



# Cycle Tour du Mont Blanc

## Cycle Tour Mont Blanc

- **Fully supported**
- **All-inclusive four day trip**

Join Mountain Adventure Guides for an exciting and challenging scenic ride around Mont Blanc, Western Europe's highest mountain. Four days cycling through France, Switzerland and Italy with breathtaking scenery climbing famous mountain passes. We cross the Grand St Bernard 2469m, Petite St Bernard 2642m, Cormet de Roseland 1968m and the Cols de Saïses, Aravis and Columbiere.

There are also ascents of some, perhaps, less well known cols such as Champex Lac and Colle San Carlo. The four day itinerary allows a total gain of around 10,000m of ascent and descent with an average of 120km or 68 miles per day.

The Cycle Tour du Mont Blanc is fully supported with two dedicated vehicles and our support team for the trip. The minibus and support driver providing luggage transfer and lunch laid out and ready for you each day. Additionally the team car and mechanic provide refuelling stops, access to your daily equipment and mechanical back up. The overnight stops allow time to relax and reflect!

- Race experienced tour leader
- Team car and mechanic
- Minibus luggage transfer
- Hotel accommodation
- Expert advice and support

**Cycle Tour du Mont Blanc – is it for me?** The Cycle Tour du Mont Blanc is a fairly challenging ride, following classic Alpine routes including some of the steeper sections of the Tour de France. Alpine cycling involves long and sometimes tough climbs but they are within the reach of many recreational cyclists. We recommend this trip for anyone who is up for a challenge. Expect to be on the road for up to eight hours a day with plenty of rest stops and lunch.

Our experienced guides and support team provide an excellent service and offer advice, support and help throughout the trip. The Cycle Tour du Mont Blanc offers you the opportunity to ride a fabulous alpine route, enjoy outstanding alpine scenery and all the while enjoying excellent back up.

The average cycling distance each day is in the region of 120km and 2000m of ascent.

We can organise good quality cycle hire if required in the resort.

### Course requirements: your fitness

A reasonably high level of fitness is required. Participants should be used to cycling long days and have some experience on steep ascents and descents. It is also possible to use our vehicles and take a rest for an ascent or descent if you need to. Our team loves to help and are keen to offer advice and bike riding skills en route if required.

## Dates and prices for the Cycle Tour du Mont Blanc 2016

### TOUR DATES

Saturday: pre tour meeting

Sunday to Wednesday: 4 day tour

### DATES 2016

- 8th to 11th June
  - 21st - 24th September
- For bespoke trips and dates please call us.

### PRICES

- £850 per person

### WHAT IS INCLUDED IN THE PRICE

- 5 nights half board accommodation (price based on two sharing twin room)
- Race Experienced Cycle Leader
- Team car and mechanic
- Minibus and support driver
- Luggage transfer
- Substantial lunches

### WHAT IS NOT INCLUDED IN THE PRICE

- Insurance
- Travel to and from Chamonix.
- Sundry drinks and expenses

### Equipment requirements

- Equipment list available when booking

**To make a booking** For more information about the Cycle Tour du Mont Blanc or to book:

telephone +44 (0) 330 321 1017

email: [info@mountainadventureguides.co.uk](mailto:info@mountainadventureguides.co.uk)

## Cycle Tour du Mont Blanc sample itinerary

### DAY 1

#### Travel to Chamonix

Mountain Adventure Guides will meet you at your Chamonix accommodation where you will be welcomed by their experienced team with an informal group talk about the cycle tour ahead and an equipment check. You will have the opportunity to purchase any extra gear or food you might need before starting the trip in the morning.

