

18TH EDITION

JULY 10, 11, 12

ATX

ALTRISMMAN

ROADBOOK 2026



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A MESSAGE FROM THE ORGANIZERS

18th Edition of Altriman. Welcome...

Here you are.

In the heart of the Pyrenees. A place where the mountains command respect, where the landscapes stretch endlessly before you... and where every kilometre must be earned. Altriman is not a race you simply pass through. It is an experience to be lived fully.

The chill of the early morning by the lake. The silence of the mountain passes. The wind, at times. Legs that begin to doubt. A mind that starts negotiating. And then those suspended moments when everything falls into place and you feel exactly where you are meant to be.

Here, every race distance has its own story. From the Sprint to the Full, everyone comes looking for something different... yet we all leave with a little more than what we came for. The courses are demanding, of course. But beyond the challenge lies something rare: a deeply human adventure.

Because beyond the times and rankings, Altriman is also about encouragement from the roadside, a volunteer handing you refreshments with a smile, a reassuring hand on your shoulder when doubt begins to creep in. Once again this year, nearly 200 volunteers, partners and members of the organisation have come together to bring this event to life. Their energy, presence and commitment are an essential part of the spirit of Altriman. So take a moment to look at them, smile at them, and thank them. You have chosen an extraordinary challenge. And if you are reading these words today, it is because something within you was seeking exactly this kind of intensity. So now... savour every moment.

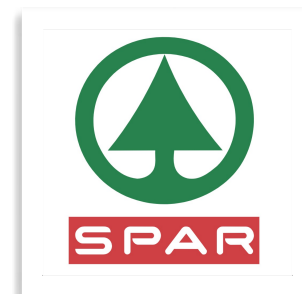
The landscapes. The encounters. The moments of grace, as well as the more difficult ones. Because those are often the moments we remember the longest.

The entire Altriman team wishes you an unforgettable adventure.

And above all... don't forget to look up.

The Organizing Team

SPAR
Two stores at your service (at the top of the resort on Balcère
Avenue and at the bottom opposite Angléo).
Open daily from 8 a.m. to 8 p.m.



A MESSAGE FROM THE LOCAL OFFICIALS

Dear Altriman Participants,

The Altriman holds a special place in the sporting landscape of the Catalan Pyrenees. More than just a race, it embodies the values that define our region: the spirit of effort, personal achievement, respect for nature, and the joy of practicing sport in an exceptional environment.

For many years, the Catalan Pyrenees have welcomed recreational athletes, sports enthusiasts, and elite competitors who come to take advantage of unique training conditions. With its high-altitude roads, mountain trails, unspoiled natural surroundings, and remarkable landscapes - particularly around Lake Matemale - our region has become a leading destination for endurance sports.

Dear triathletes, we are delighted to welcome you not only to this edition of the Altriman, but also to the many sports facilities that are available to you throughout the year.

Among them, the **Forêt de la Matte** and its famous Finnish trail are truly iconic. Renowned for middle-distance training, physical preparation, and triathlon, this exceptional venue has attracted countless champions over the years, all seeking the benefits of altitude and the outstanding quality of its training routes.

The reopening of the **Pyrénées Catalanes Sports Center**, featuring its Nordic swimming pool and fitness facilities, as well as a relaxation and leisure area with jacuzzis and other water features, marks an important step forward for our region. Highly appreciated by triathletes during its previous years of operation, it will once again fulfill its role as a venue dedicated to performance, training, and sports camps.

This new facility, combined with our existing infrastructure - including mountain bike and hiking trails, the cross-country ski areas of **La Llose** and **La Calme**, and much more - along with our exceptional natural environment and longstanding tradition of hospitality, will further strengthen an already highly attractive destination for athletes of all levels.

I am convinced that the years ahead will further enhance the appeal of our region within the triathlon community.

The Catalan Pyrenees possess all the qualities needed to become a premier training destination for the Altriman and, more broadly, an outstanding playground for triathletes and outdoor sports enthusiasts alike.

Yours in sport,

Pierre BATAILLE

*President of the Pyrénées Catalanes
Community of Communes*



Dear triathlete friend...

It is my great pleasure to welcome you to this 18th edition of the Altriman...

The French writer Anatole France once said:
"Nothing in life is as valuable as emotion."

Well, through this extraordinary race, you are about to live an unforgettable adventure.

The intensity of your preparation has probably pushed you far beyond what most people would consider "normal." The hours of training, the sacrifices, the commitment... The puzzled looks from friends and family when you explained your project (they probably thought you were a little crazy!) only confirmed your status as someone a bit... different!

As race day approached, your thoughts became more and more focused on the challenge ahead. You may have caught yourself behaving strangely at times or saying things that made little sense to anyone else... Didn't notice? Don't worry, that's perfectly normal!

And then there is that stress. The one that suddenly appears, grows stronger day after day as the event gets closer... only to disappear almost instantly the moment the starting gun goes off.

Extraordinary is what awaits you: alone despite the crowd, surrounded by these breathtaking landscapes. Intense, sometimes seemingly inhuman, will be the suffering during the toughest moments. Perhaps. But one thing is certain: you will not give up.

And then comes the finish line.

The joy of crossing it is simply incredible. **FINISHER!**
Exhausted. Drained. Worn out. Completely spent.
And yet... so incredibly happy!

If this is your first Altriman, everything I have just described is about to become reality. Real emotions. The kind that stay with you for a very long time.

If you have already experienced it, then you know exactly what I mean, even if every edition tells a different story.

Please know that we, the people who live here, admire you and are proud of you.

And if you enjoyed our beautiful region, come back and visit us again. In winter, for skiing. Relax at the Angléo thermal baths. Discover our wildlife park. Enjoy our local restaurants and mountain cuisine.

The emotions may not be quite as intense as those experienced during the race... but after the effort comes the reward!

Have a fantastic race !

Michel Poulade
Mayor of Les Angles



ALTRIMAN'S PARTNERS

Restaurant LA RAMBALLADE

Spécialités et grillades au feu de bois



1, rue de la Ramballade
66210 LES ANGLES

Tel. 04.68.04.46.32
Port. 06.12.82.06.86



2026 PROGRAM SCHEDULE

FRIDAY, JULY 10, 2026

2:00 p.m.- 6:00 p.m.: Triathlon Expo (Angléo Area)
2:00 p.m.-6:00 p.m.: Race Packet Pickup for Altriman and Half (Angléo Area)
5:00 p.m.-7:00 p.m.: Mandatory Bike Check-in for Altriman Full (XXL);
 Optional for Half (L)
6:15 p.m.: Altriman Full (XXL) Briefing in French (Cinema Room)
7:00 p.m.: Altriman Full (XXL) Briefing in English and Spanish (Cinema Room)
7:00 p.m.: Pasta Party Opens (Tennis Courts)

SATURDAY, JULY 11, 2026

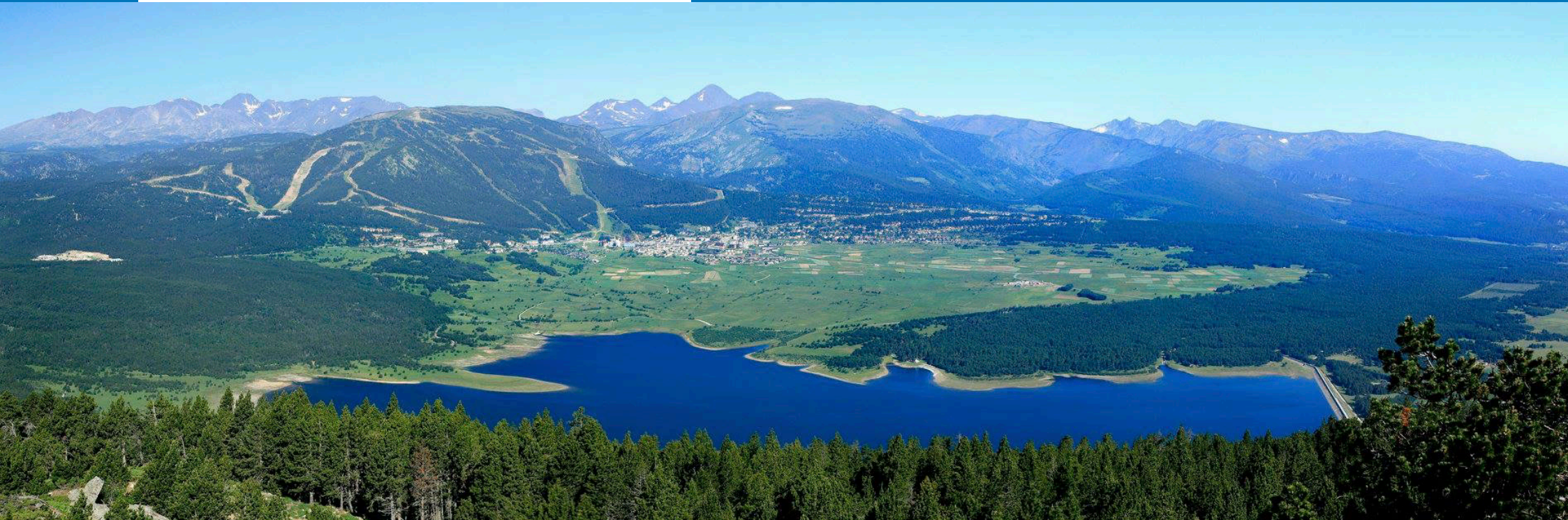
4:15 a.m. and 4:45 a.m.: Shuttle Departures 1 & 2 for Altriman Full (Cable Cars)
5:30 a.m.: ALTRIMAN FULL START (Ourson Base, Lake Matemale)
7:00 a.m. and 7:30 a.m.: Shuttle Departures 1 & 2 for Altriman Half (Cable Cars)
7:30 a.m. - 8:15 a.m.: Bike Check-in for Altriman Half (L)
8:20 a.m.: Mandatory Briefing for Half (Swim Start)
8:30 a.m.: ALTRIMAN HALF START (Ourson Base, Lake Matemale)
1:00 p.m.-7:30 p.m.: Triathlon Expo (Angléo Area)
1:00 p.m.-7:30 p.m.: Race Packet Pickup - Olympic and Sprint (Angléo Area)
1:30 p.m.-7:30 p.m.: Half-Altriman Competitors Finish Line (Angléo Area)
5:30 p.m.-1:30 a.m.: Altriman Competitors Finish Line (Angléo Area)
8:00 p.m.-Midnight: Finishers' Party - Food and Music (Angléo Area)

