



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 – The Causses Self-guided Tour 10s11

This is a moving-on tour in the form of a circuit from Toulouse. The Causses are limestone plateaux cut by deep river gorges. This tour takes you from the Quercy Causses and the Lot and Célé Valleys in the West to the larger and higher Grands Causses in the East. The tour would normally start and finish at Toulouse Airport or the Toulouse European Bike Express stop. Variations on the standard tour are available, but the nature of the terrain means that all days involve some difficult climbing. The tour and any variations on it are for the experienced self-reliant cyclist. Opportunities to sightsee can be easily incorporated into the tour.

The tour can take place any time between May and October.

Itinerary – 14 night option

- Day 1 Cycle from Toulouse (Bike Express stop/Toulouse Blagnac Airport) to Vaissac in the Quercy hills. (76km) Stay one night.
- Day 2 Cycle to Caylus. See the Aveyron Gorges and visit several bastides (medieval towns). (72km) Stay one night.
- Day 3 Cycle to Cabrerets. Cross the Limogne Causse and the Lot Valley. (72km) Stay two nights.
- Day 4 Loop ride from Cabrerets. Follow the Célé valley, climb over the Cajarc Causse and follow the Lot valley. (79km)
- Day 5 Cycle to Foissac. Climb on to the Gramat Causse, follow the Célé valley and climb over the Cajarc Causse. (84km) Stay one night.
- Day 6 Cycle to Estaing. Cross the Rouergue and descend to the Lot Valley. (88km) Stay one night in one of the most attractive villages.
- Day 7 Cycle to Chanac. Follow the course of the Lot Valley and cross the Sauveterre Causse. (84km) Stay one night.
- Day 8 Cycle to Meyrueis. Cross the Sauveterre Causse. Descend into the Tarn Gorges and climb the Jonte Gorges. (84km) Stay two nights.
- Day 9 Loop ride from Meyrueis. Climb Mont Aigoual. (57km)
- Day 10 Cycle to Ceilhes. Cross the Causse Noir and the Larzac Causse. (86km) Stay one night.
- Day 11 Cycle to Brousse-le-Château. Follow the course of the middle Tarn valley. (77km) Stay one night overlooking the medieval château on the banks of the Tarn.
- Day 12 Cycle to Réalmont. Follow the middle Tarn valley then climb into the hills south of Albi. (71km) Stay one night.
- Day 13 Cycle to Castelnau-de-Montmiral. Climb through the Gresigne Forest. Stay one night in one the most attractive and well-preserved bastides. (76km)
- Day 14 Cycle to Toulouse. (90km) Stay one night.
- Day 15 Cycle to return transport. Tour ends.

Distances The daily average cycling distance is 78km (49 miles), but there will be opportunities to cut corners or take additional loops. Variations on the standard route above are possible in terms of the number of days, daily mileage, and number of nights in the same place.



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.

Accommodation and meals

You will be staying in small, family run 2 star hotels. Rooms are booked on a half board basis, sharing two to a room. Single rooms can be booked for a supplement. Vegetarian or Vegan meals (and other dietary requirements) can usually be arranged if requested at the time of booking.

Price £840 per person

The price is calculated at a rate of 1.07 Euros = £1, based on exchange rates published in the national press on 19 September 2009; please note Booking Conditions, clause 4.

Price includes:

- 14 nights hotel accommodation on a half board basis, sharing rooms
- Detailed route sheets
- CTC Cycling Holidays & Tours costs

Price does not include:

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

Payment schedule

A deposit of £80 per person must accompany the Booking Form, with the final balance to be paid 70 days before the tour starts. Cheques should be made payable to **CTC Tours** or complete the credit/debit card slip 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:

- 70 days before the tour starts
- Between 69 days and 29 days
- Between 28 days and 14 days
- From 13 days before the tour commences

Cancellation charge:

- Deposit
- 33% of total cost
- 75% of total cost
- 100% of total cost

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.

To make a booking

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

France –The Causses Self-guided Tour 10s11

The area covered by the Tour

The Causses are limestone plateaux cut by deep river gorges. They offer some of the most dramatic scenery in France. This tour takes you north from Toulouse into the Quercy Causses and the Lot and Célé Valleys with their numerous attractive villages. The transition to the larger and higher Grands Causses in the East is made through the scenically contrasting Rouergue. The Grands Causses are cut by the Tarn, Jonte and Dourbie gorges. Return is along the middle Tarn valley. The tour presents the opportunity to visit the many bastides (medieval villages) in the area. The tour would normally start and finish at Toulouse Airport or the Toulouse European Bike Express stop.

Rides and rest days

An average day on the standard tour is around 78 km (49 miles) but there will be opportunities to take short cuts or to do additional loops, and there are rest days. All days involve climbing, sometimes for several miles.

Variations are, however, possible, in terms of total days, daily mileage, and number of nights in the same place. You would have to discuss with me what you wanted, then I would put together an individually tailored package at a quoted price. I would not wish to put together a tour outside the area described, as I could not guarantee the quality of the routes nor of the information I would be able to offer.

In all cases a provisional route will be suggested which you will be asked to approve. A detailed final route sheet will be available as soon as hotel bookings have been confirmed.

Travel

Clients must make their own arrangements for arriving at the tour start.

Accommodation / Meals

Hotels are chosen carefully, and if I book you into one that I have not previously used, I tell you. The accommodation would be predominantly two-star standard, with en suite facilities, but where I have discovered unclassified establishments providing good service and a warm welcome I will use them. The hotels provide soap and towels and very frequently shampoo. Tours include breakfast and an evening meal of at least three courses. A meal at a set price will have been booked, which may or may not include a choice. If you are unhappy with what you are offered, however, the hotel should provide you with an alternative. Clients must pay themselves at the time for any drinks consumed with the evening meal or in the hotel bar. If you are a vegetarian or a vegan, or have other dietary requirements, remember to say this on your booking form.

Weather and clothing

Remember the terrain is hilly, often around 1000m and unpleasant weather can occur at any time of year, so bring clothing to ensure that you can remain warm and (reasonably) dry. In summer 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, but 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 the hotels, but this may not always be under cover. You may wish to bring some waterproof covering in case of rain.

Maps and Guides

You will be provided with detailed route sheets, but you are recommended to carry maps of a scale at least 1/200,000. This may mean in practice the latest Michelin Local 1:150,000 series 330, 337, 338 & 343. Michelin Travel Guides provide interesting background information.

Travel Insurance

Information on CTC Cyclecover Travel Insurance is available from CTC (0870 873 0068) or can be found at www.cyclecover.co.uk.

In addition to travel insurance, EU nationals should carry a European Health Insurance Card, obtainable from most Post Offices. 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.

About the organiser

I have been running Highscape Cycle tours for 18 years, and for the last eight have organised self-led tours on behalf of CTC. I am familiar with this area of France and all the routes of this tour.

Peter England

53 Station Road, Marlow, Bucks SL7 1NW
01628 473300 hscape@ukonline.co.uk