



# Etape du Tour

## Coaching camp



**8 to 14 June 2025**  
**5 day cycling camp with Alpine Cols,**  
**preparation for the 2025 Etape du Tour**



# Welcome!

*The Alpine Cols difference:*

- *A real expertise and focus on one-on-one coaching for performance.*
- *Intimate knowledge of the best climbs in the Alps.*
- *Excellent hotels, fantastic food and 5\* service!*

**Marvin, Emmanuelle, Olivier, Stéphane** and **Silas** are looking forward to a wonderful week's cycling with you, having fun while we learn and train together. Our goal is that you have a fantastic time and leave us feeling well-prepared for the **Etape du Tour**.

This camp includes a full reconnaissance of the **Etape**. In addition, you can expect well-planned rides, workshops and one-on-one coaching sessions to help you improve your performance. Some of the rides are quite long, but there is always a strong focus on technique, such as climbing, descending or how to pace yourself throughout the Etape.

The off-the-bike activities give you key points to focus on the following day as well as during the remaining time before the event. There will also be daily massages available to help recovery during the camp.

We have chosen a great hotel for our base, the **Hôtel de la Roche** in Beaufort, very conveniently situated at about the half-way point of the Etape. From convivial buffet breakfasts to the late lunch buffet when we get back from the rides and relaxed dinners in the cosy dining room, French gastronomy takes pride of place and the meals are a real highlight of the day. The final night will be at La Plagne.

You should leave us feeling completely ready to ride the Etape, confident in your skills and ready to give it your best shot. More than that, we hope you feel part of the friendly Alpine Cols community and come back again and again - as is already the case for many of you!

Safe rides, Marvin & Emmanuelle



*“The experience with Alpine Cols was excellent. I have done several cycling camps, and I must say this one was close to perfection.”*

*- Stephanie, Paris*



## Is this coaching camp for you?

**YES:** if you want to **learn to cycle faster**, especially for the **Etape du Tour** or events like the **Haute Route** and the **Marmotte**.

**YES:** if you want to **make friends** and **have fun** with **other like-minded people**.

**YES:** if you want to **cycle some great routes in the Maritime Alps**.

**NO:** *if you are essentially a leisure rider with no particular interest in riding faster.*

**NO:** *if you prefer the lifestyle associated with large tourist hotels and easy access to bars, nightclubs etc.*

## Coaching Camp Highlights

### On the bike

- The goal of this camp is to help you become a faster and more skilful cyclist. The week is excellent preparation for mountain sportives in general and the Etape du Tour in particular.
- During the week we suggest limiting the intensity. The pace is Endurance, Zone 2. Different groups will form so that you ride with people at your own level.
- You may however ride harder if you wish, and the coaches will help you define your own training camp objectives and daily pace.
- The coach to rider ratio is 1:5 or better, ensuring that you will have plenty of one-on-one coaching.
- There is a strong focus on technique with plentiful use of video for analysis and feedback.

### Off the bike

- Recovery is the first priority, with a post-ride buffet lunch back at the hotel followed by optional stretching sessions, massage and/or use of electro-stimulation.
- Daily debrief with a coach looking at your ride file and power data.
- Evening sessions on:
  - Climbing powerfully and efficiently
  - Descending fast and safely
  - Using power meter data to improve your performance
  - Training for your target event
  - Eating and drinking for performance
  - Competing at sportives and GranFondos
- Time to relax in an authentic Savoyard village. Enjoy a coffee and pastry in one of the local cafés.



## 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 for 5 hours a day*, you will be fine. The average age of our riders is ~45, with many in their 50’s. Usually, about one third 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 rides at their own pace, and we judge the timings so that the group is always well supported.

