



# **RIDER MANUAL**



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WELCOME



# WELCOME TO THE ANDORRA EPIC PYRENEES!

It is with great excitement and joy that we prepare for another edition of our most anticipated event in the Epic Series.

Our mountain bike team has worked tirelessly to offer you a truly unique experience on the trails. We sincerely thank you for the trust you place in us year after year. We can't wait to welcome you to the **5th edition of Epic Series Andorra**.

This year, the adventure reaches a new level with **203 kilometres of riding and 6,350 meters of elevation gain**, designed to challenge and amaze you at every turn. You'll ride through the stunning valleys of Andorra, from north to south, passing through areas full of history and wild nature.

One of the major new features this year is the addition of **4 technical "T-Sections" descents in Pal-Arinsal**—timed downhill segments that will test your skills and push your limits on thrilling, technical terrain.

We'll also reach the **highest point of the race at Pic de Solanelles**, **2,456 meters above sea level**, where the panoramic views will stay with you forever.

Get ready for four intense days of challenge, fun, and camaraderie. This is **EPIC**, this is **Andorra**.



WELCOME



#### Welcome,

It is a true pleasure to welcome you back home for the 5th edition of EPIC Series Events and 3rd Andorra EPIC. We open the doors to our paradise, the best setting for mountain biking, the sport that we are all passionate about.

We know you have trained with dedication and sacrifice to get here. You've given up hours of sleep, time with family and friends, all to prepare physically and technically for this great challenge. And all that effort has been worth it. We can assure you that Andorra will not disappoint. You will fall in love with its trails, its mountains, and the winding paths through the terrain. Andorra is a true natural paradise, a place where humans have managed to preserve its most untouched and special corners. We've taken great care in selecting and preparing the best routes so you can enjoy them to the fullest.

Here, everything goes up, everything comes down, and everything is intense: Andorra is 100% MTB territory, and it will leave no one indifferent. You'll feel the altitude as you climb, the stones and roots with every pedal stroke, the thrill of the descent, and the satisfaction of having conquered it. It's about enjoying, being guests in this unique setting. We ask that you respect it and, above all, make the most of it.

Our house is your house, and we want you to enjoy it to the fullest. This is our commitment: to fill your backpacks with unforgettable memories, moments that will stay with you forever and make you want to return to Andorra. We want you to embrace the trails, fall in love with the paths, try the local products, and feel the warmth of our people. This is our goal: to smooth the way for you so that all that's left is for you to pedal, enjoy, share, and take home a bag full of experiences.

Although the challenge won't be easy, every effort will be worth it. You will enjoy this family more than ever, and you'll carry the EPIC experience in your hearts forever.

Thank you, once again, for being here. Happy trails, and may luck be with you!



ALEIX RIBELL Andorra EPIC Pyrenees Race Director

# YOUR EXPERIENCE







RACE VILLAGE

## ANDORRA EPIC RACE VILLAGE



**PARKING & SHUTTLE** 



**Race Village** 

Έ

HOTEL MAGIC LA MASSANA Riders with the Standard Pack staying at Hotel Màgic La Massana or Màgic Ski, just a few meters from the Race Village, will not need to use a car during their stay.

Although there is no official event parking, we recommend finding a parking option for the entire duration of the event, as they can access the Village on foot and, for any trips outside La Massana, the organization will provide transportation.

ANYÓSPARK HOTEL

Riders staying at Anyós will have a parking space provided by the hotel. A shuttle service will also be available to take them to the Race Village and the various event start points. Pick-up will be from Hotel Anyós Park, and the return drop-off point will be at the bus stop located right in front of the Race Village.



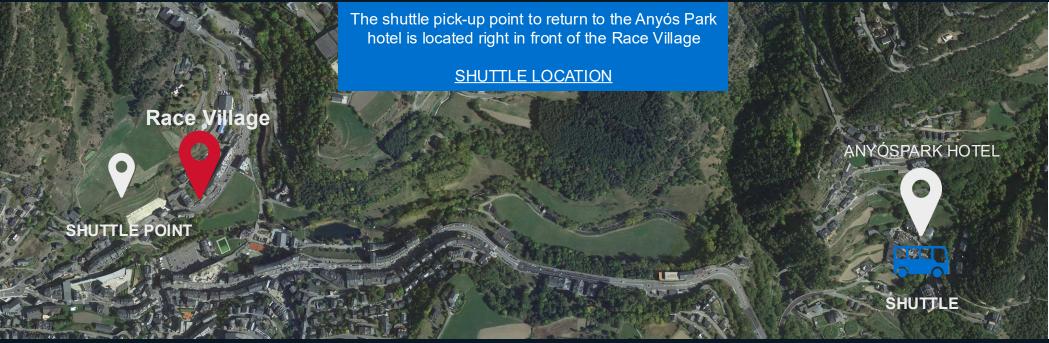
# PARKING LOCATION



SHUTTLE



# ANYÓSPARK SHUTTLE



#### ANYÓSPARK SHUTTLE

Registration day: 10:00 - 20:45

**Stage 1:** 7:45 - 9:00 and 12:00 - 17:00

Stage 2: 7:30 – 9:15 and 13:00 – 17:30

**Stage 3 Canillo:** 7:30 – 8:00 and 13:00 – 17:30

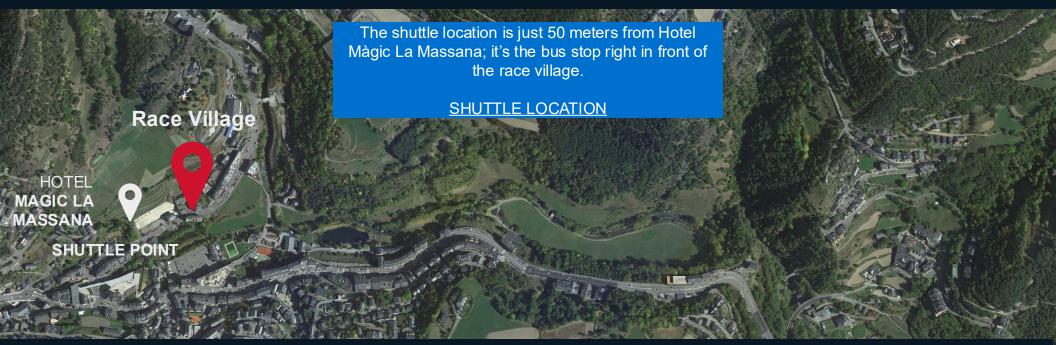
Stage 4 Naturland 1600: 6:50 – 8:05 and 12:00 – 17:00

**Closing party:** 21:00 – 00:00

SHUTTLE



# LA MASSANA SHUTTLE



#### LA MASSANA SHUTTLE

**Stage 3 Canillo:** 7:30 – 8:00 and 13:00 – 17:30

Stage 4 Naturland 1600: 6:50 - 8:05 and 12:00 - 17:00

PUBLIC TRANSPORT



# **PUBLIC TRANSPORT**

#### From la Massana to Andorra la Vella



BUS L5 (Arinsal - Andorra la Vella) and BUS L6 (La Cortinada - Andorra la Vella)

Bus stop to La Massana: Les Costes (Code 410)

Bus stop to Andorra la Vella: Spanish Embassy (Code 5200)

If you want to make the most of your free time and explore charming places like Andorra la Vella, you should know that from La Massana you have an excellent public transport network that will allow you to get around comfortably and easily.



# LA MASSANA, MOUNTAINS OF EMOTIONS

#### Discover La Massana: Tradition, Nature, and Adventure All in One Place

Located at 1,230 meters above sea level, La Massana is the perfect meeting point between authentic Andorra and a wide range of modern cultural and leisure activities. Here you'll find a spectacular natural environment, ideal for enjoying with family and friends, surrounded by breathtaking landscapes.

By staying in La Massana, you'll immerse yourself in its rich local culture: savor traditional culsine, explore its museums, and stroll through its impressive natural park. Plus, take advantage of the vibrant cultural offerings and enjoy a unique shopping experience.

