



31 years Dreiländergiro The Legendary Classic since 1989 30th of June 2024

Site Plan
& Program

Track
& Safety

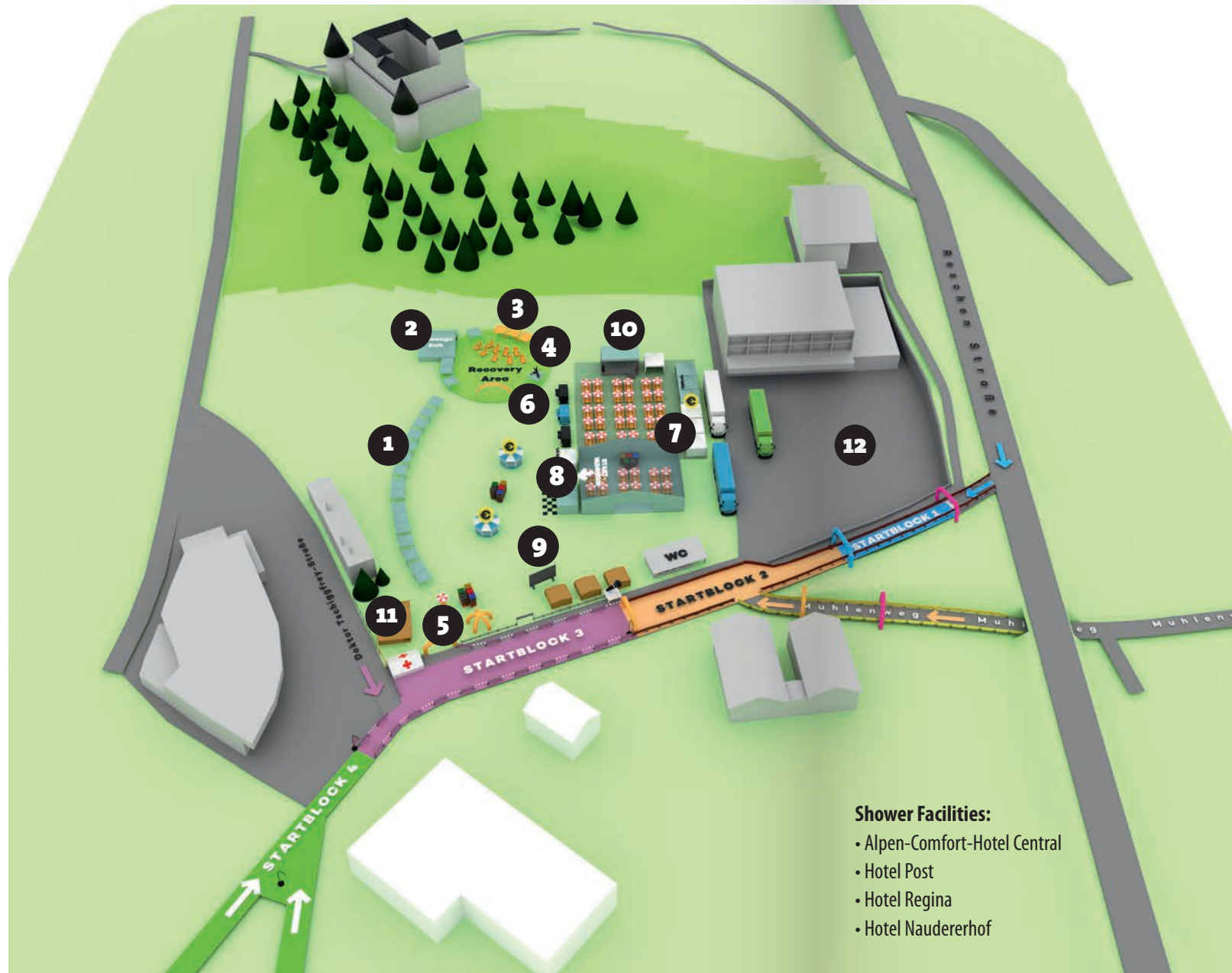
Important Information
for participants

Nauders
am Reschenpass

GIRODAYS



EVENT AREA



Shower Facilities:

- Alpen-Comfort-Hotel Central
- Hotel Post
- Hotel Regina
- Hotel Naudererhof

- 1 Expo Area**
- 2 Massages**
Saturday, 9.30 a.m. to 7.00 p.m. &
Sunday, 12.00 a.m. to 5.00 p.m.
- 3 Recovery Area**
- 4 Bike-Service**
Mechanic Stand from 9:30 a.m.
Saturday, 12:00 p.m.:
Tube Change Workshop
- 5 Finish Line Aid Station**
- 6 Foodtruck & BBQ**
Saturday, 12:00 p.m. to 6:30 p.m.
Sunday, 11:00 a.m. to 6:00 p.m.
- 7 Pasta Party & Flavorful Feasts by Naked Kitchen**
Sunday, drinks from 10:00 a.m.,
kitchen from 11:00 a.m. to 6:30 p.m.
- 8 Start Number Pick-up**
Saturday, 9.00 a.m. to 7.00 p.m.
Sunday, 5.00 a.m. to 6.00 a.m.
Finisher Jersey Pick-up:
Sunday, from 11.00 a.m.
- 9 Video-Wall**
Live Feeds from the Track
- 10 Stage**
(Opening Ceremony & Awards Ceremony)
Saturday, 5:00 p.m. | Sunday, 5:30 p.m.
- 11 Dreiländergiro Office**
- 12 No Parking**
Unfortunately, parking is not permitted here. Please park at your accommodation or at parking facilities at the valley station of Nauders mountain railway

EVENT AREA

Pasta Party, Street Food & BBQ powered by Naked Kitchen:

Warm food and cold beer await you in our festival area! For dessert, the local farmers from Nauders will treat you with freshly baked cakes.

Saturday: from 12.00 a.m. to 6.30 p.m.
Sunday: Drinks from 10.00 a.m.,
The kitchen opens from 11.00 a.m. to 6.00 p.m.

Your voucher for the pasta party is only valid on Saturday (from 12.00 a.m.) in the festival tent. You can choose from 3 different pasta dishes.

Massages:

Traditionally, our masseurs and physiotherapists offer professional massages on both days of the event.

When & Where? Saturday, 9.30 a.m. to 7.00 p.m. &
Sunday, 12.00 p.m. to 5.00 p.m. at the festival tent.

Our Recovery Area:

In addition to the traditional massage service, our recovery area offers the best possible facilities for you to relax and regenerate after your Dreiländergiro experience. Here's what you can look forward to:

Protein shakes from PowerBar
Curing Shots
Black-Roll Equipment
Bemer vascular therapy beds
Cosy seating

Sportograf:

Great experiences call for lasting memories. Of course, a Sportograf will be on the road for you again this year and will capture amazing pictures of you on the course.

You can find the link to your photos next to your result in our results list or directly at:
www.sportograf.com/event/11704

Our Exhibition Area:

You will find the following exhibitors on-site:

Baldiso > Exclusive Road Bikes
Curing Shots > Turmeric Ginger Shots
Ennoble > Wheels
Blacksheep Eyewear > Sports Sunglasses & Helmets
Powerbar > Sports Nutrition
BASEFIVE > Training & Physio
Blackroll > Fascia Rollers & more
Quäldich > Guided Road Cycling Trips
Keego > Your squeezable titanium Water Bottle
eleven sportswear > Cycling Clothing
the long run club > Sportswear
Tubolito > High-Tech Bicycle Inner Tubes
nom Coaching > Training & Sports Nutrition
POP EYES > Sports Eyewear & Accessories
PILLAR Performance > Sports Supplements

You can also find our additional exhibitors, as well as plenty of vouchers, discounts, and benefits, online at:
> <https://www.dreilaendergiro.at/de/Aussteller-wiese>
Route Service: This year we will again offer spare tubes at the refreshment stations (limited quantity). Additionally, a multi-tool and bicycle pump will be available at each station. You can pay for your spare tube when returning your race number.

Finisher jersey: You will receive your finisher jersey after participating by returning your bib number. Race number returns are open for you on Sunday from 11.00 a.m. to 5.00 p.m. You can return your bib number at the same location as the bib number pick-up (on the left side of the festival tent).

CODE OF CONDUCT

Sportsmanship: To participate in the Dreiländergiro, it's important not just to be athletic but also to display sportsmanlike behavior. Avoid shortcuts to gain speed, such as drafting or receiving provisions from support vehicles. The focus here is on fair competition and enjoying the sport. And remember, helping fellow participants is encouraged, as everyone's well-being is more important than individual success.

