

TRIP ITINERARY · CYCLING · PROVENCE & THE FRENCH ALPS

VENTOUX TO ALPE D'HUEZ

Six days on the Tour de France's most legendary climbs: Mont Ventoux, Izoard, Galibier, Glandon and the 21 hairpins of Alpe d'Huez.

8 days	6	350 miles	Hotels	★★★★★	June – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Begin on Mont Ventoux, ride east through Provence into the Alps, and finish on the 21 hairpins of Alpe d'Huez: some of the finest cycling in the world, in six unforgettable days.

Follow the tyre marks of cycling legends over cols that have been featured in the Tour de France for decades. This epic ride begins with one of the most famous climbs in the world, Mont Ventoux (1,909m), the bald mountain. From here you'll ride east through stunning landscapes of Provence and into the dramatic scenery of the Southern Alps. Over the next few days you'll cycle up and over some of the most iconic passes in the world – Col du Glandon (1924m), Col du Galibier (2642m) and Col d'Izoard (2360m) before tackling the almost-mythical beast that is the Alpe d'Huez (1860m).

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, packed into eight glorious days in the saddle.

★★★★★

"Just ridden Mont Ventoux to Alpe D'Huez with More Adventure - we lived the dream. Superb organisation, logistics and support from Tom and Ben... I rode my heart (and legs) out and made some good friends over an epic week."

Simon Higgins · Ventoux to Alpe d'Huez 2018

HIGHLIGHTS

- ✓ Climbing the bald mountain, Mont Ventoux
- ✓ The breathtaking scenery of the Southern Alps
- ✓ Col de Vars, Izoard, Lautaret, Galibier and Glandon
- ✓ Seemingly endless, exhilarating descents
- ✓ Picturesque mountain towns and fine local food
- ✓ The twenty-one hairpins of Alpe d'Huez

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/ventoux-to-alpe-dhuez/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: BEDOIN | MARSEILLE AIRPORT TRANSFER

DAY 1: ARRIVE IN MARSEILLE, TRANSFER TO BEDOIN

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 be reunited with your bicycle.

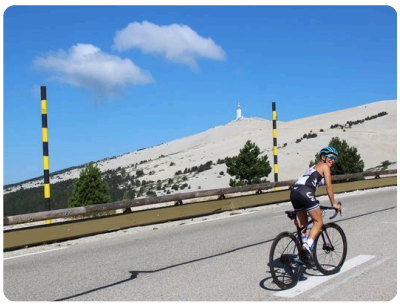


2

75 MILES (117 KM) · 8,400 FT (2,550M) | OVERNIGHT: CHÂTEAU-ARNOUX | MONT VENTOUX

DAY 2: MONT VENTOUX TO CHÂTEAU-ARNOUX

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.



3

70 MILES (113 KM) · 6,000 FT (1,800M) | OVERNIGHT: BARCELONNETTE | COL DE LABOURET

DAY 3: COL DE LABOURET TO BARCELONNETTE

Today's ride starts with a gentle climb alongside the river Bleone as we enter the foothills of Alpes-de-Haute-Provence, passing through the town of Digne-les-Bains. At La Javie we cross over the river Bleone and begin the final push up to the summit of Col de Labouret, a lesser-known, quieter col through beautiful pine forests. We reach our high point of the day at Le Grand Puy at the foot of the chairlifts then stop for lunch in Seyne-les-Alpes. After lunch we descend to the valley below, with incredible views of where the river L'Ubaye meets La Durance lake. Our ride ends in the pretty mountain town of Barcelonette, a gentle climb up from the valley floor alongside the river L'Ubaye.



4

63 MILES (102 KM) · 8,500 FT (2,600M) | OVERNIGHT: BRIANÇON

COL DE VARS | COL D'IZOARD

DAY 4: COL DE VARS AND COL D'IZOARD TO BRIANÇON

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 de Vars, by cycling northeast through the village of Jausiers. Five switchbacks in the final five kilometres reach the summit of Col de 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 de 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.



5

35 MILES (55 KM) · 5,300 FT (1,600M) | OVERNIGHT: VALLOIRE

LAUTARET | GALIBIER

DAY 5: COL DU LAUTARET AND COL DU GALIBIER TO VALLOIRE

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.



6

67 MILES (108 KM) · 6,800 FT (2,000M) | OVERNIGHT: BOURG D'OISANS

TÉLÉGRAPHE | GLANDON

DAY 6: COL DU GLANDON TO BOURG D'OISANS

After a short climb to another famous summit, Col du Télégraphe, we'll descend around thirty kilometres to Saint-Etienne-de-Cuines at the foot of Col du Glandon. This epic 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 for the thrilling descent to Lake Grand Maison then onto Lake Verney. From here it's a flat warm-down to reach our hotel in Bourg d'Oisans where we'll spend the next two nights.



7

40 MILES (60 KM) · 7,300 FT (2,200M) | OVERNIGHT: BOURG D'OISANS | 21 HAIRPINS

DAY 7: ALPE D'HUEZ

Today you'll tackle one of the most famous climbs ever – Alpe d'Huez – fourteen kilometres that have tested the strongest cyclists from all over the world. We begin in Bourg d'Oisans on the valley floor, from which 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 Bourg d'Oisans for our final night together.



8

TRIP ENDS | GENEVA AIRPORT TRANSFER

DAY 8: BOURG D'OISANS TO GENEVA, FLY HOME

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.

THE ROUTE

VENTOUX TO ALPE D'HUEZ



Day 2 · Bedoin → Château-Arnoux	75 miles
Day 3 · Château-Arnoux → Barcelonnette	70 miles
Day 4 · Barcelonnette → Briançon	63 miles
Day 5 · Briançon → Valloire	35 miles
Day 6 · Valloire → Bourg d'Oisans	67 miles
Day 7 · Bourg d'Oisans → Alpe d'Huez	40 miles

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

GRADE: ADVANCED ★★★★★

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
- ✓ Support vehicle & driver/cycle mechanic
- ✓ 7 nights' hotel accommodation
- ✓ 7 breakfasts
- ✓ 7 buffet lunches
- ✓ Transfer from Marseille Airport
- ✓ Transfer to Geneva Airport
- ✓ Luggage transfers throughout
- ✓ 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
- × Flights to Marseille and home from Geneva
- × Evening meals, drinks and snacks
- × Insurance

Single room: +£350, added when you book.

Bike transfer: Door-to-door bike and luggage transfer from the UK may be available: fly with hand luggage only.

Flights: Not included: into Marseille, home from Geneva, typically £150–200 from London.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Six consecutive days of 35–75 miles with 5,300–8,500 ft (1,600–2,600m) of climbing each day. You should be a fit, experienced cyclist, comfortable on 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

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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.