DATA SHEET - RR28

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

8 days 7 nights including 7 days of cycling

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

- The legendary climbs of the Tour de France
- The most beautiful Alpine landscapes: mountain passes, forests, gorges, plateaus…
- Arrival at the Mediterranean, the Big Blue!
- Accommodation in stopover lodges, on a full-board basis

SCHEDULE

Day 1 : Thonon-les-Bains :

Dinner and night in a *** hotel with swimming pool and sauna, on a half-board basis.
Hotel

Day 2 : From Thonon-les-Bains to La Clusaz : 100 km - Elevation: + 2260 m

It's the Great Departure for the South!
Col de Gets (1 170 m)
Col de la Colombière (1613 m)
Night in La Clusaz in *** hotel with 17m swimming pool, sauna and hammam, on a half-board basis.
Hotel

Day 3 : From La Clusaz to Bourg-Saint-Maurice : 110 km - Elevation: + 2200 m

Col des Aravis (1486 m)
Col des Saisies (1650 m)
Col de Méraillet (1605 m)
Cormet de Roselend (1967 m)
Night in Bourg Saint Maurice in *** hotel with swimming pool and sauna on a B&B basis.
Hotel

Day 4 : From Bourg-Saint-Maurice to Aussois : 100 km - Elevation: + 2200 m

Col de l'Iseran (2 762m)
Night in Aussois in *** hotel with swimming pool and sauna, on a half-board basis.
Hotel

Day 5 : From Aussois to Saint-Chaffrey : 100 km - Elevation: + 2250 m

Col du Telegraph (1566m)
Col du Galibier (2645)
Col du Lautaret (2058 m)
Night in Saint Chaffrey in *** hotel on a B&B basis.
Hotel

Day 6 : From Saint-Chaffrey to Barcelonnette : 120 km - Elevation: + 2100 m

Col de l'Izoard (2360 m)
Col de Vars (2109 m)
Night in Barcelonnette in *** hotel on a B&B basis.
Hotel

Day 7 : From Barcelonnette to Valdeblore : 102 km - Elevation: + 2760 m

Col de la Bonette (2860) The highest route in Europe.
Night in Valdebore in ** hotel on a half-board basis.

Hotel

Day 8 : From Valdeblore to Nice : 100 km - Elevation: + 2150 m

- Col de Saint-Martin (1500 m)
- Col de Turini (1604 m)
- Col de St Roch (990 m)

  End of trip on the Promenade des Anglais

TRAVEL CONDITIONS

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

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).

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.

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.

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.

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.

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 :

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).

Accommodation :

7 nights with full board
Friendly accommodation in stopover lodges: selected in particular for the quality of their welcome, these lodges offer a warm and pleasant atmosphere.
Most of the time, you will share dormitories with 4 to 6 beds.
Bed linen (sleeping sheet or light sleeping bag) and towels are not provided, so please remember to bring them in your luggage. Blankets are provided.
Night in a hotel in Nice in a double or triple room.

Food :

With support vehicle:
Dinners and breakfasts are taken at the accommodation.
For lunch, we offer three options depending on your preferences:

- A picnic, to be enjoyed at the spot indicated each morning by your logistics driver. It includes a seasoned cold salad made with starches (slow-release carbohydrates for the effort) and fresh vegetables, cold cuts and/or cheese, and fruit.
  Note: for those who prefer, it is possible to choose a lunch basket handed out by the logistics driver in the morning (please bring a backpack).
- For those who do not wish to stop for a picnic: race food (energy bars, dried fruit) provided in the morning.
- Not taking lunch with our organisation, allowing you the freedom to stop and eat wherever you like (restaurant, snack bar, food bought along the way—bakeries, grocery stores, etc.).
  In this case, a discount of €6 per day applies.

We pay particular attention to the quality, freshness, and variety of your meals, always keeping in mind that they must be suited to your physical activity.
Please indicate your choice for lunch on your registration form. If we do not receive this information, we will assume you opt for the “picnic” option.
Basic cereal bars are offered each morning before departure. You are responsible for bringing any more specific energy bars as well as energy drinks.
For the self-guided package without a support vehicle, picnics will be prepared by your accommodation.

RATES

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

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.

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 :

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