

Boulogne-Billancourt, 15 September 2023

4 to 8 October 2023

2023 ROC D'AZUR THE GREAT CELEBRATION OF MTB AND OUTDOOR SPORTS

- In three weeks, from **4 to 8 October**, MTB and outdoor sports fans will flock to Fréjus (Var) for the **39th edition of the Roc d'Azur**, one of the ultimate events of the season. The programme is packed with sports for athletes of all ages and levels in a friendly, festive atmosphere. The epic races are still on the agenda: **Ford Roc Marathon, Roc d'Azur...**
- In a new development, the Roc d'Azur is rolling out the red carpet for hikers with a hike amid jaw-dropping scenery.
- The **show**, open to everyone, is a forum where athletes meet the brands, get advice from experts and professionals and check out the latest trends.
- Everything will be in place for the participants to stretch out the summer in the unique landscape and atmosphere of the Mediterranean!

SHAKING UP THE ROC D'AZUR

The Roc d'Azur is also aimed at hikers, and this year it will be hosting a **hiking** event. 4 routes (5 km, 8 km, 13 km and 22 km) will be available on Sunday 8 October. Participants will set off to discover the splendours of the Roquebrune rock. An immersion in the heart of an incredibly beautiful natural area with XXL panoramic views over the Mediterranean. And it's sure to be a hit with those accompanying them.

Trail runners, who burst onto the scene in the Roc d'Azur last year, will again set out from Roquebrune-sur-Argens to tackle the same distances as the last time, namely 16 km, 32 km and 43 km, as well as a new 22 km course to round out the trail running programme. The **Rando Roc Famille** will be a real treat for kids (10 and older) and grown-ups.

The **Multi Roc Challenge** is cut out for athletes on a quest for performance. It is a formidable challenge, with 4 races of 3 varying styles held between Thursday, 5 and Sunday, 8 October: the **Tri Roc** (triathlon), **Roc Marathon** (MTB), 32 km **Roc Trail** (trail running), **Roc d'Azur** (MTB).

Finally, the **MTB ride** programme is also growing. The **Rando Verte** (23 km), **Rando Bleue**, **Rando Bleu Électrique** (33 km), **Rando Rouge** and **Rando Rouge Électrique** (40 km) are the icing on the cake of the menu for Saturday, a day when adrenaline junkies can also have a shot at the **Alltricks.com Rando Noire** (49 km) and **Shimano Rando Noire Électrique** (49 km).

View the full programme on [the official site](#).
[Registration still open on time to.](#)

THE ROC FOR ALL AGES AND LEVELS

The Roc has also got something in store for kids, who will get their first taste of physical exertion in the **Kid Draisienne** (ages 2 and older) and **Kid Roc** (4 categories), racing like the grown-ups.

The **Tri Roc** has carved a place on the triathlon calendar since its Roc d'Azur debut in 2012. Competing solo or in relay teams, fans of the triple challenge will get to swim in the Mediterranean (1,500 m in two loops), ride their mountain bikes through Les Maures Massif (30 km) and wrap up their adventure on the nature base in Fréjus (9.6 km).

The iconic **Rando Déguisée** (with fancy dresses) is back on Saturday. It is the ideal opportunity to share a festive and laid-back run with friends or family!

Entrants in the [Rando Roc Estérel](#), [Rando Roc Électrique Estérel](#) and [Gravel Estérel](#) will again experience the joy of riding through the splendid Estérel Massif. Devoid of significant technical difficulties, the various courses wind their way through the ochre rocks on the heights over Saint-Raphaël, revealing grandiose panoramas.

THE SHOW, A FORUM FOR SHARING AND EXCHANGING

Boasting nearly [300 exhibitors](#) running the whole gamut of mountain biking and outdoor sports, and with [100,000 visitors](#) expected to criss-cross its aisles, the show is the ideal place to check out the latest products and services, talk to experts, meet champions and, most importantly, share the passion. A wide range of activities await visitors every day with the promise of an intense experience for all!

Find out more: www.rocazur.com

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