

HAUTE ROUTE
PYRENEES
COSTA BRAVA GIRONA - PAU

COLNAGO

2021
ULTIMATE GUIDE





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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.

HOW WILL THE EVENT BE AFFECTED BY 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.

READ THE FULL COVID SAFETY PROTOCOL

[HTTPS://ISSUU.COM/HAUTE_ROUTE/DOCS/HR_COVIDPROTOCOL](https://issuu.com/haute_route/docs/hr_covidprotocol)

New for 2021

Welcome to the 2021 Haute Route

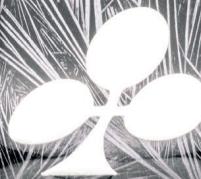
Pyrenees. We've been working hard behind the scenes to make sure everything is in place so you can be part of the experience of a lifetime.

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 GPS 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.



V3RS

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the all-rounder bike



 COLNAGO

colnago.com



Why This Event

Starting in stunning Girona on the Mediterranean Sea, and traversing all the way across the raw Pyrenees peaks to Pau, this five-day event epitomises the ultimate two-wheel adventure. Riding point-to-point with full support from the Haute Route team, ticking the Pyrenees off your bucket list has never been so easy



A raw mountain experience



Peaceful, narrow roads
inaccessible to pro races



Encounters with wild
animals



A chance to appreciate the
untamed chain of peaks
which makes the Pyrenees
world-renowned

Challenging and
breathtaking roads

Legendary cols like the
mighty Tourmalet



Breathtaking hidden
gems



The adventure
of a lifetime

INTRODUCING

Girona

Very few places in the world match Girona for its cycling appeal. Since professionals started flocking to the Spanish city to train over 30 years ago, it has created a remarkably defined niche for the cycling community. But it wasn't this thoughtfully constructed culture that first attracted the hoards of professionals to the city. It was the roads.

A lot has happened since Johnny Weltz, a former professional cyclist with Fagor and later technical director at US Postal, chose the Costa Brava as the place to train in 1986. Weltz was one of the pioneers, but the tipping point came when Lance Armstrong set up camp in Girona. Since then, this region has quickly consolidated itself as a leading sports destination. From accommodation geared to meet the needs of cyclists, to a simply outrageous number of cycling cafes, there are few places in the world that have this level of specialisation - and we've been to quite a few.

But it wasn't the cycling culture that first drew the throngs of professionals to this mecca. It was the roads.

The Costa Brava and Girona Pyrenees region has endless miles of world-class roads, including a vast network of quiet routes that offer a remarkable variety of scenery. Bringing together mediterranean coves, medieval villages nestled among volcanoes, and high Pyrenean mountain passes in a single ride is a unique experience. And there's no other place on the planet that does this quite like the Costa Brava. As the starting point of the 2021 Haute Route Pyrenees event, this is the perfect opportunity to explore what made Girona a world-famous cycling destination. So, we've teamed up with Girona to bring together some of the finest loops in the region to add to your bucket list...



Costa Brava
Pirineu de Girona
www.costabrava.org



Costa Brava Pirineu de Girona

Made for cycling



Diputació de Girona

Girona

Patronat de Turisme
Costa Brava Girona

CATALUNYA

The five best rides around Girona



Hincapie Loop

62km - +980m

Over the years this loop has come to be known as the "Hincapie Loop", in honour of George Hincapie, one of the many professional cyclists who helped give Girona its cycling fame. The route takes Girona's most famous ascent, Els Àngels, as well as the stunning climb to Santa Pellaia; a hugely popular ascent for local professional cyclists thanks to its consistent gradient and breathtaking views over Gavarres Natural Park to the sea.



Photo: Jase Wilson

Tossa de Mar to Sant Feliu de Gíxols coastal road

95km - +1600m

Leave Girona and head for the sea to experience some of the best coastal roads the Costa Brava has to offer. Following quiet country roads out of Girona, you'll pass through tiny hamlets and quaint villages, before starting a gentle ascent into the mountains. But the real show-stopper is the coastal road towering over the crystal waters of the Balearic. This is a picture perfect loop you won't quickly forget.



Photo: Jase Wilson

Girona to Sant Hilari

102km - +2000m

The long climb from Angéles to Sant Hilari Sacalm, has become an absolute classic for Girona locals and visitors, and for very good reason. This popular pro climb is a little over 25km from bottom to top with a soothing average gradient of 2.6%. Stunning, smooth and never too steep, this beauty is a must.



Photo: Daniel Hughes

Banyoles, Rocacorba and Mare de Déu del Mont

105km - +2500m

This classic route starting from Banyoles, 20km north of Girona, brings together two classic Costa Brava climbs. Boasting wonderful rolling flats combined with the stunning vistas and remarkable sanctuaries of both Mare de Déu del Mont and Rocacorba summits, this is one to remember.



Photo: Jase Wilson

The classic loop to Vallter 2000

123Km - +2600m

[Link Here](#)

This must-do loop brings together some of the best cycling in the Catalonia region, including the highest point that can be reached by road. The highest of only four climbs that reach 2000m in the region, the Vallter 2000 is a true Spanish bucket list ascent. The ride to the start of the big ascent from Setcases is a feat in of itself, but the 7.8% gradient of the climb to Vallter 2000 will keep you on your toes.

Come Early

A world-famous cycling destination, the beautiful city of Girona also has plenty to offer off the bike too. Known as the Immortal City, Girona is bursting with things to explore, from art, museums, and a rich history, including its important Jewish legacy. Join one of the [Girona Guided Tours](#) or, if you want to create your own itinerary, take a look at some of our suggestions below:



SEE THIS:

The Santa Maria de Ripoll is one of the most beautiful buildings in Catalonia but you have to see it first-hand to fully appreciate it. From the elaborately carved twelfth-century portico, the two-storey cloisters and the tombs of the Catalan Counts, make sure you visit this monastery steeped with history in Ripoll.

<https://youtu.be/2-knx5Sr7tc>



EAT THIS:

A feast for the sense! If you want to experience some of the local flavours and authentic Catalan cuisine, join [Girona Food Tours](#) for everything from cooking classes to a unique taste tour.



DRINK THIS:

Located in Les Gavarres Area of Natural Interest, [Eccocivi](#) is a unique winery found near the beautiful village of Sant Martí Vell. Not only do they make great wine, but their philosophy is based around sustainable growing methods - resulting in a collection of traditionally made wines marked by the character of the land and with a close link to its territory.



DO THIS:

Time for a different sport? Pick up the golf clubs and take a swing at one of the Costa Brava's famous golf courses. Don't worry, they welcome all skill levels! PGA Catalunya Resort is a favourite amongst pros and locals alike.

www.golf.costabrava.org



TRY THIS:

Ever heard of Forest Bathing? By using your senses, this is the practice of immersing yourself in nature in a mindful way in order to derive a whole range of benefits for your physical, mental, emotional, and social health. There is no place better to give it a go than in a Mediterranean Forest whilst in Girona. [Try it at Bosc de Planoles, El Ripollès](#)



CLIMB THIS:

A Via Ferrata is a man-made route in a mountain, with features including fixed ladders, cables and bridges which help make it accessible to climbers and walkers. In [Ribes de Freser](#), you can give discover a beautiful route as you climb the granite rockface and explore a totally new and unique environment.



INTRODUCING

Pau

Welcome to Pau, the capital of the Tour de France and the stopover city for the 73rd time this year on Friday 15th July. As part of the Haute Route Pyrenees, you will be riding on roads and passes that have made up the legend of the Tour de France.

This includes the famous 'Cirque du Litor', a majestic balcony between the Col du Soulor and the Col d'Aubisque. It was here that Wim Van Est, the 'Maillot Jaune' fell into a 70-metre-deep ravine before being saved by support riders who used a chain of tyres to retrieve him. A plaque was then attached to the rock to remember this event, whilst Wim used it as part of his watch advertising campaign, stating 'My heart stood still but my Pontiac never stopped.'

You will also pass through Lurbe-Saint-Christau, after the Col de Marie-Blanque. Back in 1990, Gilbert Duclos-Lassalle – famous for his breakaways – was arriving back to Pau before turning back to wait for his leader Greg Lemond who had suffered a flat tyre and help escort him back to the front of the race.

As well as reliving the stories out on the road, you can also find out more at the open-air museum, 'Le Tour des Géants', dedicated to the history of the Tour de France and its champions. Head to the Avenue Gaston Lacoste at the bottom of Boulevard des Pyrénées if you want to be inspired by tales of some of cycling's greats.

PAU

RIDE IN
THE SLIPSTREAM
OF THE GIANTS OF
THE TOUR DE FRANCE

Stay Late



THE NATIONAL MUSEUM OF THE CHÂTEAU DE PAU

Henri IV, king of France was born in this Castle. Daily guided tour (50') in French. There is a leaflet translated into English.

<https://chateau-pau.fr/>



THE FOOD MARKET "LES HALLES"

A new innovative concept with its architecture offers you a unique and friendly place to discover fresh and local food. Restaurants on the first floor close at 3pm. "Pass Gourmand" available at the Tourist Office to taste the specialties of more than 22 artisans.

<http://www.hallesdepau.fr/>



JURANÇON COOPERATIVE WINERY

The biggest tourist attraction in Bearn, the Cave de Gan - Jurançon winery offers visits free of charge all year round to taste one of the best French white wines.

www.cavedejuranccon.com



AQUASPORT PARK

Here, you enter the realm of the champions of paddling and all whitewater sports. Kayaking, rafting, hydrospeed or stand-up paddle...

www.paupyrenees-stadeauxvives.fr



Sport



Children Friendly



Bar & Food



Wine Tasting



Culture



Event Village

All riders are required to register at the Event Village on Monday 5th July in Girona between 2:00pm to 7:00pm. The village will be located in the Parc de la Devesa, next to the Auditori Palau de Congressos.

Head to the Ride with GPS App to find out more about the Partners and Services that will be in the event village.

Activities in the event village



Boutique



Mechanical Assistance



Nutrition & Hydration



Demo's



Product
Exhibition



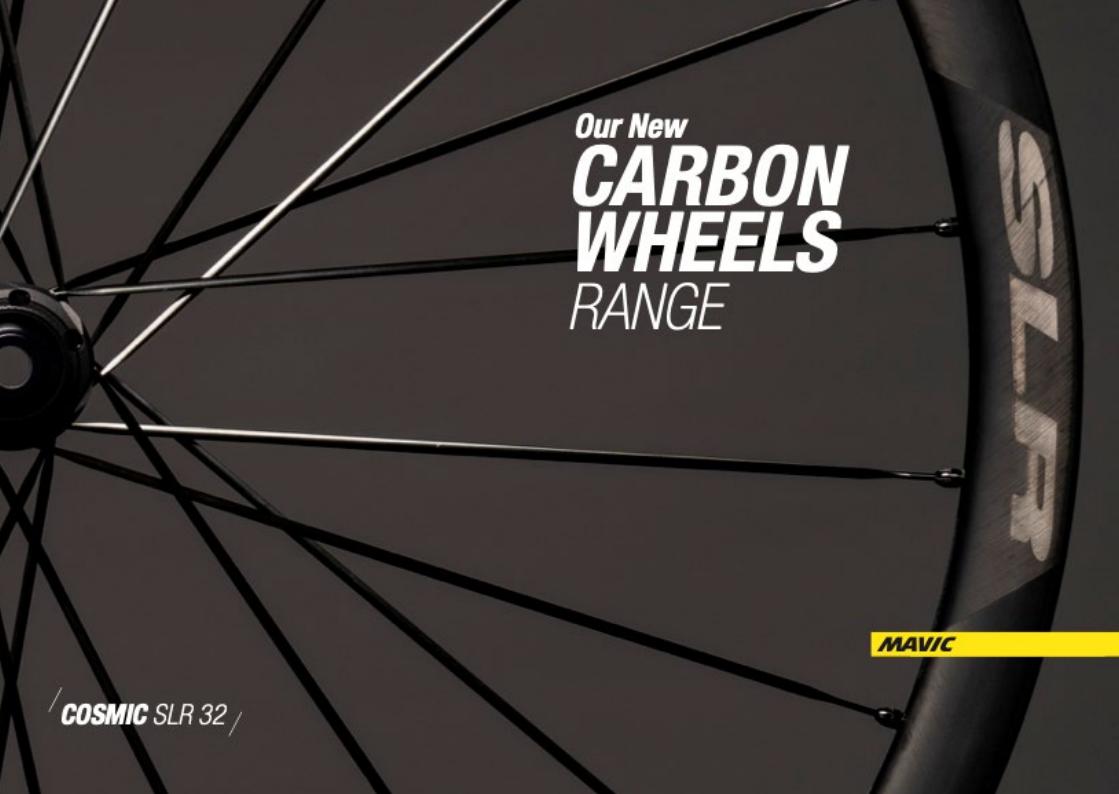
Bike
Rental



Bib
collection



Beers and
Coffees



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Event Overview

The beautiful city of Girona sets the scene for a very special edition of the Haute Route Pyrenees. With the Tour de France also racing towards the Pyrenees, riders will feel an extra excitement and buzz in the region as they traverse across some of the most beautiful peaks and rugged landscapes the Pyrenees 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

Monday 5th July

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

STAGE 3

Thursday 8th July

Ax-les-Thermes - Bagnères de Luchon
174km | 3,500m+

STAGE 1

Tuesday 6th July

Transfer by bus from Girona
Ripoll – Bolquère Pyrénées 200
104km | 2,400m+

STAGE 4

Friday 9th July

Bagnères de Luchon – Argelès-Gazost
120km | 3,300m+

STAGE 2

Wednesday 7th July

Bolquère Pyrénées 2000 - Col du Chioula
114km | 2,800m+
(+10km to Ax-les-Thermes)

STAGE 5

Saturday 10th July

Argelès-Gazost - Pau
130km | 2,700m+

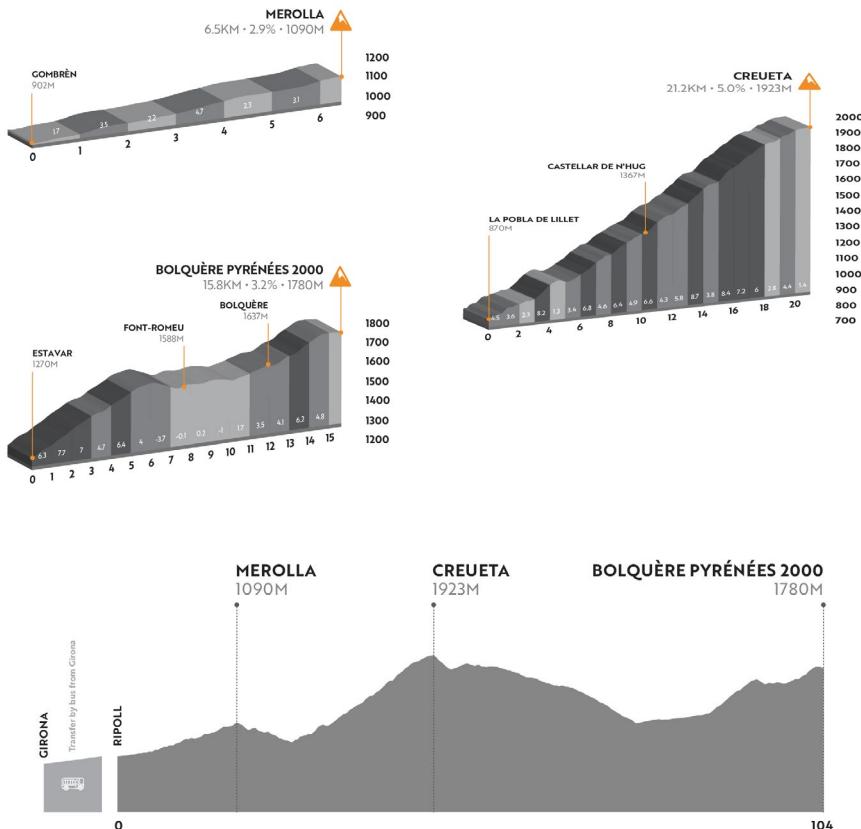
Stage 1 - Tuesday 6th July

RIPOLL - BOLQUÈRE PYRÉNÉES 2000

104KM | 2,400M+

Transfer by bus to the start from Girona

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



INTRODUCING

Bolquère Pyrénées 2000

A place that boasts 300 days of sun per year instantly sounds like a great place to visit. If you are looking for good weather, the village of Bolquère Pyrénées 2000 on the Cerdagne plateau is the place to be and even if you are unlucky enough to visit on a rare bad weather day, there is plenty for you to discover and explore.

