

BECOME AN HAUTE ROUTE RIDER

THE ULTIMATE GUIDE
FOR A FIRST-TIMER



HAUTE ROUTE

Moving mountains since 2011 so you can reach new heights

Success, victories and achievements are things we all seek in every facet of our life.

We all strive to become better people, succeed in our work, cultivate a healthy body and mind, create a great family life and build strong friendships.

As a result, we may sometimes feel we are missing out on something, and that we won't ever be able to accomplish it.

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

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

Let us give you a hand. If you need one.

Need training? You'll get it.

Need support? You'll have it.

Need teammates? You'll meet them.

Need challenges that test your grit? You'll find them!

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.

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.

**REACH
NEW
HEIGHTS**

WHY THIS GUIDE ?

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

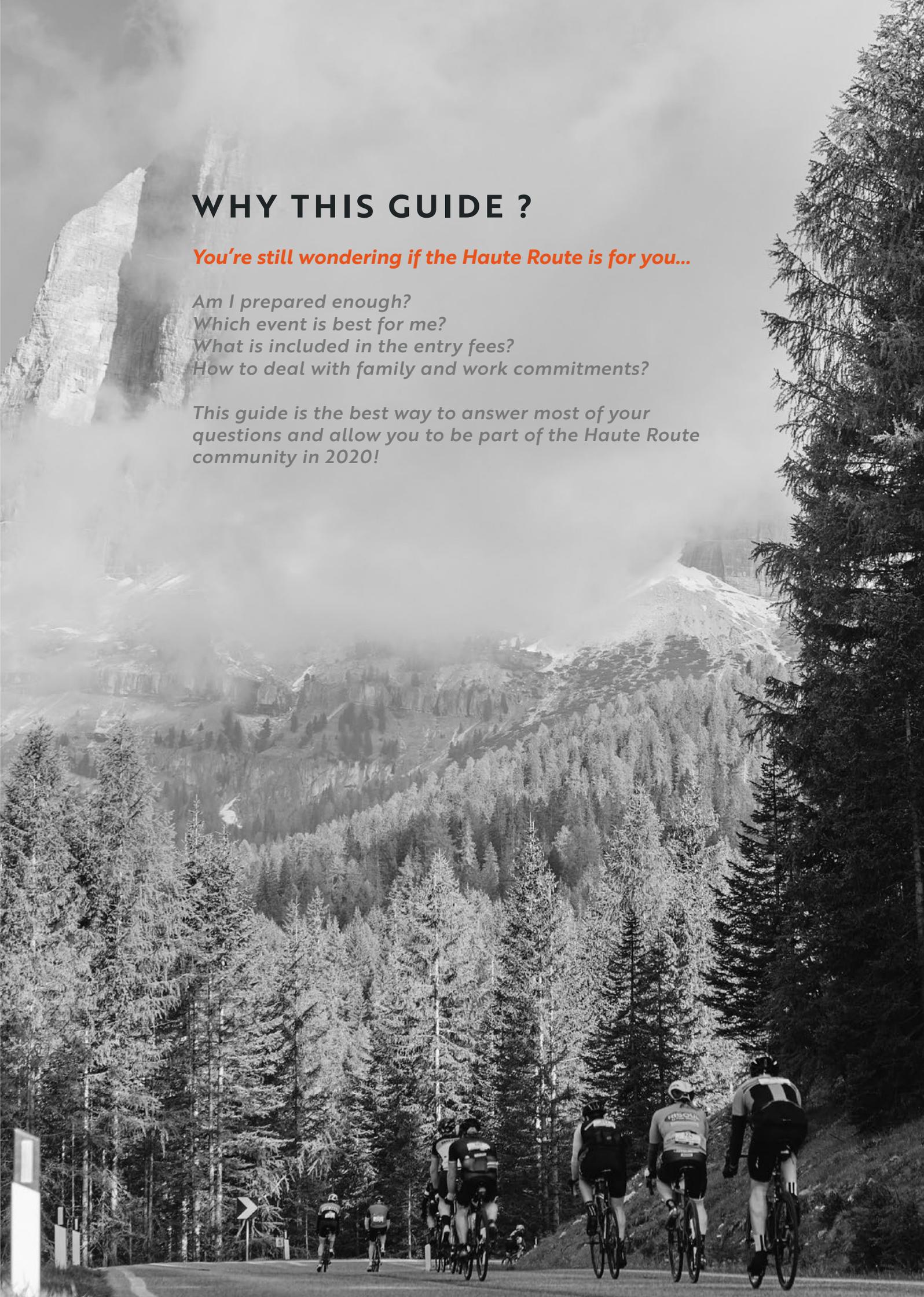
Am I prepared enough?

