

HIMALAYAN HIGHEST MTB RACE

Ladakh

2015

1° Trophy SKY IS THE LIMIT

The highest MTB stage race in the world

Tanglang La Pass 5'328 • Chang La Pass 5'380 • Khardung La Pass 5'602

6 STAGES – 510km TOTAL LENGTH - 9'000mt ASCENT

From July 2nd to 11th 2015

This will not be just a race.
Run this race means take part to a unique experience
going beyond the race results.
It means to live a **unique challenge** over the limits.



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Location overview:

Ladakh...

Ladakh (“land of high passes”) is an Indian region for over 150 years even though its culture is closely related to Tibet culture.

Over the last couple of decades the religious relationship in Ladakh has deteriorated, consequently, from 1995 Ladakh obtained to have its own administration, ensuring itself greater independence from the Muslim state of Kashmir.

Kashmir’s first military road, which links the city of Leh with the city of Srinagar was built in 1960, but the first tourists in this region only came in 1974. Otherwise, the road which connects the city of Leh with the city of Manali, which is only open between June and October, was built by the Indian army in the 90s, as a “little Tibet” defense, from the Pakistani army.

Suddenly, Ladakh people understood, on one hand, the tourism and better connections importance with the rest of the world in order to bring work and trade in the area, but on the other hand, the necessity to close the boundaries in order to keep the centuries-old balance between culture and environment.

For this reason, was born one of the first ecological associations all over India already in the 70s in the city of Leh. Association managed by local volunteers, which are involved in the tourists’ explanation of vulnerability and beauty of this land.



... and its people

Schools programs focus on mountains, glaciers and Buddhist monastery instead of palm trees, beaches and monsoons which these children will never see in their lives.

Ladakh is an immeasurable desert high-flying characterized by important snowfall during winter season which is important to grant, during summer, enough water to the field irrigation.

Opaque and dusty colors characterize the uncontaminated Ladakh landscape. Some blooming and unexpected oases, overlooked by a monastery, indicate the human presence. Tiny temples built along the way are typical to spot near the road, as much as little colored flags representing the believer's prayers given to the wind.

Ladakh is a land permeated of spirituality. It is not unusual to spot some natives with prune-purple and saffron-yellow typical dresses while turning the little prayer's cylinders and whispering their mantra.

Ladakh land is also characterized by curiosity and sweetness, such as the children who bear down on tourists at the villages' entrance, or some women in their typical dresses and coral and turquoise jewelries who smile and say hello when you bump into them along the way.

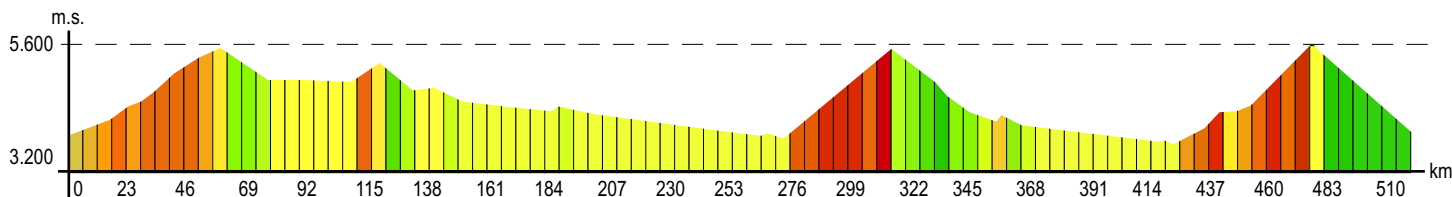
During summertime Ladakh life becomes more frenetic. People planting fields and dehydrating apricot on houses ceiling as well as busy in Buddhist parties full of sound and colors are very typical to see.

However, during wintertime, everything slows down, and this Tibetan region, seems to hibernate in a long hibernation.



SPORT EVENT:

HYMALAYAN HIGHEST MTB RACE: length 510 km - ascent 9000 mt.



International sport event. This stage race will unfold between July the 2nd and the 11th 2015, thanks to local institution and local authorities' sponsorship and complete support, and to the strong relationship with the support structure in Ladakh – INDIA.

The competition. The itinerary develops across three motorable passes over 5000 m.s.l. This feature places HHMR race – Ladakh, as the highest MTB stage race in the world. The race will develop in six stages across the Ladakh region – little Tibet, with its breath-taking landscape surrounded by the unique Himalayan chain.

The promotion. The event itself has a great international eco within enthusiastic and professionals people thanks to the extraordinary peculiarity of the race, such as CHRONO CLIMBING event and also to the great MEDIA coverage for this race.

Event record, photo and videos. The event will be fully recorded thanks to the interesting racer interviews and also to the incredible pictures which will highlight sponsor and supporters present during the event. For them, a wide range of considerable exposure packages for the complete year for their brand enterprise logo and image diffusion.