If you have any concerns about your ability to fit in, please contact Marvin at [info@alpinecols.com](mailto:info@alpinecols.com)



## GRANFONDO COACHING CAMP

### ON-THE-BIKE PROGRAMME

Date	Alpine Cols programme	Timings		Major climbs	Distance / elevation
Sun	<b>Arrive in Beaufort</b> Set up bikes; briefing for the week	15h 18h30	Geneva airport at 112km		
Mon	<b>Descending Clinic</b> Coaching focus: <b>descending</b>	9h 13h	Depart Beaufort Return to Beaufort	Barrage de Saint-Guérin Hauteluze	50km / 1,630m or 64km / 2,150m
Tue	<b>Col des Saisies</b> Coaching focus: <b>climbing</b>	9h 15h	Depart Beaufort Return to Beaufort	Col des Saisies	58km / 1,750m or 69km / 2,070m
Wed	<b>Col du Pré &amp; col du Joly</b> Coaching focus: <b>nutrition</b>	9h 14h	Depart Beaufort Return to Beaufort	Col du Pré Col du Joly	51km / 1,620m or 80km / 2,530m
Thu	<b>Etape du Tour reconnaissance Part 1</b> Coaching focus: <b>pacing</b>	9h 15h	Depart Beaufort Return to Beaufort	Côte d'Héry Col des Saisies Col du Pré (option)	74km / 1,720m or 104km / 2,770m
Fri	<b>Etape du Tour reconnaissance Part 2</b> Coaching focus: <b>endurance</b>	8h 15h	Depart Beaufort Arrive in La Plagne	Col du Pré Cormet de Roselend La Plagne	75km / 2,850m or 70km / 2,670m
Sat	<b>Departure day (from La Plagne)</b>	-	Geneva airport at 200km	<b>TOTALS</b>	<b>320km - 400km 9,900m – 12,300m</b>

Please note the programme is necessarily subject to change based on road and weather conditions. There are always options to vary the planned distance and ride more (or less) if you prefer.



# Col des Saisies



*“It was so clear you were prepared to do "whatever it takes" with a smile on your face to make our experience special. Felt like I was on a tour team!!! ”*

- Scott, Ontario



## Sunday

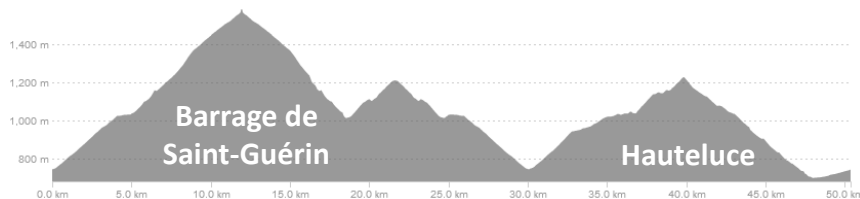
The hotel is in Beaufort, just a few kilometres from Albertville (where the Etape will start in July 2025), and roughly at the mid-point of the route, between the col des Saisies and the col du Pré.

Beaufort is 112km from Geneva airport and the transfer takes around 2 hours.

The camp begins with a welcome drink and **briefing at 18:30**, followed by dinner with the coaches and other riders.

## Monday

**Distance:** 50 - 64 km      **Elevation:** 1,630 – 2,150m+  
**Ride time:** 4-5 hours      **Focus:** **Descending**



Descending is a crucial skill to master for cycling in the mountains. Our goal on this first day is to help you improve your ability to **descend safely and confidently**.

After a short warm-up on the flat – already on the Etape route - we start up the climb to the col du Pré, then branch off after the first 6.5km to the Barrage de Saint-Guérin, where we organise the descending clinic. You can descend multiple times with a coach, and be videoed multiple times. You will receive **immediate feedback**, and the video allows you to see your own technique.

The second climb of the day is across the valley to Hautelucre, with an option to continue to Bisanne or the col des Saisies.

There are plenty more opportunities to practice descending on the way back to the hotel for lunch.



# Col du Pré

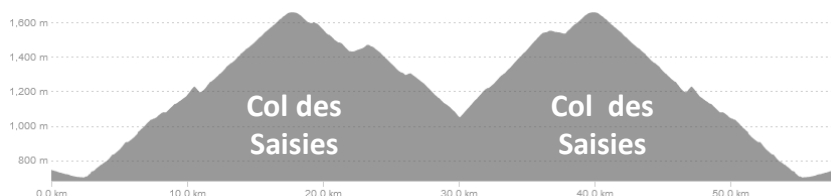
*“This was the best cycling training camp I have ever been to. I improved my skills in descending in the drops and increased confidence in doing so. Also, the food was fantastic!”*

- Katrina, Melbourne



## Tuesday

**Distance:** 58 - 69 km    **Elevation:** 1,750 - 2,070m+  
**Ride time:** 5 hours    **Focus:** **Climbing**



Tuesday's ride takes us over the col des Saisies, up direct from Beaufort, with the return on the route of the Etape.

