



# WELCOME!



Please find below the program of this the 4th edition of the BIG uP & Down together with some essential facts & figures + a link to register. Look forward to seeing you first weekend of February in Les Arcs !

**Dates: February 2nd to 4th**

**Basecamp:**

**The BIG uP & Down Village in Arc 1800, facing the slopes in front of the ESF chalet**

## PROGRAM

### SKI TESTS - during 3 Days

Some 15 brands are present in the BIG uP & Down Village to advice you & provide skis and gear for testing. Registration compulsory.

### FRIDAY 2nd

KILIANOMETRE - an uphill race by night

Where: Arc 1600

When: Admin check & bib distribution starting at 5 PM at La Coupole in Arc 1600.

Mass start at 6.45 PM.

Cost: 15 € (race + croziflette)

Race followed by a 'croziflette' & prize giving at La Coupole. Medical certificate (or a licence with a sports federation) is compulsory. A race profil will be available online with the full rules :

<http://communitytouringclub.com/big-up-down/>

### SATURDAY 3rd

LA BELLE MONTEE

Saturday end of the day: A free event open to all! Join us for a fun and beautiful uphill under the stars, with the assistance our kind guides.

Where: Arc 1800, meet up by the Dahu lift

When: from 5 PM - we're off at 6.30 PM - back at the latest at 9 PM.

What you need: touring skis + skins + a headlamp



**PROGRAM - continued...**

SUNDAY 4th

LE BIG NAK

Where: Arc 1800

When: Admin check & bib distribution starting at 9 AM.

Mass start at 10.30 AM from the BIG uP & Down Village

Cost: if you already have a ski pass - 20 €, if you need a ski pass for the day - 45 €

Race followed prize giving in the village at 3 PM.

Medical certificate (or a licence with a sports federation) is compulsory. Addition information on the itinerary will be available online with the full rules : <http://communitytouringclub.com/big-up-down/>

**EXPERIENCES ACCESSIBLE ON REGISTRATION**

1ère TRACE 02/02

Friday Feb 2: Meet up at the BIG uP & Down Village in Arc 1800 from 1.15 PM, departure at 1.30 PM, back at 4.30 PM. Limited to 10 participants.

1ère TRACE 03/02

Saturday Feb 3: Meet up at the BIG uP & Down Village in Arc 1800 from 9.15 AM, departure at 9.30 AM, back at 12.30 PM. Limited to 10 participants.

KIDS FIRST 03/02

Saturday Feb 3: Meet up at the BIG uP & Down Village in Arc 1800 from 9.15 AM, departure at 9.30, back at 12.30 PM. Open to kids from 8 to 12 yrs old, limited to 10 participants. Parental authorization compulsory.

KIDS FIRST 04/02

Sunday Feb 4: Meet up at the BIG uP & Down Village in Arc 1800 from 9.15 AM, departure at 9.30, back at 12.30 PM. Open to kids from 8 to 12 yrs old, limited to 10 participants. Parental authorization compulsory.

GIRLS ONLY 04/02

Sunday Feb 4 - meet up at 9 AM for a departure at 9.30 AM -> you will be back by 3 PM. Limited to 15 participants !

Liv Sansoz and Caro Frelon will take you on a ski touring experience 100% girls only. Time for questions regarding all - from gear, to clothing and security.

Required level: minimum one touring day or being a good all-around skier.

What you need to bring: Your ski-pass + gear: skis, skins an avalanche beacon. A pic-nic.

**REGISTRATION ONLINE IS COMPULSORY FOR ALL EVENTS & EXPERIENCES:**  
**<https://www.weezevent.com/big-updown-2018-l-evenement-freerando>**

Do not hesitate to contact us for further information: [lotta@communitytouringclub.com](mailto:lotta@communitytouringclub.com)

