

# Ventoux to Alpe D'Huez

Trip code: VA



## Overview

 Total 8 days

 Hotels

 Difficulty: 

 Cycling 6 days

 France

 June-September

Two classic climbs with plenty in between - you'll begin this epic ride tackling one of the most iconic climbs in the world - *Mont Ventoux*. From here you'll cycle through the beautiful countryside of Provence and enter the foothills of the Southern Alps. Over the next few days you'll climb several classics including *Col du Glandon*, *Col du Galibier* and *Col d'Izoard* before the most famous of them all - *Alpe D'Huez*.

The French Alps are a mecca for any cyclist, providing challenge and incredible scenery at every turn - put simply, this trip includes some of the finest cycling in the world.

## Highlights

- Climbing the iconic bald mountain - *Mont Ventoux*
- The breathtaking scenery and fresh air of the Southern Alps
- Testing yourself on some of the classics of the Tour de France
- Seemingly endless and exhilarating descents
- Staying in picturesque mountain villages
- Sampling fantastic local food and wine of the region
- Tackling the twenty-one switchbacks of *Alpe D'Huez*

# Detailed Ride Itinerary

## Day 1: Marseille - Bedoin (0 miles)

The trip begins at Marseille airport where you'll be met by the More Adventure team and transferred to our first hotel in Bedoin. Here we'll build bicycles and have a trip briefing before our first evening meal together. If you've decided to take advantage of our bicycle transfer service, this is also when you'll also be reunited with your bicycle.

## Day 2: Bedoin - *Mont Ventoux (1912m)* - Château-Arnoux-Saint-Auban

117km & 2550m ↑ / 75 miles & 8400ft ↑

*Mont Ventoux* has been a favourite on the Tour de France for decades and for good reason. Our first day's ride begins from our hotel in Bedoin from which the classic route begins. It's a climb with an average gradient of 7.5% over 21.5km and achieved worldwide notoriety on July 13th 1967 when it claimed the life of English cyclist Tom Simpson who died whilst climbing it. The summit of the climb is at 1912m where we'll take some photos then begin the long descent back down to Sault for lunch. We'll then ride on through the beautiful countryside landscapes of Provence to our overnight stop in Château-Arnoux-Saint-Auban.



## Day 3: Château-Arnoux-Saint-Auban - *Col d'Allos (2250m)* - Pra-Loup

135km & 3000m ↑ / 85 miles & 9000ft ↑

Today's ride starts with a stunning warm-up through a typical Provence landscape after which we enter the foothills of the Southern Alps. The main climb of the day is the *Col d'Allos* which is long and gradual, beginning in a dramatic gorge before topping out in picturesque alpine meadows. On clear days the views from summit of *Col d'Allos* are incredible so we'll hopefully spend some time taking photos before continuing down the other side. After a shorter, five-kilometre climb, we'll arrive at our hotel for the evening in Pra-Loup.

## Day 4: Pra Loup - *Col du Vars (2108m)* - *Col d'Izoard (2360m)* - Briançon

110km & 3300m ↑ / 70 miles & 11000ft ↑

Our route today heads north running parallel with the Italian border, during which you'll tackle two climbs that were included in the 2017 Tour de France. After a short descent to the valley floor, we'll begin our first climb, *Col du Vars*, by cycling northeast through the village of Jausiers. Five switchbacks in the final five kilometres reach the summit of *Col du Vars* after which a thrilling descent leads us to lunch near the village of Guillestre. After lunch we pass through a fabulous gorge following the river Guil as we approach the beginning of our second climb, *Col d'Izoard*. The gradient is similar to *Col du Vars* but the summit is over two-hundred metres higher. During the climb we'll pass through the dramatic and unique weathered rock formations of the Casse Deserte before descending to the pretty town of Briançon where we'll spend the night.