One for all and all for one: From the moment you start the Dreiländergiro you are no longer an individual competitor, but a member of the 3000-person Dreiländergiro family. Unity and positive experiences take priority over timing and competition. If a participant needs help, it's important to stop and provide support. Likewise, you will receive help if you need it. Together we achieve more! See the event as a collective experience, rather than a competition.

Respect: Treat all participants with respect and recognition, regardless of their performance, background or gender. Respect the rules, the organisers and everyone involved in the Dreiländergiro. Please show respectful behavior and appreciation to the numerous volunteers for their support..

Responsibility: Take responsibility for your actions and decisions during the Dreiländergiro. Ensure your safety and the well-being of other participants. Make conscious decisions to ensure a positive and safe experience for everyone involved.

Environmental Awareness: The unique routes of the Dreiländergiro are characterised by beautiful landscapes and nature reserves. Therefore, please be particularly mindful and respectful of the environment. Avoid unnecessary waste, use reusable products, and strive to minimise your impact on the environment. Act sustainably by saving energy and water. Aim to travel as green as possible (public transport or carpooling) and contribute to environmental protection.

Safety first: Safety is of utmost importance. Follow traffic rules, wear appropriate protective gear, and prioritise your own safety as well as the safety of other participants. Follow the instructions of the organisers and do everything necessary to prevent accidents.

PROGRAMME

SATURDAY, 29.06.24

09:00	Arrival of RATA finishers
09:00–19:00	Expo Area with our exhibitors
09:00–19:00	Dreiländergiro bib number pick-up at the festival grounds
09:30–19:00	Recovery Area for a relaxing day; massages and sports physiological support at the festival grounds by the BASEFIVE physio team
10:00	Competition preparation ride with SPORTCOACH Daniel Rubisoier
12:00	Quick fix: Tube change workshop for the Dreiländergiro [no registration required]
from 12:00	Fest tent specialties & food trucks by Naked Kitchen
from 14:00	Sundowner set with DJ Awol and live saxophonist SAinTRO P SAX UP!
16:15	Award ceremony for the Race Across The Alps
from 17:00	The big countdown! Opening ceremony of the 31st Dreiländergiro – Nations parade by the kids of BikeClub Nauders – Route briefing
from 18:00	Public viewing of the UEFA Euro Round of 16 matches

Mandatory Attendance at the Dreiländergiro Opening Ceremony:

To ensure you are well-informed and safe on your route, we have thoroughly reviewed the current key points, hazards, and detours. Therefore, this update is mandatory!

Live Translation of the Opening Ceremony

We are proud to have over 40 nations participating in this year's Dreiländergiro! If you or someone you know in the participant field doesn't speak fluent German, we recommend trying out our live translation service. The entire **opening ceremony**, especially the **route briefing**, will be translated live into English. All you need to hear the English translation is a smartphone and headphones. Either download the app or visit our link: livevoice.io/listen/714569 and you can start listening to our translator!

SUNDAY, 30.06.24

05:00–06:00	Last chance to pick up your bib number
06:30	Start of the Dreiländergiro
09:15	Performance by the "Stillebacher Trachtengruppe" from Nauders
from 10:00	DJ
from approx. 10:00	Finish arrivals and celebrations of our participants
11:00–17:30	Pick up of the Finisher Jersey
from 11:00	Flavorful Feasts & food trucks by Naked Kitchen
12:00–17:00	Massages at the festival grounds by the BASEFIVE physio team
17:15	Performance by the Stillebacher folk group from Nauders
17:30	Award ceremony

Shower Facilities after the Dreiländergiro:

This year, our participants are welcome to use the shower facilities at the following hotels: Hotel Central, Hotel Post, Hotel Naudererhof, and Hotel Regina.



GETTING TO THE START

According to your registration, you have been assigned to one of the four starting blocks. Your starting block is indicated on your bib number – changing the starting blocks is **not** possible. For an orderly process, please make sure to arrive at your designated starting block on time. You can line up from 5:30 a.m. The starting gun will go off at 6:30 a.m. To ensure you find your starting block easily on Sunday morning, we recommend familiarizing yourself with the route from your accommodation to the appropriate access point on Saturday.

Access to the starting blocks (see diagram):

- Starting Block 1:** Access via Reschenstraße B180 (see **blue arrows** in the diagram)
- Starting Block 2:** Access via Reschenstraße B180 and Mühlenweg (see **orange arrows** in the diagram)
- Starting Block 3:** Access via Dr. Tschiggfrey Straße (see **purple arrows** in the diagram)
- Starting Block 4:** Access from the town center via Unterdorfweg or Dr. Tschiggfrey Straße (see **green arrows** in the diagram)



FINISH

Stelvio Vinschgau:

You will return to the finish via **Reschenstraße B180**. You will cross the same intersection where you started at 6:30 a.m. earlier in the morning.

