

SPECIAL EDITION

# ATHLETE GUIDE

## HAUTE ROUTE

### HAUTE ROUTE STAGES

Discover in detail your  
Haute Route journey, step by step

### SUPPORT

All the information  
necessary for your preparation

### EXCLUSIVE INTERVIEW

Introduction of our latest partners  
Mavic and Chef de File







**Dear Haute Router,**

**You are about to embark on a unique adventure: the Haute Route! We hope you are as motivated and excited as we are to welcome you this summer.**

**Whatever your goals at the start or your ranking at the finish, you are now part of the Haute Route family. One thing is certain: you will leave with your mind full of memories and your eyes full of images.**

**With one month to go before the event, the entire team has prepared a comprehensive participant guide for you. This guide gathers all the necessary information for your participation and will answer most of your questions. Feel free to browse through it and download it to have it handy during the Haute Route, and thus avoid any hassle.**

**The Haute Route team**



# IN THIS LAST EDITION

## BEFORE THE START

.1

- Final preparations and tips before the start of the Haute Route adventure

## HAUTE ROUTE STAGES REVIEW

All the essential information for each stage

.5

## INTERVIEWS

Our partners Mavic and Chef de File will talk to you about their role in the Haute Route.

.19

## SUPPORT

Find all the general information

.23



## BEFORE THE START

### GET READY

What you need to know before starting the race



# WHAT TO TAKE WITH YOU?

To assist you in your preparation for the Haute Route, here is what you need to pack with you when preparing your luggage.

## **Mandatory equipment**

- ☒ Road bike in excellent condition
- ☒ Hard-shell helmet
- ☒ Long-sleeved jacket for cold weather
- ☒ Cleated cycling shoes
- ☒ Leggings
- ☒ Long gloves
- ☒ Red rear light fitted to the bike used in the race
- ☒ Identity card / passport if traveling internationally / Visa
- ☒ Water bottles

## **Recommended equipment**

### **Clothing & Gear (layered for Alpine weather)**

- ☒ Cycling computer or GPS device with event routes pre-loaded
- ☒ Sunglasses with interchangeable lenses (sun/cloud)
- ☒ Bib shorts
- ☒ Short-sleeve jerseys
- ☒ Gilet
- ☒ Waterproof jacket or shell
- ☒ Base layers
- ☒ Leg warmers or thermal tights
- ☒ Cycling cap/headband/buff
- ☒ Socks
- ☒ Overshoes
- ☒ Casual clothes for evenings + walking shoes



# WHAT TO TAKE WITH YOU?

## Tools & Maintenance

- ☒ Spare inner tubes / tubeless plugs
- ☒ Tire levers
- ☒ Mini pump or CO<sub>2</sub> inflator + cartridges
- ☒ Multitool

## Health & Nutrition

- ☒ Neversecond Haute Route Pack
- ☒ Electrolyte tabs/powder
- ☒ Recovery drink mix
- ☒ Personal medications
- ☒ Sunscreen + lip balm
- ☒ Chamois cream
- ☒ Blister care kit (Compeed, tape)
- ☒ Basic first aid supplies

## Travel

- ☒ Hotel details and addresses
- ☒ Insurance: travel + event-specific coverage
- ☒ Transfers or shuttle bookings
- ☒ Event registration & confirmation email

## Electronics & Accessories

- ☒ Smartphone + charge



# WELCOME DAY

August 23

## 1 Race number pickup

First step: collecting your envelope containing your race numbers, handlebar plate, stage profile stickers, and your Haute Route ID card. For this first step, please make sure to bring your ID card. The opening is from 12:00 PM and will close around 5:30 PM before the briefing.

## Collect your Haute Route bags 2

Second step: it's time to collect your travel bag, backpack, and race bag (only for those who purchased it).

## 3 Your jersey Haute Route 2025

Put on your new Haute Route jersey and strike a pose for a souvenir photo.

## The main briefing 4

Our race director and our speaker Fergus will present the entire course and its specifics. Stay until the end to get all the information

## 5 Pasta Party

It's time to eat! It's an opportunity to meet your fellow participants.



## HAUTE ROUTE STAGES

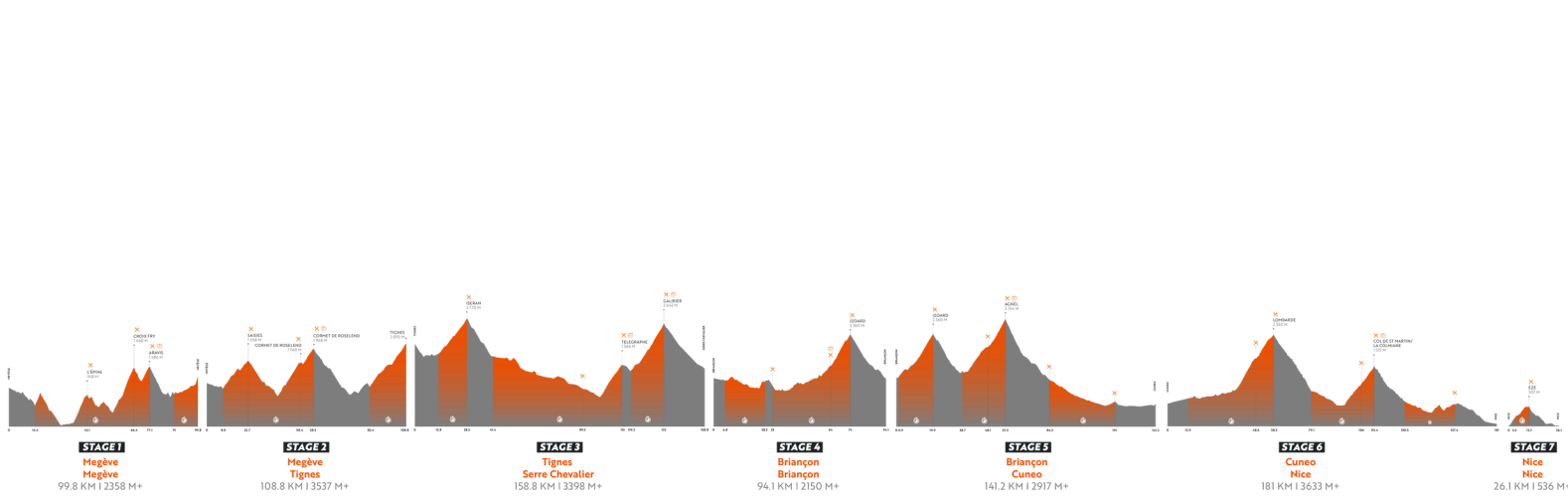
**LET'S GO**

Discover all the stages and  
mountain passes of the Haute  
Route 2025.





# STAGES REVIEW



Feed Stations



Race Bag Service



Timed sections

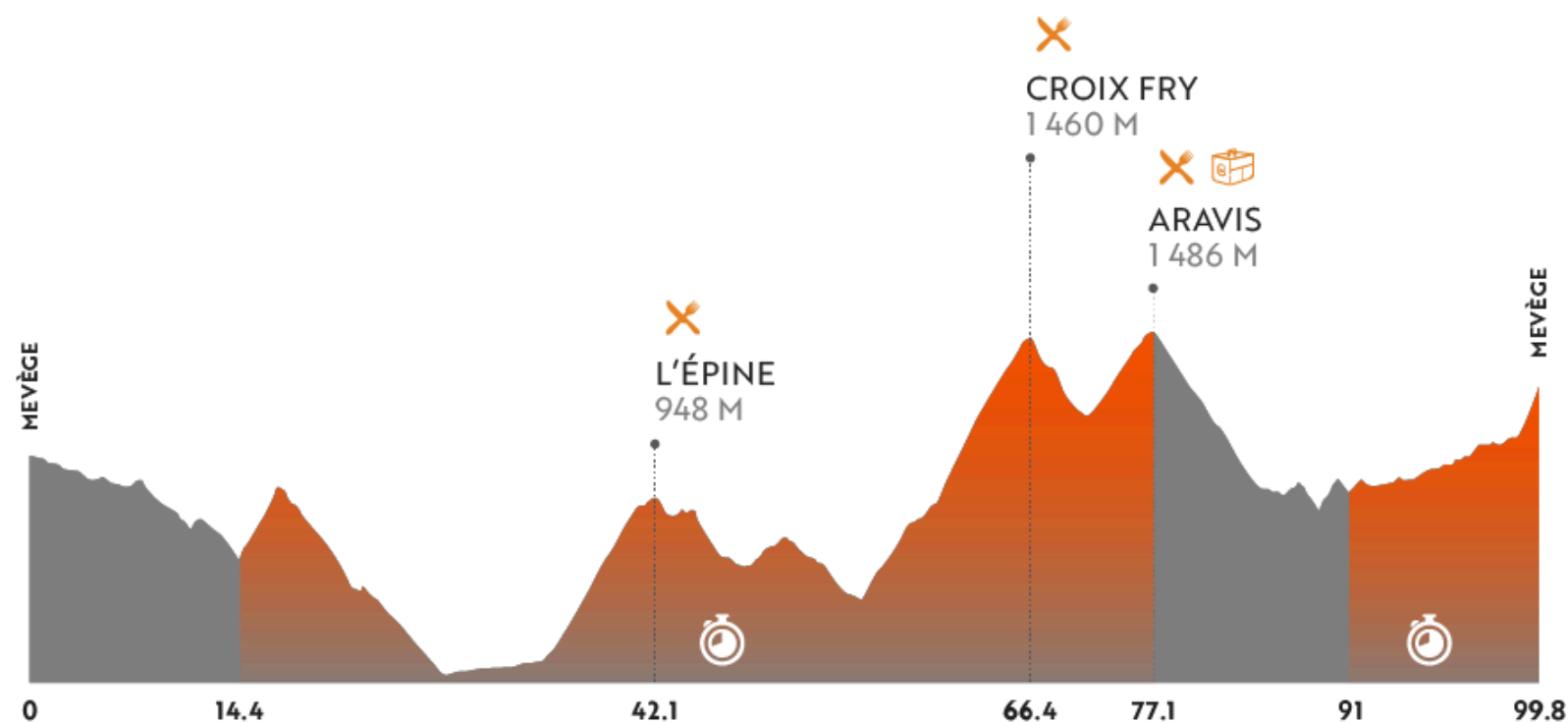


# STAGE 1

🚴 Start at 8:15 AM

📍 Palais des Sports Megève

Beginning of the timed section: km 14.4



🏁 Last arrival: 3:25 PM

**Village / Post-stage services:**

📍 Palais des Sports Megève

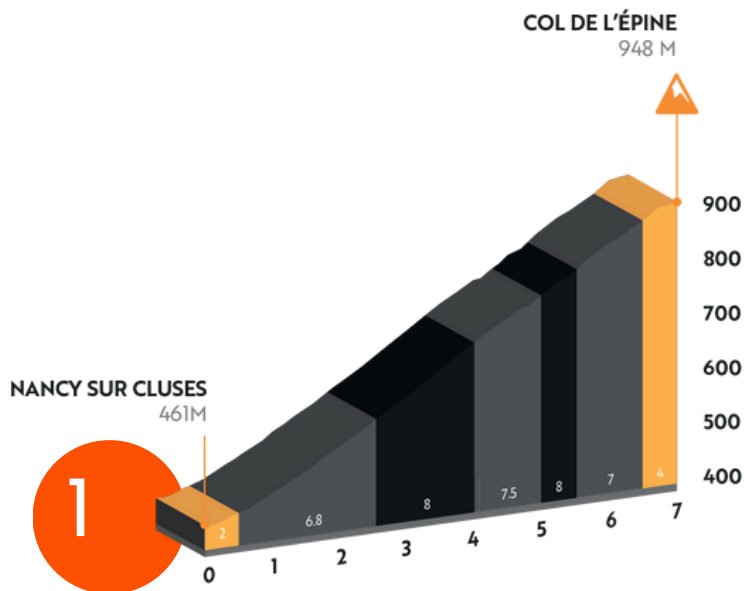
**Prizegiving / Briefing:**

6:30 PM

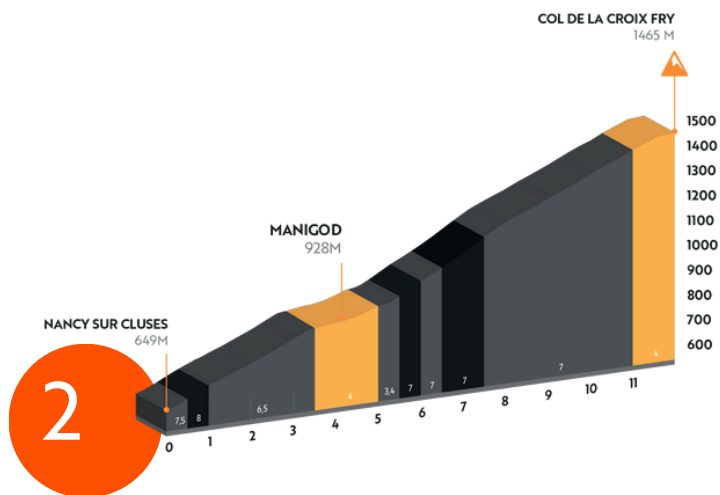
📍 Palais des Sports Megève



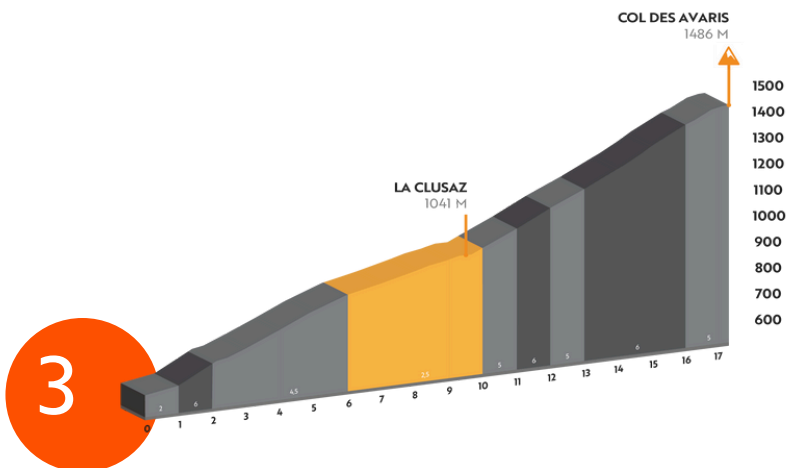
