



# Geneva to San Remo

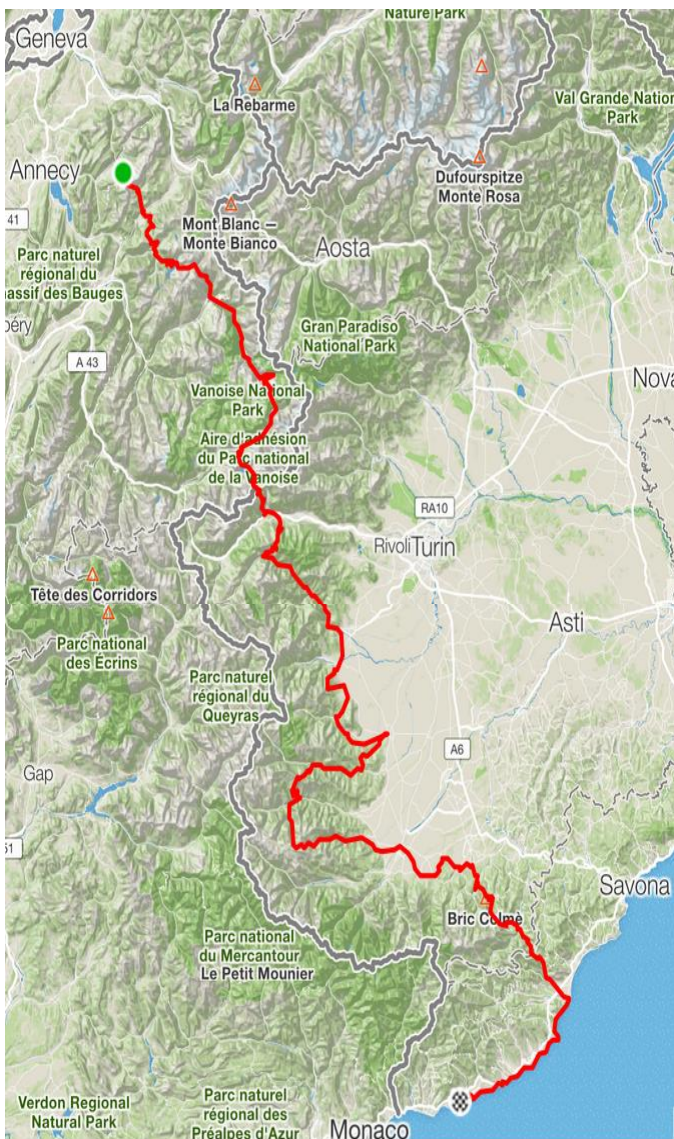
*Over the Alps from the lake to the sea*



7 day cycling tour with Alpine Cols  
6-13 September 2020



# Geneva – San Remo



## A cycling trip you will never forget

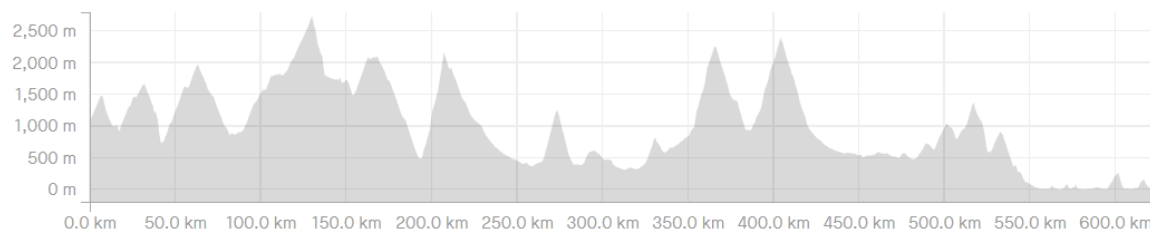
Starting near Geneva, we will follow the Route des Grandes Alpes for the first two days before crossing into Italy.

On the way we will tackle many of the greatest climbs of the Alps, including several iconic climbs of the Giro before cycling the final 64km of Milan-San Remo on the Mediterranean coast.

- Cormet de Roselend (1,967m)
- Col de l'Iséran (2,764m)
- Col du Mont Cenis (2,081m)
- Colle delle Fenestre (2,178m)
- Colle di Sampeyre (2,284m)
- Colle della Fauniera (2,511m)

During the 6-day trip you can expect to ride around 110km and climb 2,500m per day. If you do all the climbs you will ride a total of 645km and climb more than 16,300m+. Shorter options are available on some stages for those who would like to do less.

You will be supported every metre of the way by the experienced Alpine Cols team riding with you and the two support vehicles never far away.





