

Classic Alpine Climbs

Trip Code: CC



“ More Adventure laid on the perfect trip. We were well looked after from start to finish. Fun tour guides, great food and quality accommodation. I would definitely recommend a tour/trip with More Adventure” **Adam Ramsey, London to Paris Rider 2013**

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 Total 5 days

 Hotels

 Difficulty: 

 Cycling 3 days

 France

 June - September

Overview

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.

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 vista's on the Col du Glandon & the Col De la Madeleine

Detailed Itinerary

Day 1: Fly into Geneva, transfer to Saint-Julien-Mont-Denis

You will be met at the airport and transferred to our hotel in Saint-Julien-Mont-Denis. 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: Col du Galibier - (40 miles - 7700ft Ascent)

Today the cycling starts with a bang! The Col du Télégraphe and Col du Galibier await, two classic climbs that have near-mythical status. The monster that is the Col du Galibier is over 21 miles of climbing, averaging around 6%, and just so you can't daydream your time away on the way up, there are kilometre markers all the way! A regular addition to the *Tour de France*, it was first used in 1911 when all but two riders were said to have walked! A very welcome rest awaits in La Grave where we overnight.



Day 3: Alpe D'Huez - (38 miles - 6630ft Ascent)

Not quite as much ascent as the previous day but still a huge challenge as we tackle the switchbacks of perhaps the most famous of them all...the Alpe D'Huez. With 'only' 9 miles of climbing, what it lacks in length is made up in sheer beauty and its' iconic hairpins are recognisable all over the world. Who can forget the sight of Marco Pantani in 1995 and 1997 with his trademark 'out of the saddle' style, flying up in just 36 minutes! What will your time be? We overnight in the small town of Le Bourg-d'Oisans.

Day 4: Col De la Madeleine - (68 miles - 12,000ft Ascent)

Today is the big one - 68 Miles, 12,000ft of ascent, two cols! After a fairly flat 10 mile start, the climbing starts in earnest as we tackle the Col du Glandon & Col De la Madeleine. With an average gradient of 8% the Col De la Madeleine is a tough challenge for anyone, it too features the kilometre markers so you can track (and pace) your progress up the stunning climb. A well deserved rest awaits in Aigueblanche where our cycling for this trip ends. Here we'll have a celebratory meal and reflect upon the last three days of epic riding!

Day 5: Transfer to Geneva

After breakfast you will be transferred to Geneva airport for your return flight.



Included

- Cycle Leader(s)
- Support driver/vehicle
- 4 x night's hotel accommodation
- 4 x breakfasts
- Bicycle mechanical support
- Transfers from/to Geneva airport on scheduled arrival/departure dates
- First aid cover
- All luggage transported during your trip
- GPX files of the route (if requested)
- Photos and video of your trip

Not Included

- Bicycle and Helmet
- Flights to/from Geneva
- Lunches, evening meals, drinks and snacks
- European Health Card (www.ehic.org.uk/Internet/home.do)
- 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

This is a very tough 3 days cycling so you will need to prepare to climb for extended periods each day. Whilst the days are not particularly long in distance, there are significant climbs throughout this trip so you will need to have plenty of climbing experience if you're going to enjoy this fantastic trip.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will definitely run.

You must prepare before coming on the trip, anything cardiovascular will help in addition to 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



Flights

You will need to purchase a return flights to/from Geneva. [Easyjet](#) offer these for between £150-£200 including your bicycle (please only book this once the trip has been confirmed). You will be met by the More Adventure team at Geneva airport who, upon arrival into your hotel, will offer assistance in unpacking and rebuilding your bicycles.

Please only book flights once the trip has been confirmed

Weather & Climate

This region of France has a good stable climate during the summer with plenty of sunshine and warm/hot temperatures (20°C's -high 30°C's). It is essential however that you are prepared for poor weather as it can rain at any time of the year and mornings can be chilly. You will of course be riding over high mountain passes and on high roads, the weather here can be very changeable and nothing like the weather on the valley floor. 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

Personal travel insurance is compulsory on any More Adventure 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). [John Lewis](#) have Single Trip Cover Insurance plans for between £7 and £15. Click [here](#) to find out more.

You must also bring a European Health Card (www.ehic.org.uk/Internet/home.do) which are free and give you access to free healthcare anywhere in Europe.

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

Meals each evening tend to cost between £15 and £20. You will also need to budget for any drinks and snacks. You will need Euros to spend in France.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels. All have hot water showers and excellent amenities.



Food

Breakfast will vary each morning but will generally be continental-style with hot drinks and juices. Lunches will be taken each day at local cafe's. We will also be stopping at shops along the way for people to buy snacks and drinks.

Evening meals and drinks are not included in the price and we will give you the opportunity to eat out as a group at a local pub/restaurant. 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 four 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, Bontrager Race Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

It is possible for you to hire good-quality road bikes upon arrival into France, please get in touch with us for further details at info@moreadventure.co.uk.

We do not provide helmets it is essential that 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 weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Luggage

All luggage will be transported between hotels as you cycle. You are therefore limited to one suitcase/large holdall and one daysack. Please bring a suitable bag to carry waterproof, windproof and snacks whilst cycling. This could be a [small pannier](#), a daysack, a [large saddlebag](#) or [handlebar bag](#).

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.

This trip will run on a minimum number of 10 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

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 Worldpay
- 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

