LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RR09

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 big set-off heading due south.
- Col de Jambaz, 1,027 m (Level 3)
- Col de Joux Plane, 1,712 m (Level 4)
- Col de la Colombière, 1,613 m

Level 3 : approx. 90 km / elevation gain: approx. 2,200 m.
Level 5 : approx. 120 km / elevation gain: approx. 3,300 m.
Annecy – Albertville (only for departures on 11 July 2027 and 22 August 2027)
Today's mountain passes:
- Mont Semnoz
- Col de Leschaux 897 m.
- Col du Frêne 950 m.
- Col de Tamié 907 m. (Level 4 only)

Level 3 : approx. 90 km / elevation gain: approx. 2,000 m.
Level 4 : approx. 105 km / elevation gain: approx. 2,600 m.
Overnight stay in 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 4, optional ; 28km, elevation +900m)
Col du Pré, 1703m (level 4)
Cormet de Roselend, 1967 m
Level 3: 90km, elevation +2600m
Level 4: 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 3 : 80km, elevation +2200m
Level 4 : 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 4)
Col de la Croix de Fer, 2067m (level 5)
Col du Glandon, 1924m (level 5)
Col du Galibier, 2645m (level 5)
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 4)
Col de Vars, 2109 m
Col de la Bonnette, 2715m (level 4, optional)
Level 3: 110km, elevation +2000m
Level 4: 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 4)
Col des Champs, 2087m (level 4)
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 Couillole, 1678m
Col de Saint-Martin, 1500 m
Col de Turini, 1604 m
Col de St Roch, 990 m
Level 4 : 130km, elevation 2700m
Level 5 : 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

Luggage :

You only carry the business of the day and the picnic. Luggage is carried by vehicle. 1 piece/person and limited to 15kg/piece.

Options :

- Physiotherapy: recovery session with a physiotherapist at the end of the stage
- Leader: a qualified instructor guides the group (+ sports advice)
- Mechanic: a mechanic cycles is responsible for repairs during the circuit and maintenance of the bikes at the end of the stages

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Difficulty level :

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.

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.

Options :

Package accommodation and navigation: we organize accommodation, meals, guidebooks, maps and GPS tracks and you make your own assistance and luggage transport, consult us.
Single room accommodation (7 nights) : 395 €/pers

Transfer Nice - Thonon at the end of the trip (price per person with your bike) : 145 €/pers
Transporting a rigid bike box or semi-rigide during the trip (or semi-rigid bike bags, which are larger than typical hand luggage when folded: 56 cm × 45 cm × 25 cm) : 40 €/pers
Vélorizons cycling jersey (shipping not included) : 75 €
Return shuttle to Thonon-les-Bains
Our support vehicle provides 8 seats for the return from the Côte d'Azur to Thonon on day 8, including bikes.
The vehicle leaves the Côte d'Azur on day 8 after breakfast around 10am. Arrival in Thonon around 4 pm if traffic is good.
Please specify on your booking form if you require this additional service.

Extra nights

Extra night in Thonon-les-Bains in 3* hotel, double or twin room, including breakfast : 95 €
Extra night in Thonon les Bains in 3* hotel, single room, including breakfast : 145 €
Extra night in NIce in 3* hotel, double room, including breakfast : 95€
Extra night in Nice in 3* hotel, single room, including breakfast : 155 €
Massage
Massage in Le-Monêtier-les-Bains on day 4 : 60 €
Massage in Beuil on day 6 : 65 €
Road bike rental
Rental road bike models:
- Standard road bike
Carbon frame and fork, disc brakes, Shimano Tiagra groupset, 10 speeds, 50/34 - 11/32, aluminium wheelset, model Scott Addict 50 or equivalent, roughly 9 kg : 355 €/pers

- Premium road bike
Carbon frame and fork, disc brakes, Shimano 105 groupset, 12 Di2 speeds, 50/34 - 11/32, aluminium wheelset, model Scott Addict 40 or equivalent, roughly 8,9 kg : 430 €/pers

- Ultimate road bike
Carbon frame and fork, rim brakes, Shimano 105 groupset, 12 Di2 speeds, 50/34 - 11/34, carbon Mavic or Syncros wheelset, model Scott Addict 30 or equivalent, roughly 8,4 kg : 565 €/pers
- Prestige road bike
Carbon frame and fork, disc brakes, Shimano Dura Ace groupset, 12-speed Di2, 50/34 - 11/34, approx. 7.1 kg, carbon wheels, Colnago V4RS model or equivalent: 1100 €/pers

- 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 €/pers
Rental bike equipment (for all models):
- Repair kit included: 2 CO2 cartridges, patches, multi-tool, 1 inner tube, tyre levers
- 2 bottle holders (except size 47 bicycles on which only one can be placed)
- Helmets and water bottles: not included
- Pedals: Our rental bikes come without pedals. You can either bring your own pedals or specify your needs; we can install 3 types of pedals at no extra charge: Look KEO easy, Shimano SPD-SL or Shimano SPD.
Please indicate your choice of model and pedals as well as your height (if possible also frame size and inseam) when filling out your booking form.
You will receive your chosen model from the tour leader on the first day of your tour. He will carry out an inventory of the bike with you, as well as a second inventory at the end of the tour.
Bike “consumables" (tyres, tubes, brake pads, cables) are included in the rental price. Only parts and components that are broken due to a crash and/or misuse will be charged. In the event of bike loss or theft, a fixed fee will be charged (2200 € for the Standard model, 3590 € for the Premium and Electric models and 5700 € for the Super light model).

Plane :

- Either you buy your plane ticket yourself, only when we have confirmed in writing the departure of your trip.
- Either we book your plane tickets for you.

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...).

Attendees :

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).

Accompanying :

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.

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).

RATES

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

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 three 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.

Informations :

LaRébenne - 10 rue de la Comédie - 09000 Foix - France
Tel : + 33 (0)5 61 65 20 93 - contact@larebenne.com - www.larebenne.com
Immatriculation tourisme : IM 038100057