Summer or winter, the area is a sports lover's playground. Here you can find the third biggest ski resort at Font-Romeu Pyrénées 2000, alongside activities for the entire family, from mountain biking to electric scooters and hiking.

In fact, the Bolquère Pyrénées 2000 has hosted the Tour de France twice, once in 1973 and later in 1976 with many spectators opting to take the mythical Yellow Train, which stops in Bolquère-Eyne, the highest train station in France. Whether you decide to take the train or make your lungs work for the views instead, look out for animals

such as hinds, deers and squirrels as you take in the breathtaking location and enjoy the myriad of lakes.

With 40 mountain biking tracks covering 690km of cycle routes and 7 enduro tracks, your biggest problem will be deciding which route to take or how to fit it all in. From the Cruetas pass (1,925 metres high) which makes up part of the Vuleta Catalonia or the Palhères Pass (2,001 metres high) in Ariège, the cross-border plateau offers a network of paths, all recognised by the French Cycling Federation.

Whether it is the Sierra del Cadi and the majestic Canigou to the south or the Carlit peak and the Bouillouses Lake to the north, whichever way you explore or look, you will fall in love with the authentic magic of this mountain village. It is a destination where a thousand surprises await.

www.pyrenees2000.com



It works like a charm



© Crédit photo: Philippe Mahe - Emmaüs Communication


Bolquère
Pyrénées 2000

pyrenees2000.com    

+33 (0)4 68 30 12 42
infos@pyrenees2000.com

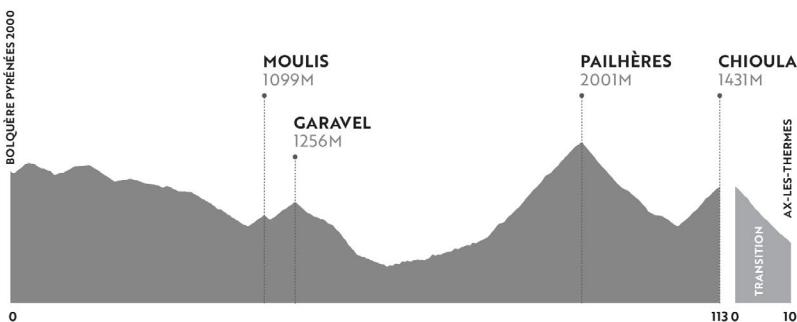
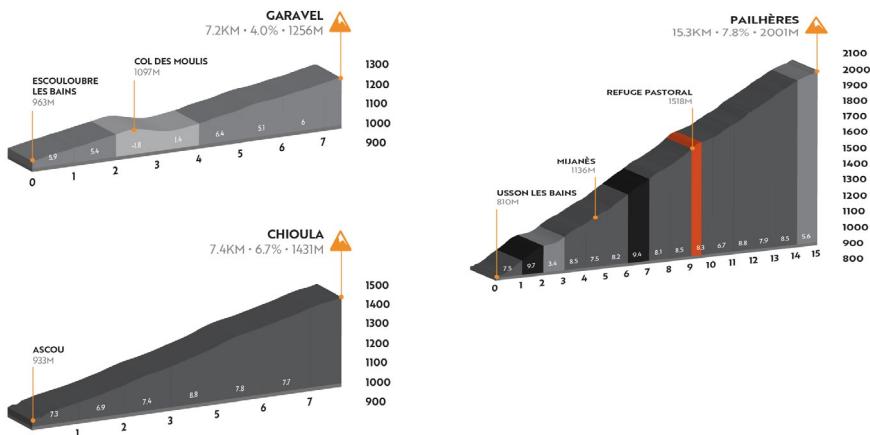
Stage 2 - Wednesday 7th July

BOLQUÈRE PYRÉNÉES 2000 - COL DU CHIOULA

113KM | 2,800M+

(+10km to Ax-les-Thermes)

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



INTRODUCING

Ax-les-Thermes

A charming village of 1,200 inhabitants located in the Pyrenees near Andorra has it all. A thermal spa, a summer resort, a hub for excursions and hikes, and a major winter sports resort of the French Pyrenees with Ax 3 Domaines. Like all of the Pyrenees in Ariège, it is also renowned as a land of cycling and biking.

Such famed national and international cycling races as the Tour de France, la Ronde de l'Isard, or more recently the Haute route Pyrenees, offer you to take on the the beautiful pass of Pailhères or to challenge yourself on the big climbs of Beille or Bonascre.

Mountain biking and enduro riding are also in the spotlight on the tracks and paths of the Ax valleys, where you can rush down the 1,500 metres of descent at the

Ax 3 Domaines resort, like the riders of the MaxiAvalanche race or enjoy a family ride exploring around the Prades or Chioula passes.

Here all cycling disciplines are accessible and there is something for everyone! Whether you want to explore on your own or with your family, on a professional or amateur level, on vacation or with your club, going on a cycling tour, practicing cycling sports, mountain and enduro biking on the roads and trails, electrically assisted or not, Cingo for the disabled, all cyclists will find what suits them best.

The mountainous area of the Ariège Pyrenees brings you breathtaking landscapes and outstanding natural playgrounds meaning there is never a dull moment, so enjoy the ride!





WINTER



SUMMER



Sporty Nature

www.pyrenees-ariegeoises.com

Health

Wellbeing

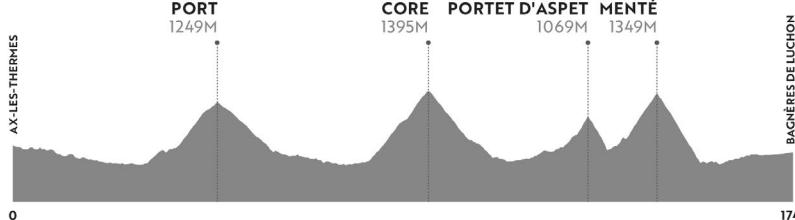
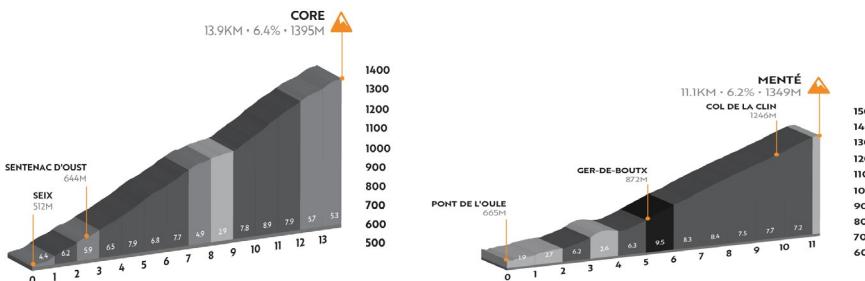
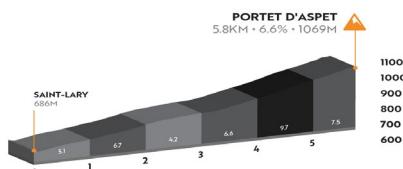
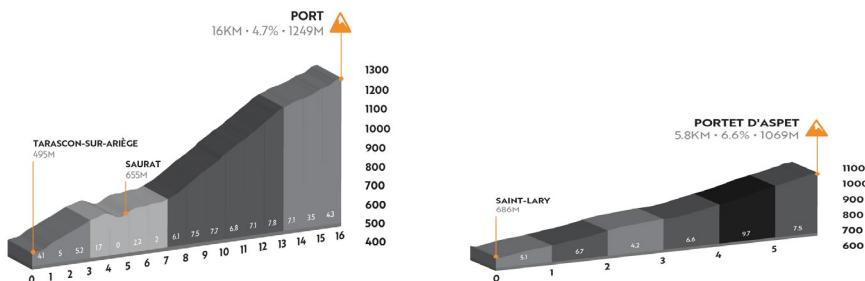
www.mairie-ax.fr

Stage 3 - Thursday 8th July

AX-LES-THERMES - BAGNÈRES DE LUCHON

174KM | 3,500M+

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



BAGNÈRES-DE-LUCHON

Ville thermale au cœur des Pyrénées



© AG Pyrénées 31

Luchon, both a town and village...