Media coverage. Widespread event TV shootings diffusion also during the days before the race start in the city of Leh - county town of Ladakh region. In this place it will take place: opening ceremony, expo area, local events, and local authorities' presentation about the solidarity-based project – sponsored by WWB – identified by the ONLUS Organization "Cycling For Word Peace", to which the proceeds from the race will be allocated.

Event program and services included.

- **Thursday July the 2nd:** welcoming and transfer event participants from the Leh airport to the Hotels (three stars Hotels, B&B treatment). From 4.00 p.m. to 7.30 p.m. race pack collection;
- **Friday July the 3rd:** excursion (optional);
- **Saturday July the 4th:** First high altitude excursion for hypoxic training (required);
- **Sunday July the 5th:** Second high altitude morning excursion for hypoxic training (required). During the afternoon, assignment the race numbers and for race briefing;
- **Monday July the 6th:** at 7.00 a.m. transfer to the starting point. At 9.30 a.m. 1st stage start;
- **Tuesday July the 7th:** at 7.00 a.m. breakfast. At 9.00 a.m. 2nd stage start;
- **Wednesday July the 8th:** at 7.00 a.m. breakfast. At 9.00 a.m. 3rd stage start;
- **Thursday July the 9th:** at 7.00 a.m. breakfast. At 9.00 a.m. 4th stage start;
- **Friday July the 10th:** at 7.00 a.m. breakfast. At 9.00 a.m. 5th stage start;
- **Saturday July the 11th:** at 7.00 a.m. breakfast. At 9.00 a.m. 6th stage start. Chrono climbing at Khardung La Pass – 1st Trophy SKY IS THE LIMIT. Arrival to Leh, end-race ceremony, award ceremony, Hotel accommodation;
- **Sunday July the 12th:** Return.

Services during the race itinerary: two break points with drinks and foods, SAG wagon, ambulance service and medical care assistance, photographers and TV shootings, motorcycle service.

Services at the end of each the stage: tent camp (each tent is for 2/3/4 people), air bed, WC tents, shower tents, mechanical service, canteen tent and briefing.

Race and stay program recommended.

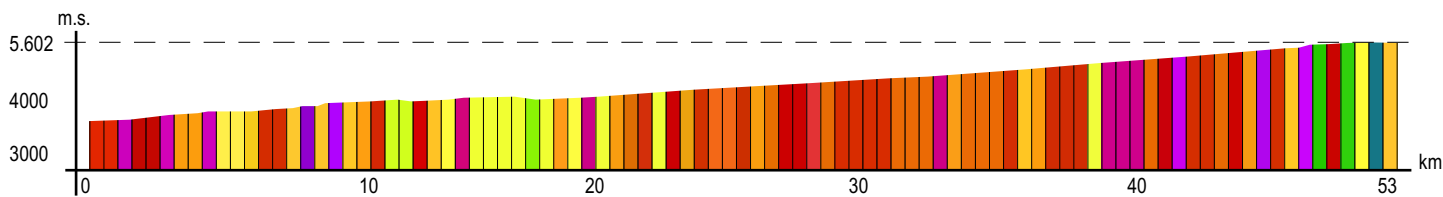
- **TUESDAY JUNE THE 30th:** welcoming and transfer from the Leh airport to the Hotels (three stars Hotels, B&B treatment).
- **WEDNESDAY JULY THE 1st:** excursion (optional);
- **THURSDAY JULY THE 2nd:** high altitude excursion for naturalization.

Himalayan highest MTB RACE



CHRONO CLIMBING

KHARDUNG LA PASS (5.602 m.s.l.) length: 53 km – ascent: 2100 mt



1° Trophy SKY IS THE LIMIT

Chrono climbing at Khardung La Pass 5602 ms.l.

The highest motorable pass in the world.

Total length of the race: 53 km. Ascent: 2100 mt.

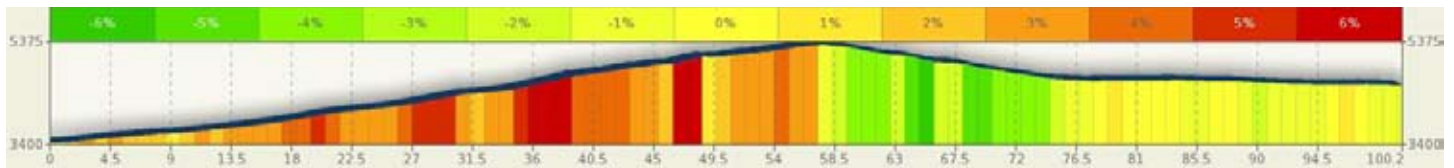
- **Chrono climbing.** The competition against the clock, will be in the first part of the 6th stage, during the climb of Khardung La Pass, the highest motorable pass in the world (5.602 mt.).
- **Timing.** The transit on the pass summit point will be timed for all bikers, in order to leave an historical proof of everyone personal challenge and in the competition annals.
- **1st Trophy THE SKY IS THE LIMIT - 2015.** The fastest biker who will reach the Khardung La Pass will win this aspired prize and – not less important – he will enjoy to be the first biker of the first edition.
- **Chrono climbing book.** Register their own name in the first chrono climbing book and furthermore to be present in this first edition, it will last the tangible pride and satisfaction in each one personal and sport history.
- **Performance.** The agonistic tension and the effort for achieve the chronometric result and the concentration of the enthusiast in the management of their energies will be let off on the pass summit, leaving the place to immense joy and emotion.