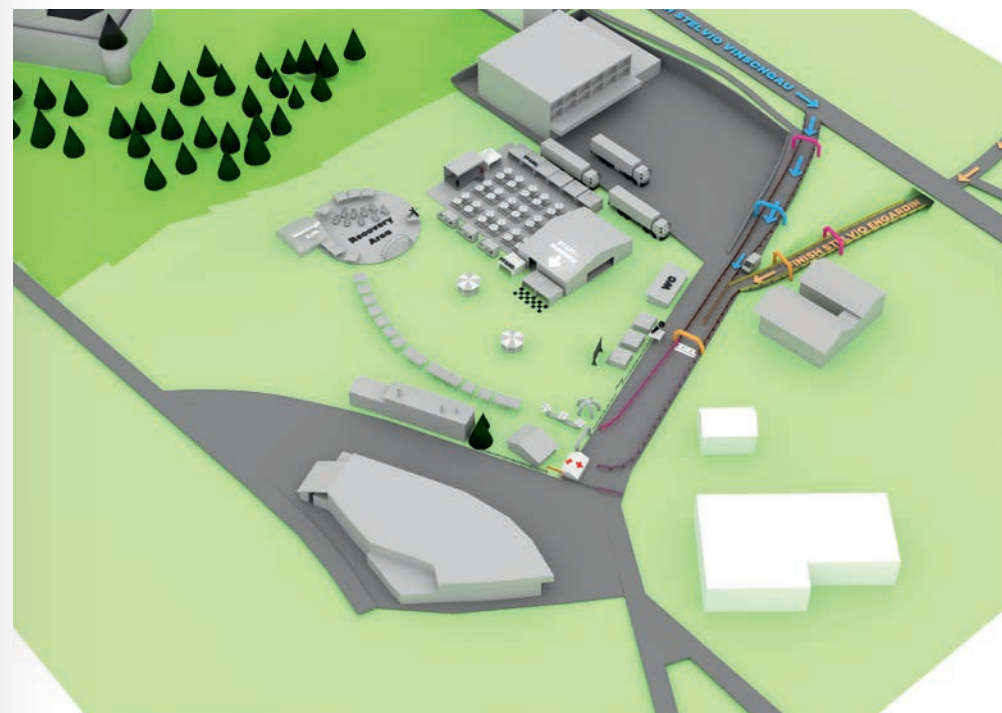
Sprinting to the finish is strictly prohibited. Slow down and enter the finish area carefully. Please leave the finish area promptly after crossing the finish line.

Stelvio Engadin:

You will return to Nauders from Norbertshöhe via **Martinsbrucker Straße B185**. Our marshals and barriers will make it nearly impossible for you to miss the turn onto Mühlenweg. From there, you are just a few meters away from the finish line.

