

CycleRebels Charity Cycle: Geneva To Nice



Duration: 5 days

Ride to the sun! This demanding yet spectacular cycle challenge takes us from lakeside Geneva through the Alps and Provence, following part of the historic Route Napoleon as we head south to the sunny Mediterranean city of Nice. We cycle via the picturesque towns of Annecy and Sisteron as we head through beautiful scenery of towering mountain peaks, spectacular limestone cliffs and gorges, dense forests and lavender fields. With long, challenging days in the saddle, the magnificence of the landscape motivates us to keep pedalling! Our unforgettable ride ends with a fabulous descent from the hills through the Gorge du Loup to Nice and the beach.

DETAILED ITINERARY

Day 1: Meet Geneva

This morning, you will make your own travel arrangements to Geneva and check in to the hotel, with enough time to assemble your bikes and ensure everything is ready. You can spend any free time (flight-times dependent) exploring the clean streets of this cosmopolitan city, or head for the lovely lakeside gardens and famous fountain. We meet together as a group in the evening for dinner and a trip briefing before a good night's rest in preparation for tomorrow's efforts.

(Lunch not included)

Day 2: Geneva – Allevard

Heading south out of Geneva, a gentle climb on quiet back-roads takes us out of Switzerland into France. Beautiful views of the Alps accompany us almost the entire time today – a very inspiring start! We ride south to the beautiful town of Annecy, a lakeside jewel nestled among mountain peaks. We cycle alongside the shores of crystal-clear

Lake Annecy for a few miles before continuing south on an undulating road through the forests and quiet villages of the Massif des Bauges. A steady, gradual ascent through lovely scenery takes us to the Col du Frêne – at 950m not a high mountain pass, and not a steep climb, but nevertheless our first real encounter with hair-pin bends! We descend via more sweeping bends to the Isère river, crossing it and climbing again on a quiet road up to Allevard, a lovely village partway up the mountain-slopes. Night hotel.

Cycle approx. 132km (85 miles)

Day 3: Allevard – Corps

Starting the day with a gentle descent back to the Isère valley, we pedal parallel to the river for some time before approaching the historic city of Grenoble. Situated in a broad valley between mountains, the terrain is flat for many miles, though new views of the surrounding peaks continually open up to us. Skirting the city, we follow quiet roads which steer us between the high ridges but give us only a few lumpy undulations to tackle! We climb a gently sloping hill to Roissard, pausing to appreciate the spectacular views of the twists and turns of the lovely Drac river, before continuing through to the village of Mens. A stretch of more rolling road takes us to the shores of the Lac du Sautet; we then have a short climb up into the small town of Corps. Tomorrow we will start riding on the Route Napoleon, a classic stretch of road that traces Napoleon's route from Elba in 1815, and you can't fail to notice that Corps is proud of its position on the route – there are references everywhere. Night hotel.

Cycle approx. 120km (75 miles)

Day 4: Corps – Digne-les-Bains

Leaving Corps behind us, we continue our journey south through the southern Alps. Many of the roads we ride on today have featured regularly in the Tour de France. Our morning's ride takes us predominantly along the scenic, hilly Route Napoleon: look out for the flying-eagle road markers that commemorate the route. Striking out on back roads for a short while, we climb the relatively gentle gradient of the Col de Manse – at 1268m our highest point of the challenge – before reaching the Alpine town of Gap. Continuing south on back-roads, the landscape around us gradually changes to thickly-forested limestone hills and sheer cliffs – spectacular scenery. Entering Provence, we reach the ancient, picturesque town of Sisteron, situated in beautiful scenery on the riverbank between towering mountain ridges. From here it becomes more and more evident that we are leaving the high mountains behind, as we ride east to the lovely old spa town of Digne-les-Bains. Night hotel.

Cycle approx. 144 km (90 miles)

Day 5: Digne-les-Bains – Nice

Today is a long day, and a hilly one, but it's also our last day of cycling so we enjoy every kilometre of beautiful countryside! Setting off from Digne, our day starts on a quiet rolling road which warms us up nicely before the Col de Corobin (1230m), which sees us pedalling uphill for almost 10km. The well-earned descent is wonderful, and you'll be glad to know it's steeper than the side we ascended! Rejoining the Route Napoleon, we tackle several more testing climbs and descents as the road winds through stunning hilly scenery, passing the lovely town of Castellane on the river Verdon en route. Taking our leave of our historic companion, the Route Napoleon, we head east on very quiet back-roads through small villages. The landscape is made up of rocky outcrops and ridges,

verdant forests and deep blue rivers, and provides a breathtaking backdrop to our final day. We reach the photogenic medieval hilltop town of Gréolières, perched high up in the hills behind the coast, and then we can freewheel almost all the way on quiet roads right to the coast! Our descent takes us through the stunningly beautiful Gorgede Loup, before reaching sea level; our trip finishes next to the Airport at the start of the famed Promenade des Anglaises which offers a fantastic view of the bay of Nice. Once we've finished cycling today, our itinerary ends, so you are free to make your own return travel arrangements home.

Cycle approx 140 km (88 miles)

(Dinner not included)

Please note: The price shown is the maximum you will need to pay.

The final figure will be between £875-£785 depending on the final numbers of participants and an adjustment may be made to your account once this has been confirmed.

GRADE | ORANGE

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **ORANGE** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure crew - 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 number of crew and support vehicles looking after you will depend on the final size of your group, but the team will

be looking after every aspect of your trip whether that's transporting your luggage, ensuring your route is clear, making you lunch and sorting out any mechanical problems. Support vehicles are with the group all of the time, and carry all luggage and spares.

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.

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.

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.

PREPARING FOR THE CHALLENGE

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.



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.