

# Ventoux 'Club des Cinglés' Challenge

Climb the iconic 'Giant of Provence' once, twice or 3 times if you want to take on the Club de Cinglés de Mont Ventoux Challenge in aid of Cure Parkinson's: 136km with 4443m ascent!

## Summary

**WHERE:** Provence  
**DISTANCE:** flexible  
**TIME:** 3.5 days  
**PRICE:** see website  
**DATES:** June



## Highlights

**Official 1 day Cinglés Challenge: all 3 climbs**

**3 days of cycling: choosing best weather for the official challenge and explore beautiful Provence on the other 2**

**Exceptional support from guides in customised vans for your best chance of success**



## Cure Parkinson's Ventoux Challenge

The 'Club des Cinglés du Mont Ventoux' translates as the 'Brotherhood of the Ventoux Nutters' - very apt for anyone that cycles up Mont Ventoux 3 times in a day!

Ventoux is an iconic Tour de France climb, made infamous the world over when it claimed the life of British rider Tom Simpson in 1967 and since has become a Mecca for cyclists from all over the world wanting to battle the elements up this arid, rocky landscape.

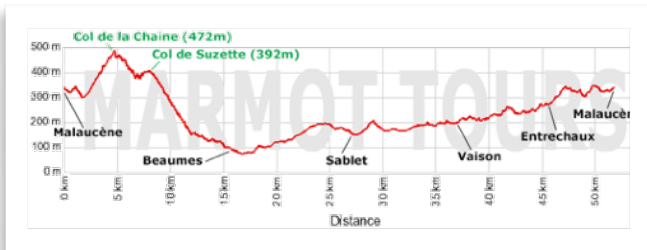
Situated in a beautiful part of Provence, you will benefit from a half day warm up ride on the travel day and then a beautiful circuit around the base of the mountain with optional extras depending on how far you want to go (see itinerary for details). On your second day you get a chance to explore the gorgeous mountains to the north of Ventoux. The third full day is the big challenge day! This opens this trip up to those who may be keen to cycle once or twice up Ventoux but don't want to do the Club des Cinglés challenge. Please note that day 2 and 3 of the itinerary are interchangeable as we want to do the challenge day with the best weather possible - the guides will make a judgement call on this.

We spend 4 nights based in the vibrant town of Malaucène, where our 3\* hotel provides us with a warm welcome and secluded surroundings with a pool. As a centre based trip, exceptionally, we have opened this trip up to non-cycling partners who may want a couple of days of R & R whilst their partner 'beasts themselves' up Ventoux! Read on for more info...

# Itinerary

## Day 0 - Travel Out

We offer included transfers from Marseille Airport to Malaucène (1hr 30min), our base for the holiday. It is well situated at the foot of the climb but is also a pleasant town with a great bike shop! Today is not just about getting to the start hotel however. For those arriving in the morning, after meeting your guides and assembling bikes, there is plenty of time for a warm up ride (52km and 700m ascent). The hills to the west of Malaucène are perfectly placed to test your bike and warm up the legs.



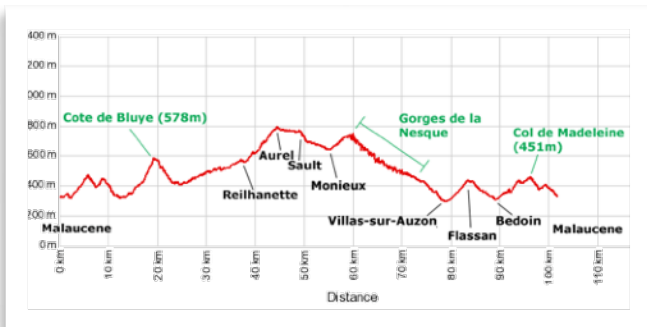
The route takes you up the Col de La Chaine (472m), through vineyards and isolated hamlets - rural France at its best. After a nice descent you climb gently back to Malaucène via the fortified town of Vaison-la-Romaine

## Day 1 - Circuit around Ventoux

Given that this holiday is all about Ventoux it is fitting to cycle around the base of the mountain as well as climbing up it. Provence is amazing for cycling, with an extensive network of quiet roads, pretty villages, diverse forests, deep gorges and some cheeky little climbs - today's ride has a bit of everything...

There are 2 variants of the route, so you can get what you want from the day and customise this trip to you.

