

LIKE NOTHING ON TWO WHEELS...



**HAUTE ROUTE 2011
RIDERS ROADBOOK**

www.hauteroute.org

WELCOME TO THE HAUTE ROUTE !



In a few days, you will take the start of the Haute Route, an innovative, prestigious and international cyclosportive with a unique concept: link Geneva to Nice by road bike in 7 timed consecutive stages on a legendary race course taking on 15 mythical cols and ascents of the Alps.

With the Haute Route, there is no star of the peloton and no prize-money. By registering, you confirm your belief in our vision of sport where fair play, friendliness and respect of the nature are the core values. To take the start of the Haute Route is already a great performance given the efforts and hours spent training over the past few months. To finish will be your sole victory! After the physical and mental fight to reach the Promenade des Anglais, you will be so proud to dive in the big blue after covering 730 km...

We've been talking about it and preparing it for months, you've been dreaming about it for months and you've made it your goal of the year, the Haute Route is reaching out to you with wide open arms. It will start this Saturday 20th August in Geneva.

I wish you all a very beautiful and enjoyable race. At the dawn of this first edition, I can only recommend that you enjoy the stunning landscapes of the Alps, to breathe the pure air of the mountains, to think about your safety at all times and to respect the regulations and the other participants.

Welcome to Geneva! Welcome to the Haute Route!

Jean-François Alcan
Director of the Haute Route

THE RACE

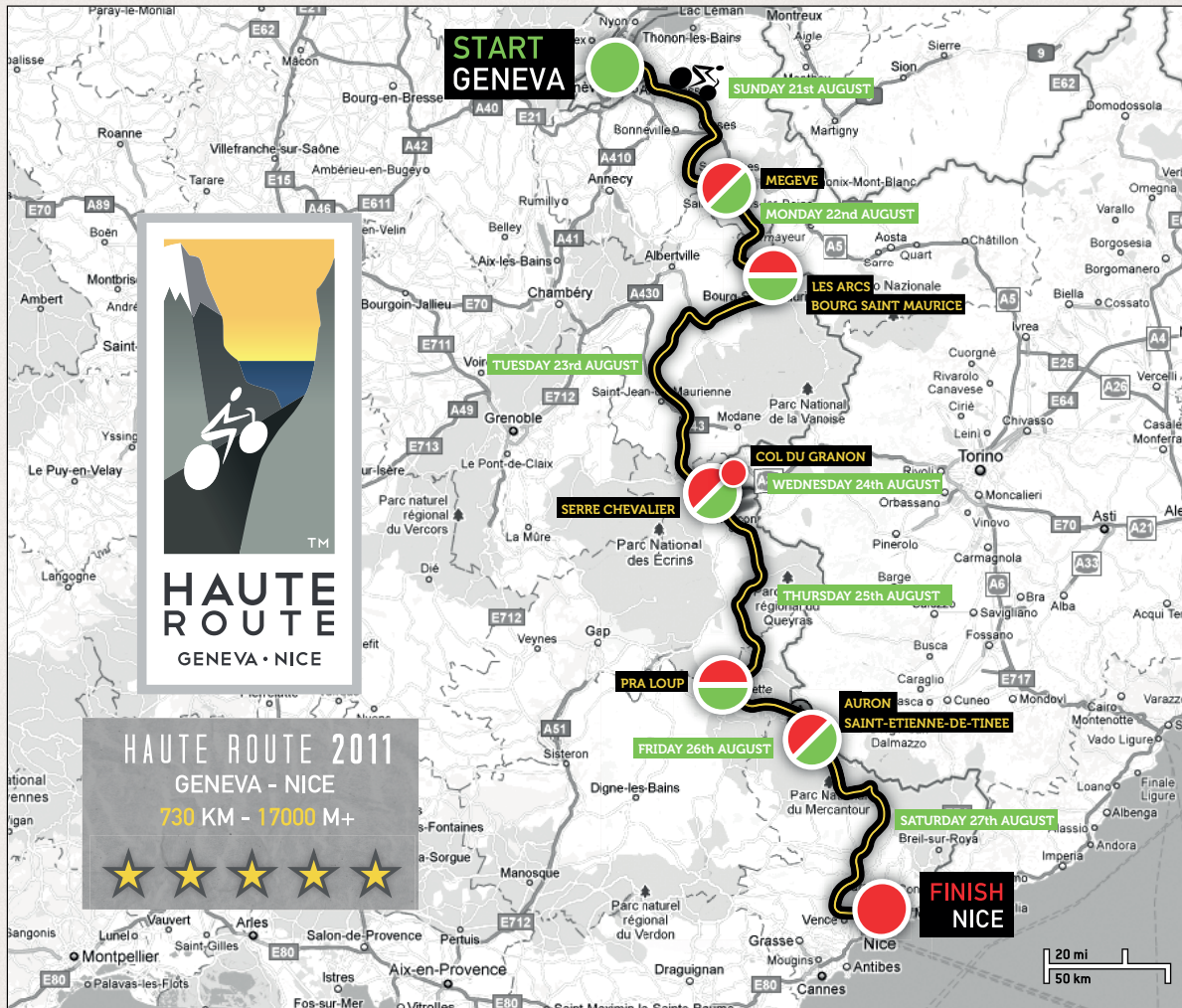


1st Edition

21st to 27th of August 2011

www.hauteroute.org

A CHALLENGING ROUTE



Saturday 20th August 2011
Haute Route Race Village, Geneva

Sunday 21st August 2011
Geneva – Megève (109 km)

Monday 22nd August 2011
Megève – Les Arcs (100 km)

Tuesday 23rd August 2011
Bourg–St–Maurice – Serre Chevalier (169 km)

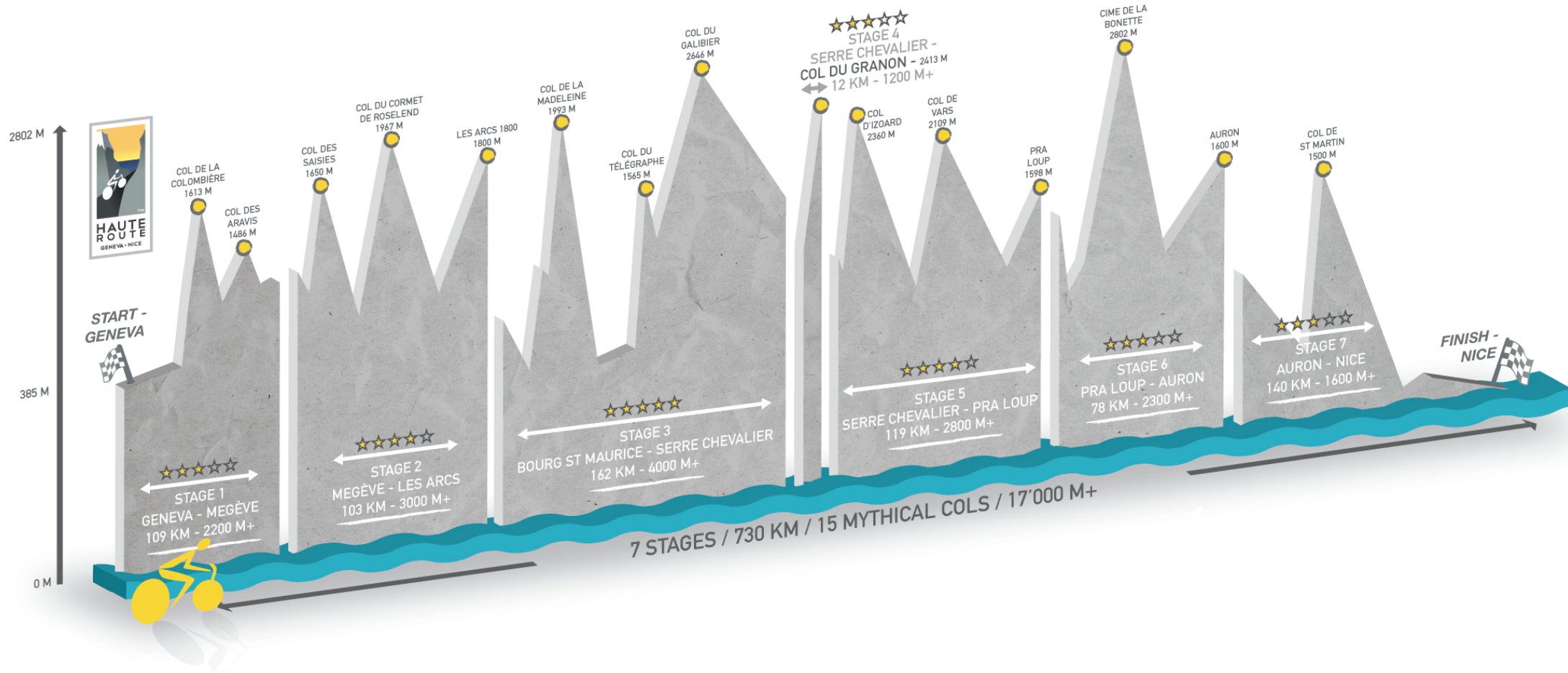
Wednesday 24th August 2011
Serre Chevalier – Col du Granon (12 km time trial)

Thursday 25th August
Serre Chevalier – Pra Loup (119 km)

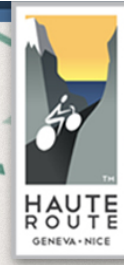
Friday 26th August 2011
Pra Loup – Auron (78 km)

Saturday 27th August 2011
Auron – Nice (140 km)

15 MYTHICAL COLS AND ASCENTS

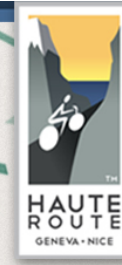


THE HAUTE ROUTE IN NUMBERS



- 0** Tolerance for riders caught dropping litter during the race
- 1** 1st edition of the Haute Route from 21st to 27th August 2011
- 2** Countries, with a start in Switzerland and a finish line in France
- 3** Separate rankings: Solo, Duo and Team
- 4** Arrivals in altitude
- 7** Stages in 7 days (5 classical stages, 1 marathon stage, 1 time trial)
- 7** Host cities: Geneva, Megève, Les Arcs, Serre Chevalier, Pra Loup, Auron and Nice
- 9** Maximum number of riders in a team
- 15** Mythical cols and ascents in the Alps
- 18** Minimum age to participate in the Haute Route
- 23** Nationalities (Europe, USA, Canada, Brazil, South Africa, Australia, Singapore...)
- 300** Passionate cyclists to participate in the first Haute Route
- 630** Entry fee in Euros
- 730** Distance in km of the Haute Route 2011
- 17,000** Total ascent (in metres), the equivalent of climbing the Everest twice

MAIN OFFICIAL RULES



Article 11: ANTI-DOPING

Participants of the Haute Route 2011 rigorously undertake to respect the prohibition of doping and the provisions concerning the anti-doping controls, as they result from laws and regulations in force. Anti-doping controls can be carried out at any time without prior notice by licensed authorities.

Article 13: RACE TIMEKEEPING

The timekeeping of the Haute Route will be carried out by an electronic timing system. All the participants will receive a frame plate that includes a sensor for the timekeeping. This frame plate, mandatory to be installed in front of the handlebars, will be used to control the regularity of the race at various points on the route and to give the race timing for each participant. A participant who has not completed the entire course will not be given a ranking at the arrival.

Article 14: TIME LIMITS

In order to ensure the safety of the peloton, a sliding time limit, based on an average speed of 15km/hr has been introduced on each stage of the Haute Route 2011. Each rider arriving outside of the time limit will not be ranked for the said stage. In case of a time limit overrun during the stage, the rider will have the possibility to continue to cycle under his own responsibility. However, in case of an unfavourable medical notice, he will be under the obligation to get into the “end of race” vehicle.

Article 15: LIVE TRACKING SYSTEM

The organisation will put in place a live tracking system of the participants during the Haute Route 2011. Each rider will have to carry a 100 grams GPS tracker, on one stage of the Haute Route, in his/her jersey pocket. In order to ensure the sports equity and the peloton’s safety, to carry the GPS tracker will be mandatory.

Article 16: PERSONAL ASSISTANCE

The participants of the Haute Route won’t have the possibility to be assisted or receive food and drink supplies outside of the refreshment stations put in place by the organisation (100 metres before and 100 metres after). The cars following won’t be authorised to intervene between two refreshment stations or the concerned cyclists would be disqualified.

Full version on http://www.hauteroute.org/en/raceinfo/race/official_regulations

www.hauteroute.org

MAIN OFFICIAL RULES



Article 18: RANKINGS

Whatever the category (Solo, Duo or Team), each participant will be ranked in the overall individual ranking. It will be established on the base of the participant's cumulative time on the whole of the stages. At the end of each stage, a Duo ranking will be established thanks to the addition of the time of the two team members. The overall Duo ranking will combine the time of the two team members on the whole of the stages. At the end of each stage, the Team ranking will be established adding the time of the 4 best cyclists within each team. The overall Team ranking will combine the times of each team on the whole of the stages.

Only individuals who complete all 7 stages and who crossed the finish line prior to the time limit will be eligible for the final overall individual ranking and will be considered as Haute Route Finishers.

To be officially ranked at the end of the Haute Route:

- A Duo must have both his members ranked in the final overall individual ranking (or must have used one Joker Duo maximum on the whole of the 7 stages).
- A Team must have at least 4 riders ranked in the final overall individual ranking (or must have used one Joker Team maximum on the whole of the 7 stages).

Article 20: LEADER JERSEYS AND BIBS

During the official prizegiving ceremony, a distinctive jersey will be given to each leader of the Solo and Duo rankings. It will be mandatory for each concerned rider to wear this jersey during the stage of the following day. Every rider losing the leadership of the ranking won't be able to keep on wearing this distinctive jersey. During the official ceremony, a distinctive coloured bib will be given to each member of the Team leader of the overall ranking. It will be mandatory for each concerned rider to wear this bib during the stage of the following day. The riders losing the leadership of the overall Team ranking won't be able to keep on wearing this distinctive coloured bib.

