

The Great Mountain Bike Crossing of the Jura From Montbéliard to La Pesse

6 days - 5 nights including 6 days of mountain biking
Comfortable accommodation in a double bedroom

4 options to choose from

Physical Difficulty Level 2.5/3

Technical Difficulty Level 2/3



Straddling France and Switzerland, the Jura Massif offers one of the most beautiful mountain biking routes. Let yourself be tempted by an unforgettable journey, enjoy landscapes composed of deep gorges, forests that could be straight out of Canada and magnificent green open spaces. With high plateaus that stretch from the Cluse de Santa to the Plateau du Retords. Between Montbéliard and La Pesse, you enjoy around 289km of routes, and, from the Crêts en Val, between 300 and 1500m of altitude.

With accommodation every night in hotels, or comfortable and friendly B&Bs, you will have the opportunity to taste local products, such as wine and cheese, coming from a long tradition of local dairy farming, and, in particular, Montbéliard cows.

KEY POINTS:

- A north to south crossing of the Jura on routes which are perfect for mountain biking.
- Enjoy the most magnificent forests and rivers of the Jura Massif.
- Visit places known by all cyclists, such as Métabief and Prémanon.
- Comfortable accommodation in a double bedroom.

PROGRAMME

Day 1 : From Montbéliard to St-Hippolyte

45km Alt : +1040m – 980m

Departing from Montbéliard, follow the Allan, along roads and countryside tracks to reach Mandeure. During this first stage, from Montbéliard to Pont-de-Roide, you enjoy tracks and paths along the banks of the River Doubs. From Pont-de-Roide to St-Hippolyte, a slightly more challenging route, with beautiful paths through the forests and across fields.

Night in a hotel in a double bedroom, on a half-board basis.

Day 2 : From St-Hippolyte to Fournet-Blancheroche

48km Alt: +1480m – 1000m or with a shortcut of 35km Alt: +1060m – 500m

Today you will meet the River Doubs and Switzerland. Setting off from St-Hippolyte, you pass through Fessevillers, the gateway to the Gorges du Doubs. You will also cross the village of Gaumois, a local Mecca for trout fishing. A pretty stage along the River Doubs, between France and Switzerland, offering you beautiful landscapes.

Night in a hotel or B&B on a half-board basis.

Day 3 : From Fournet-Blancheroche to Pontarlier (or La Perdrix)

51km Alt : +1000m– 1060m

Another beautiful stage, continuing along the River Doubs and passing by the waterfall of the same name, where the meanders of the river offer you the welcome chance to slow down. Along the way, you will pass over more than 18 barriers, without getting off your bike. Swing by Morteau, home to the famous smoked sausage. A solid and pleasingly quick stage. You arrive in the land of absinthe, on the plateaus above Pontarlier.

Night in a hotel or hostel in a double bedroom and on a half-board basis.

Day 4 : From Pontarlier (or La Perdrix) to Mouthe

54km Alt : +1170m – 1200m

Under the gaze of the Château de Joux, guardian of the Doubs Valley, you cross the République de Saugeais with its frontier monitored by a border guard.

Halfway through the day, you arrive at Métabief, mountain biking hotspot since 1993, where you can experience the descent of Mont D'or (optional). At the end of the day, a bucolic arrival at the source of the River Doubs.

Night in a hotel in a double room, on a half-board basis.

Day 5 : From Mouthe to Rousses

44km Alt : +890m – 700m

Pass through the heart of the Upper Doubs, via a rolling route where you overlook the Lac de Bellefontaine, a Natura 2000 classified site, the most protected wetland in Franche-Comté. You can also take a moment to admire the magic of the arctic vegetation. Next, cross the large Risoux Forest to reach Rousses.

Night in a hotel in a double bedroom on a half-board basis.

Day 6 : From Rousses to La Pesse

43km Alt : +990m – 930m

After admiring the Fort of Rousses, built in the 19th Century, a remnant of the battle between the Napoléonic and Austrian armies, you then have the opportunity to visit the area's high coombs, forest meadows and sumptuous woods, with technical and playful tracks. Arrive by mountain bike in La Pesse, and the end of the trip.

DURING YOUR STAY

KEY INFORMATION : 4 options to choose from :

Self-guided mountain biking with luggage transfer by taxi. (For 2+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. The use of GPS is indispensable and allows you to orientate yourself with ease. It is possible to rent a GPS from LaRébenne, subject to availability.

Self-guided mountain biking with assistance vehicle. (From 6+ people):

The assistance vehicle will meet you at several points throughout the day's stage, and will bring you your picnic, water, your extra clothes, as well as a complete toolkit in case of any mechanical issues. As a result, you can fully enjoy your day with only a light bag. The driver will also give you advice for each stage, helping you to manage your ride and progress and will, most of the time, be able to answer any questions you may have about the local area.

Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people):

Accompanied by a professional who has obtained a state-sponsored mountain biking qualification, you ride without any worries about having to follow a map. Our qualified specialist, who has an in-depth knowledge of the region, will guide you throughout the trip and, if you wish, provide you with advice to help you become an outstanding mountain biker. Thanks to their detailed knowledge of the route, they will adapt the itinerary to your group and manage the schedule and effort required throughout the day. Free from having to manage the group, your only worry will be to enjoy your mountain biking !

Mountain biking with mountain bike guide and assistance vehicle: (From 8+ people)

LUGGAGE :

You only carry what is needed for the day and your picnic. Luggage will be transported by vehicle (or by the assistance vehicle).

1 bag/person and limited to 15kg/bag.

ACCOMMODATION:

Double bedroom option : You will sleep in a comfortable hotel or B&B, in a bedroom for 2 people. Sheets and towels are provided. A bathroom and toilet will be reserved for you in the majority of cases.

FOOD:

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.

Picnics are not included.

NUMBER OF PARTICIPANTS:

Departure from 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

Formalities

- A valid official ID.
- European Health Insurance Card in advised: this is a card which attests to your rights to health insurance (necessary treatment is covered), throughout Europe. The card is individual, with your name, and is valid for one year. You can obtain the card with a simple request to your Health Insurance Provider (by telephone or in person); you do not need to provide any documents. You should receive your card in under 15 days. If that is too long, you can obtain an attestation.
- We recommend travel insurance with repatriation included.

DIFFICULTY LEVEL:

Physical Difficulty Level : 2.5/3

You are in good physical condition and regularly practice mountain biking. From 42 to 51km per day with positive altitude gains of 1490m maximum.

Technical Difficulty Level : 2/3

You have control over downhill braking and the trajectory of the bike. You will ride along tracks and paths that can be both fast and technical (steep, with small obstacles).

PERIOD:

From May to October.

DEPARTURE AND MEETING POINT:

Depart from Montbéliard (25)

How to get there:

By car : Motorway A36

By train : Montbéliard SNCF Train Station.

By plane : Mulhouse Basel Airport then train to Montbéliard.

THE PRICE INCLUDES :

- Accommodation and reservations
- Map holder
- The detailed GTJ Mountain Biking TopoGuide
- Electronic GPS tracks (in .gpx format)
- Half-board and picnics starting from dinner on Day 1 to breakfast on Day 6.
- Daily luggage transfers
- For the option with assistance vehicle: 1 vehicle with 9 places will follow the group for the duration of the trip.
- For the option with a qualified guide: No worries about orientation, the state-qualified guide will take care of everything during the trip.

THE PRICE DOES NOT INCLUDE:

- Accommodation for the night before departure
- Drinks
- Picnics
- Personal expenses
- Personal mountain biking equipment (helmet, gloves)
- Mountain bikes
- The GPS and GPS holder
- Transport to the meeting point
- The train ticket from Bourg en Bresse
- Insurance

OPTIONS :

- Return transfer by private minibus to Montbéliard.
- Tailor-made programme of stages chosen by you.
- Extra accommodation for the night before or after the trip
- Single bedroom at an additional cost.
- Rental of the GPS : €40

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 APRIL Voyages.

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

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 (non-exhaustive list):

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible.

BIKE

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- > A well set-up mountain bike computer
 - > The tyres are well inflated and in good condition
 - > The cables and chain are in good condition
 - > Transmission elements are clean and oiled
 - > There aren't any leaks around the suspension
 - > The wheels are well attached
 - > The brakes are in a good state (concerning wear and any leaks)
 - > The headset and steering tube have been checked.
- And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- > 3 spare inner tubes (anti-puncture tubes are strongly advised, or anti-puncture strips)
- > A pump
- > Tyre levers
- > A tube repair kit consisting of patches and glue
- > A multi-tool
- > Small pliers
- > A spare tyre
- > A piece of tyre
- > A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

- > Brake cables (front and back)
- > Cable covers
- > spare spokes
- > Quick release seat post
- > Derailleur cable
- > A derailleur hanger
- > Chain oil
- > A rag

EQUIPMENT

As we say in France, "l'habit ne fait pas le moine" (the tunic doesn't make the monk), and wearing tight shorts won't turn you into a biking champion. However, a minimum of specialist mountain biking equipment is necessary to ensure you stay comfortable on the pedals:

- > A mountain bike helmet (obligatory!)
- > Mountain bike gloves
- > Glasses/sunglasses
- > Shoes adapted to mountain biking (without insoles that slip)

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RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –

N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

- >Cycle shorts or leggings
- >Breathable t-shirt (avoid cotton)

DAILY BACKPACK

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs to your mountain bike(see above)
- > A windbreaker (waterproof)
- > Picnic
- > A head torch in the bike bag
- > A knife
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Two new (or rechargeable) LR6 batteries for each day (for the GPS)
- > Your mobile phone
- > A compass for self-guided trips, an altimeter (optional)
- > A map holder for self-guided trips (to fix on the bike))

PICNIC

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box, and a large elastic band.
- > Cutlery (fork, folding knife, spoon).

LUGGAGE

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

PHARMACY

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Personal medications
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

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.

CONTACT

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