Finish Stelvio Vinschgau:
blue arrows

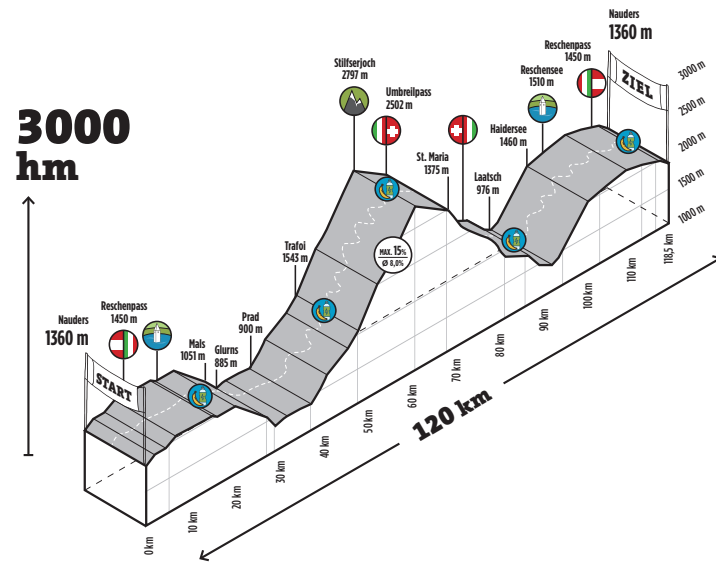
Finish Stelvio Engadin:
orange arrows



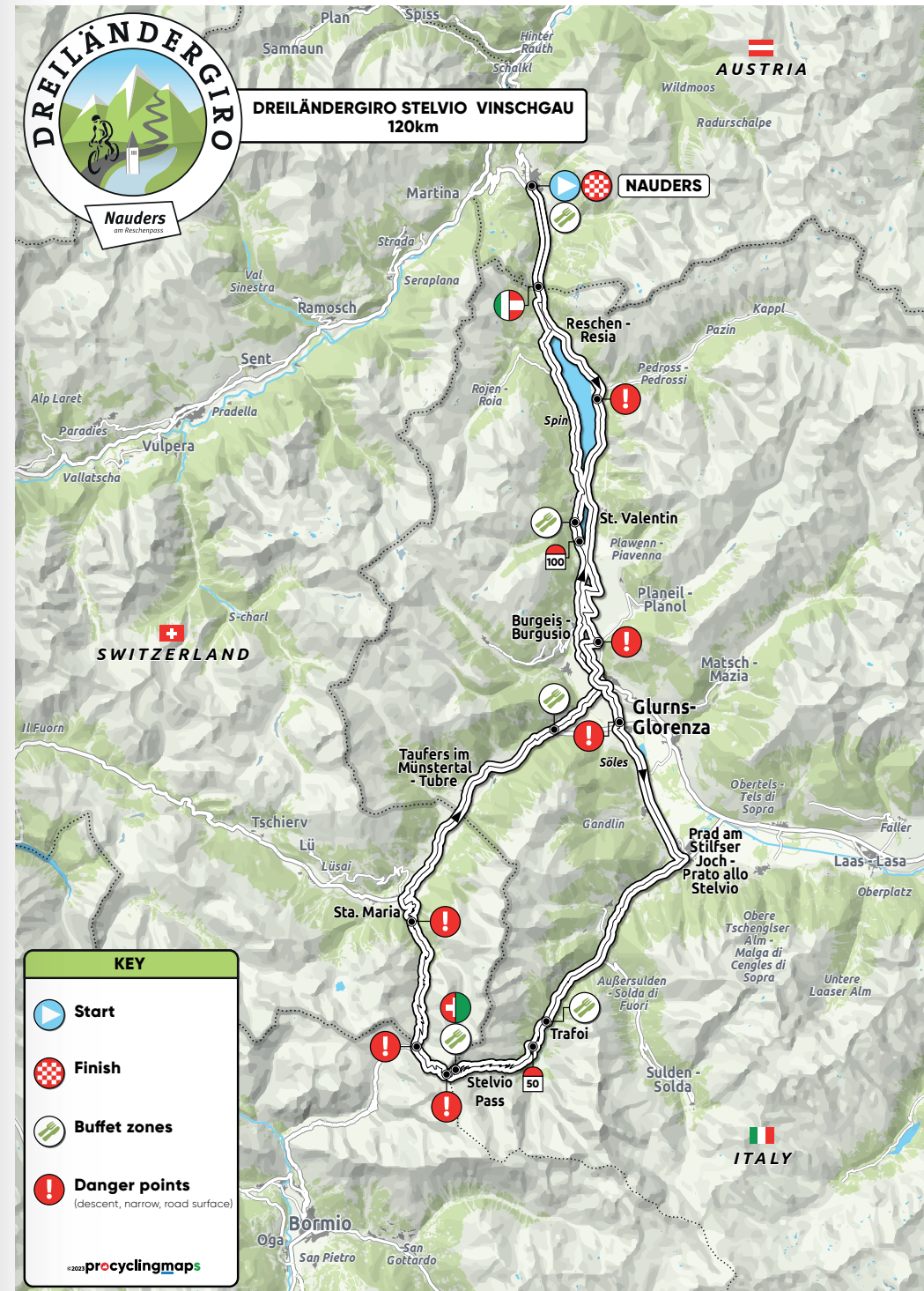
THE TRACKS

STELVIO VINSCHGAU 120 KM

B | 120 Kilometres

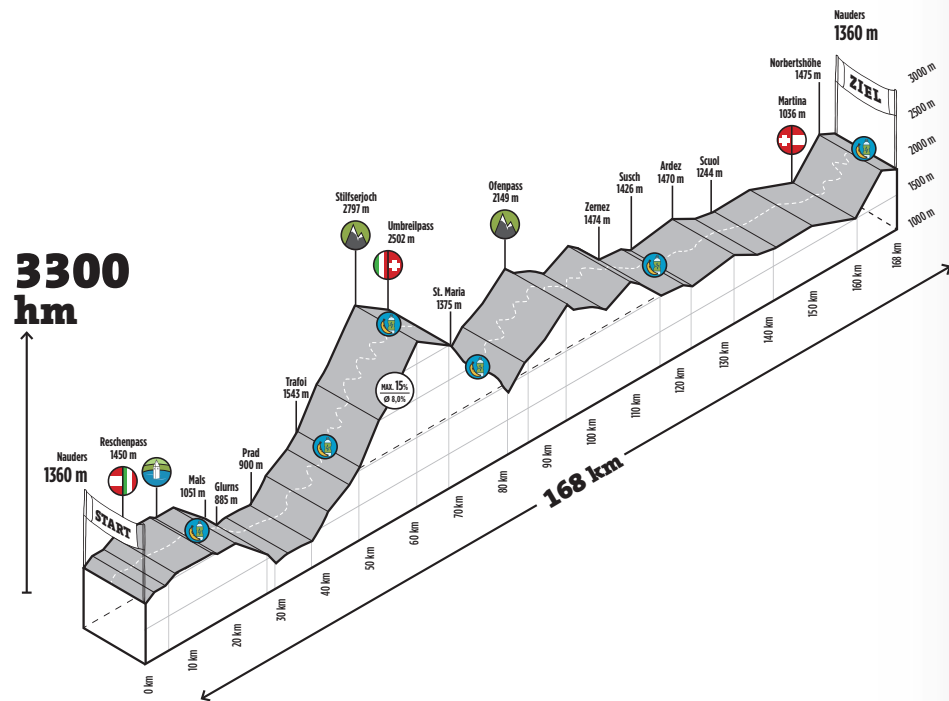


Stelvio Vinschgau | Nauders > Reschenpass > Glurns im Vinschgau > Prad a.d. Stilfserjoch-
straße > Trafoi > Kehrenorgie auf Stilfserjoch > Stilfser Joch > Abfahrt über Umbrailpass >
Santa Maria im Münstertal > Laatsch > Mals > Burgeis > Haidersee > St. Valentin >
Reschensee > Nauders.

