

## **GREAT BEAR - 14 DAY ST MALO TO NICE CYCLE**

The 14 day price for 2019 is £1850 per person and will run from the 18<sup>th</sup> May – 1<sup>st</sup> June 2019

### **WHAT THE PRICE INCLUDES**

- \* Transport to Portsmouth from Milton Keynes
- \* Overnight ferry with accommodation in twin cabins
- \* 13 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

### **WHAT THE PRICE EXCLUDES**

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

### **DAY TO DAY – MAY 2019**

18th – Day 1 – Travel to Portsmouth and overnight ferry to St Malo

19th - Day 2 – St Malo to Vitre – 61 miles

20th - Day 3 – Vitre to Angers – 65 miles

21st - Day 4 – Angers to Tours – 74 miles

22nd - Day 5 – Tours to Chateauroux – 83 miles

23rd - Day 6 – Chateauroux to Montlucon – 66 miles

24th - Day 7 – Montlucon to Riom – 53 miles

25th - Day 8 – Riom to Brioude– 57 miles

26th - Day 9 – Brioude to Le Puy – 43 miles

27th - Day 10 – Le Puy to Aubenas – 56 miles

28th - Day 11 – Aubenas to Malaucene – 65 miles

29th - Day 12 – Malaucene to Apt - 48 miles

30th - Day 13 – Apt to Moustiers-Sainte-Marie - 56 miles

31st - Day 14 - Moustiers-Sainte-Marie to Saint-Raphael - 61 miles

1st - Day 15 - Saint-Raphael to Nice - 44 miles - (Tour ends when you arrive in Nice, you can either fly straight home or stay on. A hotel in Nice can be arranged if you wish)

### **TRANSPORT**

Transport to Portsmouth from Milton Keynes is available as is collection en route down to Portsmouth, you may also meet us at the port, please enquire at time of booking. The ship departs from Portsmouth at 20.15pm on the 18th May. If meeting us at the port then please let me know well in advance so I can arrange to meet you.

Once we arrive in St Malo the following morning we will unload the bikes and set off from the public harbour next to the ferry terminal. Transport back to the UK by van is not available and you will need to fly back to the UK from Nice. Once the ride is over I will load bikes on to the van at Nice harbour where the route finishes and bring bikes and bags back to the UK in the van for you to collect/have delivered a couple of days later.

### **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 and if not we are close to local amenities.

### **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, I am also finding more and more that a day of bad weather is taking its toll on bottom brackets so if you have had your bike for a while I would highly advise having a new

bottom bracket fitted prior to this 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.

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.

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. I have tyres, tubes, bar tape, cleats, brake pads, gear and brake cables, chains and chamois cream.

### **BAGGAGE ALLOWANCE**

Your baggage allowance for this trip is just the one piece of main luggage in the form of a sports/expedition bag or suitcase. It is also a good idea to bring a small bag/rucksack to keep your daily items in to prevent you from having to delve through your suitcase at the side of the road. **I would advise that you have your rucksack with you when we board the ship, containing anything you may need for the overnight ferry crossing and also your cycling gear so you are in your riding clothes before we get off the ferry in the morning.**

### **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.

### **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. I will have a fridge in the van and can do regular supermarket stops. More commonly now people are getting filled baguettes when they can and keeping them in the van so feel free to do as you please.

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

### **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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