Need air, calm, space and freedom to finally enjoy life ? Do you want to escape and dive into a bath of bubbles, steam or nature ?

Let yourself be seduced by the charm of the landscapes of the Pays de Luchon for a weekend or several weeks.

Discover or rediscover the harmony of nature through forest walks, hiking, mountain biking, paragliding, skiing, snowshoeing... The activities are diverse and varied to allow you to fully a rewarding experience all year round.

Discover in our website mairie-luchon.fr, a long list of activities and leisure activities that you can enjoy throughout your stay!

Only 1h30 from Toulouse and 1h from Tarbes, at the spanish border, the Pays de Luchon, with its valleys and summits culminating at 3404 m, opens the doors of the Pyrenees wide to you.

Discover unique landscapes throughout the seasons and enjoy all the pleasures of the mountains, the water and the air.

Both a town and village, Luchon, situated at an altitude of 630 m, is also linked to the prestigious history of the thermal springs which today invite you, with your family or friends, to take care of your form and your well-being.

For a relaxing or adventurous stay: Luchon, your resort to discover in all seasons!

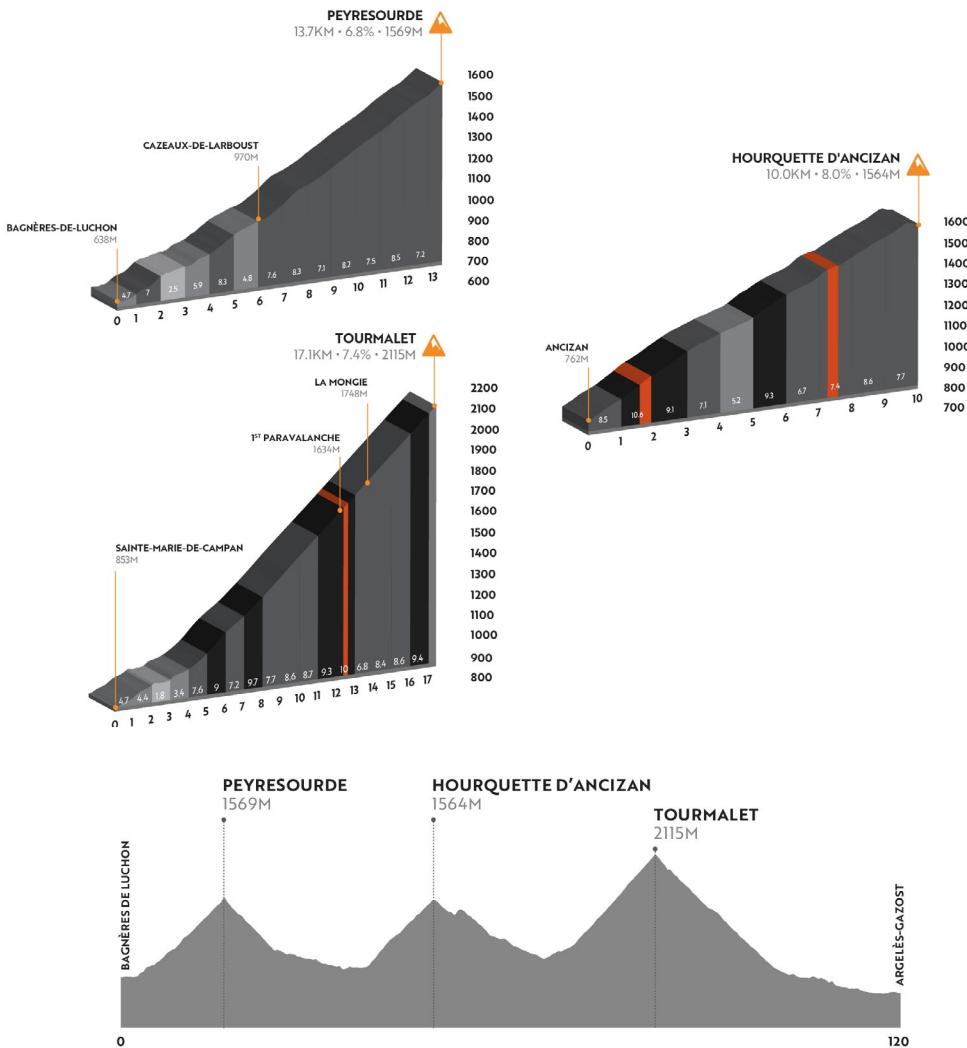
Luchon
LA VILLE
Pyrénéz-vous !

Stage 4 - Friday 9th July

BAGNÈRES DE LUCHON - ARGELÈS-GAZOST

120KM | 3,300M+

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





INTRODUCING

Argelès-Gazost

Riding with legends

It is here, in the heart of the Gavarnie valleys, that our renowned mountain passes have seen the birth and triumph of cycling legends. Some of these passes, like the Tourmalet or the Hautacam, have become real cycling icons and have put the Pyrenees on the Tour de France map year after year, often as a deal breaker for the winner. Moreover, once again this year, we will host the stage finish of the 18th stage at the top of Luz Ardiden on July 15th.

Barèges and its unmissable Col du Tourmalet:

The Col du Tourmalet, accessible from Barèges or from La Mongie, has made the most appearances in Tour de France and made its first appearance in 1910. It was in this year that Octave Lapize was the first to reach the crest of the pass. From Luz-Saint-Sauveur, it is a steady climb passing through the village of Barèges, following the Lienz forest and finally arriving in a high mountain setting with the majestic backdrop of the Pic du Midi.

Interesting fact: every year at the beginning of June the "giant", a monumental sculpture representing a cyclist, "dancing on the

pedals", created as a homage to Octave Lapize, is transported to the top of the Col du Tourmalet where it spends the summer. This is a very special occasion, and many cyclists join the convoy to take "Octave" to his throne.

The Val d'Azun with its Soulor pass winding through mountain pastures.

Here, we swap the high-mountain views for a more bucolic setting. But be warned, the decor may seem peaceful and easily accessible, but this is not the case! As you leave the pretty village of Arrens-Marsous, the road rises up. As you head through pastures, firs and large plateaus, the switchbacks come in quick succession and take you up to the top of the Soulor pass, at the foot of the Gabizos.

The Gavarnie Valleys is accredited with the Altamonta label which guarantees our area is perfectly equipped to welcome cyclists and mountain bikers. Cycling enthusiasts in the broadest sense will find all the services they need: secure bike stores, cycle clothing washing facilities and drying points, repair equipment, sport menus, etc.

