

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

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

Level: 3/5



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.

Strengths

- 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

SCHEDULE

Day 1: From Thonon les Bains to La Clusaz : 90 km - Elevation: + 2200 m

It's the Great Departure for the South!

Col de Jambaz, 1027m (level 3)

Col de Joux Plane, 1712m (level 5)

Col de la Colombière, 1613 m

Level 3: 90km, elevation +2200m

Level 5: 120km, elevation +3300m

Night at La Clusaz.

Hotel

Day 2: From La Clusaz to Bourg Saint Maurice : 90 km - Elevation: + 2600 m

Col des Aravis, 1486 m

Col des Saisies, 1650 m

Col du Joly, 1989m (level 5, optional ; 28km, elevation +900m)

Col du Pré, 1703m (level 5)

Cormet de Roselend, 1967 m

Level 3: 90km, elevation +2600m

Level 5: 100km, elevation +2800m

Night in Bourg Saint Maurice.

Hotel

Day 3: From Bourg Saint Maurice to Val Cenis : 80 km - Elevation: + 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.

Hotel

Day 4: From Val Cenis to Monêtier les Bains : 100 km - Elevation: + 2500 m

Col du Télégraphe, 1566m (level 3)

Col de la Croix de Fer, 2067m (level 5)

Col du Glandon, 1924m (level 5)

Col du Galibier, 2645m (level 3)

Col du Lautaret, 2058 m

Level 3: 100km, elevation + 2500m

Level 5: 175km, elevation + 4300m

Night in Monêtier les Bains.

Hotel

Day 5: From Monêtier les Bains to Barcelonnette (Le Sauze) : 100 km - Elevation: + 2000 m

Col de l'Izoard, 2360 m (level 5)

Col de Vars, 2109 m

Col de la Bonnette, 2715m (level 5, optional)

Level 3: 110km, elevation +2000m
Level 5: 120km, elevation +2800m
Night in Barcelonnette (Le Sauze).
Hotel

Day 6 : From Barcelonnette (Le Sauze) to Beuil : 85 km - Elevation: + 2200 m

Col de la Cayolle, 2326m (level 3)
Col d'Allos, 2250m (level 5)
Col des Champs, 2087m (level 5)
Col de Valberg, 1650m
Level 3: 85km, elevation +2200m
Level 5: 110km, elevation +2900m
Night in Beuil.
Hotel

Day 7 : From Beuil to Nice : 130 km - Elevation: + 2700 m

Col de la Couillolle, 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.
Hotel

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.

TRAVEL CONDITIONS

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RATES

Freedom package with luggage carrying by taxi - hotel double room

Registration for 6 people

1290€

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GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

contact@larebenne.com

+33 561 652 093

+33 681 537 775


Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

* Either go directly to your tour's page on our website and click on registration.

* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

100% secure payment
You can pay by credit card (faster) or bank transfer. 

Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.