Stages

1st UPSI – TSO KAR LAKE

Total length: 101 km. Ascent: 2100 mt.



The first stage, one of longer, will start with the climb to Tanglang La Pass.

It will be 50 km long ascent steady and without any difficult slope which will allow any biker to face it with their own rhythm from Upsi town (3400mt.) to Tanglang La Pass (5328 mt.).

As first stage, it is advisable to not exaggerate with the rhythm, in order to allow the body to find a better hypoxic training to the high altitude. To find the good rhythm between breath, heart rate and pedal strokes will be the smart move for reach the summit unscathed.

A descent of over 20 km will conduct the ride to the fork with the track which will bring the riders to the end of the stage. The road will continue in a light descent until Tso Kar Lake.

2nd TSO KAR LAKE – CHUMATHANG

Total length: 69 km. Ascent: 1000 mt.



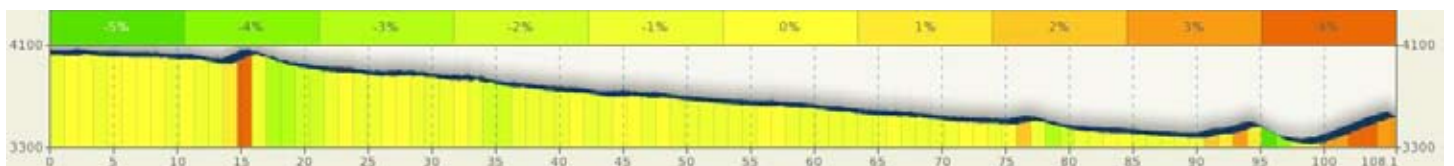
The second stage will have a first part flat and then the track will lightly ascend, from 4550 mt., lake altitude, up to 4950mt. in less than 20 km.

Then a long descent will bring the bickers run along the little lake until to reach a cross road near the Sumdo village. From here we will reach the Indo River at 4150 mt.

The road which will run along the river is characterized by several rise and fall until the Chumathang village.

3rd CHUMATHANG – CHEMREY

Total length: 108 km. Ascent: 800 mt.



The third stage is the longest stage of the race with its 108 km.

The road will run along the river until nearly the end of the stage.

The permanent feature will be the rise and fall road which will bring the riders to descend until 3300 mt, and then, to the fork with the road to Chemrey village at 3500 mt.

4th CHEMREY – SHYOK RIVER

Total length: 81 km. Ascent: 2000 mt.



The fourth stage will pass through the second pass of the tour: Chang La Pass.

A 35 km. ascent will bring the riders from nearly 3500 mt. (Chemrey) to 5380 mt. (Chang La Pass).

After the first pass experience, this will be another long and fairly difficult ascent, less difficult compared to the first pass. A long descent will bring the riders at 3550 mt. along the bank of Shyok River.

5th SHYOK RIVER – NUBRA VALLEY

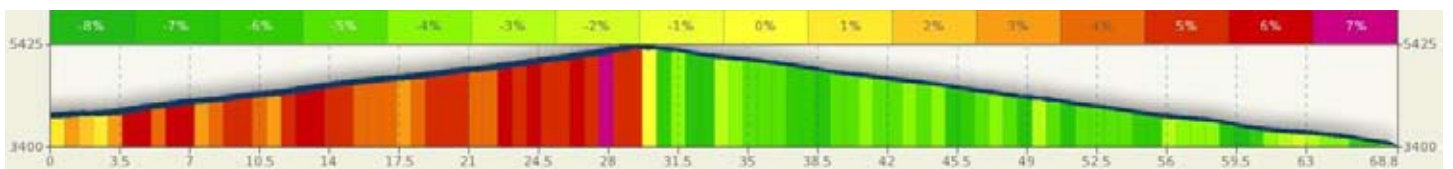
Total length: 69 km. Ascent: 600 mt.



The fifth stage will follow the Shyok river with little rise and fall until reach 3350 mt, at the beginning of Numbra Valley, where the stage will end.

6th NUBRA VALLEY – KHARDUNG LA PASS – LEH

Total length: 88 km. Ascent: 2100 mt.



The last stage is comprehensive with Khardung La Pass chrono climbing up to declared 5602 mt (actually 5380 mt.), for this reason registered as the highest motorable pass in the world.

The chrono climbing will time the bickers performance and a special rank will be dedicated to this competition. The stage will end in the city of Leh, after a long descent of nearly 40 km.

At this point the athlete efforts and stresses will be converted in great joy and satisfaction due to the awareness to have ended this competition, making them forget their sacrifices.



