

TRIP ITINERARY · CYCLING · SWITZERLAND & FRANCE

GENEVA TO NICE

The Route des Grandes Alpes: 700km and over 16,000m of climbing on legendary Tour de France passes, from Lake Geneva to the Mediterranean.

9 days	8	685 miles	Hotels	★★★★☆	July – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

This is a simply fantastic cycling trip along some of the finest roads and mountain passes in the world, seeing you ride 700km and climb over 16,000 metres. The Route des Grandes Alpes is steeped in history, with numerous Tour de France mountain stages, including the infamous Col du Galibier and the highest paved road in Europe, the Col de l'Iseran.

Starting in Geneva, this epic cycling journey is on many cyclist's bucket list and for good reason! Aside from the incredible alpine scenery you'll be cycling all the way to the Mediterranean sea, finishing the ride with a dipping of toes in the sea at Cagnes-sur-Mer, a few kilometres from the popular coastal destination of Nice.

★★★★★

"Tom and More Adventure are outstanding... It was an adventure and each person has come away feeling they have experienced and succeeded in taking on a personal challenge of a lifetime."

Jonny Myers · Google review

HIGHLIGHTS

- ✓ Starting beside Lake Geneva
- ✓ The Col de l'Iseran, highest paved pass in the Alps
- ✓ Tour de France legends: Galibier, Izoard and Vars
- ✓ The Cime de la Bonette
- ✓ Long descents to the Mediterranean
- ✓ Toes in the sea at Cagnes-sur-Mer

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/geneva-to-nice-cycle/

DAY BY DAY

DETAILED ITINERARY

1

45 KM · 250 M CLIMBING | OVERNIGHT: THONON-LES-BAINS

DAY 1: FLY INTO GENEVA, CYCLE TO THONON-LES-BAINSS

You will be met at the airport by the More Adventure team who will assist you and the rest of the group in reassembling your bicycles and will also load up the support vehicle with your luggage and bike boxes/bags. After a trip briefing from the team, we'll ride gently along stunning Lake Geneva to the town of Thonon-les-Bains and to our hotel for the evening.



2

75 KM · 1,600 M CLIMBING | OVERNIGHT: LA CLUSAZ

DAY 2: THONON-LES-BAINSSS – LA CLUSAZ

Our second day's ride begins on fairly quiet rural roads and, as we leave Lake Geneva behind, we'll begin our first col of the trip, the Col de Cou (1112m), a relatively gentle climb and the perfect introduction into alpine climbing. We descend the other side to the River Arve and head towards the small town of Bonneville. In the afternoon we have a gently-angled climb through the Gorges des Eveaux to the ski resort of La Clusaz, popular in the summer with rock climbers, hikers and mountain-bikers.



3

60 KM · 1,600 M CLIMBING | OVERNIGHT: ARÊCHES

DAY 3: LA CLUSAZ – ARÊCHES

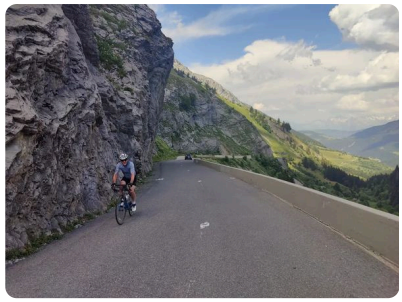
Today is a challenging ride so we'll be starting out early. Riding through charming alpine meadows and past mountainside chalets, we tackle our first major pass, the Col des Aravis (1486m). With any luck we'll get views of Mont Blanc to the east as we pedal south. Our second major climb of the day is a more gentle but slightly longer ascent to the Col des Saisies (1650m). After descending the pass on the other side, we head to Hauteluce then follow rural roads to the picturesque town of Beaufort, home to the famous Beaufort Fromage (Cheese). Our final climb makes it's way up to the small village of Areches where we'll stay overnight. Depending on what time we arrive, there's another fantastic loop in the area for those wanting to burn off some more calories!



4

70 KM · 2,300 M CLIMBING | OVERNIGHT: VAL D'ISÈRE

DAY 4: ARÊCHES – VAL D'ISÈRE



We begin the day with a challenging climb on the narrow switchback road from Areches towards the Col du Pre (1703m). We'll be rewarded at the top of the climb with a coffee (this is why we love the Alps!) and hopefully fantastic views towards Lac de Roseland. After a brief descent we tackle the first Cat 1 climb featured on the Tour de France, the Cormet de Roselend (1967m), before a thrilling 20km descent to the bustling town of Bourg-Saint-Maurice. A gradual and long climb (the beginning of the Col de l'Iseran) then follows a number of rivers to Val D'Isere. In winter, this popular ski resort is packed with winter sports enthusiasts but is far quieter in the summer months.