SUNDAY, JULY 12, 2026

6:30 a.m.-7:45 a.m.: Bike Check-in for Altriman Olympic (M) and Sprint (S)
7:50 a.m.: Mandatory Briefing for Olympic (Swim Start)
8:00 a.m.: OLYMPIC START (Ourson Base, Lake Matemale)
8:05 a.m.-8:15 a.m.: Bike Check-in for Altriman Sprint (S)
8:50 a.m.: Mandatory Briefing for Sprint (Swim Start)
9:00 a.m.: SPRINT START (Ourson Base, Lake Matemale)
10:00 a.m.-1:30 p.m.: Triathlon Expo (Angléo Area)
10:10 a.m.: Arrival of the First Sprint Competitors (Angléo Area)
10:30 a.m.: Arrival of the First Olympic Competitors (Angléo Area)
11:30 a.m.: Post-Race Meal Opens (Tennis Courts)
12:45 p.m.: Group Photo of Altriman Full Finishers
1:00 p.m.: Awards Ceremony (Tennis Courts)
3:00 pm : End of Bike Transition Area Monitoring



**FIND ALTRIMAN'S PARTNERS
 DISPLAYED ON SHOP
 WINDOWS
 THANKS TO THIS STICKER!**



GETTING TO LES ANGLES:

- From Perpignan: Take RN116 to Mont-Louis, then follow signs to Les Angles.
- From Toulouse: Take A61 to Foix, then RN20 to the Puymorens Tunnel, then follow directions to Mont-Louis and Les Angles.

The entrance to La Matte forest is a single-lane road. Signage provided by the Altriman organizers will guide you to this sole entrance (Entrance No. 2).



-  **PARKING FOR
ATHLETES
SHUTTLE BUSES**
-  **TENNIS COURTS
CATERING AREA**
-  **FINISH
ANGLÉO AREA
TRIATHLON HALL**
-  **CINEMA ROOM
BRIEFING
ALTRIMAN FULL**
-  **MINI GOLF PARKING**
-  **PARKING PB**
-  **BIKE PARK**
-  **SWIM START**

LAKE MATEMALE

STEP 1

I report to the race packet pickup.

STEP 2

I present my ID, race bib confirmation and FIS (if not submitted online).

STEP 3

I collect my race pack, which includes:

- 1 swim cap,
- 1 race bib,
- 1 timing chip,
- 1 seat post sticker,
- 1 helmet sticker,
- meal tickets (if reserved),
- 3 transition bags (XXL race only),
- 3 stickers for the transition bags,
- 1 sticker for the personal belongings bag,
- 1 €10 shop voucher,
- 1 ALTRIMAN collector polo shirt (XXL).



SKISET LES OLYMPIADES

Location de ski 10 av. Mont Louis, LES ANGLÉS 04 68 04 30 26



ATHLETE PARKING – LES ANGLÉS VILLAGE STATION

📍 Located at the entrance of the resort village (Cable Car Parking)
Please leave your vehicle here and head down to the race site by bike or use the dedicated shuttle service provided for the event.

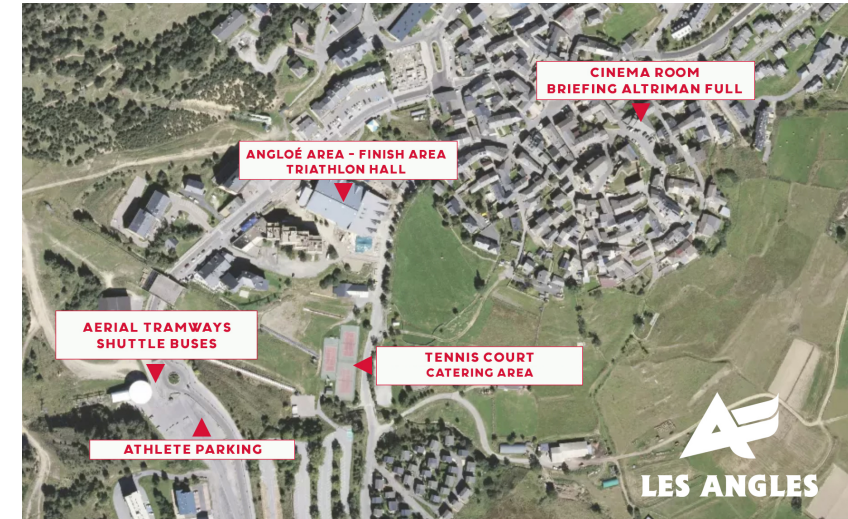
MINIGOLF PARKING – LAKE AREA – MATEMALE FOREST

📍 Entrance No. 2 of Matemale Forest, near the MiniGolf. Reserved for athletes. Very limited parking spots available.

PB PARKING – LAKE AREA – MATEMALE FOREST

📍 Entrance No. 2 of Matemale Forest – **Only 250 spaces available.** (Paid parking after the first hour.)

Please strictly follow these guidelines to keep traffic flowing smoothly and avoid congestion around the lake area.





CAMPING DU LAC - MAMEALE

Route des cariolettes, MAMEALE

04 68 30 94 49

LOCATION EN CHALET HEBERGEMENT INSOLITE

EMPLACEMENTS TENTE, CARAVANE ET CAMPING CAR

**DU DIMANCHE AU DIMANCHE,
DU LUNDI AU LUNDI,
SELON DISPONIBILITES
POUR 4 A 6 PERSONNES**

**Camping
La Devèze**
Formiguères

**A 4 KM DU LAC
DE MAMEALE
AU CALME EN FORET**

04.68.04.66.73



ALTRIMAN SPECIAL SHUTTLES

After parking your vehicle at the athlete parking lot in the village station (cable cars), shuttle buses will be available to take you to the race start area at Lake Matemale.

FOR EACH RACE:

FULL:

Saturday at 4:15 a.m. and 4:45 a.m.

HALF:

Saturday at 7:00 a.m. and 7:30 a.m.



VILLAGE STATION SHUTTLES

The town of Les Angles operates a shuttle service with 6 buses, each with a 45-seat capacity, running every 30 minutes from 9:30 a.m onwards. These shuttles allow your supporters to travel between the village and the lake area (start and transition zone). Schedules and routes are available at the Tourist Office front desk. You can also track your shuttle in real time using the **ZENBUS** app.

HOW DOES IT WORK?

Start: Saturday at 5:30 a.m.

Bike Check-in: Friday from 5:00 p.m. to 7:00 p.m.

You can ride your bike down to the transition area and take the shuttle back up to the station (last shuttle at 6:15 p.m.).

On race day, if I'm on my own...

→ I leave my vehicle in the athletes' car park at the resort village.

→ I take the shuttle down to the start area (gondola lift at 4:15 a.m. or 4:45 a.m.). I may leave a personal belongings bag (provided by the organisation), which I will collect at the finish area.

→ After the race, I drive down to the lake area to collect my bike (PB / Mini Golf car park - limited parking available) between 7:00 p.m. and 1:30 a.m.

If I have supporters with me...

→ They may drop me off at the start area and park in the PB car park (limited parking available).

→ After the swim, they may travel to various points along the bike course. For the run course, they can park in the athletes' car park at the resort village or elsewhere in the village and use the shuttle service if they wish to return to the transition area.

→ After finishing the race, I drive down to the lake area to collect my bike (PB / Mini Golf car park) between 7:00 p.m. and 1:30 a.m.

Start: Saturday at 8:30 a.m.

Bike Check-in: Friday from 5:00 p.m. to 7:00 p.m. or Saturday from 7:30 a.m. to 8:15 a.m.

You can ride your bike down to the transition area and take the shuttle back up to the station (last shuttle at 6:15 p.m.).

On race day, if I'm on my own and have dropped off my bike the day before...

