

## Loire Valley by bike - Cool Version From Tours to Saumur

**Accommodation in selected or premium hotels or guest houses**  
5 days, 4 nights - 4 cycling days

Self guided tour

Level 1.5/3



From 2000, the Loire Valley has been registered among UNESCO's World Heritage list, from Sully sur Loire (South East of Orleans), until Chalonnes sur Loire (South West of Angers). Get on your bikes to discover the last wild European river and its rich heritage following the cycling ways of the 'Loire à Vélo'. From Tours, enter the "Garden of France" and discover the specialties of this region : troglodytic houses, vineyards, mushroom caves, "pommes tapées and fouées"... Stroll into the Sleeping Beauty's chateau and the royal Abbey of Fontevraud. End the tour in Saumur, capital city of horse-riding.

### 5 unforgettable days along the Loire

#### HIGHLIGHTS :

- A route in the heart of Loire Valley, registered on UNESCO World Heritage list
- The various tourist sites en route
- Leave your bikes at Saumur at the end of your trip !
- Riding on the longest French designated cycling track

## PROGRAMME

### **D1 : Arrival in Tours**

Arrival at Tours hotel. Free evening in the capital city of the Loire Valley chateaux. Get lost in the little streets of the ancient city. With its ubiquitous architectural heritage, the Plumereau square is the heart of the ancient and contemporary city, well worth while stopping for a drink.

### **D2 : From Tours to Azay le Rideau : 34 km**

Leave Tours and the Loire river temporarily to reach the Cher river banks. Villandry is waiting for you and invites you in its different levels of gardens. Then, give the Cher river the slip to join a chateau built on an island over the River Indre: Azay le Rideau.

Night in Azay le Rideau - B&B.

### **D3 : From Azay le Rideau to Chinon : 37 km**

Find again the River Loire and discover the chateau of Rigny-Ussé, also called the Sleeping Beauty's chateau. Then, ride towards the South until Chinon. You cross the famous classified vineyards to arrive to the 12<sup>th</sup> century castle famous for the interview between Joan of Arc and the future king Charles VII. Do not hesitate to taste the local wines.

Night in Chinon - B&B.

### **D4 : From Chinon to Saumur : 38 km**

After this pleasant ride, get on your bike and ride to discover Fontevraud and its royal abbey, one of the biggest in Europe. Founded in 1101, the abbey moved little by little to become a jail. You will also discover the troglodytic cliff houses on your way to Saumur. It is the area of the mushroom farms and sparkling wine cellars. Arrival in Saumur, dominated by its majestic chateau. It's a bit of a climb up to the chateau but your efforts will be rewarded by the superb panorama that is offered to you.

Night in Saumur - B&B.

### **D5 : Loop around Saumur : 32 km**

Go toward the impressive château de Brézé crossing the pretty local villages. This chateau is formerly a troglodytic fortress coupled with a ground level Renaissance château. Do not miss the tour of its underground galleries... Ride then in the countryside. You are now back in the horse-riding capital city, the famous Cadre Noir opens its doors to you during a tour into the wings of the National Riding School. After the tour, take your time to taste the good Saumur sparkling wine in one of the numerous troglodytic caves of the city. Leave your rental bikes at Saumur train station and travel on light ! End of the trip.

For pre-existing groups, we adapt the level, the length, the price and the programme according to your wishes.

Contact us !

## DURING YOUR TRIP

### **SUPERVISION:**

#### **Self-guided tour :**

You set off alone, equipped with the orientation equipment provided by us : detailed digital roadbook and maps with routes highlighted, to discover the circuit which has been designed by our team. You will be guided by the instructions we have carefully prepared, with the highest level of precision.

### **LUGGAGE TRANSPORT:**

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. **Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.**

### **ACCOMMODATION:**

We choose our hotels according to their Hospitality and Welcome : in order to enjoy it, we thank you to book as early as possible.

#### **Overnights in hotels, on bed and breakfast.**

Please choose your formula from :

- **Version Selected \*\*hotels : Double room formula :** you will sleep in comfortable 2 person rooms in hotels, guest houses, and sometimes hostels. Sheets and towels will be provided. A bathroom will also be reserved for you. (Single room option – see our website for pricing).  
Extra night on B&B in Tours or Saumur : consult us.

- **Upscale hotel version:** We selected our accommodations for the quality of their hospitality and comfort in the upscale charm and character category. Capacity is very limited, so in order to take advantage of them we encourage you to make reservations as early as possible. You will sleep in upscale rooms for two in hotels with private bath and toilet. Bed linen and towels are provided. (For single room option, see rates on our website)  
Extra night on B&B in Tours or Saumur : consult us.

### **FOOD:**

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

For each stage, we established a list of quality restaurants of different categories, with their contacts. We chose them according to different criteria : cooking of course, but also the service quality, their good value for money, their ambient...

Picnics and dinners are not included.

