

TdF Special 2022

The Marmot Tour de France Extravaganza, this year at Alpe d'Huez! Set yourself against the mighty climbs made famous by TdF professionals

Summary

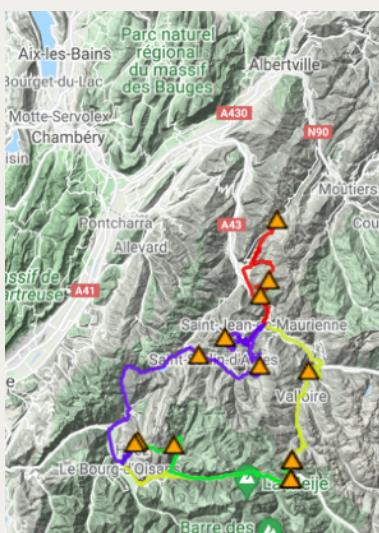
WHERE: French Alps

DISTANCE: to suit you

TIME: 5 days in the saddle

COST: £1790 (twin share)

DATES: 10-16 July



Highlights

Stage 12 summit finish and Stage 13 start live from the roadside

Ride TdF classics like L'Alpe D'Huez, Galibier, Madeleine, Lacets de Montvernier, Télégraphe & Croix de Fer

Flexible itinerary - suitable for mixed ability group



Tour de France Special

Since 1952, L'Alpe d'Huez has featured regularly and famously in the Tour de France. Its 21 hairpins have given the mountain an iconic reputation and when the Tour visits, L'Alpe d'Huez becomes the very epicentre of festivities. Winners of an Alpe d'Huez stage have their name added to one of the hairpin signs, to be revered by infinite numbers of 'normal' cyclists who challenge themselves up this climb year on year. For Tour de France supporters, nowhere else offers the same opportunity for Tour immersion: over half a million people are expected to descend on the mountain for just this one week in July. For many companies, the chances of securing accommodation in L'Alpe d'Huez are nil, but we have nurtured our hotel relationships for many years and as a result, we have booked the Hotel Chamois in the centre of the resort for 3 nights. The hotel's prime location could not be better for lapping up the ambience of the summit stage ending and for manoeuvring to within arm's reach of the pros at the start of Stage 13 the following day. Throw in a barbecue lunch on the sun terrace of the hotel with big screen TV coverage of the approaching riders and a spectator's TDF experience could not get much better ... This is not just any 'Tour de France Holiday' - this is a once in a lifetime opportunity!

You'll also have the chance to ride most of the Classic TDF climbs of the surrounding valleys (at your own pace!), including the Galibier, Télégraphe, Croix de Fer, Madeleine and the modern classic of the Lacets de Montvernier ... not forgetting L'Alpe d'Huez itself. The serenity of the neighbouring mountains to Alpe d'Huez will be the perfect antidote to the hype of the Tour.

Holiday Cost

Twin share trip price: £1790. This trip is more expensive due to the high cost and limited availability of accommodation in L'Alpe d'Huez.

Single Room Supplement: £660. The hotel in L'Alpe d'Huez does not have any single rooms, so you are effectively paying the accommodation costs for two people.

Triple Share Discount: £105.

Some of the rooms for the three nights in Alpe d'Huez allow for triple occupancy. This discount is only available if we have three people (either a group amongst themselves or three individuals happy to share). Please enquire about availability. You will be in a twin room for the 3 nights in St Jean de Maurienne.

Other discounts: As always if you book more than 6 months before the trip we will give you a 5% discount and loyal clients will receive a 10% discount off the basic holiday price.

If you can get a group of at least 10 riders together, then everyone gets a 10% group discount off the basic trip cost.

What's Included

- 5 days supported riding
- Airport transfers on arrival and departure days at specified times
- Route notes/directions/maps/GPS files
- 6 nights half board accommodation & table wine at dinner.
- Picnic lunch on day 3 and BBQ lunch on day 4 in Alpe d'Huez
- 2 customised and well stocked vehicles with experienced guides, offering nutritional, moral, mechanical and first aid support, plus snacks & water
- 750ml Marmot Tours water bottle and a Marmot Tours Velopac to keep your phone/cards/cash safe during your ride





Itinerary

Day 0 - 10th July, Travel Out

We offer morning and afternoon transfers (at specific times) from Geneva Airport (GVA) to our start hotel in Saint Jean de Maurienne, a journey of about 1hr 30 min.

