

MONTGENÈVRE

HAUTES ALPES

20
TERRE
DE JEUX
24

PREPARATION FOR OLYMPIC GAMES

VTT

SPOT GUIDE



BRIANÇONNAIS

This cross-border territory is easily accessible via the Fréjus tunnels, both by motorway and by train. Briançon has the Town of Art and History label and the Vauban fortifications are listed as UNESCO World Heritage. The old town with its church and gutter is nothing short of remarkable, as are the Cottian Alps Geopark and the Lautaret Alpine Botanical Garden.

Briançon's identity is also defined by its proximity to Italy, to major mountain passes including the Galibier, Lautaret and Izoard, and the high, untouched valleys such

as La Clarée and La Durance. Renowned for the quality of its air and its air conditioning, the Briançonnais region has several wellness establishments, including the Durancia balneo & Spa centre in Montgenèvre, which borders two biotope lakes and is set amidst three peaks at an altitude of over 3,000 m.

A wide range of sports activities can be enjoyed here, particularly in the area's three main winter sports resorts : Montgenèvre the international doyenne, Serre Chevalier or the domain of La Grave-La Meije.

ACCESS

By plane
Turin Caselle Airport
(Italy - 110 km)

By train
TGV to the Oulx
TGV station
(Italy - 20 km) then
shuttle to Montgenèvre
(25 minutes)

By Road
Easy access by
motorway through the
Fréjus Tunnel
(35 minutes)





MONTGENÈVRE



THE SPOT

Montgenèvre is the oldest of France's resorts. It is ideal for sports preparation thanks to its altitude of 1,860 m, its three peaks over 3,000 m and its 300 days of sunshine/year, in an exceptional natural setting (fauna, flora, geology, etc.).

This remarkable site has everything in one place: the Montgenèvre domain with its

mountain biking trails (bike park), lifts (23 of which 3 are open in summer) and 18-hole international golf course, a meeting room, video room, cinema that can be privatised, offices, changing rooms, a weight training room, an indoor and outdoor swimming pool, balneotherapy, spas (sauna, hammam, jacuzzi, etc.).

CHARACTERISTICS

The route is demanding, beautiful and technical, alternating sections through forests and prairies crossed by streams until you reach the heart of the resort.

- Length of the trail: 4,950 m
- Start/finish: 1,850 m
- Highest altitude: 1,940 m
- Scree, banked bends, etc



A LOCAL PERSPECTIVE



SÉBASTIEN AUBERT

[FORMER PRESIDENT OF MONITEURS CYCLISTES FRANÇAIS, ALPS EPIC DIRECTOR]

« Montgenèvre is perfectly suited to XC mountain biking; after organising several federal competitions such as the TFJV, French Cups, the French Championship and, for two years, the start of the Alps Epic, the site allows for acclimatisation thanks to its altitude (mountain pass at 1,850 m) and the variety of trails.

Cyclists will certainly be able to easily hone their skills on the track used for the last French Cup in 2017, but they will also be able to try the downhill trails with use of the bike park.

Finally, nothing is missing in terms of physical preparation with many possibilities for climbing the nearby legendary mountain passes such as Montgenèvre, Izoard, Lautaret and Galibier. In short, an exceptionally varied terrain for cyclists. »

THE CHAMPION'S WORD



STÉPHANE TEMPIER

[BRONZE MEDAL WINNER IN THE 2019 WORLD CHAMPIONSHIPS, 2ND IN THE 2018 WORLD CUP IN ALBSTADT, 2ND OVERALL IN THE 2017 WORLD CUP]

« The XCO circuit in Montgenèvre is a reference in altitude circuits. It has two versatile loops: the first cumulates altitude changes with a long, steep climb across the meadows followed by a natural sloped descent with a few technical rocky sections.

An artificial rock garden leads back to the start zone. The second loop is quicker but over rugged terrain. It needs to be handled with lucidity and fluidity to find the right track through the rocks. »

For Stéphane the strong points of the resort are :

- Hypoxia training at altitude (generally lasting three weeks)
- the bike park (technical work for descent and MTB adjustments with lifts)
- Road training over the legendary Izoard and Galibier passes
- the Spa to relax and recuperate

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