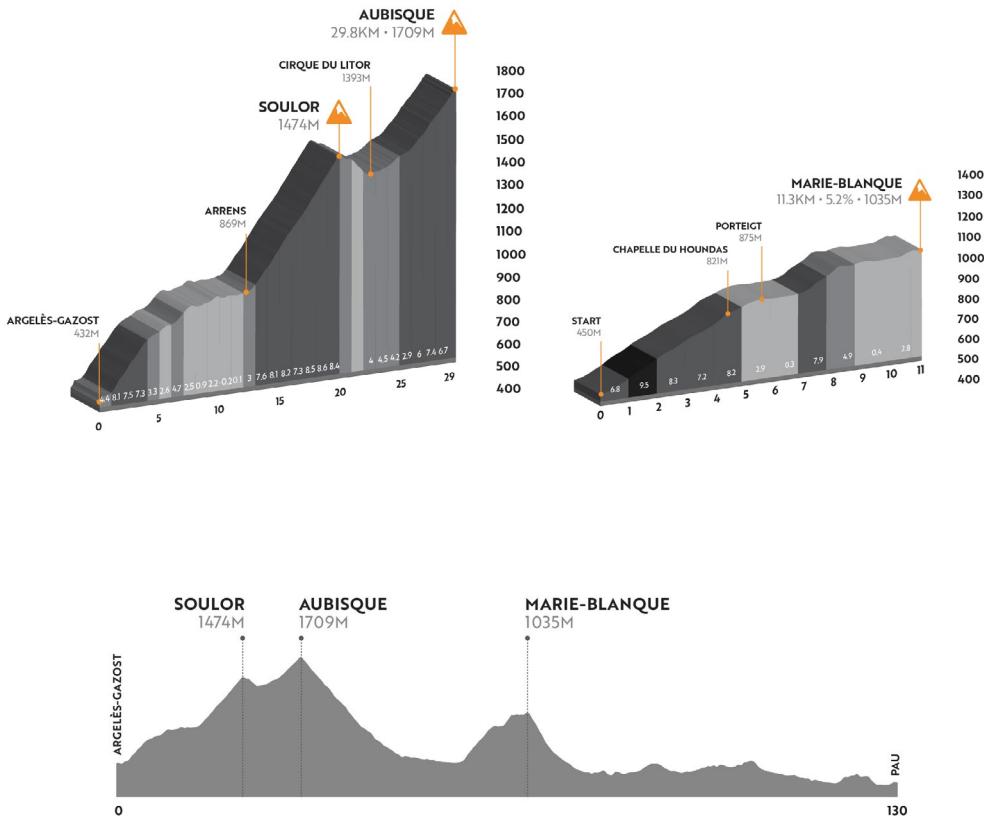
www.valleesdegavarnie.com

Stage 5 - Saturday 10th July

ARGELÈS-GAZOST - PAU

130KM | 2,700M+

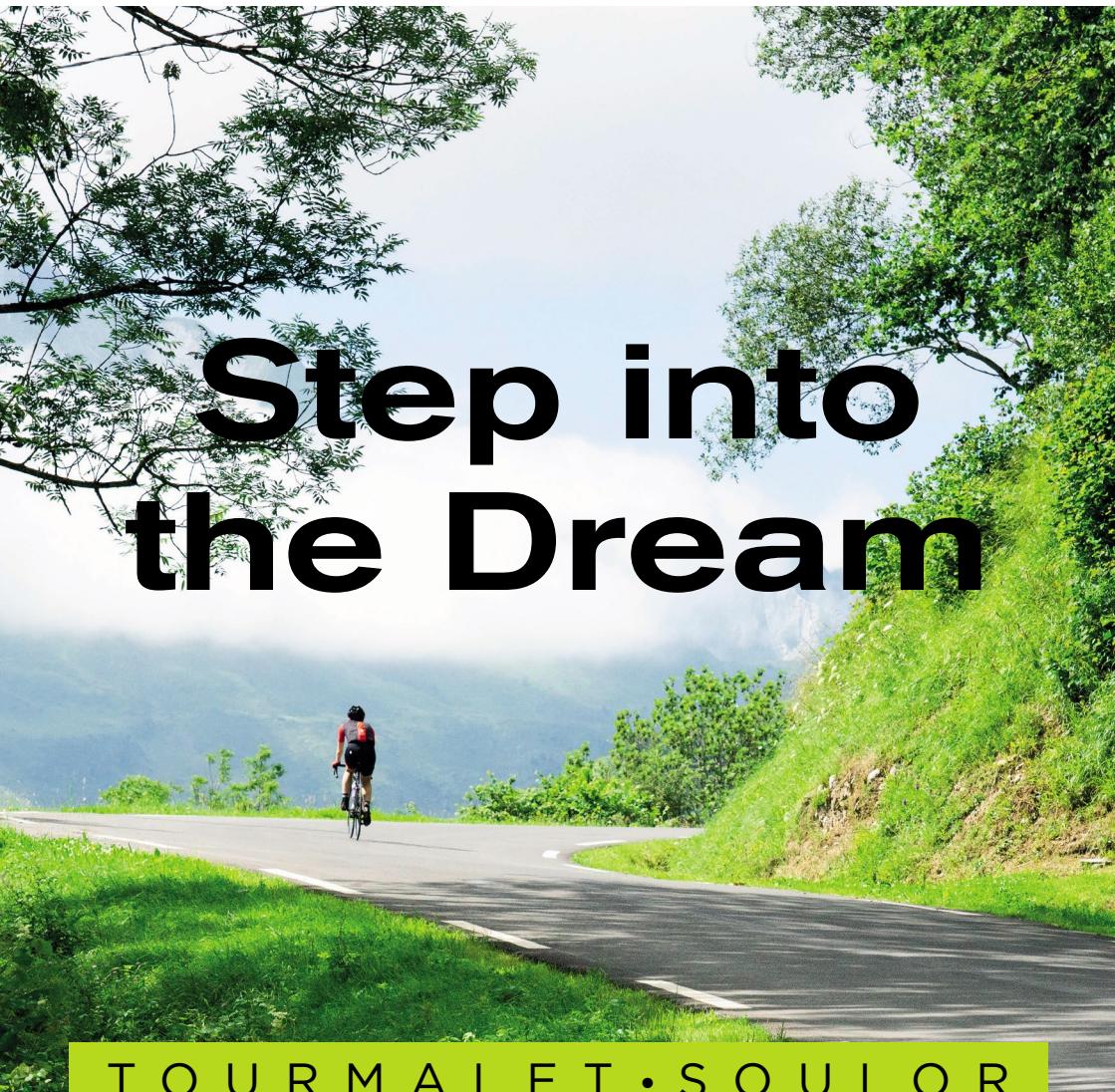
AVERAGE GRADIENT: 





VALLÉES DE GAVARNIE

PYRÉNÉES



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INFORMATION & BOOKING

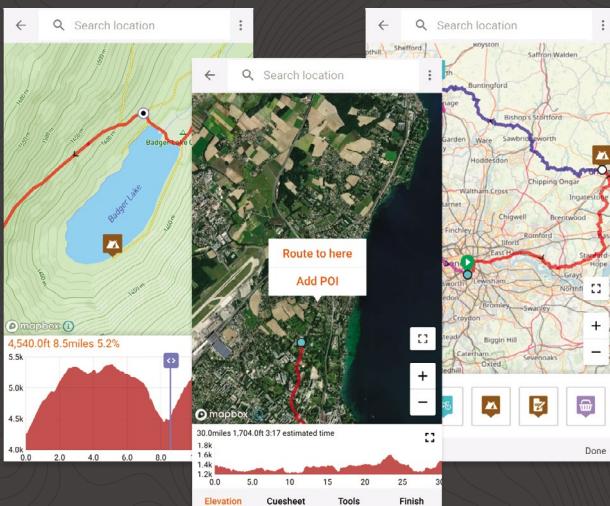
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- maximum taste
- isotonic beer



THE ULTIMATE SPORTS BEER

ABLOCBEER.COM

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.