## The col des Saisies (Stage 1)



*“I had a great time with you guys. Your organisation of everything but turning the pedals was absolutely spot on. My riding improved lots!”*

*- Steve, Tunbridge Wells*



## Is this trip for you?

This not a trip for beginner cyclists, but you do not need to be either fast or young. Similar trips have been completed by many men and women in their sixties and even seventies.

The main quality required is endurance and the ability to ride for 4 to 7 hours per day for 6 days. We will have our own masseurs to help with recovery.

The rides are fully guided and at your own pace. There will be 3 guides for no more than 10 guests, so you will be able to ride with people of a similar speed.

All our guides are qualified cycling coaches. You will thus receive plenty of tips and feedback on your cycling, with suggestions for pacing, descending, nutrition and of course recovery.

The support vehicles are nearby if you need support, and you are welcome to jump aboard if you are too tired to complete the day's ride.

The trip is absolutely non-competitive. There will be plenty of time to take photographs or to stop for a coffee, if you so wish.



# PROGRAMME

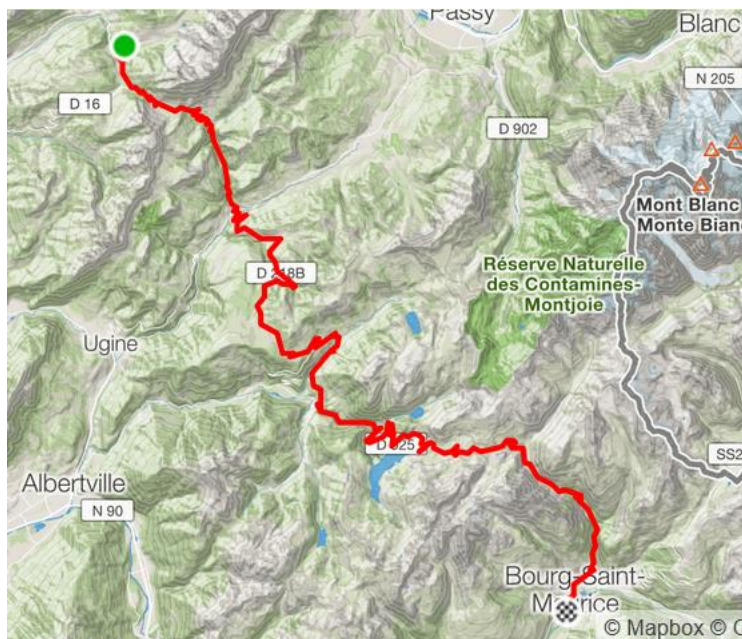
DAY	ACTIVITIES	KM   M+	CLIMBS	HOTEL
Sun Sept 6	<i>Arrival (nearest airport Geneva)</i>	-	-	Hotel Beauregard 4* (La Clusaz)
Mon Sept 7	<b>La Clusaz to Bourg St Maurice</b> <i>A classic stage from the Route des Grandes Alpes</i>	88km   2,560m	Col des Aravis Col des Saisies Cormet de Roselend	Hotel l'Autantic 3* (Bourg St Maurice)
Tues Sept 8	<b>Bourg St Maurice to Susa</b> <i>The highest road pass in Europe, then on into Italy</i>	116km   3,100m	Col de l'Iseran Col du Mont-Cenis	Casa San Francesco 3* (Susa)
Wed Sept 9	<b>Susa to Saluzzo</b> <i>The climb where Froome won the Giro in 2018 (or take an easier route)</i>	129km   3,200m or 121km   1,600m	Colle delle Finestre or Colleta di Cumiano	Antico Podere Propano 3* Saluzzo
Thu Sept 10	<b>Saluzzo to Cuneo</b> <i>The Queen Stage: over two huge climbs (or enjoy a recovery day)</i>	132km   4,100m or 60km   930m	Colle di Sampeyre, colle della Fauniera or Colleta di Isasca	Palazzo Lovera 4* Cunéo
Fri Sept 11	<b>Cuneo to Garessio</b> <i>Through the Ligurian Alps: the ultimate barrier before the sea</i>	80km   1,650m	San Giacomo Colle di Casotto	La Locanda Ponte Rosa 3* Garéssio
Sat Sept 12	<b>Garessio to San Remo</b> <i>One last climb out of the Ligurian Alps and onto the famous coast run to San Remo</i>	100km   1,700m	Colle San Bernardo Colle della Cipressa Poggio	Hotel Villa Sophia 3* San Remo
Sun Sept 13	<i>Departure (nearest airport Nice)</i>	<b>645km   16,300m</b> or <b>565km   11,500m</b>	(approximate totals)	-

N.B. With the exception of the airport, there are NO minibus transfers planned during your stay: the whole distance is done on the bike  
However, the option to jump in the support vehicle is always there if you are too tired!  
See next pages for details of each stage.



# Stage 1: La Clusaz to Bourg St Maurice

## 90 km | 2,800m

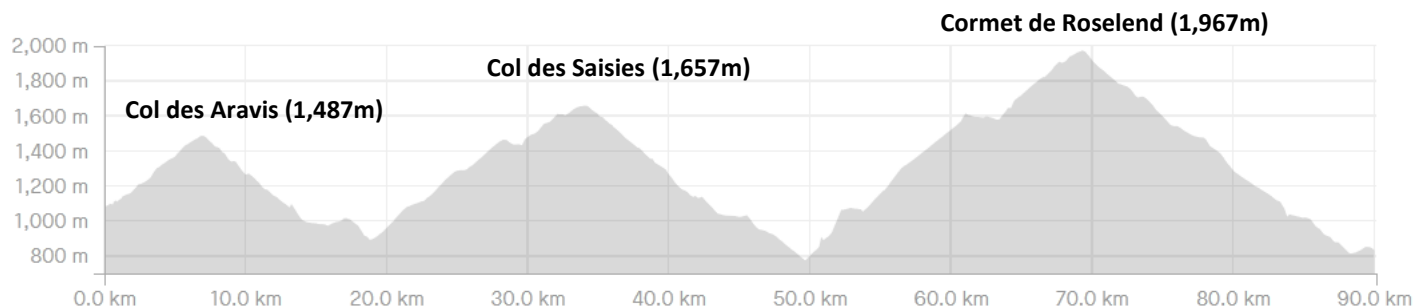


### A classic stage in the Route des Grandes Alpes

We get straight down to business: the climbs keep coming and keep getting tougher on this challenging ride from La Clusaz to Bourg St Maurice, in the Tarantaise valley.

The climb to the col des Aravis with its easy gradient begins immediately and is soon followed by a sweeping descent to the start of the climb to the ski station Les Saisies. Descending from Les Saisies, we can enjoy the view of Mont Blanc as well as the authentic Savoy village of Hauteluce before tackling the final climb, the stunningly beautiful Cornet de Roselend.

Col des Aravis	8 km, 446m, 6%
Col des Saisies	15 km, 747m, 5%
Cornet de Roselend	20 km, 1,227m, 6%



## The Cormet de Roselend (Stage 1)



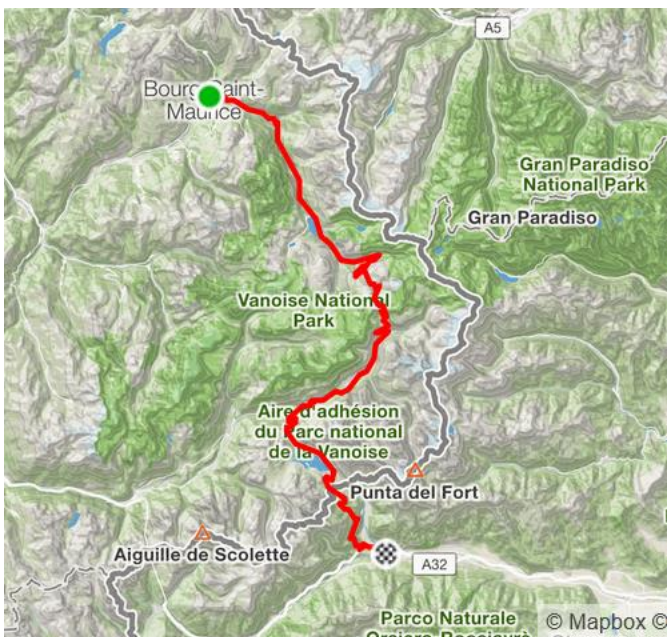
*“This is a MUST experience for every cyclist. The things that stand out for me are your team’s attention to detail – 5 Star personal service !”*

*- Robbie, Zurich*



# Stage 2: Bourg St Maurice to Susa

## 116 km | 3,100m



### Over the mountains to Italy

The col de l'Iseran is the highest road pass in Europe, at 2,746m, and it is a long way up from Bourg St Maurice: almost 50km of near-continuous climbing! The toughest part is the last 11km, from Val d'Isère to the top.

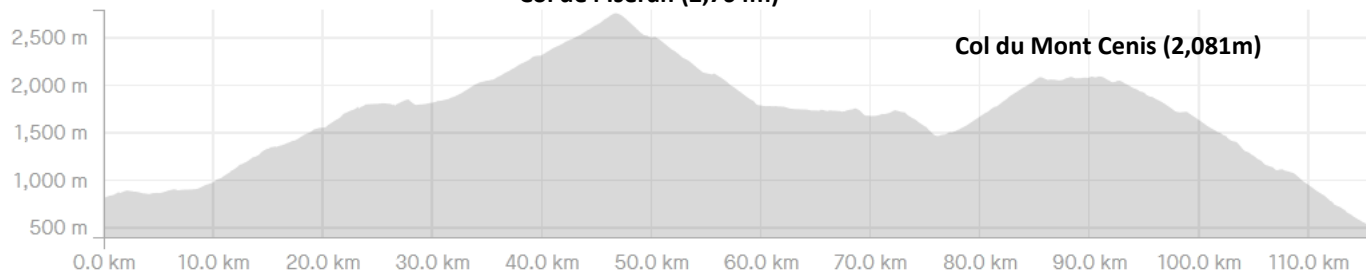
After the long, steep descent from the col we continue an easier descent to Lanslebourg, where we turn off and cross into Italy via the beautiful climb to the col du Mont Cenis.

The descent from the col brings us to Susa, our first stop in Italy. Be ready for the pasta!

Col de l'Iseran	46.3 km, 1,952m, 4%
Col du Mont Cenis	10 km, 670m, 7%

Col de l'Iseran (2,764m)

Col du Mont Cenis (2,081m)





## The col de l'Iseran (Stage 2)



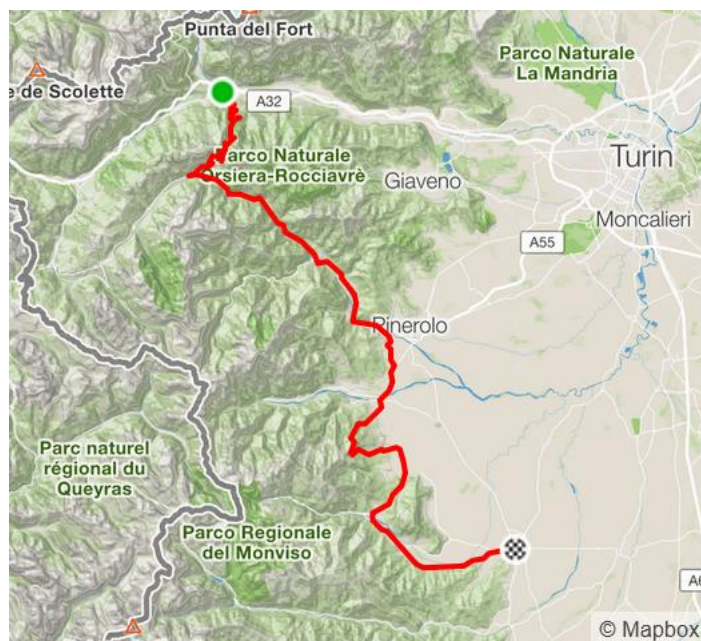
*“a huge thank you for our recent Alpine week cycling - we both think of it as one of our best holidays/trips we’ve done for many years!”*

*- Jonathan, UK*



# Stage 3: Susa to Saluzzo

## 129 km | 3,200m *or* 121 km | 1,600m



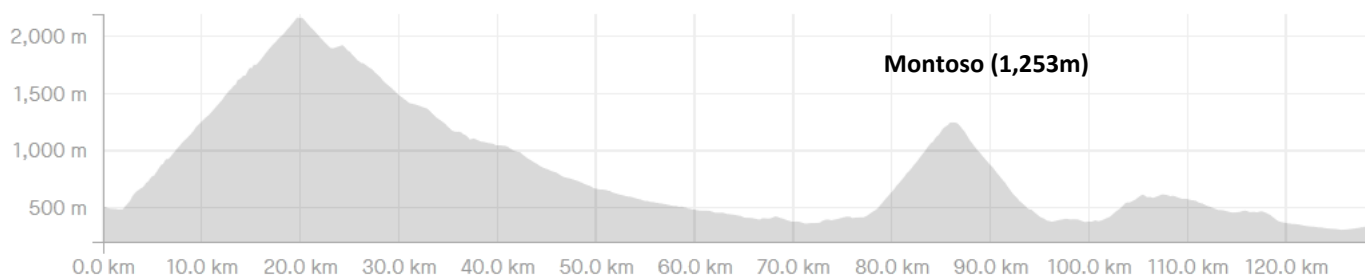
### Follow Chris Froome's 2018 Giro exploits

Straight up from Susa, we tackle one of the giants of the Giro. The Finestre is a tough climb, relentlessly steep, made tougher by the final 8km on gravel. The surface is hard-packed and perfectly rideable, but definitely harder than tarmac. This is where Chris Froome made his 80km solo break and won the Giro in 2018. The gravel section finishes on the summit and thankfully the descent is delightful, entirely on tarmac.

