



TOUR PROSPECTUS

This prospectus sets out the contents of the tour and together with the Booking Conditions and Booking Form is the basis of our contract with you.

France – Causses & Aubrac (High Plateaux) 12 - 26 September 2010 Tour 1052

This is a moving-on tour, starting and finishing in the Languedoc Region of South West France. From the hills north west of Montpellier the route goes over the extensive high limestone plateaux (causses) and onto the Aubrac, a plateau of volcanic origin. It then returns south re-crossing the causses. The nature of the terrain – high plateaux rising steeply from river valleys and gorges – means that all cycling days involve considerable climbing, although there are rest days.

Itinerary

Sun 12 Sept	Meet at hotel in Aniane for evening meal. Stay one night.
Mon 13 Sept	Cycle to le Caylar on the Causse de Larzac. Visit the Cirques de Navacelles and Vissec (73km). Stay one night.
Tue 14 Sept	Cycle to Sévérac-le-Château crossing the Causse de Larzac, descending the Dourbie Canyon then over the Causses Noir and Sauveterre (77km). Stay one night.
Wed 15 Sept	Cycle to Pont de Gournier on the Aubrac Plateau (80km). Stay three nights.
Thu 16 Sept	Loop ride exploring the north of the plateau (53km) or longer loop or rest day.
Fri 17 Sept	Loop ride exploring the slopes to the west and south of the plateau (62km) or longer loop or rest day.
Sat 18 Sept	Cycle to Chanac descending the eastern slopes of the Aubrac (76km). Stay two nights.
Sun 19 Sept	Loop ride over the Causses de Sauveterre and Méjean (86km) or shorter loop or rest day.
Mon 20 Sept	Cycle to Meyrueis over the Causse de Sauveterre and along the Gorges du Tarn and Jonte (72km). Stay three nights.
Tue 21 Sept	Loop ride to the summit of Mont Aigoual (58km) or longer or shorter loops or rest day
Wed 22 Sept.	Loop ride across the Causse de Méjean (86km) or shorter loop or rest day.
Thu 23 Sept	Cycle to Saint Affrique across the Causse de Noir, along the Gorges de Trevezel and across the Causse de Larzac (84km). Stay one night.
Fri 24 Sept	Cycle to Ceilhes across the Causse de Larzac (70km). Stay one night.
Sat 25 Sept	Cycle to Aniane through the Orb Mountains (75km). Stay one night.
Sun 26 Sept	Tour ends after breakfast.

Accommodation and meals

This will be in small, 2-star hotels on a half board basis, sharing two to a room. Single rooms can be booked for a supplement. Vegetarian meals can be arranged if requested at the time of booking.

Travel

Aniane is accessible from either St Jean de Védas, a drop off point for the European Bike Express, or Montpellier which has both an airport and a TGV rail station.

Since travel to the start of this tour is not included, it is very important that you note that neither your leader nor CTC Holidays & Tours are responsible for you in any way until the appointed time at the designated meeting point. Should you fail to arrive at the



appointed time for whatever reason, we will not be responsible for any additional expenses you may incur in order to meet up with the tour group. Before finalising travel arrangements to meet the tour, you should ensure that you have read and understood our booking conditions. Should this tour not attract sufficient bookings to reach the minimum operating size, we may cancel the tour at any time up to 10 weeks before departure. It is therefore recommended that you book fully flexible and refundable transport and accommodation, or wait until the leader has advised you that the tour will run, as in the event of the tour being cancelled, we will not be responsible for any losses incurred.

Price £1000

The price is based on a minimum number of 6 participants taking part in the tour and is calculated at a rate of 1.07 Euros to £1 sterling (based on exchange rates published in the National Press on 19 September 2009; please note Booking Conditions, clause 4). If there are insufficient bookings by the closing date of we will contact you and return all monies paid, though in certain circumstances the tour may still run at below minimum numbers but at the same price.

Price includes:

- 14 nights hotel accommodation on half board basis
- CTC Cycling Holidays & Tours costs

Price does not include:

- Travel to and from the tour
- Drinks with evening meals
- Lunches or refreshments at morning and afternoon stops
- Entry fees at any attractions
- Any other personal expenses
- Single occupancy supplement (£18 per night, subject to availability)
- Travel Insurance

Payment schedule

A deposit of £200 per person must accompany the Booking Form, and the final balance of £800 per person to be paid ten weeks prior to departure, by 4 July 2010. Cheques should be made payable to **CTC Tours** or complete the credit/debit card receipt in the booking pack.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:	Cancellation charge:
Before 4 July 2010	Deposit (£ 200)
4 July 2010 to 25 July 2010	40% (£ 400)
26 July 2010 to 29 August 2010	75% (£ 750)
30 August 2010 through to departure	100% (£1000)

To make a booking

Complete, sign and return the Booking Form together with your deposit plus the relevant part of the Travel Insurance Declaration Form **directly to the leader** (address on Booking Form).

Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. Holders of non-EU passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for UK residents, but you are strongly advised to check that your tetanus protection has not expired.

Travel Insurance

It is a condition of booking that you are adequately insured for this tour.

Whether you already hold a policy or will be taking out a new one, the cover it offers must be comparable to that stated in clause 8 of the Booking Conditions, and you must complete the enclosed Insurance Declaration Form and return it with your Booking Form.

CTC Cycling Holidays & Tours Ltd can accept no responsibility for any costs you may incur due to insufficient insurance cover.

The area covered by the tour

The Causses are limestone plateaux. We visit the four largest and highest, known as the Grands Causses, separated from each other by spectacular gorges cut by the rivers Tarn, Jonte and Dourbie. We cross the Causses de Larzac, Noir and Sauveterre on our way to the Aubrac, a plateau of volcanic origin, which is bounded to the south by the attractive Lot Valley. We spend three days cycling through upland pastures, where landscapes and vegetation present a sharp contrast to those of the limestone areas. On our return to the causses there will be opportunities to visit underground caverns and to see traditional stone houses. We explore more of the Causse de Sauveterre and see the remarkable rock formations on the Causse Méjean. We may also cycle to the summit of Mont Aigoual at 1567m.

Rides and rest days

Most of each day will be spent cycling, but there should be time to wander around villages and visit tourist attractions. Participants are not obliged to ride as one group but are free to find their own riding companions each day to suit their pace and riding style.

The daily average on moving-on days is about 76km. There are five days on which it is possible to do shorter loop rides or simply rest. It is important, however, that you are fit enough to undertake a typical day's ride as there is no support vehicle and all days involve climbing. There will be no setting of a pace which all must try and match. Participants are not obliged to ride as one group but are free to find their own riding companions each day to suit their pace and riding style.

I normally stop for a break mid morning, using a café, and stop again a little later for a picnic lunch. Midday breaks in restaurants are also a possibility, but there is no expectation that all members of the group should do the same.

A detailed final route sheet will be circulated approximately a month before the tour starts.

Travel

You must make your own arrangements for arriving at the tour start. Please make sure you have read the guidance about travel on land-only tours in the Prospectus.

Accommodation / Meals

Accommodation is in hotels that are chosen carefully and will almost always be ones I have used previously. They will be generally 2-star standard, with ensuite facilities. Soap and towels are provided and very frequently shampoo. Breakfast and an evening meal of at least three courses will be provided. This would normally be in the hotel and usually a set meal. Participants must pay for any drinks ordered with the evening meal or in the hotel bar.

Group information

The maximum group size will be 12 (including the leader and assistant). Non smokers only please.

Weather and clothing

Several days take us around 1000m where unpleasant weather can occur at any time of year, so bring clothing to ensure that you can remain warm and dry. It can also be very warm, even hot, and you should be prepared for this. The use of sun cream is recommended.

Cycles / Equipment

A touring cycle, hybrid or lightweight ATB with a bottom gear of 27 inches or less is suitable. This must be in good working order, especially the brakes. Do not assume that there will always be a cycle shop within a few miles. As you will have to carry all your luggage keep this to a minimum and ensure you have a sturdy carrier. You should have ridden your cycle fully laden before the tour to ensure you are happy with its handling. You should carry sufficient spares and tools to deal with punctures and minor repairs and a bike lock. Cycle storage is available at all the hotels.

Maps and Guides

You will be provided with detailed route sheets, but you are recommended to carry maps of the tour area. The latest Michelin 1:200 000 regional series 526 covers the area.

Travel Insurance

In addition to travel insurance, EU nationals should carry a European Health Insurance Card. This enables you to take advantage of emergency medical services free or at a discount under a reciprocal provision that exists between EU member states. Your travel insurer may refuse to meet the extra costs of medical treatment if you do not carry this Card.

Before booking you should check the 'Travel Advice by Country' at www.fco.gov.uk/ or on 0845 850 2829.

About the leader

I have been running Highscape Cycle tours for eighteen years, and for the last eight I have organised self-guided tours on behalf of CTC. I am familiar with this area of France and all the routes on this tour.

Peter England

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