Summer in La Massana means adventure and fun: from horseback riding and hiking to climbing, via ferratas, cycling, quads, fishing, and golf. Numerous viewpoints offer panoramic views that make every journey unforgettable.

To make sure you don't miss a thing, here are some of the top activities:

- Guided horseback riding tours in the Comapedrosa Natural Park
- Expert-led hiking routes
- Outdoor yoga classes
- The famous Serenalla Market
- And much more!

Check out all events and activities in La Massana and Vallnord – Pal Arinsal on our website: <u>www.lamassana.ad</u>



### ACCOMMODATION PACKAGE ANYÓSPARK HOTEL

#### **CHECK IN & CHECK OUT**

Check-in is from 16:00 & Check-out is until 12:00.

#### PARKING

Parking is included with your booking.

#### BREAKFAST

Breakfast is available from 06:30 to 10:30.

Sunday's breakfast will start at 6:00.

#### **DINNER** Dinner is available from 18:30 to 22:30 every night.

#### **BIKE STORAGE SERICE**

On Sunday 6<sup>th</sup> July, once you have finished, you can store your bike in a secure Bike Area located at the hotel. Please bring your own padlock. The key to the Bike Area is kept at the reception with a strict security control.

#### LAUNDRY SERVICE

5 items per day x 3 days. Confirm at reception the time of delivery of the items.

**CHECK-IN** Wednesday, July 2<sup>nd</sup> from 16:00

#### **CHECK-OUT** Sunday, July 6th BEFORE LEAVING TO STAGE 4

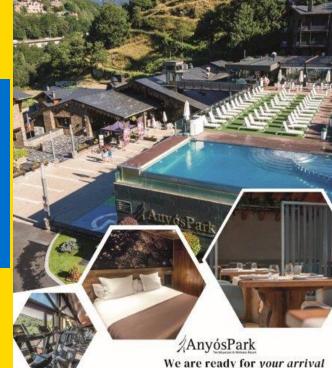
You will have the option to store your belongings at the hotel and use the facilities of our club in the afternoon (changing room, etc.)

#### JULY 2<sup>nd</sup> DINNER

Dinner on July 2<sup>nd</sup> will not be available at the Hotel, but instead on the Race Village with the Welcome Dinner

### **EXTRA NIGHTS**

If you have booked extra nights, check-in and check-out will apply on the corresponding day.



We are ready HOTEL & SERVICES

Check in from 2.00pm Check out until 12.00 pm

Ø Access to Shorts club Includes gym, water area and spa

- Area for BWs
   We have a bike area located in the Resort.
   We recommend bringing your own padlock.
- Schedule for Break at Every morning you will enjoy a nutritious and energetic breakfast at the hotel's buffet. We will open at 7am and we have the option of self-service from 5am, on request.
- Stay with Northing All reservations with the hotel + registration package will enjoy free parking.
- Service of Trader by organization MTB Andorra Epic Series

MORE INFORMATION

ACCOMMODATION PACKAGE



## Info Point Office - AnyósPark SCHEDULE

In AnyósPark Hotel we will have an Info point in case that you have any questions.

See the schedules below:

	Thuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SCHEDULE	18:00 – 20:00	9:00 – 10:00	7:15 – 8:15	7:15 – 8:15	7:00 – 7:30	6:45 – 7:15



# RELAX, DISCONNECT, AND RESOURCE YOURSELF.

#### Hotel & services

ው	ACCESS TO THE SPORTS CLUB With a gym, aquatic space, and Spa included.
ക്ക	BIKE AREA
	We have a bike area located in the resort. We recommend you bring your own lock.

#### 

Every morning, you will be able to enjoy a nutritious and energetic breakfast at the hotel buffet.

#### **P** STAY WITH PARKING

All the bookings with the hotel + registration package will benefit from free parking.

#### 5 SHUTTLE SERVICE

By the organisation of the MTB Andorra Epic Series.



— anyospark.com



anyospark



## ACCOMMODATION PACKAGE SHUTTLE ANYÓSPARK HOTEL

When you arrive in Andorra make sure to leave your luggage at the hotel before heading to registration. You can take the shuttle from AnyósPark Hotel, directly to the Race Village.

#### See the schedules below:

	Wednesday 2th	Thursday 3rd	Friday 4th	Saturday 5th	Sunday 6th	Closing party
SCHEDULE	10:00 - 20:45	7:45 – 9:00 12:00 – 17:00	7:30 – 9:15 13:00 – 17:00	7:30 – 8:00 13:00 – 17:30	6:50 - 8:05 12:00 -17:00	21:00 - 00:00



#### ACCOMMODATION PACKAGE

# ACCOMMODATION PACKAGE

HOTEL MAGIC LA MASSANA CHECK IN & CHECK OUT

Check-in is from 15:00 and Check-out is until 11:00

#### BREAKFAST

Breakfast is available from **07:00 to 10:00**. Every morning, you may request an earlier breakfast from 6.00

#### DINNER

Dinner is available from 19:00 to 22:00 every night.B

#### **BIKE STORAGE SERVICE**

On Sunday 6<sup>th</sup> July, once you have finished, you can request to store your bike in a secure Bike Area located at the hotel. Please bring your own padlock. The key to the Bike Area is kept at the reception with a strict security control.

#### LAUNDRY SERVICE

5 items per day x 3 days. Confirm at reception the time of delivery of the items.

**CHECK-IN** Wednesday, July 2<sup>nd</sup> from 15:00

#### **CHECK-OUT**

Sunday, July 6<sup>th</sup> BEFORE LEAVING TO STAGE 4

You will have the option to store your belongings at the hotel and use the facilities of our club in the afternoon (changing room, etc.) \* Unless that you have booked the extra night from 6th to 7th

#### JULY 2<sup>nd</sup> DINNER

Dinner on July 2<sup>nd</sup> will not be available at the Hotel, but instead on the Race Village with the Welcome Dinner

**EXTRA NIGHTS** 

If you have booked extra nights, check-in and check-out will apply on the corresponding day.



ACCOMMODATION PACKAGE

# ACCOMMODATION PACKAGE HOTEL MAGIC SKI

#### **CHECK IN & CHECK OUT**

Check-in is from 15:00 and Check-out is until 11:00

#### BREAKFAST

Breakfast is available from **7:00 to 10:00** Every morning, you may request an earlier breakfast from **6:00**, in the Màgic Massana Hotel, 50m from Màgic Ski Hotel.

#### DINNER

Dinner is available from 19:00 to 22:00 every night.

#### **BIKE STORAGE SERVICE**

On Sunday 2<sup>nd</sup> July, once you have finished, you can request to store your bike in a secure Bike Area located at the hotel. Please bring your own padlock. The key to the Bike Area is kept at the reception a strict security control.

#### LAUNDRY SERVICE

5 items per day x 3 days. Confirm at reception the time of delivery of the items.

**CHECK-IN** Wednesday July 2<sup>nd</sup> from 15:00

#### **CHECK-OUT** Sunday, July 6<sup>th</sup> BEFORE LEAVING TO STAGE 4

You will have the option to store your belongings at the hotel and use the facilities of our club in the afternoon (changing room, etc.) \* **Unless that you have booked the extra** night from 6th to 7th

#### **JULY 2nd DINNER**

Dinner on July 2<sup>nd</sup> will not be available at the Hotel, but instead on the Race Village with the Welcome Dinner

#### **EXTRA NIGHTS**

If you have booked extra nights, check-in and check-out will apply on the corresponding day.



# Your starting point in Andorra





nextahotels.com

#### SUPPORTER PACKAGE



# SUPPORTER PACKAGE

All supporter packages start on Wednesday, July  $2^{\mbox{\tiny nd}}$  and end on Sunday, July  $6^{\mbox{\tiny th}}.$ 

Accreditation on July 2<sup>nd</sup> at registration, between 10:00 to 17:00.

Additional nights include hotel services, but accreditation and Pack Supporter services are only valid from July 2nd to 6th.





