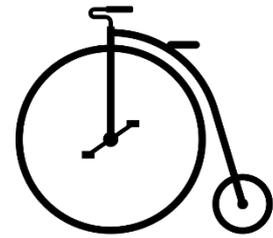


Live Life Cycling



Proposed Itinerary for French Alps Trip August 2023

Proposed Dates August 20th – August 28th

Using our in-depth knowledge of the French Alps, Live Life Cycling has created a unique 9 day itinerary to join together the most majestic climbs in the French Alps with the opportunity to climb Mont Ventoux. The riders will be supported by a follow vehicle, and a guide on the road. Live Life Cycling offering is industry-leading, with Pro-level support, cycling laundry, on-road support, route GPX files and an experienced ride guide. All done with the personal touch which will make your experience one to remember.

Day 1 Aug 20th

Pick up from Marseille Airport Hotel and will be transferred to Malaucene where will spend the first 3 nights of the trip. Bikes will be assembled and we will be able to go for a small ride. We recommend getting in the night before. We can help with an airport hotel for easy pick-up

Day 2 Aug 21st

Today will we circumnavigate Mont Ventoux, taking in the amazing mountain for every angle. We will get to ride through the picturesque Gorges de la Nesque and along the balcony roads above the small towns

Ride distance 100km and 1500m of climbing



Day 3 Aug 22nd

Today is a very special day. You will have the opportunity to climb Mont Ventoux from every side. We will start in Malaucene with the lesser know ascent but still very challenging. We will then descend into Bedoin for the famous climb used in the TDF and after that we will finish with the gentle climb from Sault.

If you only want to do one or two sides of this climb you can descend back to the hotel .

Each side is approx. 20km in length.



Day 4 Aug 23rd

Today we will transfer by car to our Chalet in the French Alps where we will spend the remainder of the trip.

Day 5 Aug 24th

Today we head down to the valley and through the town of Bourg-d'Oisans. This Alps town is the gateway to numerous climbs including Alpe d'Huez. We bypass the great 21 hairpin climb today and take some roads less travelled. There will be an option as we get back to our Chalet for those wanting a little more to take on the wild Col du Sabot. The small roads and wild sheep will make the climb worth every pedal stroke.



Ride is 73km and approx. 2200m of climbing

Day 6 Aug 25th

Today will will clmb the famous Alp D'Huez. This 21 hairpin climb is one of the most used climbs in the TDF. Once at the top we will continue climbing then drop down a small balcony road to complete the loop back to our Chalet.



Ride is 86km and approx. 2400m of climbing

Day 7 Aug 26th

We will have a smaller ride today to freshen up our legs for a big day in the saddle tomorrow. A spin down the valley and an explore of Bourg-d'Oisans.

Day 8 Aug 27th

Today we will take part in the GFNY Vaujany Fondo (date to be confirmed) This will lead us up the Col du Glandon and Col de la Croix de Fer. If this date changes, we will do this ride anyway.

The Fondo has different levels for those wanting to take it easy. The main event is 120km and approx. 4000m of climbing



Day 9 Aug 28th

We will transfer you back to Marseille Airport today. We will be leaving at lunch and the transfer is approx. 4 hours, so you will need to book your flights for that night or the next day.

Trip Cost 3400 euro per person twin share

Limited single supplement available.

Inclusions

Trip includes breakfast, lunch and 6 dinners

Alcohol is not included

Cycling Laundry will be done on the trip

Bikes will be built, maintained and re-packed

Exclusions

Airfares

Accommodation before and after the trip

Travel Insurance (Needed)

Bike hire if needed