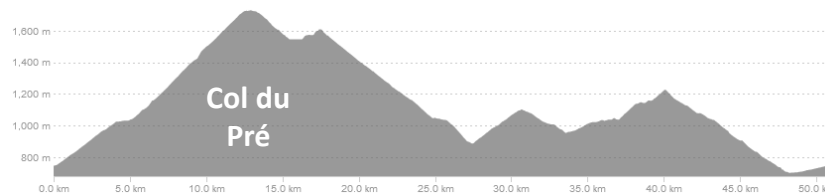
The coaching focus is on climbing technique. We look at your **seated pedalling technique** and how it varies between the moderate and steep pitches, and we look at your **standing technique** to help you "dance" on the pedals like a pro. The goal is to learn to climb efficiently, thus maximising the use of your energy on long rides in the mountains.

After reaching the col des Saisies we descend the other side to Notre-Dame-de-Bellecombe, then cut across to Crest-Voland for the climb back up, on the route of the Etape.

The long option descends to the valley floor and includes the entire Etape climb to the Saisies, adding 11km and 320m+.

## Wednesday

**Distance:** 51 - 80 km    **Elevation:** 1,620 - 2,530m+  
**Ride time:** 6 hours    **Focus:** **Nutrition**



Today we tackle the col du Pré, the hardest climb on the Etape. This ride is a great opportunity to familiarise yourself with the route, while practicing your skills.

The coaching focus is **nutrition**, to make sure you are fuelling yourself effectively to go the distance. This is a crucial skill to develop and practice in order to have a successful ride in July.

After the col du Pré, we descend and cross the valley to climb to Hauteluce (by a different route from Monday), with an option to continue to the col du Joly, directly in front of Mont Blanc, adding 30km and 910m+.

The final descent is back on the Etape route: the last two-thirds of the descent from the Saisies.



# Cormet de Roselend

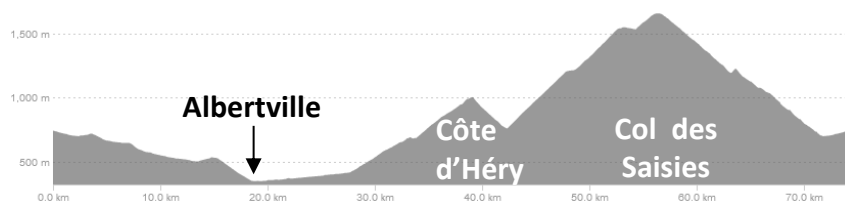
*“I got a lot of personalised very useful feedback and learned how to improve my technique during the post-ride video analysis. The ambiance is great and being able to focus only on my riding made me feel like a pro.”*

Jan, Switzerland



## Thursday

**Distance:** 74 - 104 km    **Elevation:** 1,720 – 2,770m+  
**Ride time:** 5-6 hours    **Focus:** **Pacing**

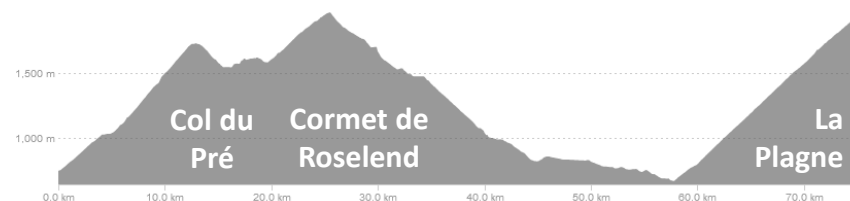


Starting from Beaufort, we will ride down to Albertville to the **start of the Etape du Tour**, and then follow the official route up and over the **côte d'Héry** and the **col des Saisies**, descending to finish the day's ride back at the hotel in Beaufort. For those who wish, there's an option to continue on the race route up the col du Pré, adding 30km and 1,050m. The coaching focus will be on **pacing**, which together with **nutrition** are the two keys to a successful ride in July.