Article 21: DAILY RIDERS BRIEFINGS

The organisation of the Haute Route will call the participants each day to a briefing organised on the race village at 18:00 in order to present the following day's stage. The attendance of every participant is mandatory.

Full version on http://www.hauteroute.org/en/raceinfo/race/official_regulations

www.hauteroute.org

OFFICIAL RANKINGS

RANKINGS ON EACH STAGE

Individual (scratch)

Solo Men

< 40
40-49
50+

Solo Women

< 40
40-49
50+

Duo Men

Duo Women

Duo Mixed

Team

OVERALL RANKINGS

Overall Individual (scratch)

Overall Solo Men

< 40
40-49
50+

Overall Solo Women

< 40
40-49
50+

Overall Duo Men

Overall Duo Women

Overall Duo Mixed

Overall Team

ROAD SAFETY



A right of way during the timed stages

The Haute Route 2011 route will not be closed but it will be marshalled and controlled by a convoy of safety vehicles. Even if the cyclists will benefit from a **right of way on the timed parts of the course**, they will ride on the classic road network and must never forget it.

Several hundred marshals will be present along the route to ensure the peloton's safety and manage the right of way on the timed parts of the course. The event will also provide a number of safety vehicles that will sit at the front, middle and back of the peloton. There will be experienced motorcyclists that will surround the Haute Route participants on the ratio of 1 motorbike to 15 cyclists. The Haute Route will also benefit from the support of the Gendarmerie to secure certain areas. "End of race" vehicles will close the race.

Real start, real finish, linking course

Some stages will start by a secured convoy of all the participants, at a regulated pace, all the way to the official start (when timing starts). Each cyclist will have to ride on the right side of the road and respect the speed and pace set by the Race Management car.

At the end of the timed stage, when it is located before the host city, riders must respect the traffic law as they won't benefit from a right of way anymore. This is especially important during Stage 3 (absolute respect of traffic law between the real finish at the Col du Galibier and the virtual finish in Serre Chevalier) and Stage 7 (between Carros and Vence).

Please note, all linking routes (outside of the timed sections) will be under the riders' responsibility. The riders must obey traffic law and not take any risks. This is especially important when reaching the start line (ex: Saint-Etienne-de-Tinée), finish line (ex: Serre Chevalier), any regrouping site (ex: Vence) or even your accommodation.

What do you have to do ?

- To ride on the right side of the road
- To respect the traffic signs of the organisation
- To respect the traffic lights if they are not secured
- To respect other road users (not involved in the race)
- To wear a hardshell helmet, even during the ascents
- To wear your bib on your back (above the pockets)
- To wear your frame plate on the front of the handlebars

PICTOGRAMS AND ROAD SIGNS



MEDICAL ASSISTANCE



The medical assistance of the Haute Route, open 24/7, will be provided by emergency doctors, professional nurses and ambulances in sufficient number depending on the current regulations and the event's specifications.

For medical reasons, a participant can temporarily or permanently be withdrawn from the race at the discretion of the organizers or the race doctors.

Medical Emergency Number
+33 6 15 18 15 75

European Rescue Number
112



RESPECT OF NATURE

By entering the Haute Route, the participants commit to respect the environment and the natural areas visited. It is strictly forbidden to abandon any type of waste (paper, plastic packaging...) on the race course or the participant will be disqualified.

Any rider caught throwing some waste on the race course will not be ranked until the end of the Haute Route, even if he will be allowed to cycle all the way to Nice. He will be excluded of the overall ranking and won't be considered as a Finisher of the Haute Route. There is a zero tolerance policy on this.



**Leave no sign of
your presence behind**

**Do not litter !
Use the bins**

**Sort your waste in the village
and on each refreshment station**

FÉDÉRATION
FRANÇAISE
DE CYCLISME

AMBASSADEUR
CYCLISME DURABLE



ECOCYCLO



POST-RACE PROGRAMME

17:30

Official Prizegiving Ceremony

An official ceremony will take place at the end of each stage, at 17:30 in the heart of the race village. Presented by Eric Davaine, renowned speaker of the cycling world, every ceremony will ask for the following riders to come onto the podium:

- **The first 3 men of the day's ranking**
- **The first 3 women of the day's ranking**
- **The leaders of the Solo, Duo and Team overall rankings**

The final ceremony of the Haute Route will be held in Nice on the Promenade des Anglais on Saturday 27th August from 15:45.

A dinner cocktail will bring the week to an end from 17:00 to 20:30 in the Castle gardens, a few yards away from the finish line.

18:00

Daily Riders Briefing

Every day at 18:00, the Race Management team will organise a briefing for the next day's stage. This briefing will start in the wake of the official ceremony and will be followed by the pasta party. **For safety reasons, these daily briefings are mandatory for all the Haute Route riders.**

It will be the opportunity to show you the video summary of the day's stage but also the video of the recce of the next day, the details of the route, safety information, weather forecast and introduction of the personalities joining the event that day.

18:30

Pasta Party

Every night, all the riders are invited to a Pasta Party organised after the briefing. A bracelet will be given to you on Saturday 20th August at the same time as your bib. We ask you to keep that bracelet for the whole duration of the Haute Route because it will give you access to the pasta party as well as some services like massages.

People who are accompanying will also have access to the Pasta Party. The sports meal (pasta or rice, bread, dessert) is offered for 10 Euros for these additional people. Please take note that payment will be cash only.



INCLUDED / NOT INCLUDED

What is included with your registration ?

- Accreditation for the week (resistant bracelet)
- A frame plate (including the timing system)
- 2 bibs
- A road-book describing the different stages
- A technical jersey with Haute Route branding
- An official travel bag of 120L (which must be used)
- A long-sleeve polo shirt to each happy finisher
- Haute Route Sponsors' gifts (bidons, safety gilets...)

And also many services...

- Mechanical assistance service (in the race village and on course)
- Medical assistance service by a professional team
- Race safety service (cars, motorcycles, signal staff)
- End of race management service
- Refreshment stations (solids and liquids) during the race
- Refreshment station (solids and liquids) at each finish line
- Access to a secure place for the bicycle at each finish
- Bike-washing service at each finish
- Access to a pasta party organised every night in the race village
- "Massage" service at the finish
- Transport of te personal travel bag from the Start to the Finish of each stage (required use of the official bag given out with the bib)
- Bike bag transport from Geneva directly to Nice
- Prizegiving ceremony and publication of results

Not included in your registration

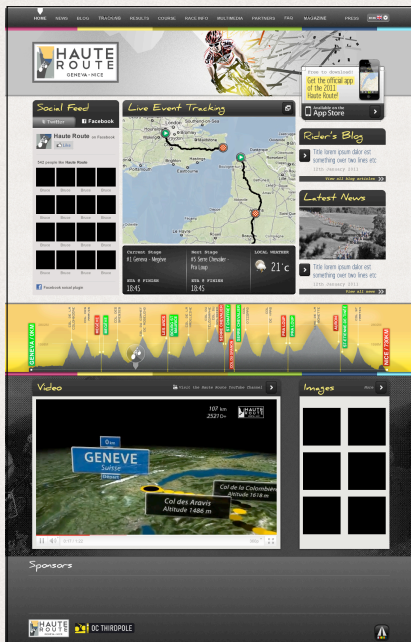
- Cost of transfers to come to Geneva and leave from Nice
- Return trip from Nice to Geneva (optional)
- Accommodation and breakfasts (optional), lunches
- Individual accident and Property Damage insurances
- And anything that hasn't been outlined in "What is included"



What do I need to bring to pick up my bib ?

- * ID Card / Passport
- * Copy of your registration confirmation
- * Original form of your medical certificate
- * Your personal effect bag must be flexible in order to put it inside the Official Haute Route bag

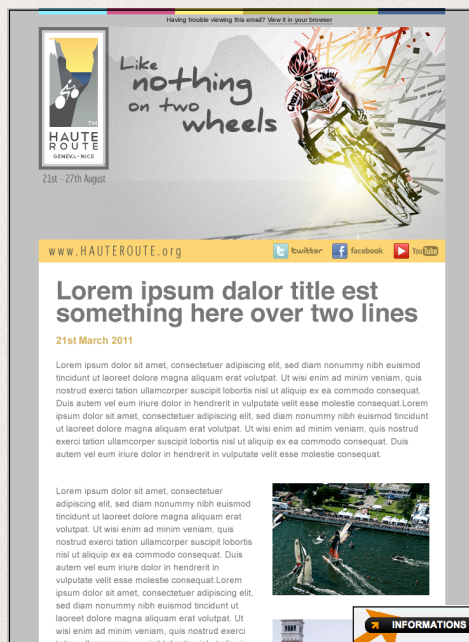
HOW TO FOLLOW THE RACE ?



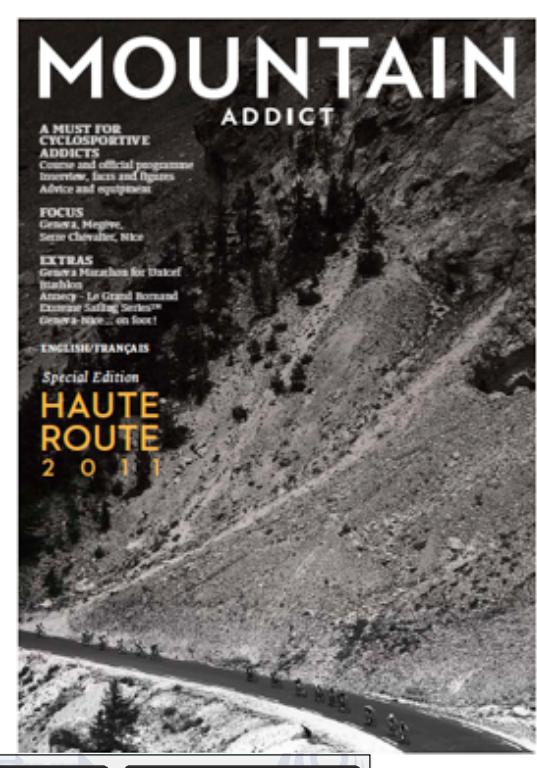
Website in English and French including live tracking, daily news and video, Gallery



Haute Route application for iPhone, iPad and iPodTouch



Press Releases Daily press updates



68 pages magazine in French and English



Facebook facebook.com/CyclingHauteRoute



Twitter twitter.com/haute_route



YouTube youtube.com/hauteroutetv



Live Tracking software, in partnership with GPS4YOU

THE ROUTE



stage by stage

www.hauteroute.org

STAGE 1 – GENEVA TO MEGEVE

What Claude Droussent, French cycling specialist, says about Stage 1

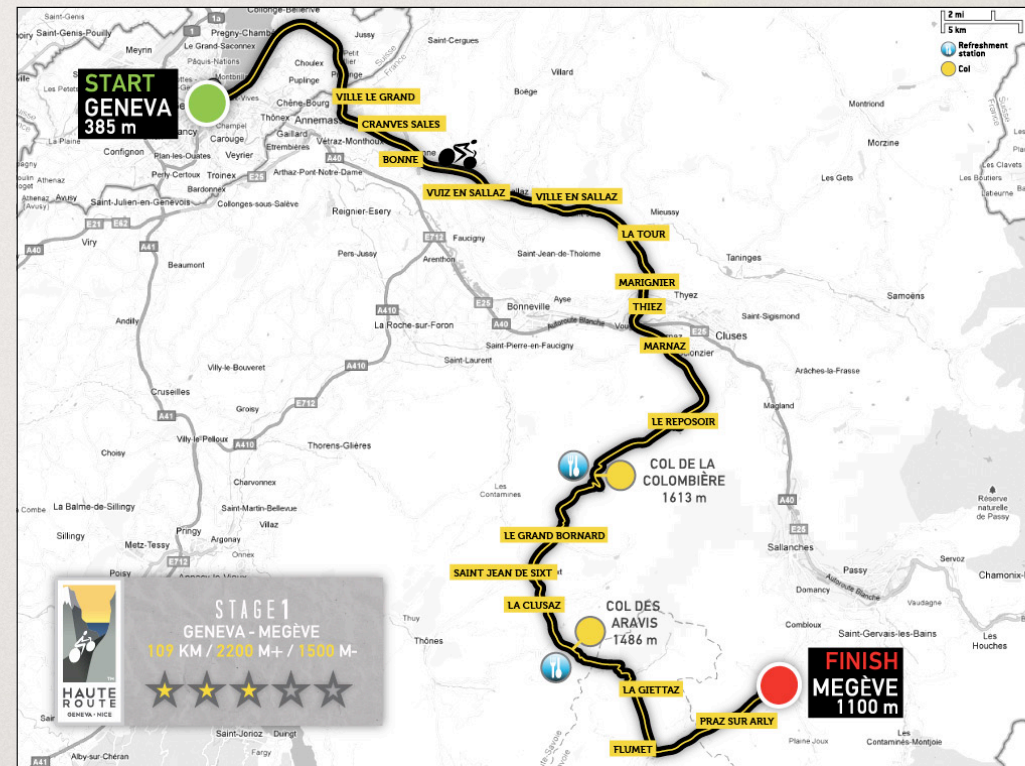
“Beware! Neither the distance (109 km) nor the altitude of the first two cols of the Haute Route, the Colombière and the Aravis, should scare you. However the ascent of the Colombière by its North side is a “false-friend”. The first ten kilometres, up to the Reposoir, are “soft”; the last six in a rocky landscape have a gradient between 8.5 and 10%. Once you will have freed yourself from this first col of the week (1613 meters), the descent of the South side is quiescent until Saint-Jean-de-Sixt. From there, you’ll head towards La Clusaz and turn right for the last eight kilometres of the Aravis. It is a cool route with an average of 5% gradient, green scenery, the mont Blanc on your left at the summit and with a bit of luck, marmots! Save some strength for the light final ascent to Megève. And then relax; it is only the first day...”