- I leave my vehicle in the athletes' car park at the resort village.
- I take the shuttle down to the start area (gondola lift at 7:00 a.m. or 7:30 a.m.). I may leave a personal belongings bag (not provided by the organisation), which I will collect at the finish area.
- After the race, I drive down to the lake area to collect my bike (PB / Mini Golf car park – limited parking available) between 4:00 p.m. and 7:30 p.m.

If I'm alone and don't want to drop off my bike the day before...

- I leave my vehicle in the athletes' car park at the resort village.
- I ride my bike down to the start area. I may leave a personal belongings bag at the start, which I will collect at the finish area.
- After the race, I drive down to the lake area to collect my bike (PB / Mini Golf car park) between 4:00 p.m. and 7:30 p.m.

If I have supporters with me...

- They may drop me off at the start area and park in the PB car park.
- After the swim, they may travel to various points along the bike course. For the run course, they can park in the athletes' car park at the resort village and use the shuttle service if they wish to go down to the transition area (no parking available at the lake).
- After the race, I drive down to the lake area to collect my bike (PB / Mini Golf car park) between 4:00 p.m. and 7:30 p.m.

Start: Sunday at 8:00 a.m.

Bike Check-in: Sunday from 6:30 a.m. to 7:45 a.m.

On race day, if I'm on my own...

- I leave my vehicle in the athletes' car park at the resort village.
- I ride my bike down to the start area carrying a backpack with my personal belongings. I may leave my bag at the start area and collect it at the finish area.
- After the race:
 - either I drive down to the lake area to collect my bike (PB / Mini Golf car park - limited parking available) between 11:00 a.m. and 3:00 p.m.,
 - or I jog down to the lake area as a cool-down and then ride my bike back up to the resort village.

If I have supporters with me...

- They may drop me off at the start area and park in the PB car park.
- After the swim, they may travel to various points along the bike course. For the run course, they can park in the athletes' car park at the resort village and use the shuttle service if they wish to go down to the transition area (no parking available at the lake).
- After the race, I drive down to the lake area to collect my bike (PB car park – Entrance No. 2) between 11:00 a.m. and 3:00 p.m.



AU MARCHÉ

Restaurant - Pizzeria

2 Av de Mont Louis, LES ANGLES

04 68 04 49 51

Start: Sunday at 9:00 a.m.

Bike Check-in: Sunday from 6:30 a.m. to 7:45 a.m. and from 8:05 a.m. to 8:15 a.m.

On race day, if I'm on my own...

- I leave my vehicle in the athletes' car park at the resort village.
- I ride my bike down to the start area carrying a backpack with my personal belongings. I may leave my bag at the start area and collect it at the finish area.
- After the race:
 - either I drive down to the lake area to collect my bike (PB / Mini Golf car park - limited parking available) between 11:00 a.m. and 3:00 p.m.,
 - or I jog down to the lake area as a cool-down and then ride my bike back up to the resort village.

If I have supporters with me...

- They may drop me off at the start area and park in the PB car park.
- After the swim, they may travel to various points along the bike course. For the run course, they can park in the athletes' car park at the resort village and use the shuttle service if they wish to go down to the transition area (no parking available at the lake).
- After the race, I drive down to the lake area to collect my bike (PB car park) between 11:00 a.m. and 3:00 p.m.



BIKE TRANSITION AREA



BIKE CHECK-IN:

FULL (MANDATORY): Friday 5:00 p.m. - 7:00 p.m.

HALF: Friday 5:00 p.m. - 7:00 p.m. and Saturday 7:30 a.m. - 8:15 a.m.

OLYMPIC: 6:30 a.m. - 7:45 a.m.

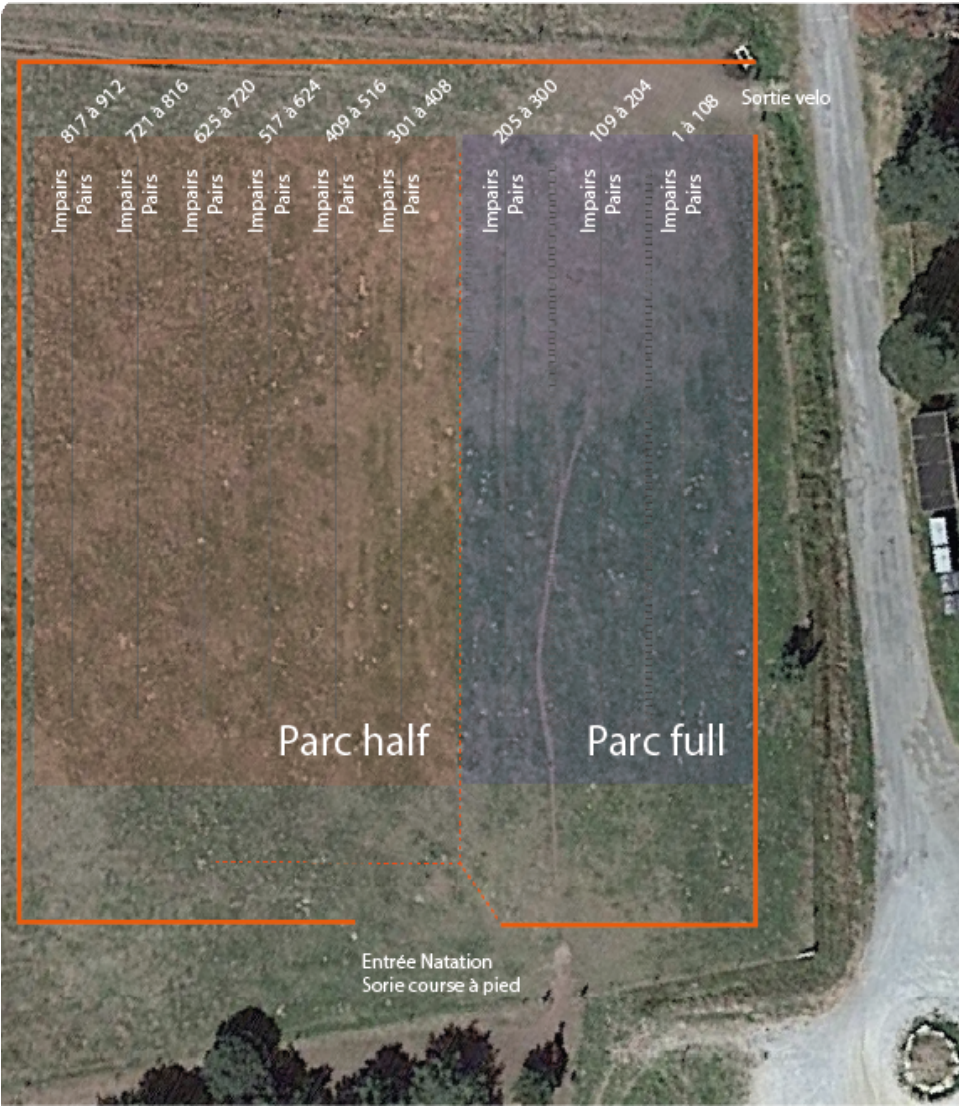
SPRINT: 6:30 a.m. - 7:45 a.m. and 8:05 a.m. - 8:15 a.m.

LOCATION:

Please respect your assigned spot: your place is indicated at the start of the row and by a label attached to the line.

We kindly ask you not to cover your bikes overnight (for Altriman XXL and L) to reduce wind resistance.

BIKE TRANSITION AREA - CONTINUED



BIKE CHECK-IN

ACCESS TO THE BIKE TRANSITION AREA

The entrance (and exit) to the bike transition area is marked by a "Check-In / Check-Out" sign.

To enter, you must present:

- Your bike with its numbered sticker;
- Your bike helmet worn with the chin strap fastened (any helmet not certified or not meeting safety standards will be refused);
- Handlebar ends must be plugged with caps;
- Your race belt worn on you, with bib attached using 3 safety pins - the organization does not provide pins;
- Your transition gear for T1 and T2 (except for Altriman XXL, which must be brought the morning of the race);
- If you are alone, a labeled bag for gear storage ("bag drop") provided by the organizers.

! IMPORTANT:

The bike transition area is accessible only to athletes and accredited personnel. For safety reasons, once your bike is checked in, you will not be allowed to remove it from the area until after the race.

ASSISTANCE BAGS – RACE GEAR

For the **ALTRIMAN FULL (XXL)**, the assistance bags provided ("**Mijanès**", "**Le Bousquet**" and "**Run Course / Finish**") must be handed to the volunteers on Saturday morning before the start. Please attach the stickers provided at race packet pickup to each bag. Three trucks will be parked near the transition area, each marked with its respective destination.

After the race, the "**Mijanès**" and "**Le Bousquet**" bags will be returned to the transition area.

FOR ALL OTHER RACES, finish bags (not provided by the organisation) must be handed to the volunteers before the start.

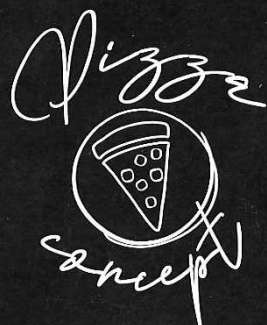
At the entrance to the transition area, take a crate and place all your race gear inside. This crate must remain next to your bike. During the race, no equipment may be left outside the crate.

