



27 & 28 JANVIER
PraLoup

PLUS D'INFOS SUR
PRALOUP.COM

AT SX



UBAYE
TOURISME

PraLoup
SKI

Alpina
WATCHES



SWISS
ICECROSS

Hello and welcome to Pra-Loup, in the Southern French Alps!

We are excited to host the 2nd race of the ATSX Ice Cross World Championship 2022/23 and we are looking forward to welcome you at this beautiful ski resort next to Barcelonnette, Jausiers and the border with Italy.

You will find some useful information in the welcome letter, if you have any questions regarding the race, please contact us.

REGISTRATION

Registration started on January 4th, 2023

Registration will end on January 23rd, 2023 (category will close earlier should the maximum number of participants be reached before).

Note: Registration is confirmed only once paid.

Capacity per category:

Men: **96** Women: **32** Juniors: **32**

ACCOMMODATION

The tourist office in Pra-Loup is the best point of contact for accommodation offers. The city of Barcelonnette and the charming village of Jausiers are also close by and pretty active during the winter season. We are able to offer some nice hotels with special prices / discounts.

Please find below direct links to accommodation of various types :

[Auberge du Bachelard | Hôtel restaurant Barcelonnette](#)

Auberge du Bachelard :

Le Village

04 400 UVERNET FOURS

+33 (0)6 63 75 23 68 / +33 (0)4 92 84 13 53

aubergebachelard@orange.fr

Half-board hotel (included breakfast & dinner)

Single room: 145€/personn /day

Double room: 98€/personn /day

Quadruple room (min 4 pers): 85€/ personne / day

[Résidence hôtelière à Pra-Loup \(auberge-de-praloup.fr\)](#)

Auberge de Pra Loup

Auberge De Pra Loup Pra Loup 1600, 04400 Uvernet-Fours

+33 (0)4 92 84 10 05

auberge.praloup@gmail.com

10% discount using promo code **ATSXICEX2023**.

[SOWELL Family Les Bergers, Hôtel à Pra Loup 1600 | Site Officiel](#)

SOWELL Les Bergers :

+33 (0)8 26 30 02 50 / +33 (0)4 92 84 14 54

bergers@sowell.fr

Promo code -10% on public prices (special prices not included)

using « **CAMP-ATSXICEX2023** » for the 2 hotels **SOWELL Family Les Bergers**
& **SOWELL RÉSIDENCES Pra Loup** only btw 01/25 & 01/29/23.

ARRIVING TO PRA-LOUP

The two best solutions for landing or arriving by train are the Marseille-Marignane Airport (220 km from Pra-Loup) and the Aix-en-Provence TGV train station (200 km from Pra-Loup). Aix-en-Provence is reachable by the TGV train from Paris. At the train station you can find buses to your destination.

Airports Nice and Lyon may seem close but are not recommended in winter, they are far away should the snow be cutting/closing the roads and passes that are used in summer (for Lyon airport please check opening of the Col du Lautaret Mountain Pass, if closed, use the alternative road via Lus-la-Croix-Haute). The closest Italian airport is Torino (200 km away in the East), but Col de Larche (Colle de la Maddalena) could be closed for a few hours during the winter season, in case of heavy snowfall, and traffic is very bad in general.

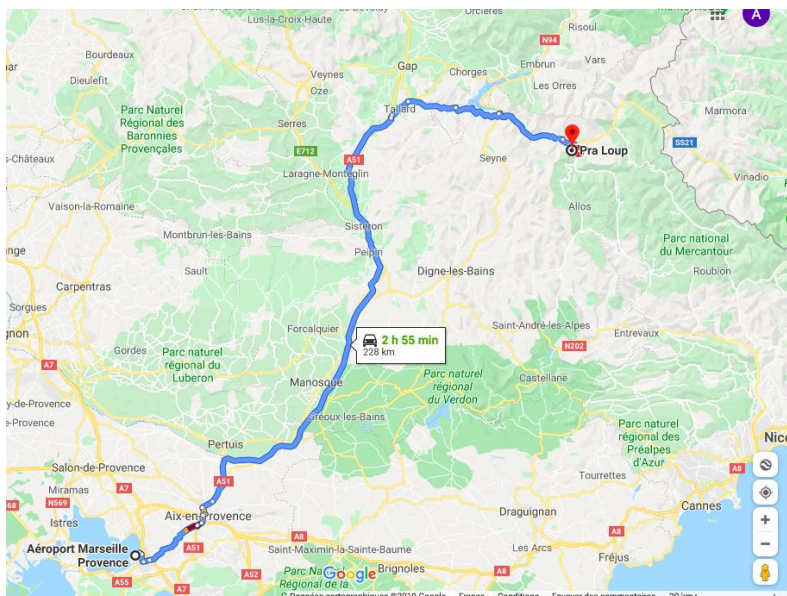
Rental Car: You will require a car or sharing cars to get to the track (with winter tires and snow chains). Best rental opportunities will be at the airport or the train station.