Main feature of Stage 1

- Start in Geneva, Jardin Anglais, Sunday 21st August at 7:20
- Arrival in Megève, Palais des Sports, between 11:25 and 14:35
- 109 km overall, 86 km timed
- 2200 meters of ascent / 1500 meters of descent
- 2 refreshment stations on the route, at the top of both cols
- 1 refreshment station after the finish line

The 2 cols of the 1st day

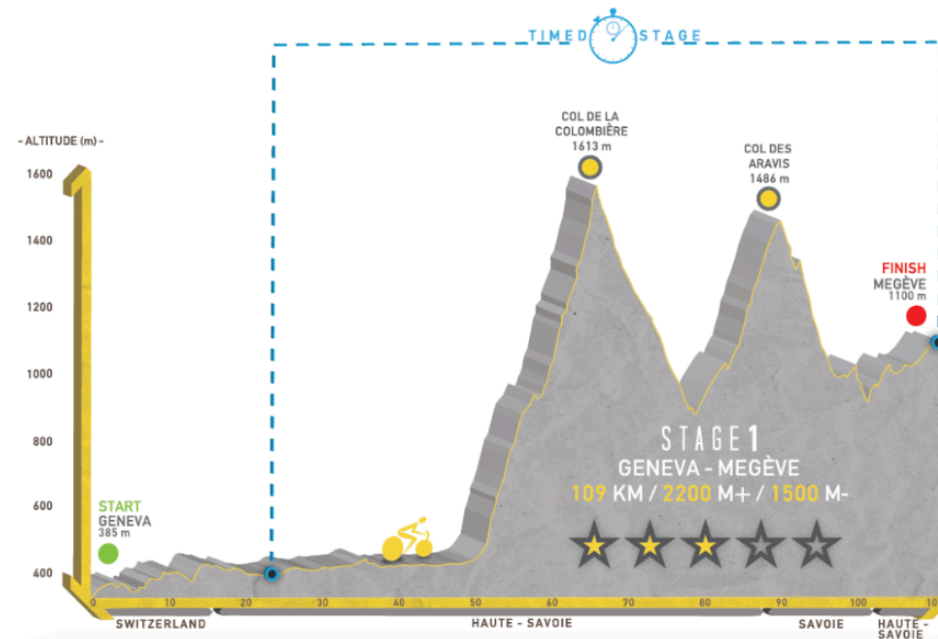
- Col de la Colombière, 1613 meters, summit 65 km from the start
- Col des Aravis, 1486 meters, summit 89 km from the start



STAGE 1 – GENEVA TO MEGEVE



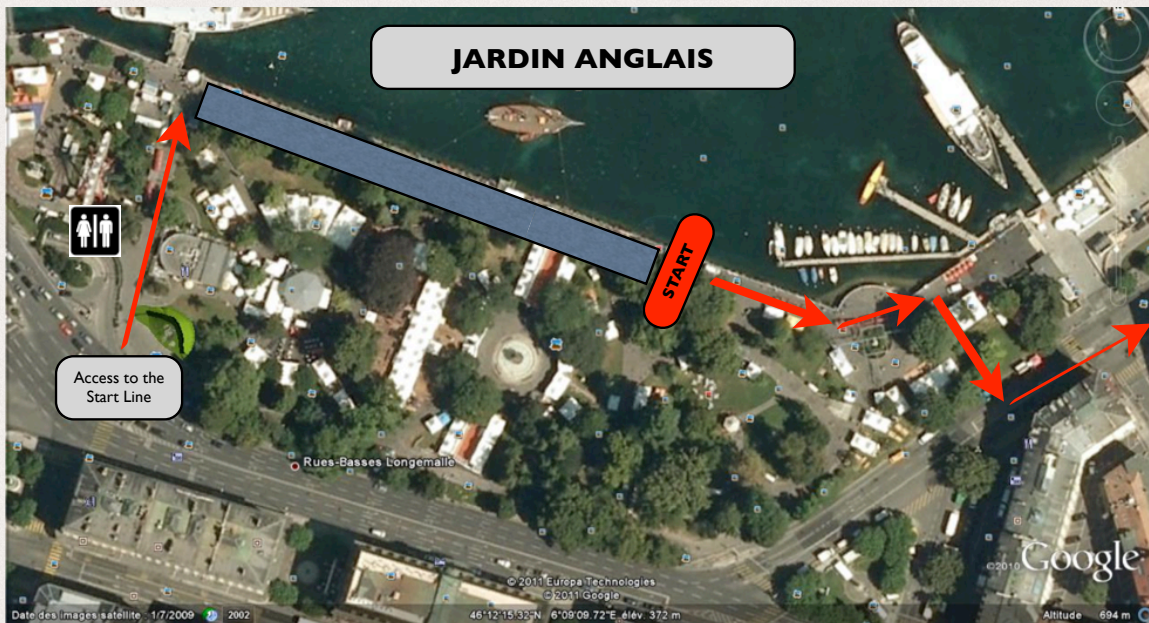
ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
SWITZERLAND					
GENEVA (Jardin Anglais) - <i>Start Line / secured convoy</i>		0	385	7h20	7h22
FRANCE					
Department of Haute-Savoie (74)					
VILLE LA GRAND	D15	15.5	450	08h00	08h05
CRANVES SALES	D907	18.0	533	08h05	08h10
BONNE - <i>Start of timed stage</i>		23.5	490	08h20	08h25
VUIZ EN SALLAZ		31.0	610	08h30	08h45
VILLE EN SALLAZ		33.0	607	08h35	08h55
LA TOUR	D26	35.0	615	08h40	09h00
MARIGNIER	D19	44.0	490	08h50	09h25
THIEZ		46.0	495	08h55	09h35
MARNAZ	D4	48.0	499	09h00	09h48
LE REPOSOIR		57.0	987	09h26	10h30
COL DE LA COLOMBIERE - <i>Refreshment point n°1</i>		65.0	1613	09h50	11h40
LE CHINAILLON		70.0	1300	09h55	11h45
LE GRAND BORNAND		75.0	910	10h00	11h50
SAINT JEAN DE SIXT	D909	78.0	972	10h07	12h05
LA CLUSAZ		81.0	1040	10h20	12h25
COL DES ARAVIS - <i>Refreshment point n°2</i>		89.0	1486	10h50	12h35
Department of Savoie (73)					
LA GIETTAZ		94.0	1087	10h55	13h45
FLUMET	D1212	100.0	925	11h05	13h55
Department of Haute-Savoie (74)					
PRAZ SUR ARLY		105.5	1030	11h15	14h15
MEGEVE - <i>Finish Line / end of timed stage</i>		109.5	1104	11h25	14h35



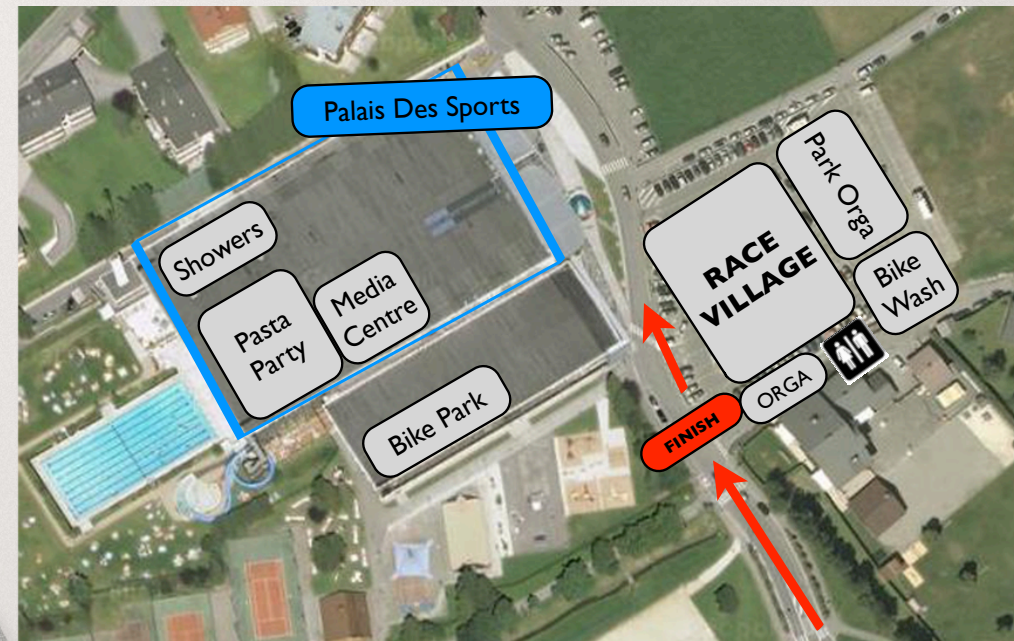
STAGE 1 – GENEVA TO MEGEVE



START IN GENEVA



FINISH IN MEGÈVE



STAGE 1 PROGRAMME

- 07:20 – Start in Geneva (Jardin Anglais)
- 11:25 – ETA First Rider
- 11:45 – First Prizegiving
- 14:35 – ETA Last Rider
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 2 – MEGEVE TO LES ARCS



What Claude Droussent, French cycling specialist, says about Stage 2

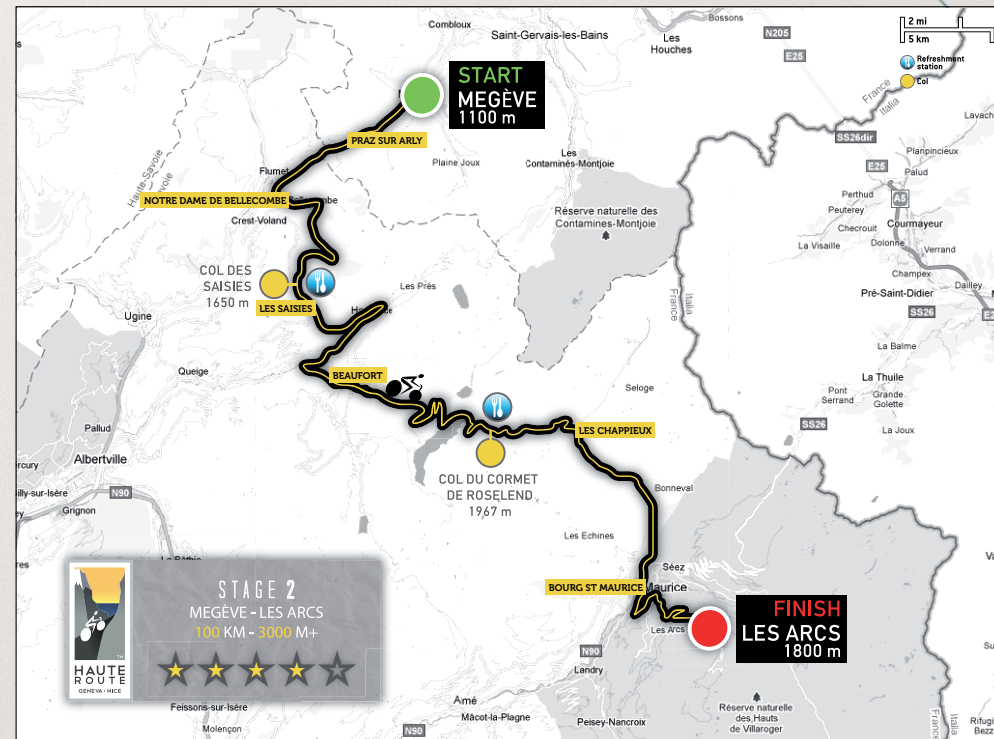
“It starts with the Col des Saisies which should be ok. After the funny hairpin bends overlooking Flumet, there will be 15 kilometres of irregular but never nasty slopes offering even a section to recuperate at mid-col near Arcanière. And above, weather permitting, the enchanting mont Blanc! Keep some strength for the Cormet de Roselend that is split in two parts when you tackle it by Beaufort. The first ten kilometres go up on a 6–8% gradient to the levee and balcony of the Col du Méraillet where you will need to recuperate; and then another 6–8% gradient on the last five kilometres up to 1967 meters of altitude. It is high but not so difficult. Be careful at mid-descent, after the Saint-Antoine bridge, it goes very fast on a very narrow road, even some professionals have fallen off into the ravine! After Bourg-St-Maurice, 16 kilometres of ascent on a beautiful road up to Les Arcs 1800 remain with a regular ascent of 6–7%. A day a bit more demanding than the previous one.”

