



The Tour de France with Viva Travels *Les Alpes*

6 nights/7 days

Arrival day: July 10

Arrival city: Geneva

Departure day: July 16

Departure city: Grenoble

Price for 7-day tour: \$4,295



Tour Highlights:

- View stages 8, 9 and 10, three very exciting stages of this Tour!
- Watch stages 7 and 11 on television at our hotel terrace.
- Climb the Col de la Ramaz and experience the mountaintop finish of Stage 8 at the ski-station of Morzine-Avoriaz.
- On rest day, you have a plethora of choices including the Col des Aravis, the Col de la Croix Fry, the Col de la Colombière and the Col de Forclaz overlooking the Lac d'Annecy.
- Stage 9, includes the *Hors-Category* Col de la Madeleine, about 25 km of climbing at 6.5% average grade, one of the longest in the Alpes, and one you will always remember.
- Ride directly from our second hotel on the tour route to the Col de Laffray for Stage 10, or to the always fascinating *Zone de Revitalization* (Feed zone). Ride as much of the stage as you want, or after the peleton has passed, challenge yourself on the slopes of Chamrousse, where Lance won the uphill time trial on this *Hors-Category* ascent in 2001.
- Experience the legendary Alpe d'Huez and its 21 switchbacks. Those with a penchant for punishment can add the Col du Glandon and Col de la Croix de Fer.

Accommodations

A luxury hotel in the swanky ski town of Megève for 3 nights followed by 3 nights in a luxury chateau just outside of Grenoble – the accommodations on this tour are very hard to beat, both with delightful pools and a spa.

Cycling routes and ability level

Riders should be of intermediate level or above, although with properly focused and consistent training, we believe a rider of any level can tackle most of these routes/climbs. All guests will be sent a cycling training plan to help prepare for this magnificent week of riding. Daily mileage will be 40 – 120 km (25 – 80 miles) with elevation gains of 3,000 – 6,500 feet (or more if you select additional options). Most days have options to shorten or lengthen the ride, with van support available on most routes (van access will be limited on the Tour routes due to road closures).



Non-cycling partners

This tour lends itself well to non-cycling partners who want to experience the luxury accommodations, spas, and alternative activities such as hiking, shopping, relaxing poolside. Being so close to Grenoble allows some city exploration as well. We will make every effort to include non-cycling partners on race days, although we cannot guarantee access on the climbs due to limited access for vehicles (viewing options are available at the bottom, or as far up as one can hike). Non-cycling partners may consider renting a vehicle for full flexibility, although we cannot offer any discounts for non-cycling guests as we must limit our total number of guests to twenty.



What makes this tour so special?

Experience does matter! Jennifer Sage, proprietor of Viva Travels, has been leading and organizing bicycle tours in France since 1989, working for several high-end bicycle tour companies before starting her own specialized Tour Company in 2003. Her familiarity with France, French culture, history, language and joie de vivre makes for a very special experience. Her familiarity with and passion for the Tour de France and with cycling in general allows her to select an itinerary and routes to maximize your experience. For her tours, she selects guides with a special flair for human interaction and service as well as experience.

With Viva Travels, there is no need to change hotels often. We make every attempt to minimize shuttling, although with some stages it cannot be avoided. Our goal is that you'll spend more quality time riding and less time shuttling.

The accommodations set this tour apart from many of the others – we have secured truly first rate hotels! The first hotel, the 4-star Fer a Cheval, is located in the swanky ski town of Megève, conveniently located close to most of the famous beautiful climbs of this region. Our second stop is located just outside of Grenoble at an absolutely beautiful Chateau-hotel beneath the Belledonna mountain range. We feel very fortunate to have been able to book this hotel, one of the top hotels in this part of France.

This tour is also very special because it gives you an excellent taste of the famous cols in this part of France. And, just because the Tour isn't scaling the 21 switchbacks of Alpe d'Huez, doesn't mean you can't! We are so close, it would be a shame not to give you the opportunity to add this climb to your palmares!



Viva Travels Alpes Tour Itinerary

July 10-16, 2009

Day 1 - July 10th

Meet your guides at the Geneva train station/airport in the morning for a transfer to Megève. Your guides will help assemble your bikes followed by a moderate warm-up ride to familiarize you with riding in Europe. If you're feeling adventurous, you can climb the Col des Saisies not far from our village. Tonight, we'll have a very special welcome cocktail reception and banquet at our hotel where your guides will give you the exciting details of the week to follow.

Day 2 - July 11th, Stage 8

TdF Route: Station des Rousses to Morzine-Avoriaz
Your Totals: 60-100 km/37-62 miles.

