



TERROIR

ALPS: DISCOVERY OF THE HAUTE MAURIENNE BY BIKE

ESCAPE: BIKE TRIP FOR ALL

Crédit photo : Maurienne Tourisme



Place :

Val-Cenis Termignon,
France
Alps, Haute Maurienne



Dates :

June 11>18, 2022



Duration :

8 days / 7 nights



The French Cycling Federation is proud to present a cycling trip for all, in the Alps in Haute Maurienne. The largest cycling estate in the world, the Maurienne is just as rich in heritage and unique flavours. Quietly, breathe in the fresh mountain air for a whole week by bike, and relax, simply. You will be supervised by professional coaches, former riders, who will make you dream. **Pierre-Yves Chatelon**, coach of the U23 French TEAM and passionate about the mountains will be keen to make you discover the treasures of the Maurienne. A mechanic will pamper your machines every day. A turnkey stay, combining culture, mountains and technical learning of cycling. Do not wait to register, places are limited.



On the program : a week rich in activities, all different and singular. You will taste the mountain terroir, the centuries-old villages, the mountain pastures, the cheeses and the local specialties. There will also be sport to open your appetite and tickle the cyclist who sleeps in you. Two mythical passes of the Tour de France will be the highlights of your stay. Set your lap times, this week it will be the « bike savoir-vivre », the relaxation, and the Maurienne the key words.

The OUTA hotel in Termignon, the Auberge de Bellecombe, and the staff of the FFC will give everything to make your stay unforgettable memories.

Physical level required : 1 to 2/5

(cyclist who can ride 30km with elevation gain)

Technical level required : 1 to 2/5

(be able to master your bike downhill)



LE + GRAND DOMAINE CYCLABLE
DU MONDE

TERROIR



Provisional programme :

Saturday, June 11	Sunday, June 12	Monday, June 13	Tuesday, June 14	Wednesday, June 15	Thursday, June 16	Friday, June 17	Saturday, June 18
Start of stay 2 p.m. Meeting point Hotel Outa in Val-Cenis Termignon Welcome drink	Getting started with the bike and taking a short tour to the maurienne resorts Bonneval sur Arc	Climb of the Col du Galibier From St-Michel de Maurienne 35km and 2400m Croc'Maurienne picnic	Ride to the Marie-Thérèse Redoubt Devil's Park : Via ferrata, parcombranch, museum, visit of the forts, walk	The Tour of the forts of the Mont Cenis plateau by bike The Italian border Picnic Croc'Maurienne	Bike ride to the Bellecombe Inn 14km and 900m Meal in the alpage	Visit of the Farm and walk on the alpine pasture Meal in the alpage	Climb of the Col de l'Iseran (depending on opening) G1: 36km and 1500m G2: 18km and 900m
Free ride in the Valley	Visit Bonneval sur Arc	Visit Valloire	End of visits and activities Return by bike	Italian Surprise	Discovery of the wild flora of altitude	Descent by bike and small tour in the valley	End of stay early afternoon
Aperitif and presentation of the staff and the stay Presentation Evening	Briefing of the climb of the Galibier: manage your effort against the giant	Free evening	Conference evening : Technicale habillities and how to ride a bike	Tasting evening Next day's briefing	Astronomy evening Night in Altitude Farm	Conference evening : Mechanical maintenance of the bike	



Additional activities : Spa / cultural and gastronomic visits / walking tours / theme nights and conferences debates / mechanics courses

Accommodation : Hotel OUTA of Termignon, 3* + night at the Bellecombe Inn

Restauration : 1/2 pension with organic and local products + picnic for lunch // included in the total price (except drinks)

Option : rental of electric or muscle bikes on site

More info about your destination : www.velo-maurienne.com

Included :

- Supervision of the rides from start to finish by a professional trainer, following car and refueling and mechanical assistance
- Accommodation in hotels classified 3 * and in mountain inn, half board adapted to sportsmen
- Croc'Maurienne picnics and snacks at each exit (individual refueling at your expense)
- Mechanical overhaul and washing of the bike every day by a professional mechanic
- Daily or semi-daily washing machines
- Theme nights, conferences on training, nutrition and professional and pro cycling
- Mechanical advice
- Additional activities
- Logistical advice and follow-up of your order before the internship
- The analysis of your sports level and physical preparation advice upstream

Not included :

- Your means of transport to come to the departure (logistical advice and shuttles possible)
- The choice of paid options (bike rental, single room)
- Property and casualty and cancellation insurance

**Public price
all inclusive :
1 880 € TTC**

THE + : By participating in this stay, you give yourself a chance to be drawn at random among all the participants of our FFC 2022 camps and stays to win an entry on the latest opus of our catalog: The discovery of the Reunion Island !



Charlotte and Stéphane - Hôtel OUTA