

CYCLING: The great passes of the Pyrenees (7 days/ 6 nights)

This is a 7 day/6 night cycling course/adventure for serious amateur cyclists who are fit enough to ride 90 kilometers per day over mountain roads.

Based in a 3* hotel and cycling center in the *Hautes Pyrénées*, this program was devised by two-time TOUR de FRANCE winner Laurent Fignon and introduces riders to the legendary passes of Tourmalet, Aubisque and Marie-Blanque among many others.

There is no set program: participants decide day by day after a debriefing session with their (professional) instructor just which passes they wish to tackle and the amount of mileage they feel up to trying. The instructor – who accompanies each ride - will present up to a hundred routes personally devised and traced by Laurent Fignon for consideration each day.

A typical day's program :

From 7.30 to 9.00am - Cyclist's breakfast

Between 8.30 et 9.30am - Departure on the day's 'High Pass' route

Between 1pm and 2.30pm - Return to center - depending on distance

Between 1.30 and 3pm - Light refreshment

3pm – 7pm - Free time

7pm – debriefing with instructor and choice of following day's program

8pm - Dinner

The high point of the week is on Friday when a challenge is organized on the occasion of the 'Historic Day' – this is when participants will tackle the legendary circuit of Peyrourde, Aspin and Tourmalet. There is a Gala evening on the Saturday with gourmet dinner in the adjoining restaurant.

Individual 'cyclists' massages can be arranged (extra) after each day's ride ... while your bike is undergoing a maintenance check in the workshop.

FRANCE A LA CARTE can arrange a rental car from Toulouse airport and bike hire from a local supplier (for customers who can't bring their own.)



Lance on the Tourmalet



Laurent Fignon in action

Dates 2007:

Every Monday from 25th June to 16th September 2007 - except for a Tuesday start the 17th July (Tour de France..)

Public Price 2007:

base 10 participants – €1299
base 15 participants - €1249

Price includes:

- Accommodation in twin room in 3* hotel
- return transfer participants & their bikes from Toulouse or Pau airport
- 5 nights half board
- 1 welcome drink
- 1 introductory meeting
- 6 group meetings and debriefing
- 6 'high pass' accompanied rides including the 'historic day'
- 6 bike maintenance sessions
- 4 light refreshments and one buffet lunch
- 1 lunch at a gourmet restaurant
- 1 gala dinner at a gourmet restaurant
- Free access to the hotel's sauna and spa facilities

Prices don't include:

- Bicycle hire (about 35 € per day)
- Transfer from Toulouse airport or local train station
- Hire car
- Single supplement: