



*Les Chasseurs des Cols\**  
with Viva Travels and  
The FredCast  
*\*The Col Seekers*



**Arrival day:** September 5  
**Arrival city:** Geneva  
**Departure day:** September 12  
**Departure city:** Geneva  
**Price for 8-day tour:** \$3,195\*

\* if deposit is paid before April 30, 2009, \$3,395 after 4/30  
Single supplement \$500



### Tour Highlights:

- Ride up to 11 famous cols of the Tour de France  
These include the Col de la Colombière, Col des Aravis, Col de la Croix Fry, Col de la Forclaz, Col de Tamié, Col de Madeleine, Col de Télégraph, Col du Galibier and of course, the quintessential Alpe d'Huez. Additional options include the Col de Sarenne, Les Deux Alpes and the Col du Glandon.
- An optional rest day is available on the second to last day, allowing those who desire a chance to rest for the *pièce de résistance*, l'Alpe d'Huez on the final day of climbing! Or, choose from several other beautiful options in the region of varying difficulty.
- Potential of 30,000+ feet of climbing in 7 days. (But don't worry, there is a support van when needed!)
- Ride over excellent mountain roads with breathtaking Alpine scenery.
- Relax in the evenings at comfortable 2 and 3-star inns.
- Enjoy fantastic traditional Savoie dining.
- Enjoy the company of David Bernstein, host of The FredCast Cycling Podcast, and many other FredCast listeners! ([www.thefredcast.com](http://www.thefredcast.com)).

### Accommodations

The first two nights are at a very nice 3-star hotel situated on the banks of the Lac d'Annecy, in the village of Talloires. This lovely lake is the cleanest in Europe and will be a welcomed swim after our first big day of riding. The next two nights are in two hotels, in Bourg Saint Maurice and St. Jean de Maurienne. We will finish with three nights at a charming Alpine chalet in Mizoën, not far from the base of Alpe d'Huez.

### Cycling routes and ability level

Riders should be strong cyclists, although with properly focused and consistent training, we believe a rider of intermediate level can tackle these routes/climbs. All guests will be sent a cycling training plan to help prepare for this magnificent week of riding.

Roads in France are very well-maintained, and drivers are courteous to cyclists.



Daily mileage will be 80 – 120 km (50 – 80 miles) with elevation gains of 3,500 – 7,000 feet. A few days have options to shorten or lengthen the ride, but two transfer days are point to point. Van support will be available along the way. (Note: on transfer days, the van must first deliver the luggage to the new hotel, and then will return to the group).

### **Non-cycling partners**

Non-cycling partners are welcome on this trip but may spend a lot of time in the van. On non-transfer days, they can select from a plethora of other outdoor activities such as hiking, exploring villages, relaxing poolside (when available), spa services at some locations, renting mountain bikes, or shopping. A couple of the inns will be somewhat remote so activities may be limited. Non-cycling partners may consider renting a vehicle for full flexibility, although we cannot offer any discounts.

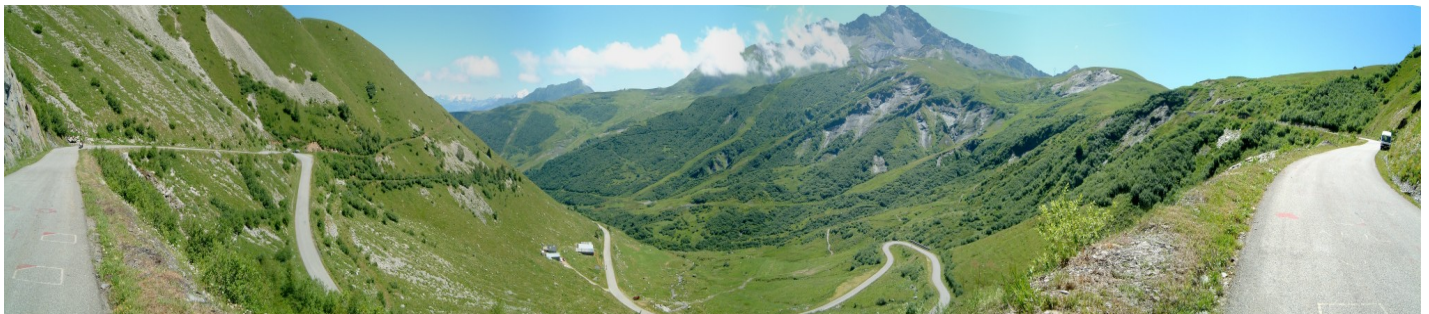
### **What makes this tour so special?**

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 the Tour de France climbs 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.



