



**The traverse of the French Alps
in stages of 6 days
Stage 2: From Briançon to Saint Tropez**



This second stage of the traverse of the Alps is almost as challenging as the first one!!!

From Briançon we are already in the southern french alps and as long as we head south the smell of the pine trees and the blue water of the sea will guide our wheels to the final stop: Saint Tropez!!!

The landscape has changed since Briançon. The mountains and the vegetation are drier, the local architecture is no more made of wood but of stones and trails are more stony and rocky. The ride becomes different and you'll have to adapt your style of ride to this type of trails. New trails, new challenges, but always 100% mtb!

Logistic and assistance:

The luggages will be transferred everyday to the next accomodation and technical assistance is possible at the night stop.
Nights in mountain hut, bunkhouses and hotels.

This itinerary is given in exemple and may be changed before or during the scouting trip.

DATES: September 13th to September 19th and from June 1st to June 6th

PRICE: 549 Euros

Day 1: Briançon to lake of Serre Ponçon

A gentle warm up of 45 km along the side of the Durance valley to the lake of Serre Ponçon , the biggest lake of the southern french alps.

Distance: 45 km Ascent 1500m Descent 1500m

Day 2 : Lake Serre Ponçon to Champsaur range

A long stage today , quite rolling with loads of singletrack. Night on Bareme.

Distance: 65 km Ascent: 2300m Descent 2000m

Day 3,4 : traverse of the Verdon range

Two splendid day on technical rocky trail , passing by the lake of Sainte Croix and the gorges of verdon in a typical provence ambiance.

Distance: 110 km Ascent: 2500m Descent: 2300m

Day 5 : Stage in the pine trees and awesome singletracks with the sea in back ground.... could almost hear the waves on the shore....

Distance: 50 km Ascent: 1100m Descent 1600m

Day 6 : Croosing the Maures hills we'll arrive in Grimaud and Ramatuelle , where the world biggest mountain bike event takes place : the Rock D'Azur!!!!

Distance: 40 km Ascent: 700m Descent : 800m

LEVEL

Stages from 5 to 6 hours per day on average, progressive stages though never very stiff, uneven positive maximum of 1500 meters and use of ski lifts when possible it is preferable to have a good physical condition as well as a correct technical level in order to have pleasure throughout the ride.

BEARING

You will carry only your personal effects of the day. Your luggage are transferred every day from place to place to have clean clothes.

LODGING

You'll experience all kind accommodation during this trip: Hotels, bunkhouse and mountain hut. They all have hot showers and a safe place to store the bikes.

Rooms are shared from two to eight persons. They are of good comfort, and make it real possible to rest after a good day of

mountain biking! Possibility of room simple: 250 euros in supplement (rates from the 12/2008)

Possibility of washing and repairing the bicycles at the hotels and guest houses.

THE MEALS

They are taken at the hotel (breakfast and dinner) At lunch time, a true cold meal, generally composed of varied salads, pork-butcherery, products regional, etc.

GUIDING:

You are guided by a graduate state mountain bike guide and instructor, who knows

the right trail according to your technical level and your shape. He always carries a first aids kit (not only for you but for your bike too!!)

SECURITY:

The guide, according to the current terms weather, the level of the clients, the state of the ground, will choose your route, and will be able to decide and to modify this last initially envisaged.

He is graduated in first rescuing affairs to ensure your care in the event of fall. A radio connection between the monitor and the last of the group, thanks to walkie-talkies allows stage all the problems that may occur.

THE BICYCLE:

Best is well on riding on your own mountain bike, this one being familiar to you.

A bicycle with at least a front suspension is advised, the best is a full suspension bike.

Possibility of renting a full suspension bike from 250 euros a week in the local sports stores (list on request).

TRANSPORT:

The transport of the people, the luggage and the bicycles is ensured by a vehicle 4X4 9 places and a trailer from Geneva to Chamonix. A vehicle will transfer our luggages from hut to hut to have fresh clothes everyday!

PERSONNEL EQUIPMENT

Usual bicycle gear (short and long bike wear, long and short bike shirt, gloves, helmet, a wind stopper jacket and/or small polar fur, personal mountain bike shoes...), socks adapted to the practice of the bicycle, a headlamp, sunglasses, sun lotion + lipstick, personal drugs, a knife (for the lunch) your camera and another pair of shoes, a toilet bag and a small personal pharmacy.camelback, your own repair kit (tire tubes, rubber patches, multitool, pump, brake pads....) and/or your own specific bike maintenance kit, a toolbox will be at your disposal each evening for you to cocoon your beloved bike!

If you have automatic pedals on your bicycle and would like to rent a bicycle for the week, don't forget them!!!

For the evening: Shorts, trousers, a bathing suit, a pull over or a polar fur, tee-shirts, a "light" jacket.

In the heading: "weight is your enemy", here are advices to gain a few hundred grams

TOILET BAG:

(small Tuperware limps for example)

- Soap format "hotel" is generally enough for a week
- A tube of toothpaste started 3/4 will make the deal
- Foam to be shaved: a small bomb sample
- A small towel is enough amply and dries more quickly
- a toothbrush, etc.

PHARMACY:

In more of your personal drugs,

- Elastoplast (a roller) - a small wire, scissors, switches
- For the sun, cream and labial stick
- A relaxing cream

YOUR DAY BACKPACK

Envisage a small comfortable rucksack (approximately 20 or 25 liters) for your effects of the day (a hot clothe, a wind stopper jacket, a camelback or a high capacity bottle, solar protection, your identity papers and small repair kit).

Don't forget to keep a place for your energetic food and the picnic!!!

SHAPE:

To be sure to have pleasure from the beginning of the tour, it is better to be in shape. If you are used in mountain king for several years: so no problems.

If it is not, within three week before the departure, we advise you to undertake a small physical drive and technique: to bike 3 times per week on 30 kms on an

undulating course and preferably technique (roots, steps...) would be a good beginning!!

For your comfort and your recovery, a mountain bike with at least a front suspension is highly advised, if you have a whole suspended bike it is the top!

RECEPTION

Saturday at Briançon train station

DISPERSION

Saturday at Saint Tropez

MEANS OF ACCESS

By car: motorway till Grenoble than road to Briançon (map on request)

By train: train station in Briançon

By plane: Geneva airport is the closest international airport, also local airport in Grenoble

IN THE EVENT OF LAST MINUTE PROBLEM

Prevent your guide,

HERDEWYN Martial to the 00 33 (0)6 85 02 37 00

BEFORE THE TOUR

We can book a hotel or a guest house for you (list on request)

2009 DATES

From saturday June 1st to saturday June 6th 2009

From saturday September 13th to saturday September 19th 2009

2009 RATES: 549 euros per person

MINIMUM OF PEOPLE:

The tour is insured from 4 people. The group is limited to 8 people maxima in order to ensure the safety, the cohesion and the user-friendliness of the team.

The program may change with inherent variations according to the weather conditions, the quality of the ground, the physical and technical level of the people...

The rate means point of appointment to the point of dispersion.

The rate includes/understands: expenses of organization and the guiding by a graduated French bilingual mountain bike guide, all the meals during the seven days, 8 nights in guest house, the transport of your personal effects.

The rate does not includes/understands:

The flight ticket, the expenditure in personal matter (drinks energetic drinks and foods etc...) the bicycle hiring, the expenses of repair and maintenance of the bicycle, the cancellation/help insurances and repatriation and in general way all that is not included/understood in the heading "the price includes/understands"