



*Les Chasseurs des Cols**

The Classic Cols of the Alpes

Presented by
Viva Travels and
The FredCast

**The Col Seekers*



Arrival day: August 21, 2010

Arrival city: Geneva

Departure day: August 28, 2010

Departure city: Grenoble

Price for 8-day tour: \$4,350

Single supplement \$650



Tour Highlights:

- *Chasseur des Cols* means the Col Seeker! Ride up to 13 famous cols of the Tour de France, including the Col de la Colombière, Col des Aravis, Col de la Croix Fry, Col de la Forclaz, Col de Tamié, Cormet de Roselend, Col du Pré, Col de Madeleine, Col de Télégraph, Col du Galibier, Les Deux Alpes, Col de la Croix de Fer, and of course, the quintessential Alpe d'Huez.
- Potential of 34,000+ 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 beautiful hotels and chateaux.
- Enjoy fantastic traditional Savoie dining.
- Enjoy the company of David Bernstein, host of The FredCast Cycling Podcast, and other FredCast listeners! (www.thefredcast.com).

Accommodations

The first two nights are at the luxury 4-star hotel, L'Abbaye de Talloires, 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. We follow with one night each at the Hotel Million in Albertville, followed by the Grand Hotel Valloires in the shadow of the Galibier. You will love your two nights at the Chalet Mounier in the resort town of Les Deux Alpes, and you'll top off your trip at the luxury Chateau de la Commanderie just outside of Grenoble.

Cycling routes and ability level

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

Daily mileage will be 80 – 120 km (50 – 80 miles) with elevation gains of 4,000 – 8,000 feet. A few days have options to shorten or lengthen the ride. Van support will be available along the way so there is no need to feel like you have to cover it all!

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 or lakeside, spa services at some locations, renting mountain bikes, or shopping.

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 passion for 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. She brings her expertise as a personal trainer and training knowledge to her tours to help you prepare for this adventure. 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! Follow his own training in his podcasts as he prepares for this epic ride. You can enjoy The FredCast and download podcasts to your iTunes at www.thefredcast.com



Viva Travels & The FredCast
Chasseurs des Cols
The Classic cols of the French Alps
August 21 - 28, 2010

Day 1 – Saturday, August 21st

Meet your guides at the Geneva train station/airport in the morning for a transfer to our hotel in Talloires on the banks of Lac d'Annecy. Your guides will help assemble your bikes followed by a ride around the lake. 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. Following dinner, Jennifer will give you some pointers on climbing and descending that you can utilize the very next day!

Day 2 – Sunday, August 22nd

Your Totals: 66-100 km/41-62 miles. [Elevation gain 5,000 – 7,500feet]

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, August 23rd

Your totals: 113-124 km/70-77 mi. [Elevation 4,000 – 5,800feet]

Transfer day to the Olympic Village of Albertville, often used as a departure or arrival city for Tour de France stages, with numerous 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. There's also an option to add on the short but remote Col du Pré.

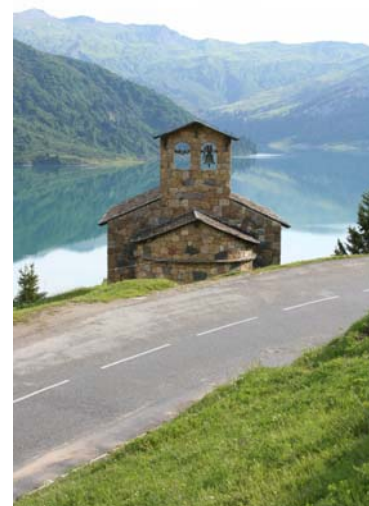
Dinner is on your own tonight in Albertville.

Day 4 – Tuesday, August 24th

Your totals: 110 km/68 mi. [8,000 elevation].

Transfer day to the Haute Savoie, to the village of Valloires nestled in the high Alps between the cols of the Télégraph and the Galiber. Today you are taking on one of the most famous climbs of the region, the Col de la Madeleine. The Télégraph from this side is no slouch either, at 7.5%. This is probably the most challenging day of the week!

Dinner together at our mountain chalet in Valloires.



