

## Racer Road Book n°1: ARWS 2024 – Raid In France – Nouvelle Aquitaine

Maps: 1 to 7, passport, and road book n°1

### **General Reminder:**

- **Each team must check in at the arrival and departure of each CP and AT.**
- **All team members must be present to check each waypoint.**
- **All waypoints are mandatory; missing a waypoint results in a 24-hour penalty. Moreover, before deciding not punching a kite each team must actively seek for it and attempt to find it/punch it, otherwise, the team can be punished of disqualification.**
- Close gates behind you if they were closed, leave them open if they were open.
- Avoid damaging fences when crossing them. Any infraction will result in immediate disqualification.
- Do not cross cultivated fields.
- Respect the tranquillity of livestock and keep your distance.
- **In protected areas, adhere to specific rules: stay on existing paths, do not cut corners. Violations result in disqualification.**
- Avoid restricted areas marked on the maps (/////).
  
- National and departmental roads are prohibited except for authorized sections or crossings.  
**prohibited passage =X) == authorized passage ==(X= prohibited passage**
  
- Roads are open to traffic; you must obey traffic rules and ride in single file. Riding at night without lights is prohibited.
- A fluorescent vest must be visible at night.
- Helmets are mandatory for biking, packrafting, canyoning, and rope sections unless otherwise indicated in the road book.
  
- **You are fully responsible for your actions.**

## **Prologue Section – Orientation – Map: Prologue**

**Distance: 3km – Elevation Gain: +40m – Elevation Loss: -65m**

**Mandatory Equipment:** All disciplines list except: 1 emergency shelter,  
1 sleeping bag + kayaking discipline list except paddle bag

**See General Reminder**

Waypoint order is free

- Stay behind the lead cyclist until taking the map.
- You can leave your mandatory equipment anywhere after taking the map.
- Check waypoint 9 of the prologue with all mandatory equipment.

1. Path bend
2. Hedge
3. Tree
4. Stream and path intersection
5. End of hedge
6. Sports signs
7. Small bridge
8. Wooden shed
9. "Chez Fanny"

At waypoint 9, leave your Prologue map with the punches and take maps 1 to 7, the roadbook, and passport No. 1.

**Penalty for prologue section: To be served at AT1**

## **Section A – Packraft/Trek1 – Map: 1**

**Distance: 18km – Elevation Gain: +125m – Elevation Loss: -195m**

**Mandatory Equipment:** All disciplines list except: 1 emergency shelter,  
1 sleeping bag + kayaking discipline list except paddle bag

**See General Reminder**

Wearing wetsuits and helmets is mandatory only during navigation between the embarkation zone and K1.

Follow instructions given by the organization during the descent and those on signs along the river.

Respect the embarkation zone marked by tape.

If disembarking from boats during the descent of "La Vézère," avoid walking in the water, stay on the bank.

**K1:** Creek

**K2:** Lakeside

**K3:** Foot of the Waterfall (left bank)

**K4:** Trackside

Embarkation prohibited before CP1

**CP1:** Stream mouth (creek)

Mandatory disembarkation upstream of the restricted zone.

**AT1:** Parking – right bank of the river, downstream of the dam



Leave with the organization: 4 bike boxes and the paddle bag

## Section B – MTB1 – Map: 1

**Distance: 41km – Elevation Gain: +1070m – Elevation Loss: -805m**

**Mandatory Equipment:** All disciplines list except: 1 emergency shelter, 1 sleeping bag + MTB discipline list

**See General Reminder**

National and departmental roads are prohibited except for authorized sections or crossings.

**prohibited passage=X**== authorized passage ==(**X=prohibited passage**)  
Obey traffic rules, ride in single file. Riding at night without lights is prohibited.

Fluorescent vest must be visible at night.

**K5:** Track junction

**K6:** Track junction

**K7:** Track bend

**K8:** Stream and path intersection

**CP2:** North corner of the pond

**K9:** Track junction

Be careful on D940, heavy traffic

**K10:** Track junction

**AT2:** Castle courtyard



Leave with the organization: 4 bike boxes and box A  
Food available only during opening hours.