There will be time to assemble your bike or set up your hire bike before a briefing and hearty dinner with the group.

Those on the morning transfers will have the opportunity to warm up the legs with a ride up to the ski station and Tour de France stage ending of [La Toussuire \(1702m\)](#).

Classic Route:

La Toussuire (36km with 1150m ascent)

Day 1: Montvernier, Chaussy & the Madeleine

Saint Jean de Maurienne is a Mecca for road cyclists from all around the world and today you'll find out why.

The gravity-defying stack of hairpins of the Lacets de Montvernier is a classic and a Marmot Tours favourite that is bound to put a smile on your face. This leads nicely into the [Col de Chaussy \(1533m\)](#) which is a 'characterful' climb with spectacular views to ease the pain of the few punchy sections.

Following a nice lunch, retiring back to the hotel to find a TV for some Tour viewing is a good option, or for those with energy left to burn, you will be seriously tempted to take on the Col de Madeleine (2000m)

Classic Route:

Montvernier + Chaussy (47km with 1200m ascent)

Challenge Route:

Montvernier + Chaussy + Madeleine (76km with 2350m ascent)

Day 2: Télégraphe, Galibier & L'Alpe d'Huez

Your main objective today is the [Col de Galibier \(2642m\)](#) which features in the 2022 Tour de France route twice and is steeped in Tour history. Starting down at 550m, it is a climb full of variety and character as you rise out of the industrial valley floor, through lush forests to the [Col de Télégraphe \(1566m\)](#). After a little respite in the ski station of Valoire you continue through open moorland and spectacular mountain scenery, motivating you onwards and upwards to the Col.

What goes up must come down and your efforts are rewarded with an incredible 50km (yes, 50km!) descent down to Le Bourg d'Oisans. With 21 bends and our hotel at the top, this is our first opportunity to take on the infamous [L'Alpe d'Huez](#).

Given the amount of climbing today, our Classic Route starts with a lift to the top of the Col du Télégraphe and there is also the option of a lift up to L'Alpe d'Huez.

Our accommodation for the next 3 nights is the comfortable and welcoming Hotel Le Chamois in the heart of Alpe d'Huez.

Classic Route:

Galibier + L'Alpe d'Huez (85km with 2370m ascent)

Challenge Route:

Télégraphe + Galibier + L'Alpe d'Huez (110km with 3370m ascent)

Easier Route:

Galibier (71km with 1270m ascent)



Day 3: Roadside TdF Experience

Today the Tour de France peloton takes on the Lacets de Montvernier and the Galibier ahead of the challenging gradients of the Col du Granon.

We plan to be by the roadside to experience the race. Depending on how much riding you want to do, this could be in the upper section of the **Galibier (2642m)** or as they speed around a hairpin as they descend past the **Col du Lautaret (2058m)**.

Wherever you watch the tour, there is some great riding to be done over the **Col de Sarenne (1999m)** and up, through La Grave, with views into the Écrins National Park. After the riders pass by, catching the stage finish on TV from a cafe on the Col du Lautaret is sure to round off the experience before heading back to our hotel in L'Alpe d'Huez over the **Col de Sarenne (1999m)**.

For those wanting an easier ride, there is the option of descending to join a cliff-hugging balcony road that edges its way up the Oisan valley to the barrage of Lac Chambon. From here, you can climb up to the **Col de Sarenne (1999m)** before descending back to our hotel bar to watch the entire stage on TV.

Tour de France 2022 Stage 11 Profile

Classic Route:

Sarenne E + Lautaret (93km with 2230m ascent)

Challenge Route:

Sarenne E + Galibier + Sarenne S (113km with 2900m ascent)

Challenge Route:

Auris balcony road + Sarenne S (50km with 1600m ascent)

Day 4: Le Tour @ L'Alpe d'Huez

Today you will be at the very heart of the action! Watching the Tour de France live from L'Alpe d'Huez is a goal for anyone even vaguely interested in cycling.

