

Provence

Mont Ventoux



TEAM EVERGREEN

CYCLING

BikePlusTours

Join us for some fabulous cycling in the Provence and Maritime Alps region of 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.

Late September is a great time to visit this region as the weather is still warm and pleasant for riding but most of the tourists have left so the roads are quieter.

We'll be staying for consecutive nights in each hotel to give you the chance to have a real vacation and relax after our rides.



Gorges du Verdon



Mazan Old Town



Mont Ventoux



Luberon Villages: Ansouis

Trip dates: September 19-27, 2020

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: \$2,995 per person, single room surcharge: \$695

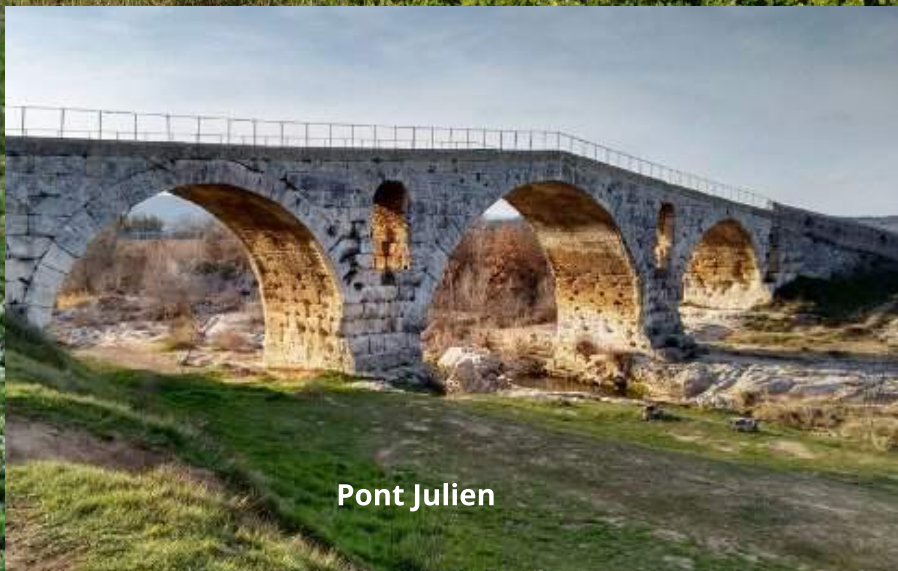




Vineyards and Mont Ventoux in the background



Europe's Highest Bridge



Pont Julien



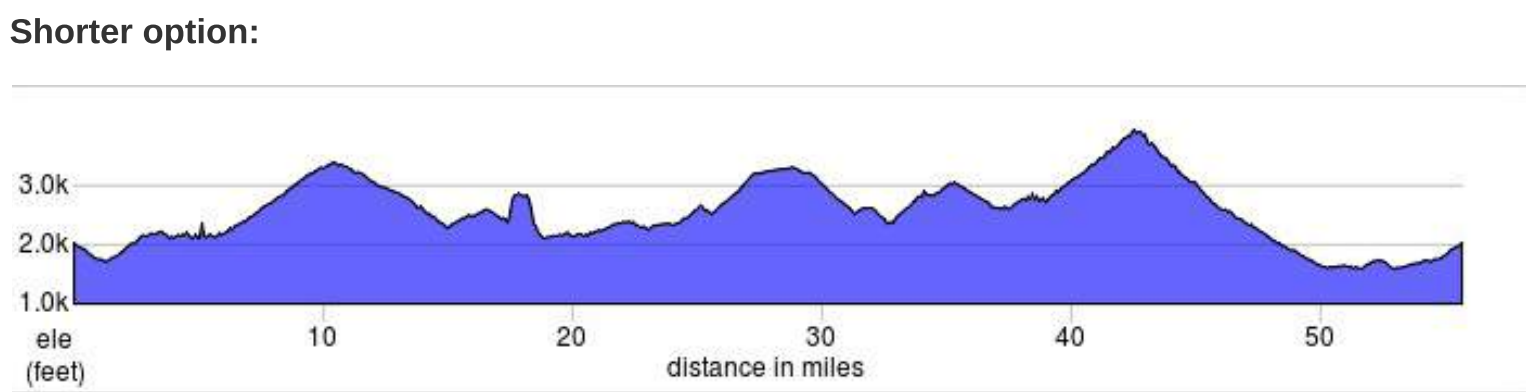
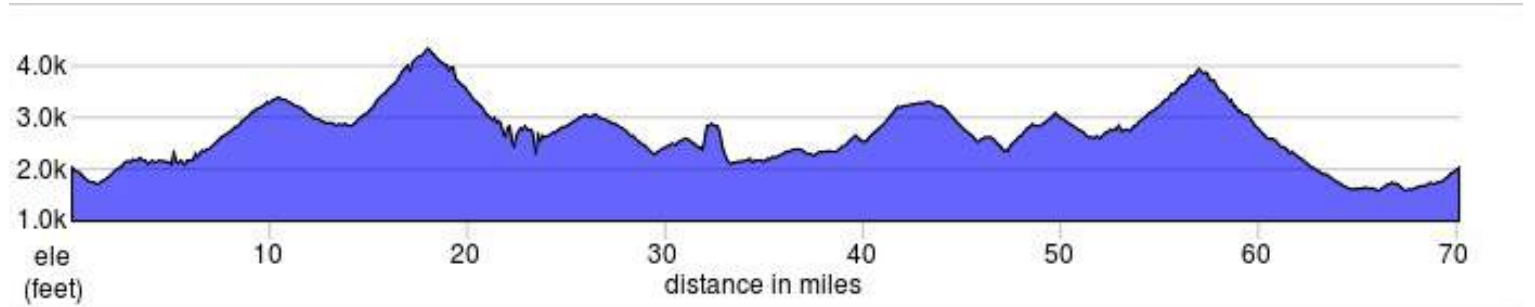
Route des Crêtes