### **NUMBER OF PARTICIPANTS:**

Starting from 2 people.

## BEFORE YOUR DEPARTURE

### **PRICES:**

Have a look on our prices on our website.

### **REGISTRATION:**

At La Rébenne we like to give our customers as much information as possible about our trips and to create a strong relationship with them. Sharing and pleasure are really important parts of our trips.

#### **Contact us**

contact@larebenne.com  
Tel/Fax +33(0)5 61 65 20 93  
or +33(0)6 81 53 77 75

### **Sale contract and deposit**

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that is done, we'll send you a confirmation letter.

### **Payment of outstanding balance**

Payable one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration.

Once the payment has been made, you'll receive a full list of information about your stay.

### **Validation**

Once the payment has been made, you'll receive a full list of information about your stay.

### **PROCEDURES**

- Passport or ID is compulsory
- We recommend to get a European Health Insurance card (check with the NHS) and repatriation insurance as well.

### **DIFFICULTY LEVEL: 1.5/3**

You are on good physical form and practice regularly leisure biking or mountain biking, or another physical activity. Stages from 32 to 38km per day, with few elevation change.

### **PERIOD:**

From April to October.

### **DEPARTURE AND MEETING POINT:**

Departure from Tours (37).

### **How to get there:**

By car : A10 motorways, towards Tours

By train : Tours centre train station or St Pierre des Corps train station + shuttle

By plane : Tours airport or Tours airport and then shuttle to the centre town.

### **THE PRICE INCLUDES :**

- Accommodation in a Bed and Breakfast (depending on the option chosen: 'Selected' or 'High-end'),
- Digital roadbook with GPS tracks
- Daily luggage transfers
- Organization and logistics costs

### **THE PRICE DOES NOT INCLUDE :**

- Dinners and picnics
- The delivery and return of rental bikes by La Rébenne.
- Extra night in Tours or Saumur
- Drinks,
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Return transport to the meeting point,
- Entry into tourist sites,
- Parking,
- Insurance.

### **OPTIONS :**

- Rental of bikes and equipment
- Extra night of accommodation before or after the stay

**See prices on our website or contact us.**

### **INSURANCE:**

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip. Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

### **We offer 2 options - Multi-risk and Cancellation**

**Package no. 1 - Multi-risk:** full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by Assurever.

**Package no. 2 - Cancellation:** guarantee only in the case of an impediment prior to departure. Coverage provided by Assurever.

**Please refer to the price list on our website, practical information - insurance** (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

## **RECOMMENDED EQUIPMENT:**

Good preparation is the key to enjoying your trip. Here are some advice and equipment to help you to prepare your cycle and your bag.

2 bags: 1 small 10 litre rick sack to put the equipment for the day in (cell phone, camera, rain clothes...). 1 big bag, carried by vehicle.

### **LEISURE BIKE OR MOUNTAIN BIKE (ROAD CYCLE not adapted)**

Be sure your bike is in good order and all these points are verified and checked:

- if you are a group bring one substitution road bike
- check your milometer
- tyres
- brakes (and brake cables)
- chain
- transmission system
- wheels
- suspension (make sure there's no leak)
- steering system

Keep in mind: a clean bike is easier to check!

### **REPAIRING EQUIPMENT**

To avoid any mechanical problem you'll be asked to bring:

- 1 spare tyre and 1 inner tube
- 1 bicycle pump
- a puncture repairing kit
- a set of Allen keys
- a small pair of pliers
- a tyre and a piece of tyre
- a tool to take off and put back your chain

You can also take your own tool box made of:

- a brake cable
- some spokes
- a derailleur cable
- oil for the chain
- a rag
- a lock

### **EQUIPMENT**

- helmet (essential) + cap and headband
- cycling gloves and warm gloves
- glasses
- a pair of shoes with wedges
- a pair of shorts
- T-shirt (avoid cotton ones)

### **BACKPACK FOR THE DAY**

- water (at least 3 litres a day per person)
- high energy food or dried fruits
- your repairing kit
- a windcheater
- your picnic
- sun-cream (and lip balm)
- toilet paper and a lighter
- medicine (see below)
- 2 LR6 batteries a day (for the GPS)
- your mobile phone

### **PICNIC: (not included)**

Bring a plastic lunchbox (to avoid any unnecessary waste) and reusable cutlery

### **LUGGAGE:**

You'll have it back every evening at the hotel.

Don't forget to bring a warm sweater, a small toilet bag, a towel, a light pair of shoes, and clothes

**MEDECINE:**

The instructor for guided tours will carry a first aid box but it's necessary to have at least some medicines such as:

- a mosquito repellent
- a disinfectant and gauze compresses
- Band Aid
- protection cream for your bottom
- your own pills
- water disinfectant pastilles
- a survival blanket

Don't hesitate to check with your doctor for any further information.

**AFTER YOUR STAY**

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

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**CONTACT**

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