

# Cycling Safaris

## PARIS to NICE Sept 2014

The purpose of this document is to give participants more details on what to expect in terms of the on ride organisation. It is not meant to be an exhaustive account of each moment of the ride and neither is it a definitive guide, as we reserve the right to make changes to the program in light of operational requirements.

Please read through the following details which will help you in planning your cycle

- ❖ Tour Itinerary
- ❖ Group, Guide & Back up service
- ❖ Accommodation & Meals
- ❖ Luggage & Bike transfers
- ❖ What to bring
- ❖ Health & Safety

### TOUR ITINERARY

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#### PRE DEPARTURE

Unless you have chosen to bring your bike on the plane with you it is important that you drop it to our shop, Belfield Bike Shop, in University College Dublin by **Saturday 13<sup>th</sup> Sept.**

Bikes must not be boxed up. They will be tagged with your name.

Bikes are the only things that can be transported by van, helmets etc must be brought with you on the flight.

We will have to move the handlebars to enable us to securely pack up the bikes in the vans. If you need to mark where your handlebars are placed please do so before you drop them off to assist in setting up the bikes again in Paris.

Also ensure any other equipment such as a garmin is not on your bike

**If your bike is not dropped off to the shop in Dublin before the 13<sup>th</sup> Sept. you will have to organise getting it to Paris.**

Belfield Bike shop is located by the old running track near the Stillorgan Dual Carriageway entrance of UCD.

Opening hours are Monday to Friday 9.00am to 6.00pm and on Saturday 10.00 to 2.00pm, phone (01) 7161697

## DAY 1

FRIDAY 19<sup>th</sup> SEPTEMBER

ARRIVE IN PARIS

On our first night in Paris we are staying in two different hotels:

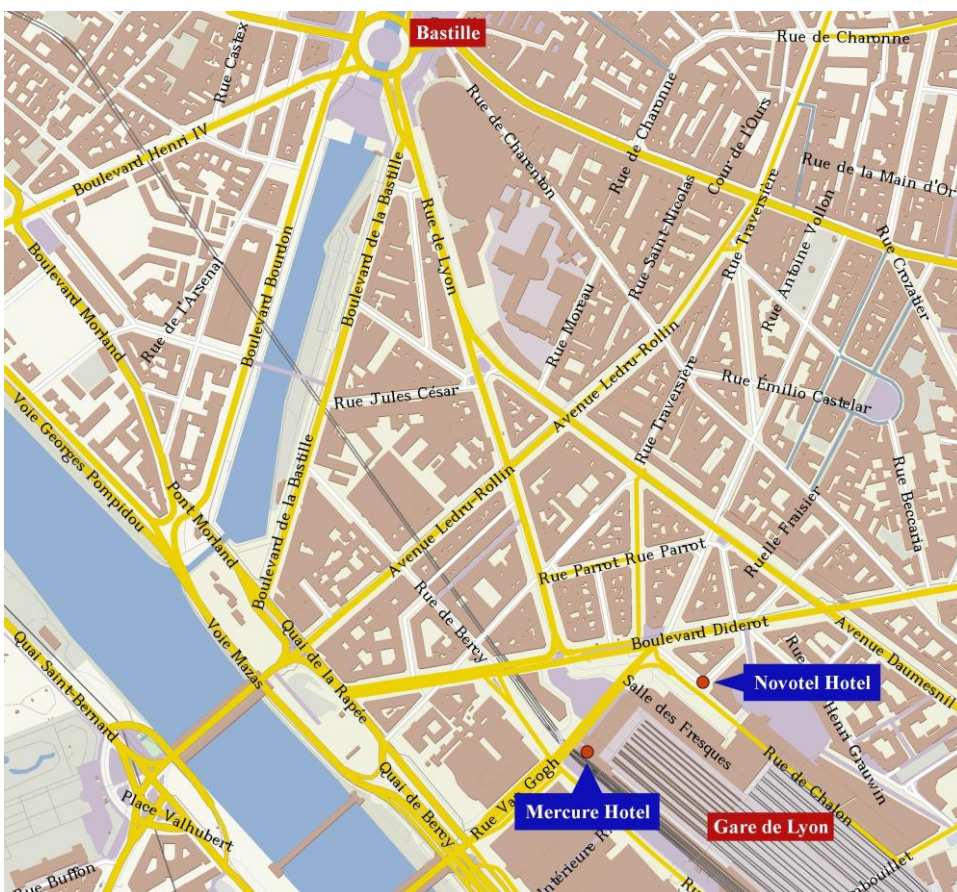
You will be advised before departure which hotel you are staying in.