### DAY 2

#### Chamonix to Col des Montets and over to Switzerland

The Cycle Tour du Mont Blanc begins in the famous and spectacular Alpine town of Chamonix (1000m) with a short flat section along the valley before the first climb to the Col des Montets (1461m). Descending through Vallorcine the tour continues over the French/Swiss border at Chatelard before climbing up to the Col de Forclaz (1526m) where there will be a refuelling stop. This is followed by a fast and exciting 1000m descent over 17km, with amazing views of the Rhone valley, down to the town of Martigny. From Martigny the route heads up in the direction of the Grand St Bernard pass. On the way towards the pass we take a detour up a quiet winding road to Champex Lac (1598m) and a picturesque lunch stop by the lake. After lunch we descend back into the main valley to Orsieres (900m) to continue the ascent towards the Grand St Bernard pass. The first night's stop is half way up to the col at the tiny village of Bourg St Pierre (1650m).

### DAY 3

#### Switzerland Col du Grand St Bernard and into Italy

From Bourg St Pierre (1650m) we cycle straight up to the Grand St Bernard pass (2470m). Known as the most ancient pass through the Western Alps, it was allegedly crossed by Hannibal in 217 BC and later by Caesar in 57 BC. A hospice for travellers was first built there in 1049 by St Bernard of Menthon. The outstanding mountain scenery en route to the col includes views of the Grand Combin 4180m and Mont Velan 3731m. Leaving the Grand St Bernard pass and crossing into Italy we embark upon an endlessly exciting 2000m vertical descent to Aosta. Then heading north towards Mt Blanc there is a welcome lunch stop between Aosta and Morgex. At Morgex we ride the beautiful and quiet road to the Col St Carlo – a 10km, 1000m classic Italian time trial ascent. After a break at the top we cycle down to the Alpine ski village of La Thuile (1440m), continue on up to the Petite St Bernard pass (2642m), crossing the Italian/French border, and finally head down to our accommodation for the night just below La Rosiere in France.

### DAY 4

#### Cormet de Rosalend, Beaufort and on to la Clusaz

Day four starts with a descent to Bourg St Maurice to join the Route des Grandes Alps for the first ascent of the day – the famous Tour de France climb of Cormet de Rosalend (1968m). This 1150m climb over 20km is on a fantastic road which was recently resurfaced for the Tour de France. Steep at first, with a number of hairpin bends, the climb gradually eases as it nears the top. From this point we descend 20km past Lac de Rosalend to the picturesque village of Beaufort (810m). Climbing out of Beaufort up to the winter ski area at the Col de Saisies (1640m) we then begin another long 16km descent past the village of Notre Dame de Bellecombe and into the Gorge D'Arly. After crossing the river at Flumet (900m) we embark on our final ascent of the day past the village of Giettaz to the Col des Aravis (1486m). After a well-earned rest at the Col there is only a short 8km descent to the hotel in La Clusaz (1025m).

### DAY 5

#### La Clusaz to Chamonix

The final day of the tour is yet another exceptional day of riding with three cols to cross on the way back to Chamonix. From La Clusaz (1025m) the first climb of the day takes in the Col de Columbiere (1620m), and after a short break at the top, we descend to Reposoir (1090m) making a right turn to climb to the beautifully situated village of Romme (1297m). From Romme the descent leads to Cluses (490m); we pass over the Autoroute Blanche and take the minor road from Cluses to Sallanches. Lunch is normally eaten sitting by the huge and impressive waterfall of Arpenaz and looking at the stunning view of Mt Blanc. The tour from here joins the cycle route of Mont Blanc passing through the villages of Passy and Servoz with the ever changing and dramatic views of Mont Blanc and the Chamonix Aiguilles. The final climb of the day is over the Col at Vaudagne (1120m) followed by a short descent into Les Houches, and then it is just a few kilometres more back into Chamonix to our starting point and a well-deserved celebration.

## BOOKING FORM

To make a booking please complete the form below. Scan and email back to info@mountainadventureguides.co.uk or send by post to: Mountain Adventure Guides, Cherry Blossoms, Barline, Beer, Devon, EX12 3LP, UK

**To secure a booking a deposit of 25% of the total cost of the course is required.**

A booking will be held for you for a maximum of 10 days without a deposit. If we have not received a deposit after this time the reserved place or places will be made available to others.

Once we have received your booking form and deposit we will issue you with a confirmation form to notify that you have been booked onto the course.