# STAGE 1 COLS



Cut-off times: 11:10 AM



Cut-off times: 1:20 PM



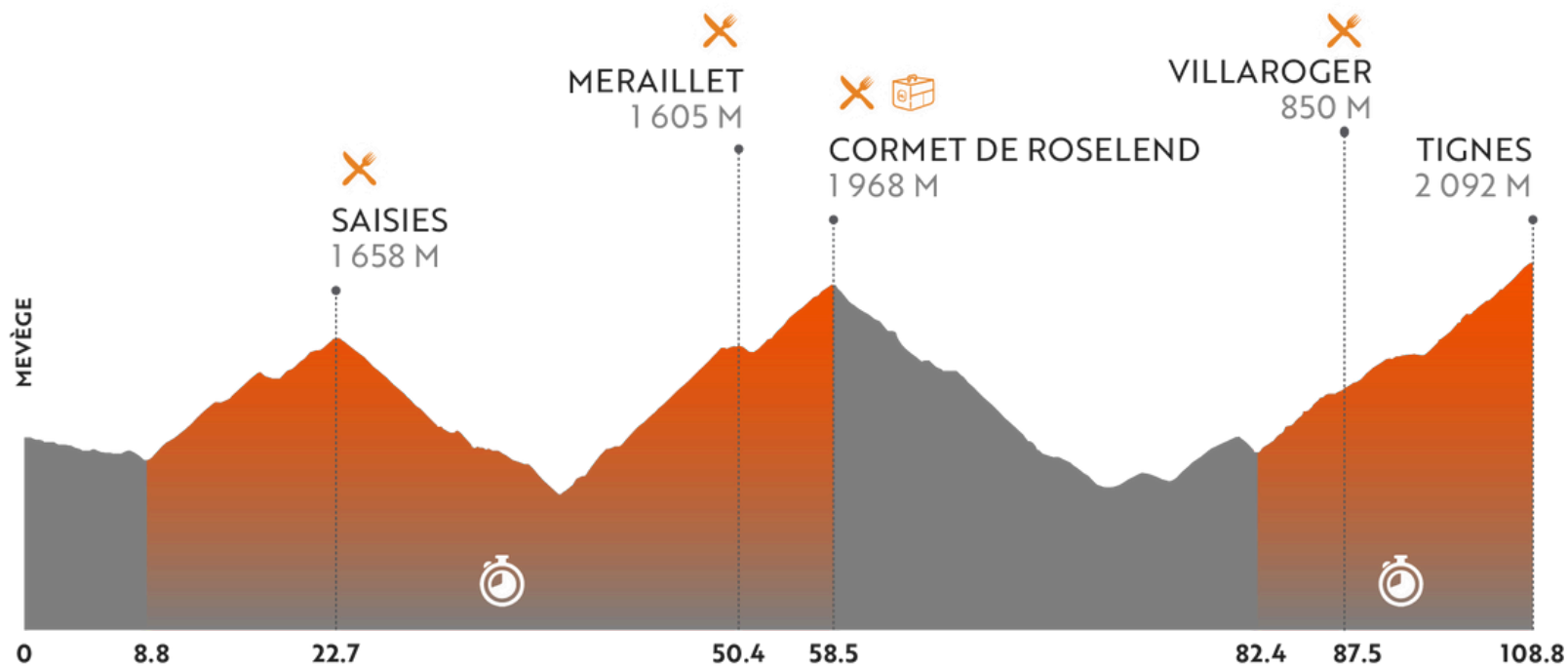
Cut-off times: 2:00 PM

# STAGE 2

🚴 Start at 7:30 AM

📍 Palais des Sports Megève

Beginning of the timed section: km 8.8



🏁 Last arrival: 3:55 PM

**Village / Post-stage services:**

📍 Tignespace

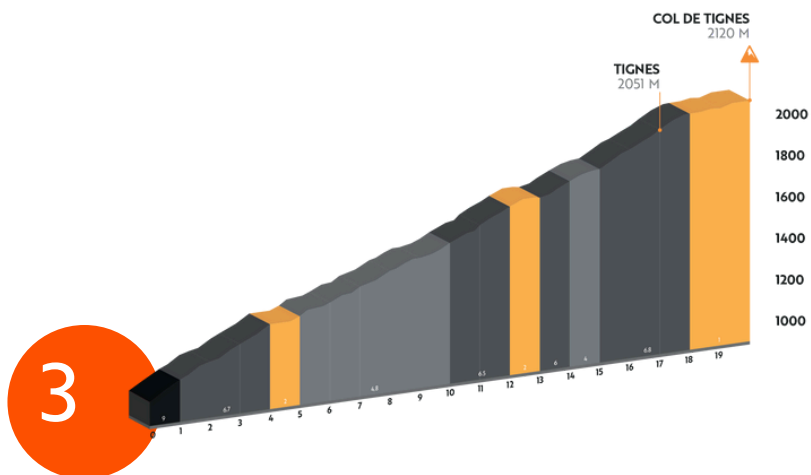
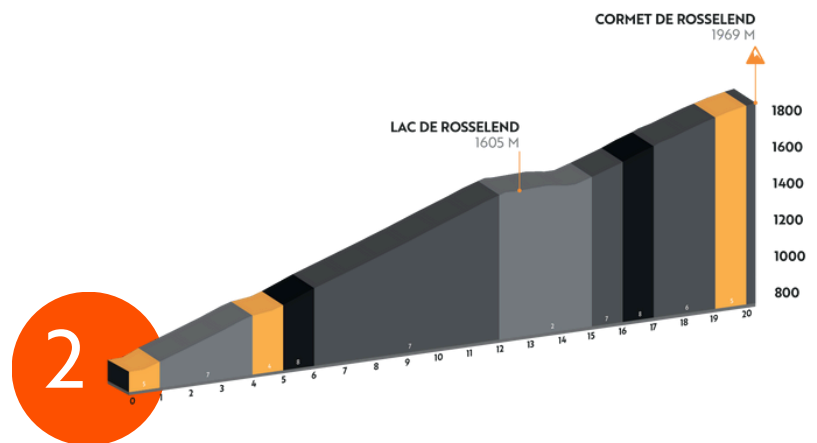
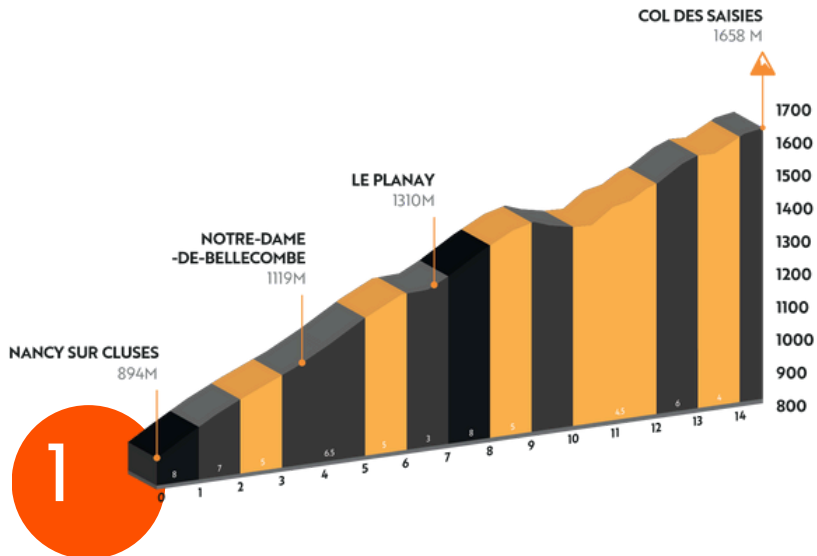
**Prizegiving / Briefing:**