Your day is very flexible so you can get out of it exactly what you want and there is no need to even look at your own bike if you want to focus on the Tour festivities! However, it might be nice

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to descend (carefully) down to Le Bourg d'Oisans and then head back up L'Alpe D'Huez to lap up the ambience of the 14km long street party. Assuming that you make it past 'Dutch Corner', it is well worth heading to the stage finish to see the scale of this mobile roadshow.

Back on the sun terrace of the hotel (150m from the road and 1km from the actual finish) you can enjoy the Marmot Tours BBQ lunch and live TV coverage (with English commentary) of the approaching riders.

The show starts in earnest about 2 hours ahead of the riders when the elaborate publicity caravan fills the mountainside with blaring music, throwing out Tour de France memorabilia ranging from hats & washing powder to saucisson! A brief moment of calm follows until the arrival of helicopters heralds the approach of the pros and all the spectators go nuts! Need we say more ...

Tour de France 2022 Stage 12 Profile

Optional ride:

Tour de France 2022 - L'Alpe d'Huez (29km with 1130m ascent)

Day 5: Stage 13 Start in Le Bourg-d'Oisans

In order to get a complete picture of the TDF, you really need to watch a stage start! The whole thing is geared up for spectators, with pros going out of their way to come and meet their fans. Riders have to sign in and are introduced to the audience before the inevitable final bike checks and line up. Finally it goes quiet as each rider prepares for the day's challenges ahead.

After a leisurely morning, we roll down 'the hill' to Le Bourg-d'Oisans to watch the start of the Tour de France Stage 13.

It is then time to turn our back on the world's greatest cycling race and head for the serenity of la **Croix-de-Fer (2067m)**. The gradients are generally kind but there are a few cheeky sections. However, the scenery is varied and there is a great café half way up! From the col, you descend down into St Jean de Maurienne, where it all began 5 days ago.

Yet again there are options for those wanting more. The first detours up to the remote and beautiful **Col de Mollard (1630m)**. The second is the much feared TDF stage ending of **La Toussuire (1705m)**, which has historically always been a bit of a battle ground for the polka-dot jersey.

Classic Route:

Col de la Croix de Fer (82km, 1550m ascent)

Challenge Route:

Col de la Croix de Fer + Mollard + La Toussuire (124km, 3100m ascent)

Day 6 - Travel Back

Sadly, all good things must come to an end. We will transfer you back to Geneva (1hr 30min) in the morning and afternoon, with a smile on your face and a load of kudos!

Watching the TDF on TV will never be the same again!

Start & End Hotel

Hotel Saint Georges, 334 rue de la Republique, 73300, St Jean de Maurienne. Tel +33 4 7964 0106

Travel

Marmot Tours includes airport transfers from the most convenient airport for the start of your trip. Transfers are timed to fit in with as many flights from as many UK regional airports as possible.

Finding flights

We recommend using a comparison tool such as www.skyscanner.net when searching for direct or indirect flights from various airports/regions/countries. It can be helpful if you search for 1-way flights, giving results of all direct routes available, eg. 'UK to GVA'. NB: Search results may change as airlines release their schedules for the following year at varying times.

If you are flying long haul we recommend arriving into Geneva a day early in order to get over any jet lag before you start cycling. NB: we can generally only offer an airport transfer on the start/finish days of the itinerary but can certainly arrange a taxi transfer for you (payable direct to your driver) on other days.

If you are travelling in a group of 6 or more and are unable to join the group airport transfers, we may be able to organise a private transfer for you. Please contact us to discuss.

Airport Transfers

Transfers at set times from and back to **Geneva airport (GVA)** are included in the holiday price and take approximately 1hr 30min.

If you arrive earlier than the transfer time then you will need to wait at the airport for your pick up. If flights are delayed then transfers may also be delayed. If flights are significantly delayed or cancelled then you may need to take a taxi to the start hotel and make a claim on your insurance or to your airline.