When collecting your bike after the race, you must return the crate (empty and clean) to the transition area entrance.

! IMPORTANT :

Race bib required to collect your belongings and equipment from the transition area. Collection is only possible during the designated opening hours.





Pizzas Burgers SALADES DESSERTS

...

PRODUITS FRAIS & PÂTES
FAITES À LA MAIN

04 68 30 09 56

Avenue de Balcère 66210 Les Angles

@pizzaconcept66



COMPOSEZ VOTRE PIZZA !



13€

CHOISISSEZ VOTRE **BASE**

TOMATE OU CRÈME

MOZZARELLA

& AJOUTEZ 3 ingrédients DE VOTRE CHOIX

FROMAGES

Chèvre, Camembert, Reblochon, Gorgonzola

VIANDES

Lardons, Poulet, Jambon blanc,
Jambon Serrano, Chorizo, Œuf

POISSONS

Saumon fumé, Anchois

LÉGUMES

Poivrons confits, Oignons confits,
Champignons frais, Pommes de terre,
Courgettes grillées, Tomates cerises,
Aubergines grillées

SUPPLÉMENT INGRÉDIENT 1,50€
AU CHOIX

COMPOSEZ VOTRE BURGER !



13€

PAIN *Burger* **MAISON**

VIANDE AU CHOIX

Steak Boeuf FR 180G POULET PANÉ OU VÉGÉTARIEN

CHEDDAR · SALADE · OIGNONS CONFITS · CORNICHON

SAUCES

Burger, BBQ, Ketchup, Mayonnaise,
Blanche, Andalouse

POMME DE TERRE POP'S 3,50€

FORMULE
Burger
+ POP'S
15,50€

FORMULE
Burger
+ POP'S + SODA
18€

SUPPLÉMENT INGRÉDIENT 1,50€
CHÈVRE, GUACAMOLE, REBLOCHON,
GORGONZOLA

COMPOSEZ VOTRE SALADE !



13€

UNE **BASE** **MESCLUN**

5 ingrédients DE VOTRE CHOIX À AJOUTER

FROMAGES

Chèvre, Camembert, Reblochon, Grana Padano

VIANDES

Lardons, Poulet, Jambon blanc,
Jambon Serrano, Chorizo, Œuf dur

POISSONS

Saumon fumé, Anchois

LÉGUMES

Poivrons rouges, Oignons frits,
Champignons frais, Pommes de terre,
Courgettes, Aubergines, Tomates cerises,
Concombre, Mais, Cœur d'artichauts
Olives noires

SUPPLÉMENT INGRÉDIENT 1,50€
1/2 BURRATA 2€

PIZZA CONCEPT

Résidence La Matte, 1 Av. de Balcère, 66210 Les Angles . 04 68 30 09 56 .

MANDATORY EQUIPMENT

MANDATORY

FOR ALL RACES:

Reusable cup (Écocup) or hydration flask.
Swim cap (provided by the organization).

FOR THE FULL DISTANCE:

A headlamp must be carried after dark.
A waterproof jacket is mandatory.

FOR THE FULL AND HALF DISTANCES:

Charged mobile phone.

FOR THE FULL, HALF, AND OLYMPIC DISTANCES:

Hydration flask or bottle with a minimum capacity of 350 ml.

FOR THE SPRINT:

Cup or hydration flask.

FOR ALL RACES:

Trail running shoes;
Charged mobile phone;
Emergency survival blanket;
Rain jacket;
Sunscreen.

RECOMMENDED

! TRIATHLETES WITHOUT THEIR MANDATORY EQUIPMENT WILL BE DISQUALIFIED FROM THE RACE.



RULES – PENALTIES

On all races, the FFTRI rules apply. Officials will be present.

On all bike courses, the road is open to traffic. You must stay on the right side of the lane and obey traffic laws unless directed otherwise by a marshal. Any triathlete caught cutting a corner will be immediately disqualified.

Drafting is strictly prohibited. Blue cards will result in a time penalty. Drafting zone = 12 meters (front wheel to front wheel).

Littering is strictly forbidden throughout the race. Please dispose of your trash in bins provided at each aid station.

For the Altriman FULL (XXL), from dusk onwards, a headlamp is mandatory. Triathletes without a light will be **disqualified**.



YELLOW CARD (Can be given during swim, bike, or run)

Penalty: correction required if possible.

BLUE CARD (Can be given only during the bike leg)

Time penalties:

- * 1 card: 6 minutes (Half and Full) – 3 minutes (Sprint and Olympic)
- * 2 cards: 12 minutes (Half and Full) – 6 minutes (Sprint and Olympic)
- * 3 cards: disqualification

RED CARD (Can be given during swim, bike, or run)

Penalty: immediate disqualification with no option to continue the race.

BRIEFING - PASTA PARTY



ALTRIMAN FULL (XXL) BRIEFING – MANDATORY

 **Le Castell Cinema** (11 Place du Castell)

 **Friday, July 10**

 **6:15 p.m.** in French 

7:00 p.m. in English and Spanish  

Seating capacity is limited. Access is reserved for athletes only. Briefings for other races will take place at the start area shortly before each race.

PASTA PARTY

 **Tent at the Tennis Courts** (Rue des Tennis)

 **Friday, July 10**

 **From 7:00 p.m.**

Please remember to bring your Pasta 2026 voucher if you reserved your meal during registration.

WEATHER - MEDICAL - POST-RACE EVENTS

WEATHER

The Altriman takes place at over 1500 meters (4900 feet) altitude. Although the season is generally favorable for racing, mountain weather can be unpredictable: bright sun, rain, thunderstorms, or dense fog (the famous Carcanet).

Rapid changes in temperature and weather conditions can occur both in Les Angles village and along the various bike routes, which cross different altitudes and valleys.

Please plan accordingly when choosing your clothing and packing your transition bags.

MEDICAL

Throughout the race weekend, medical services will be available both at the finish area (athlete zone) and along the course (ambulances).

Do not hesitate to inform aid stations or any volunteer on the route if you or another participant experience difficulties. The volunteer will notify race officials to alert medical teams.

Please remember that doctors have the authority to withdraw any athlete they consider unfit to continue for health reasons.

POST-RACE

The post-race area (located just after the finish line podium) will be accessible to athletes only. Here, you can eat, relax, and unwind. A medical station will also be available.

Your timing chip will be removed by volunteers as soon as you cross the finish line.

You can collect your gear and equipment from the bike transition area upon presenting your race bib.



EDEN ROC

Bar & Café - Restaurant

6 Av de Mont Louis, LES ANGLES

04 68 04 33 66

PAPILLES
Cave à vin - Épicerie Fine
Av. de Balcere, LES ANGLES
06 87 17 72 10

ROADBOOK ALTRIMAN 2026



COURSE ROUTES - TIME LIMITS



Buoys must be kept on your right (except the buoy before the exit). They will be illuminated for the FULL distance. In case of fog on the lake, an alternative course (Course B) will be set up.



Routes are marked on the ground in white and overhead with black arrows on yellow backgrounds. Hazard zones are clearly indicated both on the ground and overhead.



Routes are marked on the ground in pink and overhead with black arrows on yellow backgrounds, with additional orange and yellow tape along the natural trail sections.



⚠ FOR THE ALTRIMAN FULL, TWO SIGNS WILL DISPLAY THE FINAL TIME CUT-OFFS IN CASE OF SWIM DELAYS (FOG, START DELAYS). THESE SIGNS WILL BE PLACED AT THE BIKE TRANSITION EXIT AND AT THE MIJANÈS AID STATION. UNDER NO CIRCUMSTANCES WILL THE FINAL CUT-OFF TIMES BE SHORTER THAN THOSE LISTED HERE.

TIME LIMITS

ALTRIMAN FULL

Swim: 7:30 a.m. (2 hours max)

Bike finish: 7:00 p.m.

Run: 10:30 p.m. at 23 km mark

12:00 a.m. at 32.5 km mark

(At the 32.5 km cut-off, you will be redirected onto a shorter course.)

Race clock stops at 1:30 a.m.

ALTRIMAN HALF - SPRINT

No time cutoffs.

ALTRIMAN OLYMPIC

Run: 12:15 p.m. at 1.75 km mark

(You will be redirected to the Sprint course)



ALTRIMAN FULL (XXL)

START TIME : SATURDAY, 5:30 A.M. SHARP.

BEFORE THE RACE

- Mandatory bike check-in: **Friday from 5:00 p.m. to 7:00 p.m.**
- Mandatory race briefing: **Friday at 6:15 p.m.**
- Shuttles to the transition area: **Saturday at 4:15 a.m. and 4:45 a.m.**
- Personal aid bags (Mijanès - Le Bousquet) drop-off: **before the start**, in front of the transition area
- Race gear drop-off: **before the start**, in the crates provided
- Personal belongings / run-course aid bag drop-off (transported to the finish area): **before the start**, at the entrance to the transition area

IMPORTANT

- Fully charged mobile phone mandatory.
- 350 ml bottle, soft flask or ECOCUP mandatory.
- Waterproof jacket mandatory.
- No cups will be provided at aid stations.
- Headlamp mandatory after dark (**no headlamp = disqualification**).
- Littering is strictly prohibited.
- Cycling escorts are strictly prohibited (**disqualification**).
- Pedestrian supporters are permitted after dark.