PASCAL ANCION Supporter Package Guide



- ✓ 4 nights in hotel with breakfast and dinner
- ✓ 2<sup>nd</sup> of July dinner at the Race Village
- ✓ Lunch at the Race Village
- ✓ Drinks at the Race Village
- ✓ Welcome Briefing & Dinner
- ✓ Awards Ceremony
- ✓ Guided shuttle to at least 1 point of the route per day





## **Tech Service**

Ensure a Smooth Experience During the Event by Booking Your Personalized Mechanical Service

Don't leave it to chance—having access to specialized technical support can make all the difference. You can book this service during the registration process, or if you are already registered, directly from your personal profile.

Simply log in to your registration page by clicking on this link. Then, select "<u>MY REGISTRATION</u>" at the top of the page.

Enter your email address and the personal reference number you received in your registration confirmation email.

#### **DURING THE ANDORRA EPIC**

During the race, you will have access to mechanical service at the main feed zones. Our team will be ready to assist you with any adjustments, inspections, or repairs you need to keep riding with complete peace of mind. Additionally, at the end of each stage, mechanical service will be available in the finish area. This is the ideal time to perform a thorough check of your bike, fix any damage accumulated during the day's course, and leave your equipment in optimal condition for the next stage.

Participants who have not booked the personalized mechanical service will be able to access mechanical assistance upon arrival at the finish, in the Bike Park Tech Zone. This service will be available for minor repairs and must be **paid for directly on site**, depending on the required intervention.





#### Recover Like a Pro at Every Stage

Enjoy our 45-minute sports massage service, specifically designed to speed up your recovery and prepare you for the next challenge. This comprehensive treatment includes deep tissue techniques for muscle drainage, joint mobilization, and gentle stretching maneuvers.

You can book this service during the registration process, or if you are already registered, through your personal profile. Simply log in to your registration page by clicking this link. Then, select <u>MY REGISTRATION</u>.

For all participants who have already purchased the massage pack, you can book your massage time directly at the Masquebici tent during the event.

Trust the expert hands of our recovery professionals and experience what it feels like to be a true athlete.

#### **Massage Service Location**

The massage service will be organized in two locations, depending on the participant's accommodation:

Participants staying at the Anyós Park hotel who have booked the massage service will receive their treatment in the hotel's conference room. Those not staying at Anyós Park but who have reserved the service will receive their massage on the first floor of the Teatre de les Fontetes, located at Plaça de les Fontetes, in the center of La Massana, Andorra.

To access the Teatre de les Fontetes, enter the main building and go up to the first floor, where the massage area will be set up.





#### REGISTRATION

TUESDAY, JULY 2<sup>nd</sup> 2025

START	END	ACTIVITY	LOCATION
9:00	13:00	Tourism Office	La Massana, Pl. Fontetes
10:00	17:00	Merchandasing & Expo	La Massana, Pl. Fontetes
10:00	17:00	Registration	La Massana, Pl. Fontetes
10:00	17:00	Race Office	La Massana, Pl. Fontetes
10:00	18:30	Bikewash and Tech Service	La Massana, Race Village
10:00	18:30	Bike Park	La Massana, Race Village
10:00	20:45	Shuttle Service - Anyós Park	La Massana, Anyós Park
10:15	10:50	English briefing	La Massana, Les Fontetes Theater
11:15	11:50	Spanish briefing	La Massana, Les Fontetes Theater
12:00	12:40	Pro top contenders	La Massana, Les Fontetes Theater
14:00	14:40	English briefing	La Massana, Les Fontetes Theater
15:00	15:40	Catalan briefing	La Massana, Les Fontetes Theater
16:00	16:40	Official presentation	La Massana, Pl. Fontetes
16:45	17:45	Social Ride	La Massana, Pl. Fontetes
17:00	19:00	Tourism Office	La Massana, Pl. Fontetes
17.45	18:15	Welcome	La Massana, Race Village
18:20	20.30	Dinner Welcome	La Massana, Race Village



# REGISTRATION



#### **BIKE NUMBER BOARD**

Fasten your number board with cable ties to the front of your handlebar.



#### **BIKE STICKER**

Place the sticker on the top tube of your bike.



#### **BACK NUMBER**

Use safety pins to attach the back number to your jersey/jacket or hydration pack (if you are using one).



#### **RIDE PLAN STICKER**

Place the sticker on the top tube of your bike to have an overview of the stage throughout the day.



# REGISTRATION



#### WRISTBAND

You need to wear the wristband throughout the entire event.



#### **STRIP STOP BAG**

There will be a strip stop at each start where you can drop off any clothing you would like to wear while in the start chute and after the race. Please place your strip stop sticker on the sling bag before dropping it off.



#### **TIMING CHIP**

Fasten the timing chip to the right side of your bike fork with cable ties.



#### **TRACKING UNIT**

One GSM Tracking unit needs to be carried by one rider on each team. Place the unit in the jersey or fasten it to a backpack. More information is provided in the Tracking section of this manual.



# **RIDER'S GIFT**



#### **CIOVITA SOCKS**

Designed to conquer mountains and push through stages, these Ciovita socks combine comfort, breathability, and epic style — because every pedal stroke deserves to feel Pro.





#### **USWE TOILETRY BAG**

Compact, tough, and ready for adventure. This USWE toiletry bag isn't just an accessory — it's your stage companion, perfect for keeping your essentials organized before, during, and after the race.

#### MUSETTE

This bad is more than just gear, it's a symbol. Carry it as a reminder of every climb, every mile, every challenge overcome. Be part of the adventure, be part of the legend of Andorra Epic.



REMEMBER THE ADVENTURE



The official 2025 Andorra EPIC Pyrenees cycling jersey will be available at registration as part of your **RIDER'S GIFT.** 

# Created to keep you out there.

Born from an insatiable drive to ride through it all, even when clouds gather and skies open, the Apex **HYDRO REPEL** Waterproof Jacket is our most advanced rainproof outer layer yet.

Engineered with **SYMPATEX**<sup>®</sup>, the industry's most environmentally responsible waterproof membrane, and tested through our most demanding  $R\Delta D$  processes, it delivers a **45,000mm** waterproof rating to keep you dry, focused and in constant motion, whatever the forecast.

HYDRO REPEL Rain Jacket

SHOP NOW > CIOVITA.COM



# CIOVITA



# TAKE YOUR MEMORIES HOME

Sportograf Photo Pack is a unique way to relive your experience at the Andorra EPIC Pyrenees. There you'll find all your amazing personal memories all of it captured by our professional photo team. Get the package to share it with yours.

Access **MY REGISTRATION** with your email and your booking reference number here.

See you at the finish line!

## **MY REGISTRATION**

SOCIAL RIDE JULY 2<sup>nd</sup> 2025



## SOCIAL RIDE

The best way to start the Andorra EPIC Pyrenees is by pedaling away, and with whom? With everyone who makes it possible: pros, amateurs, their families, staff, volunteers, and all the involved parties. Everyone is invited to the social ride to kick off the **Andorra EPIC Pyrenees 2025**.

You only need a helmet, a mountain bike, and a desire to have fun.

We will meet at the registration area in **Plaça de les Fontetes and depart at 16:45.** We will finish at the race village, where we will inaugurate the finish arch that will see you complete each stage of this Andorra Epic 2025.







# SOCIAL RIDE, WELCOME AND WELCOME DINNER

**On Wednesday, July 2nd,** we'll officially kick off the event with a welcome dinner at the Race Village in La Massana.

It will be a great opportunity to reconnect with your team before the adventure begins and to soak up the special atmosphere of **EPIC Series Andorra**.

It's a time to relax, share your excitement and nerves, and meet fellow riders who, like you, are here to experience four days of pure mountain biking.

With good food and even better company, we'll start creating memories for this new edition.

We look forward to celebrating the beginning of an unforgettable experience with all of you!



# DOWNLOAD

# THE OFFICIAL Epic Series App SEARCH FOR: Epic Series





RACE SERVICES | WI-FI





Please note that Andorra does not provide roaming service.