We drive to Taninges, where riders can jump directly on the Tour route and ride the Col de Ramaz. Non-riders and the van will set up at Les Gets, to enjoy hiking or exploring the village. Riders will pass through Les Gets en route to the mountaintop finish at Avoriaz. We all meet back up in Les Gets for the short drive back to Megève.



Tonight, dinner on your own in Megève.

Day 3 - July 12th Rest Day for the Tour

Your totals: 50-130 km/31-81 mi (shorter options available).

Today you have numerous options, but the one we recommend is the Col des Aravis, the Col de la Croix Fry, and a ride to the sparkling Lac d'Annecy. Ride back, or relax by the lake and swim and hop in the van if desired. Two other options to add to your ride are the Col de la Colombière and the Col de la Forclaz.



Non-cyclists can enjoy the spa and the ample activities in this very active village of Megève.

Tonight, a special dinner of local Haute Savoie specialties.

Day 4 - July 13th (Stage 9)

TdF Route: Morzine-Avoriaz to St. Jean de Maurienne.

Your totals: 70 - 123 km/43-76 mi.

This will be the most difficult and exciting stage in the Alps, and you will watch it from the slopes of the Col de la Madeleine. Your choice: ride directly from the hotel to the Col des Saisies and the Madeleine. For those who desire a little less distance and climbing, we'll drive you to Albertville before you ride up the valley leading up to the Madeleine. 25 km from the bottom, you are at the top (photo below)! After the stage passes (the riders should be pretty spread out at this point), descend down the backside to your waiting bus to transfer to our luxury hotel, the *Chateau de la Commanderie* just outside of Grenoble.

Non-riders will be taken to the new hotel where you can enjoy the pool, the spa, or take a trip into Grenoble for shopping and exploring this Olympic City.

Dinner together at the renowned restaurant at our hotel.



Day 5 - July 14th (Stage 10)

TdF Route: Chambéry to Gap

Your totals: to 40 – 100km/25- 62 mi.

The Tour route passes so close to our hotel – you can jump directly on the route and ride as much or as little of it as desired. We suggest watching the riders at the Col de Laffrey or at the very interesting food zone. But there's also another very special challenge right in our backyard that will tempt the die-hard cyclists, the route of the Tour de France Time Trial won by Lance Armstrong in 2001, the road to Chamrousse. Perhaps we will arrange our own very special time trial?

Non-cyclists can view the stage nearby, explore Grenoble, or go up to Chamrousse for a wonderful day of hiking.

Tonight is Bastille Day, and we are so close to a metropolitan city that will be pulling out all the stops to celebrate. You will be on your own for dinner tonight – we'll go into Grenoble for the fireworks and festivities, allowing you to find whatever type of restaurant suits your fancy, or you can stay back at our hotel and watch the local fireworks in Eybens.



Day 6 - July 15th

Your totals: 42-130 km/25 – 81 mi.

The Tour has moved on, but this is the day for which you have been preparing for the past seven months! The legendary Alpe d'Huez (photo above). A short shuttle will bring you to the base. After a warm-up, your adrenaline will help power you up this amazing climb. Don't forget to smile at the photographer near the top – no one takes better pictures than they do!

Alpe d'Huez not enough for you? You are right there at the base of the combination climb of the Col du Glandon and the Col de la Croix de Fer. Following your ascent, you can ride all the way back to the hotel (43km mostly downhill) or jump in the van in order to experience the spa and pool one last time!



We recommend that the non-cyclists come experience the craziness that is Alpe d'Huez! You can hike as well – the views are breathtaking from the top. Or, continue to enjoy the hotel and nearby Grenoble.

Tonight, a final farewell banquet at our lovely inn.

Day 7 – July 16th

After breakfast, we will escort you to the train station in Grenoble to depart for Paris or Geneva.



Alpes Tour Details 7-day Tour: \$4,295*/pp

For top-level accommodations, stage viewing opportunities and maximum riding time, this tour is an exceptional value! Maximum 22 guests (*fewer than 13 guests requires a slightly higher fee of \$4,495). Ride/view 3 stages, 6 days of riding. Single supplement \$650. A deposit of \$1,000 is required at registration. The balance is due on April 5th.

RESERVE YOUR SPOT AND PAY YOUR DEPOSIT BY DECEMBER 15TH AND RECEIVE A \$200 DISCOUNT.

