

# TRANSMAURIENNE VANOISE 2022

## IN ULTRA MODE



**ROAD BOOK**  
**PARTICIPANT**



# WELCOME TO THE ULTRA !

On July 17th at 11:00 am you will enter the legend of the ULTRA of the Transmaurienne Vanoise!

Welcome to this extraordinary challenge where you will be amazed.

So rest well the few days before the event, the hardest is still to come ...

Click [here](#) to view the 2022 teaser





# ULTRA MODE - CONCEPT

Like the Ultras in the Trail world, the concept is to ride a very **long distance** course, semi-autonomously and as fast as possible. On the program of this extraordinary mountain bike adventure, a cross-border route between **France and Italy** to be done in duo.

If the concept and the evocation of a fantastic ride in the heart of the alpine mountains leaves you dreaming, the characteristics of the **Ultra Mode make you feel real**.

A compulsory course of **150km and 4900m D+** on which loops can be added (A, B and C), for a complete course of **260km and 9 500m D+**, to be completed in a maximum of **50h**. Translated with

ONE CIRCUIT		A CHALLENGE TO COMPOSE			COMPLETE CIRCUIT
BASE		LOOP A	LOOP B	LOOP C	BASE + A + B + C
150 KM		40 KM	50 KM	20 KM	260 KM
D+ 4 900 M		D+ 1 300 M	D+ 2 400 M	D+ 900 M	D+ 9 500 M
ULTRA EXPERIENCE					ULTRA FINISHER



