



Alpine Cols
CRANK UP THE POWER



Weekend "Les Cinglés"
Mont Ventoux
13 to 16 June 2019



Welcome to the Club!

The Alpine Cols difference:

- *A real expertise and focus on one-on-one coaching for performance.*
- *Charming, “boutique” hotels full of character.*
- *Wonderful meals: not just to refuel, but truly to enjoy!*

Climbing Mont Ventoux once is a decent challenge. Twice in the same day is hard: three times in the same day is completely nuts! Hence the name of the **Club des Cinglés du Mont Ventoux**: the word *cinglé* is best translated as nuts, crazy, bonkers...

Like many physical challenges, however, how hard it really is depends on how fit you are. The distance is 137 km and the total climbing 4,400m. Any reasonably well-trained cyclist riding at a sensible pace should in fact be able to achieve this within the allowed 24 hour period. It is not a race and you may stop as often as you wish.

Our base at the excellent Hôtel des Pins in Bédoin is at the start of the first climb (and the bottom of the final descent). Throughout your attempt we will be riding with you and supporting you all the way with our van, loaded with goodies to keep you going.

Once done there's a massage waiting for you and a wonderful celebratory dinner back at the hotel.

Our goal is for you to have a fantastic time ... More than that, we hope you become friends who will come back again and again - as is already the case for many of you!

Marvin & Emmanuelle

THE CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Distance / vertical
Thu June 13	Arrival day	16h 17h30 18h30	Pick-up Marseille airport Arrive Bédoin Welcome drink, briefing	-
Fri June 14	Calibration ride Coaching focus: climbing and descending	9h 12h-14h	Ride begins Return to hotel	64 km 1,080m (more if desired)
Sat June 15	Mont Ventoux: 1, 2 or 3 times! Coaching focus: pacing and nutrition	6h - 8h 14h-17h	Ride begins Return to hotel	1x 43 km 1,870m 2x 85 km 3,420m 3x 138 km 4,400m
Sun June 16	Les Gorges de la Nesque Coaching focus: endurance	9h 13h 15h	Ride begins Return to hotel Depart to the airport	68 km 1,030m (more if desired)

See next pages for
details of the routes

Afternoon Recovery Programme:

Sports massage sessions are available by appointment only (expect €30-€40 for 30 minutes).

Our own Compex electrostimulation devices are available on loan (25 minute sessions)

Free access to the outdoor swimming pool

Please note the programme is subject to change based on road and weather conditions.

High winds on Mont Ventoux sometimes force closure of the summit road.

You can always cycle more or less than the planned distance.



