



THE ALPS

ULTRACYCLING ADVENTURE

EVENT MANUAL VERSION 1.0

USE THE FINAL VERSION DURING THE EVENT

THE ALPS ultracycling adventure follows a fixed route through the beautiful mountains of the Bavarian, Austrian and Italian Alps, until riders finally reach the southwestern end of Lago di Garda. It's an unsupported, solo stage bikepacking adventure that takes you to high peaks, deep valleys and some of the most picturesque landscapes of the Alps. Mostly offroad (61 %), but still enough tarmac sections (39 %) to enjoy a little relaxation from time to time. In total, the track requires to tackle around 630 km and 22.000 meters in altitude. We know that's a lot of climbing, but our intention was not to choose the fastest or most direct route but rather the most beautiful, rideable and at the same time most challenging route through the Alps. Most of the time you will be riding on gravel-, dirt- and tarmac roads, but from time to time you will also move through alpine terrain. Please always think of your own and the safety of those around you first.

For us, the Alps are the most beautiful and at the same time most challenging mountains in the world. One should never try to conquer them, but should always treat these impressive giants with awe and respect. The weather in the mountains follows its own rules and can be merciless. You are always well advised to talk to hut owners and trust their wise words from decades of experience living in the mountains.

Go out there, enjoy the peace of the mountains, listen to your body and try to find out what you are capable of.

Marco Hinzer - Founder

CONTENT

This document provides you with all important and necessary information you need to prepare for the event. Everything is provided in good faith. Since preparations for the event are ongoing close to the start, some things may still change or be added.. Any major updates will be communicated to participants via email, including an updated version of the manual (updates will then be clearly listed at the beginning of the manual) If you have any questions, you can always contact us under info@thealps-ultracycling.com.



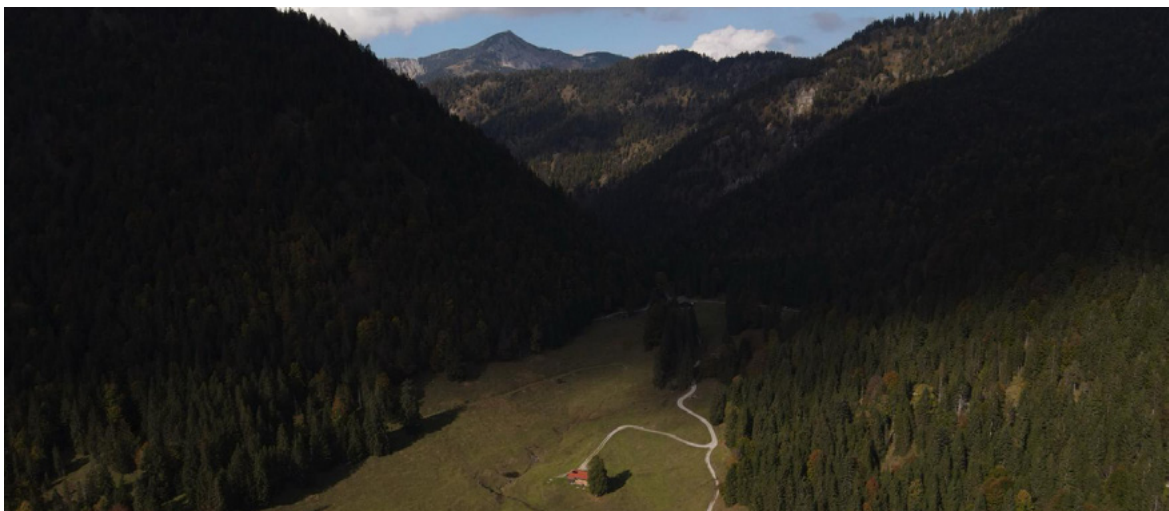
(PROVISIONAL) ROUTE

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[You can find a provisional version of the route in our official komoot collection](#), which you can largely use to plan your strategy for the adventure. As route partner of THE ALPS ultracycling adventure 2024, komoot is offering each participant a 1 month voucher for komoot Premium. The voucher code will be made available to all participants by email. Since we check the whole route again 2 weeks before the event, all participants will receive the final GPX file(s) one week before the start by email. We don't expect to have any major changes, but after a strong winter in the Alps you never know and better check twice to keep riders safe. If you should decide to download the GPX file(s) directly from komoot, please make sure you have the latest version. Further details on dangerous and notable route sections will be provided later in the manual and discussed again during the mandatory drivers' meeting the day before the start.