# **SUMMARY**

**1. PROGRAM**

**2. COURSE MAP**

**3. COURSE PROFILE**

**4. LIVIN BASES**

**5. LOOP**

**6. TIME BARRIER**

**7. MANDATORY EQUIPMENT**

**8. GPS TRACK**

**9. GPS TRACKER**

**10. PARTICIPANT'S LEXICON**

**11. EMERGENCY**

**12. ABANDONMENT**

**13. ENVIRONMENT**

**14. PARTNERS**



# PROGRAM

## **SAMEDI 16 JULY : VAL CENIS** (LANSLEVILLARD)

16h00 – 17h00 : bib withdrawal

18h00 : briefing

## **DIMANCHE 17 JULY :**

09h00-10h30 : verification of the material and distribution of the beacons

11h00 : Start of the race from Val Cenis

18h15 : Time barrier at the Living Bases #1

23h30 : Time barrier at the Living Bases #2

## **LUNDI 18 JULY :**

09h00 : Time barrier at the Living Bases #3

11h00 : arrival of the first participants in Aussois

14h30 : Time barrier at the Living Bases #4

22h00 : Barrière horaire à la Living Bases #5

## **MARDI 19 JULY :**

06h00 : Time barrier at the Living Bases #6

10h00 : Time barrier at the Living Bases #7

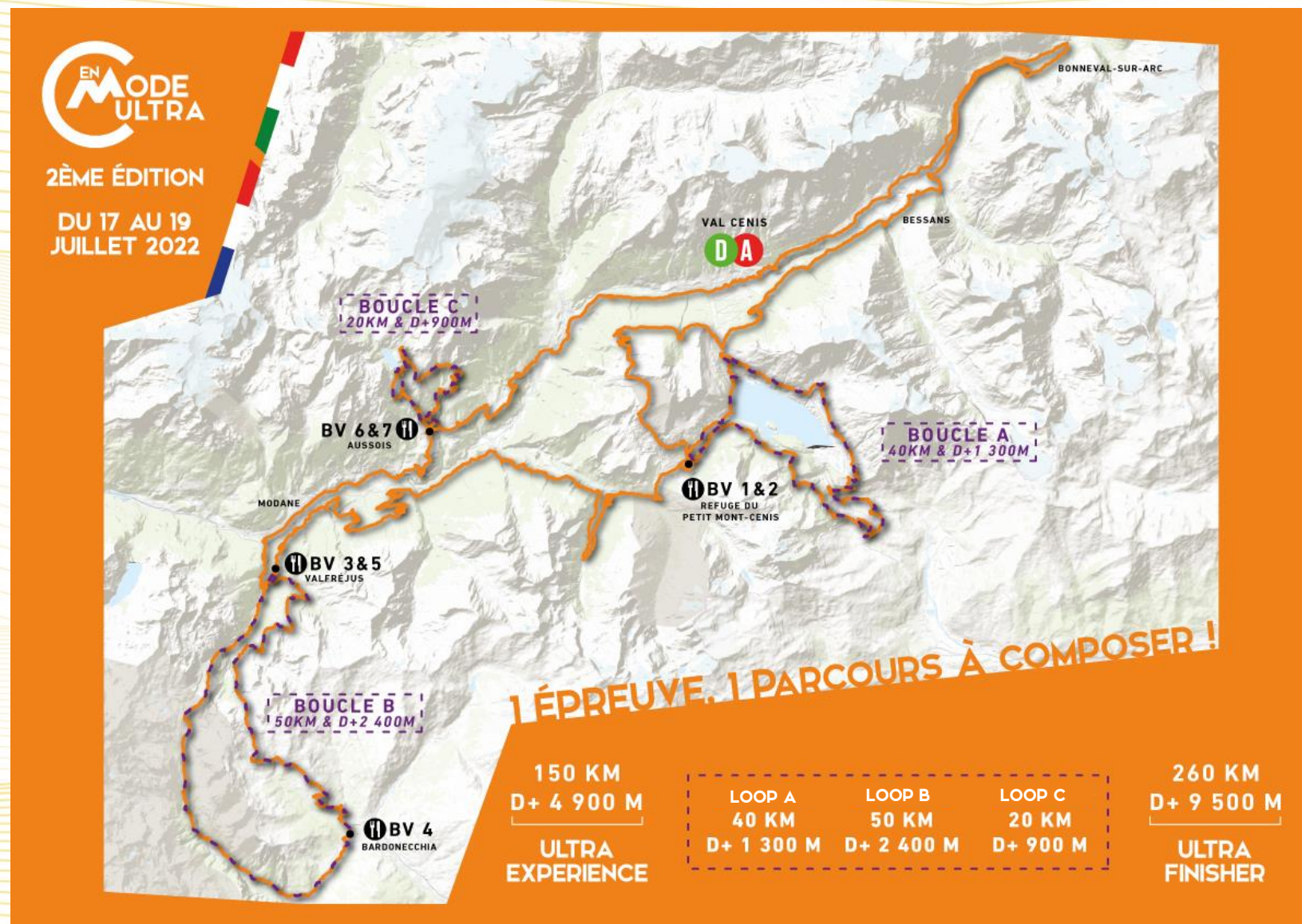
13h00 : Arrival time barrier

14h15 : awards ceremony



# CIRCUIT

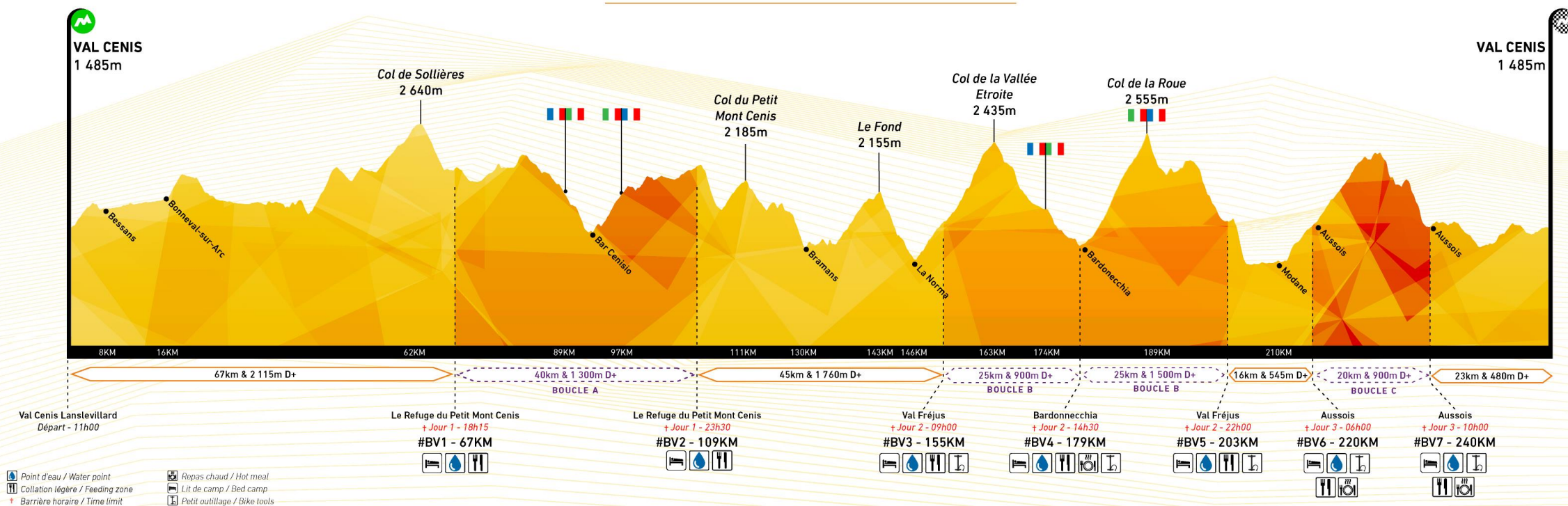
DOWNLAD GPX  
TRACK





# PROFIL

## MODE ULTRA 2022



# CIRCUIT



## TABLEAU HORAIRES ULTRA - Transmaurienne Vanoise



Heure de départ :

11:00:00

Dimanche	J1 - 17 juillet	
Lundi	J2 - 18 juillet	
Mardi	J3 - 19 juillet	

	Val Cenis Lanslevillard	Refuge Mont Cenis	Refuge Mont Cenis	Val Fréjus	Bardonecchia	Val Fréjus	Aussois	Aussois	Val Cenis Lanslevillard	
	FR	FR	FR	FR	IT	FR	FR	FR	FR	
	DÉPART	# BV 1	# BV 2	# BV 3	# BV 4	# BV 5	# BV 6	# BV 7	ARRIVÉE	
	km section	0	67	41	45	24	25	16	19	23
	km cumulé	0	67	108	153	177	202	218	237	260
	Deniv+ section		2155	1302	1761	901	1467	545	930	480
Deniv cumulé		2155	3457	5218	6119	7586	8131	9061	9541	
Simulation tête de course	11:00:00	14:56:28	18:02:11	21:45:00	00:30:00	04:30:00	06:36:00	08:40:00	11:18:00	
Simulation fin de course temps + pause		18:12:00	23:30:00	09:00:00	14:30:00	22:00:00	06:00:00	10:00:00	12:52:30	



# LIVING BASES

There will be 7 of them on the course.

Their purpose :

- To rest, to recharge your batteries (in all senses of the word), to restore you;
- To validate your progress with the organization.

It is imperative to present yourself to the members of the organization so that they validate your passage. Validate the continuation of your adventure (loop or not)

Depending on the living bases you will have different possibilities (a short rest on a camp bed, a hot snack, etc.). In any case, you will be able to fill your water reserves and recharge the batteries of your electronic devices.

**BE CAREFUL AT EACH ARRIVAL AND DEPARTURE FROM THE BASE CAMP, YOU MUST  
PAY THE ORGANIZATION !**



# LIVING BASES - LIGHTENING BAGS

It is possible to deposit bags with your team number written on them at the organization, so that they can be transported to the bases of life. ATTENTION: No bags will be provided by the organization.

- One bag maximum per team / base of life
- Bases of life concerned : Val Fréjus and Aussois
  - 2 bags maximum per team



# LIVING BASES- DÉTAIL

	Living base 1 & 2	Living base 3 & 5	Living base 4	Living base 6 & 7	Finish
	Val Cenis - Bramans - Petit Mont Cenis	Val Fréjus	Bardonecchia	Aussois	Val cenis
Basic supplies*	X	X	X	X	X
Warm meal			X		X
Bread + Diot	X			X	X
Beds	X	X	X	X	
Electrical connection	X	X	X	X	X
Basic tooling	X	X	X	X	X

\*Basic supplies: water, coca-cola, sparkling water, soups, chocolate, gingerbread, four quarters, cold cuts, salted cakes, cheese, tea, coffee, redbull





# LOOP

There are 3 possibilities if you want to get closer to the complete course. Of course you will not have the status of "FINISHER" but you will have the possibility to continue to be part of the adventure as an ULTRA EXPERIENCE

## LOOP A :

- 43 kilometers ;
- 1300m D+

## LOOP B :

- 51 kilometers ;
- 2300m D+

## LOOP C :

- 20 kilometers ;
- 900m D+





# TIME BARRIERS

Please note that after these times, it will not be possible to return to the course. Please respect these deadlines!

18h15 J1 : Time barrier at the Living Bases #1

23h30 J1 : Time barrier at the Living Bases #2

09h00 J2 : Time barrier at the Living Bases #3

14h30 J2 : Time barrier at the Living Bases #4

22h00 J2 : Time barrier at the Living Bases #5

06h00 J3 : Time barrier at the Living Bases #6

10h00 J3 : Time barrier at the Living Bases #7

13h00 J3 : Time barrier at the FINISH

The times given indicate the cut-off times from which it will not be possible to start on the next section of the course.