Mont Ventoux: view north on the road from Malaucène
<https://photorunning.fr>



Friday: Calibration and Check-out Ride

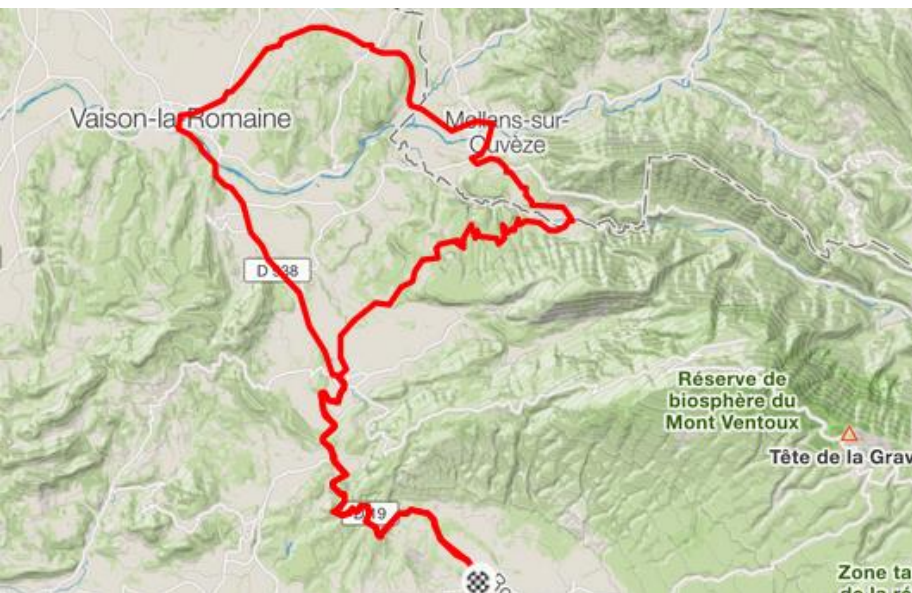


Distance: 64 km

Elevation: 1.080m+

Ride time: 3-4 hours

Focus: Climbing & descending



We begin the weekend with a warm-up calibration ride around the western side of Mont Ventoux.

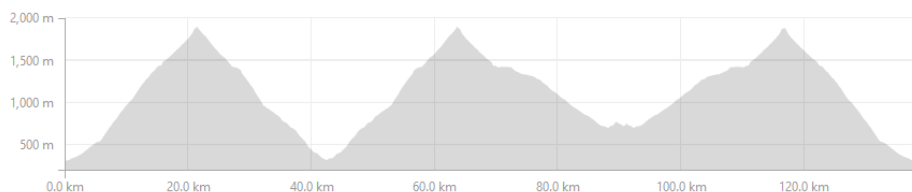
The goals of this ride are to ensure you are totally ready for tomorrow's 3 summit attempts. Today you will check out the bike, spin your legs, do some short climbs and do some short descents, all without going too far or too deep.

The coaches will ride with you and, if desired, will give you feedback and tips on your technique.

If you want to do more (or indeed less) we will accompany you on one of several options for a longer (or shorter) route back to the hotel.



Saturday: Mont Ventoux once, twice or three times!



Distance:	138 km	Elevation:	4,400+
Ride time:	7-10 hours	Focus:	Pacing, nutrition



This is it, time to become a *cinglé* (or certified nutter!)

We start from Bédoin and make the first of our three ascents direct to the summit. Sometimes if the weather is kind people like to start before dawn in order to be on top as the sun comes up: this is truly a magical moment.

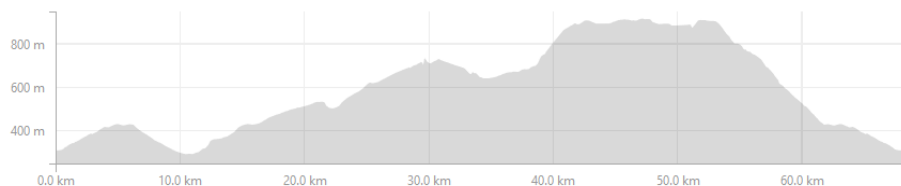
A fast descent brings us to Malaucène where we enjoy a coffee stop before the second climb. Many people find this one the hardest: there are 3 leg-breaking kilometres in the middle at a constant 11-12%.

Again at the summit, we descend to Sault and after another coffee and a short break we start up again for the third and final time. The feeling when you summit again for the third time is indescribable.

Celebrations back at the hotel!



Sunday: the Gorges de la Nesque



Distance: 68 km

Elevation: 1,030m+

Ride time: 4 hours

Focus: **Endurance**

After yesterday's exertions few people are likely to want to see the summit of Mont Ventoux again for a while (although the option is always there...)

Instead, we will do a wonderfully scenic ride to the south of the Giant of Provence, through the Gorges de la Nesque.

This is truly a stunning ride through an area of outstanding natural beauty. It is not particularly difficult so a great opportunity to ride comfortably and enjoy the view.

On the way back we cross over the flank of the southern side of the mountain and enjoy great views on the far-off summit.

A final lunch at the hotel and it will be time to say goodbye!



Gorges de la Nesque
<https://photorunning.fr>



How fast are the rides?