ROUTE DESCRIPTION

The first edition of THE ALPS ultracycling adventure starts at the traditional Oedberg Alm next to the picturesque lake Tegernsee. After a short driveby at the southern end of the lake, riders soon enter beautiful gravel roads through the forests of the Bavarian Alps. Even if the mountains here aren't among the highest yet, it's a constant up and down that's already starting to take its toll. Around 50 km later the track follows a beautiful valley in the shadow of the Blauberg mountains up to the Guffert hut. Time for a first refreshment and a delicious pancake soup. Following the famous Kaiserklamm, which winds its way through a spectacular gorge, riders continue riding champagne gravel roads until they reach the crystal clear Achensee.



ROUTE DESCRIPTION

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Leaving Pertisau behind, the track now enters one of the most beautiful and sensitive areas of the whole route. The majestic Karwendel mountain range. As this is a nature reserve, we ask you to be particularly lenient on this part of the route. Please remain particularly calm, do not leave the route and make sure not to leave any trace. Past the Gernalm, riders continue on a very steep gravel road up to the Plumsjoch hut. In some sections it will probably be necessary to push the bike. After a long descent with fantastic views, riders reach the Ahornböden located in the stunning Eng valley, continuing right into the heart of the Karwendel up to the Lamsenjoch hut. But be careful, the last stretch to the hut leads over a mostly ridable alpine trail. Breathtaking atmosphere and panorama guaranteed.



Leaving the Karwendel behind, riders are now on their way to cross the Inntal valley. A good chance for some proper resupply. On the other side of the valley the Tuxer Alps are already waiting with a long climb up to the impressive Geiseljoch, located at 2,292 meters altitude it's the highest point on the route. Once riders are over the top, they can enjoy a nice descent to Vorderlanersbach, not far away from the popular ski area Hintertux Glacier and the beginning of the Zillertaler Alps. It's only 2.6 km on the main road until you leave it again, but please be particularly careful here for fast-moving cars. Heading further east, the track soon enters the Zemmtal valley which winds it's way up to the 131 meter high Schlegeis dam, which holds a gigantic maximum water volume of 126.5 million cubic meters. Passing the famous mountain giants Hochfeiler and Olperer, riders now leave the main Alpine ridge behind and reach the first Checkpoint, the beautifully located Pfitscherjoch hut.



ROUTE DESCRIPTION

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Now that the border has been crossed into South Tyrol, the longest country section of the route, the Italian Alps, begins. After cruising down the sunny Pfitschtal valley, riders pass Sterzing and soon reach the infamous Jaufenpass. While crowds of motobikes race up the busy pass road, riders can enjoy the silence of climbing up backdoors via the quiet forest road, which is used as a toboggan run in winter. After a short hike a bike section next to a ski lift, riders earn a fantastic view over the Sarntaler Alps and a delicious piece of cake at the stunning Fleckner hut. Once reached St. Leonhard in Passeier riders follow a fast rolling gravel bike path along the Passirio river until they reach Meran, the second largest city of South Tyrol.



ROUTE DESCRIPTION

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Since we are now on the south side of the main Alpine ridge, it can be particularly important to ensure an adequate water- and mineral supply in terms of dehydration, as the temperatures here are often significantly higher than on the north side of Tyrol. The first climb after Meran up to Monte dei Rovi opens up a brilliant view on the extensive Etschtal valley before heading down and then up again on the backside of the famous Gampenpass, which leads riders into the wonderful Nonstal valley. Further on the route follows flowy gravel trails until riders reach Cles, next to Lago di Santa Giustina, whose impressive arch dam stores the water of the Noce River. Behind the city, the snow-covered peaks of the Brenta mountain range already rise and start to mentally prepare riders for the most beautiful and demanding alpine section of the route.