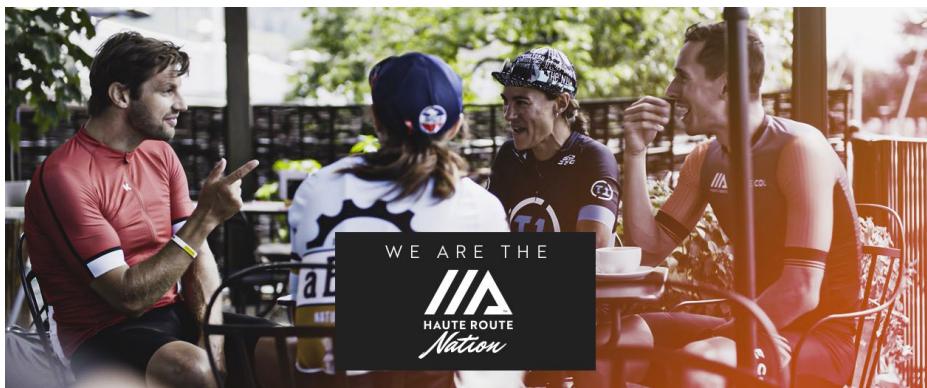
Partners Benefits Get rewarded, and get your hands on exclusive deals

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.



1

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.



2

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



3

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



4

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



5

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.



6

BIKE BOX – Attach your bike box tag to your bike box and bring your bike box to the dedicated trucks. Your bike box will be stored in a secured room throughout the event. You will not be able to access your bike box again until the final stage finish in Pau.



7

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.



8

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 suggested list of what to take on the bike and in your backpack (dropped off at the start/collected at the finish of each stage):



ON THE BIKE

- A windbreaker/gilet
- Water/drinks bottles
- Cereal bars, dried fruits, energy gels
- A pair of sunglasses
- A mobile phone in your waterproof pouch
- Spare inner tubes or sealant for tubeless tyre
- Tyre-levers
- A pump or a CO2 canister
- A multi-tool including chain tool



OFF THE BIKE

- Haute Route ID Card
- Comfy clothes
- Shoes
- Tech
- Chargers
- Toiletries
- Towel
- Compression socks



KIT

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



NUTRITION

- Bars
- Gels
- Electrolyte tablets
- Recovery drinks



PROTECTION

- Sun cream
- Chamois Cream

* Mandatory equipment to present upon registration process.

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.



WATER



COKE



ELECTROLYTE DRINK



OTE ENERGY BARS



OTE ENERGY GELS



SAVOURY FOOD

Cheese, ham, crackers,
potatoes



SWEET FOOD

Dried fruit, cakes, bananas,
oranges

FEED STATION ETIQUETTE

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

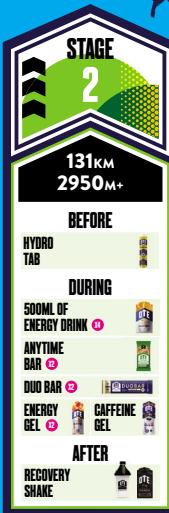
To ensure rider safety, please do not block the road, and use the bike racks provided rather than pulling up to the tables with your bike.

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.

FUELLING GUIDE

2021 HAUTE ROUTE
PYRENEES

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 five stages of Haute Route Pyrenees.



Our Energy Gels, Energy Bars & Energy Drink will be available at the feed stations, but you may need some extra products. For more in depth information about our products & nutrition for cycling, just head to our website.

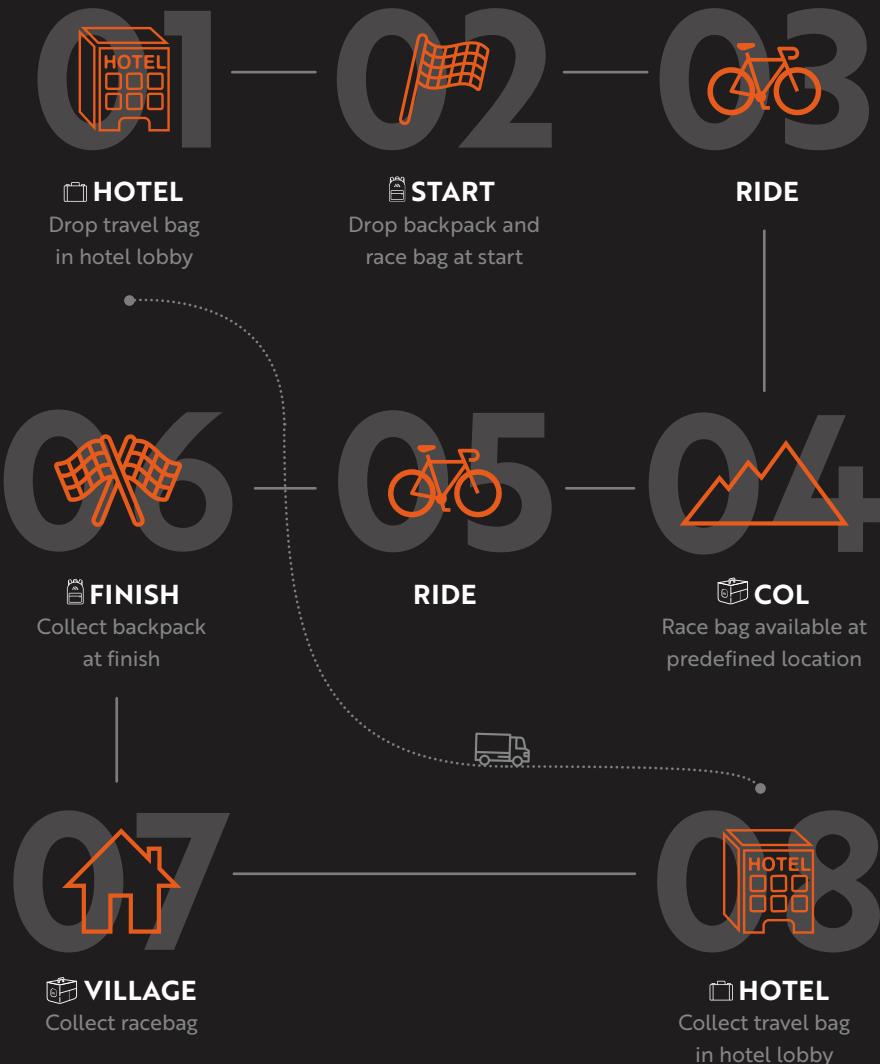
HERE'S 25% DISCOUNT
USE CODE: HAUTEROUTE25



SHOP AT:
[OTESPORTS.CO.UK](https://otesports.co.uk)



Bag Logistics





PRODUCT CYCLE

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

DAY PACK POKIT

DAYPACK

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.

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



KITBRIX

#KEEPITTOGETHER

KitBrix is a robust, modular, military-inspired kit bag for passionate sports people. Each KitBrix bag can be zipped to another to form a rucksack, saving time in transition and travel.

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

CITYBRIX

BEAUTIFULLY CUSTOMIZED

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



DRY PACK DOBI

DIVIDE

- 12 litre capacity
- Waterproof lining
- Roll down & clip to lock
- Wet sweats bag



FIX & COMPACT VELCRO STRAPS

PACK EFFICIENTLY

- Fully adjustable, durable & weatherproof
- Repositionable, self-gripping, no knots
- 4 straps per pack various measure
- Quick and easy to use, fix compact



MICRO TOWEL

WITH COMPACT STRAP

- Highly absorbent
- Quick drying
- 80cm x 150cm
- Compact size



NOMAN

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.NOMANCAMPAIN.GRG

CRANS-MONTANA: 11 - 13 June

PYRENEES: 6-10 July

ALPS: 22-28 August

DOLOMITES: 31 August - 4 September

VENTOUX 2021: 1-3 October

@NOMANCAMPAIN

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



Port de Pailhères

When a climb has failed to feature on the Tour de France scene until as late as 2003, and then proceeds to be a popular staple of the race, you wonder how it got away seemingly undetected for so long. But as with many late bloomers, once their talents have been uncovered, there is often an extra appreciation once the secrets out.

