



Granfondo China



THE NUTSHELL

Concise guidebook for international participants

GRANFONDO YUNNAN 2018

5th edition from 3 to 10 November - Mangshi to Lijiang

03/11 - IT'S DEHONG TIME!
Mangshi - Prologue Time Trial, 8.3 km*

04/11 - THE BORDER RIDE
Mangshi to Ruili, 103 km / 40 km

05/11 - ROCK 'N RUILI
Ruili, 150 km / 21 km

07/11 - ALONG GAOLIGONG
Tengchong, 200 km / 35 km

09/11 - THE LAKE RIDE
Dali, 115 km / 42 km

10/11 - THE SKY RIDE
Lijiang, 102 km / 37 km

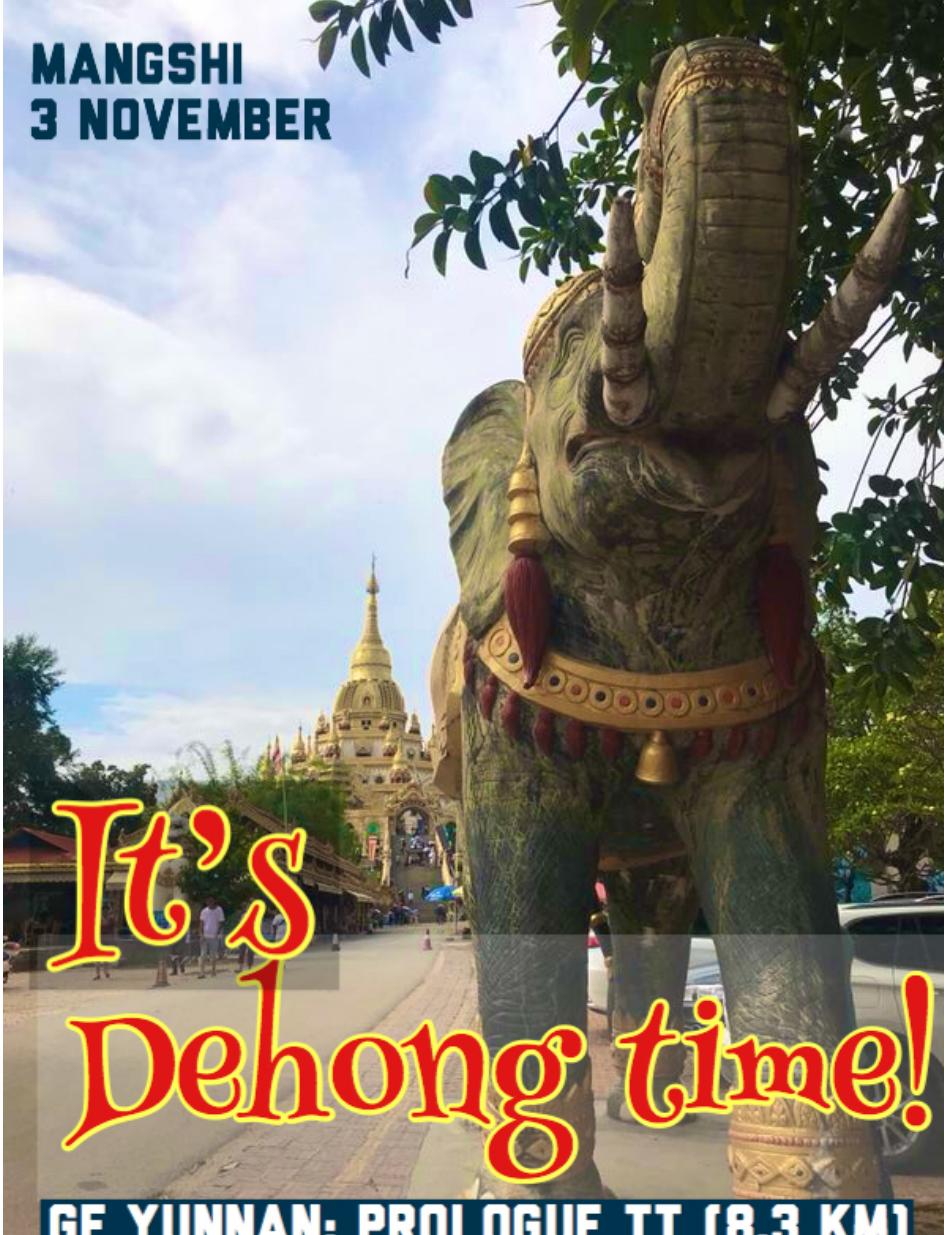
* Only for full-tour long distance riders

