

# Your adventure starts here



**There's only one way to discover the great outdoors and that's by bike. Whether it's your first cycling holiday or you're gearing up for your next adventure, our experience will help you to enjoy the holiday of a lifetime. Your adventure starts here!**

This page features our self-guided tours. All our guided tours in the United Kingdom, Europe and Worldwide are listed on the following pages.

## SELF-GUIDED TOURS FOR THE INDEPENDENT TRAVELLER

### Auvergne

From Lyon European Bike Bus set-down, explore the unique volcanic landscapes at the heart of this region, including the highest climbs of the Central Massif.

### The Causses

From the Quercy Causses, east to the higher Grands Causses whose limestone plateaux cut by deep gorges offer some of the most dramatic scenery in France.

### Causses to Pyrénées

From high limestone plateaux to vine-covered hillsides, Cathare castles, and the Espinouse Mountains, all providing a scenically contrasting link to the Pyrénées.

### Provence & Southern Alps

Through the Vercors to Mont Ventoux and the Vaucluse, then east to Barcelonnette, crossing the high cols of the Southern Alps to the Verdon Canyon and Luberon.

### Vivaraïis to Causses

From the Vivaraïis Mountains to the bleached hills of the Mediterranean hinterland, see the dramatic Tarn and Jonte gorges and volcanic landscapes of Mont Mezenc.

**For all of the self-guided tours shown here contact:**  
**Peter England** Tel: 01628 473300  
**hscape@talktalk.net**

**For the latest tour availability and full itineraries go to: [www.cyclingholidays.org](http://www.cyclingholidays.org) or contact the tour leader directly**



### UNITED KINGDOM

#### Etape du Dales Weekend

30 March – 02 April

Based at the Youth Hostel in Hawes, a weekend riding the classic 'Etape du Dales' sportive over 2 days. 50mpd over challenging hilly terrain on mostly quiet roads. Suitable for riders with a good level of fitness.

**Lynn Bland** 07742 157688 [ycca@supanet.com](mailto:ycca@supanet.com)

#### Scotland, The Borders Loop

05 April – 10 April

Blow away the winter cobwebs with an Easter spin around the scenic Scottish Borders. Official route, clearly signposted, through varied scenery on quiet roads and cycle paths. Start/finish in Berwick.

**Tony Gore** Tel: 0114 255 0907  
[bigT.ridinghigh@gmail.com](mailto:bigT.ridinghigh@gmail.com)

#### Welsh Borders at Easter

06 April – 09 April

Based in the old historic town of Leominster in a 3-star hotel. Riding on quiet lanes in an area with black and white villages, old market towns, castles. Tandems welcome.

**Pam & Dave Pilbeam** Tel: 02392 267095  
[pam@pilbeams.co.uk](mailto:pam@pilbeams.co.uk)

#### Easter in Jersey & Guernsey

06 April – 11 April

Travel by ferry to enjoy Easter in the sunniest part of Britain. Jersey and Guernsey have an extensive network of quiet cycle routes taking you through picturesque coastal and rural scenery.

**Lyndon & Caryl Bracewell** Tel: 01905 345342  
[lyndon@bracewell.me.uk](mailto:lyndon@bracewell.me.uk)

#### Scotland, Loch Lomond & Trossachs

21 April – 27 April

Staying in Gartmore House near Aberfoyle in National Park, an area sometimes called 'The Highlands in Miniature' owing to its landscape of Lochs, Glens and Mountains.

**Pat & Ron Harrow** Tel: 01575 574082  
[harrow@macace.net](mailto:harrow@macace.net)

#### North Wales MTB

03 May – 07 May

Four days mountain biking based at a hostel in the Conwy Valley. Mountain scenery and epic trail riding, with the emphasis on having a sociable few days away. Suitable for all with a reasonable level of fitness.

**Paul Rogers** Tel: 01588 630690  
[paul.rogers@cyclingholidays.org](mailto:paul.rogers@cyclingholidays.org)

#### Hampshire Lanes & Villages

04 May – 07 May

Staying in New Alresford, explore Hampshire's leafy lanes, thatched cottages, quaint villages, Jane Austen countryside, Meon Valley, Winchester, King Arthur's Round Table. Photo opportunities.

