



This prospectus sets out the contents of the tour and together with the Booking Conditions and Booking Form is the basis of our contract with you.

# **French Alps – Famous Cols**

## **11 - 18 August 2013**

### **Tour 1339**

This is a fixed centre chalet tour based for the week amidst spectacular inspiring scenery in a small hamlet 10km from the celebrated climb of Alpe d'Huez, giving the opportunity to ride a variety of single-track balcony roads and major 2000m passes, made famous by the Tour de France - all at your own pace. Ride 'La Marmotte' sportif route, with included vehicle transfer, over two manageable days. The terrain is almost flat in the Oisans valley, which is surrounded by steep-sided mountains. To leave the valley there are both long, well graded climbs and steep, short climbs. The Croix de Fer, Glandon and Alpe d'Huez are close, whilst the Lauteret and Galibier summits are within 50km. The holiday is suitable for regular, reasonably fit cyclists who enjoy climbing at their own steady pace. Each day there will be a led ride, which is optional, or cyclists may take a self-led ride, using supplied route sheets.

#### **Itinerary**

- Sun 11 Aug Meet at Lyon Airport at 1700 or Grenoble rail station at 1800. Transfer by minivan and bike trailer to le Rivier-d'Ornon. Stay 7 nights. Evening for bike re-assembly in workshop and short test ride before evening meal.
- Mon 12 Aug Out and back cycle ride to la Berade (1713m). 93km
- Tue 13 Aug La Marmotte Sportif Route (part one). Out and back cycle ride to Col du Glandon (1924m) and Col de la Croix de Fer (2067m). 86km. Option for faster riders to add on Col du Sabot to the return (2100m). Adds extra 29km.
- Wed 14 Aug Rest day or choice of rides from route sheets.
- Thurs 15 Aug Circuit of Alpe d'Huez (1815m) and Col de Sarenne (1999m). 80km
- Fri 16 Aug La Marmotte Sportif Route (part two). Vehicle transfer to the summit of Col du Glandon. After descent, cross Maurienne valley to Col de Télégraphe (1566m) and Col de Galibier (2646m) – 136km. Option to be picked up in Bourg to avoid final climb 10km to guest house – 126km.
- Sat 17 Aug Cycle the Balcony roads of Alpe d'Huez – Villard Reculas and Auris (includes partial descent of Alpe d'Huez between hairpin 4 & 5 to hairpin 16). 73km.
- Sun 18 Aug After early breakfast, depart hotel at 0800 for transfer by van to Lyon airport (arriving 1000) or Grenoble rail station (arriving 0900).

#### **Accommodation and meals**

Accommodation for the week is in a 2-star guest house with twin and triple rooms, based on two or three people sharing. On six nights the evening meals, included, will be in the guest house; on one night the evening meal, not included, will be taken in a local restaurant. Vegetarian options, etc. can be catered for if specified on the Booking Form. A substantial afternoon tea is included at the hotel.

#### **Transport**

No travel arrangements to or from France are included in this tour, but a vehicle will collect and deliver participants from and to the airport on the arrival and departure days. Thus it is very important that you note that neither your leader nor CTC Holidays & Tours are responsible for you in any way until the appointed time at the designated meeting point. Should you fail to arrive at the appointed time for whatever reason, we will not be responsible for any additional expenses you



may incur in order to meet up with the tour group. Before finalising travel arrangements to meet the tour, you should ensure that you have read and understood our booking conditions. Should this tour not attract sufficient bookings to reach the minimum operating size, we may cancel the tour at any time up to 10 weeks before departure. It is therefore recommended that you book fully flexible and refundable transport and accommodation, or wait until you have been told the tour will go ahead, as in the event of the tour being cancelled, we will not be responsible for any losses incurred.

### Price £565

The price is based on a minimum number of 5 participants taking part in the tour and is calculated at a rate of 1.20 Euros to £1 sterling (based on exchange rates published in the national press on 7 September 2012; please note Booking Conditions, clause 4). If there are insufficient bookings by 1 June 2013 we will contact you and return all monies paid.

Price includes:

- 6 nights guesthouse accommodation, sharing rooms, half board basis
- 1 night guesthouse accommodation, sharing rooms, b&b basis
- Transfer to summit of Col du Glandon on Fri 16 Aug, as per itinerary
- Daily 'Afternoon tea' including pasta salads, homemade cake, tea coffee, squash
- Unlimited beer and wine
- Use of bike workshop at the guesthouse
- CTC Cycling Holidays & Tours costs

Price does not include:

- Travel to/from France
- Evening meal on one night; budget 15-20 euros
- Lunches or refreshments at morning and afternoon stops (packed lunches available for 5 euros)
- Transfers between Lyon airport (100 euros return) or Grenoble station (75 euros return) and guesthouse
- Entry fees at any attractions
- Any other personal expenses
- Travel Insurance

### Payment schedule

A deposit of £100 per person must accompany the Booking Form, with the final balance of £465 per person to be paid ten weeks before departure, by 1 June 2013. Cheques should be made payable to **CTC Tours**, or complete the credit/debit card slip in the booking pack.

### Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:	Cancellation charge:
Before 1 June 2013	Deposit (£100)
1 June 2013 to departure	100% (£565)

### To make a booking

Complete, sign and return the Booking Form together with your deposit and the relevant part of the Travel Insurance Declaration Form directly to the leader (address on Booking Form).

#### Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. Holders of non-EU passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for UK residents, but you are strongly advised to check that your tetanus protection has not expired.

#### Travel Insurance

Clause 8 of our Booking Conditions stipulates that, for tours outside the UK, Travel Insurance is mandatory. Details of the level of cover needed and other conditions you should check are stated on the Booking Conditions.

