



## 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 Provence & Southern Alps Self-guided Tour 10s15

This moving-on self-led tour takes you from the Rhône over the Vercors to Mont Ventoux and the Vaucluse, then east via Sisteron and the Durance valley to the Ubaye Valley and Barcelonnette, and south over the Southern Alps to the Grand Canyon du Verdon, the Haut Var and the Lubéron. Variations on the standard tour are available, but the nature of the terrain means that all days involve considerable climbing. The tour and any variations on it are for the experienced self-reliant cyclist.

The tour can take place any time between late June and September.

### Itinerary – 14 night option

- Day 1 Cycle from Valence into the Vercors, climbing the Col de la Bataille to stay at the Col de la Machine. (70km) Stay one night.
- Day 2 Cycle through the Combe Laval, Pont-en-Royans and the Gorges de la Borne to the Col de Rousset. Descend to Die in the Drôme Valley. (97km) Stay one night.
- Day 3 Cycle through the Gorges de L'Escharis to Dieulefit. (79km) Stay one night.
- Day 4 Cycle through the Baronnies to Sault. (90km) Stay two nights.
- Day 5 Loop ride from Sault - circuit of Mont Ventoux. (94km)
- Day 6 Cycle across the Albion Plateau and over the Signal de Lure to Sisteron. (98km) Stay one night.
- Day 7 Cycle over the Col des Sagnes, the Col des Garcinets and the Col des Fillys to the Ubaye Valley and Barcelonnette. Stay two nights. (105km)
- Day 8 Loop ride from Barcelonnette - circuit of the Col d'Allos, the Col des Champs and Col de la Cayolle. 124km, or shorter circuit, or rest day.
- Day 9 Cycle over the Col de la Bonette to Roure. (96km) Stay one night.
- Day 10 Cycle over the Col de la Couillolle and descend the Gorges du Cians to Aiglun. (87km) Stay one night.
- Day 11 Cycle to the Canyon du Verdon and le-Palud-s-Verdon. (102km) Stay one night.
- Day 12 Cycle through the Haut Var villages to Barjols. (111km) Stay one night.
- Day 13 Cycle over the Lubéron to Céreste. (76km) Stay one night.
- Day 14 Cycle through the Vaucluse villages to Sault. (88km) Stay one night.
- Day 15 Cycle down the Nesque Gorges to Orange to pick up your transport. (76km)

**Distances** The daily average on the route above is 93km. Variations on this route are possible in terms of the number of days, daily mileage, avoiding the highest cols, starting and finishing points and the number of nights in the same place.

### 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.



### 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.

**Price** £950 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

### 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.

### 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

### 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 - Provence & Southern Alps Self-guided Tour 10s15***

### **The area covered by the Tour**

From the spectacular Vercors mountains in the north of the area, this tour takes you through sparsely populated uplands with their lavender fields and perched villages, far from the busy Mediterranean coast. The Southern Alps offer climbs of the 2240 metres Col d'Allos, the 2326 metres Col de la Cayolle and the 2715 metres Col de la Bonette, whilst the Canyon du Verdon to the southeast is one of the most impressive natural sites in Europe. The standard tour includes Mont Ventoux, the Lubéron, the Var Hills and the unique and magnificent Cians Gorges. The tour would normally start either from Lyon St Exupéry Airport, Lyon Sud or Valence Sud European Bike Express stops and return from Marseille airport or the Orange European Bike Express stop.

### **Rides and rest days**

An average day on the standard tour is around 93km (58miles) but there will be opportunities to take short cuts and there are rest days. All days involve climbing, sometimes for several miles.

Variations on the standard tour route are, however, possible, in terms of total days, daily mileage, number of nights in the same place and starting and finishing points. 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 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. Lights are recommended though they should not be necessary. Cycle storage is available at the hotels, but this might 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 the tour area. Michelin 1:200 000 yellow series 245 and 246 and orange series 528 and 524 (both no longer available in the shops) cover the area, as do Michelin local 1:150 000 series 332, 333, 334 and 340 (plus 327 if starting in Lyon). 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](http://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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