**Pam & Dave Pilbeam** Tel: 02392 267095  
[pam@pilbeams.co.uk](mailto:pam@pilbeams.co.uk)

#### Scotland, West Coast & Islands

12 May – 21 May

The classic tour. Arran, Mull, Iona and more, mostly on quiet roads, all with spectacular scenery and the possibility of seeing red squirrels, eagles and deer. 5 ferry crossings. Mainly hostel accommodation.

**Gary Cummins** Tel: 01592 872 992  
[garyphillipcummins@gmail.com](mailto:garyphillipcummins@gmail.com)

#### Land's End to John O'Groats

12 May – 30 May

Cycle from the bottom to the top of Great Britain. This hilly, scenic tour uses hostels, motels and hotels and is mostly half board. Designed for the more experienced road cyclist.

**Chris Ellison** Tel: 01246 250647  
[chris.ellison@cyclingholidays.org](mailto:chris.ellison@cyclingholidays.org)

#### The London Experience

24 May – 28 May

Cycle Royal Parks, Greenways and canal towpaths from our hotel base. See the Olympic Site, the River Thames, Buckingham Palace, Trafalgar Square, St Paul's Cathedral, London Bridge, the Tower of London.

**Bernie Curtis** Tel: 01708 347226  
[curtisbernies@aol.com](mailto:curtisbernies@aol.com)

#### Scotland, The Northern Isles

02 June – 16 June

Starting with 4 days at the Grampian Rally before taking the overnight ferry from Aberdeen to Shetland for a 3 day visit. Ferry to Orkney for another 3 days. Finish in Inverness. Camping.

**Brian P Curtis** Tel: 0131 669 5918  
[brianpcurtis@aol.com](mailto:brianpcurtis@aol.com)

#### Lakes & Dales

16 June – 23 June

Start/finish near Clitheroe, Lancashire. Cycle through the spectacular Yorkshire Dales and English Lakes, then around the beautiful Morecambe Bay. Average 50mpd. Guesthouses.

**Richard Dugdale** Tel: 01200 424962  
[r.dugdale@tiscali.co.uk](mailto:r.dugdale@tiscali.co.uk)

#### Scottish Borders

16 June – 23 June

Explore the land of the Common Ridings in early summer. Country inn base with en suite rooms, good food and welcoming hosts. Choice of 2 rides each day (approximately 45 or 65 miles).

**Tony Gore** Tel: 0114 255 0907  
[bigT.ridinghigh@gmail.com](mailto:bigT.ridinghigh@gmail.com)

#### Land's End to John O'Groats

06 July – 25 July

A variation of our Classic End to End tour going from Land's End via the most Southerly point (Lizard Point) and via the most Northerly point (Dunnet Head) to John O'Groats.

**Chris Ellison** Tel: 01246 250647  
[chris.ellison@cyclingholidays.org](mailto:chris.ellison@cyclingholidays.org)

#### Scotland, Dumfries & Galloway

07 July – 15 July

Start/finish at Locherbie. Taking in parts of Dumfries & Galloway and the Borders. See inland lochs, highland moors, castles and abbeys, mill towns and lead mines.

**Mike & Liz Jukes** Tel: 01434 688851

#### Shropshire & The Long Mynd MTB

13 July – 15 July

MTB weekend in the beautiful Long Mynd area of Shropshire. Open moorland tracks with spectacular views, breathtaking descents into hidden valleys - cross country riding at its best. Hostel accommodation.

**Paul Rogers** Tel: 01588 630690  
[paul.rogers@cyclingholidays.org](mailto:paul.rogers@cyclingholidays.org)

#### Dursley, Family Camping

21 July – 28 July

Based at a campsite on the edge of the Cotswolds. Explore the lanes and sights of Dursley, Slimbridge and Tetbury. 25-31mpd. Relaxed pace with plenty of tea stops. Families with children only please.

**Neil Wheadon** Tel: 01373 812035  
[Neil@tandem-club.org.uk](mailto:Neil@tandem-club.org.uk)

#### Ribble Valley Family Camping

11 August – 18 August

Centre-based, explore the quiet lanes, towns and small villages on the Yorkshire/Lancashire border. Average 30mpd, tea and playground stops, swimming pool nearby. Families with children only please.

**Richard Dugdale** Tel: 01200 424962  
[r.dugdale@tiscali.co.uk](mailto:r.dugdale@tiscali.co.uk)

#### The Welsh Marches

16 August – 25 August

Meander the quiet country roads of the border counties of England and Wales with picturesque scenery of rolling green hills, wooded river valleys, half-timbered buildings and a few castles.