Which event is best for me?

What is included in the entry fees?

How to deal with family and work commitments?

This guide is the best way to answer most of your questions and allow you to be part of the Haute Route community in 2020!





Contents



07

Need training?

08

Need support?



12

Need teammates?



22

Need to organise?





Train

Prepare for your first or next Haute Route challenge.



Discover

Experience your first Haute Route with a more accessible format.



Challenge

Reach New Heights riding challenging 3-day and 7-day events, in classic or new cycling destinations, with the help of our professional support teams.





NEED TRAINING? **YOU'LL GET IT.**

Based on the results from a worldwide market survey we ran in 2019, it appears Haute Route alumni ride 9,000 km/year whilst our first-timer rides 7,500km/year.

So, fitness is not the main barrier, it's training. Indeed, most first-timers say that they have an unstructured training approach whilst alumni follow an structured and specific training programme.

What training support will you receive from us to help start your first Haute adventure?

To ensure you have the greatest Haute Route experience, we have partnered with experts in training, nutrition, recovery, and cycling skills to provide tips and advice, helping you to build the best plan and reach your objectives!

Our training approach is structured around 3 pillars

Learn & Ride

To help you get the most from your training time, you'll find everything here to guide you and help you reach new heights. This includes training plans, tips and nutrition advice.

Meet & Ride

The best way to learn how to prepare for an Haute Route is to get advice and insights from former riders or with our team of ambassadors. Find out what's on and sign up for rides, pre-event warm-ups or live sessions, where all your questions can be answered.

Click & Ride

Take the opportunity to connect with other riders in our online communities. Train, compete and interact on channels such as Strava and Zwift and share top tips, experiences and support.

NEED SUPPORT? YOU'LL HAVE IT.

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.

Each athlete is different and each event is unique. While 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 printed road book and complete rider package on registration day.

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

(Picture of Post Stage) Prepare for tomorrow with a post-stage meal, daily massage, rider briefing, and full logistical support. You focus on riding; we'll handle the rest.

Additional services

Customise your experience with premium add-on services specific to each event. **See details on the following page.**





ROUTE

13

134

TREK
SERIAL TEAM

 **Accommodation**

Depending of the experience you will choose, different accommodation packages are available - all of which include early breakfasts, late check-out. For the 7-day Haute Route events, the daily transportation of your travel bag is included.

 **Airport Transfer**

Airport shuttle are organised to facilitate your venue to our events. For more information, please refer to the extra services section on the registration page of your selected event.

 **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 select events, you can also book concierge bike service to keep your bike in top condition from start to finish.

 **Cancellation Insurance**

Haute Route strongly encourages riders to purchase the premium insurance package offered during registration. This valuable package covers riders in case you need to cancel your participation (covers registration and extra services fees) and in case of an accident during the event.

 **Friends & Family Support**

**3 days is only a big week-end,
7 days a shared life moment!**

- A good way to travel around with your relatives
- Accommodation package opened for them too
- They get their own briefing from the race director
 - They follow you on your race
- They join you for lunch and celebration moment (tickets sold at the Haute Route Village)
- They follow you race in live (physically & digitally)
 - They enjoy activities in our host venue location
- Your relatives are part of your life, we let them be part of your Haute Route Experience!

