



ALTA VIA Stage Race

Liguria, June 12-20 2015



LIGURIA
www.turismoinliguria.it

November, 27 2015



ALTA VIA STAGE RACE IS BACK! FROM 18TH TO 25TH OF JUNE 2016, PACKED WITH EVEN MORE EMOTIONS AND MORE GREAT SCENERY TO RIDE
Registration will open the 1st of December with an Early Booking promotion

The 1st of December the sport association Liguriavventura will open the registration for the fifth edition of the international event Alta Via Stage Race: a 550 km-long course with 19,000 m of elevation gain between the Mediterranean sea and the Apennines, an exciting opportunity to experience Liguria region in the saddle of your mountain bike, participating in one of the most prestigious and spectacular stage-races around.

"The Stage Race experience brings out the urge to accept the challenge, to do your best, not to give up until the end. After the days of racing, I have often thought back to those moments and I still can recall people, views, places as much as the great food. Alta Via means much more than a sport competition, it has the whole Liguria inside. I really loved this race because it gives you the chance of challenging yourself and getting to know this region in whole, from East to West, in its most intimate details. For this reason as well, I am happy to recommend Alta Via Stage Race" Riccardo Serrato, 2015's racer.

AVSR is a challenging race and a real endeavour to finish. However, stage after stage, it is able to leave a deep impression in the heart and soul of each participant, leaving a memory, a taste of this territory that is impossible to forget. The AVSR adventure puts a strain on the 'combo' rider/machine, not only from the physical point of view: intelligence and strategy can be critical. Each participant must be prepared to adapt to continuous environmental changes, to early wake-ups in a village with one hundred other people and to life in the midst of Nature, night and day. Once in the saddle, it is race time. Pushing hard is essential as much as facing the race with intelligence: staying focussed on navigation (with GPS and maps) and on properly managing energy levels.

From the Apennines of the La Spezia region, the race course reaches the pre-alpine domain of the Ligurian Alps in the province of Imperia, passing through places and landscapes of rare beauty between coast and hinterland. Moving from East to West along the Ligurian mountains the landscape changes: the trails and the way of interpreting them need to change as well. From mule-tracks to long dirt roads, from descents carved into fresh rocks to single-tracks immersed in the mediterranean scrub...or even higher, on the ridges among green and steep meadows. Liguria has this all and AVSR takes the riders through each one of these environments.

Stage after stage, the real challenge for the riders is that of pacing themselves and managing the race at best, facing strong emotions, difficulties, fatigue, unexpected issues and intense moments of happiness. Moments to share once they reach the village.

The fifth edition has big news in store for what concerns the race course. The stages are still going to be tough and long, with great panoramas and good fun to ride, but the organizers are working to reduce the portage to only few sections needed to reach the tops and drop onto the other side of the mountains. The goal is to increase the fun and make the race course more rideable overall.

Stay tuned on altaviastagerace.com the 1st of December and don't miss your chance of entering the event with the Early

Booking promotion.

Challenge yourself, defy your limits with Alta Via Stage Race.

"Only the brave"

For more info::

www.altaviastagerace.com

FB: [altaviastagerace](https://www.facebook.com/altaviastagerace)

TW: [@AVStageRace](https://twitter.com/AVStageRace)

#onlythebrave #avsr2016



ALTA VIA STAGE RACE TORNA DAL 18 AL 25 GIUGNO 2016, SEMPRE PIÙ RICCA DI EMOZIONI E PAESAGGI DA PEDALARE
Dal 1 Dicembre aprono le iscrizioni con promozione Early Booking.

L'Asd Liguriavventura darà il via l'1 dicembre alle iscrizioni per la 5a edizione della competizione internazionale Alta Via Stage Race. 550 km e 19.000 mt di dislivello tra Mediterraneo e Appennino, un'entusiasmante opportunità di vivere la Liguria in sella alla propria mountain bike partecipando ad una delle stage race più prestigiose e spettacolari.

"L'esperienza Stage Race sicuramente tira fuori la voglia di mettersi in gioco, di dare il massimo, di non mollare fino alla fine. A gara terminata, spesso ho ripensato ai momenti vissuti e rivedo nella mente facce, paesaggi, luoghi, ottimo cibo. L'Alta Via è molto più di una competizione sportiva, c'è tutta la Liguria dentro. Ho amato questa gara proprio perché ti dà la possibilità di metterti alla prova e conoscere questa terra completamente, da est a ovest, nei suoi aspetti più intimi. Anche per questo consiglieri l'Alta Via Stage Race" Riccardo Serrato racer 2015

AVSR è una gara impegnativa che richiede un notevole sacrificio per essere portata a termine, ma che tappa dopo tappa scava nel cuore e nell'animo di ogni partecipante un solco sempre più profondo lasciando un ricordo e un sapore di questa terra che difficilmente si dimenticano. Il viaggio di AVSR mette a dura prova il "pacchetto" uomo/mezzo e non solo fisicamente, l'intelligenza e la strategia possono essere determinanti. Ogni concorrente deve essere pronto ad adattarsi ai continui cambiamenti di ambiente, alla sveglia presto la mattina in un villaggio con altre 100 persone e ad una vita in mezzo alla natura giorno e notte. Una volta in sella inizia la gara a cronometro dove spingere è essenziale, ma sempre con intelligenza: rimanendo concentrati sulla navigazione (effettuata tramite GPS e Carta) e amministrando le proprie forze.