Main feature of Stage 2

- Start from Megève, Palais des Sports, Monday 22nd August at 8:00.
- Arrival in Les Arcs 1800, Centre Taillefer, between 11:30 and 15:00
- 100 km overall, 90 km timed
- 3000 metres ascent / 2300 metres descent
- 2 refreshment stations on the route, at the top of both cols
- 1 refreshment station after the finish line

3 cols and ascents on the menu of Stage 2

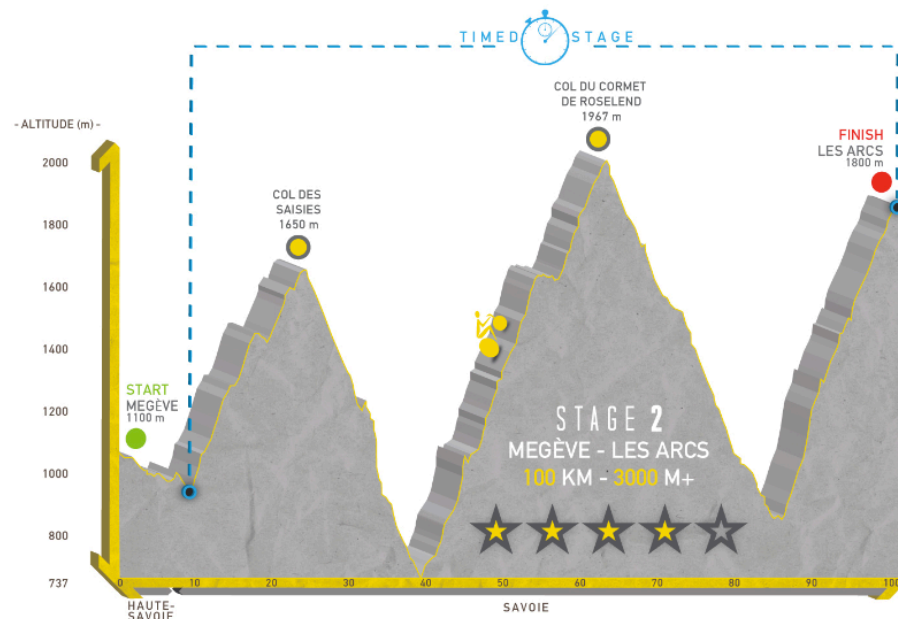
- Col des Saisies, 1650 meters, summit 25 km from the start
- Col du Cormet de Roselend, 1967 meters, summit 63 km from the start
- Final ascent between Bourg-Saint-Maurice and Les Arcs 1800 (16 km)



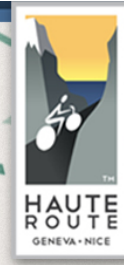
STAGE 2 – MEGEVE TO LES ARCS



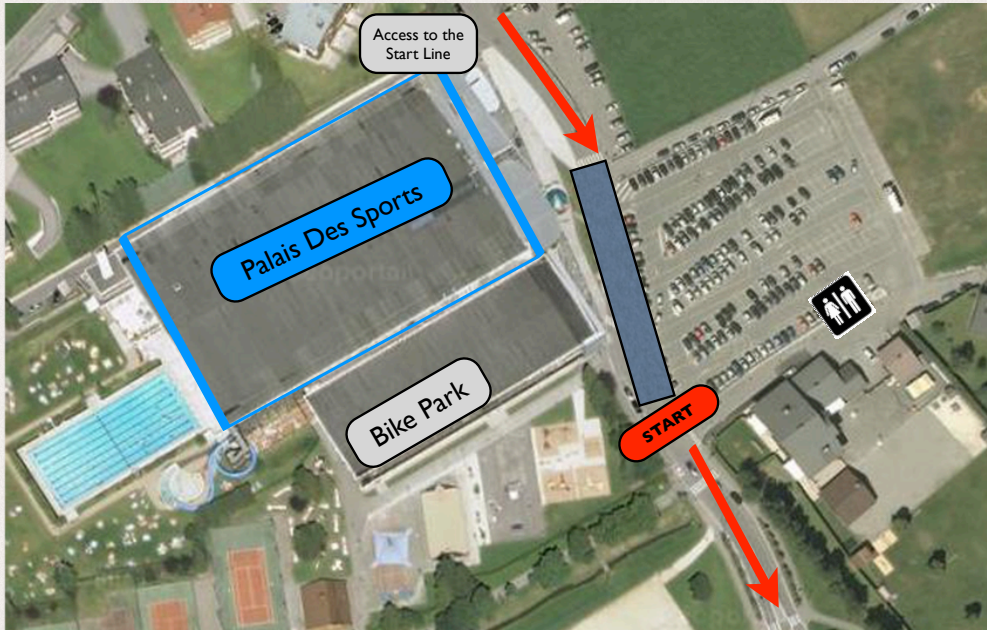
ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
Department of Haute-Savoie (74)					
MEGEVE - <i>Start Line / secured convoy</i>		0.0	1104	08h00	08h02
PRAZ SUR ARLY	D1212	4.0	1030	08h10	08h12
Department of Savoie (73)					
CROSSING D1212-D218b - <i>Start of timed stage</i>	D218b	10.0	1000	08h20	08h22
NOTRE DAME DE BELLECOMBE	D907	13.0	1150	08h28	08h39
LE PLANAY		15.5	1250	08h36	08h50
ARCANIERE		18.0	1468	08h45	09h08
COL DES SAISIES - <i>Refreshment point n°1</i>		25.0	1650	09h08	09h50
CROSSING D218b-D925	D925	40.0	725	09h18	10h07
BEAUFORT		42.0	737	09h21	10h13
COL DE MERAILLET		55.0	1605	09h45	11h03
COL DU CORMET DE ROSELEND - <i>Refreshment point n°2</i>	D902	63.0	1967	10h11	12h05
LES CHAPPIEUX		69.5	1650	10h18	12h13
BOURG ST MAURICE	D911	82.0	820	10h33	12h45
LA MILLERETTE		92.0	1200	10h58	13h40
LES ARCS 1800 - <i>Finish Line / end of timed stage</i>		100.0	1800	11h30	15h00



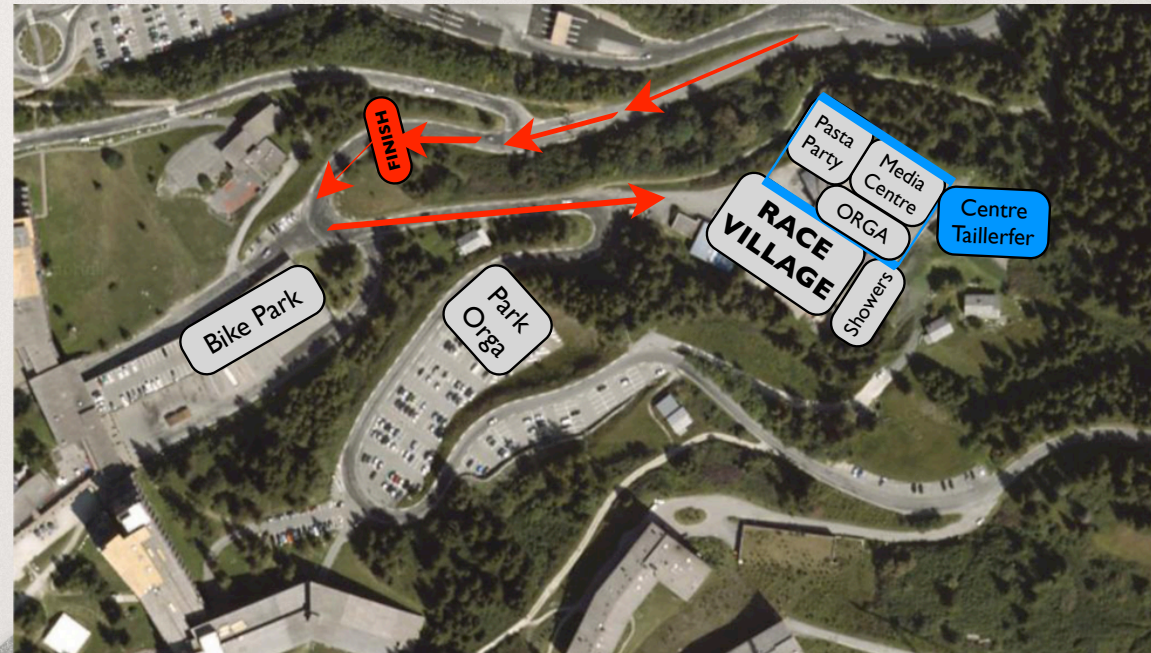
STAGE 2 – MEGEVE TO LES ARCS



START IN MEGEVE



FINISH IN LES ARCS 1800



STAGE 2 PROGRAMME

- 08:00 – Start in Megeve
- 11:30 – ETA First Rider
- 11:45 – First Prizegiving
- 15:00 – ETA Last Rider
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 3 – BOURG-ST-MAURICE TO SERRE CHEVALIER

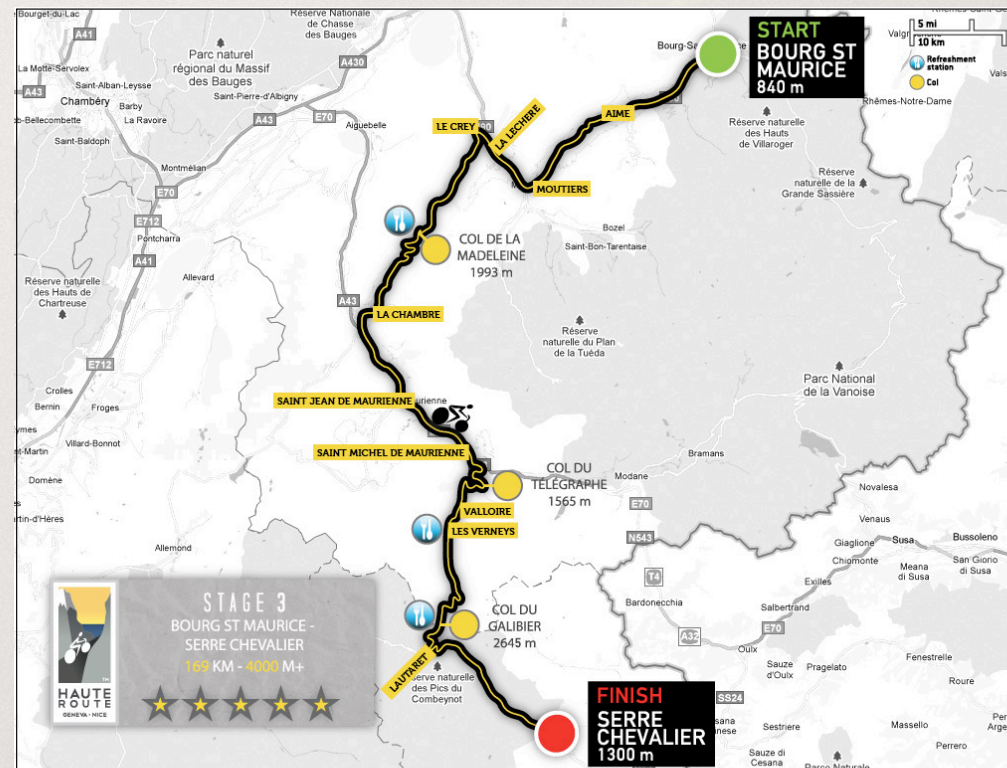
What Claude Droussent, French cycling specialist, says about Stage 3

“The big day! Because it is the third one, your legs will start to hurt; because there are 169 kilometres, the longest stage of the week; and more importantly because you will climb the Madeleine, the Télégraphe and the Galibier, a big and beautiful mountain stage. Fabulous!

The first part of the Madeleine via Aigueblanche is not very difficult. The last twelve kilometres however will offer no respite with an ascent between 7 and 9% gradient after Celliers, surrounded by a rocky background up to 1993 meters. Enjoy the descent to recuperate, the Maurienne Valley is never simple to broach, you could encounter headwinds all the way to the bottom of the Télégraphe!

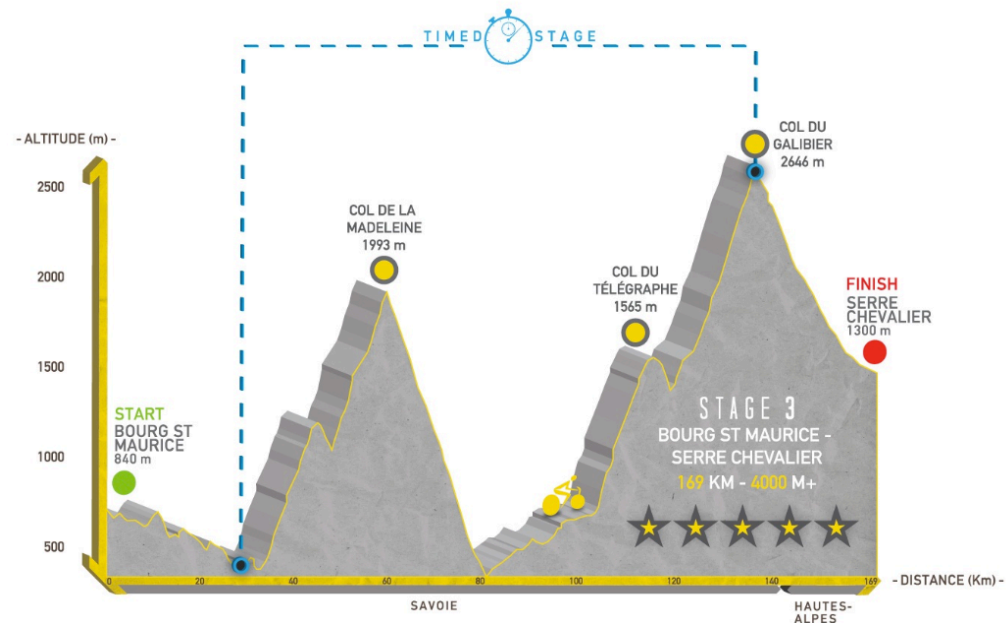
There and then, it's time for the 'pièce de résistance'. The Télégraphe, with its bends in the middle of the pine forest, ten kilometres with a regular ascent at 7%. Here we go! The small descent to Valloire and then the Galibier. The King of the Alps, the col that inspired the famous drawings of Pellos « L'Homme aux marteaux » awaits you with its irregular slip road but harsh for morale because it is almost a straight line all the way to Plan Lachat.

There, the 'real' col starts: 8 kilometres at 9–10% up to 2645 meters. The main difficulty of the Galibier, which is really the main bit of the Haute Route, is here, on these last 8 kilometres in a dreamlike landscape, but above 2000 meters in altitude, with lack of oxygen. You must really think about it in the Madeleine and the Télégraphe, to save your energy, otherwise the Galibier could really become a nightmare. At the summit, at kilometre 141, the deal is done! End of the timed stage. And during the descent to Serre Chevalier, enjoy but ride safe!”



