2021 ULTIMATE CUIDE



&COLNAGO

Covid Safety Protocol for 2021 Haute Route Events

For over 12 months now, we have been working with expert authorities and using government guidelines to ensure we can provide a Covid-safe environment for our riders, suppliers and staff, plus still deliver all the support and services that makes the Haute Route events so special. We have now established a strict new protocol that that can be both flexible and reactive to the potentially rapidly changing public health situation, plus respect all national and local regulations. Our dedication to safety and support is part of our DNA and has been since the creation of the Haute Route in 2011. This year will be no exception.

HOW DID WE DESIGN THIS PROTOCOL?

The first step is an analysis of the pandemic situation. A detailed protocol is then submitted to and agreed on by the local authorities.

COVID-19 REGULATIONS?

Our protocol for 2021 has been built around two different scenarios under which we will run the event and what effect these varying conditions will have on you.

WHAT DO I NEED TO BRING?

We have specified all the requirements that you need to fulfil, including what you will need to supply prior to or on the event. These will include as a minimum: PCR tests. completed Covid charter and face masks.

HOW CAN I FOLLOW THE UPDATES ON THE PROTOCOL AND SCENARIO CHOSEN FOR THE EVENT?

In the three months before each event, registered riders will be kept informed through the Rider Newsletter every two weeks. The final situation for each event will be announced two weeks before the start date.

CAN WE TRAVEL TO THE EVENT AND **HOME AGAIN AFTERWARDS?**

We will be using the Rider Newsletter to inform you as well as possible about the specific situation in the country of the event.

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READ THE FULL COVID SAFETY PROTOCOL HTTPS://ISSUU.COM/HAUTE_ROUTE/DOCS/HR_COVIDPROTOCOL

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New for 2021

Welcome to the 2021 Haute Route Crans-Montana. We've been working hard behind the scenes to make sure everything is in place so you can be part of the experience of a lifetime.

Part of the process is the publication of this guide which we hope will motivate, inspire and excite you as you discover exactly what you have to look forward to.

Wishing you the very best of luck with your final preparations!

ON-EVENT APP:

This year we welcome Ride with CPS to the family. The mobile app will now be your one, stop shop for all the details ahead of your Haute Route event, from itineraries to route information and cut-off times.

Wishing you the very best of luck with your final preparations.

LIGHT AND AERO the all-rounder bike



V3Rs

*COLNAGO



Why This Event

Congratulations on signing up for Haute Route Crans-Montana. This 3-day event is going to spoil you with incredible views, vineyards, traditional villages and gorges. Here is a little insight into what else you have to look forward to:



The event with the greatest elevation gain in our 2021 calendar wo classic stages set in th heart of Valais Central.



Discover Switzerland's hidden gems and best cols, including the Barrage de la Grande Dixence and the Col du Sanetsch. A time trial starting from Switzerland's sunniest city, Sierre and finishing atop Col

de Crans-Montana.

6

KKK

An idyllic setting and a sports lover's paradise with fun for all the family from outdoor activities, shops, wellness services and much more.



INTRODUCING

Crans-Montana

Crans-Montana is located high above the Rhone Valley, in the Valais region of Switzerland. At an altitude of 1,500m and bathed in sunlight, Crans-Montana invites you to forget your daily stresses and live fully in the moment. From the Matterhorn to Mont Blanc, the mountain peaks surround the area and provide views that add to the magnificence of this destination.

The huge diversity of natural scenery in the Crans-Montana region makes it a key destination for families and sports-lovers alike. From swimming in one of the five lakes, hiking through the forests or cycling up mountain passes, there is plenty of opportunity to immerse yourself in this unique nature.

A vibrant and dynamic destination, visitors can enjoy traditional dishes in mountain huts, or head to one of the award-winning restaurants. Wellness and shopping enthusiasts are invited to relax in one of the beautiful spas or treat themselves in the rue du Prado. Sports-lovers are spoilt for choice, with activities ranging from golf to canyoning. All that is left for you to do is kick-back and take it all in.



SPORT

CRANS MONTANA

Event Village

All riders are required to register at the Event Village on Thursday 10th June in Crans-Montana between 2:00pm to 7:00pm. The village will be located at the Place d'Ycoor.

Head to the Ride with GPS app to find out which Partners and Services will be in the event village.

Activities in the event village



Boutique

Mechanical Assistance



Nutrition & Hydration



Demo



Product Exhibition



Bike

Rental

<u>//A</u>



Bib collection

Beers and Coffees





THE BEST KEEPS Getting better

Searching for a competitive advantage, superior protection, or an extraordinary visual experience? We thought so. That's why we created Phantom, Bollé's first photochromic lens with high contrast and unrivaled optical clarity.