Riders will then have access to a free wi-fi connection within the Race Village to ensure they can stay up to date with all daily information made available on the EPIC Series APP.



RACE SERVICES | MEALS

DRINKS

(ALL THAT YOU CAN DRINK)

Water

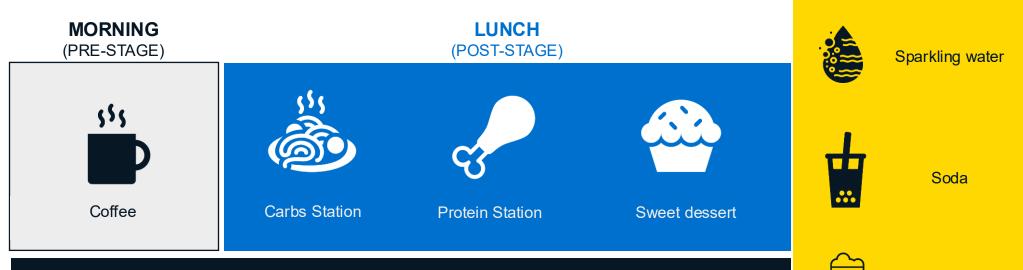
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# MEALS

You will get to experience Andorra not just as a paradise to ride, but also as a gastronomic paradise.

Every day you will receive a premium service made up of Km0 products locally sourced from Andorra.



#### DIETARY REQUIREMENTS

If you have any dietary requirements for your meals (gluten-free, vegan, food intolerances, or other concerns), please contact us before race week so we can ensure your meals are properly adjusted to your needs. <u>MY REGISTRATION</u>

RACE SERVICES



# **RACE SERVICES**

#### **RACE OFFICE**

The Race Office is located in the Race Village and is available should you have any questions about race results, withdrawal from the race, lost and found items, or any other information you may need along the way.

#### **MERCHANDISE**

The Epic Series merchandise store will be located on Wednesday, July 2nd, at Plaça de les Fontetes. Starting Thursday, it will be set up at the Race Village in La Massana.

#### **TOURISM OFFICE**

The tourism office is located at La Massana and is available to all public who have questions about the event, tourism in Andorra, points of interest, etc.

The tourism office opens from 9:00h to 13:00h, and from 15:00h to 19:00h.

TOURISM OFFICE NUMBER +376 835 693 RACE SERVICES



#### **RACE SERVICES** A guarded and enclosed Bike Park is located in the Race Village. Volunteers and Staff will be stationed at the Bike Park throughout the day to assist you. The Bike Park is locked at night and patrolled by security. It is not BIKE PARK possible to take or bring a bike from / to the bike park outside of the official opening hours. Please ensure that your bikes are locked when not in the Bike Park. Even though the utmost care is taken during your bike's stay at the Bike Park, the organizers cannot be held liable for any damages incurred. A fully stocked bike wash station with Squirt products is located at the race village. We ask that you get your bike **BIKE WASH** washed directly after finishing the stage. The bike wash is open from the arrival of the first team and closes with the stage time limit. THE BIKE WASH WILL ONLY BE DONE BY OUR SUPERSPECIALIST CREW. If you have any technical problems, please bring your bike to the Tech Zone. Technical support in the finish area is **TECH ZONE** to be paid for by the rider when retrieving the bike from the Tech Zone. Riders staying at AnyósPark will receive their massage in the hotel's conference room. All other participants will MASSAGE have theirs on the first floor of the Teatre de les Fontetes. The riders must book their massage appointment at the massage reservation tent in the Race Village. In addition to the medics on route, you can visit the medic in the race village should you experience any MEDICAL medical problems. The medical facility in the Race Village is open from the arrival of the first team until 30 minutes after the closing of the finish line.





www.squirtcyclingproducts.com

OFFICIAL BIKE CARE PRODUCTS

**PCSER** 

GLOBAL M

## **STAGE STARTS**

#### SEEDING

For the start of the Stage 3, teams will be seeded according to their self-estimated times. It is crucial that you and your partner check-in at the designated call up area 15min before your allocated start times.

Start Times will be published on <u>epic-series.com/andorra</u>, the Epic Series App and riders will receive a daily SMS.

From Stage 2 onwards, start batches are allocated according to position on the overall GC.

Start Chutes can be entered between 15 and 5 minutes before the start. The start chutes can only be entered as a team with your bikes. Teams cannot exit once they have entered the start chute.

#### **TECH SERVICE**

Pumps will be available at the start. Please note, there will be no comprehensive tech service in the morning, but our Mechanic Crew will be available should you require assistance.

#### NUTRITION

Please make sure to fill your water bottles at the hotel with water. You could refill it at the start as well. 226ers is the Andorra EPIC official nutrition partner and you will find energy bars, gels and iso at every aid station.



ndorra





## **STAGE STARTS**

#### **STRIP STOP / DAY BAG**

There will be a strip stop at each start where you can drop off any clothing you would like to wear before the start but not during the race. You can also include any clothing that you might want to change after the finish. Clothing needs to be placed in your personalized sling bag in order to be accepted at the strip stop. Please place your sling bag tag on the bag before dropping it off. Remember to collect your sling bag near the finish line once you are done with the day's racing.

#### WHAT YOU CARRY WITH YOU

It is important to make sure that you carry the tools and spare materials you may need throughout the race with you as well as enough water to sustain yourself. We advise that you carry tire levers, multi-tool, cable ties, CO2 bombs, pump, spare tube and anything else you may require. Please ensure that you have the necessary clothing to suit all kinds of weather conditions on you. A rain and wind protecting jacket should be carried at all times. The weather forecast for each stage will be part of the rider briefing available every evening.







After each stage your results, as well as your start time and start batch for the next day can be accessed online at <u>epic-series.com/andorra-riders-results</u>, or via the Epic Series app.



COVITA

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RACE SERVICES | RESULTS

## LEADER JERSEYS

Given every day at the Awards Ceremony



MIXED





COVITA

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**UCIF** 





**OPEN** 



**GRAND MASTERS** 

GREAT GRAND MASTERS **RULES & ROUTE** 



## **RULES & ROUTE**

You can find the complete set of rules on epic-series.com/andorra-riders-rules

Here are a few of the most important rules:

- It is compulsory for both riders of the same team to wear identical cycling kit **(Rule 6.4)**. Rain jackets (etc.) do not need to be identical.
- Riders of the same team need to be within 2 minutes of each other at all times (**Rule 8**).
- Maximum Stage Times are determined according to the length of each stage and the terrain to be covered (**Rule 15.1**).
- The Race Director may designate intermediate cut-off points which must be reached by specific times on each stage. Teams will be removed from the course should they not reach a cut-off point by the specified time (**Rule 15.4**).

- A rider that does not finish a stage in the maximum stage time is allowed to start the next stage but will not be an official finisher (**Rule 16**).
- If a team member does not finish a stage within the maximum stage time, but the other team member does, the latter can still become an official finisher (**Rule 16**).
- A rider is not allowed to receive any outside assistance from supporters (**Rule 23**).
- Please visit the Race Office if you are withdrawing from the race (**Rule 24**).
- Riders are not allowed to litter or harm the environment in any way (Rule 25.2).



## RULES & ROUTE TRAFFIC RULES / BEHAVIOURAL RULES / FAIRPLAY

Riders at the Andorra EPIC Pyrenees need to be respectful of both their fellow riders as well as the environment. Please take note of the following rules regarding the route:

- Rules of the road need to be **obeyed at all times**.
- In Andorra, cars drive on the right side of the road.
- As there are no road and / or trail closures, please note that the road needs to be shared with motorists, pedestrians, and animals.
- Reduce speed when riding through towns and keep an eye out for pedestrians and animals that may cross your path.
- Do not cut corners (oncoming traffic!).
- Follow signage instructions as well as verbal instructions from marshals
- Give riders faster than you a chance to overtake.
- Warn riders if you are overtaking.



## ROUTE SIGNAGE CHANGE DIRECTION



#### ARROW TO THE LEFT/RIGHT

You will be turning to the left or the right within maximum the next 50 metres.