Price includes transportation from the airport/train station in Geneva to the start of the tour and to the train station in Grenoble at the end of the tour; 6 nights accommodation in luxury hotels; hotel tips and taxes; all breakfasts, four dinners including a gastronomic farewell banquet on the final night; one gourmet picnic lunch you will never forget; a welcome cocktail on our first evening; van support en route providing encouragement, refreshments and a lift if needed; bilingual guides to assist you along the way who take care of every detail (an additional guide added for groups over 15); detailed route notes and highlighted maps; Tour de France viewing tips and stage information; historical and cultural information; packing tips; Viva Travels water bottle. In the months prior to departure, receive via email Tour de France updates and anecdotes, and training tips** to help you prepare for your trip.

We will do everything possible to accommodate non-cyclists and make sure your plate is full of activities. However, the vans must be made available for the cyclists when they are en route, so if you go with the vans, we cannot leave the tour route. We will assist in activity planning prior to the tour.

Not included: airfare, transportation to pick up point or from departure point, five lunches, two dinners, alcohol/beverages at meals, massage or spa treatments, incidentals, or bicycles (bring your own bicycle). Minimal rentals available – please contact us soon to reserve a bicycle if available). For non-cyclists, additional activities might incur some fees (chair lifts for hiking access, bus or ferry, etc).

The pick-up and drop-off point are the train station (which is also the airport) in Geneva, and the train station in Grenoble. We recommend you arrive/depart by plane in Geneva, or Paris with a train to Geneva and from Grenoble back to Paris. Viva Travels can help arrange travel plans prior to or after our tour, including airfare, train tickets, accommodations and automobile rentals for extended stays. Please contact us for more information.



** Jennifer Sage, owner of Viva Travels, is a Certified Personal Trainer, Certified Strength and Conditioning Specialist and a 12-year Master Instructor for Team Spinning USA, now founder and Master Instructor for ICI/PRO (Indoor Cycle Instructor PRO). Your training program will be geared specifically with climbing in mind, and will include both indoor and outdoor training suggestions.

Viva Travels www.vivatravels.com 1-866-804-VELO (8356)
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Arrive three days early to climb the legendary Mont Ventoux

Only \$1,295* (Single supplement \$175); July 7 - 10

The excitement on Mont Ventoux at the 2009 Tour de France showed the world what we already knew – Le Mont Ventoux is a beast of a climb to an inhospitable summit, but riding up this amazing peak will be a memory that any cyclist will cherish for the rest of his or her life. It is one of the most feared *and* revered of all the climbs in France, and thus, is one of the most visited climbs by cyclists from every corner of the globe. If you're coming to France for the Tour, you won't want to miss out on this additional opportunity!



The best thing about Mont Ventoux? Aside from the challenge, the fact that it is located in the heart of Provence, one of the most beautiful and interesting regions of France, is an attraction in and of itself. This region is filled with roman ruins, medieval villages, some of the best vineyards of France, the best food (few would argue that the *cuisine Provençal* is some of the most delicious and healthy in the country) and scenery that includes gorges, rocky hills, olive groves, lavender, vines and the ubiquitous fields of endless sunflowers.

July 7th Meet at the train station in Avignon where we'll drive you to our lovely inn in Vaison la Romaine. We'll take a beautiful moderate ride in the afternoon through the vineyards. Dinner together at our hotel in Vaison.

July 8th. Today is the day you climb Mont Ventoux. Take your time, rely on the van for support if needed, or go for your own personal best up the *Giant of Provence*. After the climb, we'll celebrate with a celebratory diner of local specialties at restaurant.

July 9th. A pleasurable ride through the vineyards of the Vaucluse, hopping from one medieval village to the next. There are a couple of optional moderate climbs that reveal the beauty of the surrounding area. We will most definitely stop for some wine tasting en route. We'll load up the van in the afternoon for a scenic 3.5-hour drive to Megève. Dinner on your own.

July 10th Today is the start of the Alpes 7-day tour, but having arrived early, you have an advantage. You have a choice of exploring Megève and hiking, taking the day off of from cycling or meeting the group later for the climb up the Col des Saisies. Or if you want even more riding, we'll give you route notes for a longer more challenging ride in the region. There is no shortage of activities!

* double occupancy. Includes pick up in Avignon at the train station, 3 nights accommodation, 3 breakfasts, 2 dinners, van support, and transportation to the start of the main tour in Megève (a 4-hour drive).

Stay a few days longer in the Alpes in a self-guided capacity.

From \$175/pp/day (double occupancy – final price depends on your selection of inns).

There's so much more riding in the Alpes, you won't want to leave after our tour is over! We can provide you with highlighted maps and detailed route notes for more incredible riding, plus all the additional information and tips you'll need for self-guided cycling. Includes accommodation, breakfasts, route notes, maps, restaurant suggestions, and driving tips. Transportation not included – we can help make arrangements for a rental vehicle.