

# MTB XCO



Montboucons Sports Centre

**Besançon is a training mecca for the Olympic MTB cross-country (XCO) discipline, as it is home to France's centre of excellence for MTB athletes. France's national and international elite have all worn out their tyres and brake pads on these trails.**

The hills embracing the city offer the ideal natural setting for XCO MTB. The climbs and descents on trails of all kinds – from single forest tracks, with looser terrain criss-crossed by roots for added technical challenges, to rock-strewn trails – require physical strength and expert steering. A great playground for mountain bikers!

The Montboucons sports centre has all the auxiliary facilities required for top performance sports: offices for coaching staff, workshops and washing stations for mechanics, video analysis rooms for riders, and conditioning, strengthening and recovery facilities.

The venue also offers places to stay and places to eat on-site or 5 minutes away on foot, depending on the type of accommodation you choose. And let's not forget the sport performance optimisation centre, or COPS, which is a one-of-a-kind facility for athletes preparing for the Games (hypoxic rooms, cryotherapy, HBO therapy, etc.). Athletes will be able to focus fully on stress-free preparation, with a healthy mix of concentration and relaxation, and by alternating intensive training and recovery sessions.

## Local Olympic athletes

**Julie Bresset**

Olympic XCO MTB champion in London in 2012.



## Praise all round

**Line Burquier**

2021 JUNIOR CROSS-COUNTRY WORLD CHAMPION

"What I like about training in Besançon is that everything is nearby. You can be out of the city in 5 minutes, and head into the surrounding forests and mountains. The Montboucons sports centre offers us a technically difficult, fast and well-rounded MTB track, a gym and a dojo, just below the apartments."



## In brief

- Natural surroundings for training sessions
- Trails with a variety of climbs and descents
- Workshops and washing stations
- Fitness training and recovery areas
- Video analysis rooms



Photos, videos,  
technical details...

**Scan me!**



## Accompanying services

- Transfers for riders and their equipment, from the airport to Besançon, and from Besançon to Olympic venues.
- Vehicles on hand to transport athletes and equipment throughout their stay.
- A liaison officer will accompany your team and be on hand 24/7 to help coordinate the logistics of your stay in Besançon

Photos, videos,  
technical details...

**Scan me!**



## THE ADVANTAGES



## A WIDE RANGE OF ACCOMMODATION WITH FACILITIES NEARBY

At Besançon, enjoy the same high-quality accommodation and level of service as in other large cities, but at a far more reasonable price. And as the city is compact, your hotel will only be 15 minutes away from your training centre at most, making the commute stress-free.

## A RECOVERY CENTRE AND MEDICAL SERVICES TAILORED TO YOUR NEEDS

Prepare physically for the Games stress-free, knowing you have access to an unrivalled preparation and recovery facility: the sport performance optimisation centre, or COPS, and its hypoxic rooms. If an injury occurs, a multidisciplinary hospital team is on hand to provide the care you need!



## A TAILORED SERVICE OFFER

By choosing Besançon to prepare for the Games, you can concentrate all your energy on physical and mental preparation. Our welcome team will take care of the rest – airport transfers, transporting staff and equipment, providing language support – making sure you use your preparation time to the full and obtain that medal you came to win.



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