After a long but smooth tarmac climb up to Lago di Tovel the surface turns into gravel and 6 km later into a mix of mostly rideable paths and trails. Riders now enter the exceptionally beautiful plateau of Santa Maria di Flavona before reaching the Passo di Gaiarda at 2,242 meters altitude. There is only a short, but partly rough descent until riders finally reach CP II - Malga Spora, beautifully located at the foot of the Brenta.

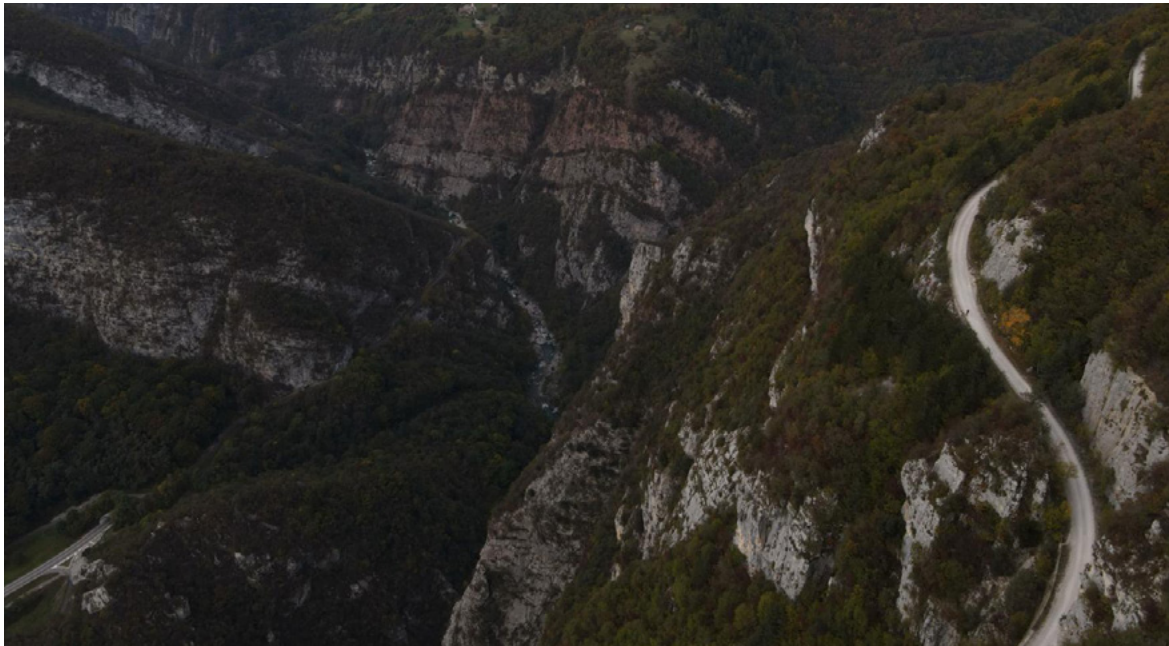


After a well deserved rest and some traditional mountain food at CP II, riders continue descending down to Andalo, located on the famous Paganella plateau. Cruising along the picture perfect Lago di Molveno, the track continues on a spectacular gravel road carved into the mountain above the Sarca gorge. Opposite you can already see Monte Casale, which marks the beginning of the final stretch, the Lake Garda mountain range. After crossing the gorge riders climb up Monte Casale and stay as long high above the Sarca valley until they turn right past Monte San Pietro down to Lago di Tenno. The next 10 km climb up to Rifugio Bocca di Trat is a tough one, especially because there's a short hike a bike section in the end. Riders now better take a rest at the beautiful Lago di Ledro before tackling the long and beautiful gravel climb, perhaps the most beautiful of the entire route, up to the legendary Monte Tremalzo.



ROUTE DESCRIPTION

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With less than 80 km to go, the final and at the same time most remote stretch of the route begins. After what feels like an endless descent down to the cooperative Alpe del Garda, riders head deep into the nature reserve Parco Alto Garda. Past the artificial Valvestino reservoir there's one last climb between riders and the finish line in Barbarano. Push through it, stay focused on the last descent and finally enjoy your finisher beer.