STAGE 3 – BOURG-ST-MAURICE TO SERRE CHEVALIER

ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
Department of Haute-Savoie (74)					
BOURG ST MAURICE - Start Line / secured convoy	N90	0.0	800	07h15	07h17
AIME		12.0	950	07h35	07h37
MOUTIERS		26.0	481	07h50	07h52
LA LECHERE LES BAINS - Start of timed stage	D97	32.0	453	08h05	08h07
LE CREY	D94	37.0	550	08h12	08h27
LA THUILE		49.0	656	08h45	09h45
COL DE LA MADELEINE - Refreshment point n°1		61.5	1993	09h20	10h40
SAINT FRANCOIS LONGCHAMP	D213	66.0	1420	09h25	10h47
LA CHAMBRE		81.0	475	09h33	11h12
SAINT JEAN DE MAURIENNE	D1006	88.5	563	09h45	11h30
SAINT MICHEL DE MAURIENNE	D902	104.0	711	10h09	12h35
SAINT MARTIN D'ARC		105.0	740	10h12	12h36
COL DU TELEGRAPHE		117.5	1565	10h49	13h00
VALLOIRE		122.0	1404	10h54	13h17
LES VERNEYS - Refreshment point n°2		124.5	1558	11h02	13h35
PLAN LACHAT		132.0	1962	11h25	14h35
COL DU GALIBIER - End of timed stage - Refreshment point n°3		141.0	2645	12h00	16h15
Full open road / Respect of traffic rules / Race finished					
Department of Hautes-Alpes (05)					
COL DU LAUTARET	D1091	149.0	2057	12h10	16h25
LE MONETIER LES BAINS		162.0	1474	12h30	16h55
SERRE CHEVALIER / LA SALLE LES ALPES - Finish line		169.0	1375	12h35	17h05



Main feature of Stage 3

- Start from Bourg–St–Maurice, Tuesday 23rd August at 7:15
- End of timed stage at the Col du Galibier, between 12:00 and 16:15
- Arrival in Serre Chevalier (La Salle les Alpes), between 12:35 and 17:05
- 169 km overall, 109 km timed
- 4000 metres ascent / 3400 metres descent
- 3 refreshment stations during the race (Madeleine, Verneys, Galibier)
- 1 refreshment station in the race village (Serre Chevalier)

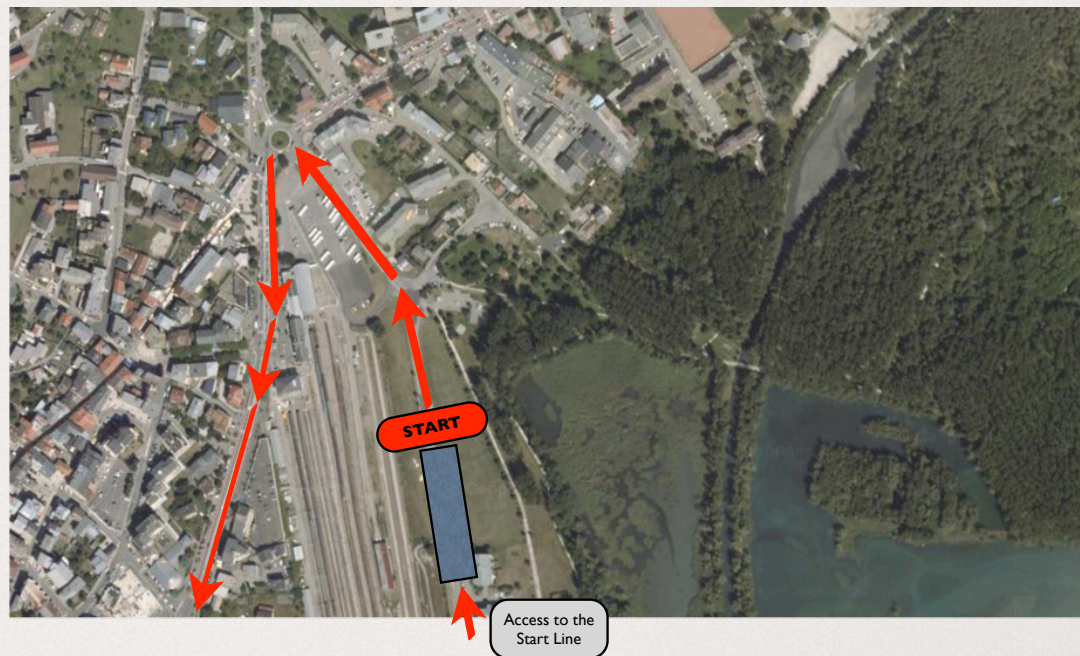
3 major cols on the menu of Stage 3

- Col de la Madeleine, 1993 metres, summit 61 km from the start
- Col du Télégraphe, 1565 metres, summit 117 km from the start
- Col du Galibier, 2645 metres, summit 141km from the start

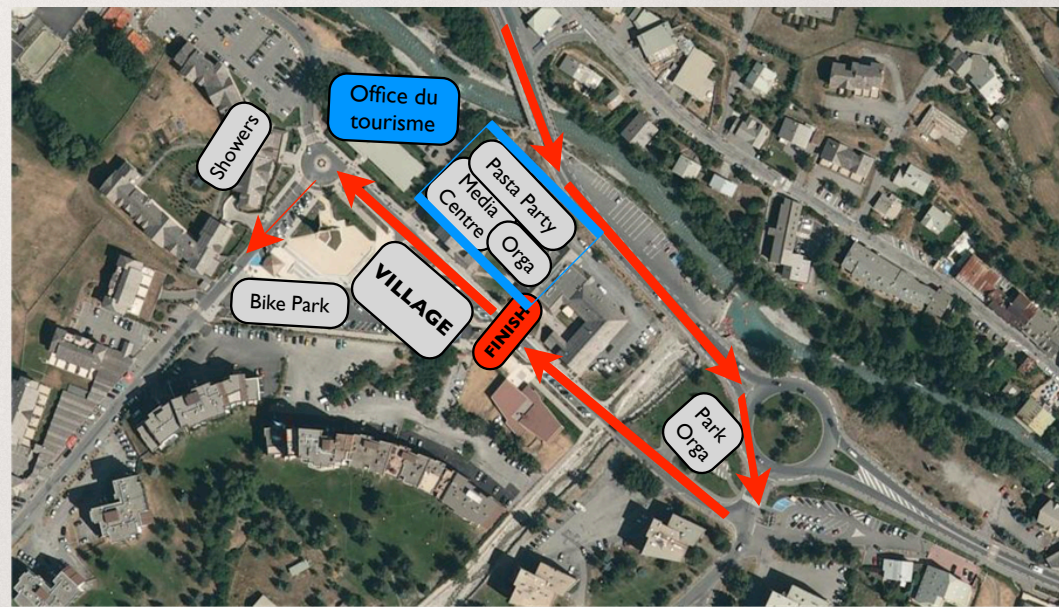
STAGE 3 – BOURG-ST-MAURICE TO SERRE CHEVALIER



START IN BOURG-ST-MAURICE



FINISH IN SERRE CHEVALIER (LA SALLE LES ALPES)



PROGRAMME

- 07:15 – Start in Bourg Saint Maurice
- 12:35 – ETA First Rider
- 12:50 – First Prizegiving
- 17:05 – ETA Last Rider
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 4 – SERRE CHEVALIER TO COL DU GRANON

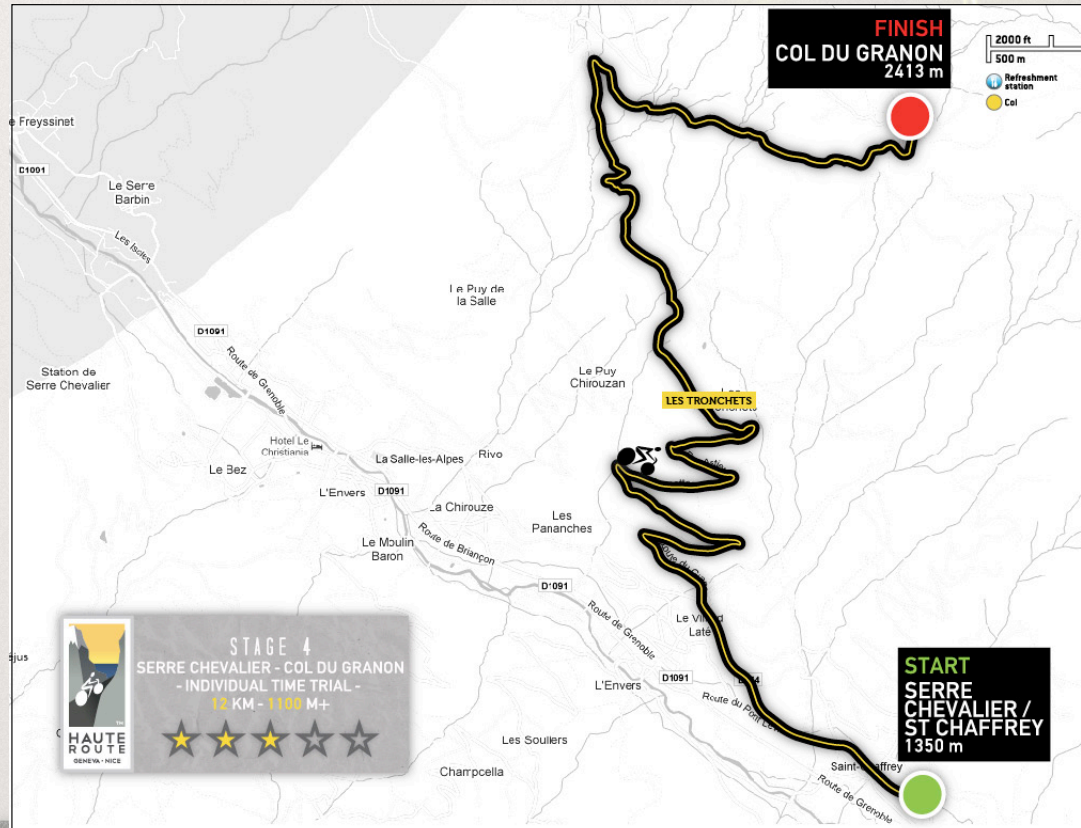


What Claude Droussent, French cycling specialist, says about Stage 4

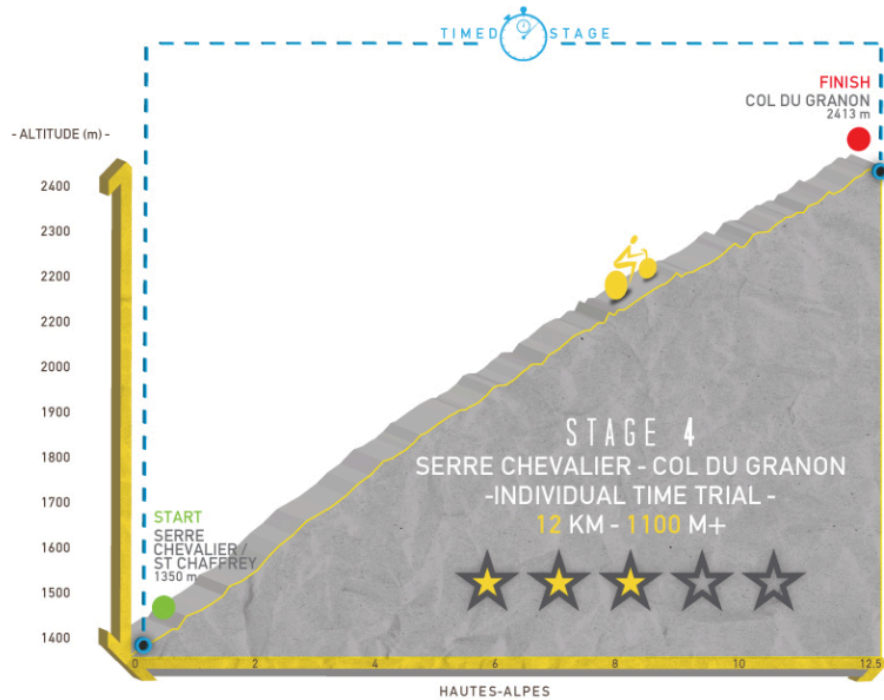
“Isn’t this a funny idea, this time trial on the Granon roads, unknown col leading nowhere except 2413 meters high, facing the magnificent Ecrins National Park? My advice: warm up, for example whilst going up to the Lautaret! Because the Granon, where the pros went through (and arrived as it’s a dead-end) only once in 1986 with a Lemmond-Zimmermann duel, is a tough one right from the bottom and exit of Saint-Chaffrey. So 12 kilometres only on the menu, but 11 with hellish gradients, rarely below 8% with bits at 11-12%. On this fourth day and with what’s been served the day before, respect to those who will take less than an hour to get to the top.”