CHOOSE YOUR EXPERIENCE, WE TAKE CARE OF SERVICES!

	HAUTE ROUTE 7-Day €1,749	HAUTE ROUTE 3-Day from €689	HAUTE ROUTE Compact €599
Travel bag	●		
Transportation of travel bag	●		
Transportation of bike box	●		
Mid week laundry service	●		
Cycling apparel	●	●	
Post stage massages	●	●	
Backpack	●	●	
Transportation of backpack	●	●	●
Welcome dinner	●	●	●
Safety briefings	●	●	●
Marshalls and motorcycle escorts	●	●	●
Security vehicles	●	●	●
Mechanical support	●	●	●
Medical assistance	●	●	●
Live timing system	●	●	●
Detailed roadbook	●	●	●
Hotline available all year long	●	●	●
Secure bike park	●	●	●
Bike wash area	●	●	●
Feed station	●	●	●
Daily lunch meals	●	●	●
Professional photos	●	●	●
Daily stage highlights video	●	●	●
Daily ranking & awards	●	●	●
Closing ceremony	●	●	●
Finisher apparel	●	●	●
Medals	●	●	●

NEED TEAMMATES? YOU'LL MEET THEM.

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

01 All year long, for us each rider is a person, not a number!

Our Rider Experience & Services team

Is here to help you at every step (registration process, logistics requests, race information...) in different ways. It's included in your Registration fees, so feel free to ask us!

FAQ: All the questions other riders are asking are centralized in our FAQ section.

Contact Email: Send a contact request and we will get back to you as soon as we can

Personal Appointment: Are your questions too long to explain or would you prefer to speak to us? No problem, you can set-up a personal appointment with one of our Technical Advisors!

Website

All you need to know is on the website. Enjoy going through it!

Social media



Grimpeur Magazine

Our official online magazine featuring inspiring stories, advice and portraits of our riders. New issue out every 3 months.

Event Facebook groups

Ask all your questions to other fellow riders

Haute Route Oman	Haute Route Pyrenees
Haute Route Asheville	Haute Route Boulder
Haute Route Dolomites	Haute Route Ventoux
Haute Route Crans-Montana	Haute Route Qingcheng
Haute Route Alps	Haute Route Mexico

02 At event

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

03 After

- Facebook groups to share your feedback, photos and favourite memories
- Zwift Rides to stay connected with your new teammates from different countries around the world!
- Haute Route Rendez-Vous: Networking nights in nice and exclusive locations (Baranis Bar in London, Tag Heuer Flagship store at the Champs-Élysées...)
- Community Rides to connect riders from the same cities (Boulder, London Paris, Lyon, Munich...) If you want to find the next ride near to you [Click here.](#)





GET TO KNOW YOUR IDEAL HAUTE ROUTE JOURNEY: TRAIN, DISCOVER, CHALLENGE!

Discover our experience with Haute Route Compact events!

The Haute Route Compact format is available on select 3-day events and is a great starting point for cyclists new to Haute Route. Around 30% shorter than the Original format and featuring less climbing, the Compact format is challenging, fun, and an authentic Haute Route experience in every way. It is also a great option for groups with varying fitness levels and Haute Route veterans looking for shorter days on the bike.

A more accessible cycling experience

Whether you're stepping up from one-day Gran Fondos to multi-day events, or you're looking for great courses with fewer kilometres and less elevation gain, the Compact courses are a great option. From the moment you sign-up to the closing ceremony, we have your back with unsurpassed support on and off the bike.

Introduction to the haute route family

You may pin on a number, but at Haute Route you're always more than a number. A 3-day Compact event is a great introduction to the services, amenities, staff, and riders (everyone starts together!) that create the supportive, inclusive, and positive atmosphere that keeps riders coming back year after year.