CHECKPOINTS

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First and foremost, the checkpoints are intended to provide a point of contact where you can rest, get good food and meet other riders. In addition, honored to the beloved summit cross boxes of the Alps, there will be a box at every checkpoint (exact location tbd) containing a stamp and a small checkpoint book. So you stamp your brevet card by yourself and leave a greeting to the following riders if you like. Since our team will be traveling along the route with two control cars throughout the entire event, we will of course be on site at the checkpoints at times, but not around the clock. Therefore we don't have official cut-offs for the checkpoints. Regarding the issue of sleeping places, we cannot 100% guarantee anyone a place to sleep, however according to the hut owners it shouldn't be a problem at this time of year as it is the beginning of the season. Since all mountain huts in the Alps are quiet at 10 p.m., it is not possible to get a place to sleep later.

DISTANCE & ELEVATION GAIN BETWEEN CHECKPOINTS

Start - Pfitscherjochhaus: 244 km / 8.170 HM

Pfitscherjochhaus - Malga Spora: 190 km / 6.210 HM

Malga Spora - Finish: 196 / 7620 HM



CPI - PFITSCHERJOCH-HAUS



Distance from Start: 244 kilometres

The Pfitscherjoch hut is the oldest private refuge in South Tyrol since 1888. It is located at an altitude of 2,276 meters in the middle of an exceptional mountain backdrop.

The hut has 30 beds, is open daily from 7 a.m. to 10 p.m. and offers hot food until 7:30 p.m. / cash only / mobile phone network available



CP II - MALGA SPORA



Distance from Start: 434 kilometers

The Malga Spora is located on a picturesque plateau at the foot of the Brenta, surrounded by mountain pastures where around 30 dairy cows graze. The hut owners name is Massimo and he's a very friendly and hospitable guy, serving delicious traditional food like homemade cheese and butter.

The hut has 21 beds, is open daily from 7 a.m. to 10 p.m. and offers hot food until 8:00 p.m. / cash only / no mobile phone network available



RESUPPLY POINTS

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(off route = not directly on the route / GPS track)

ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
Oedberg	Aueralm	26	26	<i>restaurant</i>
Aueralm	Schwarzentennalm	37	9	restaurant
Schwarzentennalm	Glashütte	46,6	9,6	restaurant
Glashütte	Grenzstüberl	53	6,3	shop
Grenzstüberl	Gufferthütte	67,4	14	<i>restaurant</i>
Gufferthütte	Kaiserhaus	83,4	16,4	<i>restaurant</i>
Kaiserhaus	Steinberg am Rofan	94,5	11,1	<i>restaurant / accommodation</i>
Steinberg am Rofan	Köglalm	111	16,5	restaurant
Köglalm	Achenkirch	116	5	<i>supermarket</i>
Achenkirch	Buchau	126	10	<i>accommodation</i>
Buchau	Pertisau	131	5	<i>accommodation</i>

RESUPPLY POINTS

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ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
Pertisau	Gernalm	136	5	restaurant / accommodation
Gernalm	Plumsjochhütte	140	4	restaurant / accommodation
Plumsjochhütte	Engalm	151	11	restaurant / accommodation
Engalm	Binsalm	154	3	restaurant / accommodation
Binsalm	Lamsenjochhütte	158	4	restaurant / accommodation
Lamsenjochhütte	Vomp	172	14	<i>OMV gas station 24 hour / accommodation</i>
Vomp	Weidener Hütte	193	21	restaurant / accommodation
Weidener Hütte	Vorderlanersbach	210	17	<i>restaurant / accommodation / gas station</i>
Vorderlanersbach	Finkenberg	217	7	<i>supermarket</i>
Finkenberg	Ginzling	224	7	restaurant / cafe / accommodation
Ginzling	toll station Schlegeis	231	7	<i>restaurant / accommodation</i>

(off route = not directly on the route / GPS track)

RESUPPLY POINTS

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ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
toll station Schlegeis	Schlegeissee	238	7	restaurant / cafe
Schlegeissee	Pfitscherjoch- haus CPI (border AT/IT)	245	7	restaurant / accommodation
Pfitscherjoch- haus CPI (border AT/IT)	St. Jakob	258	13	bakery (shop)
St. Jakob	Piazza	260	2	<i>restaurant / accommodation</i>
Piazza	Sterzing	277	17	<i>restaurant / accommodation / supermarket</i>
Sterzing	Colle	289	12	<i>accommodation / supermarket</i>
Colle	Saxnerhütte	295	6	restaurant
Saxnerhütte	Flecknerhütte	296	1	restaurant / accommodation
Flecknerhütte	St. Leonhard	312	16	<i>supermarket / restaurant / accommodation</i>
St. Leonhard	Meran	331	19	<i>restaurant / accommodation / supermarket</i>
Meran	Senn am Egg	338	7	restaurant

