

THE ULTIMATE GUIDE
FOR A FIRST-TIMER

BECOME AN HAUTE ROUTE RIDER





Welcome to HAUTE ROUTE

THE CONCEPT

Haute Route creates 3-day, 5-day and 7-day road cycling events that allow amateur cyclists to experience iconic routes featured in the Grand Tour. Made for passionate cyclists seeking a premium experience, Haute Route is where exceptional cycling destinations meet unparalleled service and support, to create unforgettable memories.

WHY THIS GUIDE?

New to the Haute Route or considering registering for your first event?

We are here to support you before, during and after every event and to ensure your journey is as smooth as possible. Discover our First Participation Guide with all the information you need to know from logistics to services. Plus, you will have access to the Haute Route Nation blog, the Haute Route ambassador team and the Athlete Services team - all available to answer any questions and help you reach new heights. Join our close-knit community and become part of something special.



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DISCOVER THE 2023 EVENTS

3 DAYS  **CRANS-MONTANA**
9-11 June

5 DAYS  **PYRENEES**
4-8 July (Andorra - Pau)

7 DAYS  **ALPS**
20-26 August (Megève - Nice)

5 DAYS  **DOLOMITES**
29 August - 2 September (Bormio - Cortina d'Ampezzo)

3 DAYS  **VENTOUX**
6-8 October



Find the ideal **Haute Route** journey for you

Haute Route 3-day

The Haute Route experience packed into a long weekend, hosted in the finest cycling destinations. A format for all passionate cyclists.

Haute Route 3-day events encompass everything that makes our races so unique, compressed into three epic days on the road. With the entire event hosted in one city, logistics are simple allowing you to fully enjoy the destination. Each event course includes legendary climbs featured in the Grand Tour combined with lesser-known hidden gems, supported by Haute Route's famous services on and off the road. 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, achieve a personal goal or enjoy the scenery with new and old friends, there's no better way to spend a long weekend on your bike. Providing an unforgettable adventure for every type of rider, this is the full Haute Route pro experience packed into a long weekend.

Haute Route 5-day

An immersive Haute Route experience, riding point-to-point through the world's best cycling destinations.

Conquer the world's best cycling destinations with full support from the Haute Route team. The Haute Route 5-day events give riders the chance to ride point-to-point on expertly curated road bike routes unlike anywhere else. With logistics made simple, riders can enjoy an immersive experience they will never forget. Traverse through some of the most quintessential cycling destinations alongside a peloton of passionate, supportive riders. The 5-day Haute Route is the ultimate cycling adventure. Taking place over a longer time period, riders can make the most of the experience to meet fellow riders and share invigorating days in the saddle together. Once you share this unique experience with one another, we guarantee it'll form a bond like never before.

Haute Route Alps

Meet the Haute Route pinnacle. The ultimate multi-day cycling challenge crossing the world's most iconic mountain range, the Alps.

Our founding event and the catalyst for the Haute Route concept, the Alps has carved an iconic reputation around the world and each year draws in hundreds of cyclists vying for GC glory. Conquering some of the most iconic climbs taken on by some of the greats in the Grand Tour, the crown jewel in the Haute Route calendar is legendary. Ride thrilling, point-to-point stages with mechanical, nutritional, safety, and logistics support worthy of pro-races. Whilst you focus on achieving the cycling dream of a lifetime, the Haute Route team will handle everything else, including accommodations, post-stage massage, and meals. An adventure like no other, this event brings riders together to form an unbreakable bond. Make life-long friends from across the globe and support, motivate and grow together on this one-of-a-kind journey.

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 (3-10 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 Crans-Montana

Conquer the best of Swiss cycling with the panoramas of Crans-Montana as your backdrop.

9-11 June 2023



200km
Total Distance



7'500m+
Total Elevation Gain



3'100m+
Average Elevation Gain per Stage



1'250m+
Time Trial Elevation Gain

Take on elements of the Tour de Suisse

Experience an adventure brimming with lofty Swiss summits whilst you cycle through vineyards, traditional villages, and gorges typically synonymous with authentic Switzerland.

Experience some of the most renowned climbs in Switzerland

Located in the heart of the Valais Central, the Haute Route Crans-Montana will allow riders to experience elements of the Grand Tour. Including the famous Col du Sanetsch – one of the finest passes known in Switzerland with a distance of 26KM and a difference in altitude of 1690 – sometimes compared to the famous Stelvio, but with less traffic.