Itinerary and Elevation Profiles

Friday 18 September: Evening departure from the US on an overnight flight to Nice.

Saturday 19 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 20 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 21 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.





Itinerary and Elevation Profiles (Continued)

Tuesday 22 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 (featured on the cover of this brochure). These are all hilltop villages so there will be some short steep sections to reach them.



Wednesday 23 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 24 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 25 September: Alpes Maritimes (66 mi, 8,400 ft)

A gorgeous ride through the Nice hinterland, on roads used by many pro cyclists to train. Highlight will be the climb to the remote Col St Roch via the hilltop town of Coaraze (a great place for a coffee stop). This is followed by the incredibly technical descents of Col de Turini and Col de Braus before a long gradual downhill to Nice.



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)

Saturday 26 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 27 September: Early morning private transfer to Nice Airport.



View from Grande Corniche



Partner Program

We have a great schedule of guided activities for non-riding partners. After all why should the cyclists have all the fun?

Below is a non-exhaustive list of activities to give you an idea of the possibilities. The program will be tailor-made to take into account the wishes of the participants. For three or more non-riding partners, a dedicated guide/driver will be along to accompany you to all activities. For one or two non-riding partners, you will receive a detailed printed program and instructions to drive yourself to the activities with a rental car provided by us. The costs of all activities is included in the trip price.

Outdoors/active:

- Hiking: for example in the Verdon Canyon or the spectacular path along the Mediterranean coast
- Bungee jump of Europe's highest bridge (600ft)
- Via Ferrata: a guided safe rock climbing experience
- E-bike riding
- Enjoy the beach life in Nice

Cultural:

- Typical farmer's market of the Provence in the town of Apt
- Guided walks in Avignon or Nice
- Visit the medieval Papal Palace in Avignon
- French cooking class with a famous chef
- Wine tasting
- Matisse and Chagall museums in Nice
- Picasso museum in Antibes

Scenic drives:

- Verdon Canyon
- Coastal roads including visit of Monaco and villages of Eze and Villefranche
- The picturesque villages of the Luberon region



Grande Corniche

Our package includes:

- Group private bus transfers from/to Nice Airport for you, your luggage and your bike
- Support vehicle during the rides with Carolyn and Pieter guiding you 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, gratuity for guides and personal expenses

Price: \$2,995 per person in a shared double room, single room surcharge: \$695

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

info@bikeplustours.com



Col de Braus Switchbacks

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.



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



BikePlusTours

info@bikeplustours.com

