

Crossing of the Massif Central by road bike From the volcanoes of the Auvergne to the Mediterranean

In 'gites' or double bedroom

8 days 7 nights including 7 days of cycling

2 options:

Option 1 : Self-guided cycling with luggage transfer (only for groups of 6+ people)

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



The crossing of the Massif Central by road bike: start in Clermont-Ferrand and pass over the Auvergne volcanoes to arrive at the sea, in the pretty town of Sète, nicknamed "Venice of the Languedoc". Cross the 'vieux massif' and discover, with each turn of the wheel, a variety of impressive landscapes; the Chain of Puys*, Mont Dore, Causse Méjean (a vast limestone plateau), the Plateaus of Aubrac, the Cirque de Navacelles... These varied and peaceful mid-height mountains are perfect for road cycling. Climb the famous 'cols' (mountain passes) of the Tour de France 2020: Col de Ceysnat, Col de Guéry, Col de Néronne or the Pas de Peyrol (the highest paved mountain pass of the Massif), or even the famous Mont Aigoual ! Last but not least, the local gastronomy is not to be missed. You will also stop off in one of the officially most beautiful villages in France: Saint-Guilhem-le-Désert.

8 unforgettable days of cycling a legendary crossing

KEY POINTS :

- Several levels of difficulty possible for each day
- A great variety of landscapes across the Massif Central : mountain passes, forests, volcanoes, gorges and plateaus.
- A rich regional gastronomy.
- The arrival at the sea: the Mediterranean !

*a Puy is a geological term for a volcanic hill, typical in the Auvergne.

PROGRAMME

Day 1 : Arrival and night in Clermont-Ferrand.

Discover the superb historical heritage of this town.

Day 2 : From Clermont-Ferrand to Varennes on the banks of the Lac de Chambon.

Key points of the day :

- *The historic city of Clermont-Ferrand*
- *The Puy de Dôme and the volcanic chain of the Puys*
- *The Puy de Sancy and Mont Dore*
- *The Lac de Chambon*

Level 1 : 69km – Positive Altitude Difference : 1640m

- Col de Ceyssat (1078m)
- Col de Guéry (1268m)
- Col de la Moréno (1062m)
- Col de la Croix Morand (1401m)

Level 2 : 115km - Positive Altitude Difference : 2590m

- Col de Ceyssat (1078m)
- Col de la Moréno (1062m)
- Col de Guéry (1268m)
- Pass through the village of Bourboule
- Col de la Sœur (1149m)
- Col de Vendeix 1107m, very short there and back round trip
- Col de la Croix Saint Robert (1451m)

Night in Varennes on the banks of the lake.

Day 3 : From Varennes to Murat

Key points of the day :

- *The Volcanoes of the Auvergne*
- *The Puy Mary*
- *The Puy de Sancy and Mont Dore*

Level 1 : 94km Positive Altitude Difference : 1400m

- Col de la Chaumoune (1155m)
- Col de Montgreleix (1235m)
- Col de Malmouche (1141m)
- Col de Montirargues (1141m)

Level 2 : 102 km - Positive Altitude Difference : 1820m

- Col de la Chaumoune (1155m)
- Col de Montgreleix (1235m)
- Col Serre (1335m)
- Col d'Entremont (1184m)

Level 3 : 139km - Positive Altitude Difference : 2620m

- Col de la Chaumoune (1155m)
- Col de Montgreleix (1235m)
- Col de la Besseyre (1044m)
- Col d'Aulac (1228m)
- Col de Néronne (1241m)
- Pas de Peyrol (1588m)
- Col d'Eylac (1423m)
- Col Serre (1335m)
- Col d'Entremont (1884m)

Night in Murat.

Day 4 : From Murat to Nasbinals

Key points of the day:

- *Cantal*
- *The Gorges of Truyère*
- *Aubrac*

Level 1 : 80 km - Positive Altitude Difference : 1570m

- Col de Prat de Bouc (1396m)
- Col de l'Aze (1030m)

Level 2 : 107km – Positive Altitude Difference : 2100m

- Col de Prat de Bouc (1396m)
- Col de la Griffoul (1338m)
- Col de l'Aze (1030m)
- Pas de Mathieu (Mathieu's Step) (1325m)
- Col d'Aubrac (1339m)

Night in Nasbinals on the Plateaus of Aubrac.

Day 5 : From Nasbinals to St Enimie**Key points of the day:**

- *Crossing over the Monts d'Aubrac*
- *The Grands Causses (limestone plateaus)*
- *The Causse du Sauveterre*
- *The Gorges of Tarn and the beautiful villages of St Enimie and St-Geniez-d'Olt-et-Aubrac*

Level 1 : 88km – Positive Altitude Difference : 1410m

- Col de Bennecombe (1340m)
- Col du Trébatut (1075m)
- The incredible sight of the Cirque des Baumes
- The Gorges of Tarn

Level 2 : 109km – Positive Altitude Difference : 1319m

- Col de Bennecombe (1340m)
- The village of St-Geniez-d'Olt-et-d'Aubrac

Level 3 : 130km – Positive Altitude Difference : 1786m

- Col de Bennecombe (1340m)
- The village of St-Geniez-d'Olt-et-d'Aubrac
- The Gorges du Tarn
- The incredible sight of the Cirque des Baumes
- The Cirque des Pougnaoires
- The Cirque de St Chély

Night in St Enimie.