**Peter & Linda Cox** Tel: 01531 820517  
[peterxlinda@cyclingholidays.org](mailto:peterxlinda@cyclingholidays.org)

#### Land's End to John O'Groats

01 September – 19 September

Cycle from the bottom to the top of Great Britain. This hilly, scenic tour uses hostels, motels and hotels and is mostly half board. Designed for the more experienced road cyclist.

**Chris Ellison** Tel: 01246 250647  
[chris.ellison@cyclingholidays.org](mailto:chris.ellison@cyclingholidays.org)

#### Christmas in York

24 December - 27 December

From York YH, explore this historic city and surrounding countryside, or simply relax and enjoy being waited on. B&B (twin rooms), plus large Christmas lunch.

**Sheila Simpson** Tel: 0161 449 9309  
[sheila@aukadia.net](mailto:sheila@aukadia.net)

#### New Year in Hampshire

29 December – 01 January

Cycling on quiet lanes to coastal villages, Porchester Castle, Titchfield Haven bird sanctuary, Southwick village brewery, Portsmouth's historic waterfront. Non cycling partners welcome. Centre-based.

**Pam & Dave Pilbeam** Tel: 02392 267095  
[pam@pilbeams.co.uk](mailto:pam@pilbeams.co.uk)



# Great rides, fantastic holidays!



## EUROPE

### France, Easter in Calvados

05 April – 10 April

Overnight ferry (twin cabins) Portsmouth/Caen. Cycle to a quiet 2-star hotel in Bayeux, to explore the surrounding lanes, châteaux, abbeys, spring flowers, D-landing beaches, museums.

**Ian Barlow**  
ibarlow@ymail.com

Tel: 01752 258690

### Spain, Granada & Córdoba

14 April – 29 April

Tour Andalucía in the spring! Cycle 70kmpd between start & finish in Málaga. Wonder at Granada's Alhambra Palace and the Mezquita of Córdoba. Explore Alpujarra villages below a snowy Sierra Nevada.

**Chris Juden** 01428 683302 [chris@judens.co.uk](mailto:chris@judens.co.uk)

### France, Spring in Brittany

26 April – 02 May

A spring break in Guerlesquin, Brittany in a comfortable Breton farmhouse. Ferry travel with cabins. Choice of day rides to suit all abilities. Beautiful countryside. English hosts.

**Mark Waters**  
markw48@gmail.com

Tel: 01483 414307

### France, Les Alpes Maritimes

09 May – 17 May

New tour, exploring the quiet roads north-west of Nice. From the busy Cote d'Azur the tour heads into the hills, with spectacular gorges, limestone cliffs and remote, hilltop villages.

**Geraldine Goldsmith**  
goldsmith@cyclingsholidays.org

Tel: 01663 747838

### Spain, El Comtat

12 May – 19 May

Staying in the County Town of Cocentaina in the Sierra Mariola but exploring the Sierra Aitana. Hilly terrain rewarded with stunning scenery. Discover the Moorish influence of this beautiful area.

**Peter & Marjorie South**  
petersouth.10@hotmail.com

Tel: 01773 872720

### France, Provence

12 May – 04 June

Self-supported camping tour taking in some of the delights of Provence south and east of Orange. 3 nights at most campsites allows for unladen riding days. Coach travel. 2 week option available.

**Pat & Mike Strauss**  
Pat\_and\_Mike@compuserve.com

Tel: 01531 631731

### Caucasus Mountains of Armenia

18 May – 02 June

A land of ancient stone churches, cosmopolitan cities and time-forgotten villages, high mountain passes and deep verdant canyons. An inland sea ringed by volcanoes.

**Pete Jarvis**  
petej47@hotmail.com

Tel: 0033 565 36 83 80

### France, The Dordogne

19 May – 27 May

Cycle country lanes in the lovely Corrèze region. See castles, half-timbered houses, limestone uplands, oak forests, old hilltop towns with narrow streets and lovely views. Centre-based, coach travel.

**Pam & Dave Pilbeam**  
pam@pilbeams.co.uk

Tel: 02392 267095

### France, Atlantic to Med

23 May – 03 June

Classic ride from Bordeaux, via the Atlantic coast, through the forests of the Landes and the rolling vineyards of Aquitaine to the wilder landscapes of Languedoc and the Mediterranean. Coach travel.

