



**Alpine Cols**  
CRANK UP THE POWER 

**Introduction to the Alps**  
3 to 9 July 2022





# Welcome!

*The Alpine Cols difference:*

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

Together with coaches Olivier and Stéphane, Marvin and Emmanuelle are looking forward to a wonderful week's cycling with you. This camp is designed as an introduction to cycling in the mountains. There is no pressure to perform and everybody rides at their own pace. Our expert coaches are on the bike with you to provide as many tips and as much support as you want, and the van is always close by with food and drink and the chance to take a rest.

We will introduce you to our favourite mountain-top cafés, have you taste the best blueberry tarts, show you the most stunning views, the quietest roads and the most beautiful alpine meadows.

La Clusaz is a hidden gem, considered by those in the know to be the best place for cycling in the Alps. It is a charming village built in the traditional manner of wood and stone. Better still, for the cyclists, there are over 25 climbs in the immediate vicinity, many of them made famous by the Tour de France!

Our goal is that you 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 Hotel Beauregard 4\*, La Clusaz

We loved the Beauregard at first sight and have brought hundreds of guests here over the past five years.

Built in traditional Alpine wood and stone and tastefully decorated throughout, it is set on a slight rise and nestled in a copse of trees, giving it a secluded and exclusive feel.

The rooms are cosy, luxurious and comfortable. There is a spa with hot tub, sauna and indoor swimming pool.

The staff are lovely people, warm and welcoming, and thoroughly understand the needs of cyclists.

The “Symphonie” restaurant is a real high point, offering excellent food that is great for hungry cyclists.

The chef is very flexible and is always ready to cater to specific needs and requests. He also knows how important it is to start the day with an excellent breakfast!



The hotel is rated “Excellent” (4.5) on TripAdvisor and 88% on Booking.com in over 2000 reviews.

Feedback from our own guests has always been overwhelmingly positive. This is a great place to be on holiday!



# CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Circuit	Distance   vertical
Sun	<b>Arrival day</b> Set up bikes; briefing for the week		Arrive in <b>Geneva</b> ; transfer to <b>Hotel Beauregard</b> , La Clusaz	-	-
Mon	<b>Day 1</b> Coaching focus: <b>core skills</b> .	9h 14h-15h	Depart La Clusaz Return to La Clusaz	Tour des Glières via the col des Fleuries and the Gorges du Borne	79 km   1,425m
Tue	<b>Day 2</b> Coaching focus: <b>descending</b>	9h 13h-14h	Depart La Clusaz Return to La Clusaz	Crest Voland via the col des Aravis	40 km   1,030m 55 km   1,775m (option)
Wed	<b>Day 3</b> Coaching focus: <b>climbing</b>	9h 14h-15h	Depart La Clusaz Arrive La Clusaz	Three cols: col du Marais, col de l'Epine, col de la Croix-Fry	72 km   1,650m
Thu	<b>Day 4</b> Coaching focus: <b>pacing</b>	9h 14h-15h	Depart La Clusaz Return to La Clusaz	Plateau des Glières	73 km   1,750m
Fri	<b>Day 5</b> Coaching focus: <b>group riding</b>	10h 15h-16h	Depart La Clusaz Return to La Clusaz	Tour des Aravis: col des Aravis, col de la Colombière	98 km   2,280m
Sat	<b>Departure day</b>	10h 11h15	Depart La Clusaz Arrive at Geneva airport	-	-

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

We are very attentive to your level of fatigue: you can always do more or less than the planned distance, and even hop in the van if a particular section is too tough.

See next pages for details





## 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 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 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)



## Sunday

You will be picked up at Geneva airport and taken to the Hotel Beauregard in La Clusaz.

La Clusaz is 69 km from the airport and the transfer will take around 1 hour and 15 minutes.

There will be only one transfer, but we can organise a taxi if you arrive at a different time.

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

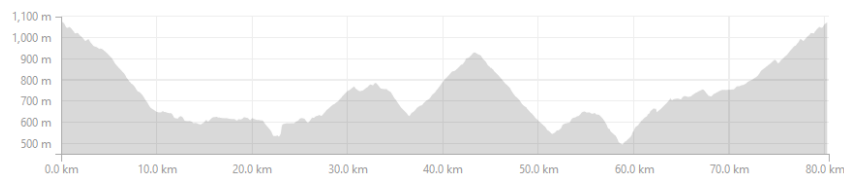
## Monday

**Distance:** 79 km

**Elevation:** 1,425m+

**Ride time:** 5-6 hours

**Focus:** **Core skills**



We begin the week with a fairly easy ride around the massif des Glières, during which the coaches observe your **basic bike-handling, cornering and climbing skills**.

After the descent to Thônes we take the very quiet old Roman road to Thorens des Glières and climb the (easy) col des Fleuries.

Once over the top there is a nice descent to La Roche sur Foron, before turning east and skirting the mountain round to the entrance to the Gorges du Borne.

We follow the river all the way up the valley for 15 km before turning off for the final climb to La Clusaz. Throughout the ride, we pay close attention to your pacing to ensure you stay at the right level for a long endurance ride.