There are two alternative routes for those who prefer not to climb the Finestre : one skirts the mountains (121km,1600m), the other includes the Montoso (135km, 2400m). You can make your choice at the briefing.

Colle delle Finestre	17.5 km, 1,604m, 9%
Montoso	8.7 km, 826m, 9%

**Colle delle Finestre (2,178m)**







## The colle delle Finestre (Stage 3)

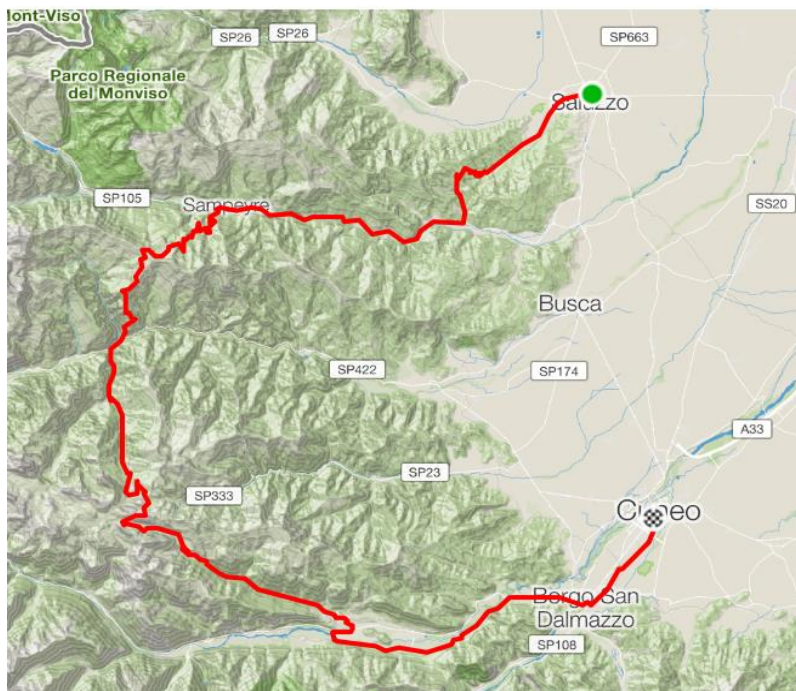
*“Just to say thanks so much for a fantastic week in the Alps. You are truly a very patient man and your assistance was first class ! ”*

*- Liam, Cape Town*



# Stage 4: Saluzzo to Cuneo

## 132 km | 4,100m or 60 km | 930m



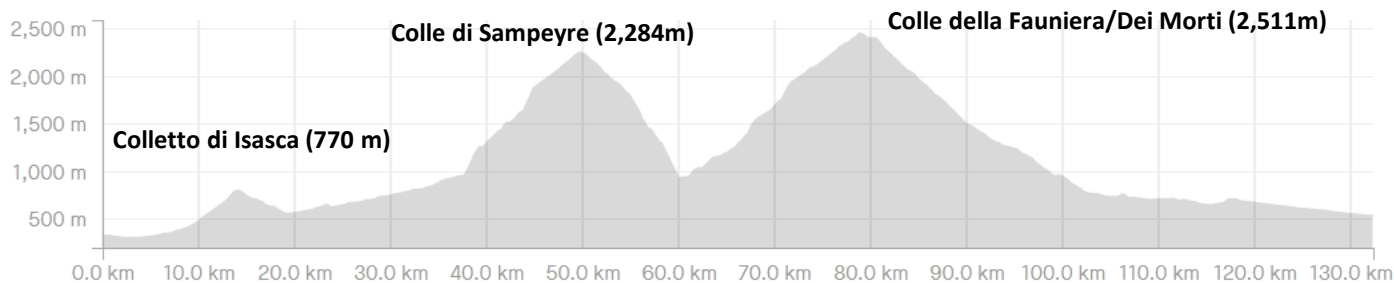
### The Queen Stage

After an initial warm-up on the Colletto di Isasca, we head deep into historic Giro territory for the Queen Stage, with two huge climbs over 2000m:

- the colle di Sampeyre (2,284m), which was crossed by the Giro in 1995 and 2003 (when Marco Pantani fell on the descent). It is long and hard with an irregular gradient.
- The Colle della Fauniera (2,511m), which the Giro used in 1999 and 2003. The centre point of the GranFondo Fausto Coppi, it is equally hard and there is a fitting memorial to Pantani on the summit.