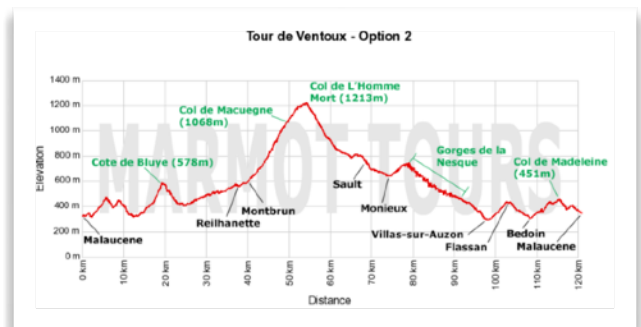
### Option 1: 103km with 1400m ascent



Sticking to the surfaced road that hugs the flanks of the mighty mountain, you undulate over

several un-named cols before climbing up the Côte de Bluye (578m).

Here you are teased (tormented?) by stunning views of the weather station on top of Ventoux - way above you! Stop for a coffee in the pretty village of Sault before you pick up a narrow road that hugs the cliffs of the Gorges de la Nesque. Enjoy a fantastic descent and undulations to Bédoin before nipping over the fairly insignificant Col de la Madelaine (451m).



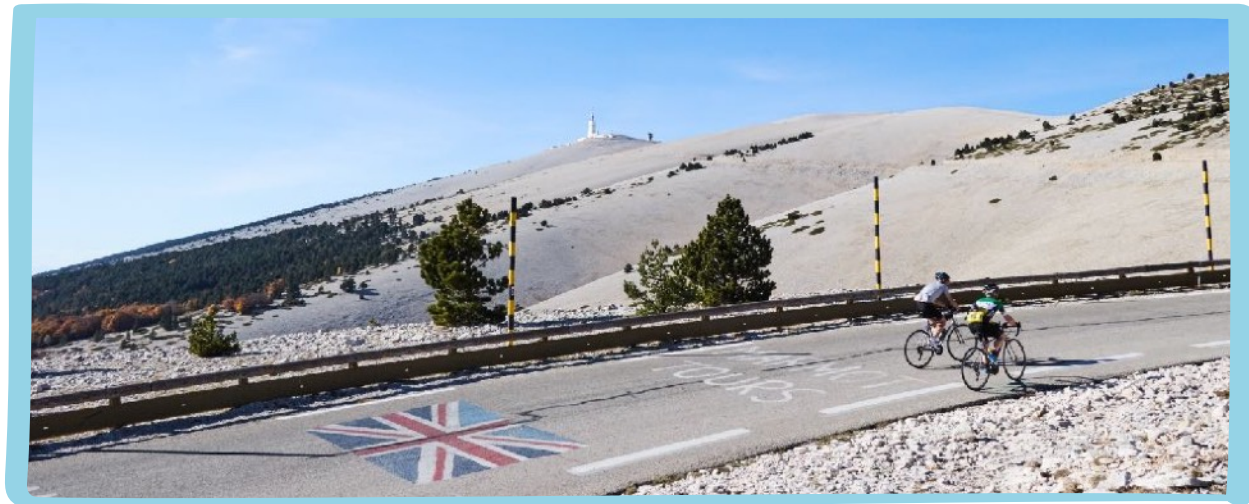
If you think you might want a little more than Option 1, then branch off from the main route at Montbrun les Bains and climb up the Col de l'Homme Mort (1213m), this is a very pleasant climb with great views of the 'Giant of Provence', taking in the Col de Macuègne (1068m) en route. It sets you up for a great descent into Sault, where you rejoin the route for Option 1.

## Day 2: Club de Cinglés du Mont Ventoux Challenge

136KM WITH 4443M ASCENT

Today is going to be a day to remember and whether you decide to climb Ventoux once, twice or all 3 ascents, you will enjoy a great sense of achievement...





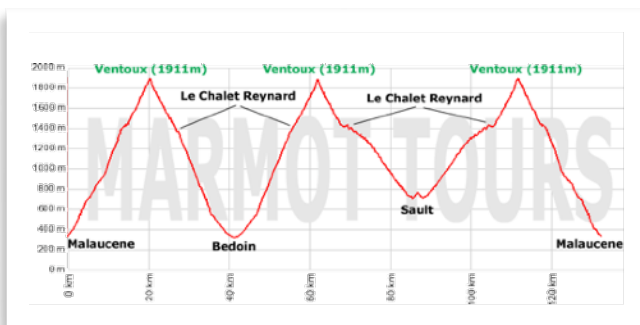
### Day 2 - cont.

For those taking on all 3 climbs, The Club de Cinglés Challenge rules are fairly simple: ride all 3 roads up Mt Ventoux (1911m) in a single day and get your 'route card' stamped in the towns at the base and the gift shop on top.