Of course, Port de Pailhères has always stood in all its glory in the Ariège Pyrenees and hasn't grown out of nowhere over the years – even if you find yourself questioning whether it has at least grown in scale and steepness as you struggle towards the summit. Some call it the silent giant, whilst the locals simply know it as an extension of their adventure playground and the road that connects Mijanès to the spa town of Ax-les-Thermes. But after watching professionals such as Nairo Quintana battling it out on this very climb in Tour de France races between 2003 to 2013, it got heads turning. Those that hadn't yet been lucky enough to try it on two wheels were quick to scribble the words Port de Pailhères on their bucket-list. It is a beautiful climb that packs a punch and gets people talking...

Saying that, the talking may have to wait until you've caught your breath at the summit with this one. With an average gradient of 7.3% over 15.4km, it is a tough climb and as you turn off at Usson-les-Bains, the open road does little to disguise the slope ahead. Match that with the fact

this is the second highest climb in the French Pyrenees, coming second only to the mighty Col du Tourmalet, and you will be wanting to preserve every breath of air you have until you've unclipped at the summit.

A tale of two halves, after Mijanès the road begins to narrow as it gains height. As with the road, your focus will also begin to narrow as the relentless climb starts to burn the legs, and a gradient of 8-9% leaves little room for forgiveness if you went out too hard early on. The tight and quick switchbacks serve as a welcome distraction, as you focus on navigating your bike around the weaving road which snakes its way through the stunning arid landscape. Look down and the names of Tour de France riders scribbled on the tarmac will send you into the world of a professional rider. Look up and the breathtaking views will have you wanting to pull up on the side of the road to take pictures and capture this moment forever. But remember, the higher the climb the better it gets with this one!

Bend after bend, the hairpins behind you add to the beautiful landscape and with very little traffic from top to bottom, this climb really allows you to lose yourself in the moment. As you reach the summit, the enchanting landscape will take your breath away – if you have any left that is. At 2,001m, this climb has a point to prove and you won't forget it!



The Legend: Tourmalet

Mention the Col du Tourmalet to any cyclist and it is sure to spark a reaction. Some may shift uncomfortably in their seat, a pained grimace washing over their face remembering the time this legendary climb nearly ruined them; they've got unfinished business to settle. Others become more animated, their face coming alive with the realisation of this bucket-list climb and the satisfaction of tackling one of the highest paved mountain passes in the French Pyrenees.

Amateur and professional alike all agree that this climb has a unique status and level of respect amongst cyclists. The tough ascent has witnessed its share of broken bodies and broken minds, alongside superhuman efforts and the type of elation only possible from life-changing personal accomplishment.

But how did this climb, situated in Midi-Pyrenees become so famous and end up at the top of the hit list for so many cyclists? We take a look back at some of our favourite facts that has helped make Tourmalet the legendary climb it is today.

Perfectly feasible

Tour de France founder, Henri Desgrange, believed the Tourmalet pass too difficult to be raced over, but colleague Alphonse

Steinès was determined to prove him wrong. In June 1910, Steinès set out on a reconnaissance mission to the Pyrenees to find new ways to spice up the race, but his expedition took a turn for the worst on the Tourmalet when he was forced to abandon his car and continue on foot through the snow-covered abyss. Lost and alone in the sub-zero temperatures for hours, the mission almost cost Steinès his life, but did not deter him from immediately sending his iconic telegram to Desgrange that read: "Cross Tourmalet. Very good road. Perfectly feasible."

Assassins

And so, it began. In that year's Tour de France, riders faced a 326 kilometre course that included the Col de Peyresourde, Col d'Aspin, Col d'Osquich and the newly vetted Col du Tourmalet – a course journalists dubbed 'the circle of death.'

Octave Lapize was the first rider to reach the Tourmalet's summit in the race, eventually winning the stage and the overall classification. Pushing his steel, single-speed steed up the unsealed final stretch of the climb, Lapize famously met eyes with race organisers and shouted "You are assassins!"

Blacksmiths, solo attacks and broken dreams

The Tourmalet went on to live up to its name and reputation after first being featured in the race. It has since featured in the Tour de France 87 times and has hosted some of the most iconic battles of the great race.

In 1913, Eugène Christophe was leading by 18 minutes when he suffered a broken fork on the Tourmalet. The rules stated any repairs had to be done by the rider, so Christophe carried his bike down the mountain to a blacksmith shop in Sainte-Marie-de-Campan and made the repairs himself. Spending hours in the shop, Christophe earned his place in the history books, but sadly put an end to his dreams of glory that year.

Later in 1969, Eddy Merckx's blitz in Stage 17 of the Tour de France was a total game-changer. Already in the lead by eight minutes, all the Belgian champion had to do was stay with his rivals. Instead, he attacked. Riding solo over the Peyresourde, Aspin, Tourmalet and the Aubisque, Meryckx gained another eight minutes to win the stage and cement his domination over the entire field.

In 1991 the Tourmalet was the setting for a huge upset. Defending Tour de France champion from 1989 to 1990, Greg Le Mond looked to be on his way to his fourth victory in 1991, but the Giant of the Pyrenees proved to be his undoing. In the final kilometre of the Tourmalet, Miguel Indurain surged ahead, building a lead of more than 5 minutes over Le Mond, which the American was not able to claw back to complete his three-peat.

Later in 2010, the Col du Tourmalet was the scene of a thrilling stage finish. In fact, this year the Tour climbed the Tourmalet twice. But it was the battle for Stage 17 that was one for the history books. For Andy Schleck, it was the last real chance he had to take back time from Alberto Contador. The pair were locked in a breathtaking battle for

the final 15km. Schleck attacked Contador several times and managed to win the stage, but Contador managed to stay on his wheel and the two crossed the line together in an all-time finish.

There is no climb quite like the Col du Tourmalet and everyone's story to the summit is unique. Most of the riders battling Tourmalet aren't professional cyclists racing to the finish line of the Tour de France. They are ordinary people doing extraordinary things to accomplish the same feats as the super-humans who came before them. Their monumental passage is driven by the same grit, pain, and determination. So, however long it takes to zig-zag up that mountain pass, inching towards the summit, make sure you embrace your moment of glory. Because anyone that makes it to the top deserves their moment as the King or Queen of the Tourmalet.



Awards and Classifications

All riders will be ranked in the following categories:



Solo
Men



Solo
Women



Men's
Team



Women's
Team



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

Solo riders will also be ranked in the following age categories:

18-29 30-39

40-49 50-59

60+

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

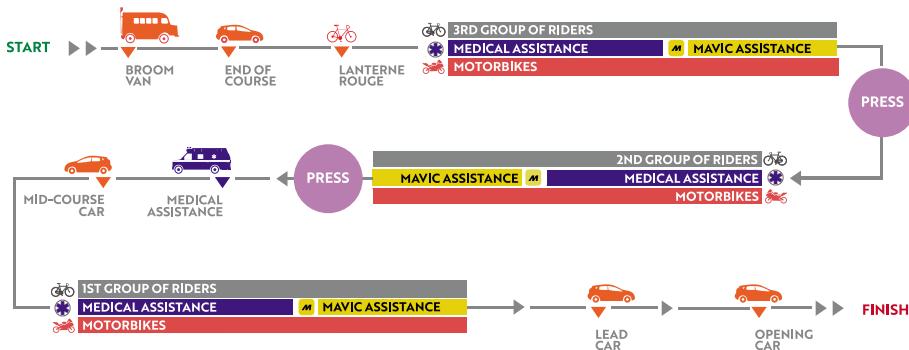
It is important to be aware of and understand all of the Rules and Regulations of the Haute Route. This includes timekeeping, rankings, time limits, equipment, safety, medical and personal assistance, anti-doping and other topics. Please click [here](#) and read through this information before your event.

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 disqualification.