Customise your event

Starting with a lower base entry price, you can choose to add optional services and amenities to create a customised experience that fits your desires and budget.

Discover iconic destinations

With the superior level of service and support on and off the bike, an Haute Route event is the ultimate way to discover iconic and stunning cycling destinations worldwide. You focus on the riding and scenery; we'll take care of everything else.

Challenge yourself with all our Haute Route 3-day!

Haute Route 3-day events are perfect challenges for cyclists with limited time. Delivering authentic, full-service Haute Route experiences in world-renowned cycling destinations, 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!

Challenge your own limits on our Haute Route 7-day!

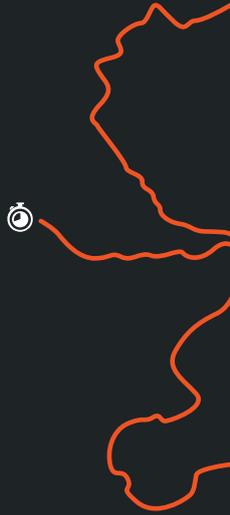
A 7-day Haute Route is a challenge and accomplishment you will never forget. Ride long point-to-point stages in the Alps or Pyrenees with mechanical, nutritional, safety, and logistics support normally reserved for pro races. Whilst you focus on achieving the cycling goal of a lifetime, we'll handle everything else, including accommodation, massage, and meals.



HAUTE ROUTE COMPACT

An easier course to experience
Haute Route for the 1st time

1 host city
2 classic stages
1 uphill time trial
4 events worldwide
Stages from 70-100km (40-60 mile)
and 1500-2500M+ (5000-8000 ft)

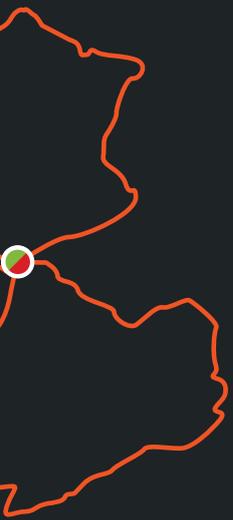


HAUTE RO

A challengi
packed into j

1 hos
2 classi
1 uphill
10 events
Stages from 100-1
and 2500-3500M

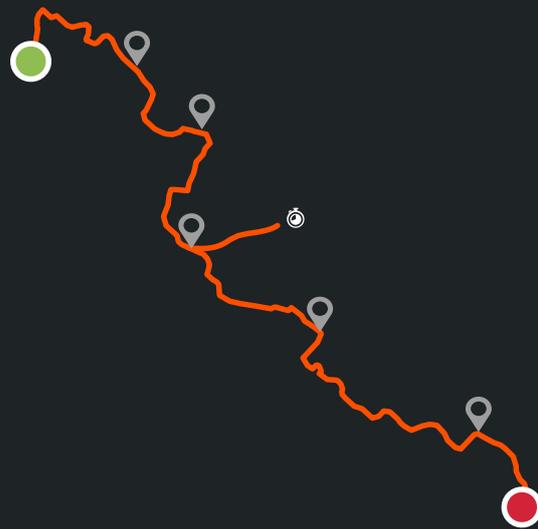




ROUTE 3-DAY

ing adventure
ust a few days

st city
c stages
time trial
worldwide
40km (60-90 mile)
1+ (8000-11500 ft)



HAUTE ROUTE 7-DAY

The ultimate challenge in cycling's
most iconic mountain ranges

Point-to-point routes
2 events (Alps & Pyrenees)
6 classic stages
1 uphill time trial
Stages from 100-140km (60-90 mile)
and 2500-3500M+ (8000-11500 ft)