You will also of course have ample opportunity to practice climbing and descending. The coaches will be on their bikes with you throughout the week to provide feedback and help you learn.

## Friday

**Distance:** 70 – 75 km    **Elevation:** 2,670 – 2,850m+  
**Ride time:** 5-6 hours    **Focus:** **Endurance**



On the final day of the camp, we will complete the **second half of the Etape**, from Beaufort to La Plagne. If you don't want to climb the col du Pré again, there's an easier option to climb directly to the Cormet de Roselend.

The descent from the Cormet de Roselend is very long and has a tricky mid-section. The transition in the valley is straightforward, leaving only the interminable and relentless climb up to La Plagne and the finish.

The coaching focus is on **endurance**. At the start of the day you will have ridden up to 320 kilometres in the mountains in 4 days, climbing some 7,200m. Our role as coaches is to help you bring all the skills together: climbing, descending, pacing and nutrition in order to get the most out of the week.



# Climb to La Plagne



## GRANFONDO COACHING CAMP

### OFF-THE-BIKE PROGRAMME

Date	Time	Coach's Corner evening sessions
Sun	18h30	Descending: fast and safe!
Mon	18h30	Climbing, pedalling technique
Tue	18h30	Nutrition for performance
Wed	18h30	Pacing at the Etape du Tour
Thu	18h30	Tips for sportives and GranFondos
Fri	18h30	Mental strategies

Note:

Other technical sessions are available, on request.





*“Alpine Cols are truly remarkable and have helped us in learning proper descending techniques, pacing and climbing skills. We always have a great time – I would highly recommend Alpine Cols to all levels of riders.”* – Scott & Char, Arizona

# Recovery

In addition to your usual recovery routines (such as drinking lots of fluids and eating appropriately, stretching gently and getting lots of rest, preferably with your legs raised), we provide\* the following aids to recovery:

- **Compression socks and compression shorts.** These work by compressing the large, superficial veins and thus forcing the blood to return through the veins which are much deeper in the muscle. This has a positive impact on the rate of recovery by accelerating the metabolism of the by-products of exercise, the elimination of toxins and the replacement of glycogen in the muscles.
- **Compex Electrostimulation.** This is a medical device that has been adapted for use in sports. It works by stimulating the muscles to contract in a specific pattern, thus enhancing the blood flow. It is effective alone but even more so when combined with compression socks. The 25' session should take place before any massage.
- **Massage and Osteopathy.** These interventions by qualified practitioners can be effective in accelerating blood flow, reducing inflammation, eliminating toxins in muscles and removing adhesions. Osteopathy can also help prevent injuries, correct imbalances and re-establish proper posture.

## \*Availability

- Compression socks and shorts can be purchased from our shop.
- We have 2 Compex electrostimulation devices available for you to try, as well as others which may be purchased.
- Massage and Osteopathy are available each afternoon on request, at additional cost. The sessions must be pre-booked.



# Col de la Colombière



*“A highly capable, professional, trustworthy and fun team. I guarantee you’ll come away from their camps with a greater belief in your riding ability. I couldn’t recommend them more...”*

*- Eimear, UK*

# Coaching

Why would you need a coach? You know how to ride a bike, right?

Put simply, cycling at speed in the mountains is highly technical and we have yet to meet someone who couldn't learn and improve! Besides, if all professional riders have coaches, why wouldn't you benefit too?

Here's what you can expect from us:

- **Fully qualified, experienced coaches.** Alpine Cols coaches are all fully qualified and have between 10 and 20 years of active coaching experience. In addition, they are excellent competitors in their own right.
- **Coaching focus.** The key skills for all mountain sportives are **climbing, pacing, descending, nutrition** and **recovery** (for multi-day events). We use a mix of observation, oral feedback on the bike, evening technical sessions, video feedback and written feedback at the end of the camp.
- **Riding with power.** All Alpine Cols coaches ride with power meters and use power in their coaching practice and for their own benefit. We have partnered with **Infocrank®**, the official power meter of the UCI and British Cycling, chosen for its superior accuracy, stability and reliability under all conditions.
- **Up to date.** We constantly update our knowledge and coaching practice in line with new research. For 2024, we added new material in the areas of Pacing, Durability, Nutrition, and Mental Skills, any one of which could make a significant difference to your performance!