# Col des Saisies



*“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*



## Tuesday

**Distance:** 55 km      **Elevation:** 1,775m+  
**Ride time:** 4-5 hours      **Focus:** **Descending**



Descending is a crucial skill to master if you are going to ride in the mountains. Our goal today is to help you make a big improvement in your ability to **descend confidently**.

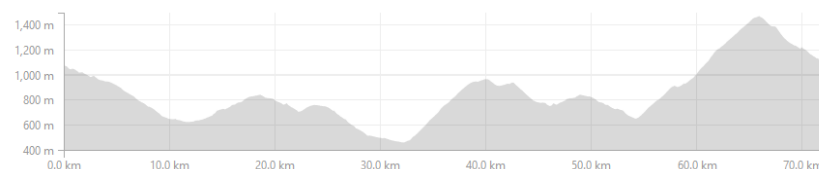
We begin by warming up on the 6 km climb to the col des Aravis., where we organise a descending clinic. Each rider has the opportunity to descend multiple times with a coach and to be videoed multiple times. This enables us to provide **immediate feedback**, and the video allows you to observe your own technique.

We continue the descent to Flumet and an optional loop on the lower slopes of the Saisies before stopping for a well-earned coffee.

Back over the col des Aravis and home for lunch!

## Wednesday

**Distance:** 72 km      **Elevation:** 1,650m+  
**Ride time:** 5-6 hours      **Focus:** **Climbing**



The route today takes us over three cols, of which we save the toughest for last!

We start with the descent to Thônes, then over the very easy col du Marais and down to the bottom of the valley. Back over the col de l'Épine and finally the col de la Croix-Fry – both these climbs used recently in the Tour de France.

The coaching focus is on climbing technique and pacing. 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.

There's a great café on the Croix-Fry for a coffee (or even a beer) before the final few kilometres into La Clusaz.





*“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*





## Thursday

**Distance:** 73 km      **Elevation:** 1,750m+  
**Ride time:** 5-6 hours      **Focus:** **Pacing**



It is an exciting ride today on part of the 2018 and 2020 Tour de France routes: we go up to the Plateau de Glières and over the famous gravel section! This is nothing to worry about: the gravel section is a gentle rise, short and very hard-packed.

Back on tarmac there is a beautiful descent to practice on before we pick up the old Roman road back through Dingy St Clair.

After a coffee stop in Thônes we take a quiet road back to La Clusaz, through fields and past traditional chalets.

Today is the fourth day in the mountains: once again pacing will be a critical skill.

## Friday

**Distance:** 98 km      **Elevation:** 2,280m+  
**Ride time:** 6-7 hours      **Focus:** **Group Riding**



This is the highlight of the week: the Tour des Aravis, including the mighty Colombière, from the tough side of course!

The ride begins by the now familiar climb to the col des Aravis and the descent to Flumet, where we turn left and go through the famous ski-station of Megève.

Descending from Megève we enjoy stunning views of Mont Blanc before the flat ride out along the valley floor to Cluses, where we will regroup and refuel before tackling the Colombière.

The climb is 16 km long, rising 1,100m. There's an easy bit in the middle at Reposoir, and the hardest bit is at the end. Your reward is a delicious blueberry tart in the summit café!





# Tour des Aravis



*“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

## INTRO TO THE ALPS

### OFF-THE-BIKE PROGRAMME: OPTIONAL EVENING SESSIONS

Date	Time	Coach's Corner evening sessions
Sun	18h30	Intro, core skills and pacing
Mon	18h30	Descending: fast and safe!
Tue	18h30	Climbing, pedalling technique
Wed	18h30	Training
Thu	18h30	Nutrition
Fri	18h30	Tips for sportives and GranFondos



Note:

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

Complex electrostimulation devices are available on loan to help recovery (25 minute sessions)





## PACKAGE PRICES

From **Sun 3 July** to **Sat 9 July 2022**

- Twin-share : **€2,250**
- Single supplement: **€360**

*5% “welcome back” discount for returnees*

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

**BOOK**  
**NOW**

## ADDITIONAL NIGHTS

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

## WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Geneva, 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 taken during the week (digital copies)

## WHAT IS NOT INCLUDED

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

## Practical matters

- **Airport transfers**
  - You will be met at the airport and taken to the hotel. Please make sure we have your flight details and let us know of any changes or delays. We may have to charge a supplement if you arrive outside the normal pick-up time window (12:00 – 15:00).
  - We will send you precise details for the pick-up by email. If you don't receive this please call Marvin on +33 6 61 19 11 72.
- **Weather**
  - The normal weather at this time of year is 20°-23°C and mostly sunny.
  - HOWEVER, rain is possible and it may be cooler.
  - It will often be cooler on the summits where the maximum day temperatures are usually between 10° and 15°C.
  - Bring cycling clothes appropriate for temperatures between 5° and 30°C.
- **Shops, currency and language**
  - La Clusaz is a delightful small alpine town with plenty of wooden chalets, cafés, restaurants and small shops. Do not expect to find obscure or esoteric bicycle parts!
  - The currency is the Euro and the language is French. Many people speak English.
  - 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.



# Col des Aravis



*“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*



# 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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