You may be asking yourself, “*will I be able to keep up with these guys?*” This is a perfectly normal question: nobody wants to be left behind or to feel they are always holding the group back!

The answer is that *so long as you are comfortable riding the daily distances and especially the elevation you will experience on the camp*, you will be fine. This is not a beginners camp, but neither is it for Elite athletes, and it is certainly not a race! The average age of our guests is ~45, with many in their 50's. About 20% are women.

We use a number of techniques to support riders of different levels:

- The group of ~10 riders typically splits into two or three smaller groups by level.
- Each group is supported by a coach at all times.
- The faster riders will often ride extra distance or do more climbing.
- The faster riders may start later.

Rest assured that we have long experience of supporting mixed groups in the mountains. We treat everybody the same way, regardless of whether you are the fastest or the slowest.

Everybody climbs at their own pace, and we judge the timings so that the group comes together whenever required.

If you have any concerns about your ability to fit in, please contact Marvin at info@alpinecols.com



The Hôtel des Pins, Bédoin

The Hôtel des Pins 3* is set amongst the pine trees a kilometre or so from the centre of Bédoin. It is a charming “boutique” style hotel, tastefully decorated by the owners and run with discernment.

The rooms are spacious and comfortable, the gardens heavy with the scent of lavender, rosemary and thyme and enlivened by the chirping of cicadas.



There is an outdoor swimming pool for post-ride relaxation on a hot afternoon.

We will enjoy most of our meals *al fresco* on the terrace, Provençale style.

The restaurant serves only the finest ingredients, sourced locally. The chef is used to cooking for groups of cyclists and provides perfect meals for us.



The hotel is rated “Excellent” (83%) in almost 900 reviews.

We have stayed there personally and fully agree!



Your support team



Olivier Dulaurent

Olivier is a professional cycling coach from France, with an impressive palmarès in the most prestigious sportives, such as the Tour de l'Ain (winner in 2009) and the Marmotte (10th in 2010). He has been coaching full-time for over 15 years and writes regularly in the French cycling magazines.

Olivier lives near Compiègne with his wife and son.



Stéphane Jacquin

Stéphane coaches skiing in winter and cycling in summer. A talented cyclist and even more talented coach, he loves sharing his experience and skills with others. He has competed in scores of sportives such as the Etape du Tour and the Haute Route and is always well placed.

Stéphane lives in Courchevel with his wife. They have three daughters.



Marvin Faure

Marvin started cycling 20 years ago after practicing many other sports, including rugby, sailing, snow-boarding and water-skiing. Competitive by nature he has participated in dozens of mountain sportives and GranFondos, placing well in his age category. He is qualified as a coach by British Cycling.

Marvin lives near Geneva with Emmanuelle. Their two children are now at university.



Emmanuelle Faure

Emmanuelle began her sporting career as a swimmer, where she reached national level in France. She began cycling 10 years ago and has often been on the podium at alpine sportives. She won her category at the Haute Route Alps in 2017. She is qualified as a coach by British Cycling.

Emmanuelle lives near Geneva and teaches part time at the Hotel School in Lausanne.



PACKAGE PRICES

From **Thu 13 June** to **Sun 16 June**

- Twin-share: **€1,190**
- Single supplement: **€135**

BOOK
NOW

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Marseille, at a fixed time only)
- Accommodation and meals (breakfast, lunch and dinner)
- On-the-bike coaching
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Coach's Corner evening sessions on cycling performance
- Photographs (digital copies)

ADDITIONAL NIGHTS

Please contact us for your personal quote if you would like to stay additional nights in Provence.

