and supportive atmosphere, and the smooth logistics meant I could just focus on riding, recovering, refueling and making friends."

## Haute Route Alps 2021 Rider:

"Just the best week of cycling ever. Simply incredible experience - I'd like to thank all Haute Route staff for their friendliness and willingness to help. Your customer service was exemplary. To all the marshals on the road and motor bike teams - a huge thank you for helping to keep us safe and give us a unique experience of being priority users on the road. To all the food stop staff - to feed several hundred hungry cyclists and keep delivering day after day was awesome. Such a hard job to keep tables filled constantly over a long day. To all the massage therapists - your skills and support got me through the week unscathed. It was an absolute dream to have a daily massage! I'm still on a high after completing my first 7 day Haute Route - I absolutely loved it!"



# | Are You Ready to REACH NEW HEIGHTS?

Register today via our website and a member of our team will follow up with all the further information you need for your ride.

[REGISTER NOW](#)

## | The Rider Experience & Services Team

Our team is here to help you at every step of the way, from the registration process to logistics requests, accommodation, race information and more.

FAQ's: We've answered all our rider questions in our FAQ section [here](#).

How to contact us: If you have any other questions, please feel free to send a contact request form [here](#) and we will get back to you as soon as we can.



[HAUTEROUTE.ORG](http://HAUTEROUTE.ORG)