Discover an authentic Swiss destination

Plus, the course will take you through winding ascents of Barrage de Moiry located at the bottom of the Val d'Anniviers, where temperatures at this time of the year are ideal. On the last day, you will set off from the time trial ramp in Sierre, Switzerland's sunniest city, where the ascent of the Col de Crans-Montana awaits.

Rightfully named a «Family Destination» by the Swiss Tourist Board, Crans-Montana benefits from an idyllic setting and an impressive infrastructure – the perfect destination and weekend to share with loved ones.

Easy logistics with no commuting between days

The 3-day format means logistics are easy, allowing you to stay in the same hotel throughout the weekend. Take the time to appreciate this authentic Swiss ski resort after each stage and spend time with fellow riders, making friends and exchanging stories from your days on the road.

Haute Route Ventoux

End your cycling season on a high by taking the Giant of Provence - Mount Ventoux.

6-8 October 2023



220km
Total Distance



6'600m+
Total Elevation Gain



2'400m+
Average Elevation Gain per Stage



1'600m+
Time Trial Elevation Gain

A new course where cyclists can enjoy rolling through the beautiful Provence

The Haute Route Ventoux 2023 will feature a new, unique course where riders can enjoy rolling through the beautiful Provence.

Steeped in cycling history, this renowned location has featured in the Grand Tour over 18 times providing the same routes taken by some of the greats. Tick off these bucket-list climbs all whilst immersing yourself in the electric Haute Route atmosphere.

Take on the iconic Giant of Provence in a fully supported environment

Take the opportunity to explore the "Giant of Provence" with stunning, 360-degree panoramic views. Riders will also traverse through the beautiful region of Provence through quiet, rolling country roads that snake through vineyards and quaint towns.

As you take on three days of mythical cycling, the Haute Route team will be on-site to support you. On the road, riders can expect exceptional safety support and off-road you can enjoy post-stage massages, hot meals and more. Focus on the riding and we will handle everything else. Plus, the 3-day format means logistics are easy, allowing you to stay in the same hotel throughout the weekend. Take the time after each stage and spend time with fellow riders, making friends and exchanging stories from your days on the road.

Located in the South of France making it a family friendly weekend

Located at the base of Mont Ventoux, the small town of Bédoin is within easy walking distance of the Event Village in the centre of the town – making it the perfect weekend to share with loved ones.



Haute Route Pyrenees

Immerse yourself into the wild Pyrenees. A passionate peloton on the open road, point-to-point riding has never been so tranquil.

4-8 July 2023



550km
Total Distance



14'500m+
Total Elevation
Gain



2'900m+
Average Elevation
Gain per Stage

Legendary cols featured in Grand Tour

The Haute Route Pyrenees will take you through the Basque country from beautiful Andorra all the way to Pau. The iconic course provides the opportunity to take on legendary cols, including the mighty Tourmalet, that have featured in the Grand Tour and have been tackled by some of the Cycling Greats.

Historical cycling destination

Dive into one of the ultimate cycling pilgrimage on the Haute Route Pyrenees. Steeped in cycling history, this renowned destination combines secret routes with tour legends. This is set to be an adventure of a lifetime.

5-day point-to-point format

Immerse yourself in the wild Pyrenees with a passionate peloton on the open road, where point-to-point riding has never been so seamless. As you ride into the depth of the wilderness, traversing through narrow roads unknown to even pro races, the Haute Route team will be on-site to support you. On the road, riders can expect exceptional safety support and off-road you can enjoy post-stage massages, hot meals and more. Focus on the riding and we will handle everything else.

Nature at its purest

Take the opportunity to encounter nature as its purest in the pristine region of the Pyrenees and explore the untamed chain of peaks which make this a historic cycling destination.

Haute Route Dolomites

Steeped in cycling history, experience the spectacular Italian Dolomites as one of the world's most important cycling destinations.

29 August – 2 September 2023



450km
Total Distance



14'500m+
Total Elevation
Gain



3'250m+
Average Elevation
Gain per Stage



1'500m+
Time Trial
Elevation Gain

Take on a historical cycling destination

Steeped in cycling history, its no wonder the Dolomites has become one of the world's most important cycling destinations. With legendary climbs tackled by famous cyclists aplenty, take this opportunity to ride the same roads as some of the greats.

Experience bucket list Italian climbs

In 2023 the Haute Route Dolomites will make three stops in some of the most beautiful towns the region has to offer. The route will start in the charming town of Bormio. Nestled in the heart of the Stelvio National Park, it will steal your heart with its stunning sun-kissed valley surrounded by Italian giants. This epic tour will end in one of the most famous and luxurious resorts in Italy, Cortina d'Ampezzo. Towering church spires and sprawling piazzas form the base for sensational routes to famous jagged rock faces, legendary climbs, and snow-capped summits that will take your breath away.