(off route = not directly on the route / GPS track)

RESUPPLY POINTS

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ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
Senn am Egg	Almböden	346	8	spring water / <i>restaurant</i>
Almböden	Vigiljoch	350	4	restaurant / accommodation
Vigiljoch	Sankt Pankraz	361	11	<i>restaurant / accommodation</i>
Sankt Pankraz	Gampenpass	376	15	restaurant / accommodation
Gampenpass	Regole di Castelfondo	385	9	restaurant
Regole di Castelfondo	Cagno	400	15	shop / <i>accommodation</i>
Cagno	Cles	404	4	<i>restaurant / accommodation / supermarket</i>
Cles	Tuenno	409	5	<i>restaurant / accommodation</i>
Tuenno	Lago di Tovel	420	11	<i>restaurant / accommodation</i>
Lago di Tovel	Malga Pozzol	426	6	restaurant
Malga Pozzol	Malga Flavona	428	2	restaurant

(off route = not directly on the route / GPS track)

RESUPPLY POINTS

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ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
Malga Flavona	Malga Spora CPII	434	6	restaurant / accommodation
Malga Spora CPII	Andalo	444	10	<i>restaurant / accommodation / supermarket</i>
Andalo	Molveno	450	6	<i>restaurant / accommodation</i>
Molveno	Ranzo	464	14	<i>shop</i>
Ranzo	Sarche	470	6	<i>restaurant / accommodation / supermarket</i>
Sarche	Comano	482	12	<i>accommodation / spring water</i>
Comano	Lago di Tenno	512	30	accommodation / restaurant
Lago di Tenno	Pranzo	514	6	<i>accommodation</i>
Pranzo	Malga Grassi	521	7	<i>restaurant</i>
Malga Grassi	Rifugio Bocca di Trat	523	2	<i>accommodation</i>
Rifugio Bocca di Trat	Lenzumo	531	8	<i>supermarket</i>

(off route = not directly on the route / GPS track)

RESUPPLY POINTS

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ORIGIN	DESTINATION	TOTAL (km)	LEG (km)	NOTE
Lenzumo	Locca	532	1	<i>supermarket / accommodation</i>
Locca	Pieve di Ledro	534	2	<i>restaurant / accommodation</i>
Pieve di Ledro	Molina di Ledro	539	5	<i>restaurant / accommodation / supermarket</i>
Molina di Ledro	Rifugio Alpini Passo Nota	548	9	restaurant
Rifugio Alpini Passo Nota	Tremalzo	557	9	accommodation / restaurant
Tremalzo	Malga Ciapa	559	2	accommodation / restaurant
Malga Ciapa	San Michele	571	12	spring water
San Michele	Alpe del Garda	574	3	restaurant / shop
Alpe del Garda	Navazzo	608	34	<i>restaurant</i>
Navazzo	Barbarano (next so Salo)	629	21	finish

(off route = not directly on the route / GPS track)

km 136:

very steep gravel climb up to Plumsjoch

km 156:

1,4 km single trail S3 - it's rideable, but there is a high risk of falling. Be careful and better push your bike.

km 158-166:

Drive slowly and please get off the bike if a forest ranger requests it. Cyclists are not allowed to go up, but not to go down this forest road. Nevertheless, problems can sometimes arise with foresters and hunters. We ask for your understanding and restraint.

km 295:

750 meter hike a bike section

km 296:

After the Flecknerhütte please push your bike for 700 meters until you reach a small hut. From there a gravel path continues.

km 426:

between Malga Pozzol and Malga Flavona mostly hike a bike for 1,7 km

km 431:

3 km hike a bike section - partly rideable

km 522:

1,4 km hike a bike section

km 580:

6 km rough gravel, single trail S1 - mostly rideable



There will be two channels to follow the event.

