

# Provence

## Mont Ventoux



**BikePlusTours**

Join us for some fabulous cycling in the Provence region in the south of France.

Our itinerary will take you on a spectacular journey including the rugged Gorges du Verdon canyon and the heights of the mighty Mont Ventoux. We will stay in ancient towns and experience the typical Provençal food and wine.

At the end of our tour we will spend three nights in Nice and ride the training roads of the pros,

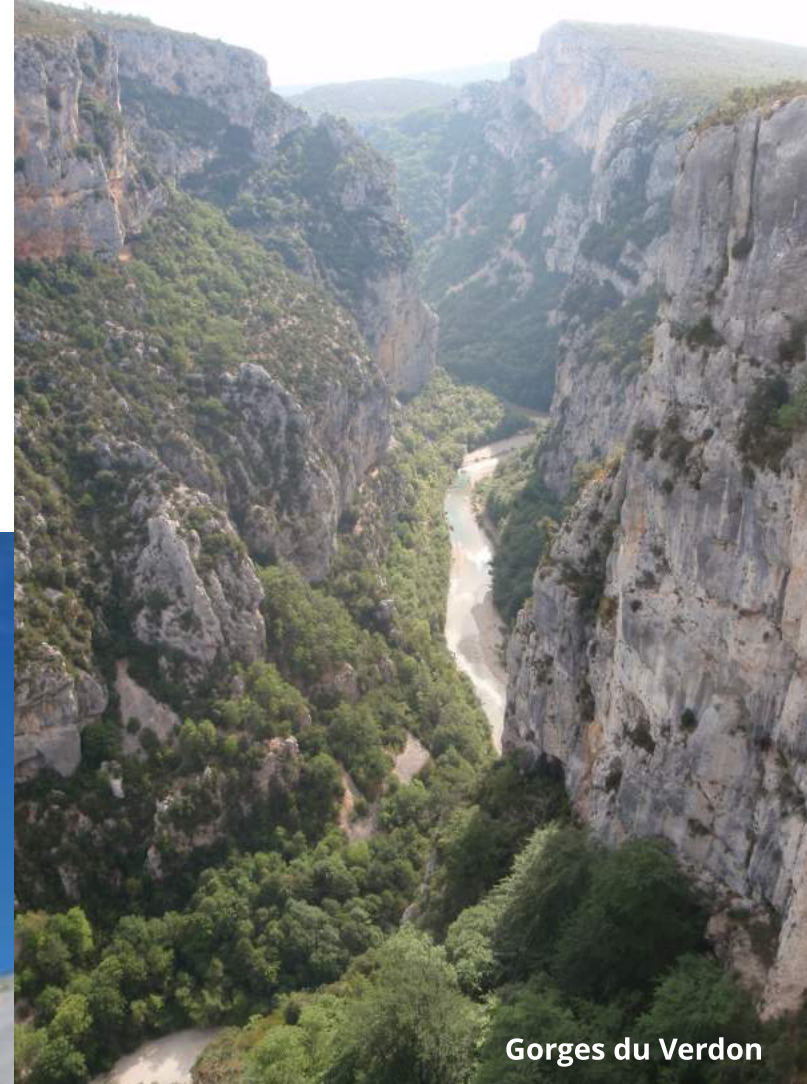
including Col de la Madone, Eze and Braus.

This trip is designed to showcase the impressive scenery and history of Provence. We'll be staying for consecutive nights in each hotel to give you the chance to relax and explore the beautiful towns.

Whilst there is lots of climbing on the way, we are offering shorter and easier routes on the most difficult days.



Mont Ventoux



Gorges du Verdon



Mazan Old Town

### Bring your non-riding partner or friend along!

This trip will be a great experience for your non-riding partner or friend as well. We offer transportation between hotels for non-riding guests and all of our hotels are in interesting historic towns and villages.

In addition, we can help you to arrange day excursions and activities, including for example:

- Gorges du Verdon (The French Grand Canyon)
- Luberon hilltop villages
- Hiking and walking
- Wine tasting
- The old papal city of Avignon
- The enormous weekly outdoor market in Ventimiglia (Italy)
- City tour of Nice, including Matisse and Chagall museums
- Monaco

Our hotels in Provence have nice pool areas and Nice has a beach and a lively old town with lots of interesting sights and great traditional markets and shops.

Contact us if you are interested. We can tailor a program to your wishes.