- Every participant is expected to be self-sufficient 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 your 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 Assistance Available 24/7:

- Emergency Doctors
- Ambulances
- Professional Nurses

Medical Emergency

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

Coll de la Creueta

Take a ride on the wild side and discover what makes the Spanish Pyrenees so unique. The first major climb on the menu for Haute Route Pyrenees in 2021, Coll le la Creueta sets a high bar for this rambling adventure.

Spain or France? Which you prefer depends on various factors – cuisine, weather, way of life. The Pyrenees is the perfect example of this great divide, with the vast mountain range creating a natural border between the two sides. An adventure playground for cyclists, whichever side you visit you are sure to fall in love with the mythical allure of the region.

That being said, the French Pyrenees may often pip the Spanish Pyrenees to the post if a cyclist needs to ‘pick sides.’ Iconic climbs such as the Tourmalet or Aubisque have long featured in Tour de France history and added to the legendary status and grandeur of the area. But what about the Spanish side and the chance to explore lesser-known passes?

Nestled in the beautiful Montgrony National Park in the Spanish Pyrenees, the Coll de la Creueta is an example of a climb that could easily outdo many of its French counterparts in terms of beauty and experience. At 21km long, with an average gradient of 5.4%, this climb deserves a quiet nod of respect and has been the undoing of many professional cyclists during races such as the Vuelta Catalonia. When you combine its length with one of Spain’s notoriously

hot days, plus a maximum gradient of 13%, it becomes a long grind to the summit at 1888m if you let yourself enter the red zone too soon.

Pace it correctly however, and this is a climb you will want to do again and again. Don’t get us wrong, whichever way you look at it, it is still one of the hardest climbs in Catalonia but the mental and physical effort is easily outshone by a unique experience that will leave its mark. It is known as the gateway to the Pyrenees from Barcelona, but we say it is the gateway to another world.

As you leave the medieval town of La Pobla de Lillet and head out through the forest, you will be quick to understand why. The paved roads wind their way up the mountain, and it is here that you enter a flow-like state. The rhythm of each pedal stroke, the slight lean around the meandering corners and a chance to be fully immersed and focused on the kilometres ahead make you feel far removed from life back at sea level.

On roads like these, not only do you feel humbled as you are enveloped by the mountains and rugged natural landscape, but you also become hyper-aware of every noise and every movement around you as you experience nature at its peak. Even if you are at your limit, it is hard to feel truly stressed when you can hear the sound of the cascading Llobregat river at eight kilometres in, as it makes it way down to

the Mediterranean Sea via its 170km course. The view from your bike is so far-reaching that you feel like you can follow the rivers path through every twist and turn, via traditional villages and picturesque landscapes.

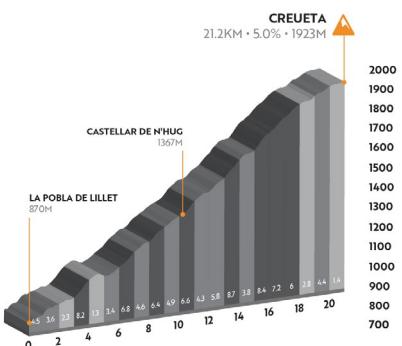
Expect the unexpected with this one....

The numbers

Coll de la Creueta
Catalonia, Spain
Elevation: 1099m+

Highest point: 1888
Max gradient: 13%

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



Partners in 2021

Title Partner



Title Partner Haute Route Cycling Series

Global Partners



Official Global Virtual Community Partner



Official Global Route Partner

Continental Partners



Official Nutrition Partner



Official Performance Clothing Partner



Official Timekeeper partner



Official Charity Partner



Official Neutral Service Partner



Official Baggage Partner



Official Bike Rental Partner



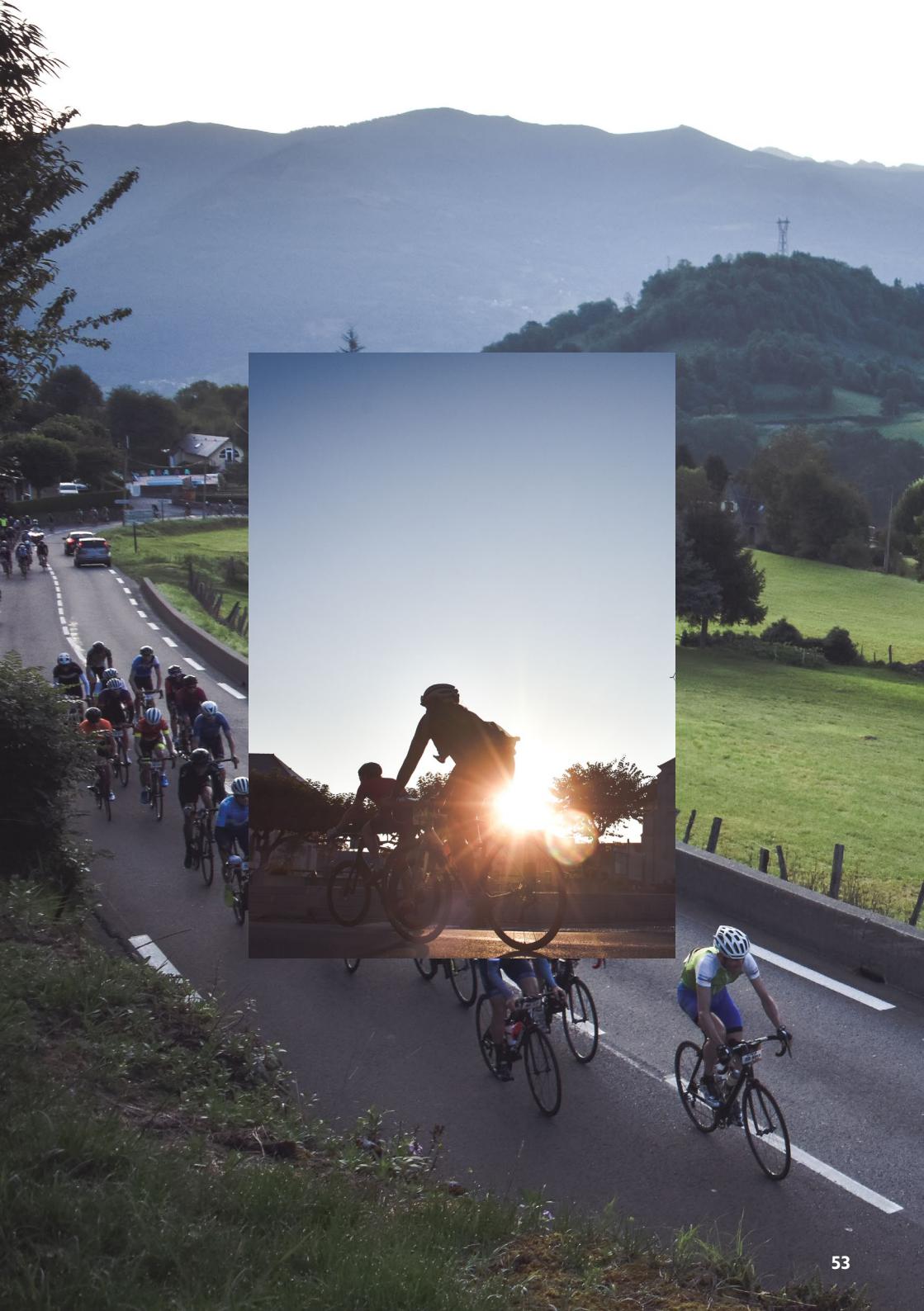
Official Performance Helmets & Eyewear



Official Sport Beer Partner

Host Cities





2021 COLNAGO HAUTE ROUTE SERIES

7 EVENTS • 5 COUNTRIES • 2 CONTINENTS

	Haute Route Watopia · 3 DAYS	Zwift
	February	
	Haute Route Crans-Montana · 3 DAYS	Crans-Montana
	11 - 13 June	
	Haute Route Pyrenees · 5 DAYS	Girona - Pau
	6 - 10 July	
	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