AFTER THE RACE

- Finish-line buffet.
- Bike collection: **until 1:30 a.m. only**. After this time, the transition area will no longer be supervised.
- Finishers' photo: **Sunday at 12:45 p.m.** on the tennis court.

TRANSITION AREA

Spots are numbered. Please respect the place assigned to you. Boxes will be provided to store your belongings, and all items must be kept inside the box.

You will need to return these boxes empty and clean when you collect your bike after the race.





ALTRIMAN FULL SWIM COURSE

**START AT EXACTLY 5:30 A.M.
(MASS START).**

**TWO laps of 1900 meters each
(Australian exit).**

To reach the first buoy, aim for the beacon on the opposite side of the lake. Buoys must be kept on your right (except for the last one before the exit). They will be illuminated. In case of fog, an alternative "Plan B" course will be set up.

TIME CUTOFF: 7:30 A.M. (2 HOURS MAX).





ALTRIMAN FULL BIKE COURSE

COURSE DISTANCE 193 KM - 4,940 M D+

Marked on the ground in white (overhead arrows are black on yellow).

This is a mountainous, wild, and very scenic route. Roads may be rough in places, with gravel- please ride carefully.

Six aid stations: Matemale (Km 42), Mijanès (Km 74), Col de Pailhères (Km 86), Belfort sur Rebenty (Km 122), Roquefort de Sault (Km 156), Quérigut (Km 172).

Time cutoff: 7:00 p.m. at the bike transition.

Mandatory Equipment

Fully charged mobile phone

Waterproof jacket (subject to weather conditions and may not be required on race day)

VIEW THE COURSE



DOWNLOAD THE
GPX TRACK

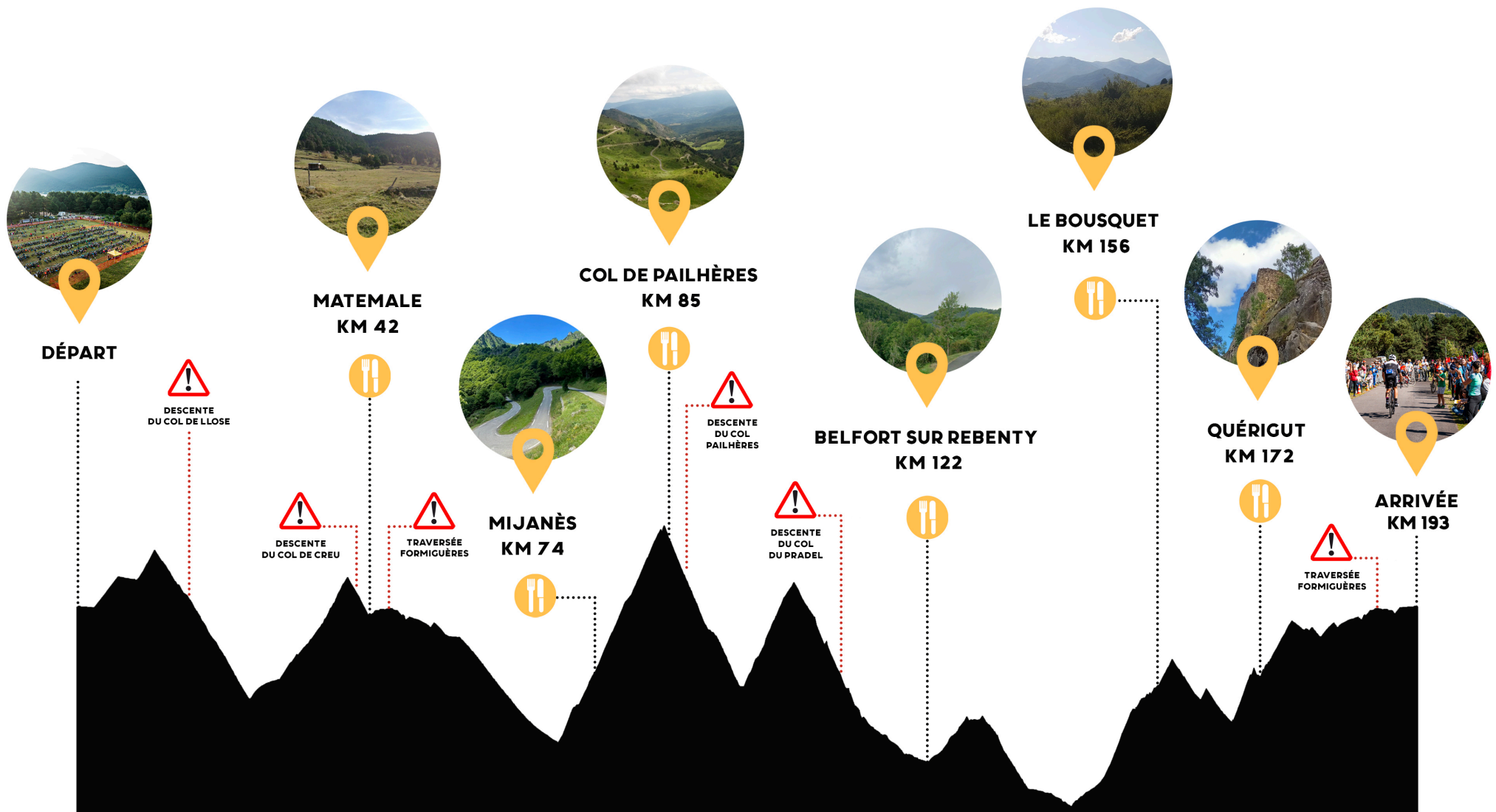


! CHALLENGING SECTIONS:

Since the roads are open to traffic, you are required to stay on the right side of the roadway. Any athlete caught cutting a corner will be immediately disqualified.

- Descent of Col de la Llose (Km 11 to 25): narrow and winding road;
- Descent of Col de Creu (Km 39 to 42,5): narrow and winding road;
- Passing through Formiguères (Km 46,5 to 47,6): Due to the market and heavy vehicle presence, timing will be neutralized through the village. You'll have 3 minutes to cover 400 meters, equivalent to 8 km/h. Take it easy and use this chance to recover. Large signs will mark the start and end of this neutral timing zone.
- Descent of Col de Pailhères (Km 85 to 96): very fast descent;
- Descent of Col du Pradel (Km 103,5 to 114): narrow, winding, poor road conditions with gravel.
- Passing through Formiguères on the way back (Km 186 to 186,6): Due to the market and heavy vehicle presence, timing will be neutralized through the village. You'll have 3 minutes to cover 400 meters, equivalent to 8 km/h. Take it easy and use this chance to recover. Large signs will mark the start and end of this neutral timing zone.

Final details will be provided during the briefing.



Accident or withdrawal? Immediately inform the Race Control Center (number on your race bib) or relay the information to a marshal or motorbike escort.

Drafting is strictly prohibited. A blue card will result in a 6-minute time penalty.

Follow vehicles are strictly prohibited. Offenders will be disqualified.



ALTRIMAN FULL RUN COURSE

VIEW THE COURSE



DOWNLOAD THE
GPX TRACK



Front headlamp mandatory from nightfall (no headlamp = disqualification).

Throwing waste is prohibited (trash bins available at each aid station).

Cycling escorts are **strictly forbidden** (disqualification).

Walking escorts **allowed** only from nightfall onwards.

RUN COURSE 42 km - 1,952m D+

Checkpoints will be set up at each aid station.

Marked on the ground in pink, with black arrows on yellow backgrounds above, plus orange and yellow tape for trail sections.

Nine Aid Stations: Exit of the bike park, Angléo (x2), Balcère (x2), Iglésiettes (x2), Soula (x2).

ECOCUP or flask mandatory - no cups provided at aid stations.

Cut-off times for the run:

10:30 p.m. at the 23 km mark

12:00 a.m. at the 32.5 km mark

(At the 32.5 km cut-off, you will be redirected onto a shorter course.)

OFFICIAL RACE TIMER STOPS AT 01:30.



ALTRIMAN HALF (L)

START TIME : SATURDAY, 8:30 A.M. SHARP.

BEFORE THE RACE

- Bike check-in: **Friday from 5:00 p.m. to 6:00 p.m. or Saturday from 7:15 a.m. to 8:15 a.m.**
- Mandatory race briefing: **Saturday at 8:20 a.m. at the start area**
- Shuttles to the transition area: **Saturday at 7:00 a.m. and 7:30 a.m.**
- Race gear drop-off: **Saturday, in the crates provided**
- Personal belongings drop-off (transported to the finish area): **before the start, at the entrance to the transition area**

IMPORTANT

- Fully charged mobile phone mandatory.
- **350 ml bottle, soft flask or ECOCUP mandatory.**
- No cups will be provided at aid stations.
- Littering is strictly prohibited (**bins are available at every aid station**).
- Cycling escorts are strictly prohibited (**disqualification**).