6:30 PM


📍 Tignespace



# STAGE 2 COLS

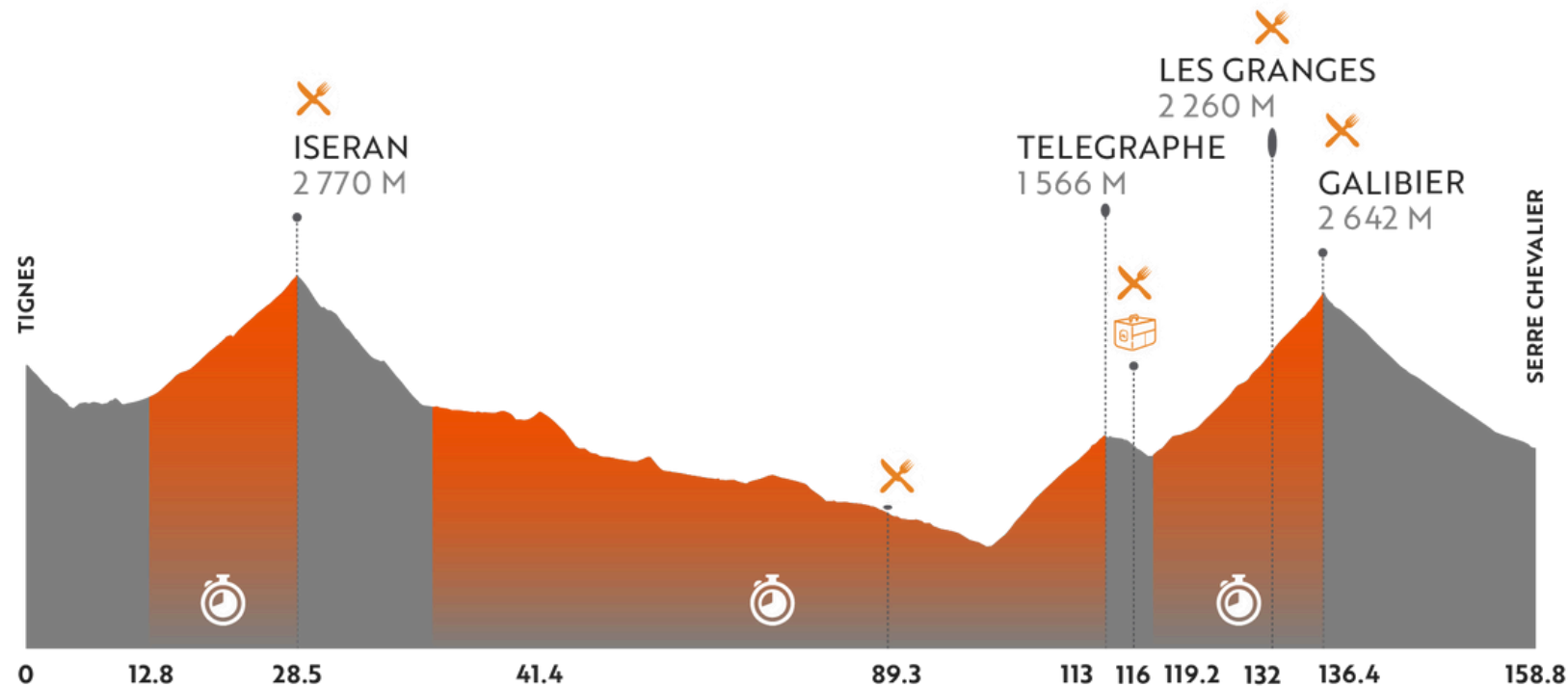


# STAGE 3

 Start at 8:00 AM

 Tignespace

Beginning of the timed section: km 12.8




 Last arrival: 5:45 PM

**Village / Post-stage services:**

 Le Monetier les Bains

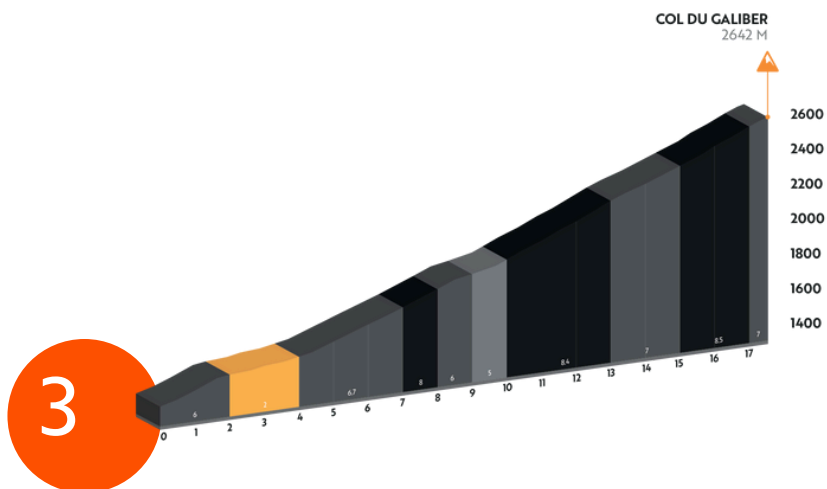
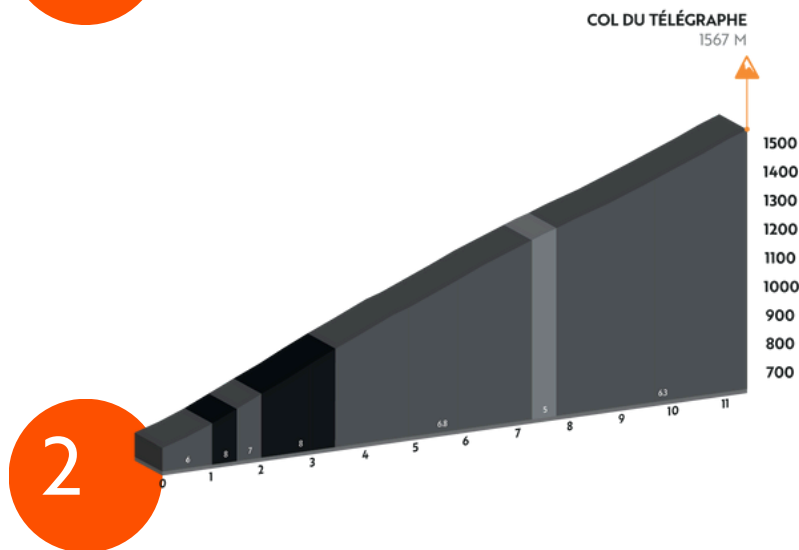
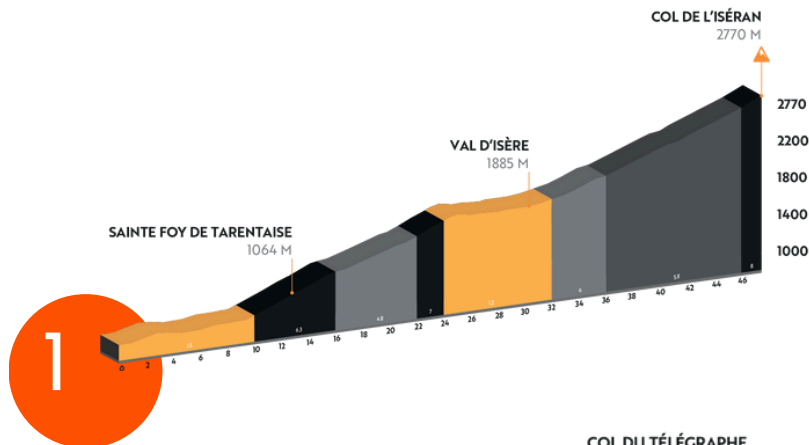
**Prizegiving / Briefing:**