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Event Overview

The first edition of the Haute Route Crans-Montana offers an exceptional course, with panoramic views and scenery that will take your breath away. The course features a total of 220km and 8,300m+ of climbing over three days, meaning you earn extra kudos for tackling some of the steepest and loftiest heights that the Swiss Alps has to offer.

*Please refer to the Ride with GPS app before the event for detailed information on each stage and updated timings.

REGISTRATION DAY Thursday 10th June

Event village in Crans-Montana Open from 2:00pm to 7:00pm Welcome briefing at 7:00pm Pasta party at 8:00pm

STAGE 1

Friday 11th June

Crans-Montana - Col du Sanetsch 96km | 3,500m+ (+46km to Crans-Montana) STAGE 2

Saturday 12th June Crans-Montana - Crans-Montana 113km | 3,350m+

STAGE 3 Sunday 13th June Sierre - Col de Crans-Montana 15km | 1.250m+



Stage 1 - Friday 11th June

CRANS-MONTANA - COL DU SANETSCH 96KM | 3,500M+

AVERAGE GRADIENT: 0-2.9% 3-5.9% 6-8.9% 9-11.9% 12%+







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Stage 2 - Saturday 12th June

CRANS-MONTANA - CRANS-MONTANA

112KM | 3,350M+

AVERAGE GRADIENT: 0-2.9% 3-5.9% 6-8.9% 9-11.9% 12%+





For multi-day events, getting your fuelling and recovery right is essential so you can keep pushing your limits day after day. Here are our recommendations on how to fuel the three stages of Haute Route Crans-Montana. Our Energy Gels, Energy Bars & Energy Drink will be available at the feed stations, but you may need some extra products for before, during and after the event. For more in depth information about our products & nutrition for cycling, just head to our website.

HERE'S 25% OFF **USE CODE: HAUTEROUTE25**

SHOP AT: **OTESPORTS.CO.UK**





Try for free at **ZWIFT.COM** on

dity

96 km

3500M+

BEFORE

DURING

AFTER

BEFORE BED

PROTEIN BAR 🛛 😐 🕬

HYDRO Tab

500ML OF

ANYTIME

BAR 🔞

DUO BAR

ENERGY

GEL 😰

RECOVERY

SHAKE

HYDRO

TAB

ENERGY DRINK ()

112км

3350м+

BEFORE

DURING

AFTER

BEFORE BED

HYDRO TAB

500ML OF

ANYTIME

BAR 😰

DUO BAR 😢

RECOVERY

SHAKE

HYDRO

TAB

ENERGY DRINK 😗

Mix up your training with group rides and races with the entire planet. Join Zwift, the world's training playground, where Fun is Fast.



ITT Stage 3 - Sunday 13th June



Time Trial procedure

Your start time is defined by your overall ranking following the previous stages and riders will set off in reverse order of the general classification.

- 1. Call times and start times published at the briefing after the previous stage and available online
- 2. Present yourself in the waiting area at your call time
- 3. Enter the Time Trial start pen 2 minutes before your start time
- 4. Enter the start ramp 20 seconds before your start





Haute Route Nation

We are ordinary people doing extraordinary things together. We are the Haute Route Nation.

The Haute Route Nation is more than a club. We are a global community of passionate cyclists brought together by a love for reaching new heights. We are ordinary people doing extraordinary things.

Partners Benefits	Get rewarded, and get your hands on exclusive deals
Training tips	We've teamed up with industry experts to bring you the best training advice
Rides & Rendez-vous	Training rides organised all over the world
A global network	A community of ambassadors and fellow riders to talk all things cycling

Head to Haute Route Nation to join the community.



Registration Day

*Registration Day itinerary and requirements dependant on latest health protocol. Any changes will be communicated.



VILLAGE ARRIVAL – The event village will be open from 2:00pm to 7:00pm. Before exploring the village and visiting partners' and exhibitors' booths, make sure you follow the steps outlined below.

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

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

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

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

WELCOME BRIEFING - Once you have completed all these steps and have visited our partner and exhibitor stands please ensure that you attend the mandatory Rider Briefing at 7:00pm.

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

PASTA PARTY – To start the Haute Route in the right way, make new friends over dinner at the Pasta Party, which will take place at 8:00pm.