AFTER THE RACE

- A buffet will be available at the finish area.
- If you still have some energy left, the evening continues with **DJ Thai** (food available on site and a guaranteed great atmosphere!).

TRANSITION AREA

Each spot is numbered, please respect your assigned space. Plastic boxes will be provided to store your gear. All belongings must fit inside the box.

After the race, when collecting your bike, you'll need to return the box empty and clean.





ALTRIMAN HALF SWIM COURSE

**START: 8:30 AM SHARP
(MASS START)**

One 1900 meter loop

Buoys must be kept on your right-hand side, except for the last one before the swim exit.

In case of fog, an alternative Course B will be implemented.





ALTRIMAN HALF BIKE COURSE

[VIEW THE COURSE](#)[DOWNLOAD THE GPX TRACK](#)

COURSE DISTANCE

102 km - 2,126m D+

The course is marked with white paint on the ground and black arrows on a yellow background elevated along the route.

This is a mountain course: wild, scenic, and visually stunning, but that also means the roads can be narrow, in poor condition at times, and may contain gravel.

Ride with caution.

Aid Stations:

Matemale (Km 42)

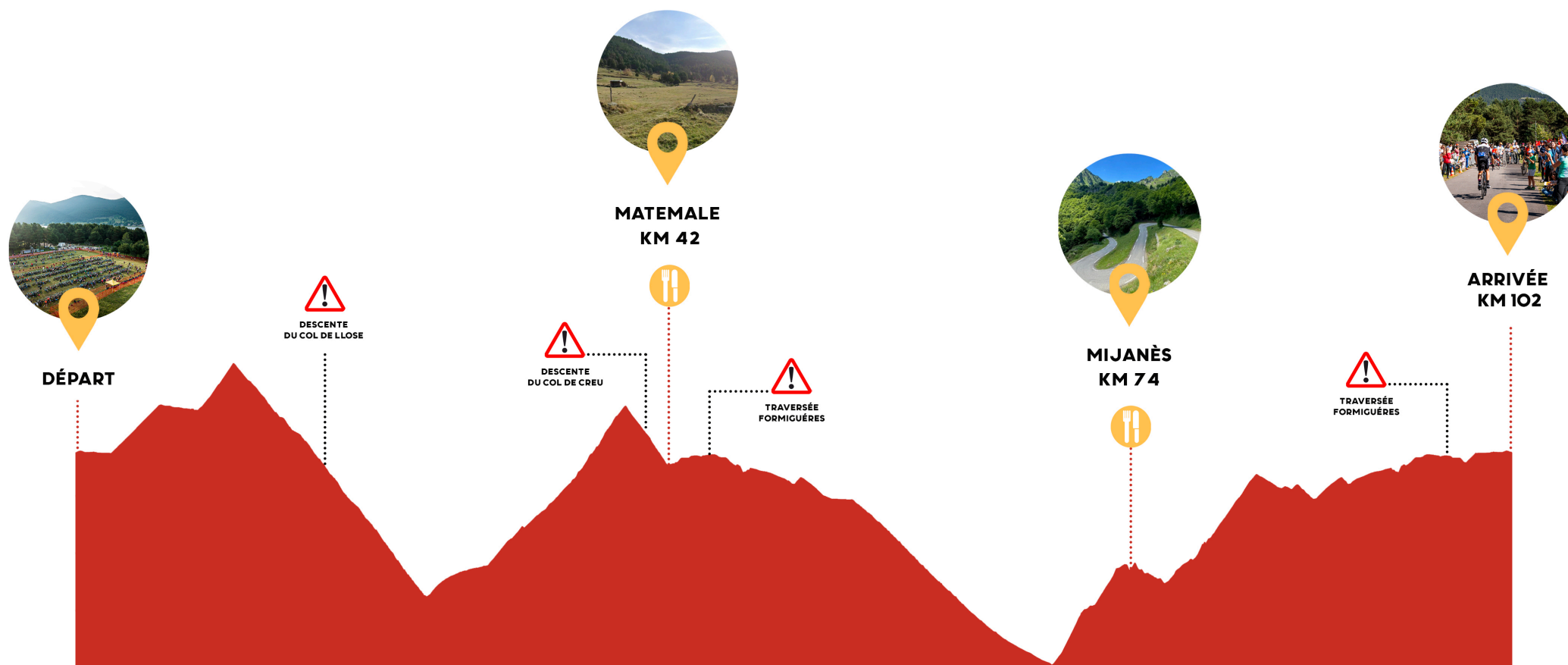
Mijanès (Km 74)

! CHALLENGING SECTIONS:

Since the roads are open to traffic, you are required to stay on the right side of the roadway. Any athlete caught cutting a corner will be immediately disqualified.

- Descent of Col de la Llose (Km 11 to 25): Narrow and winding road.
- Descent of Col de Creu (Km 39 to 42,5): Narrow and winding road.
- Crossing through Formiguères (Km 46,5 to 47,6):
Due to the fair and increased vehicle traffic, timing will be neutralized for this village section. You'll have 3 minutes to cover 400 meters (8 km/h).
Take it slow, recover, and enjoy the moment. Large signs will clearly indicate the **start and end** of the neutralized timing zone.

ALTRIMAN HALF



Accident or withdrawal? Immediately inform the Race Control Center (number on your race bib) or relay the information to a marshal or motorbike escort.

Drafting is strictly prohibited. A blue card will result in a 6-minute time penalty.

Follow vehicles are strictly prohibited. Offenders will be disqualified.



ALTRIMAN HALF RUN COURSE

VIEW THE COURSE



DOWNLOAD THE
GPX TRACK



Throwing litter is strictly
prohibited.
**Bins are available at every
aid station.**

RUN COURSE 21 KM - 696M D+

Electronic timing checkpoints will be set up at each aid station.

The course is marked on the ground in pink, and above ground with black arrows on a yellow background, plus orange and yellow tape in trail sections.

Aid stations every 5 km :

Bike park exit
Angléo
Balcère
Iglésiettes

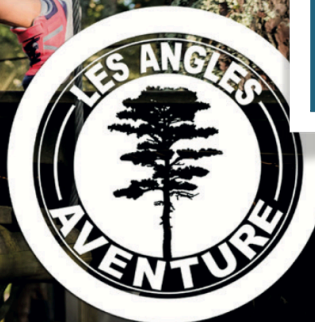
***Reusable cup or flask required - no disposable cups
provided.***



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www.angles-aventures.fr



ESPACE LOISIRS
DU LAC de
MATEMALE



La plage
à la
montagne !

COMMUNAUTÉ DE COMMUNES

**Pyrénées
Catalanes**



POINTS INFO ouverts 7j/7
du 3 juillet au 31 septembre

N°1 : de 10h à 18h
N°2 : de 10h à 12h et de 13h30 à 17h
+33 (0)7 72 51 86 73



Stationnement
obligatoire
sur les parkings
situés aux entrées
de site



de 9h à 19h
du 5 juillet
au 31 août

1^{ère} heure gratuite
(valable 1 fois / jour)

Abonnement saison
15 € / véhicule
en vente au Point Info N°1



Zone de baignade
surveillée de 11h à 17h



Tenez votre
chien en laisse

La redevance « stationnement »
permet à la Communauté de communes
d'investir pour l'amélioration des services
et des aménagements de l'espace loisirs du
lac de Matemale...

Les activités



P'tit resto du mini-golf
Mini golf & practice de golf
Angles aventure (parcours accrobranche)
Explor'game (jeu de piste numérique)
Pump track (parcours cross et initiation VTT)
Les crinières blondes (centre équestre)
Les p'tits bateaux de la Matte
Les p'tits bolides de la Matte
Trampo'lac (trampolines ascensionnels)
Aqualac (jeux aquatiques)
Bar-restaurant l'Ourson
Planet'air (jeux gonflables)
Club nautique l'Ourson
Anim'arc
Fugues VTT
Trottinettes électriques (sorties encadrées)
Alaskan forever (chiens de traîneau)
La bonne barkette (snack-buvette)
Rider zone (E-foil, bike-surf)
Water game (parcours aquatique gonflable)
Camping du lac ***
Cheval rando (centre équestre)
Complexe sportif intercommunal (piscine, fitness, stade...)

ESPACE LOISIRS DU LAC DE MATEMALE

ALTRIMAN OLYMPIC (M)

START TIME : SUNDAY. 8:00 A.M. SHARP.

PRE-RACE

- Bike Check-In: Sunday from 06:30 to 07:45.
- Mandatory Race Briefing: Sunday at 07:50 at the swim start.
- Race Gear Drop-Off: Sunday, in the transition boxes.
- Personal Belongings Drop-Off (returned to the finish area): before the start, at the entrance to the transition area.

IMPORTANT

- ECOCUP or reusable flask required.
- No cups will be provided at aid stations.
- Littering is strictly prohibited.
- (Trash bins are available at every aid station.)
- Cyclists accompanying participants are strictly prohibited (disqualification).

AFTER THE RACE

- Post-race meal included (must have been reserved during registration).
- Bike collection: until 3:00 PM. After this time, the transition area will no longer be supervised.