## Day 5: Briançon - *Col du Lauteret (2058m)* - *Col du Galibier (2642m)* - Valloire

55km & 1600m ↑ / 35 miles & 5300ft ↑

Today is a shorter ride but conquers two fantastic climbs - *Col du Lauteret* and *Col du Galibier*. After two kilometres of warming up, we begin a thirty-four kilometre climb heading northwest. Upon reaching *Col du Lauteret*, we turn towards the infamous *Col du Galibier*. At 2642 metres above sea level, the Galibier is the ninth highest paved road in the Alps, is often the highest point of the Tour de France, and spends many months every year covered with snow. It's also one of the most scenic climbs in the Alps, so, as today is slightly shorter this will give us every opportunity to soak it all in. We descend to the picturesque village of Valloire where we'll spend the night.

## Day 6: Valloire - Col Du Glandon (1924m) - Vaujany

100km & 2600m ↑ / 63 miles & 8600 ft ↑

After a short climb to another famous summit, *Col du Telegraphe*, we'll descend around thirty kilometres to Saint-Etienne-de-Cuines the foot of *Col du Glandon*. This climb passes through the classic alpine scenery of pine forest, lush green meadows and jagged peaks, to the summit at 1924m. From here you'll have the opportunity to bag the *Croix de Fer*, a satellite peak nearby where a well-earned coffee will prepare us the thrilling descent to Lake Grand Maison then onto Lake Verney. After one final short climb, we'll reach our hotel in Vaujany where we'll spend the next two nights.



## Day 7: Vaujany - Alpe D'Huez - Vaujany

60km & 2200m ↑ / 40 miles & 7300ft ↑

Today you'll tackle one of most famous climbs ever - *Alpe D'Huez* - fourteen kilometres that have tested the strongest cyclists from all over the world. We drop down from Vaujany to Bourg D'Oisans on the valley floor, as the mighty hairpins rise up to the northeast of us. This climb is a mecca, with thousands every year ascending the twenty-one switchbacks at an average of 8.1% to the summit, following the tyre-marks and graffiti-named legends scorched onto this infamous stretch of tarmac. Upon reaching the summit at 1860m, we'll have a celebratory drink before descending back down to our hotel in Vaujany for our final night together.

## Day 8: Vaujany - Geneva Airport

Today is the final day of the trip and after breakfast you'll be transferred to Geneva Airport for your flights home having tackled some of the most iconic climbs in the history of cycling.

## Included

- Cycle leader/guide
- Support vehicle & driver/cycle mechanic
- 7 x night's hotel accommodation (based upon twin sharing)
- 7 x breakfasts
- 7 x buffet lunches
- Transfer from Marseille Airport
- Transfer to Geneva Airport
- Luggage transfers throughout
- GPX files of the route (if requested)

## Not Included

- Bicycle and Helmet
- Flights to Marseille & from Geneva
- Evening meals, drinks and snacks
- European Health Card ([www.ehic.org.uk/Internet/home.do](http://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

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, the pace will be determined by your Cycle Leader.

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.

We can provide you with a training plan, please contact us on [info@moreadventure.co.uk](mailto: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](http://www.moreadventure.co.uk/cycling-grades)

## Bicycle Transfer

We will 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, col summits and descents can also be chilly. 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.

We have spent a long time searching for the right insurance provider for our cycling trips and we are happy to say we have found them in [Yellow Jersey Cycle Insurance](#), and as a More Adventure customer you'll receive a discount by entering the code

**MOREADV5**

Find out more about by [clicking here](#).



You must also bring a European Health Card ([www.ehic.org.uk/Internet/home.do](http://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

Evening meals each evening tend to cost around £12-£18. You will need Euros to spend in France.

## Accommodation

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

## Food

Breakfast will be continental-style with hot drinks and juices. Lunches will be buffet-style with a wide selection of breads, pasta, sandwich fillings, salads, hot drinks, fruit and snacks. Evening meals are not included in the price but we will endeavour to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £12-18.

## Equipment

Bikes are not included in the trip price, good quality road bicycles are essential for this trip so please contact us if you are unsure whether your bike is suitable. 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 AW3 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.

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 day's cycling and for evening meals. Better to "have and not need than to need and not have"!

## Luggage

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 an experienced and qualified cycle leader who will cycle with the group at all times. They will guide and encourage the group, and help deal with any bicycle mechanicals.

*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

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, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip