

RIDE 20 FAMOUS COLS IN THE FRENCH ALPS

THE ULTIMATE RIDE

FRANCE 2009

\$5,130*

Per person, 15 days / 14 nights
land content (from Nice to Geneva)



18 AUGUST - 1 SEPTEMBER 2009

**ENJOY THE RUSH OF CYCLING THE FRENCH ALPS - RIDING AN AVERAGE OF 80 KILOMETRES PER DAY.
IF YOU LOVE ROAD CYCLING, THIS TOUR WILL OFFER YOU THE EXPERIENCE OF A LIFETIME.**

The French Alps is revered as one of the world's best cycling destinations. Feel the exhilaration of riding across the Alps, as you enjoy the culture and cuisine of this unique mountain region. Sleep in the comfort of private hotel rooms and enjoy daily healthy breakfasts.

Starting in Nice, the tour offers the flexibility of land content only. Simply book your preferred airline to France.

All participants are required to use their own bike and bring parts that may be required.

The tour is limited to 20 participants, so book now. Secure your place on this unique tour for a deposit of \$1,500 to be paid by 28 February 2009, with the balance due 1 June 2009.

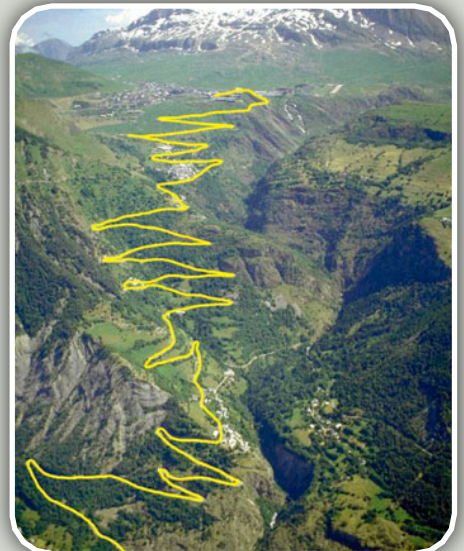
* Land only package is \$5,130 per person, including:

- 14 nights
- Three tour leaders
- Airport transfers
- Luggage transport (to hotels)
- Accommodation
- Breakfast daily

The average day will involve up to six hours of cycling. Time will be allocated for breaks, sightseeing, meals and snacks.

A high level of fitness and health is recommended. A bus will be available for those wishing to skip a leg of the ride if need be.

Airfares, personal expenses, meals (excl. breakfast), bike parts and travel insurance are not included.



BOOKINGS & ENQUIRIES

CHRISTOPHE - XTC CROSS TRAINING

PHONE 0417 178 500

INSURANCE REMINDER



Insure yourself and your bike!

Please be reminded that insurance is not an inclusion. Insurance for both yourself and your bike is recommended.

ITINERARY

- Stage 1:** Eze to Eze
58.3km (incl. Col de Madone)
- Stage 2:** Eze to St Martin de Vesubie
79.2km (Incl. Col du Turini)
- Stage 3:** St Martin de Vesubie to Isola 2000
58.1km (Incl. 17km climb)
- Stage 4:** Isola 2000 to Barcelonnette
86.6km (Incl. Col de Bonnette)
- Stage 5:** Barcelonnette to Embrun
71.3km (Incl. Col du Lauzet)
- Stage 6:** Embrun to Briancon
73.5km (Incl. Col de L'izoard)
- Stage 7:** Briancon to Alpe d'Huez
72.0km (Incl. Col du Lautaret)
- Stage 8:** Alpe d'Huez to Alpe d'Huez
94.0km (Incl. Col du Glandon)
- Stage 9:** Alpe d'Huez to St Michel de Maurienne
88.5km (Incl. Col du Galibier)
- Stage 10:** St Michel de Maurienne to Val d'Isere
89.0km (Incl. climb to Val d'Isere)
- Stage 11:** Val d'Isere to Beaufort
70.5km (Incl. Cormet de Roseland)
- Stage 12:** Beaufort to Le Grand Bornand
98.4km (Incl. Col de la Colombiere)
- Stage 13:** Le Grand Bornand to Annecy
74.8km
- Stage 14:** Annecy to Geneva
73.9km

Total kilometres = 1,088

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BELOW - Approximate route of tour



BELOW - Sample climb (stage 8 of tour)

Alpe d'Huez

Distance to the top: 14.20 km (8.9 miles)
 Altitude at top of climb: 1,815 m (5,945 ft.)
 Altitude at bottom of climb: 724 m (2,172 ft.)
 Average gradient: 7.70%