Main feature of Stage 4

- 1st start from Serre Chevalier (St Chaffrey) on 24th August at 9:00
- First arrival at the Col du Granon around 10:20
- 12 timed kilometres
- 1’100 metres of ascent
- 1 full refreshment station at the Col du Granon



STAGE 4 – SERRE CHEVALIER TO COL DU GRANON



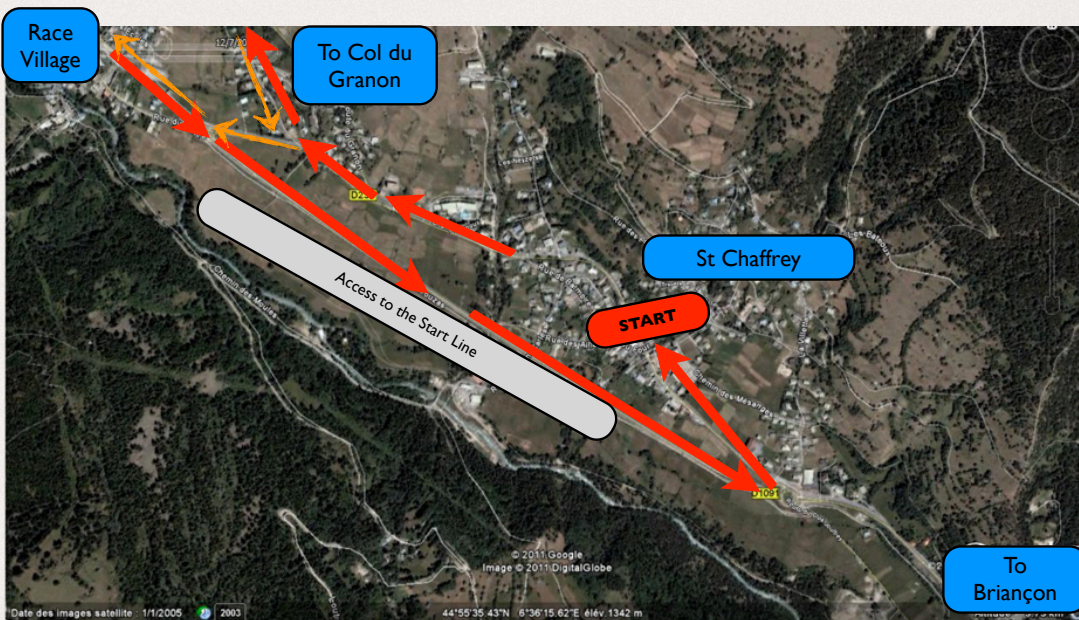
ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST START	LAST START
Department of Hautes-Alpes (05)					
SERRE CHEVALIER / SAINT CHAFFREY - Start Line	D234	0.0	1360	09h00	11h00
CROSSING D234-D919	D919	1.0	1380	09h05	11h02
LES TRONCHETS		6.5	1860	10h00	11h30
COL DU GRANON - Finish Line - Refreshment point		12.5	2413	11h00	12h00

- Individual time trial, whatever the category of the rider
- Col du Granon roads completely closed to traffic
- 1st start at 9am with the last rider in the overall ranking
- Following starts given every 20 to 30 seconds
- Last start around 11am with the leader of the overall ranking
- Riders are authorised to go back down after the last arrival (around 12)
- Start times confirmed the night before (at the pasta party)
- People accompanying will be authorised to drive up by car until 08:45. No car will be able nor allowed to go back down before the arrival of the last rider.
- Each rider will be able to entrust a personal jacket to the organisation during the Pasta Party the night before. The jacket will be taken to the summit of the Col du Granon. We recommend a Gore-Tex type jacket, wind and humidity proof.

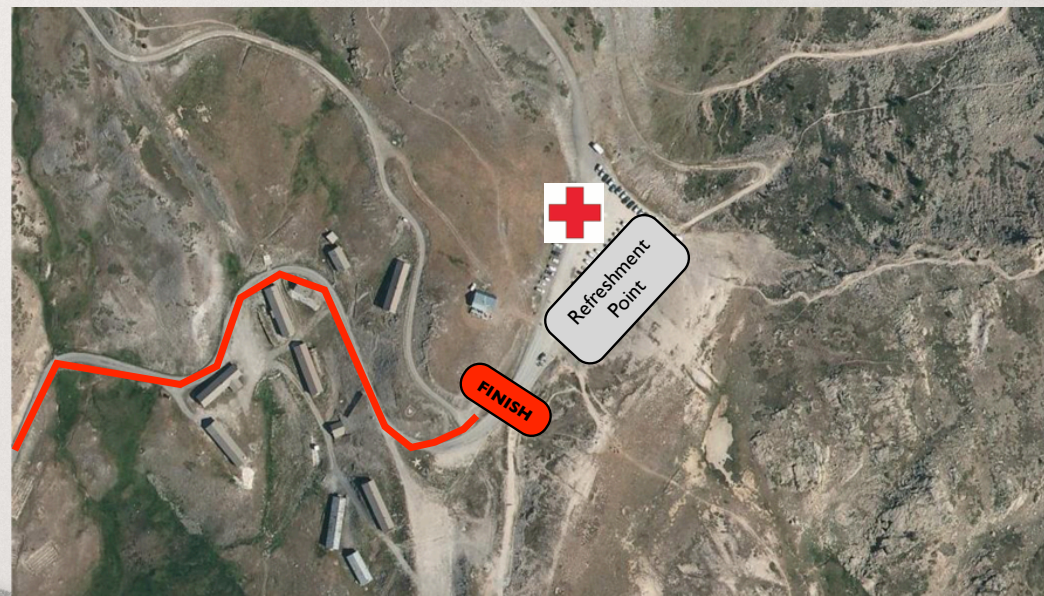
STAGE 4 – SERRE CHEVALIER TO COL DU GRANON



START IN SERRE CHEVALIER (ST CHAFFREY)



FINISH AT THE COL DU GRANON



PROGRAMME

- 09:00 – First start (last rider in the overall ranking)
- 11:00 – Last start (first rider in the overall ranking)
- 12:15 – Descent of the Col du Granon
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 5 – SERRE CHEVALIER TO PRA LOUP

What Claude Droussent, French cycling specialist, says about Stage 5

“Here again, a monster after Briançon, but climbed by its “cool” side. The Col d’Izoard by its North side, and the famous Casse Deserte during the descent. A long ascent (20 kilometres) in the pine trees, difficult in its second bit after Cervières. Along the last nine kilometres up to 2361 meters high, it never goes below 8–9%, especially near the Refuge Napoleon...”

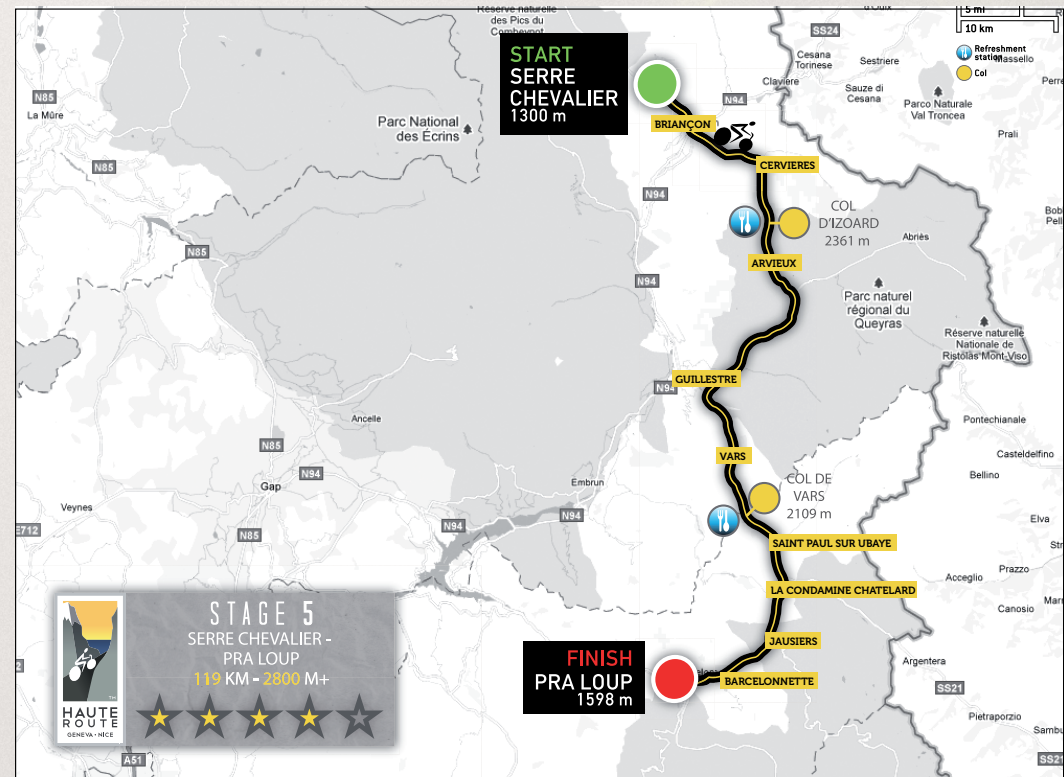
It will be the same for the Col de Vars culminating at 2109 metres. But here, it’s the bottom that is very difficult, after Guillestre. A long ascent with 18 kilometres. The 8 kilometres of the final ascent of Pra Loup after Barcelonnette won’t be so simple. Remember Eddy Merckx’s lapse in 1975, and Bernard Thevenet’s glorious day... After the Galibier’s day, it will be the second hardest day of the week”.

Main feature of Stage 5

- Start in Serre Chevalier, Thursday 25th August at 07:30
- Arrival in Pra Loup, between 12:00 and 15:45
- 119 km overall, 112 km timed
- 2800 metres ascent / 2400 metres descent
- 2 full refreshment points at the top of the cols (Izoard and Vars)
- 1 food and drink supply after the finish line

3 ascents on the menu of Stage 5

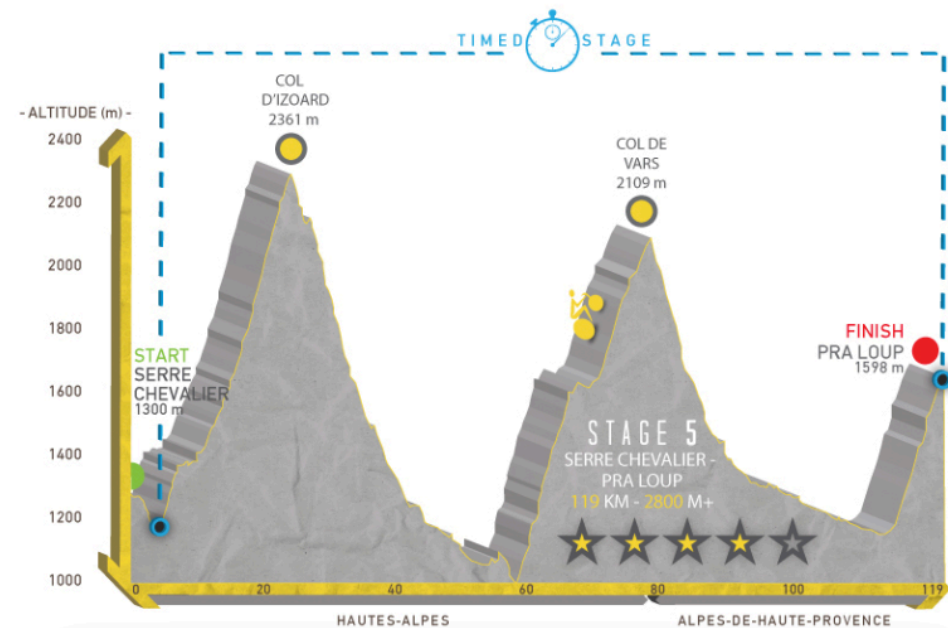
- Col d’Izoard, 2361 metres high, summit 28 km from the start
- Col de Vars, 2109 metres high, summit 78 km from the start
- Arrival in altitude in Pra Loup, 1598 metres high



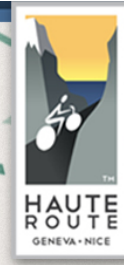
STAGE 5 – SERRE CHEVALIER TO PRA LOUP



ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
Department of Hautes-Alpes (05)					
SERRE CHEVALIER / LA SALLE LES ALPES - Start Line / secured convoy	D1091	0.0	1375	07h30	07h32
BRIANCON - Start of timed stage	D902	7.0	1205	07h45	07h47
CERVIERES		18.0	1636	08h20	08h50
COL D'IZOARD - Refreshment point n°1		28.0	2361	09h05	10h00
ARVIEUX		39.0	1544	09h20	10h25
CROSSING D902-D947		42.5	1466	09h25	10h30
GUILLESTRE		60.0	1000	09h48	11h10
VARS		69.0	1850	10h23	12h15
COL DE VARS - Refreshment point n°2		78.5	2109	10h47	13h15
Department of Alpes-de-Haute-Provence (04)					
SAINTE PAUL SUR UBAYE	D900	86.5	1470	10h55	13h30
LA CONDAMINE CHATELARD		99.5	1282	11h11	13h55
JAUSIERS		100.5	1220	11h13	13h57
BARCELONNETTE	D109	108.0	1135	11h23	14h12
PRA LOUP - Finish Line / End of timed stage		119.0	1598	12h00	15h45

