

# The race for yellow - Pyrénées to Paris

Tour De France

13-23 July 2012

**Cycling**  
Adventures  
Your cycling holiday specialists



Over 11 glorious days, we offer you an opportunity to experience the atmosphere of the biggest cycling race in the world. To see the crucial race for the yellow jersey during the vital second half of the Tour de France from the saddle of your bike and from the wicker seat of a French cafe chair is priceless. We will enjoy the smorgasbord of French cycling experiences as we happily face the challenges of terrain, albeit at our own pace. We'll experience first-hand what it takes to climb mountain roads that will have a major part in deciding the true contenders for the overall title. At the same time we'll share the excitement of towns and villages dressed up for the passage of the TDF while refining our taste for French cuisine in the boulangeries, bars, cafés and restaurants.

Our emphasis is on a leisurely tour, with just the right mix of race viewing, riding and relaxing. Our hotels are carefully chosen for their proximity to the race and their ambiance, however there will be a day or two where we will ride, but not see the tour stage due to distance.

Our successful 'small group' philosophy and the importance we place on providing you with great cycling experiences while witnessing the TDF pro peloton from the best seat in the house, ensures you of a wonderful adventure. Our team of experienced Australian & French tour leaders and guides are amongst the best in the business, so why not join us in 2012.



#### Itinerary:

Please note: This itinerary is subject to change at all times and may be updated as additional information is announced. We recommend you arrive at our pre tour hotel in Montpellier at least 1 day prior to the start of the tour. Access to Montpellier is easy with both trains & planes available from Paris and other European countries. Please ask David for accommodation and transportation options to Montpellier to meet the tour.

Day 1: Friday 13th July

Stage 12: Saint-Jean-de-Maurienne Annonay Davézieux – 220kms

Excitement builds as we gather for a briefing and to meet our Tour Leaders, cycling staff and the other participants. After ensuring that you & your bike are raring to go, (including having your bike checked over by our mechanics), we'll enjoy our first taste of riding "on the wrong side of the road" as we ride to the beautiful medieval village of Aigues Mortes, 36kms away. This is a relaxed start to our tour, enjoying a coffee break, lunch or an afternoon snack and if lucky, finding a bar or café with a TV, so we can view today's stage as it makes its way out of the Alps and through to Annonay. Tonight we will enjoy a welcome dinner while getting to know your fellow cyclists and staff a little better.

Accommodation:

Montpellier

Meals:

Breakfast & Dinner included

TDF:

Ride. No live viewing today

Day 2: Saturday 14th July – Bastille Day

Stage 13: Saint-Paul-Trois-Châteaux > Le Cap d'Agde – 215km

The French national day celebrates the events of 14th July 1789 when the people of Paris stormed the cache of arms at the Bastille, a place that also served as a prison for political prisoners, signalling the end of the French Revolution. French riders traditionally try to win the stage on Bastille Day however, on this part of the Mediterranean coast, the wind is unpredictable and always present so let's see who takes the winners bouquet tonight.

We'll depart the hotel and cycle rural roads to a viewing location to watch the peloton as it makes its way to the stage finish at Le Cap d'Agde. Our first indications that the race is approaching will be the publicity caravan that precedes the race creating a 'magical chaos' with freebies and TDF advertising memorabilia given out to eager spectators. The constant stream of media cars and team support vehicles will pass by at pace, all heading towards the finish.

After watching the race pass by, we transfer by van into the Pyrenees and the village of St Giron. This is our longest transfer of the tour and will be approx. 260kms, which is unfortunate but at least we are not on the bike as the Tour riders will be. Upon arrival, there will be time to freshen up and enjoy dinner. (Bastille Day celebrations may take place in the village nearby, so tonight might be time to party.)

Hotel:

St Giron

Meals:

Breakfast & Dinner included

TDF:

Ride. View rural passage of the stage

Day 3: Sunday 15th July

Stage 14 - Limoux Foix - 192 km

After a hearty breakfast, we get on our bikes for some great riding – one option is a 55km cycle to Foix to see the stage finish, or to stop on the way and watch the peloton fly past. As the Pyrénées approach, every ride is magnificent with glorious hills, rushing rivers and villages for well-earned coffee stops. There will be optional rides offered today with varying distance and the vehicles can be used to return to the hotel and dinner in St Giron.

Hotel:

St Giron

Meals:

Breakfast & Dinner included

TDF:

Ride. View rural passage of the stage & / or the finish in Foix

Day 4: Monday 16th July

Stage 15 - Samatan Pau - 160 km

As the peloton moves further west and towards Pau, we'll leave St Giron by van to take in the excitement of the stage start in Samatan. It will be a fun day with a party atmosphere created by numerous nationalities and many locals, all enjoying the summer sun and the hive of activity that is a Tour de France "village depart". The pros will be up-close and relaxed as you walk the perimeter of the village to view their preparation and where each rider appears on stage to sign on. It's then an opportunity for a great ride back to our base in St Giron.

Hotel:

St Giron

Meals:

Breakfast & Dinner included

TDF:

Ride. View stage start

Day 5: Tuesday 17th July

Stage 15 – Rest day

Welcome to the Pyrenees! Today is a rest day for the Tour de France pro's, but not for us as we challenge ourselves to tackle a few of the well-known classic Pyrenean cols. We will make our way from St Giron to Tournay and then onto Bagneres de Bigorre. We will start the ascent to the 2115 meter Col du Tourmalet from here and tackle the long steady climb to the summit, before taking a photo & refreshment stop, and descending to Lourdes. A great day in the saddle!

There is the opportunity to split into two groups and also take on the ascent to Col du Souler, before the final climb to Col d'Aubisque. Although the climbs are long, the gradients aren't too tough, the scenery is stunning and the sense of achievement makes it well worth the effort.

If you prefer an easy day then we'll run a local ride on flatter rides.

Hotel:

Lourdes

Meals:

Breakfast & Dinner included

TDF:

Ride. No race to view today





**Day 6: Wednesday 18th July**  
**Stage 16 - Pau Bagnères-de-Luchon - 197kms**

Another day in the Pyrénées and it's a really huge day for the peloton! This stage could change the face of the general classification, four days before the end of the race. No matter what the gap is, this major stage will be a dreaded one for the Yellow Jersey, who must defend his position while climbing the Col d'Aubisque, Col du Tourmalet, Col d'Aspin and the Col de Peyresourde! Our convenient hotel location means we can again ride out to the route of today's stage. Optional rides and destinations will be available but either choice, watching the TdF cross a major climb is a memorable spectacle. Getting to a great position by bike can involve a tough ride, but the good news is we can climb as far as we like, still have a great view of the race, then roll home. We'll enjoy dinner tonight - our last in Lourdes

**Hotel:** Lourdes  
**Meals:** Breakfast & Dinner included  
**TDF:** Ride. View mountain & rural passages of the stage

**Day 7: Thursday 19th July**  
**Stage 17 - Bagnères-de-Luchon > Peyragudes - 144kms**

Another massive day in the mountains for the pros as this stage is as difficult as yesterdays. We'll make our way from the hotel either on bikes or in the vehicles (or both) and choose a place to watch the event unfold... We'll watch the race pass by at the base of a climb where the strong riders will be leading and the bunch is likely to be split. As the race continues through the mountains, there's a few alternatives to view the race, and possibly even twice I two locations. The pro peloton will tackle the Col de Menté, (steepest slope!), the Col des Ares and finally, the Port de Bales - with an 18.87 km long ascent & a 6.3% average, there will no flat ground. We'll spend the day in the summer sun enjoying the craziness of the TdF and witnessing amazing personal & team achievements by all the riders, before making our way back to Lourdes for our last night.

**Hotel:** Lourdes  
**Meals:** Breakfast & Dinner included  
**TDF:** Ride. View mountain & rural passages of the stage



**Day 8: Friday 20th July**  
**Stage 18 - Blagnac > Brive-la-Gaillarde - 215kms**

The tour heads north today, towards the finale in Paris... Not too many days now until we see who is in yellow on Sunday afternoon.

After 4 big days in the Pyrenees, we'll make our way to Pau this morning for our TGV train to Paris. This long journey will be made in comfort, taking just under 6 hours. The option of following the race today is unrealistic with both distance and time being a major issue as the peloton moves through central France for one stage only. A very long drive this day is not an option... We will arrive in Paris around 2pm and the rest of the afternoon and evening is free to watch the stage unfold on TV and / or explore this beautiful city.

**Hotel:** Paris  
**Meals:** Breakfast included  
**TDF:** No live viewing today

**Day 9: Saturday 21st July**  
**Stage 19 - ITT - Bonneval - Chartres - 52kms**

This morning we'll leave Paris and drive to the stage finish in Chartres for an up close and personal TDF experience. Those with bikes can cycle to various viewing spots to watch the riders pass by every few minutes in the Individual Time Trial (ITT). Anyone without a bike can stay around the finish and watch them complete the time challenge. This will be the last chance for riders to move up the finish ranking, or maybe even win the Tour so the last few riders crossing the line will create a buzz of excitement as they await the individual outcomes and the final winner.

For us spectators, it is a chance to identify individual riders, and possibly see warm-ups and collect autographs. The ITT start area is a circus of team vehicles and the town turns on a street party. We will then make our way back to Paris and enjoy a free evening.

**Hotel:** Paris  
**Meals:** Breakfast included  
**TDF:** Individual Time Trial



Day 10: Sunday 22nd July

Stage 20 – Rambouillet – Paris Champs Élysées – 130kms

The final day of 'Le Tour' and although normally the race is all but decided, it is still a day with plenty of cycling action. In the last few years, the sprinters have dominated the racing on the Champs Élysées with the battle for this prestigious stage and the final Green Jersey ensuring high speed racing right to the very end. You may want to simply enjoy the day in Paris, join the crowds in the Tuilleries gardens at the Louvre or grab a spot on the barriers and take in the atmosphere of the race as it reaches its completion.

Prior to all this excitement though, we have a special treat. This morning, we will take you on an optional ride from the hotel around the sights of Paris which hopefully will include a ride along the Champs Élysées, if the road isn't shut down too early as the organisers prepare for the afternoons festivities. Just one passing of this famous boulevard will give you an appreciation of how skilled the professionals are to travel at such high speed over the cobbles. With no traffic, and the most beautiful city in the world as a backdrop, this is one ride you do not want to miss. Late morning, our staff will assist with the packing of the bikes, for transport in their cases back home.

This afternoon, we'll make our way to the Champs Élysées to view the grand finale and culmination of 3 weeks cycling around France... It's no wonder that the Tour de France is known as the world's largest sporting event...

Tonight is our last night together, so we will have a farewell dinner to relive happy memories of the last 2 weeks, celebrate the successful completion of our own Tour de France, and who knows .....maybe Cadels too!

Thanks for being part of our "Tour de France". We have enjoyed every one of our last ten years and trust that your experience will kindle memories that will last a lifetime.

Hotel: Paris  
Meals: Breakfast & Farewell dinner included  
TDF: Ride. Tour finish along the Champs Élysées

Day 11: Monday 23rd July

Our tour comes to a close today. Over 11 days you will have made many new friends, faced up to challenges, visited some special parts of France that many tourists will never see, and of course witnessed the greatest sporting event in the world up close. Many of you will head home today and others will stay on to savour the delights of Paris. Bon Voyage.

## Why Choose Our Tour?

This trip may be a once in a lifetime experience. We are passionate about cycling and understand what travellers want to experience and our years of delivering international tours make certain this trip will be all that you wish. Our program is carefully shaped by our experience of how to best enjoy the Tour de France. We continue to adapt and innovate while on tour, taking advantage of weather conditions and group needs. Hot weather can be the signal for a leisurely break in a local village, or a few extra kms might mean we include a highlight that adds to a great holiday. All participants are supported by our team of experienced Australian & French cycling staff whose expertise in tour leading, mechanics, first aid, knowledge of France, and love of cycling will help you enjoy this life changing adventure.

Please complete the booking form and return to us as soon as possible with your deposit. Interest in the 2012 tour is high. We have limited places available.

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Your cycling holiday specialists

[www.cyclingadventures.com.au](http://www.cyclingadventures.com.au)



## Package

### Cost:

AU\$6150.00 per person, twin share

Single supplement applies\* - \$1650.00 \*Subject to availability

### Tour date:

13th to 23rd July 2012

### Trip inclusions:

#### ACCOMMODATION

• Our accommodation is carefully selected for comfort and proximity to the race route. We have a variety of 3-4 star hotels with a range of styles from modern to traditional.