# DOUBLE ARROW TO THE LEFT/RIGHT

You will be turning to the left or the right more than 90° within maximum the next 50 metres.

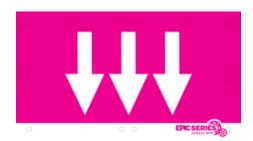


## **ROUTE SIGNAGE** ATTENTION/DANGER



#### DANGEROUS / TECHNICAL SECTION = SLOW DOWN

You are approaching a dangerous/technical section such as a higher step, larger boulders, demanding root sections, switchbacks or another difficult obstacle which requires to reduce your speed.



#### VERY DANGEROUS / TECHNICAL SECTION = WALKING SPEED / GET OFF YOUR BIKE

You are approaching a very dangerous/ technical section such as a higher step (>30cm), very large boulders, cliffs, very demanding root sections, very tight switchbacks or another very difficult obstacle which requires to reduce your speed significantly or to get off your bike.



## **ROUTE SIGNAGE** ATTENTION/DANGER



## **ATTENTION** Pay attention in 20-50m

#### BRIDGE OR PATH NARROWING AHEAD

Ride behind each other (not next to each other) and reduce your speed to avoid getting stuck with your handlebar.



This sign indicates that you are approaching an exposed section. Slow down to pass safely.

**HIGH RISK OF** 

FALLING



# WATER CROSSING AHEAD

You will cross a creek or a water obstacle. Reduce your speed to avoid falling due to slippery wet surfaces.

#### CARS / ROAD



When transitioning from trail to road you need to keep in mind that you will share the road with cars. There will be no road closures, which means you need to be aware of motorists and other road users. The official road rules are in place and need to be followed.



#### SLIPPERY

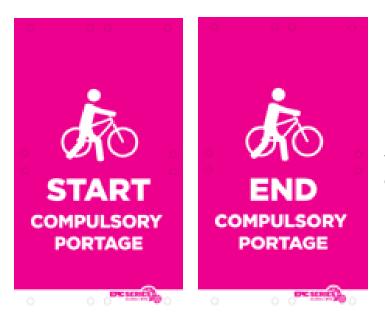
Extra caution must be taken, especially when wet.



## ROUTE SIGNAGE COMPULSORY PORTAGE

#### COMPULSORY PORTAGE START

The red flag indicates the beginning of a walking / pushing section. The portage is compulsory. **Time penalties will be given if riders do not follow these instructions.** 



#### COMPULSORY PORTAGE END

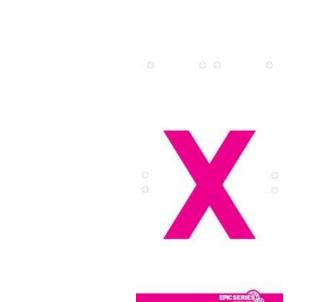
The portage is compulsory until you reach the green flag.



## ROUTE SIGNAGE CORRECT / WRONG WAY







#### STRAIGHT ARROW

You are on the correct route and need to follow the route straight forward.

#### **ROUTE MARKERS / BUNTING TAPE**

The route markers/bunting tape indicate you are on the correct route.

#### X = WRONG WAY

You have strayed off the right way. Turn around and look out for route markers/bunting tape or signage showing the right way to go.



SERVICE STATION



#### ANNOUNCEMENT OF SERVICE STATION

1km and 200m to service station announce the distance left, until you reach the next service station.

#### START / END OF SERVICE STATION

These signs announce the start and the end of the service station.

## 

#### START / END LITTERING ZONE

You may throw away items only at the service stations within the designated signage.



## **ROUTE SIGNAGE**

**KMS TO FINISH** 



#### **KILOMETRES TO FINISH**

The 5, 3, 2, 1 km signs announce the distance left, until you reach the end of the stage.





SERVICE STATIONS

## **SERVICE STATIONS**

Each day there will be 2-3 service stations.

Each service station will offer you bars, gels and isotonic drinks. You will also be able to refill with water, Cola, fruits and snacks.

Toilets will also be available on all Service Stations.



At all of the daily service stations there will be mechanics operating with basic tools to help you with any bike repairs (the service is free, spare parts are not and will have to be paid for). The locations are indicated on your daily Ride Plan sticker.



A first-aid service is available at all service stations. In addition, the medical team is strategically placed along the route and deployed for any emergencies.

#### LITTERING

Littering is strictly prohibited. You may throw away items only at the service stations within the designated signage. **Violations may result in disqualification.** 







#### ELEMNT ACE





Up to 30 hours of battery life.

New **touchscreen** for easy device navigation, and the largest screen in the ELEMNT Family.

Detailed mapping & navigation features including turn-by-turn voice directions, and SUMMIT freeride climb detection.

Wahoo Wind Dynamics<sup>--</sup> the integrated wind sensor lets you see how wind affects your ride.



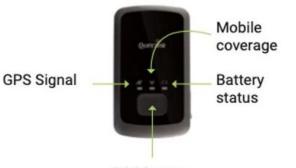
wahoofitness.com

TRACKING

## TRACKING

**1. Collecting your tracking device:** Your team's tracking device you will receive at registration, which allows us to locate you in case of an emergency. The device is turned on when you receive it and will remain turned on throughout the event. Please do not turn the device on or off.

**2. Carrying your tracking device:** Insert the tracking device into the back pocket of your cycling jersey, or in the top pocket of your backpack. Put the leds of the SOS button side towards the exterior.



SOS button

\* Hold down the SOS button for 5 seconds to send the emergency signal to the organizer



Turn on / Turn off button

#### **IMPORTANT!**

If you notice the power light flashing red or have any other issues with the unit – please report to the Race Office. The battery levels will be monitored by the Race Organizers and you will be contacted should your device require any action.

## AFTER COMPLETING RACE

After the last stage, please return your GPS device to the volunteers collecting them on the finish line, or at a checkpoint in case you do not finish the race. Lost or damaged devices will be invoiced EUR 130. TRACKING



## TRACKING

Please note the recommended on-route protocol:

- Your tracking device is crucial, should you have an accident and require medical assistance, as it allows us to accurately determine your position and dispatch our medical services accordingly. After pressing the SOS button, please also call the emergency number (+376 620-123) to provide any additional information about the nature of the accident. If you see a marshal or race official make contact as that person will most likely have a mobile phone with them.
- The tracking unit will continue to send the SOS signal to the Venue Operations Centre (even if you do not have cell phone reception) until assistance arrives and disables it.
- Remember there is only one tracking unit per team. We recommend that you stay with your injured partner until assistance has arrived.
- Should you come across an accident, make sure it is the tracking device of the injured rider that is activated and not your own! Should the rider for whatever reason not carry a tracking device, it is important that the activated unit remains with the injured rider, do NOT press the SOS button and then ride on with the unit!

# WHAT SHOULD I DO WHEN THE STAGE IS OVER?

## FOLLOW THESE FOUR STEPS:

Great job, rider! You've completed another stage — now it's time to recover properly.

- 1. First things first: **take your bike to the Bike Park**, located in the **Dirty Bikes Zone**, so our team can clean and prep it for the next stage.
- 2. Then, grab some food and hydrate at the aid stations to refuel.
- 3. Pick up your white bag with your personal belongings
- 4. Head to the **Riders Lounge Chill Zone**, where you can relax, unwind, and enjoy the available recovery services after a tough day on the trails.







# RACE 2.0

#### PICK YOUR STYLE!

The unbeatable hydration pack for long distance MTB racing and the official pack of the Epic Series.

Our lightest creation yet keeps your hydration cool during fast high effort rides while staying 100% bounce free.

