



14th to 26th July 2010. 13 days / 12 nights

Tour de France 2010

... Grenoble, Pyrenees & Paris

Thank you for your interest in the 2010 Cycling Adventures Tour de France.

Over 13 days we will experience all the excitement of the world's greatest bike race, ride through some fabulous countryside and soak up some French culture along the way.

Below is our proposed itinerary, complete with our list of hotels and included meals. Each riding day will have easy and harder ride options, so there is normally something to suit all levels of riding ability. Our emphasis is on a leisurely tour, finding just the right mix of race viewing, riding and relaxing. Where possible, our hotels are carefully chosen for their proximity to the race. We know our team of tour leaders are the best in the business, so why not join them in 2010



The Adventure Travel Company is proud to be associated with the Amy Gillett Foundation. A donation is being made to the foundation from every booking made through our company.

Itinerary

Wednesday 14th July

There's a mix of excitement as we gather together for the first time on the tour, with people arriving at all times of the day. Our staff are there to meet you and help with settling you and your bike into France. For two weeks, we aim to sample the smorgasbord of French cycling experiences. We'll face challenges on the bike but there is no hurry; it's not a race. Some days we'll ride part of the race route, see race starts, finishes and sprints and the feed stations. We'll experience first-hand what it takes to climb mountain roads that separate champions from the merely excellent. At the same time we'll share the excitement of villages dressed up for the passage of the TdF while refining our taste for French cuisine in boulangeries, bars, cafés and restaurants. Each day there are ride options with time to dawdle and sightsee, or to make an effort that gets your heart racing. By the time we return to Paris for the Champs-Élysées finish, you'll have filled a mental memory card to overflowing with experiences of your own Tour of France.

Today is an arrival day and you are free to arrive into Grenoble at anytime. (As a rule, most hotel rooms are not available until 2pm). We will be arranging private transfers from the Grenoble Railway station to the hotel in Voiron. (Refer to the booking form for costs). There's time to settle in, reassemble your bike and meet fellow cyclists and staff that will be joining our TDF adventure. There may even be an opportunity to move your legs on a short ride this afternoon? We'll enjoy a welcome dinner this evening at our hotel – which is home for two nights.

Today is Bastille Day and in accordance with tradition, a Frenchman will attempt to win the stage.

Accommodation:

Hôtel Best Western Palladio - Voiron

Meals: breakfast & dinner

Thursday 15th July

After breakfast, we will choose our ride for the day and cycle 100kms, 50kms or 30kms to the stage finish in Bourg-lès-Valence, a first for the town. The stage finishes are a hive of activity so we'll find a position for the arrival of the race caravan of over 300 vehicles, then the flurry of sprinting riders and support cars. After the winners' presentations we will board our coach for a leisurely ride back to our hotel for the evening, including dinner.

Accommodation:

Hôtel Best Western Palladio - Voiron

Meals: breakfast & dinner



Friday 16th July

We'll make our way from the hotel after breakfast and drive in the coach to Bourg de Peage, which is another first-time town to stage a start of the TdF. You'll have an opportunity for autographs and rider sightings as they warm up in the teams' areas. After seeing the peloton roll out of town, we'll start a 90kms scenic 'hilly' ride, with some shorter ride options available. We'll regroup and join the coach for a long transfer south to Montpellier, for 1 night. The tour is moving fast now across central France and we need to keep in front as much as possible. Tonight is free to explore the restaurants & bars of Montpellier.

Accommodation:

Mercure Montpellier Centre - Montpellier

Meals: breakfast

Saturday 17th July

Today we will continue west into the start of the Pyrenees region and ride from a designated start point to our hotel in St Girons. It's possible to do a number of wonderful rides, including the Col de Portet d'Aspet, where the very moving monument to Italian cyclist Fabio Casartelli stands in tribute to his tragic death in the Tour of 1995. As always we will organise our rides to suit with something for everyone. We do not expect that we will see the TdF today, but instead, enjoy an afternoon cycling through this beautiful area of France. St Giron is located at the base of the Pyrenees and Hotel Eychenne is a former coaching inn, run by the same family for 7 generations and boasts Lance Armstrong amongst the hotel's former guests

Accommodation:

Eychenne Hotel - St Girons

Meals: breakfast

Sunday 18th July:

Today celebrates the one hundredth anniversary of the Tour's first foray into the Pyrenees. We will experience the peloton up close again, as we will make our way from the hotel on our bikes to view the race as it passes through from Revel to Ax-3 Domaines. This afternoon, we continue deeper into the Pyrenees to our hotel in Bagneres de Luchon, where the tour arrives on the 19th July. This evening we will enjoy another dinner of local specialities in our hotel.

Accommodation:

Hotel Acta Luchon - Bagneres de Luchon

Meals: breakfast & dinner

Please note: we generally have at least 2 nights in a hotel BUT due to accommodation difficulties, we have elected to take you into both St Girons & Luchon, so you can experience the TDF and also, cycle through the wonderful area in Luchon.

Monday 19th July

The countdown is as the riders make our last week dash towards Paris. It's time for us to explore Bagneres de Luchon and the amazing riding opportunities that are available. Under its former name of Luchon, the town was the finish of the very first stage through the Pyrénées in 1910, after notably crossing the Portet d'Aspet and Ares mountain passes. In the afternoon, we may stay on to see the stage finish in the town, OR take the opportunity to cycle to our hotel further west in Lourdes.

Lourdes was once a quiet village at the foot of the Pyrénées, until when in 1858 a 14-year-old local girl, Bernadette Soubirous claimed a beautiful lady appeared to her in a remote grotto.

The lady later identified herself as "the Immaculate Conception" and the faithful believe her to be the Blessed Virgin Mary. The lady appeared 18 times, and by 1859 thousands of pilgrims were visiting Lourdes. Today the town is swarming with pilgrims, some simply curious and others hopeful of a cure for all manner of ills. It makes for a rather bizarre scene at times but has to be seen to be believed.

We have 4 nights in Lourdes and dinner tonight is included at our hotel.

Accommodation:

Grand Hotel Moderne - Lourdes

Grand Hotel Gallia & Londres - Lourdes

Meals: breakfast & dinner

Tuesday 20th July:

Lourdes is a great base for exploring the Pyrénées by bike. Today there's the opportunity to ride the most famous climb in the Pyrénées, the Col du Tourmalet. Cycling from our hotel, on the excellent bike path to Argeles Gazost, we'll start on the climb up Col du Tourmalet, a must do for most cyclists. After reaching the summit and relaxing with a cold drink, we'll enjoy the easy ride along the valley back to Lourdes. If you want a lazy day, you can of course stay in Lourdes and do a bit of souvenir shopping, or maybe do a short ride along the local bike path. Tonight we will have a group dinner waiting for us on our return where we can celebrate the day's challenges.

Accommodation:

Grand Hotel Moderne - Lourdes

Grand Hotel Gallia & Londres - Lourdes

Meals: breakfast & dinner

Wednesday 21st July

It's a well earned rest day today for the TDF cyclists, but our group will have the opportunity to ride the famous climb, Col d'Aspin. We will drive to Bagneres and commence the lovely scenic ride up to the summit of the col. There is no better day to explore by bike the legendary Pyrénées Mountains and for just one day, you can experience the very same roads that many a Tour de France cyclist has enjoyed! As it's a free day, the choices are likely to be changed and added to the closer to the time, but cycling will no doubt be on the agenda.

We will have dinner this evening at our hotel.

Accommodation:

Grand Hotel Moderne - Lourdes

Grand Hotel Gallia & Londres - Lourdes

Meals: breakfast & dinner

Package

Cost: AU\$5999.00

per person, twin share

Single supplement \$1675.00

– subject to availability

Tour date: 14th-26th July 2010

Deposit: Non refundable - \$1500 required at the time of booking

Group size: Maximum 36 plus 4 staff

Trip inclusions:

- 12 nights' accommodation – based on twin share (2 people per room)
- 12 x breakfast daily
- 8 x dinners including farewell dinner in Paris
- 4 experienced, professional cycling staff & guides & 1 coach driver
- Transportation – Luxury 50 seater coach (maximum group 36) & a custom built bike trailer
- Support vehicle – 9 seater & driver
- Bike set up & any mechanical needs & tool box
- Commemorative Tour de France cycling Jersey & courier styled bag
- Ride options – 2 to 3 guided rides daily including Tour de France viewing. (inc guided Paris City ride)
- TGV – fast train – ticket from Bordeaux to Paris
- Maps & comprehensive itinerary & trips notes
- GPS assistance & communication tools
- Full service from Adventure Travel for all pre & post travel arrangements

Exclusions:

- International Airfares - Contact us now for the 2010 'early bird' airfares
- Bike Rental – from €35 per day
- Lunches, drinks & snack bars
- Travel Insurance - compulsory
- Personal purchases
- Passport or Travel Visa requirements
- Pre & post tour accommodation or tours
- Airport transfers – recommended when travelling with bikes

Thursday 22nd July

Today is the much talked about 174km stage from Pau to the Col d'Tourmelet and we will see the peloton up close, with a choice of rides for the group. The crowds today are predicted to be the biggest of Le Tour, but this all adds to the fun of the day when you are cheered on by the enthusiastic locals as you ride your bike slowly up the mountains. The publicity caravan (running ahead of the peloton by about 1 hour) will keep you excited about the eminent arrival of the peloton. You'll watch hundreds of media cars and sponsor vehicles pass you by, before being mesmerised by the sound of the helicopters and the wave of clapping and cheering coming towards you. The peloton has arrived... and so too has the indescribable silence... you hear nothing but the humming sound of the wheels and riders breathing. It's back to the hotel by bike and for dinner at our hotel.

Accommodation:

Grand Hotel Moderne - Lourdes

Grand Hotel Gallia & Londres - Lourdes

Meals: breakfast & dinner

Friday 23rd July

We move hotels today, making our way to Bordeaux. We will offer great cycling options through the wine regions, before finishing in Bordeaux, for a one night stay. There may also be an opportunity to again see a passage of the tour as it passes us heading north from Salies-de-Béarn to Bordeaux. Bordeaux, which will receive the Tour for the 80th time – the highest record after Paris – should see flatland specialists living up to tradition and showing off their skills at this sprinters' finish by the river in Quinconces Square. Tonight is free for you to explore the bars & restaurants of Bordeaux, where the town will celebrate having the tour in town.

Accommodation: Mercure Bordeaux

Chateau Chartrons - Bordeaux

Meals: breakfast

Saturday 24th July

Time Trial day and an opportunity for us to witness the cyclists departing Bordeaux city centre before cycling flat out to the finish in Pauillac. The last individual time trial that was launched from Bordeaux was won by Jan Ullrich in 1996. Watching each cyclist at the start line is another

Tour experience added to your adventure. We will make our way mid afternoon to the train station for our journey to Paris by high speed TGV train. The distance is almost 600km however travelling at speeds of up to 300km per hour; we'll arrive in Paris in no time at all. We know you will love the experience. Upon arrival in Paris, we'll make our way to the hotel and enjoy a free night to explore this beautiful city.

Accommodation:

Abba Montparnasse - Paris

Meals: breakfast

Sunday 25th July

The final day of 'Le Tour' and although normally the race is all but decided, it is still a day with plenty of cycling action. In the last few years, the sprinters have dominated the racing on the Champs-Élysées with the battle for the Green Jersey, and this year should be no exception. You may want to simply enjoy the day in Paris, or join the crowds and take in the atmosphere of the race. This morning, we will take you on a ride from the hotel around the sights of Paris and possibly a ride along the Champs Elysees, which will give you an appreciation of how skilled the race riders are to travel at such high speed over the cobbles. With no traffic, and the most beautiful city in the world as a backdrop, this is one ride you do not want to miss. Late morning, our staff will assist with the breaking down of the bikes, for transport in their cases back home.

We'll make our way to the Champs Elysees to view the grand finale and culmination of 3 weeks cycling around France... It's no wonder that the Tour de France is known as the world's largest sporting event... Tonight is our last night together, so we will have a farewell dinner in one of Paris's most famous restaurants to celebrate the finish to a memorable two weeks.

Accommodation:

Abba Montparnasse - Paris

Meals: breakfast & farewell dinner

Monday 26th July

Our tour finishes after breakfast at the hotel. For some people it's time to head home while others will take time to stay on in Paris. Transfers from the hotel to the airport or rail station can be arranged (additional cost) and are strongly recommended, especially if you have your own bike.

Tour de France 2010

Booking Form



Please indicate the tour you wish to be booked onto:

- Mont Ventoux & Alp d'Huez** 4 days / 3 nights with Cycling Adventures 11th to 14th July 2010
\$1350.00 per person twin share
\$730 single supplement – subject to availability
- Tour de France** 13 days / 12 nights with Cycling Adventures - 14th to 26th July 2010
\$5999.00 per person twin share
\$1675.00 single supplement – subject to availability

It is essential that the following details are completed and returned as soon as possible, so that we can assist you with documentation requirements for your overseas travel. We are not responsible for incorrect documentation if this form is not returned to us.

Your personal details

Please complete all personal details as per your passport:

First Name: _____
Surname: _____
Address: _____
City: _____ Postcode: _____
Tel (AH): _____ Mobile: _____
Email: _____
Date Of Birth: _____ Occupation: _____
Passport number: _____
Place of issue: _____ Expiry date: _____

* Please email or post us a copy of your passport.

Are you travelling... (tick one)

- alone and require a single room? (supplement applies)
 alone and wish to share with another person
 with someone else & wish to share a room with them?

If so, what is their name? _____

Are you a non-rider? Yes No

Your health and fitness

In order for you to achieve maximum enjoyment from your cycling holiday, it's very important that you are fit, ready and prepared. Although this is not a training camp, the days in the saddle climbing the famous Cols can be long and hard work. We recommend that you ride frequently before your tour and ride some hills.

How long have you been cycling for? _____

Do you cycle frequently? Yes No

Do you cycle mainly Flat roads Hilly / Mountainous

How many kms on average per week? _____

Have you experience cycling in groups? Yes No

Have you cycled in any events? Eg: Round the Bay _____

Do you have any special diet requests? eg: vegetarian / lacto ovo / allergies? _____

Do you eat fish? _____

Do you have any special medical / health conditions that we must be aware of?. eg: heart disease or injuries.

*You may be required to get a medical Clearance form completed by your doctor.

Emergency contacts while overseas

Name: _____

Relationship to you: _____

Phone contact: _____

Your travel bookings

As a licensed travel agency, we can assist you with the following:
Please tick the box if you require costs. All prices listed as pp = per person

Airfare quotes: business / economy
Frequent flyer # _____ Preferred airline _____

- Pre tour accommodation (pick up hotel)
 Post tour accommodation
 Airport or rail transfers
 Additional day tours or sightseeing
 Travel Insurance – fully comprehensive * Compulsory to join this tour
 Additional bike cover –
up to max. of \$6000calculated at 4% of the bikes value

If you do not require our insurance, please provide a copy of your policy including the policy number, the insurance company and their emergency medical assistance contact phone numbers (from France).

We recommend that you purchase a "DEPOSIT PROTECTION" travel insurance policy at the same time that you pay the deposit to cover you for cancellation. These travel plans cover you for your deposit up to the applicable limit should you cancel your trip for a reason covered by this insurance. At the time of making your final payment you should upgrade to a travel plan suitable for your trip. The amount paid by you for this travel plan will be deducted from the total amount payable. Not available for purchase more than 12 months prior to departure. Current cost is \$100 per person.

Are you interested in hiring a bike? Yes No

Signing this booking form indicates that you have read the booking conditions and agree by them.

