

The Great Crossing of the French Alps by bike From Thonon-les-Bains to Nice

**In hotels and double bedrooms
8 days 7 nights including 7 days of cycling**

2 options:

Option 1 : Self-guided cycling with luggage transfer (only for organised groups)

Option 2 : Self-guided cycling with assistance vehicle (only for organised groups or individuals)

Physical Difficulty Level 3/3



The Great Crossing of the Alps by bike: From the banks of Lac Léman to the beaches of Nice, you cross the entirety of the French Alps, from north to south, by road bike. You will follow legendary Tour de France routes and pass over incredible mountain passes as you cross the most beautiful Alpine valleys.

With each turn of the wheel, you get a little closer to the Mediterranean, crossing an extraordinary variety of landscapes. You leave behind the lush, green slopes of the Savoie and Maurienne to tackle the Briançonnais peaks.

Then, on through the Queyras, taking in the Mercantour, before finally arriving at the beaches of the Mediterranean coast and the Promenade des Anglais.

8 unforgettable days of cycling a legendary crossing.

KEY POINTS :

- Fabled cols of the Tour de France,
- The most beautiful landscapes of the Alps: cols, forests, gorges, plateaus.
- The arrival at the Mediterranean, the 'Grande Bleue'!
- Accommodation on a half-board basis.

PROGRAMME

Day 1: From Thonon les Bains to La Clusaz 90 km - positive altitude difference : 2200 m

It's the Great Departure for the South!

Col de Jambaz, 1027m (level 2)

Col de Joux Plane, 1712m (level 3)

Col de la Colombière, 1613 m

Level 2: 90km, elevation +2200m

Level 3: 120km, elevation +3300m

Night at La Clusaz.

Day 2: From La Clusaz to Bourg Saint Maurice 90 km- positive altitude difference: 2600 m

Col des Aravis, 1486 m

Col des Saisies, 1650 m

Col du Joly, 1989m (level 3, optional ; 28km, elevation +900m)

Col du Pré, 1703m (level 3)

Cornet de Roselend, 1967 m

Level 2: 90km, elevation +2600m

Level 3: 100km, elevation +2800m

Night in Bourg Saint Maurice.

Day 3: From Bourg Saint Maurice to Val Cenis 80 km- positive altitude difference: 2200 m

Col de l'Iseran, 2 762m

Col du Mont Cenis, 2083m (optional ; 30km, elevation + 760m)

Level 2: 80km, elevation +2200m

Level 3 : 90km, elevation +2600m

Night in Val Cenis.

Day 4: From Val Cenis to Monêtier les Bains 100 km- positive altitude difference: 2500 m

Col du Télégraphe, 1566m (level 2)

Col de la Croix de Fer, 2067m (level 3)

Col du Glandon, 1924m (level 3)

Col du Galibier, 2645m (level 2)

Col du Lautaret, 2058 m

Level 2: 100km, elevation + 2500m

Level 3: 175km, elevation + 4300m

Night in Monêtier les Bains.

Day 5: From Monêtier les Bains to Barcelonnette (Le Sauze) 110 km- positive altitude difference: 2000 m

Col de l'Izoard, 2360 m (level 3)

Col de Vars, 2109 m

Col de la Bonnette, 2715m (level 3, optional)

Level 2: 110km, elevation +2000m

Level 3: 120km, elevation +2800m

Night in Barcelonnette (Le Sauze).

Day 6: From Barcelonnette (Le Sauze) to Beuil 85 km- positive altitude difference: 2200 m

Col de la Cayolle, 2326m (level 2)

Col d'Allos, 2250m (level 3)

Col des Champs, 2087m (level 3)

Col de Valberg, 1650m

Level 2: 85km, elevation +2200m

Level 3: 110km, elevation +2900m

Night in Beuil.

Day 7: From Beuil to Nice 130 km - positive altitude difference: 2700 m

Col de la Couillole, 1678m

Col de Saint-Martin, 1500 m

Col de Turini, 1604 m

Col de St Roch, 990 m

Level 2: 130km, elevation 2700m

Level 3: 145km, elevation 3200m

Night in Nice.

Day 8: Nice

The trip ends in Nice after breakfast. Individual departure or optional transfer with the support vehicle back to Thonon-les-Bains by Lake Geneva (arrival in Thonon between 3 and 4 pm depending on traffic). Please note: the seats are limited.

The programme is susceptible to change depending on the availability of accommodation.

**Programme changes during the 2024 Summer Olympics
Olympic Games Paris 2024 / Events in Nice**

The programme for the two start dates (27.07.24 and 28.07.24) is as follows:

Day 7: Beuil - Menton

2 wheels: approx. 130 km and 2,800 m (ascent). Negative drop, approx. 4,000 m.

3 wheels: approx. 140 km and 3,100 m (ascent). Negative drop, approx. 4,500 m.

Day 8: Menton

Itinerary end: The trip ends in Menton after breakfast. Individual departure or optional transfer with the support vehicle back to Thonon-les-Bains by Lake Geneva (arrival in Thonon between 3 and 4 pm depending on traffic). Please note: the seats are limited.

DURING YOUR STAY

KEY INFORMATION:

2 options to choose from:

Self-guided cycling with luggage transfer. (For organised groups only):

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. With the GPS fixed to your handlebars, you will be guided by the instructions we have carefully prepared with the highest level of precision.

Self-guided cycling with assistance vehicle. (Only for individuals or organised groups):

The assistance vehicle with bike trailer (or bike roof rack) will meet you at several points throughout the day's stage, often at the top of the mountain passes (Cols) 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 or without needing to carry a bag at all. 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.

LUGGAGE:

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

ACCOMMODATION: 7 nights on a full pension

- **Double bedroom option:** You will sleep in a comfortable hotel, B&B or, sometimes, 'gite' in a bedroom for 2 people. Sheets and towels are provided. (Single room option available - see prices on our site).