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

What To Take With You

While every rider will have their own personal preference, this is a (dropped off at the start/collected at the finish of each stage):



ON THE BIKE

A windbreaker/gilet 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

Base layers * Shoe covers Thermal jacket * Gloves x2

Cycling cap Arm warmers * Leg warmers Knee warmers Buff



OFF THE BIKE

Haute Route ID Card Comfy clothes Chargers

NUTRITION

Electrolyte tablets Recovery drinks



Chamois Cream

Spot checks may be carried out by Haute Route staff

Feed Stations

All feed stations throughout the Haute Route will be stocked with a variety of different products to help you fuel and hydrate for your ride. From a variety of drinks and energy products to sweet and savoury whole foods, there will be something to suit everyone's taste.

*Subject to latest health protocol requirements. Any changes will be communicated.



FEED STATION ETIQUETTE

This is a cupless event. You must use your own bottles or cups to refill at the feed station.

To ensure rider safety, please do not block the road, and use the bike racks provided rather than pulling up to the tables with your bike.

For riders receiving external support from family, coaches, or tour operators, note that the feed station zones are the only points on the course where assistance is permitted.

Bag Logistics



Where will two-wheels take you?

Where will two-wheels take you? You only need to spend a short period of time in Crans-Montana to understand how and why it earned its title as Swiss Alpine centre for cycling. The region offers a network of over 200km of cycling routes, featuring everything from beautiful vineyards, picturesque villages, mountain passes and beautiful lakes.

Whilst we will be spoiling you with some of the very best routes the region has to offer during Haute RouteCrans-Montana, there is still so much to explore. If 3-days just isn't enough for you, professional cyclist and Crans-Montana local, Steve Morabito has put together some of his recommended routes. From rides that feature cultural discoveries (think wine cellars and restaurants) or routes that have featured in famous races such as the Tour de Romandie, the Tour de Suisse and the Tour de France, they have it all. We pick three out below:

TSEUZIER DAM

22km | 1,482m+

You've already explored one dam in the region, why not check out the other. No less remarkable, the climb to Tseuzier dam starts in St-Léonard, home to the largest underground lake in Europe, before climbing up to Lake Tseuzier and a view of the peaks surrounding the region.

VINEYARD TRAIL

49.9km | 1,072m+

Want to reward yourself for all the hard work on the bike? The Vineyard Trail showcases the beauty of thevineyards in the area, whilst also providing an opportunity to fuel up and guench your thirst at vineyards along the route.

A TASTE OF GRAVEL

35km | 1,102m+ Let's take this off-road.

If you want to switch things up and see Crans-Montana from another point of view,why not try the gravel route. Quiet roads, exceptional views and a unique perspective.

For more of Steve's routes, head to the Crans-Montana page here.

KITBRIX

DAYPACK

• 25 litre capacity Waterproof lining Shoulder & chest straps · Roll down & clip to lock Lightweight
Water resistant

The worlds first backpack with a built in gym locker Created for professionals who train hard. With it's unique design and space your CityBrix will be with you wherever you work, train and play

 Waterproof base Gym locker section • 17" Laptop Sleeve

CITYBRIX

BEAUTIFULLY CUSTOMIZED

DAY PACK POKIT

Built and designed from double-lined weather proof tech material and easy wipe waterproof inner, this pack away rucksack is for everyday use where weight and durability are essential.

DRY PACK DOB

DIVIDE 12 litre capacity Waterproof lining • Roll down & clip to • Wet sweats bag

PACK EFFICIENTLY Fully adjustable, durable & weatherproof Repositionable, self-gripping no knot:

 4 straps per pack various measure Quick and easy to use, fix compact

KITBRIX #KEEPITTOGETHER KitBrix is a robust, modular, military-inspired

The organiser system that saves you time, helps avoid discomfort and enables you to enjoy and focus on your best performance.

> kit bag for passionate sports people. Each KitBrix bag can be zipped to another to form a rucksack, saving time in transition and travel.

PRODUCT CYCLE

 Functional, robust, waterproof base Modular Design - flex between wet & dry • No fuss system Customisable team kit icon 6 standard colours available & free Run.

Cvcle. Swim icons inside

FIX & COMPACT VELCRO **STRAPS** KITBRIK

KITBRIK

 Highly absorber Quick drying • 80cm x 130cm Compact size





RACING TO END HPV

Human Papillomavirus (HPV) is the causal agent of 5% of cancers. We can prevent HPV cancers by vaccinating both boys and girls against this devastating virus.

Ride the Haute Route for Team NOMAN in the name of preventing cancer. To register, visit: WWW.NOMANCAMPAIGN.ORG

CRANS- MONTANA: 11 - 13 June **PYRENEES: 6-10 July** ALPS: 22-28 August DOLOMITES: 31 August - 4 September VENTOUX 2021: 1-3 October

() @NOMANCAMPAIGN

NOMAN IS MORE THAN A RACE. IT IS A CALL TO ACTION



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Come Early, Stay Late

Whilst on the bike you will be discovering the very best the region has to offer, but there is plenty of magic and beauty to discover off the bike too. We recommend trying to factor in some time before or after Haute Route Crans-Montana to explore.