**Bob Norton**  
bobbn@tinyonline.co.uk

Tel: 01270 765510

### France, Manche to Med 2

26 May – 11 June

Classic ride from Caen to the Mediterranean. Rural route: Normandy, Loire, Limousin, Auvergne, Languedoc. Rest day with opportunity for stronger riders to ascend Puy Mary. Ferry/coach travel.

**Sheila Simpson**  
sheila@aukadia.net

Tel: 0161 449 9309

### Albania, An Emerging Country

09 June – 23 June

Journey through time from buzzing Tirana to Berat's Ottoman villas, along the Ionian coast, over mountains, through villages where friendly people struggle with a subsistence lifestyle.

**Pete Jarvis**  
petej47@hotmail.com

Tel: 0033 565 36 83 80

### French Alps, Famous Cols

10 June – 17 June

Based amidst spectacular scenery in a small hamlet 10km from the celebrated climb of Alpe d'Huez. Ride a variety of single-track balcony roads and major 2000m passes.

**Peter Mastenko**  
peterandjulie@blueyonder.co.uk

Tel: 020 8241 0014

### Montenegro

10 June – 23 June

An amazing variety of scenery packed into a tiny country. Azure costal fjords, Europe's biggest fresh water lake, the Tara Canyon, Dermitor National Park, the walled medieval town of Kotor. Fly Gatwick/Dubrovnik.

**John & Pat Ashwell**  
comebiking@btinternet.com

Tel: 01934 746638

### Cycle & Cruise in Eastern Holland

15 June – 23 June

Coach travel then based on a hotel barge that moves with you each day. All cabins en suite. Exploring the Eastern part of Holland with old trading towns, forests, meadows, thatched cottages, windmills.

**Pam & Dave Pilbeam**  
pam@pilbeams.co.uk

Tel: 02392 267095

### France, Haute Provence

16 June – 25 June

The hills of the Baronnies and the plain of the Rhône offer quiet roads, beautiful scenery, orchards, vineyards and olive groves, gorges, cols and Mont Ventoux. Pleasant hotel. Coach travel.

**Chris Ellison**  
chris.ellison@cyclingsholidays.org

Tel: 01246 250647

### Spain, AIT Rally

26 June – 10 July

An escorted trip to the 8th Semaine Europeene de Cyclotourisme at Gijon in northern Spain. Similar to the French Semaine Federale but smaller. Campers preferred but other accommodation may be available. Ferry travel.

**Mark Waters**  
markw48@gmail.com

Tel: 01483 414307

### Spain, Picos de Europa

01 July – 12 July

Spectacular mountain scenery, flora and fauna. Modest distances, one 3-night stop allowing rest day and optional Cares Gorge walk. Small friendly hotels. Ferry Plymouth/Santander.

**Ian Barlow**  
ibarlow@ymail.com

Tel: 01752 258690

### France, Loire Atlantique, Vendee

15 July – 22 July

Centre-based, ride on the 5.5km causeway to Isle of Noirmoutier, start of the 2011 Tour de France, visit Lac de Grand Lieu nature reserve & wetlands, Loire châteaux, vineyards with wine tasting. Coach travel.

**Pam & Dave Pilbeam**  
pam@pilbeams.co.uk

Tel: 02392 267095

### France, The Semaine Federale

04 August – 13 August

An escorted trip to the Semaine Federale at Niort in central France, near La Rochelle, aimed especially at those who appreciate help with form filling and getting the most out of this great annual event. Coach travel.

**Mark Waters**  
markw48@gmail.com

Tel: 01483 414307

### Belgium, WW1 Battlefields

08 August – 12 August

Centre-based, exploring the Ypres Salient area: WW1 sites of Passendale, Tyne Cot, Popperinge and Toc H, Hill 62 trenches and more, including the Last Post ceremony at Menin Gate Memorial. Ferry travel.

**Pam & Dave Pilbeam**  
pam@pilbeams.co.uk

Tel: 02392 267095

### France to Holland, North Sea Route

11 August – 27 August

Travel to France on the Dover/Calais ferry. Cycle on the "North Sea Route" from Boulogne in France through Belgium and Holland to Den Helder. Camping. Return on the Rotterdam/Hull ferry.

**Fleur Woolley**  
fleur.woolley@cyclingsholidays.org

Tel: 01204 61570

### France, Cognac for Families

18 August – 25 August

Join us in a Cognac chateau complex, within 7 acres of private parkland. 2 Swimming pools, snooker table, BBQ area. Daily circular rides to the coast, sites and boulangeries. Families with children only please.

