



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 – Vivarais to Causses Self-guided Tour 10s12

This is a moving-on self-led tour from the Vivarais mountains, where the central massif meets the Rhone valley, through the Cévennes and the Causses to the Mediterranean. Variations are available, but the nature of the terrain means that all days involve considerable climbing. There are however numerous sightseeing opportunities. This tour and variations of it are for the experienced self-reliant cyclist. The tour can take place any time between May and October.

Itinerary – 14 night option

- Day 1 Cycle from Givors (Lyon Sud European Bike Express stop) through the Mont Pilat Regional Park to Saint-Sauveur-en-Rue. (80km) Stay one night.
- Day 2 Cycle to le-Chambon-sur-Lignon through the Haut Vivarais. (89km). Stay one night.
- Day 3 Cycle to Pont-de-Labeaume through the Mont Mézenc volcanic massif, visiting the Gerbier de Jonc and the source of the Loire. (85km) Stay one night.
- Day 4 Cycle to Ruoms. Climb the Col de la Croix de Bauzon and the Col de Meyrand. (101km) Stay one night.
- Day 5 Cycle to Pont-de-Montvert over the Col de la Croix de Berthel in the heart of the Cévennes National Park. (90km) Stay two nights.
- Day 6 Loop ride from Pont-de-Montvert. See more of the Cévennes. (94k)
- Day 7 Cycle to Chanac. Climb the Col de Finiels and cross the Causse de Sauveterre. (78km) Stay two nights.
- Day 8 Loop ride from Chanac. Cross the Causse de Sauveterre and the Causse Méjean. (86km)
- Day 9 Cycle to Meyrueis. Cross the Causse de Sauveterre and climb the Gorges de la Jonte. (72km) Stay two nights.
- Day 10 Loop ride from Meyrueis. Circuit of the Causse Noir, incorporating a descent to the Dourbie Canyon. (80km)
- Day 11 Cycle to Nant over Mont Aigoual. (72km) Stay one night.
- Day 12 Cycle to Bréau (near le Vigan). Cross the Causse de Larzac and visit the Cirque de Navacelles. (72km) Stay two nights.
- Day 13 Loop ride from Avèze. Climb the Col de l'Asclier. (83km)
- Day 14 Cycle to Aniane. Follow the Hérault Gorges. (64km) Stay one night.
- Day 15 Cycle over the garrigues to St-Jean-de-Védas or Montpellier to pick up onward transport. (51km)

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 meals can 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:	Cancellation charge:
70 days before the tour starts	Deposit
Between 69 days and 29 days	33% of total cost
Between 28 days and 14 days	75% of total cost
From 13 days before the tour commences	100% of total cost

To make a booking

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

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.

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The area covered by the Tour

From the Rhone Valley south of Lyon, where the tour begins, you climb into the Lyonnais mountains. Heading south you pass through the Vivarais and the volcanic landscape of the Mont Mézenc massif, climb the Col de la Croix de Bauzon at 1308 metres and the 1371 metres Col de Meyrand. In the Cévennes National Park notable climbs are the 1088 metres Col de la Croix de Berthel and the 1548 metres Col de Finiels on the boulder strewn slopes of Mont Lozère. Dramatic limestone gorges cut by the Tarn and Jonte rivers through the Causses are then visited. The subsequent ascent of Mont Aigoual at 1567 metres is the highest point on the tour. The crossing of the Larzac Causse incorporates a visit to the Cirque de Navacelles. The descent to the garrigues overlooking the Mediterranean follows the course of the Herault Gorges. The tour would normally start from Lyon Airport or Lyon Sud European Bike Express stop and end at Montpellier Airport or St Jean de Védas European Bike Express stop.

Rides and rest days

An average day on the standard tour is around 80km (50 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.

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 occasionally a one star establishment might be used. 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 mountainous 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

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; 327, 331, 330 and 339. 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

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