You must complete the enclosed Insurance Declaration Form and return it with your Booking Form. CTC Cycling Holidays & Tours Ltd can accept no responsibility for any costs that may be incurred due to insufficient insurance cover.

## LEADER'S INFORMATION SHEET

The information below is given by the tour leader to help enquirers decide if the tour is suitable for them.

### ***French Alps – Famous Col*** ***11 - 18 August 2013*** ***Tour 1339***

#### **The area covered by the Tour**

This is a centre based tour in the French Alps. Le Bourg-d'Oisans (approximately 10km away) is a small town and a popular cycling centre that attracts riders from all over the world in July. The local cycling shop has excellent mechanics and bikes for hire and reasonably priced equipment. The whole area has spectacularly beautiful mountain scenery, a photographer's paradise, with the high passes well-known for colourful flora and fauna. There are also several attractive and well-kept quiet villages on the routes. Many of the passes are quiet and relatively traffic free. Valley roads can be busier. Photos from last year's visit can be viewed at:- <https://picasaweb.google.com/103516038499036836792/CTCAIps2012#>

#### **Rides and rest days**

I will lead a ride each day, apart from the rest day when rides can be suggested by our British guesthouse hosts. All rides are optional, and alternative shorter (or longer) rides can be suggested by our hosts, with their detailed knowledge of the area and library of possible routes. I will lead a group at a pace of approximately 18 to 22kph on the flat, tackling the climbs at a much slower pace and leaving each individual to progress at their own preferred climbing speed and to stop if desired to take photos, etc. Re-grouping takes place at the col summits. Road surfaces are generally very good, however care must always be taken on descents to avoid any loose stones or gravel on corners. If you are a regular, reasonably fit cyclist, and can cope with climbing hills in the UK at your own steady pace, then you should be fine. Those not used to hills but willing to have a go and to gear low and travel light should not be deterred. Some hill climbing practice beforehand would be useful in such cases, however most people find alpine climbs easier than the equivalent British ones, as most are well graded, allowing riders to settle into their preferred pace. Outline route instructions will be available at the guesthouse.

A useful website giving amount of climb and profile information for the climbs is [www.climbbybike.com/](http://www.climbbybike.com/). Tips on ascending and descending with confidence will be sent out before the tour.

#### **Travel**

You must make your own travel arrangements to France, either by air to Lyon (St Exupery, served by BA and Easyjet) or by train via Paris to Grenoble (around 6 hours from London, with one change). If required, I can suggest hotels convenient for Lyon and Grenoble. Self drive, on toll roads, from Calais or Dieppe is also possible, taking around 9 hours.

Estimated travel times for the return transfers are given in the Prospectus, but I suggest you don't make arrangements for return flights departing before noon.

The type of vehicle used for the transfers will depend on the number of participants using it.

#### **Accommodation / Meals**

The accommodation in the guesthouse (a converted village schoolhouse) consists of shared twin rooms and one triple room. All bedrooms are individually furnished to a high standard and have stunning views. All linen and towels are provided, as well as some basic toiletries. There are three modern bathrooms/shower rooms and three WCs.

'Enjoy huge breakfasts, delicious three course meals, very comfy lounge, lots of hot water' (Cycling Weekly., 2008). Tea and coffee is available all day. Afternoon tea includes self-serve fresh pasta salads from the fridge and homemade cakes, and evening meals include unlimited wine and/or beer. Lunch, if required, can be taken at a bar/café, as can stops for coffee. Packed lunches (at 5 euros) can be ordered from our hosts each evening for the following day.

#### **Group information**

The maximum group size will be 11 including the leader.

## Weather and clothing

August is peak season in this area, so it should be sunny and warm, even hot, though it can be cool on the 2000 metre cols. Rain is a possibility, and you should carry clothing to ensure that you can remain warm at the tops of cols and reasonably dry, and avoid chills on the descents. Bring lightweight summer clothing, for example a wind-proof gilet, and or lightweight waterproof for the back pocket. A spare long-sleeved jersey may be useful. Suncream and anti UV glasses are strongly recommended. Evening wear can be casual.

## Cycles / Equipment

A lightweight road bike (carbon or aluminium framed) would be particularly suitable for ease of climbing, however a lightweight touring/hybrid bike may also be suitable. You should ensure your cycle is well maintained, particularly brakes, wheels and tyres. New tyres are recommended if yours show signs of wear. Gearing should be sufficiently low, say 30 - 34 inch low gear. Mudguards are optional. Please bring lights as there are a few unlit or dimly lit tunnels. A high visibility waistcoat is a legal requirement in France during conditions of poor visibility. Please carry one on tour. Each participant should also carry sufficient spares (e.g. spare inner tubes, tyre levers, pump and a multi-tool) to deal with punctures and minor repairs on the road.

## Maps

You should carry a map in case you become separated from the group. The sketch maps provided should be sufficient, however, Michelin 1: 200,000 map 333, 'Isère, Savoie' covers the routes.

## Travel Insurance and Advice

Make sure you have read Clause 8 in the Booking Conditions. Before booking you should check the Foreign Office 'Travel Advice by Country' at [www.fco.gov.uk](http://www.fco.gov.uk) or on 0845 850 2829.

In addition to travel insurance, EU nationals should carry a European Health Insurance Card, obtainable from most Post Offices. This enables you to take advantage of emergency medical services free or at a discount under a reciprocal provision that exists between EU member states. Your travel insurer may refuse to meet the extra costs of medical treatment if you do not carry this card.

## About the leader

I am a keen touring, Audax (long distance) and commuting cyclist. This will be my 20<sup>th</sup> tour as leader and organiser. I speak adequate French, as do the resident British owners at the guesthouse.

### Peter Mastenko

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