DETAILS & REGISTRATION COMING SOON

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- A NORDIC WAYS EVENT -

MANGSHI
3 NOVEMBER



It's
Dehong time!

GF YUNNAN: PROLOGUE TT (8.3 KM)

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Tour de France feeling in Yunnan

- * Only for full tour long distance participants
- * Mangshi is a relatively modern city with a domestic airport.
- * Event Hotel: Mangshi Jiu Dian. Recommended.
- * Nice bbq places close to event hotel
- * Other hotels: [\[LINK\]](#)

What? A novelty in this year's 5th edition of

Granfondo Yunnan, in the spirit of the world's biggest cycling races.

Where? Kong que hu (lake). Finish: Da Jin Ta monastery

When? First rider starts at 11:30 am, followed

by the rest in 30 second intervals.

How? Each rider's mandatory starting time will be communicated in the week before the event. No changes possible..

Red flag: 1) No TT bikes or handlebars allowed. 2) No show =

DNS. DNS = 2 hour time penalty for General Classification

Bottom line: Fast but twisty at first, 1,5 km uphill to nirvana finish

THE BORDER RIDE

4 NOVEMBER MANGSHI - RUILI

GF YUNNAN: STAGE 1 (103 KM)



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Century ride through Dehong to the Myanmar border

- * Short Distance: 43 km
- * Opening Ceremony at 8:30 a.m.
- * Event Hotel: TBA
- * Other hotels: [\[LINK\]](#)
- * Tip: if you like beer, do try the Myanmar Beer, which can be found in most convenience stores - also at finish
- * There's duty-free shopping options at finish, bring passport

What? The first mass start stage serves as a good appetizer with a manageable course of 105 km.

Where? Start at Mangshi Guangchang, finish at Jiegao Guomen in front of the Myanmar border gate

When? The start is at 9:00 a.m. The short distance starts at 9:15 a.m..

How? The central square is easy to reach from all hotels in

Mangshi. You need to check out from your hotel before and follow the instructions from our logistics team, as obviously we are riding to another city

Red flag: 1) Make sure your brakes work or you'll ride straight into Myanmar. 2) Ruili has limited western food options. Prepare yourself in advance if needed.

Bottom line: Flat and some false flats

characterise the first kilometres as you warm up the legs. There's a 6 km long climb after km 62 that will test your legs and stamina for the first time. The gradients are consistent and not so steep. The descent is non-technical, yet control your speed and don't take chances. This is China. Be aware of speed bumps 2,5 km before the finish at the customs checkpoint.



Rock 'n Ruili

5 NOVEMBER - GF YUNNAN: STAGE 2 (150 KM)

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Scenic rollercoaster ride through the countryside

- * Short distance is 23 km but with uphill finish
- * Ruili is the main border city between China and Myanmar.
- * Event Hotel: TBC.
- * There's a big Hanting hotel in an area on the course with lots of restaurants and bbq places nearby
- * Other hotels: [\[LINK\]](#)

What? A serious roller coaster ride through the magnificent countryside of Ruili, also in Dehong

Prefecture. The course flattens out after km 88 as the day progresses.

Where? Start and finish in front of the borderpost, as in yesterday's stage

When? Start at 9:00 a.m.; short distance at 9:15 a.m.