EVENT COMPARATOR

HAUTE ROUTE
CRANS-MONTANA

VS

HAUTE ROUTE
VENTOUX



HAUTE ROUTE
CRANS-MONTANA

VS

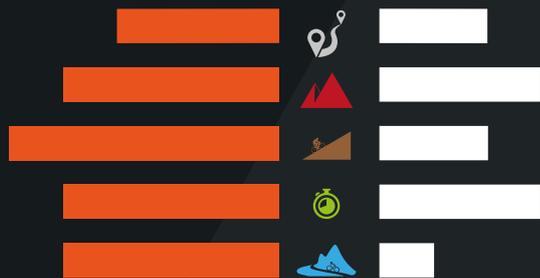
HAUTE ROUTE
DOLOMITES



HAUTE ROUTE
MEXICO

VS

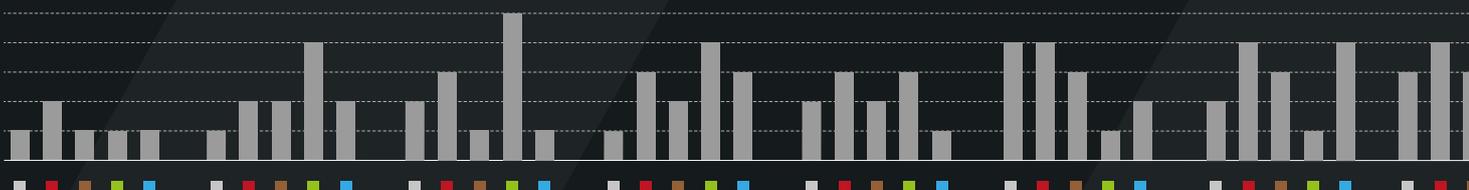
HAUTE ROUTE
QINGCHENG



HAUTE ROUTE
BOULDER

VS

HAUTE ROUTE
BRAZIL



HAUTE ROUTE
ASHEVILLE
COMPACT

HAUTE ROUTE
MEXICO
COMPACT

HAUTE ROUTE
VENTOUX
COMPACT

HAUTE ROUTE
DOLOMITES
COMPACT

HAUTE ROUTE
QINGCHENG

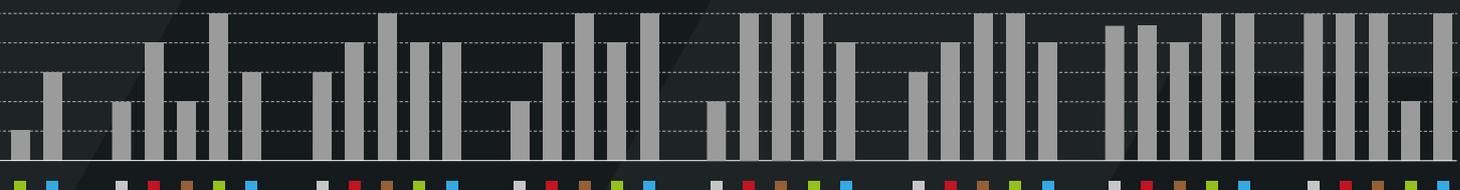
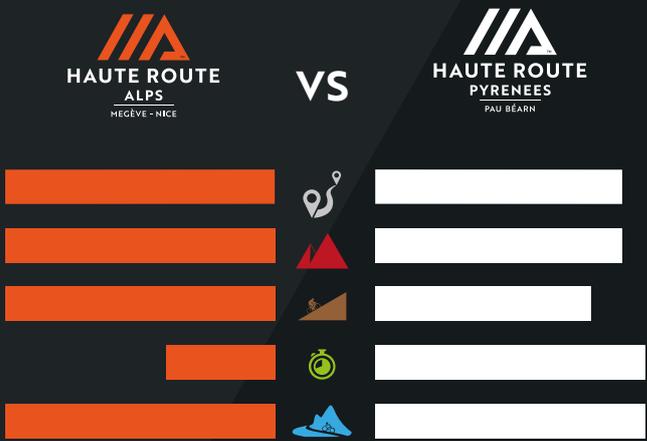
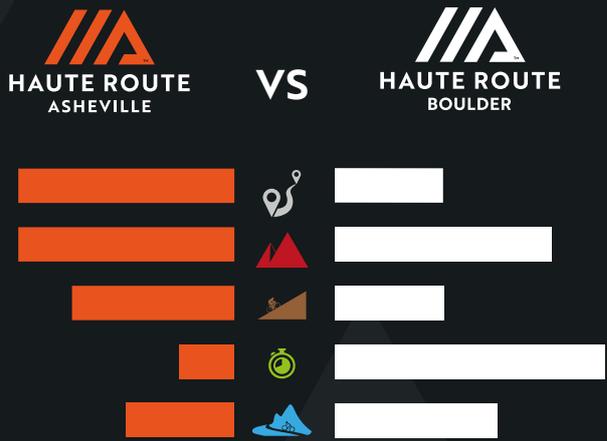
HAUTE ROUTE
ASHEVILLE