The two climbs taken together are a significant challenge, so for those in need of recovery we propose an alternative route to enjoy a much easier ride (60km, 930m).

Colletto di Isasca	4.6 km, 368m, 7.7%
Colle di Sampeyre	15.7 km, 1,304m, 8%
Colle della Fauniera	17.4 km, 1,236m, 7%





## The Piazza Galimberti , Cuneo (Stage 4)



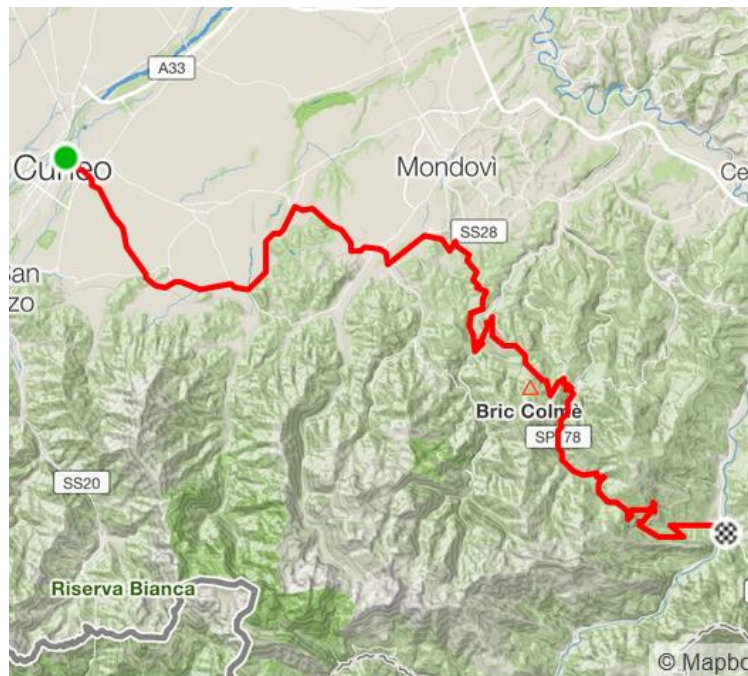
*“thank you for the wonderful week. Both you and Stephane were great coaches on the bike. Very difficult to find things to improve! ”*

- Sam, UK



# Stage 5: Cuneo to Garessio

## 81 km | 1,650m

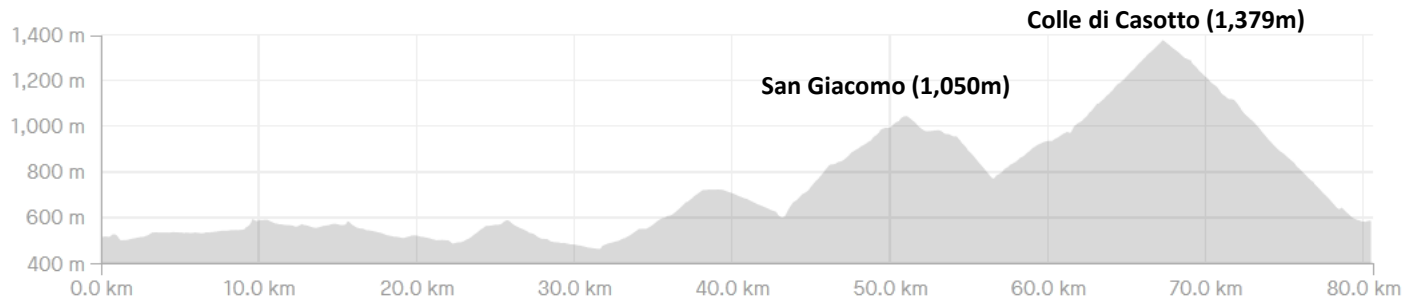


### Into the heart of Liguria

A relatively easy ride after yesterday's Queen Stage, Stage 5 sees us leave behind the plains of northern Italy to start up the final barrier before the sea. The stage begins nice and easy, with the first real effort coming after 32km. We must then make a succession of three climbs, each longer than the last and taking us successively higher.

The roads here are delightful and little-used, sometimes in the forest and sometimes opening up magnificent views. The descent from the colle di Casotto brings us to our final stop before San Remo, in the small town of Garessio.