6:45 PM

 Casino de Briançon



# STAGE 3 COLS

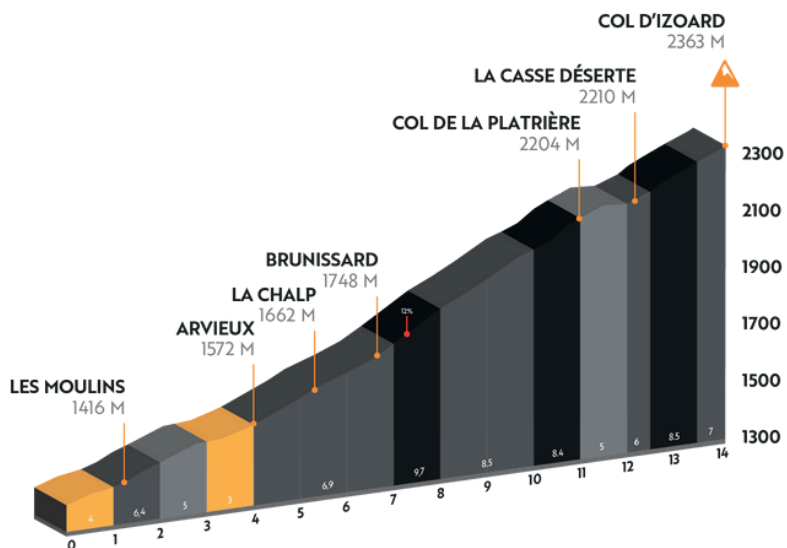
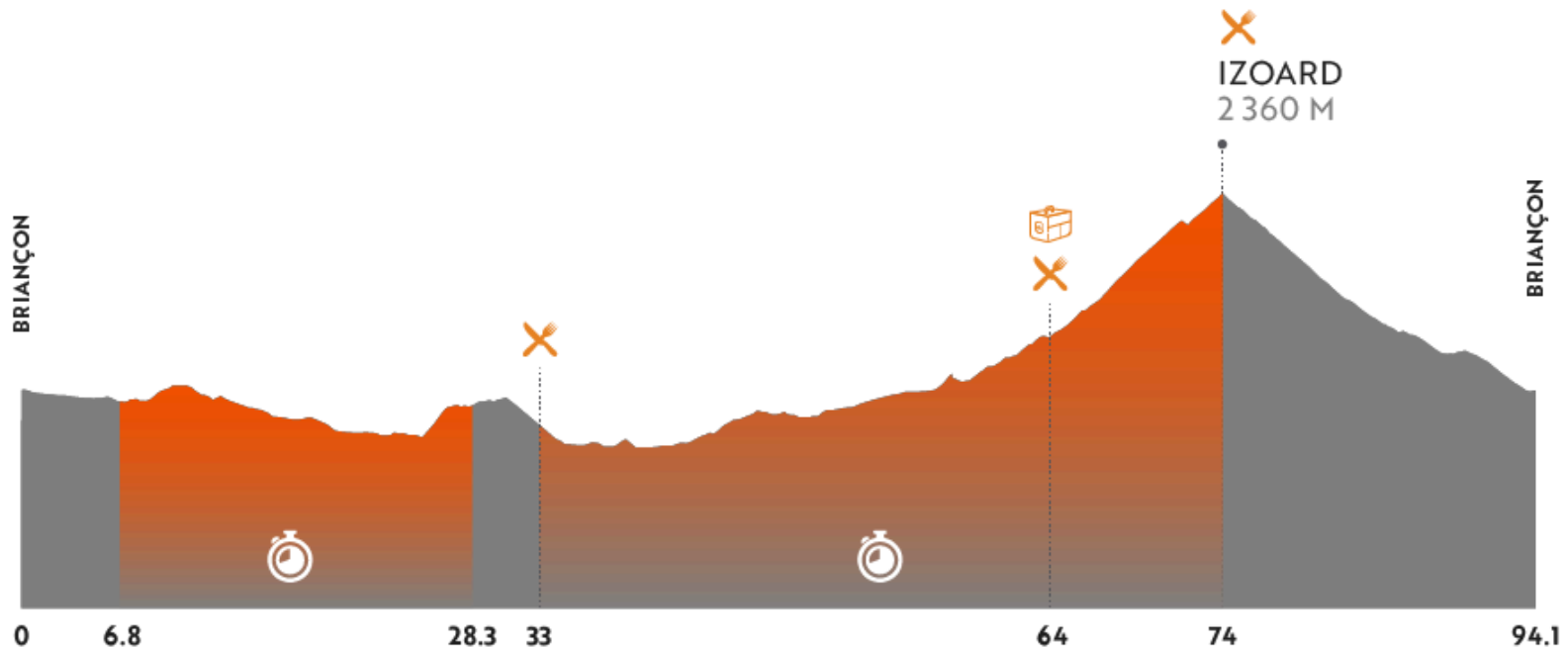


