

Classic Alpine Climbs

Trip code: CAC



Overview

 Total 5 days

 Hotels

 Difficulty: 

 Cycling 4 days

 France

 June - September

Challenge yourself against some of the best cycling roads in Europe along the most famous Alpine climbs of the Tour de France, all over a long weekend! The legendary Col du Galibier and Alpe D'Huez conjure up images of pristine mountain roads, glorious alpine backdrops, and endless switchbacks as far as the eye can see. During this epic five-day trip you'll climb and descend five classic climbs in this iconic region of France, staying in relaxing hotels and eating in local restaurants throughout. All logistics are taken care of, so you can just turn up, ride, and follow in the footsteps of some of the greatest cycling legends in the world in one of the most beautiful landscapes in the world.

"One of the best experiences of my life . The scenery and cycling was amazing , Tom and Ben the leaders were so professional and supportive . Exceptional service as always , I would recommend this trip to any one who has a passion for cycling"

Jodie, 2018

Highlights

- Taking on the mighty Col du Telegraphe & Col du Galibier
- Cycling the famous switchbacks of the Alpe D'Huez
- Staying in beautiful alpine villages
- Getting that classic mountain-top photo
- The stunning vistas of the Col du Glandon & the Col De la Madeleine

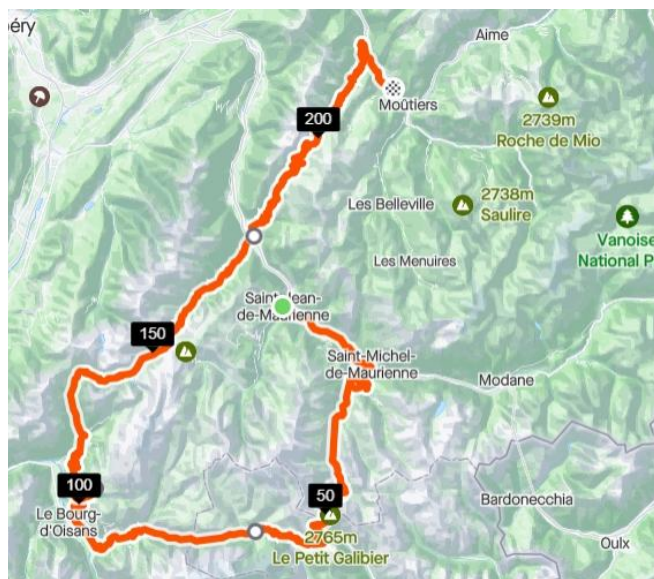
Detailed Ride Itinerary

Day 1: Fly into Geneva, transfer to Saint-Jean-de-Maurienne

You will be met at the airport and transferred to our hotel in Saint-Jean-de-Maurienne. Here you'll meet the rest of the group and will hopefully have plenty of time to relax, explore and prepare for the days ahead.

Day 2: Saint-Jean-de-Maurienne - Col du Télégraphe - Col du Galibier - Le Grave (68km & 2400m[⬆] / 43 miles & 7900 feet[⬆])

Today the cycling starts with a bang! The Col du Télégraphe and Col du Galibier await, two classic climbs that have near-mythical status. You'll begin the ride with a gentle warm up through the L'Arc valley before turning southwest in Saint-Michel-de-Maurienne on quieter mountain roads to begin the Col du Télégraphe (1566m). At 11.8km long with an average of 7.3%, this is a great first climb and reasonably steady throughout. After a short descent we reach the pretty village of Valloire where we begin climbing once again. From Valloire there's a further 19km to the Col du Galibier (2642m). This iconic climb is spectacular and surrounded by jagged mountain peaks as it winds up to the summit. A regular addition to the Tour de France, it was first used in 1911 when all but two riders were said to have walked! After a dazzling descent via the Col du Lauteret, a very welcome rest awaits in La Grave where we spend the night.



Day 3: La Grave - Alpe D'Huez - Bourg D'Oisans (57km & 1500m[⬆] / 36 miles & 5000 feet[⬆])

We leave La Grave and continue descending to the Lac du Chambon. At the Bassin du Clapier we head northwest on a flat road to Bourg D'Oisans where the climb of the day begins. The Alpe D'Huez needs no introduction, a regular on the Tour de France, this 13.9km climb has struck fear into the heart of many a cyclist for decades. At an average of 8% and with a maximum of 15%, the 21 hairpin bends of Alpe D'Huez are regularly filled with campervans and ravings fans when the Tour passes through. It's a magnificent climb and never fails to deliver. After a coffee and cake in the village we'll descend all the way back down to our overnight stay in Bourg D'Oisans.

Day 4: Bourg D'Oisans - Col du Glandon - Saint-Marie-de-Cuines (58km & 1600m[⬆] / 37 miles & 5300 feet[⬆])

Today's ride begins with a 10km warm up heading north from Bourg D'Oisans. At Rochetaillée we continue northeast past the Lac du Verney, here we begin to climb and tackle the climb of the day, the mighty Col du Glandon (1924m). From the Varney dam, the Glandon is 24km with an average of around 5%. The maximum gradient of 11% is reached during two sections of the climb but the scenery is well worth taking the time to admire, with steep mountain sides either side of the tarmac and the stunning Lac de Grand Maison to take your mind off your tired legs! From the summit you're treated to a magnificent descent to our overnight stop in Saint-Marie-de-Cuines.