Pick your style from four different kick-ass colors



NE X 🕈 🕴



## **EPIC SERIES DOCUMENTARY**

#### THURSDAY, JULY 3rd 2025

START	END	ACTIVITY	LOCATION
17:00	17:15	Guest arrival & Check-in	La Massana, Les Fontetes Theater
17:15	17:30	Welcome	La Massana, Les Fontetes Theater
17:30	18:00	Episode 3	La Massana, Les Fontetes Theater
18:00	18:30	Episode 4	La Massana, Les Fontetes Theater



# CONQUER THE PYRENEES

**3 - 6 July 2025** 203км → 6565м t La Massana

ANDORRA

Canillo

Naturland

Pal Arinsal

SPAIN



SPAIN

FRANCE



# THE MOST EPIC TRAILS OF ANDORRA

#### CONQUER THE PYRENEES













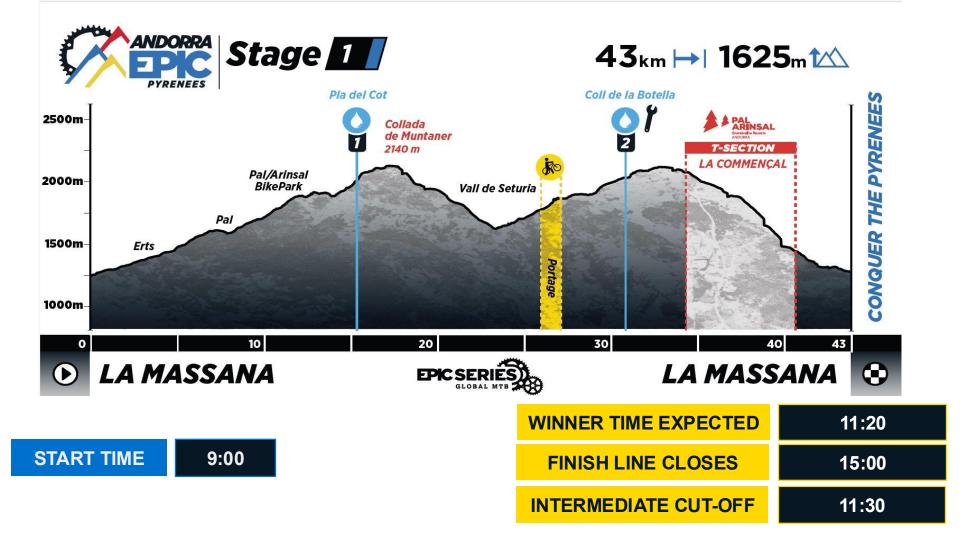
#### **ARE YOU EPIC ENOUGH?**





STAGE 1 | JULY 3rd 2025







STAGE 1 | JULY 3rd 2025

## **STAGE 1 SCHEDULE**

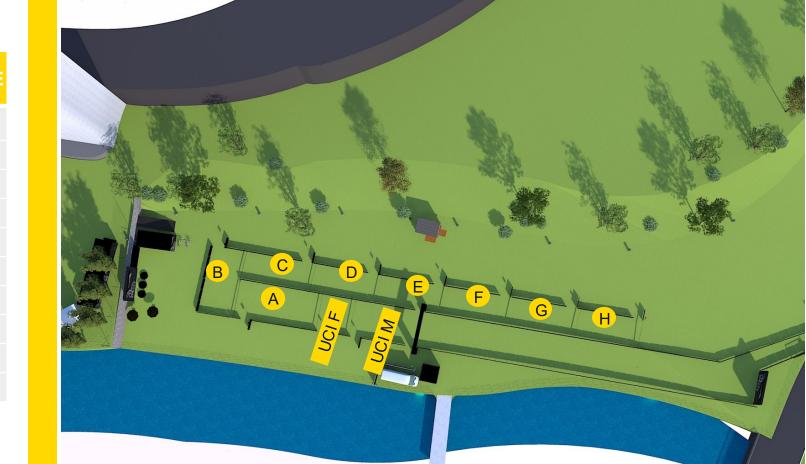
#### THURSDAY, JULY 3rd 2025

START	END	ACTIVITY	LOCATION
7:45	9:00	Shuttle Service	La Massana, Anyós Park
8:00	8:45	Morning Coffee	La Massana, Race Village
8:00	17:00	Race Office	La Massana, Race Village
8:00	18:30	Bike Park	La Massana, Race Village
8:00	18:30	Tech Service	La Massana, Race Village
9:00	13:00	Tourism Office	La Massana, Pl. Fontetes
9:00		Start STAGE 1	La Massana, Race Village
10:00	17:00	Merchandise & Expo	La Massana, Race Village
11:20		Winners expected	La Massana, Race Village
11:35		Finish Line UCI M/W Awards Ceremony	La Massana, Race Village
	15:00	Finish Line Closes	La Massana, Race Village
12:00	15:30	Post Stage Recovery Meal (Rider's Lounge)	La Massana, Race Village
12:00	17:00	Chill zone	La Massana, Race Village
12:00	17:00	Shuttle Services	La Massana,Shuttle point
15:00	19:00	Tourism Office	La Massana, Pl. Fontetes



STAGE 1 | JULY 2nd 2025

## STAGE 1 START



START TIME
09:00
09:01
09:02
09:02
09:02
09:02
09:02
09:02
09:02
09:02



## **STAGE 1 DAILY CHECKLIST**





- Arrive at the Race Village early for the Morning Coffee.
- Check your bike with Tech Services before the start.
- Make sure to go to your start box 15 minutes before stage start.
- Drop off your strip stop bags with your warm-up clothes with all that you want to find after the stage.

•After crossing the finish line, **drop off your bike at the wash area** so the team can get it spotless for you.

- •Recharge with a refreshing drink and a healthy snack, fruit included—you've earned it!
- •Pick up your strip-stop bag with clean clothes to change into.
- •If you've booked the massage service, reserve your slot at the Massage Booking Tent.
- •Chill out in the Chill Zone: relax, grab a bite, and share the moment with fellow riders.
- •When you're ready, **take a proper shower and unwind** tomorrow brings a brand new stage, so refuel your body and mind.

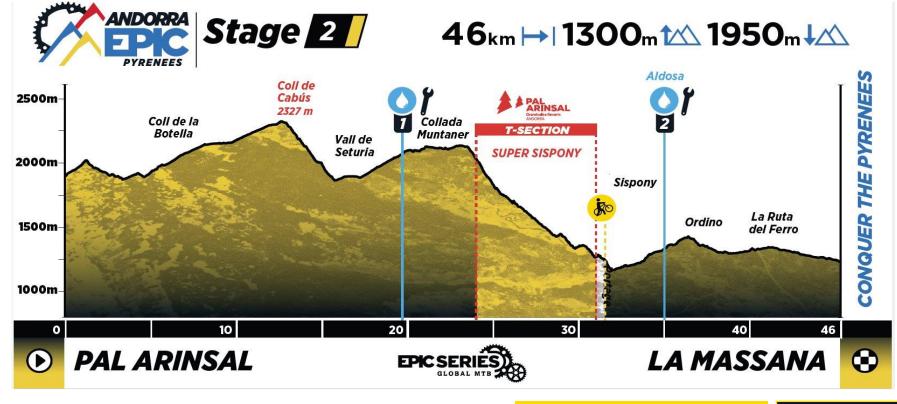


STAGE 2 | JULY 4<sup>th</sup> 2025



**START TIME** 

10:00



WINNER TIME EXPECTED	12:05
FINISH LINE CLOSES	16:00
INTERMEDIATE CUT-OFF	14:30



## **STAGE 2 SCHEDULE**

FRIDAY JULY 4th 2025

START	END	ΑCTIVITY	LOCATION
7:00	17:00	Race Office	La Massana, Race Village
7:00	18:30	Bike Park	La Massana, Race Village
7:30	9:15	Shuttle Service - Anyós Park	La Massana, Anyós Park
8:00	9:15	Gondola / Cable Car to Pal/Arinsal	La Massana, Pl. Fontetes
8:15	9:45	Morning Coffee	La Massana, Race Village
8:15	10:00	Pre Start Tech Service	Pal/Arinsal GrandValira Resorts
9:00	13:00	Tourism Office	La Massana, Pl. Fontetes
10:00		Start STAGE 2	Pal/Arinsal GrandValira Resorts
10:00	17:00	Merchandise & Expo	La Massana, Race Village
12:05		Winners expected	La Massana, Race Village
12:05	17:00	Chill Zone	La Massana, Race Village
12:05	18:30	Tech Service	La Massana, Race Village
12:20		Finish Line UCI M/W Awards Ceremony	La Massana, Race Village
	16:00	Finish Line Closes	La Massana, Race Village
12:40	16:30	Post Stage Recovery Meal (Rider's Lounge)	La Massana, Race Village
13:00	17:00	Shuttle Service	La Massana, Shuttle point
15:00	19:00	Tourism Office	La Massana, Pl. Fontetes
	18:30	Bike Drop off for Transfer to Stage 3	La Massana, Race Village



