DATA SHEET - RR20

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

8 days 7 nights including 8 days of cycling, In double room and full board (picnic)

Level: 3/5



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 Ceyssat, 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.

Strengths

- 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 !

SCHEDULE

undefined : From Clermont-Ferrand of the Lac de Chambon. : 69 km - Elevation: + 1640 m

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 Lac de Chambon

Hotel

undefined : From Chambon to Murat : 94 km - Elevation: + 1400 m

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.

Hotel

Day 3 : From Murat to Nasbinals : 80 km - Elevation: + 1570 m

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.

Hotel

Day 4 : From Nasbinals to St Enimie : 88 km - Elevation: + 1410 m

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 Pougnadoires
The Cirque de St Chély

Night in St Enimie.

Hotel

Day 5 : From St Enimie to Meyrueis : 90 km - Elevation: + 1700 m

Key points of the day:
Crossing over the Causses Méjean and Noir.
The Gorges du Tarn and the Gorges de la Jonte
Saint Chely sur Tarn
Level 1 : 94 km - Positive Altitude Difference : 1700m (with climb of Mont Aigoual included)
Col de Coperlac (903m)
Causse Méjan

Level 2 : 98km - Positive Altitude Difference : 1690km (without climb of Mont Aigoual)
Col de Coperlac (903m)
Causse Méjan
Causse Noir
Level 3 : 126km - Positive Altitude Difference : 2230m (without climb of Mont Aigoual)
Causse Méjan
Causse Noir

Night in Meyrueis.
Hotel

Day 6 : From Meyrueis at Le Vigan : 115 km - Elevation: + 1900 m

Key points of the day:
The ascent of Mont Aigoual
The Cévennes park
Niveau 1 : 80km + 1550 m
Niveau 2 : 115km + 1900 m
Niveau 3 : 140km + 2400 m
The Pass :

- Col de Perjuret, 1031 m, niveau 1,2,3.
- Col de Fourques, 1046 m, niveau 1,2.
- Le mont Aigoual, 1565 m.
- Col des Rhodes, 922 m, niveau 1,2,3.
- Col de la pierre plantée 867 m, niveau 1, 2, 3.
- Col de la Barrière, 809 m, niveau 1, 2, 3

Night in Le Vigan.

Day 7 : From Vigan to St Guilhem-le-désert : 90 km - Elevation: + 800 m

Key points of the day:
The Cirque de Navacelles
St Guilhem-le-Désert
Level 1 et 2 : 90 km – Dénivelé positif : 1050m
Level 3 : 135 km – Dénivelé positif : 1950m

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

Night in Saint-Guilhem-le-Désert.
Hotel

Day 8 : From Saint Guilhem-Le-Désert to Sète : 68 km - Elevation: + 560 m

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 : 75km - Dénivelé positif : 480m
Level 2 et 3 : 90km - Dénivelé positif : 800m

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:
You are 1 to 5 people: You can register on one of the dates already planned by LaRébenne in formula with assistance vehicle double room.
Group registration:
You are a group of at least 6 people: you can register on the dates planned by LaRébenne or freely on your dates (consult us) in formula lodging or double room.

Departure and meeting point :

Appointment the first day in Clermont-Ferrand.
How to get there:
By car: Highway A75
By train: Clermont-Ferrand SNCF train station.
By plane: Clermont-Ferrand Auvergne airport.

Accommodation :

YOUR ACCOMMODATION.
Double room formula: you sleep in comfortable rooms for 2 people in hotels **, guest rooms or cottages. A private bathroom is reserved for you. Sheets and towels are provided. (Single room option - See rates).

Difficulty level :

You are in good physical condition and go cycling on roads, over long distances, at least once a week.
Stages vary from 100 to 115km per day with positive altitude differences of 1200 to 2800m 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 :)!

Options :

If you want to be alone in your room: + 275€/pers
Departure in July and August : +45€ / pers
Package accommodation and navigation: we organize accommodation, meals, guidebooks, maps and GPS tracks and you make your own assistance and luggage transport, consult us.

Return shuttle from Sète to Clermont Ferrand : 135€/pers
Bike rental
Available 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
- 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
Bike equipment
- 2 bottle cages (only one for frame height 47 or smaller)
- Repair kit included: 2 x CO2 cartridge, tube patches, multi-tool, 1 x tube, 2 x tyre levers
- Pedals: Rental bikes are delivered without pedals. So either bring your own pedals or let us know your pedal requirements (at least 2 weeks before the start of the tour). 3 types of pedals can be installed by us: Look KEO easy, Shimano SPD SL and Shimano SPD
- Helmet and water bottles: not included
In your booking form, please let us know the model you require, your pedal preference and your body size (including frame size and stride length if possible). Thank you very much.
You will receive your hire bike on day 1 of your tour from the tour guide (support vehicle). Bike check on handover and after the tour.
Consumables (tyres, tubes, brake pads and cables) are included in the rental price. Only parts damaged during the tour due to a fall or improper use must be replaced. In the event of theft or loss, you will be charged a lump sum (€2,200 for the standard model, €3,590 for the premium model and the e-model and €5,700 for the super light model).
Supplementary services
Prices per person
Single room accommodation (7 nights) : 275 € /pers
Extra nights in Clermont-Ferrand
- Extra night in Clermont-Ferrand in 2* hotel, double or twin room, including breakfast : 60 €/pers
- Extra night in Clermont-Ferrand in 2* hotel, single room, including breakfast : 95 €/pers
Extra nights in Sète
- Extra night in Sète in 3* hotel, double room or twin room, including breakfast : 115 € /pers
- Extra night in Sète in 3* hotel, single room, including breakfast : 210 € /pers
Transfers
A maximum of 8 seats are available in the vehicle for our transfers. Please let us know your transfer requirements on the booking form. For the return transfer, the support vehicle will first travel to Clermont Ferrand and then to Chambéry (the prices for Sète - Chambéry must therefore be added together).
-Transfer Sète - Clermont-Ferrand at the end of the trip : 95 € /pers
- One way transfer Chambéry - Clermont-Ferrand : 50 € /pers
- One way transfer Clermont-Ferrand - Chambéry : 50 € /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

Luggage :

Formula without assistance: you only wear the items of the day, water and picnic.
Formula with assistance vehicle: you wear nothing! The assistance vehicle will delight you.

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.

Accompanying :

Self-guided cycling with assistance vehicle and driver :
The assistance vehicle with bike trailer (or bike 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.

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. Contact us !

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 2 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.
• No lunch organised by us, leaving you free to stop and eat when and where you want (restaurant, bakery, grocery store...).
Please let us know your choice of type of lunch at your register.

RATES

The price includes :

- Accommodation
- Electronic maps, roadmaps and GPS tracks in. gpx format,
- Half board from dinner on day 1 to breakfast on day 8,
- Transport of 1 piece of luggage per person, up to 15 kg/piece of luggage,
- For the formula with assistance vehicle: 1 vehicle 5 or 9 seats + driver during the entire stay.
- The picnics

The price does not include :

- Beverages,
- Personal expenses,
- Personal bicycle equipment (helmets, gloves),
- Bicycles,
- The transport of bicycle boxes and rigid bottom panniers (option only for the formula with assistance vehicle with driver: +40 € / box),
- Transportation to the meeting point,
- The return transfer,
- the cost of parking,
- 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