#### APPAREL

• Commemorative Cycling Jersey to celebrate your holiday  
• Option to purchase a full cycling kit & additional jerseys

#### GROUP SIZE

• Maximum of 15 plus 3 staff (French & Australian)

#### MEALS

• Breakfast: All included  
• Evening Meals: 8 dinners

#### TRANSPORT

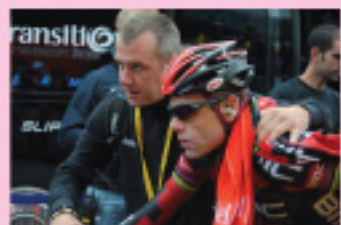
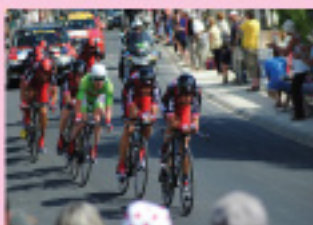
• 9 seater vehicles with bike racks  
• Train - TGV from Pau to Paris  
• Paris to Chartres

#### CYCLING

• Minimum of 2 rides each day to suit all abilities  
• Maps & further information are provided to you each day to keep you familiar with the areas we visit

#### Exclusions:

• International Airfares - Contact us now for the 2012 European earlybird airfares  
• Bike Rental - from €30 per day - contact us for more information  
• Lunches, drinks & snack bars  
• Travel Insurance - compulsory to join this tour  
• Personal item you purchase  
• Passport or Travel Visa Requirements  
• Pre & post tour travel arrangements  
\* Paris Airport transfers



# Tour de France 2012

## Registration

### 13th to 23rd July 2012



It is essential that the following details are completed and returned as soon as possible, so that we can assist you with documentation requirements for your overseas travel. We are not responsible for incorrect documentation if this form is not returned to us.

### Our tour

Dates are subject to change upon the routes being announced in Nov 2011.  
Price: \$6150.00 per person - twin share  
Single Supplement - \$1650.00 \* limited places

### Your personal details

Please complete all personal details as per your passport:

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Tel (AH): \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_

Occupation: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport number: \_\_\_\_\_

Place of issue: \_\_\_\_\_ Expiry date: \_\_\_\_\_

\* Please scan and email us a copy of your passport.

### Are you travelling... (tick one)

Alone and require a single room? (supplement applies)

Alone and wish to share with another person

With someone else & wish to share a room with them?

If so, what is their name? \_\_\_\_\_

### Your health and fitness

In order for you to achieve maximum enjoyment from your cycling holiday, it's very important that you are fit, ready and prepared. Although this is not a training camp, the days in the saddle climbing the famous Cols can be long and hard work. We recommend that you ride frequently before your tour and ride some hills.

How long have you been cycling for? \_\_\_\_\_

Do you cycle frequently?  Yes  No

Do you cycle mainly  Flat roads  Hilly / Mountainous

How many kms on average per week? \_\_\_\_\_

Have you experience cycling in groups?  Yes  No

Have you cycled in any events? Eg: Round the Bay \_\_\_\_\_

\_\_\_\_\_

Do you have any special diet requests? eg: vegetarian / lacto ovo / allergies

\_\_\_\_\_

Do you eat fish?  Yes  No

Do you have any special medical / health conditions that we must be aware of?. eg: heart disease or injuries.

\*You may be required to get a medical Clearance form completed by your doctor.

\_\_\_\_\_

### Emergency contacts while overseas

Name: \_\_\_\_\_

Relationship to you: \_\_\_\_\_

Phone contact: \_\_\_\_\_

### Your travel bookings

As a licensed travel agency, we can assist you with the following:

Please tick the box if you require costs. All prices listed as pp = per person

Airfare quotes: business / economy

Frequent flyer # \_\_\_\_\_ Preferred airline \_\_\_\_\_

Pre tour accommodation (pick up hotel)

Post tour accommodation

Airport or rail transfers

Additional day tours or sightseeing

Travel Insurance – fully comprehensive \* Compulsory to join this tour

Additional bike cover –  
up to max. of \$7000 calculated at 3% of the bikes value

If you do not require our insurance, please provide a copy of your policy including the policy number, the insurance company and their emergency medical assistance contact phone numbers (from France).

We recommend that you purchase a "DEPOSIT PROTECTION" travel insurance policy at the same time that you pay the deposit to cover you for cancellation. These travel plans cover you for your deposit up to the applicable limit should you cancel your trip for a reason covered by this insurance. At the time of making your final payment you should upgrade to a travel plan suitable for your trip. The amount paid by you for this travel plan will be deducted from the total amount payable. Not available for purchase more than 12 months prior to departure. Current cost is \$50 per person. \*\*refer to the brochure for all the conditions relating to cancellation.

Are you interested in hiring a bike?  Yes  No

Signing this booking form indicates that you have read the booking conditions and agree by them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

