

3 possible dates :

From Friday 15th to Sunday 17th of July

From Thursday 1st to Saturday 3rd of September



Recognition of the Ultra Trail Nice Côte d'Azur by UTMB ® 45 Miles in 3 days

Recognition of the Ultra Trail event in
September





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General information

- ❑ Meeting point and pick up : Tournette-Levens (06690)
- ❑ Col d'Andrion to Nice / 44,74 miles / 2874 D+
- ❑ Accommodation : Typical stone farmhouse.
- ❑ Level of difficulty: Beginner to advanced (5 to 7h per day with difference in altitude) ● ● ● ●
- ❑ Duration: 3 days / 2 nights

Description and overview of the Village

The club of Tournette Levens, DYNAMIC'TRAIL, proposes a recognition camp between the Col d'Andrion and Nice - Promenade des Anglais. We will go through sublime viewpoints such as the Brec d'Utelle, the Mont Ferion and the Mont Cima. Ideally located between the sea and the mountains, Tournette-Levens, an authentic village of heritage and art, is situated 12 kms from Nice. A real perched village, it still has a tower of its medieval castle. For a good supervision, the group is limited to 10 people. You will be able to take advantage of these days of trail to approach all the aspects of a good race management in Ultra-Trail: psychological, physiological, refreshments, etc. On the programme: 2 balanced stages which will allow you to study in detail the main difficulties of the last part of this event, to evolve on a technical course, to visualise the key passages, etc.





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Step by step programme

Day 1: Tourrette-Levens :

The Dynamic Trail team welcomes you at the Town Hall of Tourrette-Levens at 6.30 pm. Installation in the accommodation. Welcome drink and presentation of the routes. Dinner.

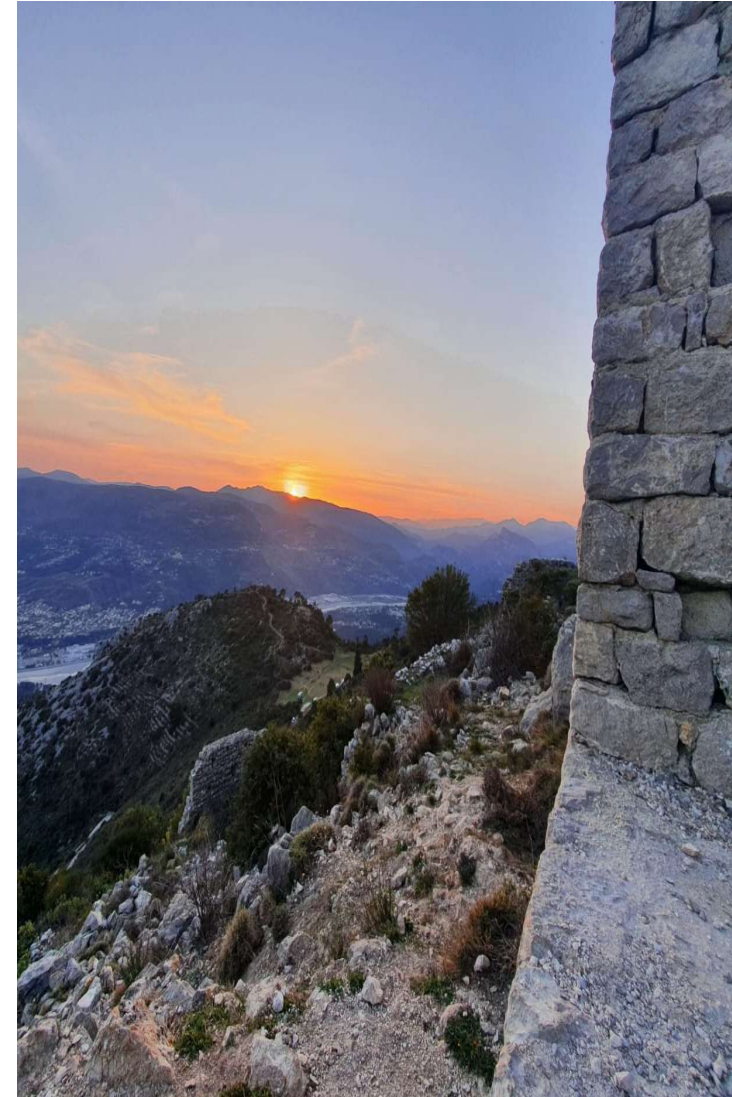
Day 2: Col d'Andrion / Plan de Couthon :

Departure at 7:30 am by shuttle bus towards the Col d'Andrion. 9 am, start of the first part with 23,6 miles for 1482 D+. 2 refreshment points + 1 at the end of the stage. 5 to 7 hours of rando-trail. Shuttle back to the accommodation. Osteopathic care. Dinner.

Day 3: Plan de Couthon / Nice-Prom' :

Departure at 8:30 am in the direction of the Prom'. 21,1 miles for 1392 D+. 5h of rando-trail. 3 ravitos planned Ravito XXL on the Prom' with shower. End of the stay and assessment.

Possible return to Tourrette-Levens or train station / airport.





