

Tour Du Mont Blanc

Trip Code: TMB



“ *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, 2013* ”

 Total 6 days	 Hotels	 Difficulty: 
 Cycling 4 days	 Switzerland, France & Italy	 May - September

Overview

The Tour du Mt Blanc is a hugely popular climbing challenge during which passes through three countries (Switzerland, France and Italy) whilst always in the shadow of the mighty Mt Blanc, the highest mountain in Western Europe. Over four full days of cycling you will experience the very best Alps has to offer, from incredible lung bursting switchback ascents to hair-raising supersonic descents...and everything in between.

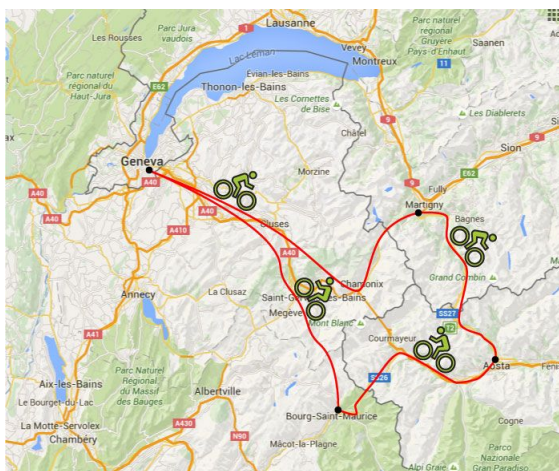
Highlights

- Cycling through the famous ski destination, Chamonix
- Climbing the beast that is Col du Gd Bernard
- Endless winding descents
- The glorious alpine vistas
- A celebratory drink (or two!) overlooking Lake Geneva

Detailed Itinerary

Day 1: Fly into Geneva

We meet at Geneva airport where you will be met by your More Adventure leaders who will transfer you, your luggage and your bike to your accommodation in this incredible city. Depending on your flight time you should have time to relax, take a look around and prepare for the trip ahead. During the group meal your leaders will talk through the exciting days ahead and you'll also meet your fellow riders for the trip.



Day 2: Geneva to Martigny (82 miles - 9937ft ascent)

Time to ride! Rolling out of Geneva the first 40 miles are relatively flat giving you a chance to settle into your riding and take in the beautiful surroundings. The second half of the day starts to curve upwards as the first of three short(ish) climbs are to be negotiated. For your efforts, you are rewarded with a super descent all the way into Swiss Martigny for your overnight stop, which has a museum dedicated to the St Bernard dog!

Day 3: Martigny to Aosta (50 miles - 8942ft ascent)

A shorter day but what it lacks in length it makes up in height gain! Today is the day of the Saint Bernard...the Col du Gd St Bernard to be exact! At 25 miles long and with 6000ft of ascent, this is a mega climb! However, at around 5% average gradient it is certainly manageable and you may even take time to appreciate the views! Also what goes up must come down so after some well needed mountain- top refreshments, you have a scintillating 22 mile descent into the Italian town of Aosta where we overnight.

Day 4: Aosta to Bourg Saint Maurice (53 Miles - 7836ft ascent)

Today is Col du Petit St Bernard but don't be fooled, although it is "Petit", there isn't much in it! Another single-mountain day where you can focus on the long ride up to the summit and again you will be rewarded with a super twisty descent, this time into Bourg Saint Maurice for our overnight.

Day 5: Bourg Saint Maurice to Geneva (88 Miles - 10,990ft ascent)

A longer multiple ascent day starts with the Cormet de Roselend which tops out at over 6400ft. After another long winding descent the terrain becomes more familiar with rolling countryside and (relatively!) smaller climbs. As we roll into Geneva, exhausted but elated, we can pack our bikes away and enjoy a celebratory evening with great food, wine and company in Geneva.

Day 6: Fly Home

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



Included

- Cycle Leader(s)
- Support Driver/Bicycle Mechanic(s)
- 5 x night's hotel accommodation
- 4 x breakfasts
- Transfers from/to Geneva Airport on scheduled arrival/departure dates
- All luggage transported during your trip
- First Aid Cover
- GPX files of the route (if requested)
- Snacks on route

Not Included

- Bicycle and Helmet
- Flights to and from Geneva
- Evening meals, lunches, 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 be climbing for extended periods each day. Whilst some of 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 the Alps 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 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 £10 and £15. You will also need to budget for any lunches, drinks and snacks. You will need Euros to spend on this trip.

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 £10-£15.

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 AW2; 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.

We do not provide helmets but we strongly recommend 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 days 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