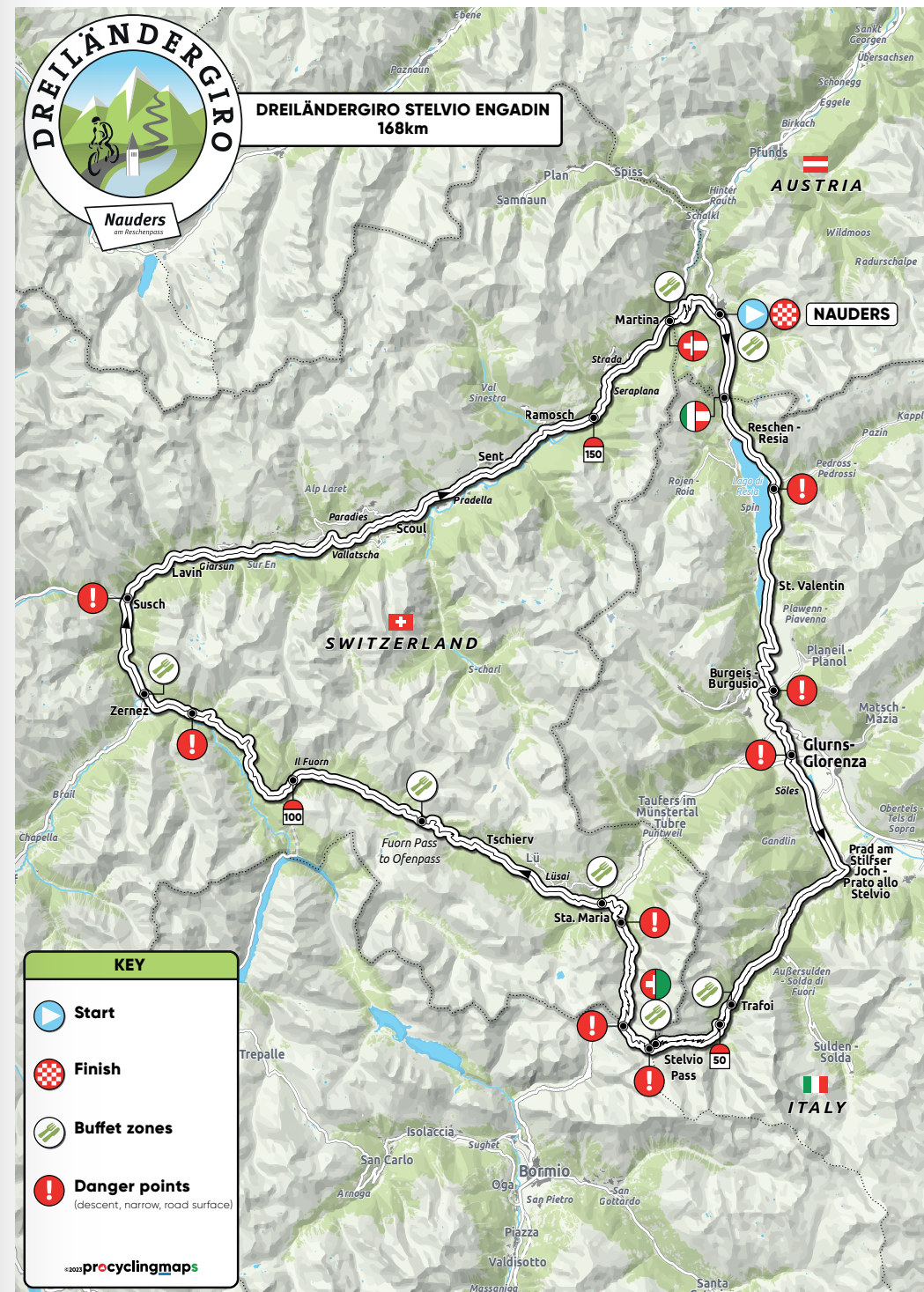


THE TRACKS

STELVIO ENGADIN 168 KM



Stelvio Engadin | Nauders > Reschenpass > Glurns im Vinschgau > Prad a.d. Stilfserjochstraße > Trafoi > Kehrenorgie auf Stilfserjoch > Stilfser Joch > Abfahrt über Umbrailpass > Santa Maria im Münstertal > Ofenpass > Zernezhöhe > Suschnhöhe > School > Ramosch > Martina > Nauders.



SECURITY ON THE CYCLING ROUTE

Dear participant,
We would like to share some thoughts with you regarding your preparation for the Dreiländergiro. With our bike marathon, we aim to provide you with a unique experience in a beautiful region. In order to achieve that, certain rules and guidelines need to be followed.

Regulations:

- All participants of the Dreiländergiro undertake the responsibility to strictly adhere to the regulations of the organisers by:
- Wearing their start numbers
- Wearing a helmet is mandatory for all participants.
- Your bicycle must be equipped according to the legal safety regulations for road traffic.
- The Road Traffic Regulations must be followed without exception. Failure to comply will result in exclusion from the event and corresponding legal measures.
- It is your duty to provide first aid in the event of an accident. Failure to render assistance is a criminal offence under the Criminal Code.
- Caution must be exercised when navigating sections of the route with poor visibility.
- When descending, maintain readiness to brake.
- Address any mechanical issues at clearly visible locations off the racecourse.
- In inclement weather, every participant must equip themselves accordingly. We are situated in high alpine terrain.
- Shortcutting the route is prohibited.
- Unauthorised route changes are not permitted.
- Strictly follow the instructions of the event team, security personnel, and accompanying vehicles.
- Private accompanying vehicles are strictly prohibited and may result in disqualification.
- It is not allowed to discard waste on the route, except in the designated litter zones at the refreshment stations.

Course Marshals:

The cycling route will be secured with a large number of course marshals. Please note that there will be NO complete road closure, and you may encounter traffic at any point. If you see course marshals waving a YELLOW flag, it indicates a hazardous section ahead. Reduce your speed and exercise extra caution while riding through that area.

If you encounter a course marshal holding a RED flag, slow down and communicate with them. The course marshal will provide you with important safety-related information.

Signage:

The entire route is marked with arrows.

Stelvio Vinschgau participants should follow the green arrows until Sta. Maria and then switch to the blue arrows until the finish line.

Stelvio Engadin participants should follow green arrows throughout the entire route.

Handling Mechanical Issues:

All refreshment stations are equipped with mechanical equipment, including bicycle pumps, tubes, and small tools. Additionally, there will be a mobile neutral service team along the route to assist participants. This will be dependent on their availability. Requests for mobile service must be made through the Dreiländergiro service line.