The 'jury is out' as to whether the [Malaucène](#) or [Bédoin](#) ascent is toughest, but there is no doubt that the climb from [Sault](#) is the 'easiest', so we will attempt this last.

With 2 guides in our customised vans we will be on hand to offer great support (water, snacks, mechanical input, moral support/distraction from the pain!) regardless of your speed and we would like to point out that there is no pressure to complete the challenge. Good luck and enjoy!

NB: Should the weather on Day 2 be poor then your guides may swap around the itinerary for the second and third day.

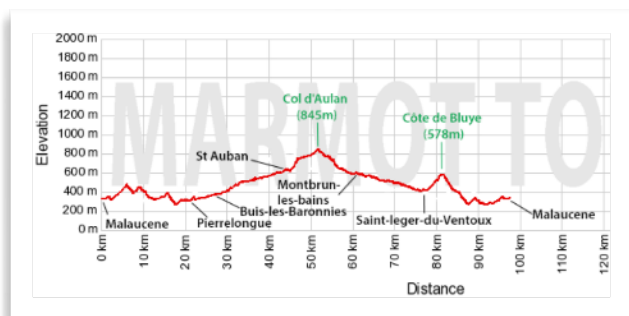


### Day 3 - Parc Régional des Baronnies Provençales

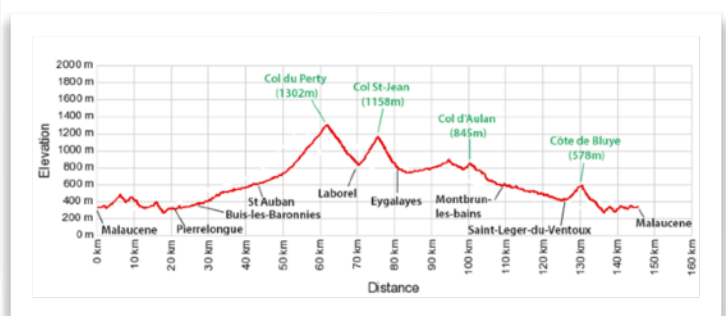
The mountains to the north of Ventoux are often overlooked but as you will discover, they are stunningly beautiful.

Our excursion into the Parc Régional des Baronnies Provençales takes you over the Côte de Bluye (578m), whilst the Challenge option detours early into the ride to take on the Col de Perty (1302m) and the Col St-Jean (1158m).

#### Option 1: Col d'aslan + Côte de Bluye 98km with 1300m ascent



#### Option 2: Col de Perty, Col St Jean and Côte de Bluye - 143km with 2200m ascent





## Hotel/Accommodation

We stay in the beautiful 3\* [Spa Hotel Ventoux Provence](#), on the outskirts of Malaucène. A former silk farm, it has been tastefully converted to offer comfortable facilities in its own parkland, with a nice outdoor pool. You will be sharing a twin room with another client (of the same gender) unless you book a single room for a supplement (contact [cycle@marmot-tours.co.uk](mailto:cycle@marmot-tours.co.uk) for availability).

## Travel

### Finding flights

We recommend using a comparison tool such as [www.skyscanner.net](http://www.skyscanner.net) when searching for direct or indirect flights from various airports/regions/countries. It can be helpful if you search for one-way flights, giving results of all direct routes available, eg. 'UK to MRS'. 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 Marseille a day early in order to get over any jet lag before you start cycling. 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.

### 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](http://www.gov.uk/foreign-travel-advice).

## Airport Transfers

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

Transfers at set times from and to **Marseille-Provence airport (MRS)** are included in the holiday price. The transfers times are around 1 hour at the start of the trip and 1hr 45min at the end of the trip.

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](mailto:cycle@marmot-tours.co.uk).



## Food

### Breakfast

No surprise that this is the crucial meal of the day. We're in France, so expect a continental style breakfasts that we supplement with cereals and fruit. Breakfast on the day of the challenge will be at 06:45.

### Lunches

You know what you like to eat when you are riding and it is not likely to be the same as what the others in your group will want to eat. We don't include lunches so there are no enforced group stops. We strongly advise that you stop for 'proper' food at lunchtime. There is a cafe at the top of Ventoux (though it can be a bit windswept), so the Chalet Reynard around 6km from the top will be a prime location for lunch and a 'van faff'. Obviously there are lots of other cafés too around the base... this area is a Mecca for cyclists so finding suitable food will not be an issue.

