

Live Life Cycling

Itinerary for French Alps Trip September 2023

Dates Sept 17-25th

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 Sept 17th

Pick up from Lyon Airport Hotel and will be transferred to Sault 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 Sep 18th

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 Sept 19th

Today is a very special day. You will have the opportunity to climb Mont Ventoux from every side. We will start in Sault with the gentle side (average 5%). We will then descend into Bedoin for the famous climb used in the TDF and after that we will finish with the less know side from Malaucene.

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 Sept 20th

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

Day 5 Sept 21st

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 Sept 22nd

Today will climb 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 Sept 24th

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 Sept 20th

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.

The Fondo has different levels for those wanting to take it easy.

If the event does not co-incide with the trip we will do a similar ride



Day 9 Sept 25th

We will transfer you back to Lyon Airport today. The transfer is approx. 2 hours, so you will need to book your flights for later in the day or the next day.

Trip Cost 3400 euro per person twin share

Single Supplement is 500 euro

Trip includes Breakfast, lunch and all but 2 dinners

Alcohol is not included

Cycling Laundry will be done on the trip

Bikes will be built, maintained and re-packed