First, all participants can be tracked via the tracking page hosted by our official tracking partner „follow my challenge“. The tracking map contains a lot of details including leaderboards, checkpoints, replay, race-flow, weather data . One of their key features is the 3D viewer, allowing to follow all riders dots on a great 3D map. The map will be integrated on our website and linked in our Instagram profile. We understand that family and friends quickly become concerned when the tracker stops or does not move for a long time. This can be due to various reasons such as a malfunction of the tracker or the rider taking a break. We keep a close eye on all participants and their trackers at all times and, in the event of any discrepancies, take immediate action to resolve the situation. If family and friends would like to contact us during the event, please send an email to info@thealps-ultracycling.com with the participant's name and cap number as the subject.

Secondly, the event can be followed via our Instagram channel. Hashtag: #THEALPS2024

All participants will receive a selection of pictures from us after the event.



THE ALPS team will be travelling along the route with two control cars throughout the entire event. We will be available 24 hours preferably by the official whats app event group, by email: info@thealpsultracycling.com and, in emergencies, also by phone on +49 176 567 473 09, which will also be printed on the Brevet card.. Both cars will each have a satellite phone on board so that they can be reached at any time.

EMERGENCY SITUATIONS

In a serious emergency, just a few minutes can mean the difference between life and death. Since a medical emergency car from the event organization would always arrive at the scene of the accident later than a public ambulance or helicopter, we ask you, if possible, to always contact the local emergency services directly. A major advantage of the Alps is the availability of mountain rescue, which is a specialized form of rescue service in the mountains. You can find the corresponding telephone numbers on your brevet card. If you don't have a cell phone network available, you can always use the SOS function of your tracker. We are available 24/7 and will take over emergency communication with the local rescue services immediately.

LEAVING THE GPS TRACK

If you have to leave the track for any reason, you're always allowed to do so. Just make sure to continue the route at the same point you were leaving it. If the route is not passable at one point due to obstacles or other health-endangering circumstances, it is permitted to choose an appropriate detour. We kindly ask all riders to report such cases to the event organization as soon as possible (by whats app event group or email), so that we can react immediately and inform everyone else.

SCRATCHING FROM THE EVENT

If you end up in a situation where you cannot continue and wish to scratch from the event, please get in touch with us as soon as possible by sending an email to info@thealps-ultracycling.com. Please share as much information as possible regarding the circumstances of your exit, including your full name and race number.



[The registration and start of THE ALPS ultracycling adventure will be hosted by the Oedberg sports center, not far away from the train station Gmund am Tegernsee.](#) Here we can offer you the perfect infrastructure with everything you need. There is even a bike shop on site and pitches for motorhomes and caravans as well as campsites and overnight stays in glamping tents are available.

FRIDAY, JUNE 21:

- 1 p.m. to 5 p.m. - registration incl. GPS tracker allocation
- 5 p.m. - mandatory riders meeting
- 5:30 p.m. - [dinner together at the Oedberg Alm for everybody who would like to join](#)

As an extra service for you, the Bikeshop Bike Crew Tegernsee, based at the Oedberg sports center, will support you in case of any mechanical issue the day before the start.

SATURDAY, JUNE 22:

- 7:30 a.m. - at the latest, every rider should be in the starting area
- 8:00 a.m. - START of THE ALPS ultracycling adventure

The first public train from Munich Central Station leaves at 6:04 a.m. and arrives at Gmund am Tegernsee station at 7:00 a.m. so that riders who want to arrive from Munich in the morning can make it to the start in time.

BIKE BOX TRANSFER

As announced, we offer you the opportunity to transport your bike box including a small bag that fits into the box to to the finish line. This service is included in the entry fee. The box can be dropped off on Friday until registration ends. We ask for your understanding that we can't accept boxes on Saturday morning for logistical reasons. Once the box has been dropped, it can only be picked up at the finish line.



BARBARANO DI SALO - LOCATION TBC

Barbarano is a nice little town on the southwestern shore of Lake Garda next to Salo.

The exact location of the finish line still needs to be confirmed. There are some accommodation options directly in Barbarano and many more in Salo, which is only 2 kilometers away.

On Saturday, June 29th there will be a finisher party in the evening at 7 p.m.

Location TBC

TRAVELLING HOME

If you haven't had enough yet, we won't stop you from cycling home again ;) Otherwise there's a bus running from Salo to Verona, from where you can continue traveling by train or plane.



We won't check every detail of your equipment during registration, but you should still take the matter seriously and definitely have the following things with you. Even if the Alps are extremely well-developed and there are no significant remote stretches, there can always be situations in which the right equipment can be crucial for your health.

- ID card, mobile phone, cash
- bicycle helmet
- front and rear lights
- first aid kit including emergency blanket
- rain & warm jacket, gloves.

RECOMMENDED EQUIPMENT

- at least one spare pair of brake pads
- multitool, spare chain link, chain oil
- electronic shifting - charger and spare battery
- powerbank, charger, adapter
- emergency bivy
- basic food backup

BIKE RECOMMENDATIONS

In the end it comes down to your personal preferences. More speed, less comfort or more comfort and less speed? From adventure gravel bikes to full suspension mountain bikes, everything has its place. The only thing we would definitely recommend to everyone due to the challenging topography of the route, including steep climbs, is kind of a mountain bike gearing. We also recommend at least 40mm gravel tires.



THE FOLLOWING THREE REGISTRATION DOCUMENTS MUST BE SUBMITTED BY EMAIL NO LATER THAN 2 WEEKS BEFORE THE EVENT.

1. DOCTOR'S NOTE

THE ALPS ultracycling adventure is a serious undertaking that will require a high level of fitness and preparation. The doctor's note should clearly show a statement that there are no contrary medical reasons for your participation in THE ALPS ultracycling adventure (the full name of the event must be present on the note).

We also recommend paying attention to the following points:

- check if you are up to date on immunizations for tetanus, etc.
- medications: please make sure you have everything you need, even if there are many pharmacies along the way

2. PROOF OF INSURANCE

Since we will be moving through three different countries during the event, all participants must have valid international health insurance, which covers emergency rescue and repatriation. Please send us a copy of your insurance certificate or other proof.

3. RIDERS AGREEMENT

The legal framework conditions are set out in the rider agreement in order to create clarity for the participants and the organizer alike. It will be made available to riders via email in the next few weeks.



1. LEAVE NO TRACE

This point is particularly important to us because the environment in general and especially the Alps with their unique ecosystem need to be protected to a particular extent. We will donate 10 euros from every entry fee paid to BUND Naturschutz in Bayern e.V. with the purpose of protecting nature in the Bavarian Alps.

2. (ALWAYS) FOLLOW THE GPS TRACK

If you have to leave the track for any reason, you're always allowed to do so. Just make sure to continue the route at the same point you were leaving it. If the route is not passable at one point due to obstacles or other health-endangering circumstances, it is permitted to choose an appropriate detour. We kindly ask all riders to report such cases to the event organization as soon as possible (by whats app event group or email), so that we can react immediately and inform everyone else.

3. RIDE UNSUPPORTED

This means that you are self-sufficient from the start to the finish line and do not receive any assistance from third parties who are not part of the event, unless it is commercially available for each participant. However, for us, unsupported does not mean that rider(s) are not allowed to help each other during the event, as for us this is part of the cycling culture in the sense of community. Everyone should be able to decide for themselves whether they want to help someone else or not.

4. MANDATORY EQUIPMENT

Every participant is obliged to carry the following equipment with them at all times during the event: ID card, bicycle helmet, front and rear lights, mobile phone, cash, first aid kit, emergency blanket, rain & warm jacket, gloves.

5. NO DRAFTING (EXCEPT PAIRS)

As we all know, riding first or fifth in a group makes a huge difference in strength. Because we know that we cannot control it, we appeal to the sportsmanship and fairness of all riders. However, it doesn't mean that you're not allowed to drive next to each other at times and share the experience. We even invite you to meet other riders along the way as it makes the experience all the more special.

6. WEAPON OF CHOICE

You can use any type of bike as long as it does not have an electric drive system.

7. PARTICIPANTS MUST ADHERE TO LOCAL LAWS AND TRAFFIC REGULATIONS

Since the route runs through Germany, Austria and Italy, no major cross-border changes are to be expected. Nevertheless, you should inform yourself in advance and always adhere to the local regulations.