You will find our most up to date transfer times on the Holiday Details page on the Link (once you've made your booking). If you need to know the timings before booking, please get in touch via email: cycle@marmot-tours.co.uk.

Under your own steam...

If you are going to meet us at the start hotel or are leaving independently at the end of your trip to go on elsewhere, please let us know so we can plan accordingly; we may also be able to help you with your travel plans, so do get in touch if you need assistance.

Foreign Travel Advice

For the latest travel advice from the Foreign, Commonwealth & Development Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.



Navigation

We provide you with colour maps and altitude profiles, as well as detailed directions of where to go. Our guides will even aim to be at those 'easy to miss' junctions and as you will see the van and guides regularly, navigation does not tend to be an issue.

For those of you with GPS units, we have GPS files available and will post them on The Link a few weeks before departure, in .gpx, and .tcx formats.

The files can be downloaded onto most units, including Garmin and Wahoo and in their most basic form provide a 'purple line' to follow. With the more recent units you will also receive a set of visual instructions as you approach a turning. Our GPS tracks take you from hotel to hotel and are updated regularly.

Am I too fit?

We have designed our Classic Cols style holidays to be accessible to a wide range of riding ability. Having a quick peek at each day's stats for the Challenge route should reassure you that even if you are a very fit and experienced road cyclist, there will be plenty to entertain you on this holiday.

With our daily route options you have the opportunity to cycle all day, every day, making yourself very tired indeed, at the same time soaking up the electric atmosphere of the TDF!

What is so nice about this range of holidays is that you can come along with people who are either less or more experienced than you and you can each get out of it what you want by choosing the daily route for you.

Am I fit Enough?

It is normal (and only right) that you should consider whether or not you are fit enough for a cycling holiday in the mountains.

We have created our Classic Cols range of holidays in order to open up the world of road cycling in the mountains to those who may not have experienced it before.

Our Classic Route is an achievable goal for regular cyclists who have never climbed a mountain on a bike before and in addition you get a chance to break up the riding with immersing yourself in the Tour experience.

Our vehicles and guides are on hand to support you on your holiday and can offer advice, moral support and lifts in the van if you are tired.

Our goal at Marmot Tours is to create an ambience of non-competitive cycling with no pressure to 'keep up' with anyone else. It is about achieving your own individual goals and having a fabulous time doing it.

Pacing and Training

As with all sports holidays, the fitter you are, the more you can relax and enjoy the stunning routes.

It can be difficult finding extended climbs for training in the UK, but generally, if you can build up your comfort on the bike (ideally on consecutive days) and your stamina and cardiovascular fitness overall, then you will really benefit when it comes to the holiday itself.

As well as training before the holiday, pacing yourself will go a long way towards you achieving your goals. The joy of a group holiday is that you are likely to find someone to cycle at a similar speed to you, so you don't need to try and keep up with your partner/friend/room mate. The quickest way to injure yourself or burn out is to cycle faster than you feel comfortable going.

We can't emphasise enough that this is your holiday and so, if you want a lift up the hill for whatever reason, your guides will be happy to help.



Strava

Many cyclists nowadays are using apps like Strava and Garmin Connect to track their progress and to compare themselves to their peers using 'segments', for instance.

These apps make for great training tools and interesting post-ride analysis but there are obvious risks associated with competitive cycling styles, pushing yourself beyond your usual tolerance and focusing on live feed information whilst on the bike.

We therefore ask our clients to avoid such 'Live Segment' features when cycling on a Marmot Tours holiday or Challenge, especially descending, and to focus on the road at all times.

Gearing/Bikes

Mainly, climbs are not particularly steep (compared to a lot of hills in the UK) but they do go on for a very long time. It is best to make sure that your bike will be suitable for your level of strength/fitness.

Most people 'get away with' a compact (smallest ring on front having 34 teeth), fitted with a 30 or 32 cassette on the rear. It is possible to fit your bike with larger cassettes, using a rear hanger extender, like the WolfTooth RoadLink.

If this all sounds too complicated then we do have some excellent titanium framed bikes for hire, which are fitted out with SRAM 50-34 at the front with 11 speed 11-36 toothed cassettes.