## **Section C – Trek1 – Map: 2**

**Distance: 13km – Elevation Gain: +610m – Elevation Loss: -510m**

**Mandatory Equipment: All disciplines list**

**See General Reminder**

**K11: Summit**

**K12: Summit**

**K13: Summit**

**K14: Trackside**

**AT3: Campsite (lakeside)**



Leave with the organization: paddle bag

## **Section D – Packraft/Trek2 – Map: 3**

**Distance: 14km – Elevation Gain: +770m – Elevation Loss: -770m**

**Mandatory Equipment:** All disciplines list except: 1 emergency shelter, 1 sleeping bag + kayaking discipline list except helmets + throw ropes + wetsuits

**See General Reminder**

Night navigation is allowed. At night, a glow stick attached to the vest, a strobe light per packraft, and a long-range light are mandatory.

**Checkpoints must be visited in order from B1 to B10.**

**Pass between the yellow "Ertips" buoy and the shore at "Châteaucourt," marked with a red circle on the map.**

**B1:** Tree

Between B1 and B2, stay in single file on the roadside due to possible vehicle traffic.

**B2:** Tree

Between B2 and B3, mandatory passage west of the island at "Port Crozat."

**B3:** Summit

**B4:** Pathside (summit)

**B5:** Water trough

**B6:** Tree

**B7:** Trackside

**B8:** Beach

**B9:** Track start

Between B9 and B10, stay on designated trails.

**B10:** Wooden shelter

#### AT4: Beach (north point)



Food available only during opening hours.

Leave with the organization: 4 bike boxes, boxes A and B, and paddle bag.

## Section E – MTB2 – Maps: 4 – 5 - 6

**Distance: 89km – Elevation Gain: +1650m – Elevation Loss: -1460m**

**Mandatory Equipment:** All disciplines list + MTB discipline list

**See General Reminder**

National and departmental roads are prohibited except for authorized sections or crossings.

**prohibited passage=X)**== authorized passage ==**(X=prohibited passage**

Obey traffic rules, ride in single file. Riding at night without lights is prohibited.

- Fluorescent vest must be visible at night.

**K15:** Footbridge

**K16:** Track junction

**K17:** Track junction

**K18:** Track junction

**K19:** Track bend

**K20:** Track junction

Be cautious crossing N89, heavy traffic.

The railway line is disused.

**K21:** Track junction

Join the former railway line turned into a trail and descend the river "Le Chavanon."

**AT5:** Tracks and road junction



Leave with the organization: 4 bike boxes, box A, and paddle bag.



## **Section F – Packraft/Trek3 – Map: 7**

**Distance: 25km – Elevation Gain: +30m – Elevation Loss: -310m**

**Mandatory Equipment:** All disciplines list except: 1 emergency shelter, 1 sleeping bag + kayaking discipline list

**See General Reminder**

Wearing wetsuits and helmets is mandatory only during navigation between K22 and CP3.

Follow instructions given by the organization during the descent and those on signs along the river.

**Do not cross tunnels between K22 and CP3.**

Night navigation is allowed. At night, a glow stick attached to the vest, a strobe light per kayak, and a long-range light are mandatory. Night navigation between K22 and CP3 may be allowed by the organization based on weather conditions.

**K22:** Stream junction

**CP3:** Dam (right bank)

Between CP3 and AT6, navigate the right bank of the Dordogne.

**AT6:** Beach



Food available only during opening hours.

Leave with the organization: box B and paddle bag.

**Racer Road Book n°2: ARWS 2024 – Raid In France – Nouvelle Aquitaine**  
Maps: 8 to 14, passport, and road book no. 2

**General Reminder:**

- **Each team must check in at the arrival and departure of each CP and AT.**

- **All team members must be present to check each waypoint.**

- **All waypoints are mandatory; missing a waypoint results in a 24-hour penalty. Moreover, before deciding not punching a kite each team must actively seek for it and attempt to find it/punch it, otherwise, the team can be punished of disqualification.**

- Close gates behind you if they were closed, leave them open if they were open.

- Avoid damaging fences when crossing them. Any infraction will result in immediate disqualification.

- Do not cross cultivated fields.

- Respect the tranquillity of livestock and keep your distance.

- **In protected areas, adhere to specific rules: stay on existing paths, do not cut corners. Violations result in disqualification.**

- Avoid restricted areas marked on the maps (/////).

- National and departmental roads are prohibited except for authorized sections or crossings.

**prohibited passage =X) == authorized passage ==(X= prohibited passage**

- Roads are open to traffic; you must obey traffic rules and ride in single file. Riding at night without lights is prohibited.

- A fluorescent vest must be visible at night.