HAUTE ROUTE
OMAN

HAUTE ROUTE
BRAZIL

 Total Distance
  Average Elevation Gain per classic stage
  Steepness
 Total Elevation Gain
  Time Trial Elevation Gain

Check all events data on hauteroute.org



HAUTE ROUTE ALPS MEGÈVE - NICE
 HAUTE ROUTE BOULDER
 HAUTE ROUTE MEXICO
 HAUTE ROUTE DOLOMITES
 HAUTE ROUTE CRANS-MONTANA
 HAUTE ROUTE VENTOUX
 HAUTE ROUTE PYRENEES PAU BEARN
 HAUTE ROUTE ALPS MEGÈVE - NICE

NEED TO GET THE FEELING BEFORE YOUR FIRST RIDE? CHECK OUT OUR RIDERS TESTIMONIALS!



Helen Sharp

Haute Route Oman 2019

"It's been epic, absolutely amazing. Tough, but it always is with a Haute Route, that's what you expect, it is what it is supposed to be. Great people, great scenery, a great country and sunshine, just awesome. It's day three, it's finished and the holiday begins from now."

Robert Moore

Haute Route Asheville 2019

"I'm doing the Compact course. This is my first time I live in Florida and started cycling about a year and a half ago. This is my big challenge to come to the mountains and give it a shot. It's been a great experience and I learned a lot about gear, set up and approach and the atmosphere has been really great. This format is a great way to discover the Haute Route. My next challenge will be a 3-day event, but Original course. I'm going to keep training!"



Ryan Streiker

Haute Route Asheville 2019

"I had no idea what to expect going in and I loved every second. I've never spent seven and a half hours on my bike and enjoyed it that much."



Lisa Goodall

Haute Route Oman 2019

"It has been brilliant, really emotional, I wasn't expecting it at all and it is just fantastic as I have never raced before. It's a great country and people are really friendly and the scenery is amazing, the mountains are beautiful."

Helmer Berre

Haute Route Alps 2019

"The end of a 7-day feels magical, because there is so much hard work behind it. You're dying for every single turn of your pedals, but you've never lived more. When people suffer together you bond. You get more human, and that the beauty of it all. Where you come from, your culture, age, gender... doesn't matter. I just want to go hug everybody!"



Discover more thanks to our new webserie

REACH NEW HEIGHTS – Season 1
Available on our [URL Webserie Website](#).

6 portraits – 12 épisodes.



NEED TO ORGANISE? GET OUR ADVICE!