**Trip dates:** September 22-30, 2018

**Cycling distance / vertical:** up to 382 miles / 42,000 ft

**Small group:** maximum 15 guests

**Supported rides** with guide on bike and vehicle support

**Hotel** accommodation, with breakfasts and dinners included

**Price:** \$3,495 per person, single room surcharge: \$795

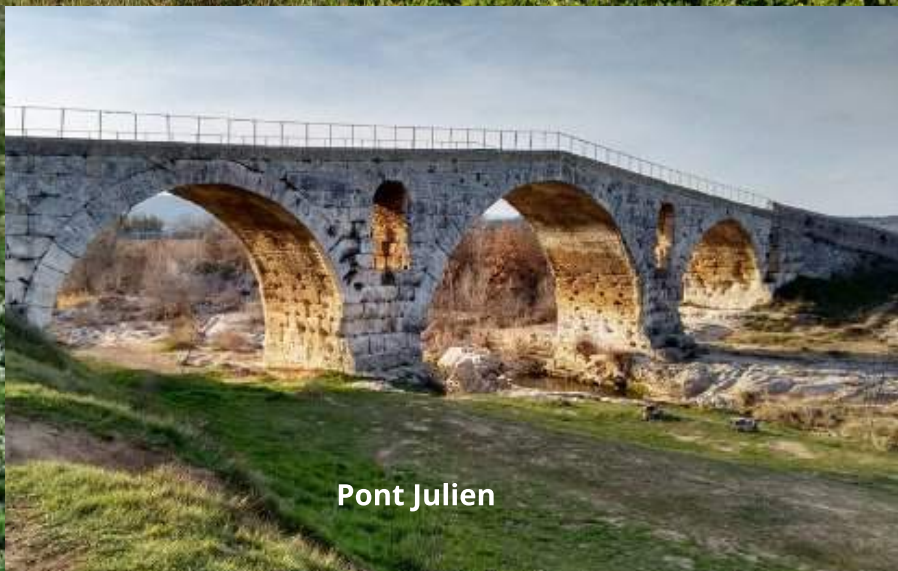




Vineyards and Mont Ventoux in the background



Europe's Highest Bridge



Pont Julien



Route des Crêtes

**Itinerary and Elevation Profiles**

**Friday 21 September:** Evening departure from the US on an overnight flight to Nice.

**Saturday 22 September:** Arrival in Nice and group transfer to Moustiers Sainte Marie, a beautifully located town above the massive Lake Sainte Croix reservoir. The town has been known for centuries for its artisanal pottery and is a busy tourist hub as a gateway to the Gorges du Verdon. In the afternoon we'll help you to put your bike together and you can go for a short test ride.

**Sunday 23 September: Gorges du Verdon (70/56 mi, 9,000/6,000 ft)**  
 Whether you choose the long or the short route, today will be tough and spectacular. We will ride along both the north and the south rim of the Gorges du Verdon, France's Grand Canyon. There will be lots of climbing and descending with some impressive tunnels carved from the rocks. You'll also be crossing Europe's highest bridge at 600ft above the river. The long route includes a loop along the dramatic Route des Crêtes (Ridge Road). No guardrails, so not for the faint of heart!



**Monday 24 September: Moustiers - Fontaine de Vaucluse (78 mi, 4,300 ft)**  
 We'll ride through Provence's famous lavender fields before crossing the Durance river and climbing towards the Luberon, known for its gorgeous hill top villages. A long stretch on a paved bike trail leads us by the Pont Julien, a fully intact Roman bridge. It can be very hot in this area so the pool at our boutique hotel in the small village of Fontaine de Vaucluse will be most welcome.





Mont Ventoux

Bonnieux

Col St Roch

### Why BikePlusTours?

- 15 Years of experience in organizing performance cycling trips in Europe
- Routes that combine famous climbs with beautiful local byways
- Small group size
- Owners Carolyn and Pieter personally run every trip
- Fully supported rides with staff on bike and support vehicle
- Great value



Typical Provencal Dishes

### Itinerary and Elevation Profiles (Continued)

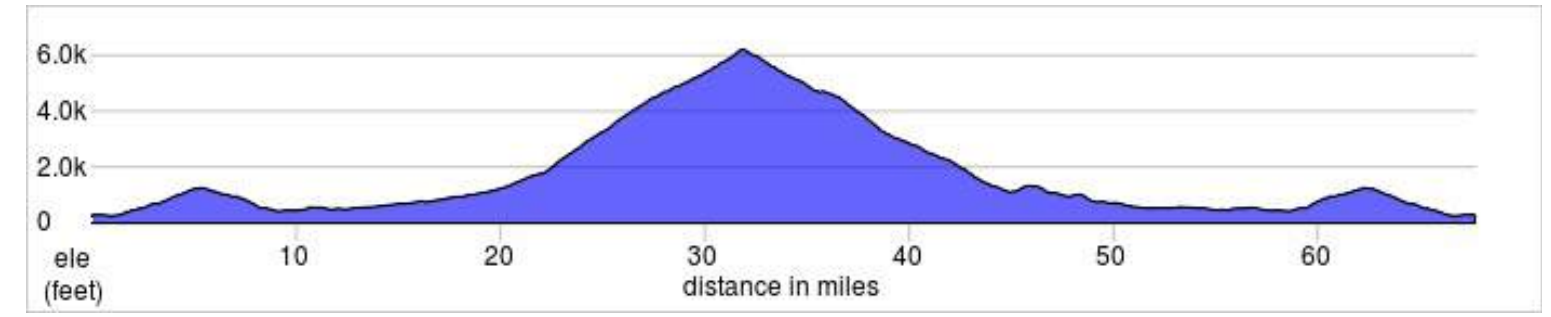
#### Tuesday 25 September: Luberon Villages (44 mi, 3,500 ft)