5

105 KM · 2,200 M CLIMBING | OVERNIGHT: VALLOIRE | COL DE L'ISERAN

DAY 5: VAL D'ISÈRE – VALLOIRE



Our ride today begins with finishing the Col de l'Iseran (2770m) climb we began in the latter part of the previous day. This classic climb was first featured in the Tour de France in 1938 and is the highest paved pass in the Alps. After a welcomed cafe stop at the summit, we'll begin the impressive and sweeping descent through the Maurienne Valley before following the River Arc to Modane. Next on the list is the popular Col de Telegraphe (1566m) which links Saint-Michel-de-Maurienne to Valloire in the south. Once we've reached the top, it's a short descent to our overnight stop, Valloire.

6

105 KM · 2,500 M CLIMBING | OVERNIGHT: GUILLESTRE | GALIBIER & IZOARD

DAY 6: VALLOIRE – GUILLESTRE



Our route continues south and tackles two mighty mainstays of the Tour de France, the Col du Galibier (2645m) and the Col d'Izoard (2361m). We begin with the Galibier, an 18km climb that starts relatively gently but ramps up in the second section. It is a truly punishing climb and one of the hardest in the Alps but hopefully you'll be used to climbing now! After reaching the summit, an exhilarating 38km descent leads to the medieval walled city of Briancon where we'll stop for some sightseeing and a break from the bike. Our final climb of the day is the Col d'Izoard (2360m) which cruelly gets steeper in the second half. We descend through forbidding and barren pinnacles of weathered rock to the town of Guillestre for a well-earned sleep.

7

100 KM · 3,100 M CLIMBING | OVERNIGHT: AURON | VARS & BONETTE

DAY 7: GUILLESTRE – AURON

Our day begins with an ascent of the Col de Vars (2108m) which begins rather steeply before levelling out as we enter the upper valley. After a few more steep sections we reach the top just past a small lake where we'll stop at the welcoming cafe for coffee. We then descend into the Ubayne valley in the shadow of the Brec de Chambeyron, one of the highest peaks in the Southern Alps. We'll then begin our 24km ascent of the Cime de la Bonette, an enjoyable climb at the heart of the Mercantour National Park that has featured four times in the Tour de France. From the col it is possible to cycle higher on a scenic loop that locals have dubbed 'the highest road in Europe", but we won't argue how valid this claim is. A hugely enjoyable descent is followed by a short climb back up to our overnight stop, the ski resort of Auron.



8

125 KM · 1,300 M CLIMBING | OVERNIGHT: CAGNES-SUR-MER

DAY 8: AURON – CAGNES-SUR-MER

It's the longest day's ride today but with less climbing which begins with a long and lovely descent through the Tinee Valley. The route then climbs up to the pretty village of La Tour and on to the hilltop village of Utelle. Following a descent to St Jean-la-Riviere, we continue into the River Var valley then up to the walled village of Vence with magnificent views of the Mediterranean Sea in the distance. After a brief coffee stop, we're back on the bikes for a gentle descent to the Cote D'Azur and to our final destination, Cagnes-sur-Mer. As the name suggests, this pretty town is right next to the sea, so an obligatory dip in the sea will be the perfect way to end this epic journey. Here we have a final celebratory meal and our final stopover of the trip.



9

TRIP ENDS | TRANSFER TO NICE AIRPORT

DAY 9: CAGNES-SUR-MER – NICE

After breakfast you will be transferred to Nice airport for your return flight. The More Adventure team will be on hand to help you pack up your bicycle for your journey home. We say our farewells at the airport and here the trip ends.

THE ROUTE

GENEVA TO THE MEDITERRANEAN



Day 1 · Geneva → Thonon-les-Bains	45 km
Day 2 · Thonon-les-Bains → La Clusaz	75 km
Day 3 · La Clusaz → Arêches	60 km
Day 4 · Arêches → Val d'Isère	70 km
Day 5 · Val d'Isère → Valloire	105 km
Day 6 · Valloire → Guillestre	105 km
Day 7 · Guillestre → Auron	100 km
Day 8 · Auron → Cagnes-sur-Mer	125 km

GPX files of the full route are emailed when the trip is confirmed.

GRADE: CHALLENGING ★★★★☆

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle Leader(s)
- ✓ Support Driver(s)
- ✓ 8 x night's hotel/chalet accommodation
- ✓ 8 x breakfasts
- ✓ Bicycle mechanic
- ✓ Transfers from Geneva airport on scheduled arrival/departure dates
- ✓ Transfers to Nice airport on scheduled arrival/departure dates
- ✓ First Aid Cover
- ✓ All luggage transported during your trip
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

- × Bicycle and Helmet
- × Outbound flight to Geneva
- × Return flight from Nice
- × Lunches, evening meals, drinks and snacks
- × UK GHIC or EHIC health card
- × Insurance

Bike transfer: A door-to-door bike and luggage transfer may run if enough of the group want it. Ask us.

GOOD TO KNOW

TRIP NOTES

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

Call 020 8720 6607

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This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.