Drive from Aix-en-Provence or Marseille to Pra-Loup is approximately 3 hours (200 km) in wintertime, but 130 km are on a clean highway (Approx 13 Euros Toll). Parking spots might be limited onsite but there are free shuttles all day within the resort, as well as from/to Barcelonnette.

Most recommended route from Marseille Airport:

<https://goo.gl/maps/7DosGMdhgrgVE7tm8>

Take the A51 until Tallard > then follow “Barcelonnette/ Vallée de l’Ubaye”. Be aware that some GPS systems may trick you into following “Col de la Bonette, Col d’Allos or Col de la Cayolle”, these are closed mountain passes in winter so watch out!



WEDNESDAY, January 25th 2023

16:00 - 19:00 Athlete's Accreditation (with Jerome or Jim) @Locker room

THURSDAY, January 26th 2023

09:00 - 13:00 Late Accreditation (with Jerome, Jim / Ana) @Locker room

NOTE: NO EXCEPTION WILL BE MADE AFTER 14:00 AS TRAINING IS ON/ IMPORTANT:
ROOKIES (MEN/WOMEN/JUNIOR) RECOMMENDED TO LEAVE THE LOCKER ROOM BY 13:30
TO ATTEND RESPECTIVE TRAINING

09:00 - 13:00 TRACK INSPECTION by foot

14:00 - 15:00 TRAINING Section by Section (only for ROOKIES)

(Rookies briefing at top the track at 14:00)

Juniors do only the junior training even if
registered in both categories

15:00 - 16:00 Open Training (MEN / WOMEN / JUNIORS) @ track

19:00 - 21:30 WELCOME DINNER @ Le Loup Blanc restaurant (down)

20:00 - 21:00 Mandatory RIDERS BRIEFING @ Dinner location

Note: Lunch is not provided on Thursday, please plan accordingly.

FRIDAY, January 27th 2023

- 08:00 - 08:15** MEN BRIEFING @ Locker Room (be ready to leave at 8 :35)
- 09:00 - 10:00** MEN PRACTICE RUNS (X2) @Track
@ top "Télémix de La Clappe"
- 10:00 - 12:00** MEN TIME TRIAL (X2) MEN @ Track
- 12:00 - 14:00** LUNCH @ LA DALLE EN PENTE (close to the top of track)
- 13:00 - 13:15** JUNIORS & WOMEN BRIEFING @ locker room
(be ready to leave at 13 :15)
- 14:00 - 15:00** JUNIORS & WOMEN PRACTICE RUNS (X2) @ Track
- 15:00 - 16:00** JUNIORS & WOMEN TIME TRIALS (X2) @ Track

JUNIORS AND WOMEN Time Trials @ Track > order:

Run 1 JUNIORS then WOMEN / Run 2: JUNIORS then WOMEN.

Note: juniors racing in both categories do only 2 trial runs with the juniors and their time will count for senior.

SATURDAY, January 28th 2023

- 08:00 - 08:15** Mandatory Riders Briefing for Last Chance Qualifier (LCQ)
@ Locker Room
- 09:00 - 10:00** Open Training (MEN / WOMEN / JUNIORS)
- 10:00 - 12:00** Last Chance Qualifier (LCQ) @ track
- 12:00 - 13:30** LUNCH @ LA DALLE EN PENTE (close to the top of track)
- 13:30 - 13:45** Mandatory Riders Briefing @ Top for all
- 14:00 - 16:30** Main Races @ Track @ top of "Télémix de La Clappe"
- 20:00 - 02:00** After Party (location TBC)

NOTE: local organizer reserves the right to make amendments to the schedule based on relevant lack of conditions to perform as planned. Should this be the case, the athletes will be informed accordingly and in the shortest delay possible.

FACILITIES ACCESS and ORIENTATION

ACCREDITATION

@Locker Room, inside Office du Tourisme de Pra-Loup

Address: 31 Pra Loup, 04400 Uvernet-Fours, FRANCE

GPS Coordinates: 9JC2+29 Uvernet-Fours

Phone Number: +33 (0)4 92 84 10 04 (ask for Agnès DUNAND)



**This is where you will be given your participant pack including info,
Lift passes and Lunch tickets**



THE TRACK

@ top left of “Télémix de La Clappe” (La Clappe lift)

about 10 minutes to go up and then the start of the track is less than 50 meters away.

BUT please account for 25 minutes from locker room to staging area to be on time at the top.

Lift passes provided for registered athletes @ athlete's accreditation.

It is your responsibility. No additional pass will be provided if lost.

For accompanying persons: 8,50€ passes for 1 full day available onsite (as many back and forth as you like), walking only (for ski passes please refer to [ski lift passes webpage](#)).

Note: Track design & specs will be shared closer to the event. Stay tuned!

Q & A

“Where do I change?” VS “What do I bring up?”

At the top of LA CLAPPE Télémix, you will have a small room to leave your shoes only and put on your skates. You will change at the bottom of the lift in the locker room of the Tourism office, same place as Accreditation.

You should bring your lift pass, meal ticket (catering at the top) and carry your skates by hand while walking in your sneakers. You won't necessarily have time to go back and forth between race activities. Plan carefully as we will not wait for late athletes.

If you don't want to ruin your blades, please **bring your own blade guards** as they won't be provided by the organisation.

Also, for those who want to, please **carry an extra pair of blades** as sharpening is not provided.

Bring money if you want to have anything else than what is included in the athlete catering meal ticket. Cash machine at the bottom or in Barcelonnette. Only Euros accepted. Average meal price at a restaurant: between 15 and 20 Euros for normal restaurant, without drinks.

USEFUL LINKS AND INFO

LINKS

- Praloup Website (English version): <https://www.praloup.com/GB/>
- Barcelonnette Website, in the valley (English version): <https://www.barcelonnette.com/GB/>
- Praloup Event on Facebook: <https://www.facebook.com/events/424351274927599/>
- Getting there: including, buses and shuttles schedules, Mountain Passes opening/closing map <https://www.praloup.com/GB/getting-to-praloup/by-road-winter.html>
- Road info: <http://inforoute.hautes-alpes.fr/www/index.html> / <http://www.inforoute04.fr/>
- Webcams, Ski passes and weather forecast: <https://www.praloup.ski/en/>

CONTENT & LIVESTREAM

PHOTOS

2 photographers will be onsite and share their photos.

Link will be provided onsite to retrieve all pictures.

Please mention them on social media (FB / insta) and only use for personal use not commercial use.

#ICECROSSPRALOUP is the official # of the race **(don't forget to use it!!)**

Social Media handles (Instagram) :

Pra_loup : official account of the ski resort

Ubaye_vallee_france : official account of the valley / region

Atsxicecross : official ATSX account

Sportsextremesffsg : official account extreme ice sports in FR, FFSG Federation

Icecrossswiss : official account of the Swiss Ice Cross Association

LIVESTREAM

Noooo stress ! We will share the link ASAP !

VOCABULARY TO SURVIVE IN THE FRENCH MOUNTAINS

The most common ways to greet someone in French are:

- **Salut.** (Hello; Hi. [Informal]) / **Bonjour.** (Hello; Good morning.)
- **Bonsoir.** (Good evening.)

Basic courtesies:

- **oui** (yes) / **non** (no)
- **S'il te plaît.** (Please. [informal]) / **S'il vous plaît.** (Please. [formal])
- **Merci.** (Thank you.) / **Merci beaucoup.** (Thank you very much.)
- **Excusez-moi.** (Excuse me.)
- **Je t'en prie.** (You're [informal] welcome.) / **Je vous en prie.** (You're [formal] welcome.)

Travel useful sentences:

- **Je ne comprends pas.** (I don't understand.)
- **Pouvez-vous répéter?** (Can you repeat that?) / **Répétez, s'il vous plaît.** (Please repeat.)
- **Pouvez-vous parler plus lentement?** (Could you speak slower?)
- **Je ne parle pas bien français.** (I don't speak French very well.)
- **Pouvez-vous traduire pour moi?** (Can you translate for me?)
- **Parlez-vous anglais?** (Do you speak English?) / **Oui, je parle anglais.** (Yes, I speak English.)
- **Pouvez-vous m' aider?** (Could you help me?)
- **J'ai besoin d'informations.** (I need some information.)
- **Je suis perdu.** (I'm lost.)
- **Où est l'hôtel?** (Where is the hotel?)
- **Je ne sais pas.** (I don't know.)
- **Je voudrais du café/ une bière/ un Génépi.** (I would like some coffee/ a beer / some Genépi.)
- **Avec plaisir.** (With pleasure.)
- **Quel temps fait-il?** (What's the weather like?)
- **Il fait froid/chaud.** (It's cold/hot.)
- **Je rentre.** (I'm going home.)
- **Où sont les toilettes?** (Where is the restroom?)
- **A quelle heure est-ce que vous fermez?** (At what time do you close?)

LOUP (in Pra-Loup) means **WOLF** so if you see some around don't be surprised!

And if you want to look deeper and sound like an actual French:

<https://www.youtube.com/watch?v=Mr--N4d6IIM>

EMERGENCY NUMBERS in FRANCE:

There will be event medical aid for all the track related activities but for any other emergency during your stay or while getting there please contact:

The national emergency numbers are:

15 - medical emergency.

17 - police.

18 - fire brigade.

112 – European wide emergency number.

THINGS YOU NEED TO TRY/SEE:

F&B

Cheese and Saucisson from the French alps for the Apéro

Traditional mountain dishes: Tartiflette, Raclette, Pierrade, Boîte chaude or Oreilles d'Âne, Tourtons

Galette des Rois is traditionnal pastry with almond paste you can find at the Bakery for the month of January (watch out... you may break a tooth eating it, but you'll be king/queen)

Genepi for digestion (only for SENIORS, legal age limit regarding alcohol consumption applies)

NATURE LOVERS

Enjoy the beautiful mountains, several ski resorts around and typical mountain villages for sight-seeing.

Fact: discover how Barcelonnette and Ubaye valley are linked to Mexico
<https://m.barcelonnette.com/GB/the-town/barcelonnette-mexico.html>

CONTACT

Pra-Loup Tourism Board and Accommodation:

Office du Tourisme de Pra-Loup / Ubaye Tourisme

Christine LAMBERT - Manager event & animation

& Agnès DUNAND - Event Contact (speaks fluent English)

Maison du tourisme - Pra Loup :

Landline: +33 (0)4 92 84 10 04

E-mails: adunand@ubaye.com

Website

Event information:

Jérôme ORIAT, Event organizer & ATSX Vice-president

Email: jerome.oriat@gmail.com

Mobile: +33 (0)6 63 97 80 00

Jim DE PAOLI, Event organizer & Sport & Race Director

Email: jim.depaoli@gmail.com

Mobile: +41 (0)7 88 97 96 61

You can always contact Anaëlle PONCET, International Athletes Manager, (poncet.anaelle@gmail.com / +33 (0)6 30 37 79 60) however be aware that she may not be easily reachable

Payment and ATSX License issues:

Reno ECKEBRECHT – ATSX General Secretary: renoeckebrecht@gmail.com

We wish you successful training, see you in France to start the new year's icy action!

A très bientôt!

The 2023 Pra-Loup ATSX 250 Organizing Team.