Dreiländergiro Service Line
(Active on the day of the event)

+43 660 949 25 70

Save this number on
your mobile phone!

Early Termination of the Bike Marathon:

A sweeper follows behind the last participants. Participants who need to terminate the Dreiländergiro early on the route can be transported back to Nauders in this sweep vehicle. Please note that the sweeper may already be full. In this case participants should contact the Dreiländergiro service line.

Handling Medical Incidents (Emergencies):

Immediately call the Dreiländergiro service line and provide precise information about the situation: WHERE you are located (village, km marker), WHAT has happened, and WHO is calling (name, race number, phone number).

Service Line:

The service line is a telephone number that connects you directly to the ECC (Event Control Centre) where all incoming reports are collected. The service line should only be used in situations where you need assistance. This may include medical emergencies, major technical issues or if you are unable to continue.

LAST-MINUTE CHANGES & UPDATES:

For 365 days we have been working on our legendary weekend! However, last-minute changes such as weather shifts, damage on the route, car accidents, etc., are beyond our control. Therefore, we will constantly update our website during the event and address current issues. We kindly ask you to check the page on-site as well. This will also help to reduce the load on our service line and allows us to focus on emergencies.

Of course, we will also communicate any last-minute changes on our social media channels. Follow us now to stay up-to-date!

Health and safety come first!

We want all participants of the Dreiländergiro to stay healthy and safe. Therefore, we strongly recommend that you withdraw from the bike marathon if you have any health concerns or issues. If you need to terminate your participation in the bike marathon, you can contact the Dreiländergiro service line.

Please also remember that the bike marathon is a demanding physical challenge. Make sure you are well-prepared and that your physical condition matches the level of the challenge. If you feel unwell or have any doubts about your health, we advise you to refrain from participating and instead cheer on the Dreiländergiro community at the festival area.



[www.dreilaendergiro.at/de/
Dein-Dreilaendergiro/Teilnehmerinfo](http://www.dreilaendergiro.at/de/Dein-Dreilaendergiro/Teilnehmerinfo)



Facebook



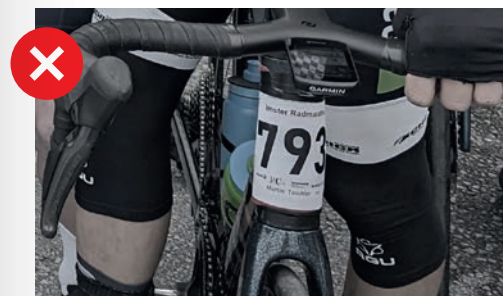
Instagram



PROPER MOUNTING OF YOUR BIB NUMBER

Please note that your bib number is your official „Dreiländergiro document.“ Participation in the bike marathon, unrestricted border crossings, and support from the course personnel are only possible with a correctly mounted and clearly visible bib number. Proper attachment of the bib number is a regulatory requirement; any tampering with or incorrect mounting of your bib number will result in disqualification. The bib number must not be folded or rolled.

Timing is tracked via the transponder in your saddle post number. Incorrect mounting or damage to your saddle post number will result in your time not being recorded, and you will not appear in the rankings. Therefore, please attach the saddle post sticker exactly as shown in the illustration.



REFRESHMENT STATIONS

During the event, you will be provided with refreshments at **5 stations (Stelvio Vinschgau)** or **7 stations (Stelvio Engadin)**.

Our „Green Rules“ apply along the route: At each station, reusable cups are available. You can either leave them directly at the refreshment station or, if you're in a hurry, discard them in the litter zone alongside the roadside. The same applies to any garbage. We prioritize nature conservation, so we enforce strict rules: disposing of garbage or cups outside the designated litter zones risks disqualification. You can identify the litter zones by our beach flags.



Fair-Use Principle:

At all refreshment stations, we apply the fair-use principle. Take care of your needs and take a break if necessary, but remember to leave some for your fellow Dreiländergiro participants. For example, if you rely solely on gels and bars during the Dreiländergiro, please plan ahead and bring an adequate supply. Taking multiple bars or gels per station is not permitted.

Your food and drinks at the refreshment stations:

You can find which products await you at each refreshment station in our FAQs. >>



FAQs

Drinks:



Water



Cola



Iso-Beverages

Powerbar products:



Other:





29.06.2025

Save the Date!



www.dreilaendergiro.at
www.nauders.com