

Classic Cols Of The Tour De France



SMALL GROUP CYCLE CHALLENGE

This short but intensely demanding cycle challenge takes us through the heart of the French Alps, tackling a series of classic mountain climbs made famous by the Tour de France.

Spectacular views of mountain peaks, alpine valleys and hanging glaciers make the long twisting climbs worthwhile! Our challenge ends with two of the toughest and most renowned ascents in the region: the demanding Col du Galibier and the steep hair-pin bends of Alpe d'Huez.

Conquering these mountains will earn you a life-long sense of achievement and give you something in common with the most elite cyclists in the past 100 years!

DETAILED ITINERARY

GRADE | INTENSE (4)



Trip grades range from Challenging (1) to Extreme (5).

INTENSE trips involve particularly challenging terrain and tough conditions, usually at altitude. As well as good fitness and stamina, they demand a determined approach and total commitment.

See [Trip Grading Explained](#).

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by an experienced Discover Adventure leader and a supporting crew member for groups of over 12 participants. Our leaders are selected for their knowledge and experience, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises; they are also trained in first aid. The crew will have mobile phones and/or radios where appropriate, medical kit and other safety apparatus where necessary. The support vehicle will be with the group all of the time, and will carry all luggage and spares.

The route will be supplied as a GPX file and therefore there will be no route marking by way of orange arrows (helping us to reduce our carbon footprint).

You will also have access to the the route via Google Maps which will show where your position is relative to the route - therefore helping you get back on track if you go off course. This will also show you the location of upcoming climbs and water-stops.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Accommodation

We usually stay in hotels or lodges of a 2-3* standard or equivalent. Standards may vary between the hotels but they are generally comfortable and convenient for our route. Hotels are often on the outskirts of towns to minimise unnecessary extra mileage and avoid traffic.

Roomshare Arrangements

Accommodation is usually on a twin-share basis in hotels convenient to our route. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

There may be a limited number of single rooms subject to request, on a first-come first-served basis, after you have booked. Extra charges will apply.

Group Size

This challenge has been designed specifically for small groups. They can run with a minimum of 8 and a maximum of 15 participants. We have capped the number of participants on this trip to 15 so that our crew can concentrate on client experience and give coaching on route.

Food & Dietary Requirements

We like to support local businesses and will source food locally wherever we can. Lunches will be a mix of restaurants along the route or supplies will be purchased from local shops; dinners are usually eaten at the hotel. For larger sized groups we may opt to cater the lunches ourselves with a buffet style provision. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Having said that, despite working very hard with the hotels, it doesn't always translate into what we'd like for you. If this is the case on your trip, please chat to the crew at the time and they will do their best to find a solution. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

The food provided is plentiful and will give you plenty of energy. Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. If you know there are plenty of foods you cannot eat you may wish to bring extra snacks from home so you can top up your energy supply.

All food is included except where specified. Dinners are generally eaten in the hotel. A packed baguette for lunch can be arranged with your crew or you are free to stop en-route and enjoy some of the local fayre. Please let us know of any dietary requirements well in advance.

A roaming vehicle will provide additional water and snacks to boost your energy during the ride - these will replace our standard water-stops which you may have experienced on previous challenges. On climbs, large water barrels may be left en-route.

This system will enable our crew to provide you with greater support and coaching during the ride.

PREPARING FOR THE CHALLENGE

Fitness Levels

Participants who sign on to these trips must meet the following criteria:

- Cycle at least 100miles per day at an average pace of 20km per hour, over an undulating route. Failure to do so may result in receiving significantly less support from the challenge leader
 - Completed previous multi-day cycle trips
 - Confidently and efficiently fix a puncture by replacing the inner tube
 - Confidently navigate whilst riding using a Garmin or mobile phone app
 - Ridden a Category 1 or HC (*Hors catégorie*) climb before and have the right gear set up for this - note, this may mean having a climbing cassette fitted to your bike
 - Must be able to carry adequate clothing to cope with mountainous weather - jacket, arm and leg warmers, gloves and under hat
 - Must be able to confidently descend using drop handlebars or have their bike set up with secondary brakes
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Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8 months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

Preparing for the challenge

Your bike will be couriered out to the start point and back to Discover Adventure HQ by Discover Adventure. This service is incorporated into your trip cost.

Your bike will be collected from your chosen address by courier and it is your responsibility to pack your bike into a suitable bike bag or box for transit and ensure it is ready for collection 1 week prior to your trip departure. It will then be delivered to Discover Adventure HQ where it will be professionally re-packed and driven to the challenge starting point.

At the end of the trip, your bike will be brought back to Discover Adventure HQ, repacked into your bike bag or box and delivered to your chosen return address (allow 7 working days from the final day of your trip). Please ensure someone is available to sign for the receipt of your bike at your chosen address.



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 19 Apr 2024, and the challenge is subject to change.