## Coaching Staff



**Marvin** (MA, MBA, BC L3)



**Olivier** (PhD, BPJEPS)



**Silas** (BSc, DBS)

Emmanuelle, Marvin, Olivier, Silas, Stéphane and Yannick are not only highly qualified, experienced cycling coaches but also strong (or very strong!) competitors in their own right.

Olivier is a past winner of the Tour de l'Ain and has placed 10<sup>th</sup> at the Marmotte; Silas was vice-champion of New Zealand and an international triathlete; Stéphane has placed well at countless Alpine sportives, Yannick has gained several podium places at Elite level and Marvin and Emmanuelle are often on the podium in their age categories.

They love sharing their experience and will work with you to help you reach your potential as a cyclist.



**Emmanuelle** (MA, MBA, BC L2)



**Stéphane** (BEESAC)



**Yannick** (MSc, BPJEPS)



## PACKAGE PRICES

From **Sun 8 June to Sat 14 June 2025**  
5 nights at Hôtel de la Roche 4\* (Beaufort)  
1 night at a hotel in La Plagne (tbc)

- Twin-share: **€2,290**
- Single supplement: **€400**
- Non-cyclist (twin-share): **€1,540**

*5% "welcome back" discount for returnees*

*10% discount off second package booked the same year*

## ADDITIONAL NIGHTS

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

**BOOK  
NOW**

## WHAT IS INCLUDED IN YOUR PACKAGE

- Accommodation and all 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 taken during the week (digital copies)

## WHAT IS NOT INCLUDED

- Travel to Beaufort (2h from Geneva airport)
- Travel from La Plagne (2h15 from Geneva airport)
- Bicycle hire
- Minibar or drinks at the hotel bar
- Coffee or snacks during café stops
- Massage (optional extra)



# Col de la Croix Fry



*“I would recommend Alpine Cols to anyone who was serious about improving their skills on the bike. I felt the coaching was good value for money and far exceeded any other cycling holiday I have been on”*

*- James, UK*

## Practical matters

- **Airport transfers**
  - Our hotel in Beaufort is called the Hôtel de la Roche. It is approximately 2 hours from Geneva airport. Once the participant list has been confirmed, we will assist with booking the transfer, which you will pay directly. The cost will depend on the number of persons in the same vehicle.
  - We will transfer your bike box from Beaufort to La Plagne, and help organise the return to the airport under the same conditions as the outward leg.
- **Weather**
  - The normal weather in June in the Alps is 15°-25°C and mostly sunny.
  - HOWEVER, rain is always possible, and it may be cooler.
  - It will always be cooler on the summits where the maximum day temperatures can vary between 5°C and 20°C (colder if wet).
  - Bring cycling clothes appropriate for both wet and dry weather and temperatures between 0° and 25°C.
- **Currency and language**
  - The currency is the Euro and the language is French.
  - 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 300-400km 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.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.
- Make sure you have appropriate gears. We recommend a compact chainset (50/34) and a cassette suitable for steep climbs (e.g. 11/34 or 36).
- Your tyres must be in good condition.

### 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.
- Leave the CO2 cylinders at home (the airline won't accept them).
- 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.



## Col du Pré



*“The standard of the coaching camps run by Marvin and Alpine Cols is absolutely second to none. We have done a number of them over recent years including Tenerife, St Tropez and the Alps: all have been excellent.”* - Jonathan, UK

# 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.

Please make sure that your cover specifically includes cycling in France.

## 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 |

Cancellation charges do not apply in the case of government-imposed Covid restrictions. If you are forced to cancel due to changing government regulations you will receive a full refund.

## 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	
Lights (front and back)	
Charger for electronic gears	
Heart rate chest strap	
Cycling computer & charger	
Mobile phone & charger, adaptor	
Cycling helmet	
Water bottles (2)	
Base layer short sleeve	
Cycling jerseys short sleeve	
Cycling shorts	
Cycling socks	
Cycling Gloves (summer)	
Cycling Gloves (long, waterproof)	

ITEM	CHECK
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	
Personal pharmaceutical items	
Insurance	
Medical certificate	
Day bag (for the van)	



## **Alpine Cols SAS**

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