San Giacomo	7.8 km, 445m, 5.6%
Colle di Casotto	10.5 km, 576m, 5.5%





## Garessio (Stage 5)



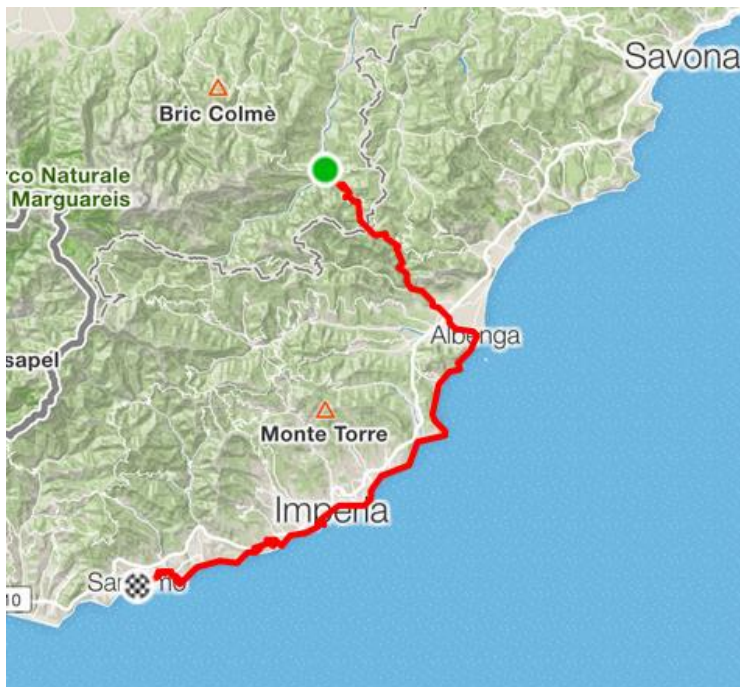
*“Your organisation of everything but turning the pedals was absolutely spot on, professional and considered but delivered with an open attitude”*

- Simon, USA



# Stage 6: Garessio to San Remo

## 100 km | 1,700m

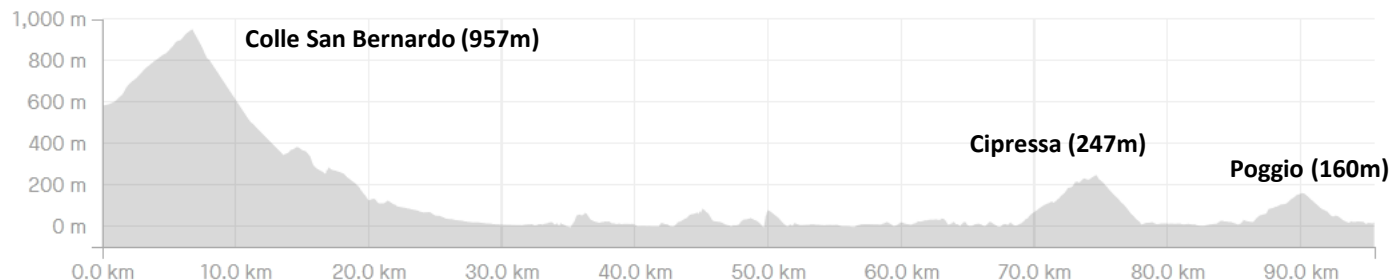


### The coast road to San Remo

Our final stage route follows the last 64 km of Milan San Remo, along the coast and over the iconic last two climbs, the Cipressa and the Poggio. We will finish right in the centre of San Remo at the same spot as the professional race.

But first we must reach the coast... After all the climbing we have done, the 6.3 km colle San Bernardo will seem a relative formality. From here the Mediterranean will be in sight, and we will enjoy more than 20 km of descending to reach sea-level before turning right and following the coast road to San Remo.

Colle San Bernardo	6.3 km, 359m, 5.7%
Cipressa	5.8 km, 238m, 4.0%
Poggio	3.6 km, 146m, 4.0%





## The Cipressa (Stage 6)



*“The team were totally superb: friendly, approachable, helpful, flexible, kind, passionate about cycling, as well as being expert coaches ”*

- Anne, UK



## Overnight locations



### La Clusaz (Departure point)

A small medium altitude Alpine village with a long history, La Clusaz has retained much of its original charm. The chalets are in wood and there is a traditional weekly farmers' market. The Tour de France is a regular visitor, coming through the village every 3-4 years, most recently in 2016 and 2018. We use it as a base for our June training camps due to the many iconic climbs in the neighbourhood.



### Bourg Saint Maurice (Stage 1)

Situated on the Roman road between Turin and Lyon or Geneva, the town has been settled since recorded history. It is now best known as the train terminal and jump-off for the many ski stations in the area (Les Arcs, Tignes, Val d'Isère...) The architecture is typically Alpine, with wood and stone used in abundance. We will enjoy the excellent local dried meats and cheeses at dinner..