It's time for any easier day, with lots of time to take in the scenery and the picturesque villages along the way. We'll be mostly on very quiet roads between villages including Lacoste, Bonnieux, Roussillon and Gordes (feautured on the cover of this brochure). These are all hilltop villages so there will be some short steep sections to reach them.



#### Wednesday 26 September: Mont Ventoux (68 mi, 8,300 ft)

Mont Ventoux is one of the most famous climbs in cycling. We'll ride up the classic (and toughest) route from Bedoin. The climb starts very gradually, but very soon you'll be on the infamous 5 mile stretch with a constant 10% grade. From Plan Lachat (site of Froome's running incident), the gradient eases for the last 4 miles to the top, but the wind can be brutal at this stretch.



#### Thursday 27 September: Rest day

A private bus will bring us back to Nice, where we'll be staying for the last three nights. In the afternoon you'll have time to explore the town and/or relax on the beach.

#### Friday 28 September: Alpes Maritimes (74/64 mi, 10,500/8,500 ft)

A gorgeous ride through the Nice hinterland, on roads used by many pro cyclists to train. This is the toughest stage of our trip and we are offering a shorter option as well. Both routes climb the Col St Roch via the hilltop town of Coaraze. The longer route takes in the incredible descents of Col de Turini and Braus. The routes rejoin for the Col de Chateauneuf and the descent into Nice.



## Itinerary and Elevation Profiles (Continued)

### Shorter option:



### Saturday 29 September:

#### Col d'Eze and Col de la Madone (47.5 mi, 5,500 ft)

Our last ride is all about the views. We'll ride the famous Grande Corniche ridge road to Col d'Eze, followed by a long descent back to the beach in Menton. Our last climb of the trip is the famous Col de la Madone. From the top it is almost all down back to Nice. In the afternoon you'll have time to pack your bike before a celebratory dinner in the evening.



### Sunday 30 September:

Early morning private bus transfer to Nice Airport.



Col de Braus Switchbacks

### Our package includes:

- Group private bus transfers from/to Nice Airport for you, your luggage and your bike
- Support vehicle during the rides and experienced tour guide on bike
- Eight nights of hotel accommodation on the basis of a shared double room (single rooms available with a surcharge)
- All breakfasts and dinners
- Water, snacks and fruit on the rides
- Laminated stage sheets with ride details and altitude profiles
- GPS files of all rides

### Excluded items:

- Flights to and from Nice Airport
- Travel and medical insurance
- Lunches, drinks, gratuities and personal expenses

**Price:** \$3495 per person in a shared double room, single room surcharge: \$795

**Please e-mail Carolyn and Pieter for more information and booking:**

[info@bikeplustours.com](mailto:info@bikeplustours.com)

We reserve the right to change this itinerary due to availability of accommodation, road closures, weather or other unexpected circumstances.

Our trips are catered to experienced cyclists with excellent bike handling skills. We ride rain or shine. You will be required to complete all rides by bike. Van transfer is not available except in case of an emergency. See Terms & Conditions on our website.



View from Grande Corniche



## About BikePlusTours

We are a small company owned and operated by Carolyn and Pieter Maessen.

BikePlusTours was born out of a desire to share our love for cycling on the great mountain roads of Europe with our guests. We have been organizing cycling trips to Europe since 2002 and we feel very lucky that our hobby has become our profession.


Pieter has been a cyclist all his life. He has competed in junior and elite races in his native Netherlands as well as in Belgium, Germany and the USA. Although more of a classics rider than a climber, Pieter has had a passion for cycling in the mountains ever since riding up Passo dello Stelvio at age 16.

Carolyn has had a lot of success as a triathlete. She was a sponsored athlete for seven years and has won races in every distance from sprint to Ironman. She has competed in World Championships in Ironman in Kona (Hawaii), Ironman 70.3 in Las Vegas (Nevada) and Sprint Triathlon in London (UK).

Please get in touch with us if you would like more information about our trips.

BikePlusTours LLC  
PO Box 8131  
Breckenridge, CO 80424

[www.bikeplustours.com](http://www.bikeplustours.com)

 BikePlusTours  
[info@bikeplustours.com](mailto:info@bikeplustours.com)