- Helmets are mandatory for biking, kayaking, canyoning, and rope sections unless otherwise indicated in the road book.

**- You are fully responsible for your actions.**

## **Section G – Trek2 + Ropes – Map: 8**

**Distance: 11km – Elevation Gain: +340m – Elevation Loss: -480m**

**Mandatory Equipment:** All disciplines list + rope list

**See General Reminder**

**K23:** Trackside

**K24:** Foot of pylon

**K25:** Path junction

**CP4:** Summit of the Orgues (cliffs)

Follow instructions from the organization, use equipment throughout the section, and always have at least one attachment point to installed equipment.

**Rope course is mandatory.**

**K26:** Stream bed (small waterfall)

**AT7:** Field



Leave with the organization: box B, paddle bag, and rope equipment only in the bag provided by the organization.

## **Section H – Packraft/Trek4 – Maps: 8 - 9**

**Distance: 64km – Elevation Gain: +1050m – Elevation Loss: -870m**

**Mandatory Equipment:** All disciplines list + kayaking discipline list

**See General Reminder**

Night navigation is allowed. At night, a glow stick attached to the vest, a strobe light per kayak, and a long-range light are mandatory.

Wearing wetsuits and helmets is mandatory during navigation between K32 and K34.

Follow instructions from the organization during the descent and those on signs along the river.

**K27:** Wall corner

At the "Val Beneyte" power plant (100m upstream to 100m downstream), navigate close to the left bank of the "Dordogne." Risk of strong water release.

**K28:** Right bank (below the small waterfall)

Descent below K28 is prohibited.

**K29:** Summit

Embarkation upstream of K30 is prohibited.

**K30:** Right bank (rock, downstream of the bridge 500m)

**CP5:** Dock ("Pont de Lamirande")

**K31:** Stream junction

**K32:** Beach (right bank of the "Luzège," upstream of the footbridge)

**K33:** Stream junction

**K34:** Right bank of the "Dordogne"

**CP6:** Mouth of the "Ruisseau de la cascade"

At CP6, retrieve your organization bag with harnesses.

Follow instructions from the organization based on water level.

**K35:** Stream bed

**K36:** Waterfall foot

**AT8:** Track and road junction



**CUT-B – AT8:** From Wednesday, July 3rd at 10:00 AM: teams go directly by bike to AT10 via "La Bessade," "Vieilzot," "La Plaze," "Feyt," "Servières le Château," "Le Coudert," "Le Sirieix," "Combe Lescure," "Charlannes," "Doustret," "Croisy," "L'Hopital," "Esbourbaniers," "Laygues," "Saulières," and "Pont de Vauris." Mandatory route. Minimum time for this section is 6 hours. Departure from AT10 no earlier than 4:00 PM on Wednesday, July 3rd.

**CUT-A – AT8:** From Wednesday, July 3rd at 5:00 PM: teams go directly by bike to AT12 via "Laboulloire," "La Chapeloune," "Saint Merd de Lapeau," "Marcillac la Croisille," and "Le Moulin de Chabanier." Mandatory route. Minimum time for this section is 6 hours. Departure from AT12 no earlier than 11:00 PM on Wednesday, July 3rd.

Leave with the organization: 4 bike boxes, box A, and paddle bag.

## Section I – MTB3 – Map: 10

**Distance: 31km – Elevation Gain: +510m – Elevation Loss: -560m**

**Mandatory Equipment:** All disciplines list + MTB discipline list

**See General Reminder**

National and departmental roads are prohibited except for authorized sections or crossings.

**prohibited passage =X)= authorized passage =(X= prohibited passage**  
Obey traffic rules, ride in single file. Riding at night without lights is prohibited.

Fluorescent vest must be visible at night.

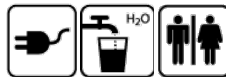
**K37:** Track junction

**K38:** Stream and Track intersection

**K39:** Track junction

**K40:** Stream and Track intersection

**AT9:** Picnic area



Leave with the organization: 4 bike boxes, boxes A and B, and paddle bag.

## **Section J – Packraft/Trek5 – Maps: 10 - 11**

**Distance: 35km – Elevation Gain: +700m – Elevation Loss: -1170m**

**Mandatory Equipment:** All disciplines list + kayaking discipline list

**See General Reminder**

Night navigation is allowed. At night, a glow stick attached to the vest, a strobe light per kayak, and a long-range light are mandatory.