TRANSITION AREA:

Each spot is numbered. Please respect the assigned place.
Storage boxes will be provided for your gear, all your belongings must be placed inside the box.

After the race, you must return your box empty and clean when collecting your bike from the transition area.





ALTRIMAN OLYMPIC SWIM COURSE

**Start: 8:00 AM sharp
(Mass Start)**

One 1,500-meter lap.

All buoys must be kept on your right-hand side (except the final buoy before the swim exit).

In case of fog, an alternative course will be implemented.





ALTRIMAN OLYMPIC BIKE COURSE

[VIEW THE COURSE](#)[DOWNLOAD THE GPX TRACK](#)

Accident or withdrawal? Please notify Race Headquarters immediately (*phone number printed on your race bib*) or relay the information to a course marshal or motorcycle official.

BIKE COURSE

45.9 km - 1,061m D+

The course is marked with **white arrows on the road** and **black arrows on a yellow background** at elevated points.

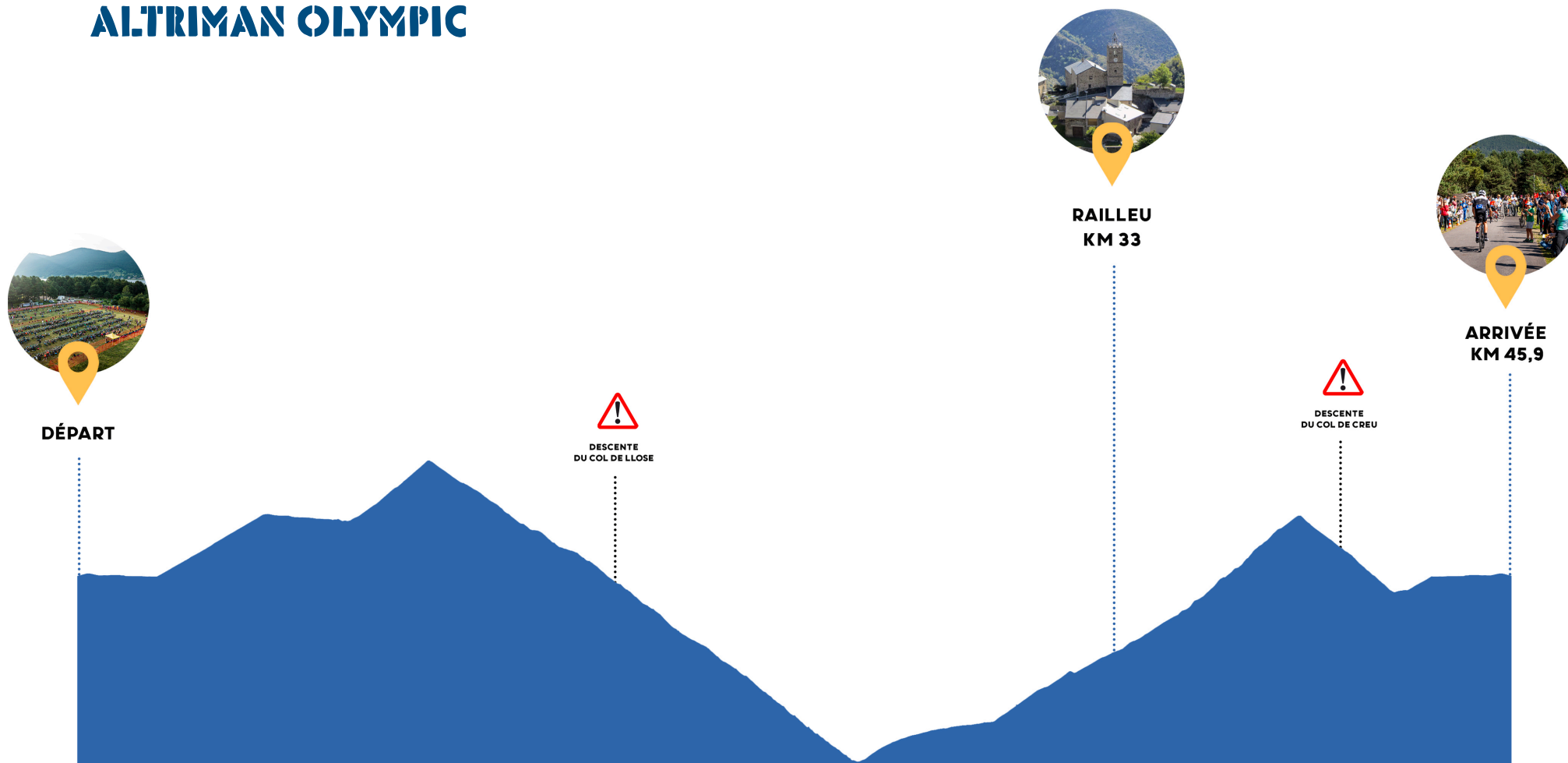
This is a scenic and challenging mountain course. As such, some roads may be in poor condition and sections may contain loose gravel. Please ride with caution.

Aid Station: Railleu (Km 33)

Technical Sections

- Descent of the **Col de la Llose** (Km 11 to 25): narrow and winding road.
- Descent of the **Col de Creu** (Km 39 to 42): narrow and winding road.

ALTRIMAN OLYMPIC



Drafting is strictly prohibited (Blue Card penalty: 3-minute time penalty)

Support vehicles are strictly prohibited : Violation will result in immediate disqualification)



ALTRIMAN OLYMPIC RUN COURSE

VIEW THE COURSE



DOWNLOAD THE
GPX TRACK



RUN COURSE 10.5 km - 327m D+

An electronic checkpoint will be recorded at the aid station.

The course is marked with **pink arrows on the ground**, **black arrows on a yellow background** at elevated points, and **orange and yellow course tape**.

Aid Stations: at the exit of the transition area and at **Km 5**.

ECOCUP or reusable flask required.

No cups will be provided at aid stations.

Run Cut-Off Time:

12:15 PM at Km 1.75

(Athletes reaching this point after the cut-off will be redirected onto the Sprint course.)



Littering is strictly prohibited.

(Trash bins are available at every aid station.)



ALTRIMAN SPRINT (S)

START TIME : SUNDAY. 9:00 A.M. SHARP.

PRE-RACE

- **Bike Check-In:** Sunday from **06:30 to 07:45** or **08:05 to 08:15**.
- **Mandatory Race Briefing:** Sunday at **08:50** at the swim start.
- **Shuttle Service to the Transition Area:** Sunday at **07:00**.
- **Race Gear Drop-Off:** Sunday, in the transition boxes.
- **Personal Belongings Drop-Off** (*returned to the finish area*): before the start, at the entrance to the transition area.

IMPORTANT

- **ECOCUP or reusable flask required.**
- No cups will be provided at aid stations.
- Littering is strictly prohibited.
- Cyclists accompanying participants are strictly prohibited

AFTER THE RACE

Post-race meal included (*must have been reserved during registration*).

Bike collection: until **3:00 PM**. After this time, the transition area will no longer be supervised.

TRANSITION AREA

All transition spots are numbered. Please use only the spot assigned to you. Transition boxes will be provided for your race gear. All equipment and personal belongings must be stored inside your box.

When collecting your bike after the race, please return your transition box empty and clean at the exit of the transition area.





ALTRIMAN SPRINT SWIM COURSE

START: 9:00 AM SHARP
(Mass Start)

One 750-meter lap.

All buoys must be kept on your right-hand side (except the final buoy before the swim exit).





ALTRIMAN SPRINT BIKE COURSE

[VIEW THE COURSE](#)[DOWNLOAD THE GPX TRACK](#)

BIKE COURSE

20.7 km - 261m D+

The course is marked with **white arrows on the road** and **black arrows on a yellow background** at elevated points.

This is a scenic and challenging mountain course. As such, some roads may be in poor condition and sections may contain loose gravel. Please ride with caution.

⚠ Technical Section

- Passing through the village of **Les Angles** (Km 12 to 13). Narrow section with local traffic. Extra caution is required.

Accident or withdrawal? Please notify Race Headquarters immediately (*phone number printed on your race bib*) or relay the information to a course marshal or motorcycle official.

Drafting is strictly prohibited

(Blue Card penalty: 3-minute time penalty)

Support vehicles are strictly prohibited

(Violation will result in immediate disqualification)



DÉPART



ARRIVÉE
KM 20,7





ALTRIMAN SPRINT RUN COURSE

VIEW THE COURSE



DOWNLOAD THE
GPX TRACK



RUN COURSE

5.28 km - 157m D+

The course is marked with **pink arrows on the ground**, **black arrows on a yellow background** at elevated points, and **orange and yellow course tape**.

Aid Stations: at the exit of the transition area and at the finish line.

ECOCUP or reusable flask required.

No cups will be provided at aid stations.

⚠ Littering is strictly prohibited.

(Trash bins are available at every aid station.)



List of products provided at the aid stations

(served on plates by volunteers)

Aid stations are available every 15 to 30 km on the bike course and approximately every 5 km on the run. Please plan your nutrition and hydration accordingly.