Signature: _____ Date: _____

Your payments

Deposit

A non refundable deposit is required at the time of booking and must include this booking form to be completed at the same time. The "Pre Tour" deposit is AUD\$500 per person & the "Tour de France " deposit is AUD\$1500 per person. This deposit can be paid by credit card, however credit card fees will apply.

Final payment is due on the 20th April 2010

Direct credit, cash or cheques are preferred – Payable to The Adventure Travel Company.

Bank Deposit: National Australia Bank - Melbourne Office - Branch #: 083-155 - Account #: 45-305-3930 - The Adventure Travel Company - Trust Account

Any payments made in foreign currencies may incur bank fees and currency fluctuations, which will be adjusted in the final invoice & paid by the participant. Credit card surcharges of 2% for Visa & MasterCard & 3.1% for Amex & Diners will apply to all bookings

Creditcard Authorisation: – Fax to 03 - 9696 8600

Type of card: AMEX VISA MASTERCARD DINERS

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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CCV#

Name on card:

Card Expiry:

Amount:

I authorise The Adventure Travel Company to debit my above card account with the above amount.

A credit card surcharge of 2% for Visa & MasterCard or 3.1% for Diners & Amex will apply to all bookings and this will be reflected in the amount debited to the card.

Signature of cardholder:

Date:

Booking conditions

This holiday is sold by travel agent, The Adventure Travel Company South Melbourne Pty Ltd of 282 Coventry Street, South Melbourne Victoria 3205, (hereinafter called the "company" or "we") and is operated by the company and is sold subject to the following conditions:

To make a booking, you must send The Adventure Travel Company a signed booking form and a deposit of AUD\$1500.00 per person. We will then invoice you for the remainder of the cost, which must be paid no later than 90 days prior to the commencement date of the tour. If you book a tour, which is departing in less than 60 days final payment is required at the time of booking. Notification of cancellation must be made in writing to the company.

Your deposit IS NON REFUNDABLE - Travel Insurance is recommended at the time of booking - please refer to the insurance policy for all conditions.

If you cancel your booking after you have paid in full, the following cancellation charges will apply.

60 days to 42 days - 40% of tour cost

41 days to 28 days -60% of tour cost

Less than 28 days - 100 % of cost

We will not cancel your tour unless -

i. We are forced to do so by unusual or unforeseeable circumstances, such as flight cancellations, war, and civil or political unrest.

ii. Because the minimum number of bookings required operating the tour has not been reached. In these cases, we will advise you no later than 75 days prior to departure. Cancellation fees will not apply.

Prices for the tours are subject to change at all times by the operators concerned. All prices are subject to currency fluctuations and will be adjusted accordingly on your invoice. Any payments made in foreign currencies may incur bank fees and currency fluctuations, which will be adjusted in the final invoice & paid by the participant. Credit card surcharges of 2.00% for Visa & MasterCard & 3.1% for Amex & Diners will apply to all bookings. Any information or advice provided by the Company on matters such as visas, medical requirements, climate, cycle clothing, baggage, cycle equipment etc is given in good faith but without full responsibility on the part of the Company.

Your booking is accepted on the understanding that you realise the hazards involved in this type of cycling tour, including injury, disease, loss or damage to

property, inconvenience & discomfort. The itinerary is an indication of what the tour involves, however, at times, there is a need to be flexible and acknowledge that delays and alterations can occur as a result of unforeseen circumstances.

Before you join our cycle tours, you must have travel insurance to cover you as a result of any unforeseen circumstance, such as medical emergencies, ambulances, helicopters, loss or damage to your bicycle etc. Please Note: We can only provide insurance for Australian residents living in Australia.

The Company will not be held responsible for any mishap to yourself or your property and in particular for the consequences or effects of war, riots, strikes, robbery, sickness and government intervention.

When you sign the booking form, you acknowledge and accept all these conditions above.

Contact

David Hull

Cycling Adventures - The Adventure Travel Company

282 Coventry Street, South Melbourne Vic 3205

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www.adventure-travel.com.au or www.tourdefrance.com.au