### **The FredCast**

This tour was put together in conjunction with the internet's premiere cycling podcast, The FredCast. David Bernstein, the show's producer and host, will entertain guests, riding every centimeter of the way! You can enjoy The FredCast and download podcasts to your iTunes at [www.thefredcast.com](http://www.thefredcast.com)



*Photo: Col de la Madeleine*

***Viva Travels & The FredCast***  
***Chasseurs des Cols Tour Itinerary***  
***September 5-12, 2009***

**Day 1 – Saturday, September 5<sup>th</sup>**

Meet your guides at the Geneva train station/airport in the morning for a transfer to Talloires on the banks of Lac d'Annecy. Your guides will help assemble your bikes followed by an easy warm-up along the lake ride to familiarize you with riding in Europe. If you're feeling adventurous, you can climb the Col de la Forclaz not far from our village. Tonight, we'll have a very special welcome cocktail lakeside reception and banquet at our hotel where your guides will give you the exciting details of the week to follow.

**Day 2 – Sunday, September 6<sup>th</sup>**

Your Totals: 66-85 km/41-53 miles. [Elevation 6,490]

We call this ride "The Big Three," with three famous Tour de France climbs. Begin with the Col de la Croix Fry, add on the top portion of the Col des Aravis with views of Mont Blanc and finish with the *Hors Category* Col de la Colombière. Return via a fast and fun downhill back to our hotel in Talloires. Ambitious riders can add on the steep (up to 12%), but relatively short (9 km), Col de la Forclaz overlooking the lake.

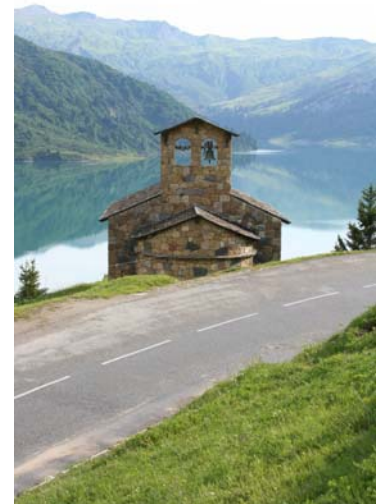


Tonight, dinner together in Annecy.

**Day 3 – Monday, September 7<sup>th</sup>**

Your totals: 88 km/55 mi. [Elevation 5,175']

Transfer day to Bourg Saint Maurice. This town is often used as a departure or arrival city for Tour de France stages, with challenging cols into and out of the region. After a wonderful wide-open flat bike path for 15 miles, you'll begin climbing and then descending to the village of Beaufort, where the spectacular climb of the Cormet de Roselend begins (photo right). Eager col seekers may begin the day with the Col de la Forclaz.



Tonight, dinner on your own in Bourg Saint Maurice.

**Day 4 – Tuesday, September 8<sup>th</sup>**

Your totals: 110 km/68 mi. [8,415' elevation].

Transfer day to the Haute Savoie, to the village of Saint Jean de Maurienne. We'll be rolling up and down on smaller hillsides overlooking the valley to the relatively unknown col of the Notre Dame des Près before taking on one of the most famous climbs of the region, the Col de la Madeleine. This is the longest and hardest day of the week!

Tonight, dinner on your own in St. Jean de Maurienne.

### Day 5 – Wednesday, September 9<sup>th</sup>

Your totals: 40 – 80km/25- 50 mi. [6,300' elevation]

Last transfer day to our home for three nights, a tiny little Alpine village called Mizoën. The Hotel Le Panoramique is a charming chalet where homemade meals will be made exclusively for our group each evening!

Your day will begin with a flat warm-up for 10 miles before the next big challenge, the duo of the Col du Télégraph and the Col du Galibier. The descent will be memorable, with views of the Meije glacier for much of the way (photo at right). You'll descend for 35 km before the short climb to our hotel.