Point-to-point riding made easy

There's something very special about riding point-to-point under your own power. The Haute Route Dolomites is all about the journey, traversing across this legendary landscape all the way from Bormio to Cortina d'Ampezzo. While the logistics of a point-to-point adventure can be complicated on your own, our premium services make sure the only thing you need to think about is the ride. On the road, riders can expect exceptional safety support and off-road you can enjoy post-stage massages, hot meals and more. Focus on the riding and we will handle everything else.

Become part of the close-knit community

The laid-back Italian surroundings are the perfect opportunity to socialise with fellow riders after each stage. Get to know new and old friends, exchange stories of your days on the road and feel part of the close-knit Haute Route community.

5-Day
///



7-Day

Haute Route Alps

Come face to face with the Haute Route Alps, the toughest and highest in the cycling series.

20 - 26 August 2023



725km
Total Distance



19'500m+
Total Elevation
Gain



3'000m+
Average Elevation
Gain per Stage



1'250m+
Time Trial
Elevation Gain

The ultimate multi-day challenge

Come face to face with the Haute Route Alps, the highest and toughest in the cycling series. Now in its eleventh year, the Haute Route Alps has carved a name for itself as the most challenging amateur cycling race in the world. Test your endurance on the flagship Haute Route event.

An emblematic destination

Take the opportunity to experience the most famous cols in the world in a 7-day multi-stage race. Packed with bucket list climbs made famous by the Grand Tour, plus a host of cols over 2,000 metres above sea level, this legendary course gives you the rare opportunity to ride many of the world's most famous climbs as well as long, point-to-point stages.

Premium Services to match the challenge

The Haute Route Alps is certainly no mean feat, and so we understand our riders deserve the ultimate support system both on and off the bike, worthy of professional Tours. On the road, enjoy the support of professional mechanics and French Gendarme moto escorts. Relax between stages with a post-ride meal and daily massages.

Form friendships and a community like no other

This unique adventure will allow you to forge unfailing bonds of mutual aid and friendship with an incredible community and a huge sense of pride and accomplishment.

Prepare for your first Haute Route experience

When you register for a Haute Route event, you will receive a free **specific training programme** based on the event format.

Enjoy a 30-day free trial and save 50% on your annual sub with Fulgaz when you register for any Haute Route event. The virtual training platform will help you train efficiently from home on real-world terrain featuring an extensive list of climbs that will appear on the Haute Route events 2023.

FULGAZ



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.

01 Before the Event

Once you've signed-up, we recommend you to 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.

Our close-knit community of Haute Route ambassadors brings together cyclists all over the world. [Our team of ambassadors](#) are Haute Route experts and are always there for riders before, during and after our events. Whether you need training tips, event information or want to join one of their fun, social rides, our ambassadors are your go-to riders for everything you need to know.

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

[Haute Route Crans-Montana](#)
[Haute Route Pyrenees](#)
[Haute Route Alps](#)
[Haute Route Dolomites](#)
[Haute Route Ventoux](#)

02 During the Event

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

- Access to a special pre-event ride to connect with former riders and share experiences
- 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 race 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](#).



Unique Bike Plate

Receive a unique bike plate and bib number colour so you're easily recognised and receive support and encouragement from others



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.

Luggage transfer between accommodations for riders who selected an Haute Route accommodation package 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 on certain events if you prefer.



BIKE RENTAL WITH FBR

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 |
| Santini | Beanie |
| Shorts | Sunglasses |
| Base layers | Arm warmers |
| Shoe covers | Leg warmers |
| Jacket | Knee warmers |
| Thermal jacket | Shoes |
| Gloves x2 | Socks |
| Gilet | 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



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 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

"There are so many riders from all over the world – U.S.A, Mexico, Russia – it's very cool! You all take on the experience together, suffer together, celebrate together. On every Haute Route stage you start to get to know everyone you're riding with, we created this group vibe and made friends with so many riders."

"On an Haute Route event you have a team on every corner of the road, safety race cars and escorts, a team to clear the roads of any obstacles and more...you can basically close your eyes whilst riding knowing everything will be looked after – and that's a pretty nice feeling to have!"

"I keep coming back year after year because the organisation is great, there is a full team around to help us to be in the best condition possible."

| 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](#)

| Athlete 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](https://hauteroute.org)