

Paris, 12 April 2024

From 9 to 13 October 2024

ROC D'AZUR 2024

ROAD CYCLING

JOINS THE ROC D'AZUR FAMILY

Key points

- The Roc d'Azur returns to Fréjus from 9 to 13 October for its 40th edition.
- More than ever, cycling in all its forms, with **3 new features** to celebrate the event's 40th anniversary
- **Road cycling with the Cyclo Roc**: 130.9 km (1,900m of elevation gain) in the splendid scenery of the Var backcountry.
- **The Canyon Rando Gravel Origins** : 70k m of gravel, following in the tracks of the Roc d'Azur pioneers 40 years later
- **The Rando d'Azur Électrique** on Sunday: the electric version of the Roc d'Azur.
- **Registration for all events on [time to](#)**

130.9 KM IN THE HEART OF THE VAR BACKCOUNTRY FOR ROAD CYCLING ENTHUSIASTS

The arrival of road cycling on the Roc d'Azur programme makes the event, more than ever, THE place to be for all types of cycling.

On Sunday, 13 October, road cycling will debut on the programme with a 130.9km route (1,900m of elevation gain). More than just a trail, it's a genuine journey to the heart of the splendours of the Var backcountry. After setting off just 5 minutes from the Fréjus nature centre, participants will take to the winding scenic roads between the famous red rocks. Further on, they will catch sight of the **Roquebrune rock**. After some 60 kilometres, the road gradually rises, with the reward of crossing **Seillans, Mons** (at the 75th kilometre, the highest point of the event at an altitude of 900 m, with one of the three feed stations on offer, a panorama of XXL guaranteed), and **Fayence**, at the 90th kilometre. These are typical villages of the region, with their homes built into the sides of hills, all of which are among the most beautiful villages in France. On the way back, on a mainly downhill profile, the riders will head towards **Bagnols-en-Forêt** and the **Gorges du Blavet**, with their ochre cliffs and lush green vegetation. They will then ride to the finish line at the **Fréjus nature base** along the seafront.

GRAVEL: CANYON RANDO GRAVEL ORIGINS, FOLLOWING IN THE TRACKS OF THE PIONEERS

A booming sport in the cycling world, **gravel** has been a mainstay at the Roc d'Azur since 2016. The 40th edition of the Roc d'Azur will introduce the **Canyon Rando Gravel Origins on Thursday, 10 October**. **Forty years after the debut of the Roc d'Azur, this new 70 km event (2,200m of elevation gain) will start from the Gulf of Saint-Tropez where, in 1984, seven riders set off together with Stéphane Hauvette.** It's an event that recalls the rich history of the Roc d'Azur. Gravel enthusiasts will also have the chance to take on the **Canyon Rando Gravel Estérel** (69.4 km, 1,250 m of elevation gain) and the **Canyon Gravel Roc** (69.6 km; 1,660 m of elevation gain), as in previous years.

THE ROC D'AZUR ACCESSIBLE TO ALL THANKS TO THE RANDO D'AZUR ÉLECTRIQUE

On Sunday, the Roc d'Azur will be the final event of the week. It will attract thousands of riders again. Some of the world's top cross-country mountain competitors will try to add their names to the list of winners. **This year, for the first time, the last wave of the Roc d'Azur will be followed by the Rando d'Azur Électrique, the electric touring version of the event.**

THE ROC D'AZUR FOR ALL: EVERYONE HAS THEIR DESIRES, PREFERENCES AND METHODS

A wide range of events for all levels, ages and abilities

The many rides (Rando Estérel, Ekoï Rando Odyssey, Alltricks.com Rando noire, Rando déguisée...) on **traditional mountain bikes or with an electric version** will also allow those for whom the stopwatch and competition are not priorities to enjoy the Roc d'Azur fully. **Because the Roc d'Azur is also an opportunity to share quality time as a family, the Family Rando, the Kid Roc or the Kid Roc Draisienne** will create some beautiful memories.

Triathlon, trail and walking on the programme

The new events for 2024 enrich a programme that has constantly evolved over the years, adding new disciplines. Introduced in 2012, the **Tri Roc**, both individual and relay, is now a high point of the **Roc d'Azur** and is particularly eagerly awaited by triathlon fans, who are delighted to have the chance to plunge into the Mediterranean (1,500 m) before riding through the **Maures** mountain range (25.6 km) and then running at the **nature base** (9.6 km). With courses of 16, 22, 32 and 43 km around the **Roquebrune-sur-Argens rock**, the trail events quickly won over the runners. In the second successive year, the walking events (8, 13 and 22km) have also proved popular in the Roc d'Azur family.

Whether in the Maures range, Saint-Raphaël, Roquebrune-sur-Argens or the Estérel range, in the heart of the Estérel Côte d'Azur Agglomération, all the events on offer promise an intense day out!

PRESS CONTACTS:**Press service**

Mélanie Vallage

mvallage@aso.fr / + 33 7 89 31 57 38**Relations presse**

Aurélia Filho

aurelia@agenceafc.com / +33 7 85 82 89 72