How? If you finished the long distance race yesterday, you know where the start/finish

today is. Short distance: go to the Myanmar border (but don't cross it)

Red flag: Don't be silly and do not attempt short-cutting. We catch you, you're out of the whole granfondo event. No mercy. Besides, we have several checkpoints in place.

Bottom line: Easy at first to warm up for a longish moderate slope, before hitting a countryside road after 21 km with steeper gradients. After a rather

fast descent, it's mangia e bevi , up-and-down , until a few more genuine climbs towards a big water reservoir at km 88. There's a bonus time sprint there also. Riding down leads to generally flattish roads to the finish. A stage with spice - 1600 hm - , but if you manage your efforts well, you should reach the finish relatively fresh for the nighttime dinner & drinks in this colourful bordertown.

7 NOVEMBER - GF YUNNAN: STAGE 3 (200KM)

Along Gaoligong

TENGCHONG



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The challenge of the week and yet you'll want more

- * Short distance is 37 km
- * Tengchong is an up-and-coming city with a domestic airport.
- * The place has a significant role in 20th century Chinese history.
- * As in Ruili, be aware of limited western food options in Tengchong.
- * There's a bar street with a cooperative bar not far from Guanfang Hotel and race start venue.
- * Event Hotel: Jianguo Jiu Dian. Recommended.
- * Other hotels: [\[LINK\]](#)

What? The most beautiful and challenging stage of the week for many people with a 200 km course: how many times can you do that in China? As cherry-on-the-pie, there is the cobblestone climb, The Wall of Tian Tai, at km 62

Where? Start at Wenzhi Guangchang; Finish at Volcano Park, 20 km outside the city

When? Start at 7:30 a.m. Short distance 7:45 a.m.

How? Start is 200m from the event hotel. From the finish at Volcano Park, busses

will be available to bring riders back to the city (20 km). It is permitted to cycle back - mainly downhill, but at your own risk!

Red flag: 1) Checkpoints everywhere, so don't even think about short-cutting. 2) A long stage, check the status of your tyres beforehand.

Bottom line: This stage provides a real granfondo experience with cycling on smaller countryside roads and fantastic backdrops of the Gaoligong mountain range for the first half. The roads, generally on good

surface, twist and turn continuously, and go up-and-down, sometimes steeply so. At km 62, there is a Flemish-style climb of 1.2 km, the Wall of Tian Tai, on cobblestones. The stones are not like Roubaix, but still. More than any other stage, this one requires effort-management. The first 80 km are the toughest, and you do want to conserve energy for the last 120 km.... The CUT at the finish is 11h30 (= 7 p.m.). The scenery is so breathtaking you won't want to stop, though!



THE NUTSHELL

Cruising around the exquisite Erhai Lake

- * Short distance is 42 km
- * Dali is a tourism hotspot with a domestic airport.
- * Dali is home of the Bai ethnic minority people
- * Dali has an Old Town worth visiting, but bear in mind the race and event hotel is 30-minutes taxi ride away in the modern new town.
- * Event Hotel: TBC..
- * Other hotels: [\[LINK\]](#)

What? After last year's excursion to Heqing due to road works, a return to the lake loop. On paper the fastest and easiest stage.

Where? Start and finish at the olympic stadium

When? Race start at

8:30 a.m.

How? The olympic stadium is on the southern lake side in the new town (Xichang).

Red flag: 1) Easy and fast, everyone can win, but unsporting behaviour will be punished severely. 2) Keep an eye out for

sudden narrowing of the road, which can always occur in this stage.

Bottom line: Little elevation gain in this great lake ride make it ideal for loosing up the legs after the Gaoligong marathon

and the upcoming Lijiang mountain assault tomorrow. Few technical bits in Dali, but stay vigilant at all times. If you're not aiming for a podium finish, you may wish to take it easy and don't desperately try to hang on with the front group.