**Neil Wheadon**  
Neil@tandem-club.org.uk

Tel: 01373 812035

### Germany, Elbe Valley Cycle Path

18 August – 02 September

Explore German Saxony following the Elbe Valley cycle path from Hamburg to Dresden. An easy paced tour allowing time to visit the many historic towns on the route. Coach travel.

**Bob Harris**  
bobharris1@btinternet.com

Tel: 01692 670691

### France, Provence

25 August – 03 September

Based at a welcoming rural hotel in the Vaucluse. Mediterranean climate, medieval villages, beautiful limestone scenery. Optional ascents of Mont Ventoux and la Lure. Coach travel.

**Sheila Simpson**  
sheila@aukadia.net

Tel: 0161 449 9309

# Experience you can count on

Cycling holidays and tours 2012/2013



## France, La Route des Grandes Alpes

01 September – 15 September

Initially an ancient bus route, now a classic ride from Geneva to the Mediterranean traversing all the big cols of Le Tour, from snow-capped peaks to the scent of the maquis.

**Pete Jarvis** Tel: 0033 565 36 83 80  
petej47@hotmail.com

## France, Lot Valley/Cantal Mountains

01 September – 16 September

The volcanic peaks of the Cantal provide a challenging contrast to the Lot and Cele valleys. Cross the Aubrac and descend to the Truyere Gorges. Return over limestone plateaux.

**Peter England** Tel: 01628 473300  
hscape@talktalk.net

## Slovenia

08 September – 19 September

Slovenia boasts varied scenery, good climate and low traffic volumes. Visit fabulous Lake Bled, the snowcapped mountains of Triglav National Park, ride the exhilarating Vrisic Pass. Fly Gatwick/Ljubljana.

**Neil Wheadon** Tel: 01373 812035  
Neil@tandem-club.org.uk

## France, The Alsace

09 September – 16 September

Centre-based in Alsace, close to the German border, the smallest region in France. See The Maginot Line, vineyards, hopfields, forests, half-timbered houses, colourful Alsatian villages. Coach travel.

**Pam & Dave Pilbeam** Tel: 02392 267095  
pam@pilbeams.co.uk

## France, Pyrenean Traverse

11 September – 23 September

Classic route from the windy Atlantic coast to the calmer Mediterranean. Climb 26 cols in 10 days including the Aubisque, Tourmalet, Aspin and many less-known minor cols. Spectacular scenery.

**Geraldine Goldsmith** Tel: 01663 747838  
goldsmith@cyclingsholidays.org

## Spain, El Comtat

15 September – 22 September

Staying in the County Town of Cocentaina in the Sierra Mariola but exploring the Sierra Aitana. Hilly terrain with stunning scenery. Discover the Moorish influence of this beautiful area.

**Peter & Marjorie South** Tel: 01773 872720  
petersouth.10@hotmail.com

## Germany, Bavarian & Austrian Alps

15 September – 30 September

A relaxed tour with moderate mileage, spectacular lake and mountain scenery and free time for sightseeing. Visit castles and palaces between Munich and the Alps built by King Ludwig II. Train travel.

**Pat & Ron Harrow** Tel: 01575 574082  
harrow@macace.net

## Spain, South from Catalonia

21 September – 07 October

A late summer venture into the remote and rugged territory between Catalonia, Aragón and Valencia. Hilly terrain with crags and deep valleys, varied flora and fauna and historic towns.

**Tony Gore** Tel: 0114 255 0907  
bigT.ridinghigh@gmail.com

## Italy, Isle of Sicily

06 October – 22 October

Active Mount Etna, fortified mountain topped villages, vast Norman cathedrals, sites of antiquity, gorgeous sandy beaches and an aquamarine sea all linked by rarely-used lanes.

**Pete Jarvis** Tel: 0033 565 36 83 80  
petej47@hotmail.com

## WORLDWIDE

### USA, Colorado

29 June – 15 July

Situated in the Rocky Mountains in the mid-west of the continent, Colorado boasts some of the World's most glorious scenery, enjoyed every year by thousands of cyclists. Fly Heathrow/Denver.