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What you need to know

- Accommodation : Accommodation is in a typical stone farmhouse in fully equipped rooms for 2 to 3 people. On the spot, communal kitchen available, large dining room, open-air swimming pool, barbecue, summer kitchen, petanque courts, trampoline, hammam, volleyball court, car parks, etc.
- Meals: Breakfast and dinner are taken at the accommodation. Lunches will be brought by shuttle to the refreshment sites. A shuttle bus will follow the participants of the course to ensure the refreshments. It will not be necessary to load your bag at the start of each course.
- Osteopath: An osteopath will be present on the evening of the second day at the accommodation site, each participant will be able to benefit from a treatment.
- Level required: : For the whole stay, the instructor reserves the right to stop a participant if his physical and/or technical level is not sufficient, for safety reasons. In this case, we will do what is necessary to organise the repatriation of the participant, without any compensation on our part.
- Repatriation: Any individual transfer in case of injury, illness or lack of fitness is at the participant's expense. It is therefore advisable to be individually insured for repatriation. However, in the event of a problem with one of the participants, we will, if possible, arrange for the participant to be repatriated at his/her own expense.
- Insurance: You must be personally insured for the duration of your stay: civil liability, medical expenses, repatriation, rescue and search costs. Cancellation insurance is strongly recommended. For this, do not hesitate to contact your insurance company or to check the risks covered in case of payment by credit card (Visa, Mastercard, etc.)





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Pricing

- 439 € with accommodation
- 405 € without accommodation (including dinner and osteopathic services)
- One single day price : 210 € (dinner and osteopathic services included)
- Payment possible in several instalments (4x maximum)

The price includes

- Accommodation (2 nights)
- Meals and refreshments and osteopathy
- Shuttle service between the accommodation and the starting/ending points of the trail
- Supervision (State Diploma)
- Transport to the train station or airport at the end of the stay

The price does not include

- Individual insurance
- Personal expenses and food supplements
- Individual transfers in case of interruption of the stay or the outing
- Transport to Tourrette-Levens on the first day





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Contact and information

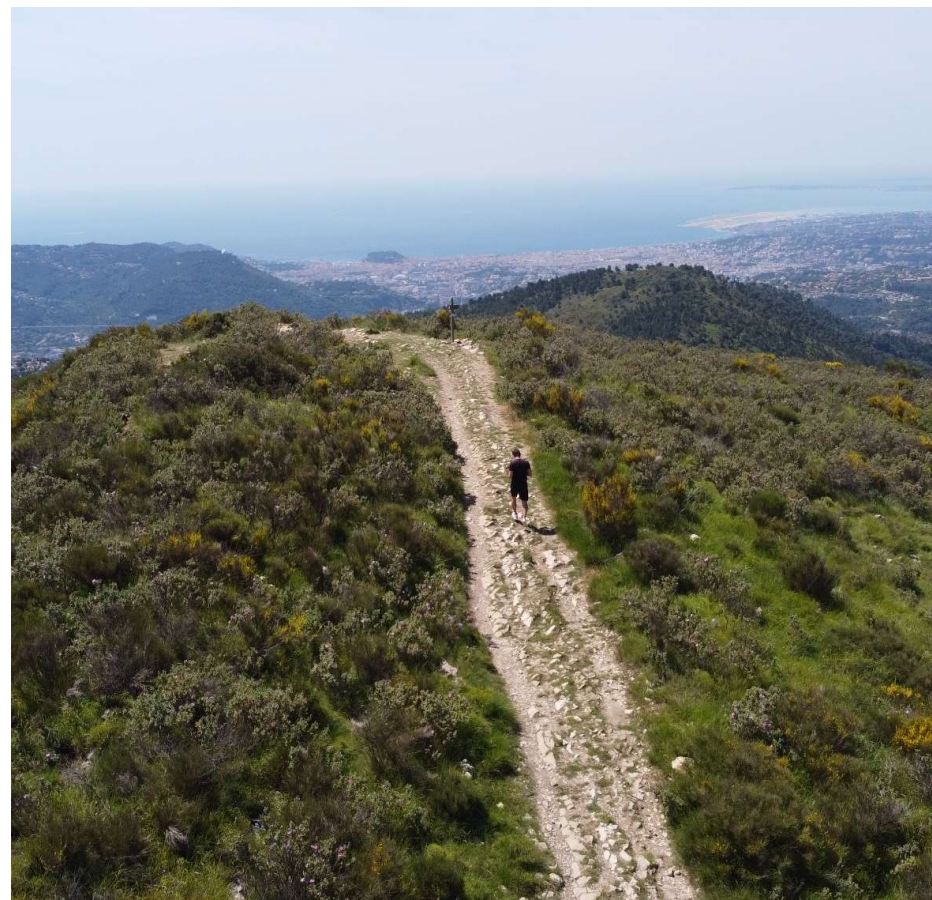
DYNAMIC' TRAIL TOURRETTE LEVENS Email address :
contact@dynamictrail.fr

Contact tel :

+33 (0) 6 60 17 56 69

Postal address :

2056 Rte de Châteauneuf-Villevieille, 06690
Tourrette-Levens



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