If you are aiming for a podium, please note that all standard UCI rules apply in the event of a sprint finish. Stay in your own line, no sudden deviations in direction, no pushing or pulling.

THE SKY RIDE

LIJIANG



10 NOVEMBER - GF YUNNAN: STAGE 5 (102KM)

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Reach for the sky and your Golden Certificate at 3300m

- * Short distance finishes after 37 km before the long descent.
- * Only do long distance if you know how to negotiate a series of switchbacks in a long descent. Check your brake pads and cables before the race
- * Lijiang is a big city wth a famous ethnic minority old town centre. It has a domestic airport.
- * There is a Starbucks, McDonalds etc right at the starting line.
- * Event Hotel: Guanfang Jiu Dian. Recommended.
- * Other hotels: [\[LINK\]](#)

What? The big finale with two climbs and a 1km vertical loss descent. The final climb to the finish at Maoniuping has an elevation gain of 1500 hm.

Where? Start at Old Town, finish at Maoniuping

When? Start at 9:30 am. Short distance at 9:45 a.m.

How? The Old Town main entrance is easy to reach. After the finish, busses will take everyone back to the

city. It is NOT permitted to cycle down the Maoniuping mountain! .

Red flag: 1) If you feel dizzy, stop cycling. No point in challenging the high-altitude for your own health's sake. 2) Cut-off times will be rigourously applied. If you fail to meet the CUT, stop cycling and follow instructions by our staff. It is NOT allowed to continue outside the CUT under local authority's orders.

Come back stronger next year :-)!

Bottom line: Easy beginning to warm up for a large chunk of climbing. After the first summit, there's a very long descent that is not too technical but fast in parts. Stay focused! At the end of the descent there is a checkpoint following which the road goes up relentlessly for 1500 m of elevation gain to the dramatic finish location of Maoniuping.

GRANFONDO YUNNAN - 2018 CERTIFICATES



GOLD

FINISH ALL 6 STAGES
INSIDE CUT



SILVER

FINISH 5 STAGES



BRONZE

FINISH 4 STAGES

NOTE: CERTIFICATES WILL BE HANDED OUT TO LONG DISTANCE RIDERS ONLY



INFO CHANNELS

Download WeChat and scan the QR Codes

Web: www.gfyunnan.squarespace.com

Facebook: www.facebook.com/granfondoyunnan

Instagram:

General queries: info@nordicways.com

Logistics: jade.tang@nordicways.com

Registration: claire.chen@nordicways.com / yinbo.zhang@nordicways.com

Race technical queries: fan.kesi@nordicways.com (Kris)

International media & sponsorships: fan.kesi@nordicways.com (Kris)



GRANFONDO YUNNAN 2018

5th edition from 3 to 10
November - Mangshi to
Lijiang

2018七彩 云南格兰芬多 国际自行车节

第五届七彩云南格兰芬多
国际自行车节
11月3-10日芒市到丽江

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Granfondo



NW Weibo



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03/11 - IT'S DEHONG TIME!

Mangshi-Prologue Time Trial, 8.3Km
11月3日 骑始芒市
芒市序幕赛8.3公里个人计时赛

仅限报名全五站长距离组的选手参加
Only for full-tour long distance riders

04/11 - THE BORDER RIDE

Mangshi to Ruili, 103Km / 40Km
11月4日 边境骑行
芒市-瑞丽，103公里/40公里

05/11 - ROCK'N RUILI

Ruili, 150Km / 21Km
11月5日 角逐瑞丽
瑞丽，150公里/21公里

07/11 - ALONG GAOLIGONG

Tengchong, 200Km / 35Km
11月7日 单骑高黎贡
腾冲，200公里/35公里

09/11 - THE LAKE RIDE

Dali, 115Km / 42Km
11月9日 驰骋洱海
大理，115公里/42公里

10/11 - THE SKY RIDE

Lijiang, 102Km / 37Km
11月10日 决战牦牛坪
丽江，102公里/37公里