Riders that have booked accommodation packages with Haute Route will receive their hotel name one month prior to the event. You can then contact the hotel provider to add extra nights.



⊗ ⊚ ⊗ CRANS-MONTANA SANDY BEACH

The Beach Club sets up its quarters on the shore of the Etang Long lake, mixing the panoramic mountain views with a real sandy beach. www.crans-montana.ch/en/beachclub



S FLOATING TABLE RESTAURANT LA PLAGE

A meal that you won't forget! www.restaurantlaplage.ch



SUNRISE AT PLAINE-MORTE

After an early cable car ride to the glacier at 3'000 metres, morning comes and the sun's first rays light up the mountains with a unique 360° view. www.mycma.ch/en/restaurants/plaine-morte-89



⊗ ⊚ ⊘ A PARADISE FOR FAMILIES

All summer long, Ycoor square turns into the centre of attention as all of the area is transformed into a friendly family activity zone. www.crans-montana.ch/en/ycoor



(2) HIKE ALONG THE BISSE DU TSITTORET

Discover Crans-Montana while roaming along one of its five streams, historical irrigation channels and genuine monuments in the Valais landscape. www.crans-montana.ch/en/hiking Swimming

g 🔗 Sport

Children Friendly







Course Highlight #1

Col du Sanetsch The most beautiful climb you've never heard of By Alain Rumpf

The Col du Sanetsch may be my favourite climb in the world. OK, I live close by and might be biased. But I rode in many places around the globe as a racer, photographer and bike guide. I conquered Mount Evans in Colorado, I toured the alps, I rode past the Great Wall of China, I crossed Europe on the Transcontinental Race. And I always marvel at the Sanetsch.

It must be because the climb is a concentrate of Switzerland. It starts near Sion in the Rhone valley and meanders through the vineyards of Valais, the country's largest wine-producing region. After a short flat section, you enter a narrow valley with some steep sections in the woods. You have climbed more than 1,000m by now (the equivalent of many big Alpine climbs) but it's far from over. In fact, the best is yet to come.

A few switchbacks later, you reach the high pastures populated by the black vaches d'Hérens, the local breed of cows. Surrounded by the tall peaks of the Sanetschhorn and the Arpelistock, you are about to enter a dark and humid 800-metre tunnel.

The last kilometres after the tunnel are endless but you finally reach the summit at 2,252m, near the fast-receding Glacier de Transfleuron. With more than 1,700m of climbing in 25km, it's the Swiss version of the famous Passo Stelvio, without the endless flow of camper vans, cars and motorbikes around you. How's that?

If you need more convincing, here is what Mike Cotty from the Col Collective said as we were shooting one of his legendary videos: "I'm having these flashbacks. The length of something like the Madeline... the Grandes Alpes. You've got crazy steep pitches like [Monte] Grappa, narrow roads like the Gavia, the wilderness and openness of the Bonette. The list goes on, and when I put them all together that's really the uniqueness that makes the Sanetsch so special".





Course Highlight #2

The Barrage de la Grande Dixence

We all have our bucket-list of cols to climb, but how many riders can say they have climbed up to the world's highest gravity dam? The ascent to the Barrage de la Grande Dixence might be a lesser-known climb, but as you make your way up to the biggest dam in Europe, the fifth tallest dam in the world and the world's highest gravity dam, you will be quick to respect its title and the steep road that approaches it.

With an average gradient of 7.7% for this 13.7km ascent, this climb certainly packs a punch – with a gradient that refuses to budge from double figures for the last few kilometres. The final stretch is tough, but that is not the only way it will leave its mark. The switchbacks which wind their way out of the valley add to the grandeur and beauty of the challenge as you approach the gigantic dam wall and the turnaround point for this stage of Haute Route Crans-Montana.

If your friends and family are in Crans-Montana with you, we recommend they pay a visit to the dam too. A cable car carries visitors up to the top of Dixence dam where they can enjoy an impressive panoramic view of the Valais mountains and over the long lake.

More information here

We like to provide you with a little bit of

the history surrounding the Haute Route climbs that you conquer, adding some extra inspiration and meaning as you make your way up the steep ascents. Whilst the Barrage de la Grande Dixence may not have a rich cycling history or stories of battles from previous professional cyclists, the facts below should highlight the magnitude, significance and history of the dam you are climbing towards. As for the rest of the story and the battles to take place on this ascent, that is up to you to and your fellow riders to create...