# STAGE 4

 Start at 8:00 AM

 Briançon Maison du Prorel

Beginning of the timed section: km 6.8km



Cut-off times: 12:45 AM


 Last arrival: 1:30 PM

**Village / Post-stage services:**

 Briançon Maison du Prorel

**Prizegiving / Briefing:**

6:30 PM

 Casino de Briançon

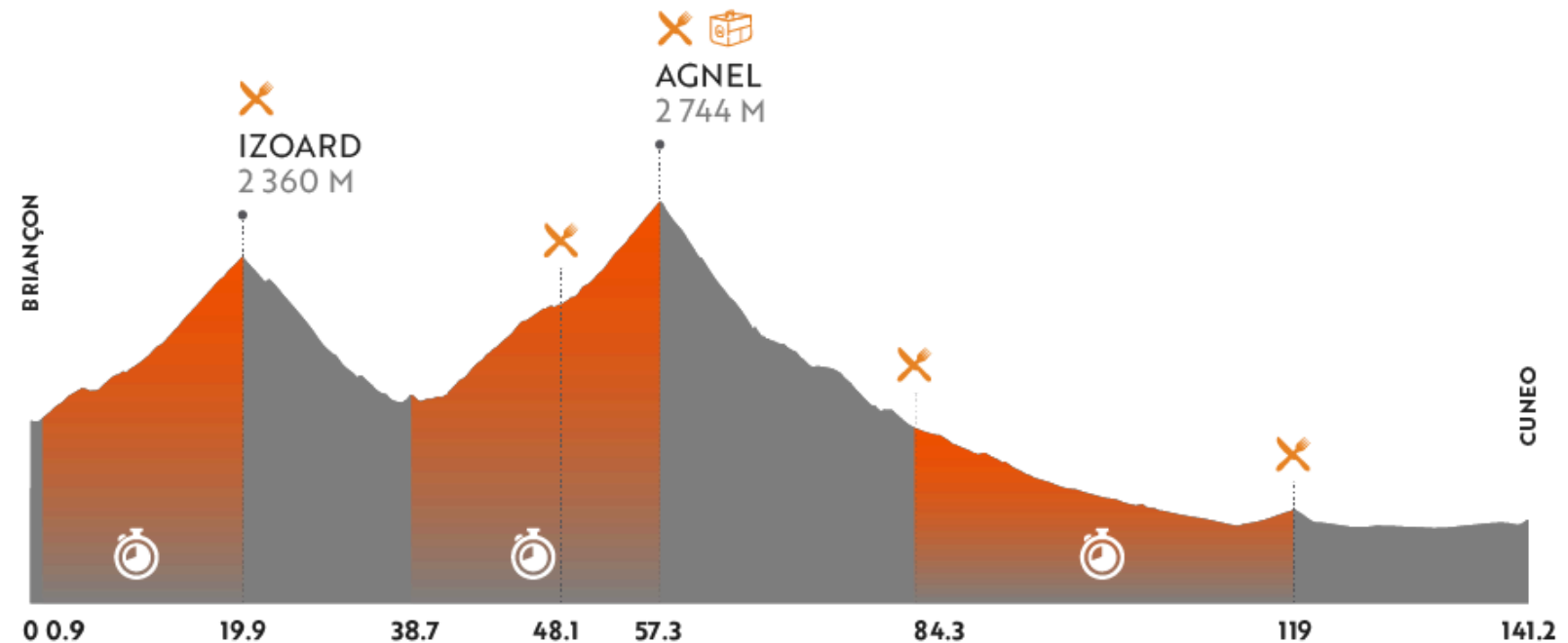


# STAGE 5

🚴 Start at 7:30 AM

📍 Briançon Maison du Prorel

Beginning of the timed section: km 0.9



🏁 Last arrival: 4:30 PM

**Village / Post-stage services:**

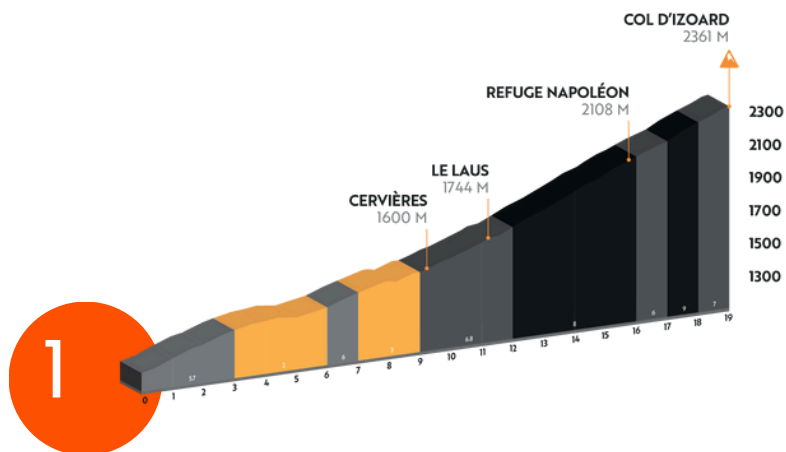
📍 Cuneo Piazza Foro Boario

**Prizegiving / Briefing:**

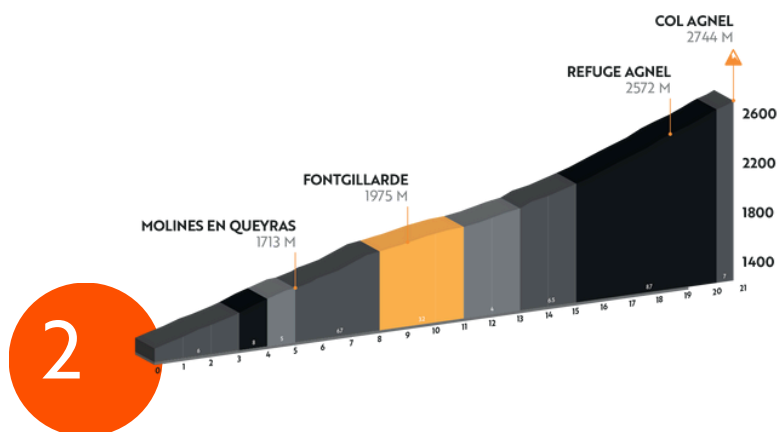
6:30 PM

📍 Cuneo Piazza Foro Boario

# STAGE 5 PASSES




Cut-off times: 9:55 AM



Cut-off times: 1:00 PM

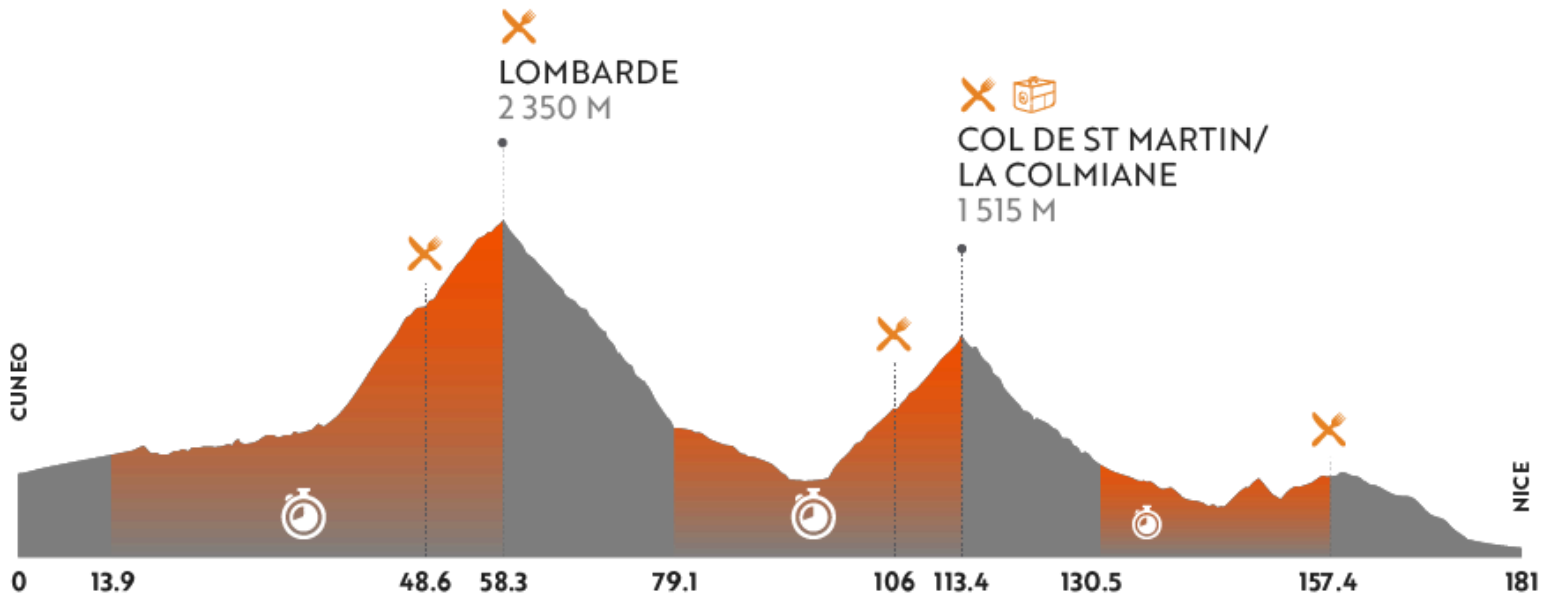


# STAGE 6

 Start at 7:00 AM

 Cuneo Piazza Foro Boario

Beginning of the timed section: km 13.9



 Last arrival: 6:10 PM

**Village / Post-stage services:**

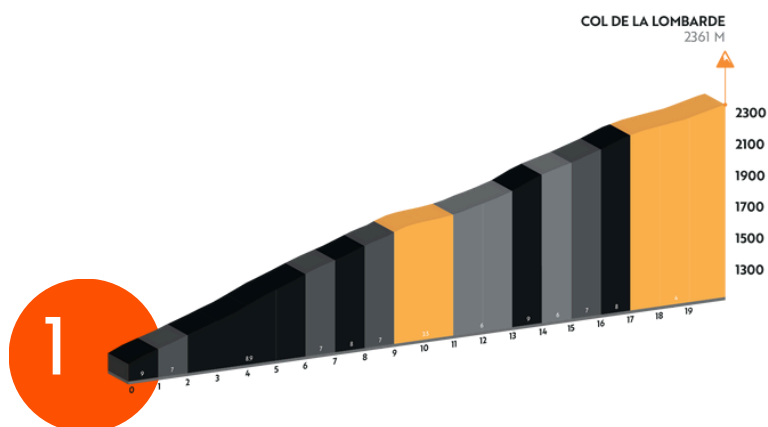
 Nice Théâtre de Verdure

**Prizegiving / Briefing:**

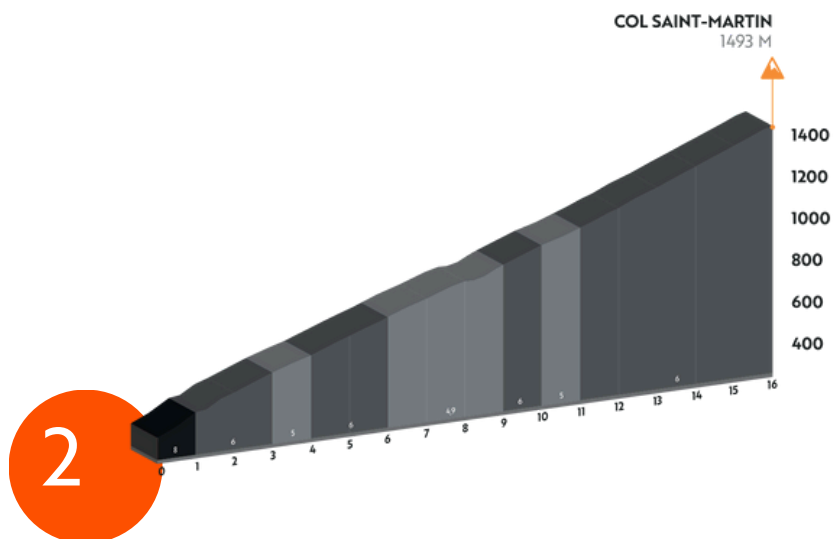
6:30 PM

 Centre Universitaire Méditerranéen

# STAGE 6 COLS



Cut-off times: 11:00 AM



Cut-off times: 2:15 PM

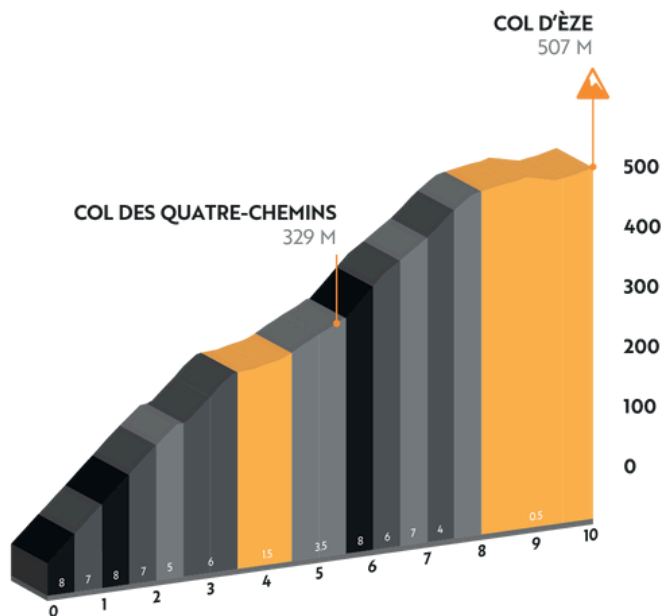
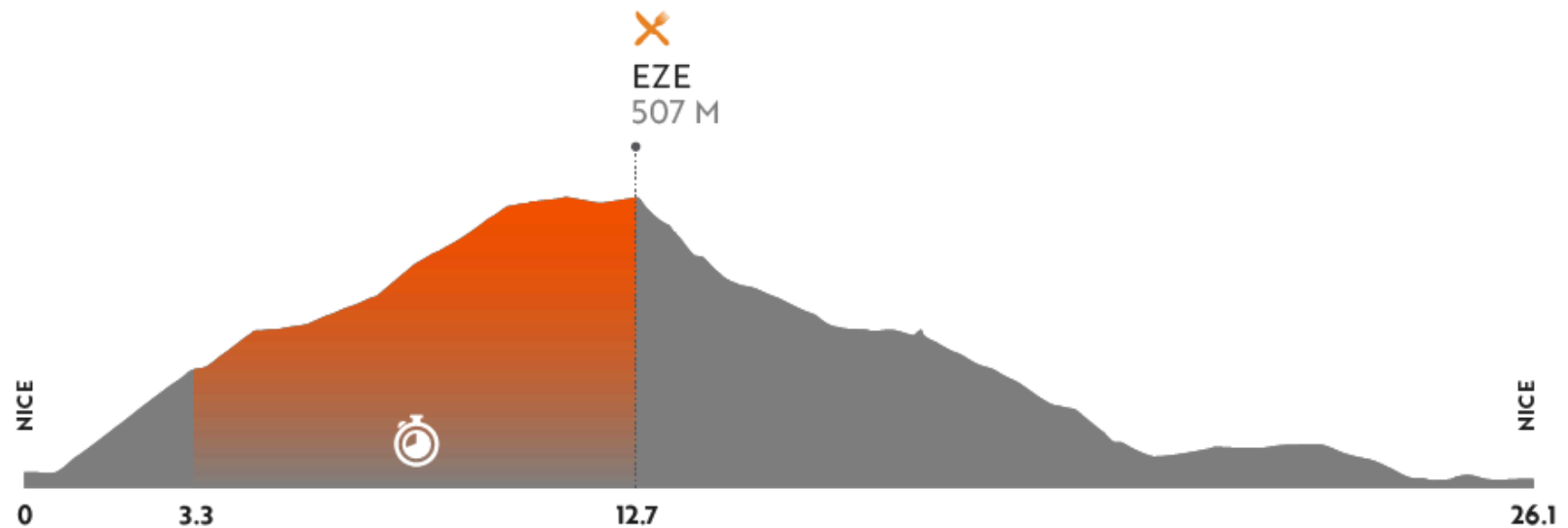


# FINAL STAGE: TIME TRIAL

🚴 First start at 8:00 AM

📍 Nice Théâtre de Verdure

One start every 20 seconds in reverse order of the general classification



🏁 Last arrival: 12:00 PM

📍 Nice Théâtre de Verdure

**Final prizegiving ceremony**

6:30 PM

📍 Centre Universitaire Méditerranéen

**Gala dinner**

7:30 PM

📍 Restaurant Le Galet

## INTERVIEWS



*Chef de File*

Discover our partners

**MAVIC**



## CHEF DE FILE

### What is the story behind the brand Chef de File?

Founded in 2017 by two former high-level cyclists with a passion for the sport, **Chef de File is a French brand specializing in the design of high-end cycling apparel.**

Driven by a commitment to quality and a keen eye for detail, its founders aimed to combine technicality, comfort, and aesthetics in each of their creations. Inspired by French elegance and the heritage of cycling, the brand offers a unique approach: that of demanding, refined, and modern cycling.

As the official textile partner of La Haute Route, Chef de File supports cyclists in their quest for performance with apparel that is both innovative and distinctive.

### We have unveiled the jersey for the Haute Route 2025 edition, what is the story behind this jersey?

This jersey was born from a discussion about the DNA of the Haute Route: a demanding event, but also refined and modern.

