

GREAT BEAR - 11 DAY ST MALO TO NICE

The 11 day price for 2019 is £1500 per person

WHAT THE PRICE INCLUDES

- * Overnight ferry with accommodation in twin cabins
- * 10 Nights accommodation in France in twin rooms in hotels
- * Breakfasts
- * Baggage transfers for the duration of the trip
- * Vehicular support for the entire cycle including back up vehicle carrying spares, mechanical support and use of spare bike should you need it (including lubricants for your bike)
- * Overnight bike storage
- * Photos of your trip

WHAT THE PRICE EXCLUDES

- * Bike and helmet hire
- * Personal clothing and equipment
- * Insurance
- * Lunches and evening meals

DAY TO DAY

25th June - Day 1 – Meet in Portsmouth and overnight ferry to St Malo

26th June - Day 2 – St Malo to Laval – 81 miles

27th June - Day 3 – Laval to Saumur – 80 miles

28th June - Day 4 – Saumur to Chateauroux – 100 miles

29th June - Day 5 – Chateauroux to Montlucon – 66 miles

30th June - Day 6 – Montlucon to Clermont - Ferrand – 70 miles

1st July - Day 7 – Clermont - Ferrand to Le Puy – 82 miles

2nd July - Day 8 – Le Puy to Aubenas – 61 miles

3rd July - Day 9 – Aubenas to Malaucene – 69 miles

4th July - Day 10 – Malaucene to Manosque – 67 miles

5th July - Day 11 – Manosque to Saint Raphael – 77 miles

6th July - Day 12 – Saint Raphael to Nice – 45 miles (short day up to Nice and you can fly home that evening or if you would like to stay another night for around £60 please let me know)

TRANSPORT

Transport to Portsmouth is available from Northamptonshire or if more convenient you may meet us at the port, please enquire at time of booking. The ship departs from Portsmouth at 20.15pm and we need to be aiming to get there a good 3 hours before departure.

Once we arrive in St Malo the following morning we will unpack the bikes and set off from the public harbour a short walk from the ferry terminal.

Currently transport back to the UK by van is unavailable and you will need to fly back to the UK from Nice.

Bikes will be brought back to the UK a week later after the Alps tour where you can collect them from me or have them couriered back to you.

ACCOMMODATION

The accommodation provided on the trip is in hotels. They vary due to nature of our locations each night and are based on 2 people sharing a twin room. Most accommodation has food and a bar available on site or we are a short walk from the village/town centre.

BIKES AND EQUIPMENT

We strongly recommend that you ride a road or touring bike for the France cycle. Whatever you choose make sure the bike has a suitable range of gears as you will be climbing steep hills in places and if you are not familiar with the mechanics of your bike it would pay to take it to a cycle shop for a service prior to the trip. You are responsible for your own routine maintenance throughout the trip but I will help out in any way that we can and there will be a spare bike and spare wheels available. If you don't already own a pair prior to the ride you may want to get hold of some waterproof overshoes. These are often overlooked when planning the trip as most riders don't choose to go out in the rain but in completing a ride of this length it is inevitable that you will have to set out in the rain at some point. Mostly the weather on the French trips is great but we have experienced a few wet days.

Lights, you may think well 'I won't be riding at night', but in heavy rain, fog and under tree cover you need to give that vehicle approaching you from behind at 60mph every chance they can get to see you. Some people turn up with lights that can barely be seen halfway down a lay-by and I would only recommend a high output LED pulsating rear light.

Same goes for clothing, that all black Castelli gear looks great but when you have a truck bearing down on you in the rain you want to make sure he knows you are there.

Gloves, you can never have too many pairs.

Helmets – we used to give you the option but from 2014 it is mandatory to be wearing a helmet while on one of our rides.

It is recommended that you bring a range of spares for your bike but we do have a certain amount for sale on board the support vehicle, please understand however that it is not possible to stock for every single bicycle. We have tyres, tubes, bar tape, cleats, brake pads, gear and brake cables, chains and much more.

BAGGAGE ALLOWANCE

Your baggage allowance for this trip is the one piece of main luggage in the form of a sports/expedition bag or suitcase and a small rucksack to keep tablets chamois cream etc in. If you have anything with wheels this will be preferred. The idea behind the small rucksack is that you can keep anything that you might need during the day in it – chamois cream, extra layers, painkillers etc to save you having to turf all of your gear out of your suitcase at the side of the road.

SUPPORT

The support vehicle will always be on hand should you need assistance at any time during the trip. In the van is a tool kit, spare wheels and even a spare bike. We will always be close to the riding group and will get ahead of you now and again for you to fill up water bottles and have a sit down. Whether you need a break, have bike trouble or just need emotional support getting up a big hill, we will do what we can to keep you going.

FOOD

Breakfast is provided by your accommodation and is almost everyday a continental buffet. Lunches are not provided so you can enjoy some cafe dining in a variety of locations across France! Some days you will find yourself in some remote places and if you roll into a village at the wrong time of day you will find everything is shut so it is advised that you have some food to keep in the van just in case. There are plenty of opportunities to stock up at supermarkets. Evening meals and drinks are not included in the price. Evening meals are available at most accommodations or we are close to pubs/towns with selections of eating places.

LAUNDRY

Due to the fact that we are constantly moving on during the cycle trips it is not practical to be using commercial washing services and it is recommended that you bring enough cycle clothing to rotate and wash in your accommodation by bringing some detergent with you. Due to the material that most bibs are made from people find they are normally dry by the next morning's ride anyway and if not a day hanging up in the van and they are usually ready to go again.

DOCUMENTS

You will need up to date passports and if you have one it is advised that you have an up to date E111 medical card.

Travel insurance is mandatory and must include medical cover and repatriation. (Essential)

Any further queries or questions please contact me on –

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Or through the website at www.great-bear-tours.co.uk