### Susa (Stage 2)

Susa was actually founded by the Gauls, but voluntarily joined the Roman Empire in the 1<sup>st</sup> century BC, becoming the provincial capital. A magnificent Roman amphitheatre exists to this day. The town's proximity to the col du Mont Cenis ensured its continued importance through to the 19<sup>th</sup> century. It is now relatively quiet, full of historical charm and of course Italian cafés and pastry shops...



## Overnight locations



### Saluzzo (Stage 3)

The city of Saluzzo is set on a hill above the plain. The centre retains many of its mediaeval characteristics, bearing witness to its complex history and frequent changes in ownership. Its apogee was in the 15<sup>th</sup> century when the Marquis of Saluzzo built the first Alpine tunnel, dug by hand under the col de la Traversette in 1479. We will stay in a charming hotel converted from an historic monastery.



### Cuneo (Stage 4)

On the plain but surrounded on three sides by mountains, the centre of six trading routes to the Mediterranean and into France, Cuneo occupies a point of strategic importance. The mediaeval town and fortifications were destroyed long ago and the town is now resplendent with the Baroque architecture of the 17<sup>th</sup> and 18<sup>th</sup> centuries. Our 4\* hotel is a splendid example, right in the centre.



### Garessio (Stage 5)

A small town in the Ligurian Alps, Garessio was an important staging post in the Middle Ages for the salt trade coming from the Mediterranean. In the 19<sup>th</sup> century it became a popular spa town in the summer months, and the source of the mineral water Acqua San Bernardo. The historic centre where our hotel is located has been well preserved.





## San Remo

### The city of San Remo

Founded in Roman times, the city now has a population of 85,000. The town first developed in the Middle Ages, becoming established in the hills above the sea to protect from Saracen raids. It grew rapidly in the mid-eighteenth century, as the first Grand Hotels were built and European royalty (especially Russian) became frequent visitors. Alfred Nobel made San Remo his permanent home. It is now a popular tourist destination, enjoying good weather year-round.

### The race Milan – San Remo

San Remo is the finishing point for one of cycling's five "monuments": the five most important one-day races. Held in March, at the start of the European cycling season, the *Classicissima* is around 300km long and is most often won by a sprinter, in spite of the inclusion of two climbs in the last 25km, the Cipressa and the Poggio.

We will follow the route for the last 64km along the Ligurian coast to the finish on the Via Roma.







Photo © Alpine Cols

## PACKAGE PRICES

From **Sat 7 Sept** to **Sat 14 Sept**

- Twin-share: **€2,995**
- Non-cyclist **€1,049**
- Single supplement: **€300**

**BOOK  
NOW**

## ADDITIONAL NIGHTS

Please contact us for your personal quote if you would like to stay additional nights in either La Clusaz (before departure) or San Remo.

## WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (from Geneva and to Nice, at a fixed time only)
- Accommodation and meals (breakfast, lunch and dinner, including drinks with the meals)
- On-the-bike guiding (and coaching)
- Two on-the-road support vehicles with free energy drinks and snacks
- Mechanical assistance
- Photographs taken during the week (digital copies)

## WHAT IS NOT INCLUDED

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



## Practical matters

- **Airport transfers**
  - The closest airport to La Clusaz is Geneva. There will be one pick-up from Geneva on Sunday September 6<sup>th</sup>, in principle at midday (exact time to be confirmed).
  - The closest airport to San Remo is Nice. There will be one drop-off in Nice on Sunday September 13<sup>th</sup>, in principle at 11am, (exact time to be confirmed).
- **Weather**
  - The normal weather at this time of year is 19°-25°C, and mostly sunny.
  - HOWEVER, rain is possible and it may be cooler, or even quite cold near the summits.
  - Bring cycling clothes appropriate for both wet and dry conditions and for temperatures between 0° and 30°C.
- **Shops, currency and language**
  - We have chosen the overnight locations carefully for their character and historic interest. There are always local cafés, pastry shops and supermarkets close by, and in some towns (especially Cuneo and San Remo) there are a wide range of international-standard shops.
  - The currency in France and Italy is Euros. Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.
  - English is reasonably well understood in both countries, but not by everybody!
- **Staying over**
  - It would be a pity to arrive at the last minute and leave at the first opportunity: there is so much to see and do in this beautiful part of the world! If you would like to extend your trip, please let us know and we will suggest some options.



## Tips before travel

### Preparing your bike

- 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 have a rough, granular surface and sharp flints are common, especially if it has rained recently.
- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 650km or so 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.

### 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 reduce the pressure in 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.

Please make sure that your cover specifically includes Austria, Italy and Switzerland.

## 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 & charger	
Mobile phone & charger, adaptor	
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	



Mont Blanc, from  
Les Saisies (Stage 1)



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