TRIP ITINERARY · CYCLING · SWITZERLAND, ITALY & FRANCE

TOUR DU MONT BLANC

Circle Western Europe's highest mountain in four days of riding, through Switzerland, Italy and France, over the Great and Little St Bernard passes.

6 days	4	273 miles	Hotels	★★★★☆	May – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Cycle through the best mountain scenery in the Alps on a full circuit of Mont Blanc, starting and finishing in Geneva.

Over four days of riding you'll pass through Switzerland, Italy and France, always in the shadow of Mont Blanc, the highest mountain in Western Europe. Expect lung-bursting switchback climbs, long sweeping descents and everything in between.

The trip is fully guided and supported, with your luggage moved every day, so you can concentrate on the riding and soak up the world-class views.

★★★★★

"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 · Tour du Mont Blanc 2013

HIGHLIGHTS

- ✓ Circling Mont Blanc through three countries
- ✓ The Col du Grand St Bernard and Col du Petit St Bernard
- ✓ Riding through Chamonix, the famous ski resort
- ✓ The Cormet de Roselend on the final day
- ✓ Endless winding descents and glorious Alpine views
- ✓ A celebratory drink overlooking Lake Geneva

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/tour-du-mont-blanc-cycle/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: GENEVA | GENEVA AIRPORT TRANSFER

DAY 1: ARRIVE IN 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.

2

82 MILES (132 KM) · 9,937 FT (3,030M) | OVERNIGHT: MARTIGNY | CHAMONIX | COL DE LA FORCLAZ

DAY 2: GENEVA TO MARTIGNY VIA CHAMONIX

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!

3

50 MILES (80 KM) · 8,942 FT (2,725M) | OVERNIGHT: AOSTA | COL DU GRAND ST BERNARD

DAY 3: COL DU GRAND ST BERNARD TO AOSTA

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 Grand 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.

4

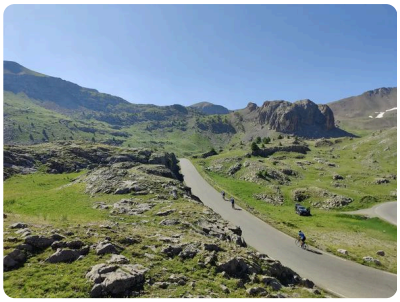
53 MILES (85 KM) · 7,836 FT (2,390M)

OVERNIGHT: BOURG-SAINT-MAURICE

COL DU PETIT ST BERNARD

DAY 4: COL DU PETIT ST BERNARD TO BOURG-SAINT-MAURICE

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.



5

88 MILES (142 KM) · 10,990 FT (3,350M)

OVERNIGHT: GENEVA

CORMET DE ROSELEND

DAY 5: CORMET DE ROSELEND AND BACK TO GENEVA

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.

6

FLY HOME

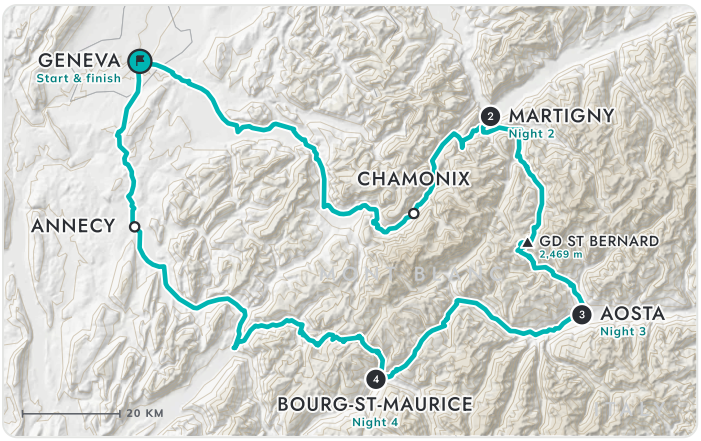
GENEVA AIRPORT TRANSFER

DAY 6: FLY HOME

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

THE ROUTE

AROUND MONT BLANC



Day 2 · Geneva → Martigny	82 miles
Day 3 · Martigny → Aosta	50 miles
Day 4 · Aosta → Bourg-Saint-Maurice	53 miles
Day 5 · Bourg-Saint-Maurice → Geneva	88 miles

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 and bike mechanic
- ✓ 5 nights' hotel accommodation
- ✓ Breakfasts
- ✓ Geneva airport transfers on the scheduled arrival and departure days
- ✓ All luggage transported during your trip
- ✓ First Aid Cover
- ✓ GPX files of the full route (emailed when the trip is confirmed)
- ✓ Snacks on route

NOT INCLUDED

- × Bicycle and Helmet
- × Flights to and from Geneva
- × Evening meals, lunches, drinks and snacks
- × UK GHIC or EHIC health card
- × Insurance

Single room: +£250, added when you book.

Passport: You'll cross into Italy and back, so bring your passport.

Flights: Not included: fly in and out of Geneva.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Four days of 50–88 miles with up to 11,000 ft (3,350m) of climbing a day. You should be a regular rider comfortable with long Alpine climbs and descents.

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

WhatsApp 07719 224663

Email info@moreadventure.co.uk

Web moreadventure.co.uk

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.