STAGE 2 | JULY 4<sup>h</sup> 2025

## **STAGE 2 START**

678	
0 CAL	P 5 MORNING COFFEE& TOILETTES

**START START TIME BATCH** UCI M 10:00 UCI W 10:01 10:02 Α 10:03 В 10:04 С 10:05 D 10:06 Ε 10:07 F G 10:08 Η 10:09

GLOBAL MTB

0 CALL UP 2 UCI W **3 UCI WARM AREA** 4 PRO TEAMS PARKING

6 RACE OFFICE 7 MECHANIC SERVICES 8 226ERS PRERACE AID STATION 9 STRIPSTOP BAGS



STAGE 2 | JULY 4th 2025

## **STAGE 2 DAILY CHECKLIST**

PRE-STAGE 2

 Make sure to get to the Race Village early to pick-up your bike.

YOU MUST BE THE ONE TO TAKE YOUR BIKE FROM THE BIKE PARK TO THE GONDOLA BEFORE THE STAGE START.

Access to the Gondola will open from 08:00
 to 9:15







## **STAGE 2 DAILY CHECKLIST**



•After crossing the finish line, drop off your bike at the wash area so the team can get it spotless for you.

•Recharge with a refreshing drink and a healthy snack, fruit included—you've earned it!

•Pick up your strip-stop bag with clean clothes to change into.

•If you've booked the massage service, reserve your slot at the Massage Booking Tent.

•Chill out in the Chill Zone: relax, grab a bite, and share the moment with fellow riders.

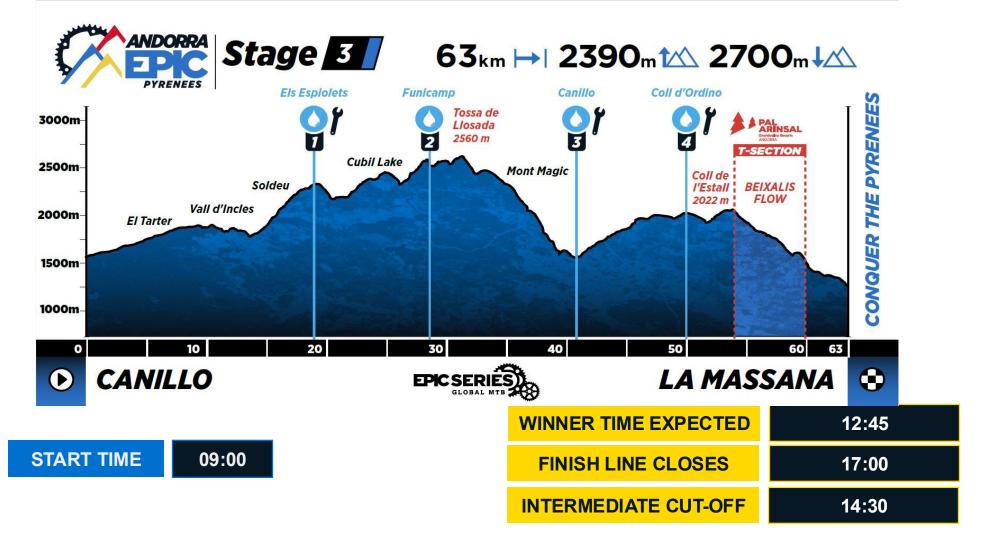
•When you're ready, **take a proper shower and unwind**—tomorrow brings a brand new stage, so refuel your body and mind.

YOU MUST DROP-OFF YOUR BIKE AT THE BIKE PARK UNTIL 18:30 SO IT CAN BE TRANSPORTED TO THE START OF STAGE 3. BIKES CANNOT BE TRANSPORTED IN THE MORNING.



STAGE 3 | JULY 5th 2025







# SATURDAY, JULY 5<sup>th</sup> 2025

START	END	ΑCTIVITY	LOCATION
7:30	8:00	Shuttle - La Massana to Canillo (15min) - Start Stage 3	La Massana, Shuttle point
7:30	8:00	Shuttle - Anyós Park to Canillo (15min) - Start Stage 3	Anyós Park, Shuttle point
8:00	8:45	Morning Coffee / Bike Park / Tech Service / Race Office	Canillo
9:00	13:00	Tourism Office	La Massana, Pl. Fontetes
9:00		Start Stage 3: Queen Stage	Canillo
11:00	17:30	Chill Zone	La Massana, Race Village
11:00	17:30	Merchandise & Expo	La Massana, Race Village
11:30	17:30	Race Office	La Massana, Race Village
12:45		Winners expected	La Massana, Race Village
12:45	18:30	Tech Service	La Massana, Race Village
12:45	18:30	Bike park	La Massana, Race Village
13:00		Finish Line UCI M/W Awards Ceremony	La Massana, Race Village
	17:00	Finish Line Closes	La Massana, Race Village
13:00	17:30	Post Stage Recovery Meal (Rider's Lounge)	La Massana, Race Village
13:00	17:30	Shuttle Service	La Massana, Shuttle point
15:00	19:00	Tourism Office	La Massana, Pl. Fontetes
	18:30	Bike Drop off for Transfer to Stage 4	La Massana, Race Village



STAGE 3 | JULY 5th 2025

## **STAGE 3 START**

START BATCH	START TIME
UCI M	09:00
UCI W	09:01
Α	09:02
В	09:02
С	09:02
D	09:02
E	09:02
F	09:02
G	09:02
Н	09:02



- 2 MECHANIC SERVICES
- 3 STRIP STOP
- 4 226ERS PRE RACE AID STATION 5 MORNING COFFEE
- 6 WC
- 7 CALL UP

STAGE 3 | JULY 5th 2025



## **STAGE 3 DAILY CHECKLIST**



- Take the shuttle to Canillo (at la Massana Race Village Shuttle Station or Anyòs –if your accommodated there)
  - Get your bike from the bike park (in Canillo), take your Morning Coffee and use the Tech Services before the start.
- Make sure to go to your start box 15 minutes before stage start.

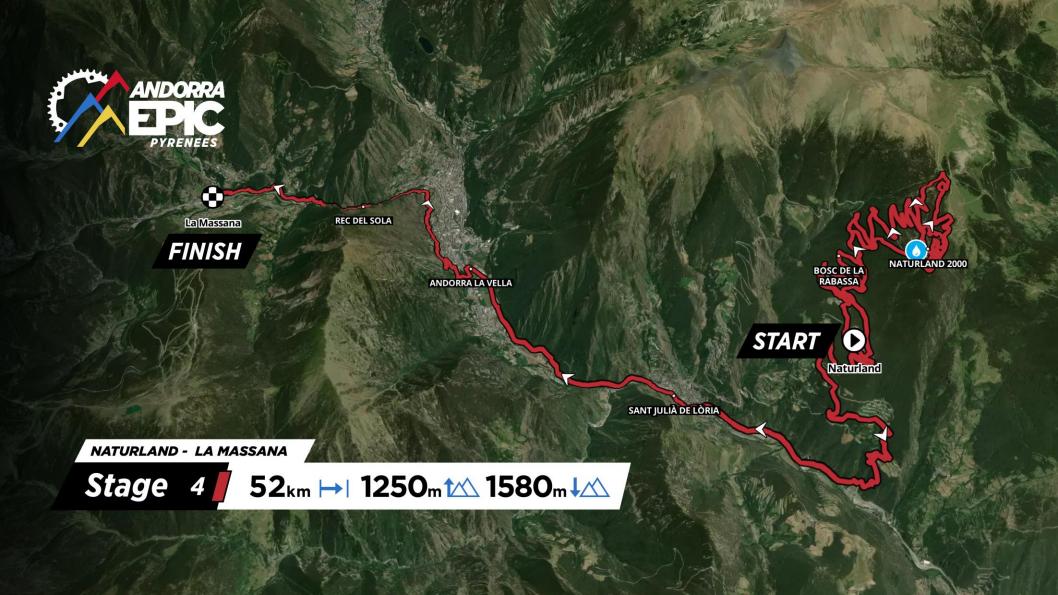
•After crossing the finish line, **drop off your bike at the wash area** so the team can get it spotless for you.

**POST-STAGE 3** 

•Recharge with a refreshing drink and a healthy snack, fruit included—you've earned it! •Pick up your strip-stop bag with clean clothes to change into.

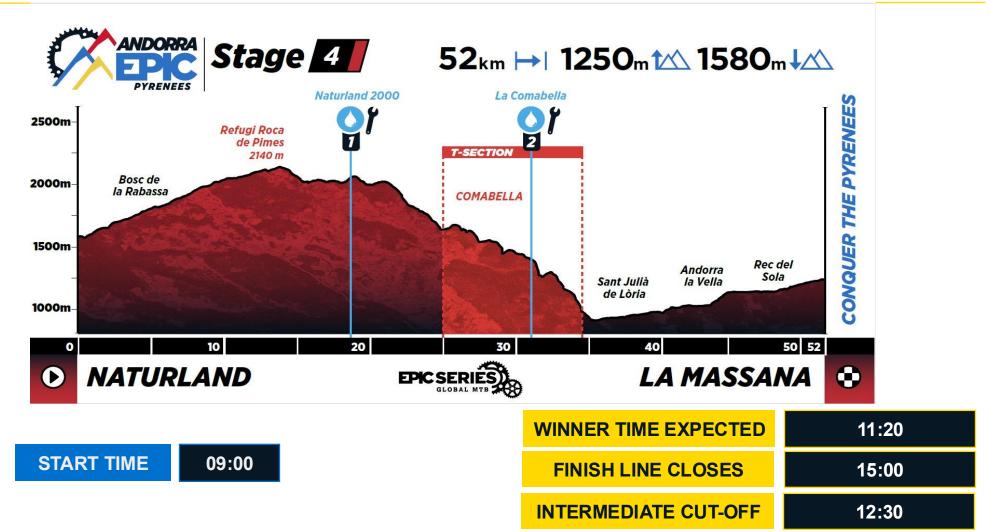
If you've booked the massage service, reserve your slot at the Massage Booking Tent.
Chill out in the Chill Zone: relax, grab a bite, and share the moment with fellow riders.
When you're ready, take a proper shower and unwind—tomorrow brings a brand new stage, so refuel your body and mind.

YOU MUST DROP-OFF YOUR BIKE AT THE BIKE PARK UNTIL 18:30 SO IT CAN BE TRANSPORTED TO THE START OF STAGE 4. BIKES CANNOT BE TRANSPORTED IN THE MORNING.



STAGE 4 | JULY 6th 2025







STAGE 4 | JULY 6<sup>th</sup> 2025

# SUNDAY. JULY 6th 2025

START	END	ACTIVITY	LOCATION
6:50	8:05	Shuttle - La Massana to Naturland (40min) - Start Stage 4	La Massana, Shuttle point
6:50	8:05	Shuttle - Anyós Park to Naturland (40min) - Start Stage 4	Anyoó Park, Shuttle point
8:00	9:00	Morning Coffee / Bike Park / Tech Service / Race Office	Naturland 1600
8:30	9:45	Tourism Office	La Massana, PI. Fontetes
9:00		Start Stage 4	Naturland 1600
10:00	17:00	Merchandise & Expo	La Massana, Race Village
11:00	17:00	Race Office	La Massana, Race Village
11:20		Winners expected	La Massana, Race Village
11:20	17:00	Bike Park / Tech Service	La Massana, Race Village
11:20	17:00	Chill Zone	La Massana, Race Village
12:00	15:30	Post Stage Recovery Meal (Rider's Lounge)	La Massana, Race Village
	15:00	Finish Line Closes	La Massana, Race Village
12:00	17:00	Shuttle, La Massana – Anyos Park	La Massana, Shuttle Point
15:30	16:15	OC Awards Ceremony	La Massana, Race Village
15:00	19:00	Tourism Office	La Massana, Pl. Fontetes
21:00	00:00	Shuttle service – Anyós Park	La Massana, Shuttle point
21:30	00:00	Closing Party: Stage 5	La Massana, PI. Fontetes



## **STAGE 4 START**

START BATCH	START TIME
UCI M	09:00
UCI W	09:01
Α	09:02
В	09:03
С	09:04
D	09:05
Е	09:06
F	09:07
G	09:08
Н	09:09

EPICS

GLOBAL MT



U CALL UP 1 UCI M 2 UCI W 3 UCI WARM AREA 5 MORNING COFFEE& TOILETTES 6 RACE OFFICE 7 MECHANIC SERVICES 8 226ERS PRERACE AID STATION 9 STRIPSTOP BAGS



## **STAGE 4 DAILY CHECKLIST**



### Take the shuttle to Naturland 1600 ( at la Massana Race Village Shuttle Station or AnyósPark Hotel –if your accommodated there).

- Get your bike from the bike park, take your Morning Coffee and use the Tech Services before the start.
- Make sure to go to your start box 15 minutes before stage start.



### **POST-STAGE 4**

#### CONGRATULATIONS! You will be part of history!

- After crossing the finish line, you'll receive your finisher medal for Andorra EPIC.
- Bring your bike to the dirty bike zone at the bike park. Collect your strip stop bag. Go for a quick drink.
- Make sure to join us for the Awards Ceremony and Live Music at Chill Zone after that.
- Join the special closing party by Andorra Epic at PI.Fontetes, La Massana.
- Remember to take your bike off from the Bikepark before 17:00





## FINISHING THE ANDORRA EPIC

## The finish of the last stage is an incredible moment. We are looking forward to sharing this moment with you.

On the final day of the 2025 Andorra Epic Pyrenees you will:

- Hand in your timing chip and tracking unit.
- Receive your finisher medal (official finishers only).
- Have your official finisher photo taken.
- Take your post-stage recovery meal at the Rider Lounge.
- Enjoy the GC Awards and share some live music and drinks with your fellow riders at the Race Village.
- After race dinner is not included, so feel free to taste and enjoy what La Massana Gastronomy could offer. After that, join the special closing party at La Massana, Race Village.

#### DEPARTURE

Remember to collect your belongings as well as your bike at the designated areas in the Race Village before 17:00 Departure is possible via bus and car. We wish you a pleasant journey home!



## A LA MASSANA CON DOS RUEDAS, RUEDAS MEJOR.

#### DESCARGA TU PASAPORTE DIGITAL dentro de LA APP LA MASSANA +

Encontrarás ventajas y servicios exclusivos para los ciclistas: promociones gastronómicas, comodidades en los hoteles, servicios en los comercios...

Consulta toda la oferta disponible en la web: www.visitlamassana.ad/es/cicloturisme









Entries to the world's premier mountain bike stage race are in high demand. 9 Absa Cape Epic entries have been set aside especially for 2025 Andorra EPIC Pyrenees finishers based on their stellar performance.

Another 5 entries will be awarded with the Lottery Draw, held at the end of the race for all successful finishers that have registered their interest.

#### How to Qualify for the Lottery Draw

Register your interest in the following ways:

- During the online registration process.
- At the Race Office during registration

A nominal registration fee, which is then donated to an official charity partner of the Absa Cape Epic







EPIC SERIES TECHNICAL PARTNERS













PARTNERS







wahoo







OFFICIAL HOTELS ------

Nexta /AnyósPark

SANT JULIÀ DE LÓRIA