Day 5 – Wednesday, August 25th

Your totals: 78-82km/48-51 mi. [4,000 – 6,100 feet]

Your day will begin with an in-your-face climb from the get-go the astonishingly scenic 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 next climb to our hotel in the ski resort of Les Deux Alpes. For those who want just a little less climbing, we even have a super-secret way up to Les Deux Alpes using a ski lift that will take your bike along with you!



Our chalet will prepare a welcome dinner for us.

Day 6 – Thursday, August 26th

Your totals: 0 - 100 km/0-62 mi. [0 – 4,500 feet]

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 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!



Tonight we'll have a meal of local Savoie specialties together in town .

Day 7 – Friday, August 27th

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 at 8% average grade. After a celebratory drink at the village at the top, your descending options are varied. You now have the choice to ride 48km all the way to our new chateau hotel just outside of Grenoble, or jump in the van to avoid some busier roads. 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 gastronomic banquet together at our hotel.

Day 8 – Saturday, August 28th

An early departure by bus will return you to the train station in Grenoble where you can make your connection to Geneva or Paris.

Les Chasseurs des Cols with The Fredcast

Tour Details

\$4,350/pp

Single supplement \$650.

For fine accommodations, fantastic dining, maximum riding time, unrivaled service and support, this tour is an exceptional value!

Maximum 22 guests. Receive a \$120 discount if paid by check. A \$1,500 deposit is required at registration. The balance is due on May 1st.

Price includes transportation from the airport/train station in Geneva to the start of the tour and a bus shuttle back to the Grenoble train station at the end of the tour; 7 nights accommodation in fabulous 3-star hotels; hotel tips and taxes; all breakfasts, 6 dinners including a gastronomic farewell banquet on the final night; a 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; profile information of the cols you'll be riding; detailed route notes and highlighted maps; 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. This is an opportunity of a lifetime to climb some of the most famous cols in the world.

Not included: airfare, six lunches, one dinner, alcohol/beverages at meals (except where noted), incidentals, travel insurance (recommended), or bicycles (bring your own bicycle). Limited bicycle rentals available. Good quality road bikes are 27€ per day, higher quality titanium road bikes are 35€ per day.

We recommend that you arrive/depart by plane in Geneva. Arrivals should be scheduled by 12:00 in Geneva, and departures should be scheduled at 2:00 or later (or the next day). 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.

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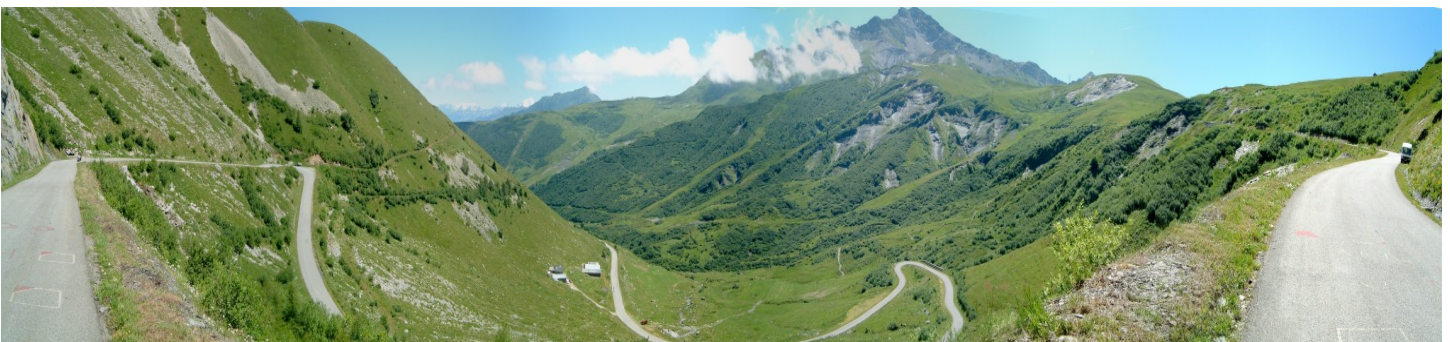


Photo: Col de la Madeleine