WHAT IS NOT INCLUDED

- Travel to/from Marseille
- Hotels in Marseille
- Bicycle hire
- Minibar or drinks at the hotel bar
- Coffee or snacks during café stops
- Massage (optional extra)

Practical matters

- **Airport transfers**
 - There will be **one** airport pick-up on Thursday June 13th at 4pm (earlier if possible, depending on flight arrival times). The drive to Bédoin takes 1h30.
 - Please make sure we have your flight details and let us know of any changes or delays.
 - The return airport transfer will leave Bédoin at 3pm and arrive at the airport by 4.30pm.
- **Weather**
 - The normal weather at this time of year is 13°-27°C, and mostly sunny.
 - HOWEVER, rain is possible and it may be cooler. There may also be very strong winds making cycling to the summit impossible.
 - Bring cycling clothes appropriate for both wet and dry conditions and for temperatures between 7° and 30°C.
- **Shops, currency and language**
 - Bédoin is a delightful small, typically Provencal town with plane trees, cafés, restaurants and small shops. It is a cycling paradise, one of the few places where you can find bicycle shops everywhere!
 - Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.

Tips before travel

Preparing your bike

- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 500km through the mountains so the bike needs a thorough check, including the bottom bracket, the head tube and the wheels as well as the obvious brakes, gears, cables and chain.
- Make sure you have appropriate gears. We recommend a **compact chainset (50/34)** and a **cassette suitable for steep climbs (preferably 11/32)**.
- The bike should have new puncture-resistant tyres. Many of the roads in Provence have a rough, granular surface and sharp flints are common, especially if it has rained recently.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.

Travelling with your bike

- If you are new to travelling with your bike, give yourself plenty of time to pack it, preferably the day before travel.
- Follow the instructions of the bike box manufacturer carefully.
- Remember to deflate your tyres and leave the CO2 cylinders at home.
- Include any special tools required to re-assemble your bike.
- If you need help setting up your bike on arrival we will be happy to assist.

Insurance

Accident & illness

Please note that you must have insurance in place in order to cover the cost of assistance and repatriation in the event of accident or illness. The insurance must provide specific cover for cycling and should cover the following risks:

- medical expenses,
- personal accident,
- personal liability,
- emergency rescue,
- repatriation if you become too ill to travel,
- cancellation or curtailment of your holiday,
- travel delay,
- loss or delay to your baggage,
- loss or theft of personal effects and legal expenses.

If you are based in the UK, we suggest you contact one of the specialist cycling insurance firms.

In addition to this, we strongly advise that all Europeans carry **European Health Insurance Cards (EHIC)**. Your EHIC lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return.

Please note that the EHIC is not a substitute for travel insurance as it will not cover mountain rescue, repatriation costs, or losses due to crime or natural disasters.

Cancellation

You should also take out cancellation insurance to cover the cost of your cycling holiday should you be forced to cancel for any reason. Cancellation charges will be applied on the following scale:

- | | |
|---|-----------------------------------|
| – More than 8 weeks prior to your holiday start date: | Deposit only |
| – 4-8 Weeks prior to your holiday start date: | 50% of the total amount invoiced |
| – Less than 4 weeks prior to your holiday start date: | 100% of the total amount invoiced |

Suggested Kit List

ITEM	CHECK
Bike (unless hiring)	
Spare tyres & inner tubes (2 each)	
Spare brake pads	
Spare derailleur hanger	
Any special tools or spare parts	
Spare power meter batteries	
Charger for electronic gears	
Heart rate chest strap	
Cycling computer and charger	
Mobile phone and charger	
Cycling helmet	
Water bottles (2)	
Base layer short sleeve	
Base layer long sleeve	
Cycling jerseys short sleeve	
Cycling jerseys long sleeve	
Cycling shorts	
Cycling tights ¾ or long	

ITEM	CHECK
Cycling socks	
Cycling Cap or balaclava	
Cycling Gloves (summer)	
Cycling Gloves (long, waterproof)	
Arm warmers	
Leg warmers	
Warm waterproof jacket	
Lightweight rain jacket	
Windproof jacket	
Cycling sun glasses	
Cycling shoes (with spare cleats)	
Waterproof overshoes	
Chamois cream	
Sun cream	
Swimming costume	
Gym shorts and tee-shirt	
Medical certificate	
Insurance and EHIC Card (E111)	



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