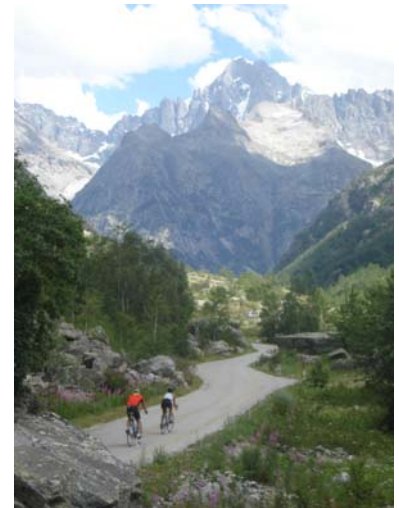


Dinner together at our hotel.

### Day 6 – Thursday, September 10<sup>th</sup>

Your totals: 0 - 100 km/0-62 mi.

Choices, choices, choices! This day can be used as a rest and recovery day to prepare for tomorrow's big climb. Go for a hike or take the van to explore Bourg d'Oisans. Cycling options range from amazingly beautiful and remote roads to La Bérarde (70km, photo at right), to mild cycling in the valley to the Lac Verney (30-50km), to the challenging Les Deux Alpes, to another epic climb, the Col du Glandon (100km), and even more favorite cycling routes of the locals. One thing is for certain, tomorrow is the big day, so you'll want to save some energy!



Dinner together at our hotel.

### Day 7 – Friday, September 11<sup>th</sup>

Alpe d'Huez looms over our valley. Start the day with a nice warm-up to Bourg d'Oisans before taking on the famous 21 switchbacks of Alpe d'Huez. After a celebratory drink at the village at the top, your descending options are varied. An additional short climb up to the Col de Sarenne from the village of Alpe d'Huez will return you directly to our hotel, via the savage scenery in this valley. Or, take one of the several balcony roads on lightly traveled roads, to return to the hotel via a lower route. Whatever you decide, this day, and this tour, will remain firmly entrenched in your memory for the rest of your life as one of your greatest accomplishments!



Celebrate the week with a final banquet together at our hotel.

### Day 8 – Saturday, September 12<sup>th</sup>

An early departure by bus will return you to the airport in Geneva where you can make your connection.

## ***Les Chasseurs des Cols Tour Details***

**Alpes 8-day Tour: \$3,195\* /pp (\*before April 30)**

**\$3,395 (after April 30). Single supplement \$500.**

For pleasant accommodations, fantastic dining, maximum riding time, and unrivaled service and support, this tour is an exceptional value! Maximum 20 guests. Single supplement \$500. A deposit of \$1,000 is required at registration. The balance is due on July 15<sup>th</sup>.

Price includes transportation from the airport/train station in Geneva to the start of the tour and a bus shuttle back to the Geneva airport at the end of the tour; 7 nights accommodation in charming 2 and 3-star hotels; hotel tips and taxes; all breakfasts, five 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; two bilingual guides to assist you along the way who take care of every detail; detailed route notes and highlighted maps; profile information of the cols you'll be riding; GPS coordinates for many of the routes; historical and cultural information; packing tips; and a Viva Travels water bottle. In the months prior to departure, receive a training program and occasional training tips via email\*\* to help you prepare for your trip.

Not included: airfare, six lunches, two dinners, alcohol/beverages at meals, incidentals, travel insurance (recommended), or bicycles (bring your own bicycle). Some bicycle rentals available. Good quality bicycles are 23€ per day, higher quality are 27€ per day.

We recommend you arrive/depart by plane in Geneva. Arrivals should be scheduled by 12:00 in Geneva, and departures should be scheduled at 12:00 or later. You can also arrive in Paris and take the train to Geneva. 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 Master Instructor for Team Spinning USA. Your training program will be geared specifically with climbing in mind! You will also receive the free eBook "Keep it Real – How to use indoor cycling to train for outdoor riding" (\$20 value) written by Jennifer Sage.

For every guest on a tour in 2009, Viva Travels will donate \$20 to the Livestrong foundation. Additional donations are welcome at <http://www.cyclingfusion.com/jennifer.html>

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