Follow instructions from the organization during the descent and those on signs along the river.

**K41:** Summit

**K42:** Right bank of the river

**CP7:** Wooden cabin

You will progress in a private, public, and historic place, "Les Tours de Merle." Respect the site and be silent. Follow marked paths; cutting corners or detours is prohibited. Violations result in disqualification.

You can leave your belongings at the foot of the towers to check waypoints, **with the entire team**. Do not block visitor passage.

**K43:** Tower summit (flag)

**K44:** Tower summit (flag)

**Navigation upstream of Laval is prohibited.**

To reach Laval, after K44, bypass the towers on the right bank of the "Maronne," then cross to the left bank near the last ruins, continue to the hydroelectric plant, cross again (footbridge), and continue on the right bank.

Helmet is not mandatory between Laval and the disembarkation point.

**K45:** Right bank of the "Maronne"

Disembarkation at the double power line is available.

Disembarkation downstream of the restricted zone upstream of the dam is prohibited.

**K46:** Small hill (rocks)

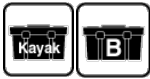
If navigating the "Maronne" between K46 and CP8, helmet use is again mandatory.

**Be cautious approaching CP8, strong rappel at the hydroelectric plant. Respect signage.**

**CP8:** Left bank of the "Maronne" (upstream of the hydroelectric plant)  
Follow instructions from the organization to re-embark downstream of the plant.

Reminder: Helmet use is mandatory between CP8 and AT10.

**AT10:** Right bank of the "Dordogne" (field)



Leave with the organization: box B and paddle bag.



## **Section K – Trek3 – Maps: 11 - 12**

Distance: 41km – Elevation Gain: +1420m – Elevation Loss: -1160m

**Mandatory Equipment:** All disciplines list

**See General Reminder**

From AT10, a path ascends a part of the "Combe Jean Stream" towards K47.

**K47:** Stream junction

**K48:** Stream and Track intersection

**K49:** Forest corner

Be cautious crossing D921, heavy traffic.

**K50:** Stream and path intersection

**K51:** Waterfall foot

To reach D1120 at "L'Etrange," follow the stream, stay on the left bank to avoid trampling the field. Be cautious crossing the road, heavy traffic.

**K52:** Track and road junction

**K53:** Bridge

**K54:** East corner of the pond

**K55:** Right bank of the stream

**AT11:** Wooden building



Do not leave anything with the organization.

## **Section L – Packraft1 – Map: 12**

**Distance: 7km – Elevation Gain: +0m – Elevation Loss: -0m**

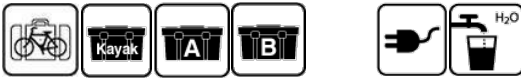
**Mandatory Equipment:** All disciplines list except: 1 emergency shelter, 1 sleeping bag + kayaking discipline list

**See General Reminder**

Life jacket use is mandatory throughout the section.

Night navigation is allowed. At night, a glow stick attached to the vest, a strobe light per packraft, and a long-range light are mandatory.

**AT12:** Left bank of the "Doustre" (field)



Leave with the organization: 4 bike boxes, boxes A and B, and paddle bag.

## **Section M – MTB4 – Maps: 12 - 13 - 14**

**Distance: 75km – Elevation Gain: +2000m – Elevation Loss: -1860m**

**Mandatory Equipment:** All disciplines list + MTB discipline list

**See General Reminder**

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Fluorescent vest must be visible at night.

At "La Rebeyrotte", **passing under the D1089-N89 road is mandatory** via a culvert located to the left of the access road. **N89 is prohibited.**

**K56:** Track Junction

**CP9:** Summit (picnic tables)

**CUT-C – CP9:** Starting from Friday, July 5th at 2:00 AM, teams will go directly by bike to CP10 via "Franchise", "Lanour", "La Vialle", and "Puy du Roc Bas". This is a mandatory route. The minimum time to complete this section is 3 hours. Departure from CP10 is at 5:00 AM on Friday, July 5th at the earliest.

**K57:** Summit

**K58:** Path Bend

**CP10:** Track and road Junction

**K59:** Track Junction

**K60:** Stream and Path Intersection

**K61:** Trackside

**K62:** Trackside

From K62, follow the markers to reach the finish.

**FINISH:** Esplanade "Centre Sportif des 1000 Sources"

A well-deserved rest and a good beer!!!! Congratulations