

Boulogne-Billancourt, 23<sup>rd</sup> June 2023

4 to 8 October 2023

## 2023 ROC D'AZUR

# NATURE, WHERE THE ROC D'AZUR COMES OUT TO PLAY

### Key points

- Stretch out the summer in Fréjus (Var) from 4 to 8 October with the Roc d'Azur
- The place to be for mountain biking and outdoor sports enthusiasts
- Races that will delight athletes of all levels: mountain biking, electric mountain biking, gravel grinding, outdoors (trail running, triathlon and hiking) and family fun
- The Esterel and Les Maures massifs provide the scenic backdrop to an electrifying event
- Sign up at [timeto.com](https://www.timeto.com)

### A BUNCH OF RACES

The 39<sup>th</sup> edition of the Roc d'Azur will take place in Fréjus from 4 to 8 October. It is a major event for mountain biking and outdoor sports fans and the perfect excuse to stretch out the summer on the tracks of the Esterel and Les Maures massifs.

Packed with **events in 5 categories** (MTB, e-MTB, gravel, outdoors and family fun), the Roc d'Azur has something for everyone, with a range of races, difficulty ratings and disciplines that make this a big gathering for everyone.

### FOCUS ON THE HIGHLIGHTS OF THE 2023 EDITION

#### The Roc d'Azur has MTB in its DNA

The Roc d'Azur has been fostering the development of mountain biking since 1984. Over 20,000 amateurs and pros line up for the various races on the programme. Whatever their age, whatever their level, the Roc d'Azur has something for everyone, from riders thirsting for competition to others who just want to relax and have fun.

The [Roc d'Azur](#), the legendary race of the event, the [Ford Roc Marathon](#) and the [Garmin Roc Masters](#) will give sports junkies what they want, while the [Randos Roc](#), [Randos Déguisées](#) and [Ekoï Rando Odyssee](#) are ideal for those who do not feel the need to race against the clock.

Kids will have a blast too with the [Kid Roc Five](#) and [Kid Roc Draisienne](#)!

### Trail running and the Roc Trophy to keep things interesting

The **Roc Trail** is returning on Saturday, 7 October after its debut last year. Trail runners will be spoilt for choice, with 4 races (16 km, 22 km, 32 km and 43 km) starting from Roquebrune-sur-Argens. Julien Chorier, who has tamed countless ultra trails across the globe, tackled the 32 km one. He was "amazed". "It's crazy how well organised it is with all these volunteers in the right place at the right time and everything marked out perfectly. It was nice to discover and trail running well and truly has its place in this event."

With 5 days of action (1 race every day), 237 km to cover and 6,000 m of elevation gain to conquer, the **Roc Trophy** is a week of pure adrenaline at the Roc d'Azur —the chance to set oneself a challenge and the guarantee of a full-blown Roc d'Azur experience day in, day out.

Click [here](#) to view the programme of the Roc Trophy.

- Wednesday, 4 October: Rallies Roc XC (34.1 km)
- Thursday, 5 October : Rando Roc Enduro (38.9 km)

- Friday, 6 October: Canyon Roc Marathon (91.3 km)
- Saturday, 7 October: Individual time trial (18.1 km),
- Sunday, 8 October: Roc d'Azur (54.5 km)

### New in 2023

The **Multi Roc Challenge** is just the ticket for all-rounders keen on racking up one outdoor experience after another. It is a medley of the various disciplines featured in the Roc, with four races from Thursday, 5 to Sunday, 8 October. The winner of the general classification will be the rider with the best overall performance!

Click [here](#) to view the programme of the Multi Roc Challenge.

- Thursday, 5 October: Tri Roc (triathlon)
- Friday, 6 October: Roc Marathon (MTB)
- Saturday, 7 October: Roc Trail 32 km (running)
- Sunday, 8 October: Roc d'Azur (MTB)

The ranks of walkers and hikers are swelling across France, so it is only natural that they get to join the big celebration of the Roc d'Azur too. Four **Rando Pédestre** routes (5 km, 8 km, 13 km and 22 km) have been added to the programme of the event on Sunday, 8 October. The participants will depart from Place Perrin in Roquebrune-sur-Argens and embark on a journey of discovery of the gorgeous tracks that wind their way around ochreous rocks, set against the sapphire blue of the Mediterranean on the horizon.

### A UNIQUE AMBIENCE IN MAJESTIC LANDSCAPES

No matter what race, rider or hike they sign up for, all the participants will get to savour the unique atmosphere of the event and enjoy the daily activities and village attractions.

### Stéphane Tempier, 2021 and 2018 Roc d'Azur winner

"There's the competition, of course, but the Roc d'Azur is so much more than that. It's always a blast. It's the only event of this scale. In the alleys of the expo, you bump into amateurs, pros, brands and all the movers and shakers of this world. It even goes beyond mountain biking. Everyone gets together, it's nice. There's a camaraderie that you don't always see in other sports. We all share the same passion."

The magic of the Roc: every race, ride and hike takes place against a unique backdrop with breathtaking scenery: **the Les Maures Massif, the François Léotard nature base in Fréjus, the Argens plain around Roquebrune-sur-Argens, the heights over Saint-Raphaël and the Esterel Côte d'Azur Agglomération.** Even the **heart of the old town** of Fréjus is in the spotlight during the thrilling Roc Ruelles, held in an electrifying atmosphere after the sun goes down!

### Back to the Esterel Massif

The Esterel Massif made its debut in 2022 to widespread acclaim, so its return in 2023 was never in doubt. Three rides will be held there: the Rando Esterel, Rando Électrique Esterel and Gravel Esterel. Right from the start in the Cap Esterel village in Saint-Raphaël, the entrants will again feast their eyes on the grandiose panoramas of the Esterel Côte d'Azur Agglomération from the heights over Saint-Raphaël. Each of these events comes in multiple distances (20 km, 24 km, 48 km and 56 km for the two rides and 49 km and 70 km for the gravel grinder).

Find out more about the hikes [here](#).

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