*For example: after 09:00 am on Monday, July 18th, it will not be possible to start on loop B of the course, it will be necessary to go directly on the compulsory course.*



# MANDATORY EQUIPMENT

## Individual equipment required:

- ID;
- Approved helmet ;
- A waterproof jacket ;
- Survival blanket ;
- Charged cell phone (+ charger);
- A compass and an altimeter
- An external battery of minimum 10 000 mAhGPS with the tracks of the route and the adequate downloaded maps (+ charger);
- 2 lamps with spare batteries for each of the 2 lamps;
- 1 rear red light;Food reserve ;Water reserve of at least 1.5 L;
- Knife and whistle;Translated





# MANDATORY EQUIPMENT

Mandatory equipment per team:

- A repair kit (inner tube, multi tools and chain drift, etc.) ;
- The roadbook of the course downloaded;
- First aid kit (bandages, sun cream, anti-heating cream, etc.);

**ALL THIS MATERIAL WILL BE CHECKED BY THE ORGANIZATION  
BEFORE THE START**

**SUNDAY JULY 17 at 9:00 am.**



# GPX TRACK

Available for download [here](#).

It is mandatory to have tested before the race briefing the compatibility of the GPX track and your GPS system.



# GPS TRACKER

You will all be provided with a GPS tracker, it will be distributed to you during the equipment check on Sunday July 17th. It will already be turned on and should never be turned off during the event.

The GPS tracker must be put in an external pocket of the bag and not at the bottom of the bag.

Its use will be explained to you during the briefing but here is some information:



SOS

**Attention, if you trigger the SOS button without doing it on purpose, please send a text message or call 07 85 33 50 02 to cancel this SOS call and avoid the deployment of emergency means!**



# PARTICIPANT'S LEXICON

**LIVING BASES :** it's quite simple, the Bases de Vie are your home! The place where you can find comfort, warm up in the middle of the night, chat with the members of the organization and with the other runners, etc.

**TEAMMATE:** If the life bases are your home, then your teammate will be your family, your landmark. When your morale drops, when your legs have trouble propelling you up the hill, your teammate will be there to encourage you and remind you why you signed up for this event!

**ULTRA EXPERIENCE :** if by choice, mechanical problem, a little lack of training or motivation you have cancelled one of the loops but you have arrived to Aussois by your own means, then you have earned the status of Ultra Experience finisher ! A status that gives you the right to register again next year to retry the challenge and finally become an ULTRA FINISHER!

**ULTRA FINISHER :** If you manage with your teammate to complete your Ultra to the end having run the whole course (260km), you will have the honor and the privilege to be named FINISHER, the grail in short !



# PARTICIPANT'S LEXICON

**TIREDNESS :** managing this will be the most important point of your Ultra. You will have to be cautious when you are trying to surpass your limits and be aware of the fact that you are not alone!

**SEMI-AUTONOMY :** if the bases of life will propose you some foodstuffs, they will not be sufficient to allow you to feed yourself during the whole of your journey, think of equipping yourself accordingly.

**LOOP :** Loop A, B and C. These 3 loops will allow you to avoid forfeiting the race while reducing the distance.

**LIGHTER BAGS :** There will be 2 of them and they will allow you to put your personal belongings that you would like to find at the life bases 2/3 and 4/6. These bags will be given to you when you pick up your number and will be returned to us filled during the equipment check on Sunday morning. They can be collected from the organization at the end of the event on Tuesday, July 20.



# EMERGENCY

You will all be equipped with GPS beacons on which an SOS button will be present.

If you activate this one, it will give us the alert and your GPS position live. If you have the possibility, approach your phone so that we can join you on it to know the nature of your alert.

In case of need (problem of course, emergency, other question, etc.) do not hesitate to contact the PC Course to the number 07.85.33.50.02, available 24/24.

# ABANDONMENT

In case of abandonment of one of the teammates, both must stop. It is OBLIGATORY to contact the organization in case of abandonment (call the emergency number 07 85 33 50 02).