**The balance of your course is due no later than eight weeks prior to the start date.** If the booking is made less than 8 weeks prior to the course then the total cost is payable immediately. Once we have received the full balance for the course we will send you a final confirmation form.

**Payment:** deposits and balances can be paid by bank transfer or UK bank cheque.

- Cheques made payable to: **Mountain Guides Ltd**
- Bank transfers in GBP sterling: **Lloyds Bank TSB** (Trinity Square, Axminster, Devon, EX13 5AL, UK)  
Sort Code: **30-90-37** / Account No: **28768560**  
Reference: **your name**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COUNTRY: \_\_\_\_\_ POSTCODE: \_\_\_\_\_

TEL NO.: \_\_\_\_\_ MOBILE NO.: \_\_\_\_\_

EMAIL: \_\_\_\_\_

COURSE NAME: \_\_\_\_\_

DATES OF COURSE: \_\_\_\_\_ NUMBER OF PEOPLE IN GROUP: \_\_\_\_\_

TOTAL COST OF THE COURSE: £ \_\_\_\_\_ 25% BOOKING DEPOSIT: £ \_\_\_\_\_

ANY MEDICAL CONDITIONS WE SHOULD BE MADE AWARE OF?  YES  NO

IF YES, PLEASE GIVE MORE INFORMATION: \_\_\_\_\_

EMERGENCY CONTACT NAME AND TEL NO.: \_\_\_\_\_

I HAVE READ AND UNDERSTOOD THE TERMS AND CONDITIONS OF MOUNTAIN GUIDES LTD.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

## MOUNTAIN GUIDES LTD: TERMS AND CONDITIONS

**Booking and Payment :** Mountain Guides Ltd shall include where appropriate its associates and employees. The Client means the person who makes the reservation and must be a minimum of 18 years old. By making such a booking the Client shall be deemed to have accepted the terms of these booking conditions.

**Deposits and bookings:** No contract shall exist between Mountain Guides Ltd and the Client until a 25% deposit has been paid and a confirmation email has been sent from Mountain Guides Ltd.

**Final balance:** The final balance is to be paid no later than 8 weeks prior to the start of the course the Client has booked for and if a booking is made within this 8 weeks then full payment is required. If payment is not received by the due date then Mountain Guides Ltd reserves the right to cancel the reservation without further notice, retaining deposits and the right to levy cancellation charges.

**Payment:** must be made by bank transfer or UK cheque

**Cancellation:** If you wish to cancel your course, cancellation will only take effect when written or email notification by the Client is received by Mountain Guides Ltd. The following cancellation fees will become immediately payable to Mountain Guides Ltd.

**Notification of cancellation given:** cancellation fee

Up to 8 weeks prior to course start: deposit (25%)

Less than 8 weeks: 100%

We strongly recommend all Clients to arrange suitable travel insurance to cover losses.

**Holiday Insurance:** It is mandatory that whilst on a Mountain Guides Ltd course the Client has personal insurance to fully cover themselves for personal accident, rescue and third party risks. Mountain Guides Ltd will also not be held responsible for your luggage and personal effects whilst on a Mountain Guides Ltd course.

**Cancellation or amendment by Mountain Guides Ltd:** We reserve the right to cancel any course if there are insufficient bookings for that course or we have irresolvable staffing issues e.g. illness or injury. In the unlikely event that Mountain Guides Ltd has to alter or cancel your holiday the Client shall be offered:

- a) an option to transfer to another course. If the price of the new course is more than the original one the Client will be requested to pay the difference. If the price of the new course is less than the original one the Client will receive a full refund of the difference,
- b) an option to pay a supplement for the course to run the course,
- c) a full refund,

unless the cancellation or alteration is due to forces beyond the control of Mountain Guides Ltd such as fire, floods, natural disaster, political unrest, riots, strikes, war or any other circumstances amounting to Force Majeure.