Guiding

Supporting you on your holiday will be two of our experienced, approachable, knowledgeable and fun guides. Despite being passionate about cycling, both guides will be in support vans as this holiday is all about you and your needs. Between them they will have knowledge of the area, the language and be skilled at bike mechanics.

Having two vehicles per group (regardless of the number of bookings up to a group size of around 20) is what allows us to offer you freedom to cycle at your own pace and a level of independence on this holiday. One van stays on the Classic route and one van covers the Challenge route. Due to the distances involved, those cyclists doing the full challenge route may need to be more independent than the less experienced cyclists on the Classic route. Our guides are experts at advising you on the routes, where you can expect to see the van and what you might need with you.

In the event that you need help for a mechanical (for example) one of the vans will be able to quickly get to you with full tool kits, spare back wheels and even a spare bike. We hope you won't need us for anything serious but being prepared for all eventualities is what we do exceptionally well.

You can expect to see a support van with water, snacks and your personal day bag 2 - 4 times a day, so you don't need to carry much on your bike, unless the weather is exceptional!

Group Dynamics

Your group will be any number up to around 30 clients for this special departure. We get lots of clients booking alone and lots of couples or small groups of friends.

We love that we also get a really big variety in terms of cycling experience... from club cyclists, people training for other events, those raising money for charity, ex-pro cyclists and people who are relatively new to cycling who like to try something new on holiday.

Accommodation

We spend the first 2 nights and the final night in the Hotel Saint Georges in Saint Jean de Maurienne. This well-appointed 3* town coach house hotel is very bike friendly with an extensive bike store and washing facilities.

The Hotel Chamois is a well situated Alpine Ski Chalet on the edge of the ski station of L'Alpe d'Huez, commanding extensive views of the Ecrins National Park to the south. Our English hosts make the place feel very homely and the sun terrace is the perfect place to relax after a good ride and to escape from the crowds. All our evening meals will be taken in hotel restaurant where the chef serves up generous portions of delicious home-cooked food and is very amenable to catering for any dietary requirements. Below the hotel is the aptly named 'Underground Pub' which is primarily aimed at revelling skiers in the winter but with multiple TVs and a good range of cool beers, this will be a great place to keep up-to-date with the Tour during our stay. There are lots of shops, bars and cafes in L'Alpe d'Huez and the large open air swimming pool is just a stone's throw away.

The Chamois only has a limited number of rooms, however, most of them are set up to be used as triples. If you are a group of three or don't mind sharing with other riders on the trip, then it is possible to opt for triple room occupancy (subject to availability) for those three nights only and bag yourself a discount of £105 off the overall trip cost.

There isn't a huge number of hotels in L'Alpe d'Huez and with over half a million people due to descend on the mountain, beds are in hot demand. This is reflected in the increased cost of this TdF Special but what an opportunity for all us TdF fanatics! With this, plus the usual awesome level of Marmot on- and off-road support, we know you'll be glad you joined us!

Food

Breakfast

No surprise that this is the crucial meal of the day. We're in France of course, so expect continental style breakfasts. We supplement hotel breakfasts with Dorset cereals and fruit. Most hotels offer cheese & meats for your protein kick start.

Lunches

You know what you like to eat when you are riding and it is not likely to be the same as what the other guys and gals in your group will want to eat. We mostly don't include lunches so there are no enforced group stops. We strongly advise that you stop for 'proper' food at lunchtime. Each day we recommend a suitable place serving cyclist friendly food which is great for you, and they appreciate your custom. We will be sure to have a van there so you can have your midday faff!

For this special itinerary we will be offering a picnic lunch on day 3 and a Marmot BBQ lunch on the sun terrace of our hotel to watch the tour on day 4.

Snacks

Your support van aka snack-shack will be well stocked with a variety of tasty delectables: fruity seed bars, cakes, fresh fruit (bananas obviously!), dried fruit, nuts & sweets are the staples. We suggest you bring your own favourite energy powders/gels/bars with you as these will not be easily available en route and we find clients are quite 'brand' specific in terms of what they like.