A TYPICAL JOURNEY WITH THE HAUTE ROUTE

8 key dates for your Haute Route journey

- **M-6:** You inform yourself about the Haute Route and the different events on offer
- **M-4:** You sign up
- **M-4:** You book your accommodation package and other add-ons
- **M-4:** You arrange your travel
- **M-3:** You start to receive the bi-monthly rider newsletter
- **W-3:** You receive your Riders Roadbook
- **W-1:** You service your bike
- **D-3:** You pack your bike and your personal belongings

Duri

- **D-D**
or u
You
the
Past
- **DI-2**
mon
mas
new
you
- **Fina**
or t
with
trav



Throughout the year

- You train, making use of the Haute Route 'Training' section on our website to help you (see pages 6 & 7)
- You join the Haute Route community, including community rides, digital training with Zwift and pre-event rides. [Click here.](#)
- You follow the Haute Route on social media channels and connect with other people you will be riding with on the dedicated Facebook groups (see pages 10 & 11)
- For any questions you might have, you check the FAQ on our website, you contact the organisation by e-mail or set up an appointment.

ng

Day: You arrive at the event (either by your own means or using one of the services proposed by Haute Route). You collect your bib and registration pack / you check in at the hotel / you attend the first rider briefing and enjoy the welcome party.

D+2 or 1-6: You meet new friends, you drink a coffee in the morning, you reach new heights, you recover with a good massage, you enjoy a beer after the ride, you enjoy the daily newsletter and share the memories, videos and photos with your family and friends.

Final day: You participate to the Time Trial (3-day & Compact) up to your last stage (7-day). You celebrate your achievement with the other Haute Route Finishers and you prepare to travel backhome.

ation on
community
check what's
and meet
book
on the
up an

After

- **D+2:** You fill in the rider survey to share your feedback with the organisation to help us to deliver better events month after month!
- **D+4:** You download your finisher certificate and purchase your personalised photos.
- **D+7:** You watch and share the event video to feel all the emotions and re-live the memories again.
- We hope that is not the end of your journey with us and we hope to see you again at other locations. Why not bring your friends with you next time? Don't forget that you can get rewarded for it thanks to our exclusive Referral Programme.

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):



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

* Helmet	Cycling cap
Jerseys	Beanie
Shorts	Sun glasses
Base layers	Arm warmers
* Shoe covers	* Leg warmers
* Jacket	Knee warmers
Thermal jacket	Shoes
* Gloves x2	Socks
Gilete	Buff



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

* Mandatory for equipment check on Registration Day

10 THINGS TO REMEMBER

- 01 It's not new. It's just new to you.**

Haute Route started in 2011 with the 7-day Haute Route Alps. In 2019 there are 11 events worldwide in 2020.
- 02 You can ride for 3 days or 7 days.**

Our Race/Technical directors create challenging and scenic routes so you can truly experience iconic cycling destinations.
- 03 A choice of routes, including Haute Route Compact course or Haute Route 3-day events.**

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 There are timed segments...**

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!
- 07 We are behind you all the time.**

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.
- 08 We have you covered off the bike, too.**

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.
- 09 Haute Route is not just an event, you become part of a unique cycling community. 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.
- 10 Reach new heights and experience the achievement of a lifetime.**

Only those of you who have already accomplished an Haute Route know exactly what this feels like and represents and for those who haven't yet, we can't wait to help you get there. After having pushed both your physical and mental boundaries over three or seven days, you will feel stronger and proud, with lifetime memories to savor forever from this experience.

2020 HAUTE ROUTE CYCLING SERIES

11 EVENTS • 8 COUNTRIES • 3 CONTINENTS



Haute Route Oman

6-8 March

Nizwa



Haute Route Asheville

15-17 May

Asheville



Haute Route Dolomites

12-14 June

Cortina d'Ampezzo



Haute Route Crans-Montana

3-5 July

Crans-Montana



Haute Route Alps • 7 days

22-28 August

Megève – Nice



Haute Route Pyrenees • 7 days

30 August-5 September

Pau Béarn



Haute Route Brazil

11-13 September

Florianópolis



Haute Route Boulder

18-20 September

Boulder



Haute Route Ventoux

2-4 October

Bédoin



Haute Route Qingcheng

16-18 October

Dujiangyan



Haute Route Mexico

16-18 October

Valle de Bravo

REACH
NEW
HEIGHTS





HAUTEROUTE.ORG