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.

- Your accommodations provides Continental breakfasts.
- We distribute simple cereal/muesli bars and dried fruit in the morning before the start of the stage.
- Hearty dinners (3 to 4 courses, with local dishes)
- You must bring your own specific energy bars and isodrinks.

At lunch, there is 3 options based on what you prefer:

- A picnic to carry along in a small backpack. It contains an individual salad (carbohydrate and vegetable based salad), cold meats, cheese and fruit. This picnic can be carried in a small backpack or a handlebar bag.
- "Racing food" for those "allergic" to backpacks: energy bars, dried fruit.
- No lunch organised by us, leaving you free to stop and eat when and where you want (restaurant, bakery, grocery store...).

NUMBER OF PARTICIPANTS AND REGISTRATION:

Individual registration:

1-5 people- You can register for the dates already planned by La Rébenne with the option with assistance vehicle double bedroom.

Group registration:

You are in an organised group of at least 6 people- You can register for the dates planned by La Rébenne or your own dates (contact us).

BEFORE YOUR DEPARTURE

PRICES:

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

REGISTER:

At LaRébenne, 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 is 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: 3/3

You are in good physical condition and go cycling on roads, over long distances, at least once a week. Stages vary from 80 to 130km per day with positive altitude differences of 2000 to 2700m per day.

PERIOD:

From June to the end of September. (Attention given to the opening of the Col du Galibier).

DEPARTURE AND MEETING POINT: The first day at Thonon les Bains (74).

How to get there:

By car: N5 or D903.

By train: Thonon les Bains SNCF Train Station.

By plane: Geneva Airport then taxi or shuttle bus/assistance vehicle.

PLANE

2 options :

- You buy your own plane tickets from your preferred travel agency or on the internet, only once you have received written confirmation of the trip from us.
- We reserve your plane tickets for you.

THE PRICE INCLUDES :

- Accommodation and reservations
- Maps and GPS tracks
- Half-board starting at dinner on Day 1 until breakfast on Day 8.
- Picnics
- Transfer of 1 bag per person.
- For the 'assistance vehicle option': 1 vehicle with 9 places + driver for the duration of the trip.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases
- Transportation to the meeting point
- Return transfer
- Insurance

OPTIONS :

Extra nights:

- Thonon les Bains in 3* hotel, double or twin room, including breakfast: **85€**
- Thonon les Bains in 3* hotel, single room, including breakfast: **135€**
- Nice in 3* hotel, double or twin room, including breakfast: **85€**
- Nice in 3* hotel, single room, including breakfast: **125€**

Massage:

- In Briançon (4th day): **65€**
- In Beuil (6th day): **65€**

Road bike rental:

- E-road bike:
Carbon frame and fork, aluminium wheelset, Shimano 105 groupset, 11 speeds, 50/34 - 11/32 supplied with 1 x 248Wh battery (+ 1 extra battery 210Wh), model Orbea Gain M30 or equivalent, roughly 13 kg: **800€**
- Standard road bike:
Carbon frame and fork, disc brakes, Shimano Tiagra groupset, 10 speeds, 50/34 - 11/32, aluminium wheelset, model Scott Addict or equivalent, roughly 9 kg: **325€**
- Premium road bike:
Carbon frame and fork, disc brakes, Shimano Ultegra groupset, 11 speeds or 12 Di2 speeds, 50/34 - 11/32, aluminium wheelset, model Scott Addict 20 or equivalent, roughly 8,4 kg: **430€**
- Ultimate road bike:
Carbon frame and fork, rim brakes, Shimano Ultegra groupset, 11 speeds or 12 Di2 speeds, 50/34 - 11/34, carbon Mavic wheelset, model Scott Addict 10 or equivalent, roughly 8 kg: **565€**

For all rental bike models, we provide this equipment:

- 2 bottle holders
- Repair kit with 2 CO2 cartridges, patches, multi-tool, 1 inner-tube and tyre levers.

Helmets and water bottles are not included.

Pedals: Bikes are coming without pedals; you can bring your own or tell us which one you need, we have 3 different models: Look Keo easy, Shimano SPD-SL or Shimano SPD.

If you want to rent us a bike, please tell us your height (also frame size and inseam, please) and your choice of bike and pedals.

The tour leader will come with the rental bikes the 1st day. With you, he will carry out an inventory of the bike, as well as at the end of the tour.

Other options:

- Single room accommodation (7 nights): **395€**
- Transfer Nice - Thonon at the end of the trip, on day 8, around 9am: **135€**
- Transport of a rigid bike box during the trip (or semi rigid bike bags): **40€**

INSURANCE:

In accordance with the regulations of our profession, LaRébenne 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 (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.

2 bags: 1 small saddle or handlebar bag, about 10L, containing what you need for half a day, your phone, camera, raincoat etc.

1 piece of luggage to be transported by the assistance vehicle.

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:

- > Carefully check that the chainrings and number of teeth are suitably adapted to both the route and you
 - > A well set-up 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
 - > The wheels are well attached
 - > The brakes are in a good state (concerning wear)
 - > The headset and steerer 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:

- > 1 spare tyre and 1 inner tube
- > A pump
- > Tyre levers
- > A multi-tool
- > Small pliers

> 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
- > Derailleur cable
- > Chain oil
- > A rag
- > A lock

EQUIPMENT

- > A bike helmet (obligatory!) + a hat and headband
- > Bike gloves and warm gloves
- > Sunglasses
- > Shoes with clips
- > Cycle shorts and leggings
- > Breathable t-shirt (avoid cotton)
- > A race jersey

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 (see above)
- > A windbreaker (waterproof)
- > 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

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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