BIKE

- OVERSTIMS products
- Fruit gels
- Cereal bars
- Biscuits
- Fruit*
- Still water and Coke

RUN

- OVERSTIMS products
- Fruit gels
- Cereal bars
- Biscuits
- Fruit*
- Still water and Coke
- Savory products*

⚠ No cups provided at aid stations.

Using an Ecocup is mandatory for all races.

(Ecocup and flasks are available for purchase at the Altriman Shop).

No bottles will be provided for ecological reasons. Racers must stop to refill their own bottles.



 Please keep your packaging or dispose of it in the provided bins (littering = penalty, repeated offenses lead to disqualification).

L'OURSON

CABANE & CANTINE

Restaurant du lac

Brunch-Midi-Tapas-Soir-Snack

Base nautique de l'ourson

Tel: 09 62 50 26 72



SUPERETTE
Proxi *By* Carrefour
Face à l'office du tourisme
Avenue de Balcère
66210 Les Angles
Tel: 04.68.04.45.20
proxylangles@gmail.com



MEETING POINTS

BIKE
FULL

Passage at Matemale (aid station km 42)

Mijanès (aid station km 74)

Col de Pailhères (Km86)

Belfort sur Rebenty (km 122)

Le Bousquet (km 156)

Quérigut (km 172)

BIKE
HALF

Passage at Matemale

(aid station km42)

Mijanès

(aide station km 74)

⚠️ STRICTLY FORBIDDEN

- To follow your athlete by car, bike, or on foot;
- To provide assistance to a competitor;
- To supply food or equipment to participants *(except at aid stations, where providing bottles and food is tolerated);*
- To accompany a competitor on a mountain bike or on foot along the running course before nightfall. *A companion is allowed for a few hundred meters only, never for the entire course;*
- To enter the transition area. Access is strictly reserved for participants only.
- We ask supporters not to climb to Col de Creu **(DANGER TO CYCLISTS)**.

FULL DISTANCE - MEN'S RESULTS *(shortened bike course)

ANNÉES	INSCRITS	FINISHERS	VAINQUEURS	NATIONALITÉ	TEMPS
2025	298	265 (89%)	Martin Nicolas	FRA	08:01:58*
2024	280	211 (75%)	Firmin MASSET	BEL	11:48:31
2023	191	117 (61%)	Thomas LEMAITRE	FRA	12:20:32
2022	142	88 (62%)	Cédric LABADENS	FRA	12:34:56
2021	286	148 (52%)	Florian PIERRE	FRA	13:17:26

FULL DISTANCE - WOMEN'S RESULTS *(shortened bike course)

ANNÉES	INSCRITS	FINISHERS	VAINQUEURS	NATIONALITÉ	TEMPS
2025	10	8 (80%)	Clémentine CHALLOT	FRA	10:34:55*
2024	8	6 (75%)	Hanna TAMOUDI	FRA	14:09:38
2023	5	5 (100%)	Hanna TAMOUDI	FRA	16:18:06
2022	8	5 (62%)	Blandine WATTIGNY	FRA	16:28:41
2021	14	6 (42%)	Karine BODINEAU	FRA	17:02:32



SHARE YOUR EXPERIENCE

#ALTRIMAN2026

Post your photos, videos, and comments about Altriman on Facebook and Instagram...

Bring the race to life worldwide... and right at the

finish line! The best photos posted on Instagram will be featured live on Facebook!



@ALTRIMANOFFICIEL

Use the hashtag #altriman2026



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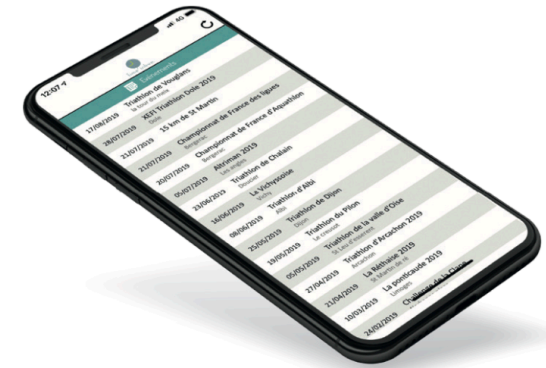


RESULTS AND LIVE TRACKING

Follow a triathlete's progress live on the Time'Inlive app!

At Altriman, timing checkpoints will be set up at every bike and run aid station.

(Note: this is not GPS tracking, but timing at specific course checkpoints only.)



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THE VOLUNTEERS

A great race means a warm atmosphere, smooth organization, flawless safety... and, if you're lucky, some sunshine.

But aside from crossing your fingers for good weather, everything else depends on the volunteers. Without them, no race numbers, no secured course, no aid stations... No race at all. We don't always think about them or thank them enough, yet they are essential.

When organizing, we start by asking club members, family, and friends... but it's never enough. So, we put out a call for volunteers, hoping not to have to hire "volunteers" that weigh down the budget.

Do you love races? Do you want events like this to keep happening in your area? Think about giving back.

During the festival, nearly 200 volunteers are already involved... but we still need more!

Whether you're a runner, a local from Les Angles or nearby, or family or friend of a participant:

One hour, one day, or three, every bit helps!

Come and experience Altriman from the inside!
benevole@altriman.com



Join us for Altriman's traditional Catalan meal: **Arroz de Montaña** (reservation required during registration).

WHERE ?

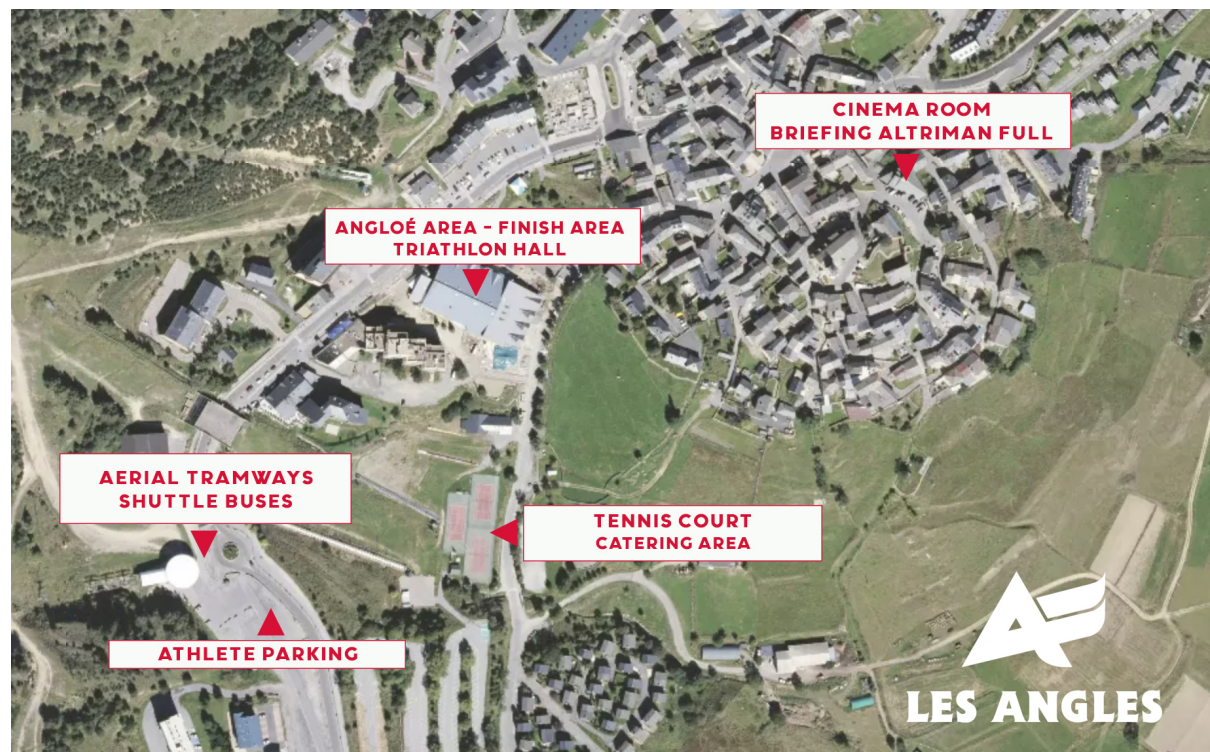
Under the tents set up on the tennis courts

WHEN ?

Sunday from 11:30 AM

AND AFTER ?

Please sort your waste:  food scraps and recyclables → bins provided for this purpose.



THANK YOU NOTES

During your entire journey, you will cross magnificent territories, and we would like to sincerely thank the municipalities that administer them for allowing us to pass through and for all the support they provide to help make this great adventure possible.

Thanks to:

The municipalities of Les Angles, Matemale, Formiguères, Puyvalador, Ayguatébia-Talau, Railleu, Escouloubre, Rouze, Mijanès, Ascou, La Fajolle, Mèrial, Niort-de-Sault, Belfort-sur-Rebenty, Aunat, Bessède-de-Sault, Saint-Colombe-sur-Guette, Roquefort-de-Sault, Le Bousquet, Carcanières, and Quérigut.

We warmly encourage you to come back and visit these villages!



Thanks also to our institutional partners. We share the same goal: to develop our sport and promote our region.