- The Barrage de la Grande Dixence provides enough electricity to power the equivalent of 500,000 homes and generates some 2 billion kWh of power per year. It accounts for 20% of Switzerland's energy storage capacity.
- The inside of the dam is heavier than the Great Pyramid of Giza. The concrete wall, built between 1951 and 1961, holds back the 400 billion litres of water from Lake Dix, Switzerland's largest artificial reservoir lake.
- More than 100km of tunnels transport water from the surrounding valleys via around forty catchments and several pumping plants.

Awards and Classifications

All riders will be ranked in the following categories

d to	æ	A	EE
Solo	Solo	Men's	Women
Men	Women	Team	Team

Mixed Team (comprising at least one woman and one man)

Solo

Every solo rider will appear in the General Classification, so whether you're vying for the podium, trying to beat a friend or triumphantly make it to that famous finish line, your efforts will be on the record. An official prize ceremony will take place at the end of each day to celebrate the biggest stars of each stage.

Rules and regulations

It is important to be aware of and understand all of the Rules and Regulations of the Haute Route. This includes timekeeping, rankings, time limits, equipment, safety, medical and personal assistance, anti-doping and other topics. Please click here and read through this information before your event.

Solo riders will also be ranked in the following age categories

> 18-79 30-39 50-59 40-40

> > 60+

Teams

Replacing the Duo format at all events this year, this new category has teams made up of 4-6 members, with men's, women's and mixed groups. The aim of the game: Each team will make their own strategy to get three of their riders to the finish line as fast as possible. Each Team category (Women's, Men's and Mixed) will be up for an award at the official Haute Route prize ceremony at every event. The ranking for Women's and Men's Teams will be based by cumulating the times of the three fastest members. The ranking for Mixed teams will also be established using the times of the three best members but must include the times from at least one woman and one man on each stage. Best of all, all riders who make up the teams will also be included in the individual rankings.

Safety And Support

Organisation



Technical Assistance

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

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

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

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

Transition

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

Medical Emergency

Emergency phone numbers and details can be found via the Ride with GPS app

Medical Assistance Available 24/7: Emergency Doctors
 Ambulances Professional Nurses

Course Highlight #3

Glory awaits atop Col de Crans-Montana

We might not be able to predict the weather, but we can tell you that Stage 3 of Haute Route Crans-Montana starts from the sunniest city in Switzerland. Sounds promising, right? It gets better, as this route will take you past vineyards and quaint Swiss villages, through forests of pine and larch trees towering above you before reaching a panoramic view that will take your breath away.

Perfect! But as the saying goes 'the best view often comes after the hardest climb'. Whilst a 15km climb with 1,250m of ascent doesn't sound too daunting, this isn't an ordinary climb, and it isn't an ordinary stage. Not only does this climb come after two days of cycling, with over 6,500m of fatigue and climbing in your legs, it is also the famous time trial stage that Haute Route riders know all too well. It is the ultimate test of how deep you can dig, how hard you can push yourself to get to the finish line as fast as possible and the perfect way to sign-off this 3-day adventure.

It is the epitome of love-hate and whilst you might momentarily decide you hate the climb that the Haute Route cruelly deemed a 'highlight' in this very roadbook, we guarantee when you cross that finish line, you will wholeheartedly agree!



Global Partners in 2021

Title Partner

*COLNAGO Title Partner Haute Route Cycling Series

Global Partners

ZWIFT

RIDE

Official Global Virtual Community Partner

Official Global Route Partner

Continental Partners



LE COL

Official Nutrition Partner

Official Performance Clothing Partner

NOMAN IS AN ISLAND AND PREVENT 5% OF CANCERS

Official Charity Partner



Official Baggage Partner



Official Performance Helmets & Eyewear



Official Neutral Service Partner



Official Bike Rental Partner



Official Sport Beer Partner



2021 COLNAGO HAUTE ROUTE SERIES 7 EVENTS • 5 COUNTRIES • 2 CONTINENTS

Haute Route Watopia · 3 DAYS 77 February + Haute Route Crans-Montana · 3 DAYS 11 - 13 June Haute Route Pyrenees · 5 DAYS 6 - 10 Julv Haute Route Alps · 7 DAYS Megève - Nice 22 - 28 August Haute Route Dolomites · 5 DAYS Cortina d'Ampezzo - Bormio 31 August - 4 September Haute Route Ventoux · 3 DAYS* Bédoin 1-3 October Haute Route Brazil · 3 DAYS* Florianópolis 22 - 24 October

*Include a compact format



REACH NEW HEIGHTS