Dinner

We eat as a group in the evening - either in the hotel or at a nearby restaurant. Expect 3 courses (and generous portions) which are tailored to the needs of cyclists. Dinner will be served at around 19:30. Up to half a bottle of wine at dinner is included every night. Coffees, soft drinks and beers are extra (we'd be broke!).

Special diets

Please note your special dietary requirements on the booking form or contact us. We can cater for most dietary needs / allergies if we know well in advance. Please note that we need clients to firmly be either vegetarian/vegan for the trip or not - the hotels (and guides) find it hard if clients are vegetarian for some meals and not for others. Coeliacs can also be provided for and we can communicate with you individually and prepare to make sure you have the right food throughout your trip.

Insurance

Holiday insurance is essential for all Marmot Tours trips. Anyone without insurance is not able to take part in the cycle so please make sure you arrange cover. We recommend sorting your insurance when you book so that if you have problems during training and need to cancel, you are covered. We have a very high cancellation rate so are unable to deviate from our [cancellation policy](#).

Your insurance needs to cover you for non-competitive road cycling (cycle touring) at altitude with the following fairly standard inclusions:

- Medical Expenses
- Repatriation

Some clients also like to ensure they have the following optional items:

- Cancellation cover
- Loss or damage to their bike

NB if you are hiring a bike from us there is an insurance element in the fee so you will not need additional cover.

Once you have arranged your cover, please add the relevant details to the **Before you go...** section of your holiday on [The Link](#). Unlike your passport and emergency contact details, you will need to add insurance details for every trip you are taking.

This helps ensure we have the most up to date information and are able to quickly help in case you have an accident on your holiday.

Bike Hire

Marmot Tours has an excellently maintained fleet of custom built, titanium framed bikes available to rent for your holiday. Advantages of rental include:

- avoiding hefty fees levied by airlines for transport
- worry free travel (knowing your trusty steed is safely stored away at home!)
- the chance to try a titanium bike built specifically with climbing cols in mind (gearing!)
- relinquishing responsibility for cleaning and maintenance to our experienced team.

Prices include an insurance fee and VAT. Please see our [Bike Hire webpage](#) for details as well as full specs and dimensions.

Please note that despite the size of our fleet steadily growing, we cannot guarantee that we will have a bike in your size available. If you would like to hire a bike, please check availability before booking your holiday.



Financial Protection

Marmot Tours are members of ABTA, the Association of British Travel Agents.

ABTA and ABTA members help holidaymakers to get the most from their travel and assist them when things do not go according to plan.

As part of our membership contract we are obliged to maintain a high standard of service to you by ABTA's Code of Conduct.

- In line with our ABTA membership (no Y6184), we hold an insurance policy that gives you full financial protection for all funds you pay us for your holiday
- We have full Tour Operators Professional and Public Liability Insurance with specialist brokers Campbell Irvine
- We carry out risk assessments on all of our holidays to ensure we have thought through every detail
- We employ staff with the correct experience and skills to ensure you have a safe and fun trip, and have a thorough training programme each season.
- We comply with the legislation and Tourism Code for the countries we work in.
- Accordingly, in France we are registered with ATOUT France, the French registration body for Tour Operators. Marmot Tours holds a Tour Operators License (IM009120008) awarded by ATOUT (July 2012).

For further information about ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, please contact ABTA, 30 Park St, London, SE1 9EQ (Tel 0203 117 0500).

How to Book

1. Email cycle@marmot-tours.co.uk to check availability for your preferred departure date. Remember to also check availability for single room and bike hire if they are your preference.
2. Bag your spot with a provisional booking for a week or so while you get planning.
3. Log on to or register with our online booking system, The Link (link.marmot-tours.co.uk) to complete your booking form.
4. Pay your £400 deposit by BACs or online via The Link. Receive a confirmation email.
5. Await contact from Kate in the office regarding authorisation of your final trip invoice.
6. We'll post regular holiday information and updates on the Link (you'll receive an email notification).
7. Optionally meet your fellow holiday makers via The Link and share training / travel plans etc.