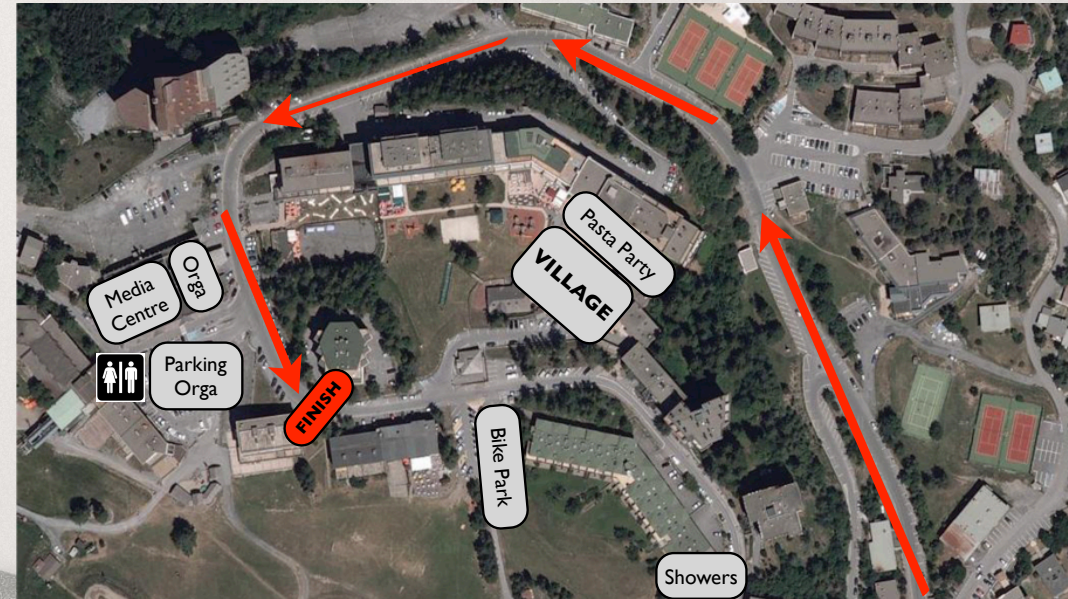
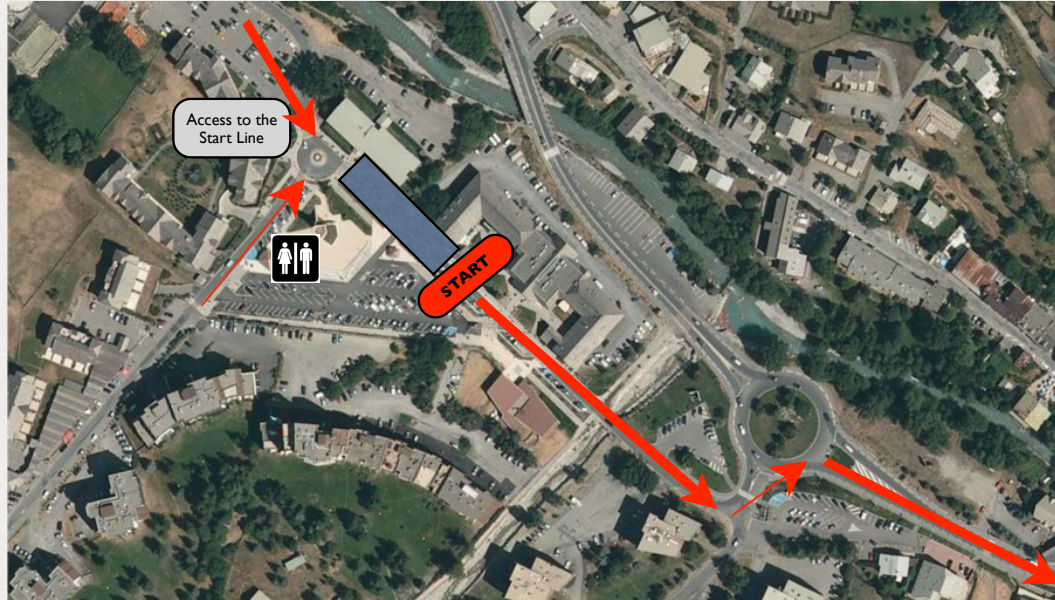


STAGE 5 – SERRE CHEVALIER TO PRA LOUP



FINISH IN PRA LOUP

START IN SERRE CHEVALIER (LA SALLE LES ALPES)



PROGRAMME

- 07:30 – Start in Serre Chevalier (La Salle les Alpes)
- 12:00 – ETA First Rider
- 12:15 – First Prizegiving
- 15:45 – ETA Last Rider
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 6 – PRA LOUP TO AURON

What Claude Droussent, French cycling specialist, says about Stage 6

“Enjoy... if you still can! The Cime de la Bonette, its 25 kilometres of ascent from Jausiers, its 2802 meters high making it the highest road in Europe and the ‘roof’ of the Haute Route is all yours! Especially the breathtaking scenery in an incredible silence in the heart of the Mercantour National Park. The Galibier is stunning, the Bonette even more so. A world of its own...

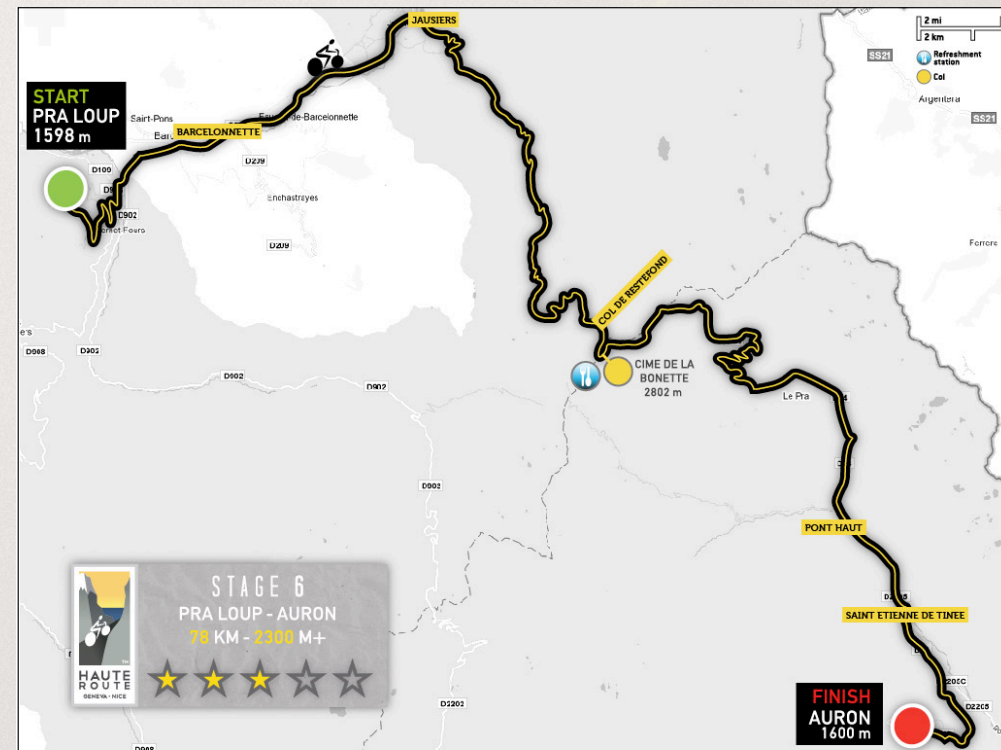
But you have to work for it. You’ll often face 8–9% slopes but you will also have to be able to ‘rest’ on the long sections at 5%. The Bonette showcases irregular slopes. You should expect two hours of ascent, a little bit more if you want to enjoy the surroundings. It is even better than a good performance here. And this way, you can also save some energy because even if there are only 78 kilometres on that day to reach Auron, the final ascent has a 8–9% gradient...”

Main feature of Stage 6

- Start in Pra Loup, Friday 26th August at 08:30
- Arrival in Auron between 11:25 and 13:40
- 78 km overall, 59 km timed
- 2300 metres of ascent / 2300 metres of descent
- 1 full refreshment station at the Cime de la Bonette
- 1 refreshment station after the finish line

2 ascents on the menu of Stage 6

- Cime de la Bonette, 2802 metres high, summit 43 km from the start
- Final ascent to Auron, arrival at 1600 meters high

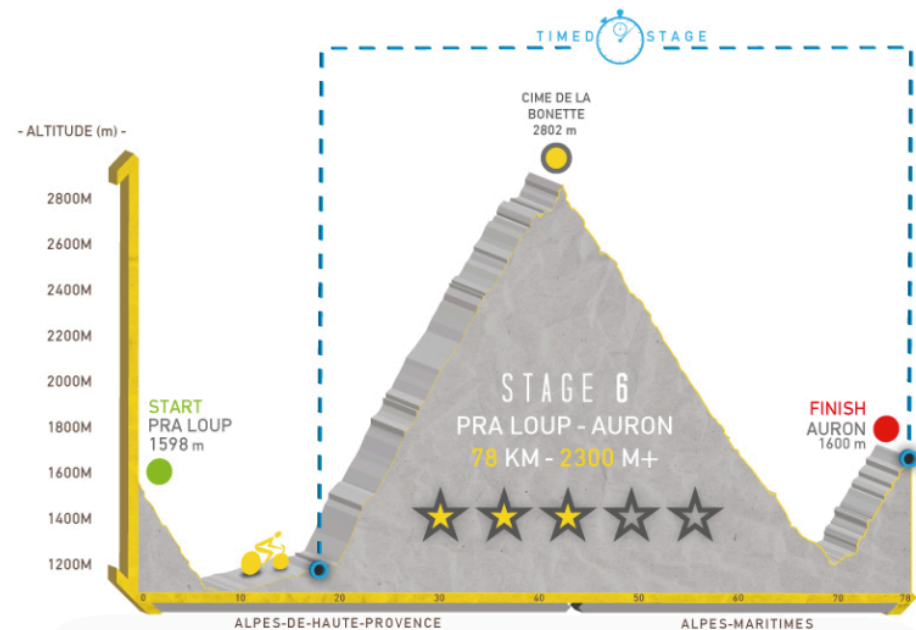


STAGE 6 – PRA LOUP TO AURON

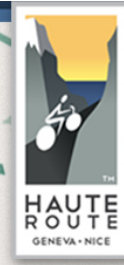


TIMED STAGE

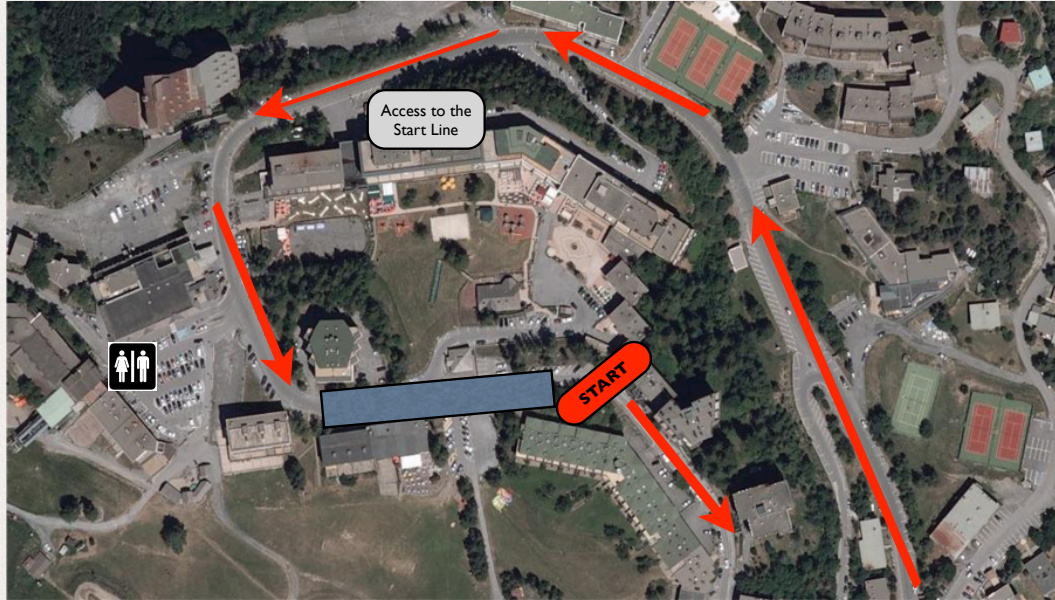
ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
Department of Alpes-de-Haute-Provence (04)					
PRA LOUP - <i>Start Line / secured convoy</i>	D109	0.0	1598	08h30	08h32
BARCELONNETTE	D900	8.0	1135	08h45	08h47
JAUSIERS		18.0	1220	09h10	09h12
CROSSING D900-D902 - <i>Start of timed stage</i>	D902	19.5	1220	09h15	09h17
CASERNE DE RESTEFOND		39.0	2561	10h20	11h30
COL DE RESTEFOND		41.0	2690	10h25	11h40
CIME DE LA BONETTE - <i>Refreshment point n°1</i>		43.5	2802	10h30	11h55
Department of Alpes-Maritimes (06)					
COL DE LA BONETTE	D64	44.5	2715	10h32	12h00
PONT HAUT	D2205	65.0	1500	10h55	12h30
SAINT ETIENNE DE TINEE	D39	69.0	1150	11h00	12h40
AURON - <i>Finish Line / End of timed stage</i>		78.0	1600	11h25	13h40



STAGE 6 – PRA LOUP TO AURON



START IN PRA LOUP



FINISH IN AURON



PROGRAMME

- 08:30 – Start in Pra Loup
- 11:25 – ETA First Rider
- 11:45 – First Prizegiving
- 13:40 – ETA Last Rider
- 17:30 – Official Prizegiving
- 18:00 – Riders Briefing
- 18:30 – Pasta Party

STAGE 7 – AURON TO NICE



What Claude Droussent, French cycling specialist, says about Stage 7

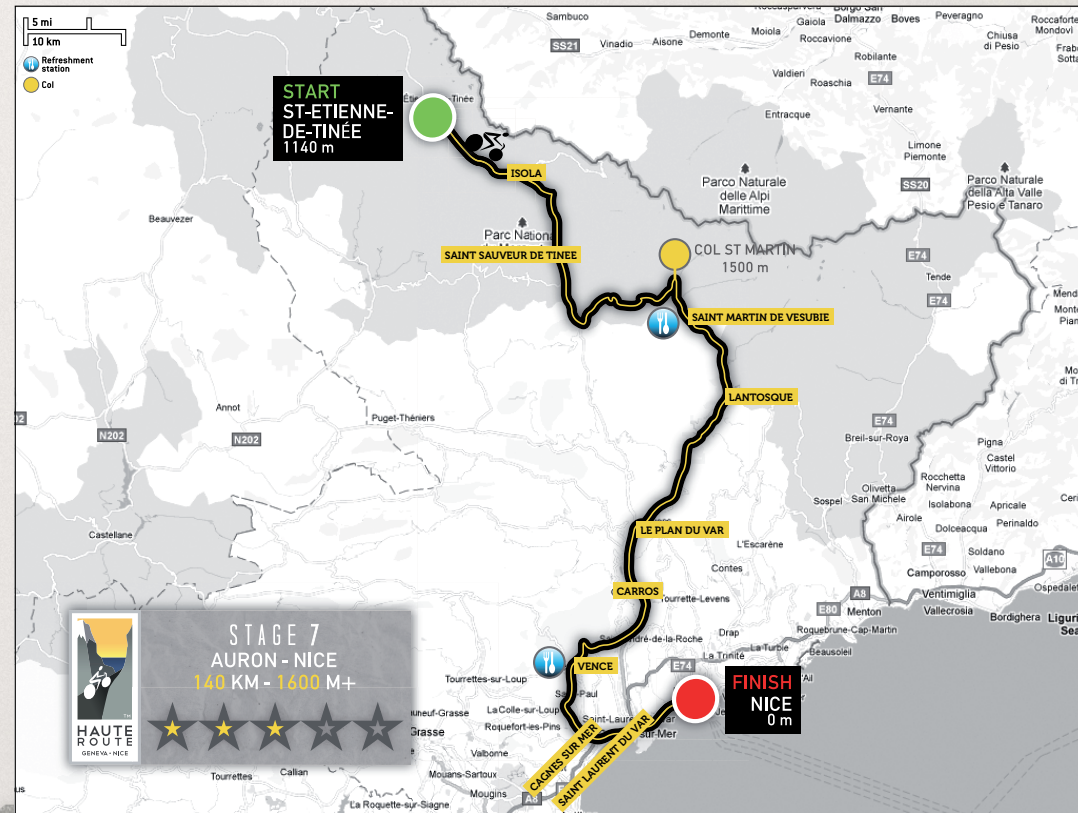
“Today, you are probably shattered, waking up every morning has become harder and harder each day. But today, you will be rewarded with the crossing of the Mercantour National Park, the backcountry and then Nice, the coast, the sea... The Col Saint Martin with its 1500 metres above the Vésubie is nothing compared to what you have already overcome. Beware of the distance however, 140 kilometres, it can seem a bit long... and at the finish, I dare you... to go for a dive in the Big Blue!”