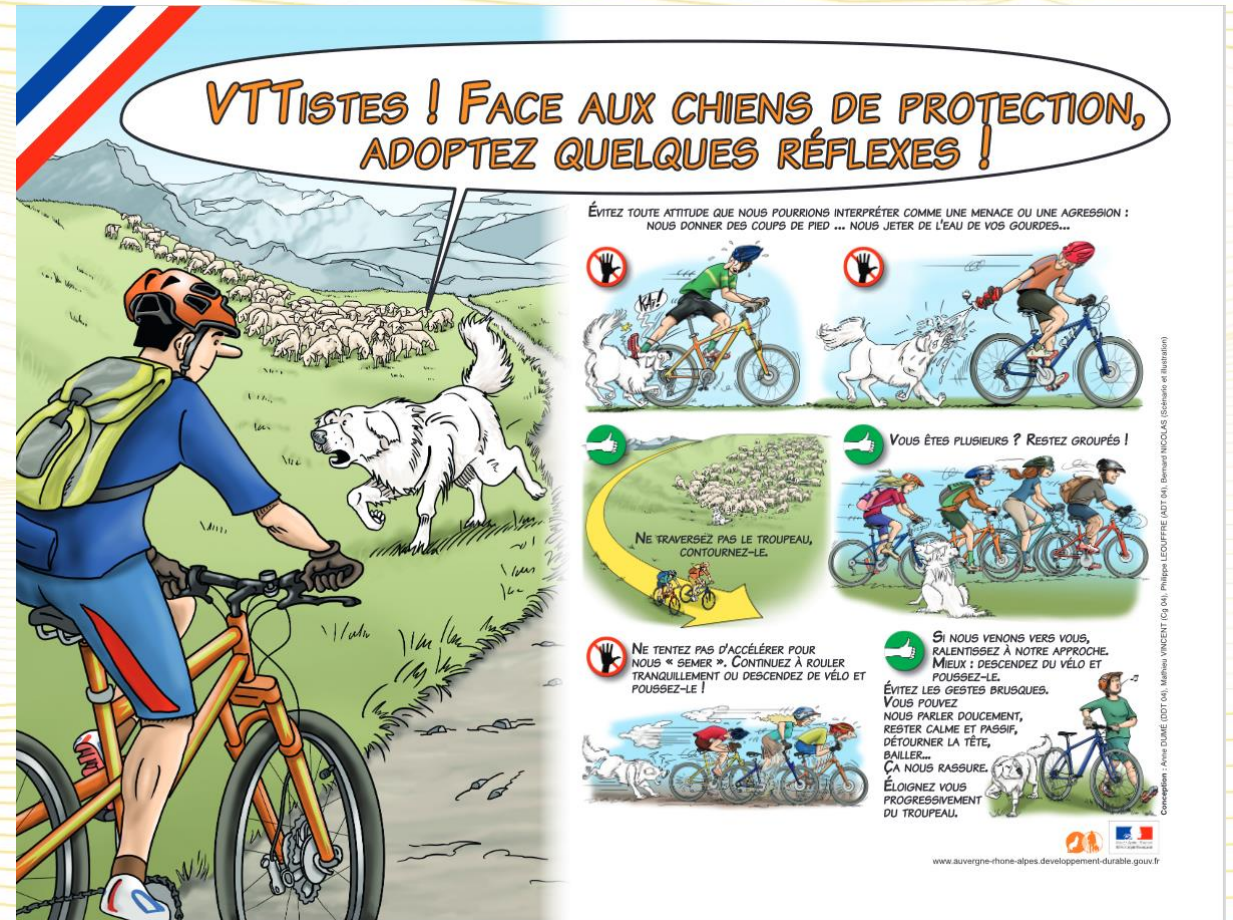


# ENVIRONNMENT

You will be crossing natural areas and potentially grazed areas.

Please follow the signs on the trails and the advice below if you come across herding dogs.

As a reminder, it is forbidden to throw your waste in the nature! Any participant observed throwing away waste will be disqualified immediately!





# PARTNERS

## CO-ORGANISATORS



**Val Cenis**

Haute Maurienne Vanoise



**Aussois**

Haute Maurienne Vanoise



**Haute Maurienne  
Vanoise**



S P O R T   E V E N T S

## TITLE PARTNER

DARE 2B 

## INSTITUTIONNALS PARTNERS



LE DÉPARTEMENT



**La Région**  
Auvergne-Rhône-Alpes

## TECHNICAL PARTNERS



## STATIONS LIVING BASES



**Valfréjus**  
Haute Maurienne Vanoise



COMUNE DI BARDONECCHIA



**TRANSMARIENNE VANOISE X ULTRA**

**ENTER THE LEGEND !**



# CONTACT

**POUR TOUTES QUESTIONS PRATIQUES AVANT L'ULTRA,  
MERCİ D'ENVOYER UN MAIL À :  
[NATHAN@LVORGANISATION.COM](mailto:NATHAN@LVORGANISATION.COM)**

**OU NOUS CONTACTER DIRECTEMENT  
SUR NOTRE PAGE FACEBOOK :  
[WWW.FACEBOOK.COM/ULTRATRANSMAURIENNEVANOISE](https://www.facebook.com/ULTRATRANSMAURIENNEVANOISE)**