From the start, the idea was to offer a clean, elegant design with a creative touch inspired by the mountains, directly linked to the territories crossed.

We envisioned a simple visual, structured by gradients and geometric shapes reminiscent of alpine landscapes, while maintaining strong readability. The iconic orange of the Haute Route was retained for the logos, to stay true to the event's identity.

### How did you conceive, create, and produce the jersey?

For the Haute Route, we designed an exclusive jersey, directly inspired by our premium collections, to offer participants a product that meets the demands of this event. **Imagined in France by our design studio, this jersey was crafted in our own workshop, the Chef de File Factory, located in the Community of Valencia, Spain, ensuring traceability, control, and quality.**

### From a more technical perspective, what is the composition of the jersey?

**This jersey is made from ultra-light and breathable materials, positioned at the front and back to promote quick drying and optimal comfort, even during long summer rides.**

The sleeves feature a particularly airy fabric, designed for maximum ventilation. Its fitted cut, without side panels, has been meticulously studied to reduce the number of seams to the bare minimum, offering a remarkable second-skin effect, combining performance and a sense of freedom.

**This year, you decided to produce a range of Haute Route merchandise, can you tell us about it?**

**For this edition, we wanted to offer a more complete range of merchandise to support participants before, during, and after the event.**

The main graphic design has been adapted for the long-sleeve jersey and the sleeveless wind vest. For the rest of the range – gloves, socks, bib shorts, cap, arm warmers, neck warmer, and water bottle – we opted for a more understated and elegant approach, with a color palette focused on dark blue, black, white, and of course, the Haute Route orange. The goal is to offer complementary, functional, and aesthetic pieces that riders can easily mix and match or wear independently, while staying within the Haute Route universe.

**Will you be present throughout the event? Where can we find you?**

We will be present at various stages of the event to support participants closely. **You can find us in Megève, the day before the grand start, as well as at the finish of the first stage. We will also be present in Nice, at the finishes of the sixth and seventh stages,** to celebrate together the demand, elegance, and passion of cycling.

# MAVIC

## **What will be your role during the event?**

For 14 years, we have been assisting participants throughout the Haute Route, particularly during two main moments: during each stage of the race and at the finish village.

## **What is your scope of action? What can you intervene on?**

We assist all participants with technical issues: brake bleeding, derailleur adjustments, flat tires, breakages, and parts replacement.

## **On August 23rd, the bib collection will take place. Will you be present to help participants assemble their bikes or address any difficulties?**

Obviously, we will have four technicians present from the opening of the bib collection to help participants assemble their bikes, make adjustments, and perform checks if needed.

## **Where can participants find you during the stages? Are you on the course or present at strategic points?**

We will be present every morning before the start of each stage, and then we will have two cars and one truck on the course at different points of the race. In the evening, we will be at the village with our large workshop truck.

## **If a participant encounters a technical problem during a stage, how can they contact you? How will you intervene?**

First, the participant must stop and inform a motorcyclist (safety moto) to report their position. Once their position is known, we will reach them to provide assistance and carry out the necessary repairs.

## **Is the Mavic assistance free for participants? Under what conditions might they have to pay for something?**

The Mavic assistance service is entirely free throughout the event. The only exception is if a participant needs to replace a part on their bike; the part will be chargeable and at the participant's expense.



## SUPPORT



## LAST KM

Final information  
to fine-tune your preparation



# BAGS LOGISTICS

## TRAVEL BAG

This is the only bag transported by our team, from hotel to hotel. During bib collection, you must pack all your belongings into the travel bag (100L).

If you have chosen accommodation with the Haute Route, each morning, drop off your travel bag at the hotel reception in the designated area, and the porters will transport it to your next hotel.

If you have not chosen accommodation with the Haute Route, you need to drop off your travel bag at the start line and then pick it up at the finish village.

## BACKPACK

This bag is given to all participants. With a size of 25L, it is useful for storing your last-minute items just before the start.

The backpack should be dropped off by all participants at the start line in the designated area with our teams.

It will be transported to the finish line where you can retrieve it.

## RACE BAG

This bag will be provided only to those who selected the race bag service option during their registration.

This bag allows you to store spare clothing (for warm or cold weather) and/or your own supplies (drinks, food). It should be dropped off at the start line in the designated area with our teams.

You will find your race bag at a predetermined location and then at the finish line.

# BAGS LOGISTICS

## TRAVEL BAG



## BACKPACK



## RACE BAG

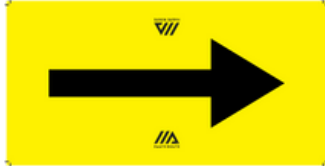




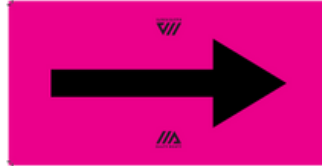
# SAFETY

You will encounter various signs along the route  
Follow the guide!

Route directions



Back to the Village



Warning



For flat finishes



For finishes at the top



## EMERGENCY NUMBER

**+33 9 79 98 18 22**

For medical emergencies only



# A TYPICAL DAY ON THE HAUTE ROUTE

5:00 AM  
Wake up



5:30 AM  
Breakfast

7:00 AM  
Ride to the start line



7:30 AM  
Stage start

12:30 PM  
First arrivals and recovery  
(massage, lunch, bike check)



7:00 PM  
Apéro (social gathering)



6:30 PM  
Briefing



# AWARDS AND CLASSIFICATION



## **MEN**

18-29 years  
30-39 years  
40-49 years  
50-59 years  
60 and over



## **WOMEN**

18-29 years  
30-39 years  
40-49 years  
50-59 years  
60 and over



## **TEAMS**

Men (men only)  
Women (women only)  
Mix (madeup of at least one  
woman and one man)





# ACCOMMODATION

For those who have chosen accommodation with the Haute Route you should have received your list of hotels. If you have any questions, please contact Julie and Oriane at this email address:  
[hotels-hra2025@hopscotchhousing.com](mailto:hotels-hra2025@hopscotchhousing.com)

## Megève

- Cœur de Megève
- Novotel Megève
- Loges Blanches
- Mont-Blanc
- L'Eclat des Veriaz
- Mamie Megève
- La Grande d'Arly
- Chalet d'Antoine
- Les Cimes
- Hotel Rent
- Les Clochettes
- Sylvana

## Serre-Chevalier

- Grand Aigle
- Grand Hotel
- Rock Noir
- Crystal Lodge
- Le Mûnetier
- Vauban
- Suite Home
- Auberge du Choucas
- Mont Thabor
- Edelweiss
- Mont Brison
- De Paris

## Tignes

- Club Med
- Maison Bouvier
- YETI
- Le Taos
- Montana
- La Ferme du Val Claret
- Le Refuge
- Le Langley
- Terril Blanc
- Cap Neige

## Cuneo

- Principe di Piemonte
- Palazzo Lovera
- BW Royal Superga
- B&B Cristal
- Victoria Hotel
- Cuneo Hotel
- Ligure Hotel

## Nice

- Novotel Vieux Nice
- Mercure Notre Dame
- Mercure Grimaldi
- Lakmi
- Du Pin Vieux Port
- Khla
- Byakko
- Locarno

## PARTNERS

### OFFICIAL PARTNER

*Chef de File*

### OFFICIAL SUPPLIERS



We **Love** Cycling



### HOST CITIES





**HAUTE ROUTE**  
**FRANCE**

[hauteroute.fr](http://hauteroute.fr)