**Surcharges:** Mountain Guides Ltd shall endeavour not to surcharge your holiday cost, but if surcharging is necessary we will attempt to keep any increase to a minimum and will advise the Client of the adjustments at the earliest opportunity.

**Equipment:** The Client will be responsible for the loss or damage to equipment loaned or hired to the Client. The cost of repair or replacement of the equipment will be charged to the Client.

**Safety:** Mountain Guides Ltd will make every effort to safe guard the Client's safety in the Mountains however the Client must be aware that when undertaking activities in the mountains there is an element of risk. Climbing, skiing and mountaineering are activities with a danger of personal injury or death and participants should be aware of and accept these risks and be responsible for their actions and involvement. While your guide every reasonable step to reduce these risks to a minimum, they cannot be totally eliminated.

Mountain Guides Ltd has the right to cancel or curtail the participation of any Client that they believe is potentially placing themselves or other members of the group at risk.

**Client Participation:** Mountain Guides Ltd also has the right cancel or curtail the participation of a Client that is acting in an inappropriate behaviour that is disruptive to others in the group.

**Weather:** Mountain Guides Ltd cannot be held responsible for the snow and weather conditions prevailing at the time of your course. In adverse weather conditions Mountain Guides Ltd will make every effort to ensure that your course will be tailored to provide a suitable alternative programme.

**Accommodation:** Where Mountain Guides Ltd undertakes to book accommodation on behalf of the Client there will be an Agent either in or nearby to Chamonix who can be easily contacted. The Agent is available to sort out aspects of the accommodation while the Client is in occupancy. Whilst every effort is made to ensure that the accommodation is in acceptable order and with adequate equipment, Mountain Guides Ltd will not accept responsibility for deficiencies beyond its control.

**Client Liability:** It is the Clients' responsibility to ensure that the accommodation/ apartment/ chalet is left in a clean condition, with replacement of all breakages, if this is not possible, the breakage should be reported to the Agent and paid for. The client must adhere to all chalet exit regulations by signing a document on arrival. A returnable damage deposit of 500E is authorized at the time of full payment or on arrival from your credit card and will be returned within 2 weeks of departure, less any costs incurred for cleaning and damages not reported or paid for. Mountain Guides Ltd shall be entitled to recover from the Client costs for damages or losses caused by the Client or a third party. If the Client fails to do so, the Client must indemnify Mountain Guides Ltd against any claims (including legal costs) subsequently made against Mountains Guides Ltd or its agents as a result of the Client's actions. Mountain Guides Ltd and its Agents reserve the right to terminate the holiday of any Client whose behaviour or that of any of the Client's party is considered to be unacceptable.

If there are any problems about the condition of the accommodation/ apartment/ chalet and any inventory discrepancy, the Client should contact the Agent directly on a number which will be supplied at the time of booking. The Client is unable to request a change of apartment during their holiday. Mountain Guides Ltd disclaims any liability for disputes between the Client and the local Agent. Mountain Guides Ltd disclaim any liability for negligence of use by the Client of items associated to the accommodation/ apartment/ chalet.

**Third Parties:** Mountain Guides Ltd does not accept liability for any act or default or omission on the part of the suppliers of any service that Mountain Guides Ltd offers and over whom Mountain Guides Ltd has no direct control or has information link to on this website. All company links and information on this site is the sole responsibility of that company or their site. Mountain Guides Ltd disclaims any responsibility or liability for any issues relating to these companies. The Client will be bound by the operating conditions of the suppliers of the other services that make up the holiday. In no event shall the liability of Mountain Guides Ltd to the Client exceed the price paid for the relevant holiday or arrangement.

**Complaints:** Any complaints should be addressed to Mountain Guides Ltd at the time of the course or within one month of the end of the course.

**Disputes:** Any contract between the Client and Mountain Guides Ltd shall be governed in all respects by English Law. Only English Courts shall have jurisdiction in relation to any claim or dispute arising out of or connected with any such contract.

**Information Accuracy:** Every effort has been made to ensure that the information supplied by Mountain Guides Ltd is accurate to the best of our knowledge at the time of writing.