Day 6 : From St Enimie to Avèze**Key points of the day:**

- *Crossing over the Causses Méjean and Noir.*
- *The Gorges du Tarn and the Gorges de la Jonte*
- *The region around Mont Aigoual*

Level 1 : 94 km - Positive Altitude Difference : 1700m (with climb of Mont Aigoual included)

- Col de Coperlac (903m)
- Causse Méjan
- The Mas St Chély
- Col de Perjuret (1030m)
- Col de Fourques
- The Causse Noir
- Mont Aigoual (1565m)
- Col de la Serreyrède (1299m)
- Col du Minier (1265)
- Col de la Broue
- Col de la Sablière (1014)

Level 2 : 98km - Positive Altitude Difference : 1690km (without climb of Mont Aigoual)

- Col de Coperlac (903m)
- Causse Méjan
- The magnificent Gorges de la Jonte

- Causse Noir
- The Bout de la Côte (1011m)
- Col Montjardin (1016m)
- Col de la Serreyrède (1299m)
- Mont Aigoual optional there and back: + 12km +260m
- Col du Minier (1265)
- Col de la Broue
- Col de la Sablière (1014)

Level 3 : 126km - Positive Altitude Difference : 2230m (without climb of Mont Aigoual)

- Col de Coperlac (903m)
- Causse Méjan
- The magnificent Gorges de la Jonte
- Causse Noir
- Gorges de la Dourbie
- Col de la Pierre Plantée (867)
- Col de Rhodes
- Col de la Serreyrède (1299m)
- Mont Aigoual optional there and back: + 12km +260m
- Col du Minier (1265)
- Col de la Broue
- Col de la Sablière (1014)

Night in Avèze.

Day 7 : Le Vigan to St Guilhem-le-désert

Key points of the day:

- The Cirque de Navacelles
- St Guilhem-le-Désert

72 km – Positive Altitude Difference : 1280m

- The Cirque de Navacelles
- Mont Baudille (848m) en A/R
- Col du Vent (703m)
- Pas du Coulet (621m)

Night in Saint-Guilhem-le-Désert.

Day 8 : From Saint Guilhem-Le-Désert to Sète

Key points of the day:

- Arrival in Sète via the famous cycle path, the ViaRhôna, passing between the Etang de la Pierre Blanche (saltwater lakes) and the Mediterranean.

Level 1 : 68km - Positive Altitude Difference : 560m

- Col de la Tortue (82m)

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

For organised groups, we can adapt the level, duration, price and programme on demand. Contact us!

DURING YOUR STAY

KEY INFORMATION:

2 options to choose from:

Self-guided cycling with luggage transfer. (For organised group of 6+ 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. 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 and driver. (Only for registered individuals or organised groups of 8+ people):

The assistance vehicle with bike trailer 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 carry what is needed for the day and your picnic. Luggage will be transported by vehicle (or by the assistance vehicle). Please do not exceed the limit of 1 bag/person, 13kg/bag maximum.

ACCOMMODATION:

2 options to choose from:

- **Gite option:** Gites are selected for their warm welcome and friendly atmosphere. Most often, you will share a 4-6-person dormitory. Sheets and towels are not provided (don't forget to pack them in your luggage).

- **Double bedroom option:** You will sleep in a comfortable ** hotel, B&B or 'gite' in a bedroom for 2 people. A private bathroom will be reserved for you. 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.

Picnics, 2 options :

- You organise your own picnic
- You take the proposed picnic option.

NUMBER OF PARTICIPANTS AND REGISTRATION:

Individual Registrations:

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

Group Registrations:

Groups of at least 6 people: You can register for the dates planned by LaRébenne or your own dates, staying in a gite or double bedroom.

For organised groups, we can adapt the level, duration and programme on demand. 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 LaRébenne 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 |
|--|

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.
- We recommend travel insurance with repatriation included.

DIFFICULTY LEVEL: From 2/3 to 3/3

You are in good physical condition and go cycling on roads, over long distances, at least once a week. Stages vary from 69 to 133km per day with positive altitude differences of 970 to 2620m per day.

Where possible, several difficulty levels will be on offer, with the same departure and arrival points for everyone. And of course without transfers :) !

PERIOD :

From May to October.

DEPARTURE AND MEETING POINT: Meeting on the first day in Clermont-Ferrand.

How to get there :

By car : A75 motorway

By train : Clermont-Ferrand SNCF train station.

By plane : Clermont-Ferrand Auvergne Airport.

THE PRICE INCLUDES:

- Accommodation
- Maps and electronic GPS tracks in .gpx format
- Half-board starting at dinner on day 1 until breakfast on day 8.
- Transfer of 1 bag per person, 13kg max.
- For the 'assistance vehicle option': 1 vehicle with 5 or 9 places + driver for the duration of the trip.

THE PRICE DOES NOT INCLUDE:

- Drinks
- Personal expenses
- Picnics
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases (only if the assistance vehicle with driver option has been selected)
- Transportation to the meeting point
- Return transfer
- Parking fees
- Insurance

OPTIONS :

- Tailor-made programme of stages chosen by you, available for groups from 8 people.
- Single bedroom at an additional cost.
- Rental of a customised, high-end bike
- Transport of bike cases and bags with rigid bases (only if the assistance vehicle with driver option has been selected and subject to availability)
- Transfer in the afternoon of Day from Sète to Clermont Ferrand and only for the option with assistance vehicle, subject to available places and a minimum of 6 people. Contact us.

OPTIONS (for organised groups) :

- Physio: recovery session with a physiotherapist at the end of the stage.
- Leader : a qualified guide for the group (+sporting advice)
- Mechanic : a bike mechanic to take care of any repairs during the circuit and bike service at the end of the stages.

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>

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix

Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com

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

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 cable (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

- Phone: 00335.61.65.20.93
- Mobile: 00336.81.53.77.75
- Mail: contact@larebenne.com
- Address: 10 rue de la Comédie - 09000 FOIX

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