Day 5: Saint-Marie-de-Cuines - Col de la Madeleine - Aigueblanche

(52km & 1700m[⬆] / 33 miles & 5600 feet[⬆])

Our final day's ride may be the shortest but don't be fooled, the Col de La Madeleine (2000m) is a relentless climb. Following the D213 north from La Chambre, this 19km climb averages 8% but never really drops below 6% with a maximum of 10%. 5km from the summit you'll reach Saint François Longchamp ski station where it can get quite exposed on windy days. Your reward however will be worth it, 26km of incredible descent to our final overnight in the village of Aigueblanche. Here we'll have a celebratory meal and reflect upon the last four days of epic riding!

Day 5: Aigueblanche - transfer to Geneva

After breakfast you will be transferred to Geneva airport for your return flight. Here the trip ends and we say our goodbyes.

Included

- Transfer from Geneva airport to Saint-Jean-de-Maurienne
- Cycle leader/guide(s)
- Support driver/bike mechanic
- Support vehicle throughout
- 5 x night's hotel accommodation
- 5 x breakfasts
- 5 x buffet-style lunches
- All luggage transported during your trip
- Transfer from Aigueblanche to Geneva airport
- GPX files (if required)
- First aid cover
- Trip documents, kit lists and friendly advice

Not Included

- Bicycle and helmet
- Flights to/from Geneva airport
- Evening meals, drinks and snacks
- Optional excursions
- Travel Insurance



This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Trip Notes

Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such. You will be cycling through mountainous terrain which is extremely hilly so you must be an experienced cyclist who cycles regularly and maintains a good level of bike fitness. There are significant climbs throughout this trip that will require stamina, bike fitness and technical ability on descents. If you are unable to keep to a moderate pace, you will be asked to travel in the support vehicle.

You must prepare before coming on the trip, anything cardiovascular will help as will of course cycling. Importantly you need to do some 6+ hour cycles so you will know what is required. **You will need to get some hill practice in!**

We can provide you with a training plan but you will need to be comfortable cycling for several hours at a time through hilly terrain. If you are unsure or require our training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here: www.moreadventure.co.uk/cycling-grades

Door-to-door bicycle transfers

We may be providing a door-to-door bicycle transfer service on this trip (for an additional charge and subject to logistical restraints). Once we have received the pickup/dropoff locations from all riders, we'll forward the logistics of your bicycle pickup and dropoff and a separate invoice for this service. There will be no need to dismantle your bicycle and we can also take one piece of luggage, allowing you to fly with hand luggage only. Further information about this service will be issued upon booking.

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather, as it can rain at any time of the year and mornings can be chilly. Our recommendations on what clothing to bring will be issued upon booking. **It is absolutely essential that you are prepared for all weathers and be able to carry up to 1.5 litres of water.** Our recommendations on what clothing to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates, and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

We recommend that you obtain travel insurance before booking any trip. Personal travel insurance is compulsory on any More Adventure trip and should be obtained before booking onto a trip. As a minimum we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects (including your bicycle).



We also recommend you take out bicycle insurance for this trip. If you're looking for reasonably-priced, specialist bicycle insurance, we have teamed up with [Yellow Jersey Cycle Insurance](#).

They offer specialist cover for bicycles including all the standard cover you'd expect but also cover other things like race fee cancellation, crash damage, wheels cover and even theft from inside a vehicle. Use the code MOREADV10 for 10% off.

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Evening meals each evening tend to cost between £15 and £20. You will need Euros to spend in France.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels based upon twin sharing. All have hot water showers and excellent amenities. A single room supplement may be possible for an extra cost, this can be added upon booking (based upon availability).

Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be laid out for you to help yourself at each of our lunch stops. They will include breads, ham, cheese, tuna, salad, fruit, pasta and cereal bars. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included but you will have the opportunity to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-£20.

Equipment

We recommend road bicycles for this trip. Please contact us if you are unsure whether your bike is suitable.

Bikes are not included in the price. It is very important that your bike is in good working order and that you bring plenty of spares. Please bring at least two spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Continental Grand Prix 4 Season Schwalbe Durano Plus). We recommend using [Wiggle \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weather. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top for the long descents. Make sure you bring enough clothes for each day cycling and for evening meals.

Luggage

Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [saddle bag](#), [frame fit bag](#) or something similar. You do not need to carry a great deal whilst riding because the support vehicle will be meeting you at various points throughout the day.

Leaders

This trip is led by at least one experienced and qualified cycle leader who will cycle with the group at all times. They guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader drives the support vehicle offering assistance where necessary and transfers all luggage from one hotel to the other (if required).

This trip will run on a minimum number of 8 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book (we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, there is an option here to do so)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay a 40% deposit through Stripe
- 7. Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip
9. The remaining balance needs to be paid no later than 5 weeks before the trip begins. This can be paid in installments or in one payment through your More Adventure account.