### Snacks

Your support van aka snack-shack will be well stocked with a variety of tasty delectables: Salty crisps, bars, cakes, fresh fruit (bananas obviously!), 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.

### Dinner

We eat as a group in the evening at a nearby restaurant. Expect three courses (and generous portions) which are tailored to the needs of cyclists. Dinner will be served at around 19:30. Wine at dinner is included, however, coffees/soft drinks and beers are not.

### Special diets

Please note your special dietary requirements on the booking form or contact us. Our hotels can cater for most dietary needs and allergies if we know well in advance. Please note that we request that you stick to you dietary preference for the entire trip, as it is very complicated for the hotels (and guides) if an individual is vegetarian for some meals and not for others.

## What's Included?

- 3.5 days supported riding
- Airport transfers at specified times
- Route notes, directions, maps and GPS files
- Club des Cinglés registration, certificate & medal for successful finishers
- 4 nights half board accommodation including wine at dinner
- 2 customised and well stocked vehicles with experienced guides, offering moral support, and nutritional, mechanical and first aid assistance, plus snacks & water

## 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 a problem.

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.

## 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, even if it is for a good cause!

Remember that of course you can just climb Ventoux once (or twice) which is momentous in itself, so this trip can be graded to a degree, to meet your level of fitness and your personal aspirations. We are there to support you in meeting your own individual goals, and having a fabulous time doing so!

If you are taking on the triple ascent, then this is a serious challenge with 4443m of climbing. You need to be a regular road cyclist in order to enjoy and get the most out of this trip. Having done some cyclosporives would be beneficial, so you know what to expect from a big day in the saddle and you need to have experience of cycling in the mountains.

We would expect most of the clients coming on this trip to be club cyclists or those cycling regularly every week with a good base of fitness.

## Pacing and Training

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

It can be difficult to find 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 cardio vascular 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.

## 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.

For most people a compact (smallest ring on front having 34 teeth), fitted with a 30 or 32 cassette on the rear, is a good choice. 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 with SRAM 50-34 at the front with 11 speed 11-36 toothed cassettes.

## Strava

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

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, especially descending, and to **focus on the road at all times.**



## Guiding

Supporting you on your holiday will be our experienced, approachable, knowledgeable and fun guides. Despite being passionate about cycling, the 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 and the language and be skilled at bike mechanics.

Having two-three vehicles per group (depending on the overall group size) is what allows us to offer you freedom to cycle at your own pace with 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 those 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 issue (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!

A note to speedy cyclists who don't like stopping: Let us know so we can plan with you how to balance your needs against those of others in the group so you can have utmost flexibility

regarding pacing etc. If you think you are going to be very fast then contact us to talk about this and what we can offer you as someone way ahead of others in the group.

## Can my non-cycling partner come too?

YES! We're excited to say so as our response to this question is usually "no" - our priority is to our cycling clients and most of our point to point itineraries do not lend themselves well to a fun and good-value holiday for non-cyclists.

However, the very pleasant surroundings of the hotel in Malaucène, the 'centre-based' nature of this trip, and the fact that it is a mini break/challenge means that this itinerary lends itself very well to couples or friends coming along where one is a cyclist and the other is just looking for a bit of time away and a couple of days rest & relaxation.

We have therefore introduced a 'non-cyclist' trip price for this itinerary at 15% off the advertised price. Included is the same as for our cycling clients with the exception of the on-the-road support. Space in the support vans during the day is generally not an option as the vans need to have space available for cyclists, however, if you would like to support your cyclist on their challenge, then e-bikes are available for hire locally. If you are interested in coming along as a non-cyclist, please get in touch so we can provide you with further information and options.



## 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

Please see our [Bike Hire webpage](#) for details like prices 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.

## How to Book

1. Email [cycle@marmot-tours.co.uk](mailto: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](http://link.marmot-tours.co.uk)), to make your holiday booking.
4. Pay the £400 deposit by BACS or by card online. Receive a confirmation email.
5. Confirmed single room supplements and bike hire are being added manually to your balance invoices, so may take a day or two to appear.
6. We'll post regular holiday information and updates on the Link (you'll receive an email notification).
7. You can meet your fellow holiday makers via The Link Forum and share training / travel plans etc.



## Insurance

Holiday insurance is **essential** for all Marmot Tours holidays and anyone without insurance is not able to take part in the trip. Please arrange your insurance cover at the time of booking, as this will ensure that you are covered if you incur an injury during training and are unable to go on your holiday. 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 insurance, 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 ensures we have the most up to date information and are able to assist you in case you have an accident on 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.

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).

