



ROAD BOOK 2026

Runners must have individual insurance. The race is insured by the FFCAM. The organizers offer a one-day FFCAM discovery insurance on race day for €6 to any runner who wishes.

Saturday, April 11:

8:00 a.m. to 7:00 p.m.: Bib collection (3 tear-proof paper bibs and 1 bike plate) and timing chip pickup in the Croisette Hall in Courchevel 1850. A medical certificate must be presented at this time. Please bring safety pins for your bibs.

The covered Croisette parking near the bike park is free for participants starting Saturday, April 12 at 6:00 p.m. If you come to pick up your bib on Saturday, the first hour is free.

Sunday, April 12:

The covered Croisette parking near the bike park is free for runners on Sunday.

7:00 a.m. to 8:30 a.m.: Bib collection (3 tear-proof paper bibs and 1 bike plate) and timing chip pickup in the Croisette Hall in Courchevel 1850. A medical certificate must be presented at this time. Please bring safety pins for your bibs.

Please note: you must be in the starting corrals at 9:50 a.m., so do not arrive at 9:00 a.m. in Courchevel 1850 to collect your bib!!

Bike park opens from 7:00 a.m. – Drop-off of “Trail” and “Ski Mountaineering” gear (bring a waterproof container or protective cover in case of bad weather).

RUNNERS’ BRIEFING AT 8:45 A.M. IN THE CROISSETTE HALL IN COURCHEVEL 1850!

Before leaving the park, make sure your bib is pinned to the front of your trail and ski mountaineering outfit (stomach side). For solo participants, remember to pin the bib to each outfit if changing between events. For the bike section, the bike plate must be attached to the handlebars and the paper bib to the back of your cycling jersey.

Make sure the timing chip is properly attached to your left ankle before cycling down to the start at Le Carrey (allow 35 minutes for the descent), wearing warm clothing and a backpack. You may take your bike in the Praz gondola from 8:30 a.m. to 9:15 a.m. to avoid the section between Courchevel 1850 and Le Praz if the road is icy.

For team races, ensure all teammates have their bibs and that the cyclist has the timing chip on their ankle before heading to the start. Teammates (Trail and Ski Mountaineering) must wait in the park to take over and receive the timing chip.

WARNING: THE TIMING CHIP MUST BE WORN ON THE LEFT ANKLE FOR EACH EVENT. REMEMBER TO PUT IT BACK ON YOUR ANKLE BETWEEN EACH EVENT.

Start:

- Put your belongings in your backpack and place it in the organization's truck so it can be transported to the Envolée Hall in Courchevel Le Praz, where the prize ceremony and closing meal will take place. Items will be returned to runners at the end of the race.

- From 9:30 a.m., access to starting corrals.

- **At 9:50 a.m., all cyclists must be in the starting corrals.**

- **10:00 a.m.: START!**

- **Support vehicles are not allowed on the cycling course during the race.** They may drop off cyclists but must return to the bike park before 10:00 a.m.

- Cycling: 13.9 km / 930 m elevation gain

- Approved cycling helmet required. Follow traffic rules (road open to traffic). Route is entirely on paved roads. Road bikes or mountain bikes allowed.

- Trail running: 6.3 km / 180 m elevation gain. Rolling course on snow and/or dirt depending on snowmelt. The second part is more challenging. Poles and snowshoes are not allowed.

Ski mountaineering: 4.8 km / 950 m elevation gain. Mandatory equipment compliant with ski mountaineering standards (approved boots; skis minimum 1.60 m for men and 1.50 m for women). The route is safe and follows ski slopes. Skis must be put on outside the park.

WARNING: A cut-off time is set at 2:00 p.m. at the Saulire cable car departure. Participants who do not reach this point before 2:00 p.m. will not be allowed to continue to the official finish. They will not receive a time for the ski mountaineering section but will be ranked based on arrival at the cable car.

A water-only aid station will be available at the transition area, and a full aid station (water, sweet and savory food) at the summit of Saulire. Runners are responsible for managing their own nutrition and hydration during the race. Receiving outside assistance or support is strictly prohibited throughout the event. Clothing is up to participants, who must dress according to weather conditions. **For the ski mountaineering section, a windproof jacket and emergency blanket are mandatory in bad weather. In poor conditions, organizers may refuse a participant to start if their gear is deemed insufficient.**

PLEASE RESPECT THE DIRECTION OF TRAFFIC IN THE TRANSITION AREA FOR TIMING PURPOSES.

- At the finish (summit of Saulire), you may descend by gondola or on skis.

- **Bikes cannot be collected from the park before the last ski mountaineer has started. Bib must be shown to retrieve your bike.**

- Collect your belongings from the bike park and your transported bag at the Envolée Hall before 4:00 p.m. Showers are available in the changing rooms.

- At the finish, winners of each category are asked to raise the finish banner above their heads for photos. For teams, both teammates of the ski mountaineer are asked to reach the finish by gondola (free pass provided) to cross the line together.

Accompanying persons and spectators can reach the finish area via the Praz gondola, the Verdons gondola, and the Vizelle gondola **free of charge** by collecting pedestrian passes when picking up race bibs.

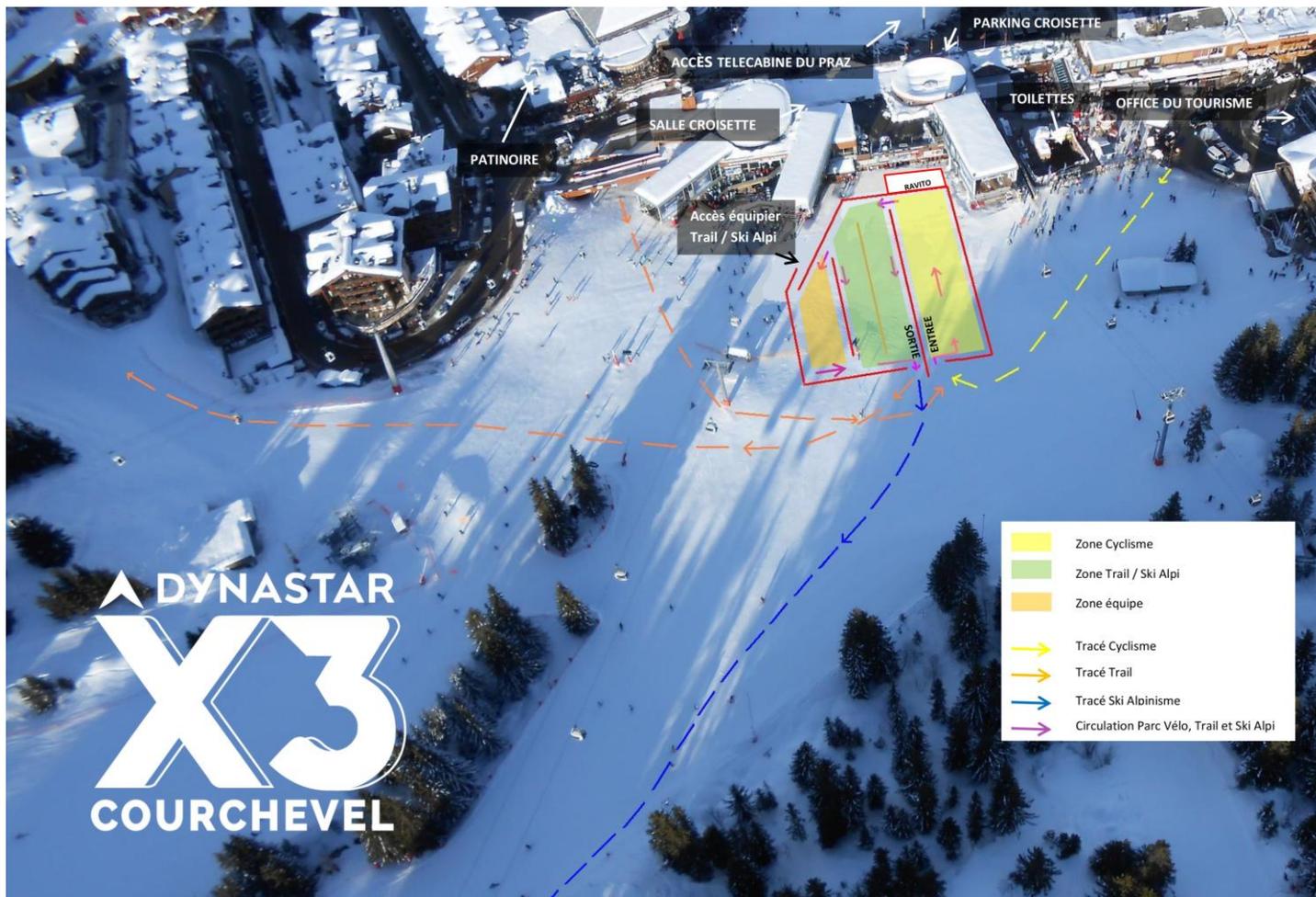
There is also an opportunity to watch the ski mountaineering racers pass by at the arrival station of the Verdons gondola.

TRANSITION AREA CLOSES AT 3:15 P.M. / CLOSING MEAL AT PRAZ GYM FROM 2:30 P.M. / PRIZE CEREMONY FROM 3:30 P.M.

The closing meal at the Praz gym starts at 2:30 p.m. A stamped CSO ticket is required.

(Supporters may purchase meal tickets for €16 at the gym from 2:30 p.m., subject to availability.)

IN CONCLUSION: PLEASE FOLLOW THE DYNASTAR X3 COURCHEVEL RULES AND HAVE A GREAT RACE!



- Zone Cyclisme
- Zone Trail / Ski Alpi
- Zone équipe
- Tracé Cyclisme
- Tracé Trail
- Tracé Ski Alpinisme
- Circulation Parc Vélo, Trail et Ski Alpi