**John & Pat Ashwell** Tel: 01934746638  
comebiking@btinternet.com

### Madagascar

02 July – 17 July

A return to this magical island first visited by CTC in 1992. Exploration tour of the eastern Highlands and beautiful coast. Plenty of off-road in remote regions. Fly via Paris to Antananarivo.

**Peter Crofts** Tel: 01743 248924  
petanita@onetel.com

### Ladakh, Himalayan Traverse

17 August – 05 September

An adventurous tour, through an incredible landscape, traversing the Himalaya to the Buddhist kingdom of Ladakh. Culminating with the ascent of Khardung La, the world's highest road. Fly from Heathrow via Delhi.

**John & Pat Ashwell** Tel: 01934 746638  
comebiking@btinternet.com

### USA, Santa Barbara County

01 October – 14 October

Enjoy a fully-supported multi-centre tour in beautiful Santa Barbara county, between the dramatic Santa Ynez Mountains and the Pacific Ocean, in an area bordered by the 'American Riviera'. Air travel.

**Chris Ellison** Tel: 01246 250647  
chris.ellison@cyclingsholidays.org

### Ecuador

10 October – 28 October

Regarded as the microcosm of South America, cycle in the most bio diverse country on the planet! Tropical rain forests, ice capped volcanoes and stunning colonial architecture. Air travel.

**Daryl & Fiona Pollitt** Tel: 01457 860593  
darylfee@supanet.com

### Southern China, Yunnan Province

11 October – 27 October

Explore this once forbidden land of dramatic scenery, exotic towns and cultural diversity. Bathe in the hot springs of Eryuan, visit ethnic markets and cycle through the massive Tiger Leaping Gorge. Fly from Heathrow.

**Richard Dugdale** Tel: 01200 424962  
r.dugdale@tiscali.co.uk

## Indo China, Vietnam & Laos

17 November – 09 December

Adventurous tour through the mountainous far north-west of Vietnam and Laos. Visit Hanoi, Dien Bien Phu, Luang Prabang, Vientiane. Cross into remote Laos and boat down the Nam Ou river. Fly from Heathrow.

**John & Pat Ashwell** Tel: 01934 746638  
comebiking@btinternet.com

## Cuba, West

20 January – 04 February

Cycle Cuba, a tropical paradise suspended in time. Experience the vibrancy of Havana, visit Trinidad, Cuba's best preserved colonial city. Ride through the spectacular Vinales landscape. Fly Gatwick/Havana.

**John & Pat Ashwell** Tel: 01934 746638  
comebiking@btinternet.com

## India, Kerala & Tamil Nadu

08 February – 24 February

A tropical paradise. Warmth and sunshine, palm fringed beaches, tea, coffee and spice plantations, friendly people and superb South Indian cuisine. Cruise the fabulous inland waterways. Fly from Heathrow or Manchester.

**Sheila Simpson** Tel: 0161 449 9309  
sheila@aukadia.net

## South Africa, Cape Town

24 February – 12 March

Explore the Cape wine route and ride the spectacular southern coast, finishing with 3 days at leisure in Cape Town and an opportunity to ride the famous ARGUS cycle event. Air travel.

**Geraldine Goldsmith** Tel: 01663 747838  
goldsmith@cyclingsholidays.org

## Morocco, High Atlas Traverse

09 March – 23 March

From Marrakech following the old trade route over the Atlas to the orange growing Souss Valley, over the Anti Atlas to the coastal plain and the surfing mecca of Taghazoute.

**Pete Jarvis** Tel: 0033 565 36 83 80  
petej47@hotmail.com

## Morocco, High Atlas-Jebel Sahro

23 March – 02 April

Traverse the High Atlas and the Jebel Sahro mountains of Morocco. Traditional Berber villages with date palmeries contrast with the tented nomadic lifestyle of the goat herders.

**Pete Jarvis** Tel: 0033 565 36 83 80  
petej47@hotmail.com

## Vietnam, The Far North

28 March – 15 April

An adventurous tour on a new route through the far north of Vietnam. Explore vibrant Hanoi, cycle through stunning landscapes and villages of ethnic minority tribes. Fly Heathrow/Hanoi.

**John & Pat Ashwell** Tel: 01934 746638  
comebiking@btinternet.com



Protected and bonded by ATOL (no. 5613) and ABTOT (no. 5102)

**CTC Cycling Holidays and Tours Ltd**

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For the latest tour availability and full itineraries go to: [www.cyclingsholidays.org](http://www.cyclingsholidays.org) or contact the tour leader directly