Main features of Stage 7

- Start in St-Etienne-de-Tinée, Saturday 27th August at 08:00
- End of timed stage in Carros, arrival between 10:50 and 12:50
- Peloton gathering in Vence between 11:30 and 13:45
- Final arrival in Nice around 15:30
- 140 km overall, 71 km timed
- 1600 metres ascent / 2800 metres descent
- 1 full refreshment station at the top of Col Saint Martin
- 1 full refreshment station at the peloton gathering in Vence
- 1 refreshment station after the finish line in Nice

1 col on the menu of Stage 7

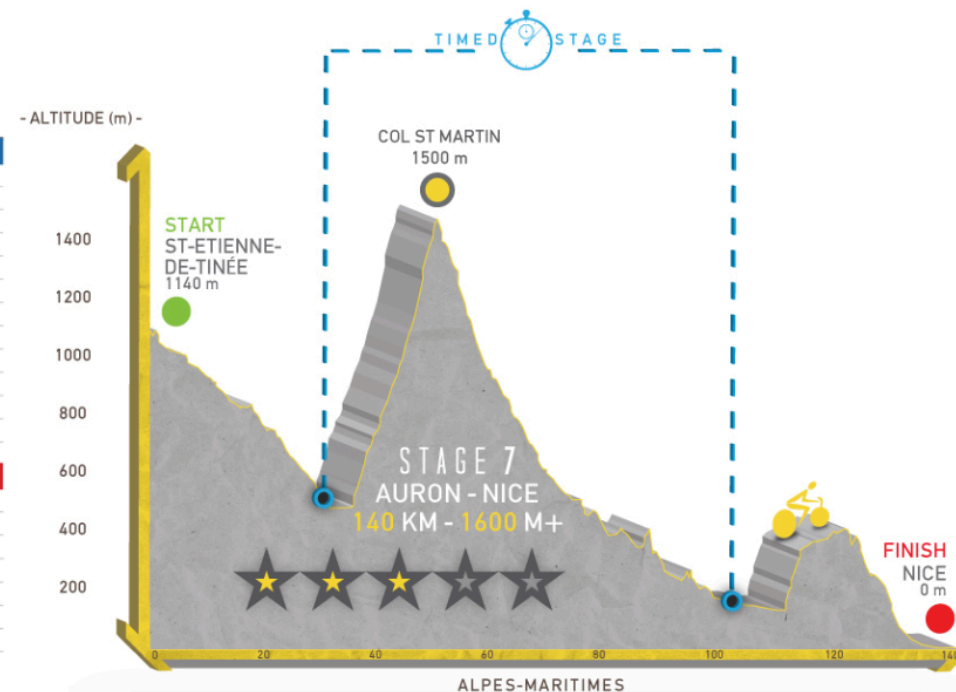
- Col Saint Martin, 1500 metres high, summit 49 km from the start



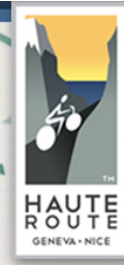
STAGE 7 – AURON TO NICE



ROUTE	ROADS	DISTANCE (KM)	ALTITUDE (M)	FIRST RIDER	LAST RIDER
Department of Alpes-Maritimes (06)					
SAINT ETIENNE DE TINEE - Start Line / secured convoy	D2205	0.0	1140	08h00	08h02
ISOLA		14.0	870	08h25	08h27
SAINT SAUVEUR DE TINEE		28.0	497	08h50	08h52
CROSSING D2205-D2565 - Start of timed stage	D2565	32.0	400	09h00	09h02
VALDEBLORE / SAINT DALMAS		45.0	1290	09h40	10h40
COL SAINT MARTIN - Refreshment point n°1		49.0	1500	09h50	11h00
SAINT MARTIN DE VESUBIE		56.0	960	09h59	11h15
ROQUEBILLIERE		65.0	610	10h09	11h38
LANTOSQUE		72.0	480	10h17	11h47
SAINT JEAN LA RIVIERE		80.0	300	10h27	12h05
LE PLAN DU VAR	D6202	90.5	130	10h31	12h25
BAUS ROUX	D901	92.0	110	10h35	12h33
CARROS - End of timed stage	D2210	103.0	71	10h50	12h50
Full open road / Respect of traffic rules / Race finished					
GATTIERES		107.8	268	11h05	13h10
SAINT JEANNET		111.0	297	11h15	13h25
VENCE - Refreshment point n°2 - Peloton meeting point		117.0	320	11h30	13h45
VENCE - Re-start in secured convoy	D36	117.0	320	14h15	14h17
CAGNES SUR MER	Coast Road	124.5	13	14h40	14h42
SAINT LAURENT DU VAR		131.0	7	15h00	15h02
NICE (Promenade des Anglais) - Finish Line		140.0	3	15h30	15h32



STAGE 7 – AURON TO NICE



START IN ST-ETIENNE-DE-TINEE



PROGRAMME

- 08:00 – Start in St-Etienne-de-Tinée
- 11:30 – ETA First Rider in Vence
- 13:45 – ETA Last Rider in Vence
- 14:15 – New start in secured convoy
- 15:30 – Arrival in Nice on the Promenade des Anglais
- 15:45 – Official Prizegiving on the Promenade des Anglais
- 17:00 to 20:30 – Closing cocktail in the Castle gardens
- 22:00 – Start of the bus between Nice and Geneva

FINISH IN NICE



OUR PARTNERS



NOTHING WOULD BE POSSIBLE WITHOUT THEM !

www.hauteroute.org

THANKS TO OUR PARTNERS



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HOST VENUES



Geneva, a city with one of the best qualities of life in the world, is known all over the world! With a unique location and landscape between the Jura Massif and the high Alpine summits, Geneva offers excellent accessibility with its international airport and very high quality tourism facilities.

Home to many international organisations (United Nations European Headquarters, the Red Cross, Unicef...), Geneva is also one of the financial capital cities of the world. The Calvin's city is also a sports arena where major sporting events take place, such as the Geneva Marathon for Unicef and the Tour of Romandie. The Haute Route 2011 will start from the Jardin Anglais on the 21st August.

www.ville-geneve.ch



Located between sea and mountain, Nice is the economical capital of the French Riviera and benefits from huge natural assets. It has the second biggest hotel capacity in France and welcomes 4 million tourists each year. Nice also has France's third airport, two congress centres dedicated to business tourism but also a university and many cultural facilities (museums, national theatre, opera, concert halls...). Historically linked to the "Petite Reine", the City of Nice is proud to host the last stage of the Haute Route on Saturday 27th August.

www.nice-coteazur.org



www.hauteroute.org

HOST VENUES



Located in Haute-Savoie, since 1910 Megeve has been a well-known tourist attraction. It is one of the prettiest ski resorts in the world but also very alive in the summer. In June it hosts the “Megève Mont-Blanc”, one of the major cyclosportives in France. The Haute Route will arrive in Megève on the 21st and leave on the 22nd of August.

www.megeve.com



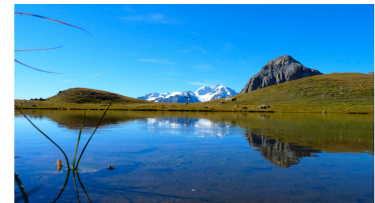
The town of Bourg-Saint-Maurice is the main attraction of the High Valley of Isere. It is known world wide for its four ski resorts (Arc 1600, Arc 1800, Arc 1950 and Arc 2000) and is attracting more and more visitors in both winter and summer. It has built its reputation on its beautiful natural setting, offering a wide range of activities such as skiing, snow boarding, biking, hiking, canoeing/kayaking and trail running. The Haute Route will stop in Les Arcs / Bourg-St-Maurice from the 22nd to 23rd of August.

www.lesarcs.com



Serre Chevalier is the biggest ski resort in the Southern Alps because of its huge skiable terrain with a telepherique going up to the summit at 2483 metres and because of many winter and summer activities. The Haute Route will stay two days in Serre Chevalier from the 23rd to the 25th of August.

www.serre-chevalier.com



HOST VENUES



Pra Loup is a mountain resort at the doors of the Mercantour National Park, in the heart of the Ubaye Valley in the Alpes-de-Haute-Provence. Historically known for its ties to Mexico, you will discover the preserved landscapes and a unique architecture. The Haute Route will stop in Pra Loup from the 25th to 26th of August.

www.praloup.com



Auron is a mountain resort stands at 1600 metres of altitude in the district of Saint-Étienne-de-Tinée in the Alpes-Maritimes. This ancient village of mountain pasture is today a lively resort in winter and in summer. Auron is located in the heart of the Massif du Mercantour near the National Park of the same name. The participants of the Haute Route will get a well-deserved rest in Auron from the 26th to the 27th August.

www.auron.com



OFFICIAL SUPPLIERS



Mavic is a French manufacturer of cycling wheels and components. During the Haute Route, Mavic will come with a motorcycle, a car and a van in order to assist the racers before, during and after each stage (mechanical assistance). Mavic will also offer 10 pairs of shoes and 6 sets of wheels.

www.mavic.com



Casino Restauration is a specialist of the event catering. During the Haute Route, Casino Restauration will provide all the food and drinks at the refreshments stations (water, bananas, oranges, cakes, etc...). Casino will also be responsible for the daily Pasta Party (or Rice Party) and the catering for the Haute Route team.

www.casino-restauration.com



Ravito is a new French brand offering accessories and stylish clothes dedicated for cyclists and people who love the cycling world. ravito will offer each participant a cap and will give some «musettes» for the winners.

www.ravito.fr



Fenioux MultiSports is a leading company specialised in energetic products. Fenioux Multisports will provide during the race the energy bars, drinks and gels to the peloton. These products will be available at each refreshment station on the route. Fenioux will also have a booth inside the village.

www.fenioux-multisports.com



As a specialist of sporting equipment, Vü will provide the equipment to the volunteers (Tshirts and caps), to the organising team and to all the participants. Each cyclist will receive a 120L capacity travel bag, a technical jersey and a signal gilet. Vü will also provide at the end of each stage the yellow jerseys to the leaders of Solo and Duo categories (men and women).

www.gilet-signalisation.fr

OFFICIAL SUPPLIERS



Heineken owns and manages one of the world's leading portfolios of beer brands and is one of the world's leading brewers. Heineken will offer more than 2'000 individual bottles and will manage a bar with draft beer during the Official Cocktail in Nice. Alcohol abuse is dangerous for your health.
www.heineken.com



WTS is a company specialised in coaching and training. WTS has provided a series of advices to the participants. They will organise a 45min conference at the Haute Route Village in Geneva.
www.wts.com



Leader of the windsurfing industry, NeilPryde have decided to enter in the cycling market with two new road models in 2011, Diablo and Alize. Both are crafted in carbon fibre. The winners of Solo Men and Solo Women categories will be given a Diabo frame. www.neilprydebikes.com



Haribo, the dynamic family-run company, was founded in 1920 in Bonn (Germany) by Hans Riegel. Fruit gums, liquorice and foam based sweets are the most important product sectors. Haribo will offer to the participants some lovely sweets.
www.haribo.fr

MEDIA PARTNERS



Velo 101 is the leading French online media dedicated to all families of cycling. Velo 101 has promoted the Haute Route in France since the beginning.

www.velo101.com



Cycloport.org is the leading UK online media dedicated to cycloport. Cycloport.org has promoted the Haute Route in the UK for a few months.

www.cycloport.org



The Haute Route official magazine : 28'000 copies distributed from May to December 2011 at each stage of the Haute Route, and at the international level on the different OC ThirdPole events.

www.hauteroute.org/magazine

INSTITUTIONAL PARTNERS



The Haute Route is officially registered on the National Calendar of the French Cycling Federation. The French Cycling Federation is a dynamic federation, with more than 110'000 licensed members.
www.ffc.fr



The Haute Route has joined the “EcoCyclo” programme of the French Cycling Federation. 3 “patrolmen” will be in charge of checking that the rules within the peloton are being respected.
ecocyclo.blogspot.com



Created to promote itinerant tourism between Lake Geneva and the Mediterranean, the Grande Traversée des Alpes (GTA) is an expert association of the French Alps. With all their similarities, the GTA and the Haute Route could only get together for the promotion of this amazing crossing of the Alps!
www.grande-traversee-alpes.com

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