Dall'Appennino in provincia di La Spezia si arriva all'ambiente prealpino delle Alpi Liguri in provincia di Imperia, attraversando luoghi e paesaggi di rara bellezza tra costa ed entroterra.

Così come muta il paesaggio, spostandosi da est a ovest dei Monti Liguri, mutano anche i trail ed il modo di interpretarli. Dalle mulattiere ai grandi sterrati, dalle discese in pietra scavate nella roccia ai single tracks immersi nella macchia mediterranea o ancora più in alto sui crinali tra le praterie verdi e scoscese. In Liguria non manca nulla e AVSR attraversa tutti questi ambienti.

Tappa dopo tappa l'impegno forse maggiore è quello di gestire se stessi e la gara, al meglio, tra forti emozioni, difficoltà, fatica, imprevisti e intensi momenti di gioia da condividere una volta giunti al villaggio.

La quinta edizione ha in serbo delle novità riguardo il tracciato di gara. Le tappe saranno sempre lunghe e impegnative, panoramiche e divertenti ma al contempo si sta lavorando per ridurre il portage ai tratti necessari per raggiungere le vette e valicare versanti. L'obiettivo è incrementare il divertimento e nel complesso l'accessibilità della gara.

L'1 Dicembre rimani sintonizzato su [altaviastagerace.com](http://www.altaviastagerace.com) e non perdere l'occasione di iscriverti approfittando della promozione Early Booking.

Sfida te stesso e i tuoi limiti con Alta Via Stage Race.

"only the brave"

Per ulteriori info:

www.altaviastagerace.com

FB: [altaviastagerace](https://www.facebook.com/altaviastagerace)

TW: [@AVStageRace](https://twitter.com/AVStageRace)

#onlythebrave #avsr2016

FREE PICTURES FOR EDITORIAL USE © NICOLA DAMONTE / ALTAVIASTAGERACE.COM





ABOUT ALTA VIA STAGE RACE

Alta Via Stage Race is much more than just a race. It's an adventure, an experience, a chance to really live the sport and be close to nature, the countryside and the history of one of the most beautiful parts of the Mediterranean — the Ligurian coast and hills. Riders will travel the length of the Alta Via — the spine — of the Ligurian mountains, starting from the Province of La Spezia, along the top of the Appenines and the Ligurian Alps, until the Province of Imperia, on the border with France.

To respect the environment and the adventurous nature of the event, the race route is not marked by strips. To orient themselves, the Teams have at their disposal: maps, road books, elevation profiles and GPS tracks, all materials provided by the organization. GPS tracks are the essential tool to follow the path, so each Team must be equipped with a satellite navigation system and should be able to use it with confidence.

Alta Via Stage Race 2015 can be ridden in four different ways: two competitive formulas, with overnight stay in tent (Hero and Weekend) and two non-competitive formulas (Fun and One Day), with overnight stay in accommodation facilities.

www.altaviastagerace.com

ABOUT ALTA VIA DEI MONTI LIGURI

Just a few kilometres from the famous Ligurian Riviera with its beaches and picturesque seaside villages, there are wild mountains, rich in woodland, meadows and fast-running rivers. This evocative hill scenery has its own ancient rural traditions and is criss-crossed with thousands of kilometres of paths and mule tracks. The Alta Via dei Monti Liguri (AVML) is a hiking trail which takes you along the length of the Ligurian mountains in 43 stages. It follows the Appenines and the Ligurian Alps, with the plains of Lombardia to one side and the sea on the other. The Alta Via provides a spectacular mountain outlook towards the sea.

The Alta Via route marker, shown by a small red and white marker with AV written in the centre, will become a fond memory for people who follow it along the route, which offers not just exceptional panoramic views along the coast, but also paths through deep and scented woods, high plateaus full of mountain flowers, countryside rich in history and traditions. The Alta Via is mainly used by hillwalkers, but mountain bikers often use its pathways which are ideally suited to their sport. Some of the stages can be easily ridden for their whole length, in other stages the paths may be harder to navigate and then riders must deviate from the Alta Via, using the connecting paths between the coast and the high

hills.

These interesting conditions gave us in 2011 the ambitious idea of holding a mountain bike competition along the Alta Via dei Monti Liguri: Alta Via Stage Race, a spectacular, unique and unforgettable race path, which will become a permanent cycle route which can be used by everyone who loves riding on two wheels.

***Disclaimer:** The media contents of this mail (text, pictures, video) are available for free of charge for editorial use. For further pictures, high resolution and video material please contact the press office: press@ritm-media.com / +39 3388451701*

FOLLOW US



LIGURIAVVENTURA Asd

Via Terralba 22F/4, 16011 Arenzano (GE)

general info: altavia.stagerace@gmail.com

media: press@ritm-media.com

www.altaviastagerace.com



Powered by **RITM**
MEDIA AGENCY
[Unsubscribe](#) | [Disiscriviti](#)