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Dear riders,

Travelling to and enjoying an Haute Route from Australia and New Zealand is quite a challenge, and often the result from years of planning. To help you, and those around you, best prepare for another experience on the Haute Route we thought we would share with you the wisdom of the most famous Aussie rider in the Haute Route Peloton: Will Levy.

The Haute Route team.

WILL LEVY Q&A: THE HAUTE ROUTE EXPERIENCE

BIO

On bike: Since 5 years old

Home: Sydney, Australia

Haute Route events completed: Alps x7, Dolomites x4, Pyrenees x6, Rockies x 2, Norway x1. Total 136 Stages

KM per year: +16,000km

Profession: Owner of [twowheeltours](#) - Longest serving Official Tour Operator for the Haute Route

Bike: Trek Emonda 2019



Q&A

Haute Route: *You've ridden more Haute Route stages than anyone else, 136 to be precise, which is the most memorable for you?*

Will Levy: The third stage of the first Haute Route in 2011 - from Bourg St Maurice to Serre Chevalier was one for the books. It featured three of the most famous climbs in the Alps - Madeleine, Télégraphe and Galibier - the sun was out and it felt like a tailwind all day. It was my first time over most of those climbs so to combine them all on one day was quite memorable. The steak, frites and gelato in Serre Chevalier in the afternoon topped it off nicely!

HR: *Can you describe what the Haute Route is for you?*

WL: In short, it's riding your bike through some of the most beautiful scenery in the world with a group of like minded people. It's friendship and family. It's tough, a global cycling phenomenon and one of the best experiences you will ever have in your life. The pro like experience with the support from the Haute Route staff, Mavic team, medics and countless volunteers compounded with the [twowheeltours](#) staff (masseurs, mechanic), vehicles, meals and support on and off the bike make it a memorable life time achievement and a set of events I can't wait to get back to each year.

HR: *Some people get the impression that the Haute Route is perhaps too tough for them, can you tell us why in reality this isn't likely to be the case?*

WL: There is no doubting that the 7 day events are a challenge that require some training and preparation, but the Haute Route now offer a wide variety of 3 day events for riders to sample the format before tackling the longer events.

HR: *And what would be your top tips for riders to get the most out of their Haute Route experience?*

WL: To get the most out of your Haute Route experience you should have some consistent training and riding in the lead up. Using your time wisely around work and family commitments is key, getting a coach can be a good option. Ideally you should have a few long 5-6hr rides in the legs for your body to get comfortable with spending time in the saddle. Practice training and riding on heavy legs by doing back to back days when you have time, it will pay off during the event. Training with some friends for the same Haute Route can also be a great option for motivation to train and sharing the experience together.

HR: *So how should people plan their training and events throughout the year? It can often be tough to balance with work and family commitments.*

WL: Life is busy so often it's just a case of do it when you can. Make the most of the time available to you, and use some structured training to get the most out of the hours you commit. Indoor trainers can be very useful. When preparing for an Haute Route I would say it takes 5 to 6 months of more 'serious' training where you can do schedule training blocks and recovery weeks before tapering and travelling to the event.

HR: *You've been on the Haute Route since 2011, what's the experience like as a Tour Operator with clients?*

WL: Like I mentioned already, one of the key descriptors for the Haute Route is friendship, we have over 70% of our clients come back multiple times so when we arrive on an event it's often like a big family reunion. With riders from all over the world, (Japan, Russia, UK,

Australia, NZ) it's a privilege to assist them through their Haute Route experience and bring that little extra touch that means they can enjoy a memorable event.



HR: *Thanks Will for your answers and your insight, we look forward to welcoming you again in 2019.*

WL: No worries, see you next season.



"The Haute Route is a life changing event, and as a Tour Operator we pride ourselves on getting our riders through the events with the best possible experience. We have supported hundreds of riders with fully catered packages that allow them to focus wholly on their riding"

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