\* **Novotel Paris Gare de Lyon**,  
2 rue Hector Malot , 75012 Paris

\* **Mercure Gare de Lyon**,  
2 Place Louise Armand, 75012 Paris

Access to hotel by public transport,  
exit at Gare de Lyon:  
Metro line 1 & 14  
RER A & D

Bus Line 24  
(Gare St Lazare - Gare de Lyon )



If you are arriving on one of the allocated flights ( arriving in Charles De Gaulle at 12.25 or 16.20 ) we will meet you at the airport and bring you to your hotel.

**Please advise us in advance which of these flights you are on so we know to allocate you on the relevant coach list.**

The hotel in Paris will have your name and details, so you can check in and relax on arrival or venture out into the city.

**We will meet in the hotel lobby of the Novotel at 6.00pm.**

At this time we will arrange for access to the bikes, so if you have any last minute adjustments, checks to make, this can be done, so as to save time the next morning. We will then have a group dinner together at 7.30pm, at which we will have a brief on the following day's cycle, a chance to meet your guide etc.

## DAY 2

SATURDAY 20<sup>th</sup> SEPTEMBER

PARIS TO MONTARGIS ( 125km )

Groups will start departing at 8.00am. Our Cycle begins by heading towards the river Seine and following its course out of the Parisian suburbs. We then cross the Forêt De Senart on a traffic free path before rejoining the banks of the Seine. Our route takes us into the Loire Valley through small villages on quiet backroads all the way to the town of Montargis where we are staying overnight.

## DAY 3

SUNDAY 21<sup>st</sup> SEPTEMBER

MONTARGIS TO NEVERS ( 142km )

We head deeper into the Loire valley where the route takes us via small villages towards Sancerre where we will have lunch. Our destination is the town of Nevers. The town has a rich and varied heritage. Its palace and the cathedral are the most important monuments, and dominate this town situated on the Loire

We will pack up the bikes in the vans this evening in preparation for our transfer in the morning.

**DAY 4 MONDAY 22<sup>ND</sup> SEPTEMBER****MONTMELIMA TO CARPENTRAS ( 90km )**

At **6.30am** a coach will bring us on a 5 hour transfer avoiding the busy city of Lyon to arrive in Provence at Montmelima, which will be the starting point for day 4 of the cycle. We have a long day ahead of us so be warned we will be leaving on time!

On arrival in Provence there is a short cycle to stretch your legs to Chateau du Monard in Montmelima. After a buffet lunch it is back on the bikes again as we head for Carpentras. This afternoon's cycle will take us through the lavender fields of the region via the wonderful village of Grignan with its stunning Renaissance Castle.

Those who want to take on the option of cycling Mount Ventoux on day 5 will cycle on to the town of Bedoin where they will stay overnight, this additional cycle will add approximately 10km to the overall cycle for day 4.

**DAY 5 TUESDAY 23<sup>RD</sup> SEPTEMBER****CARPENTRAS TO AIX-EN-PROVENCE (125km/164km)**

Looming close by is the famous and dominant Mt Ventoux and for the stronger cyclists the opportunity exists to tackle this wonderful climb. The bare limestone summit creates an interesting barren landscape with views for many miles around.

This is the hilliest day as the route heads on a wonderful quiet road over the Col De Murs to bring us to the ochre red coloured town of Rousillon, where Samuel Beckett spent the Second World War.

The cycle then heads across the beautiful Luberon National Park, famous for its Hill top Towns, Wild Boar and Vultures. Aix-en-Provence is a truly lovely town that has been linked with many great artists.

- Including Ventoux – 15km warm up , 21km ascent followed by 128 km, so 164km in total
- Excluding Ventoux – 125km

**DAY 6 WEDNESDAY 24<sup>TH</sup> SEPTEMBER****AIX-EN-PROVENCE TO ST MAXIME (127km)**

We cross the Aix region with its wonderful scenery and great association with the artist Paul Cezanne whose favourite subject of Mont Sainte-Victoire is a great local landmark. The landscape becomes more hilly and consequently the views become more dramatic as we get closer to the Mediterranean. Our destination is St Maxime on the shores of the Riviera. We stay overnight in a number of hotels in this cosmopolitan town. Dinner tonight is not included in the tour package so you have the opportunity of wandering through a myriad of pedestrian streets teeming with wonderful French restaurants.

**DAY 7 THURSDAY 25<sup>TH</sup> SEPTEMBER****ST MAXIME TO NICE (110km)**

Our cycle starts along the coast before we head inland through the magnificent Cap Esterel overlooking the Mediterranean.

Our last few miles will see us make our way along the glamorous resorts of Cannes and Antibes, with wonderful beaches and coastal riding. Here we pick up the cycle path that will bring us onto the famous Promenade des Anglais and into the wonderful resort of Nice.

We will finish on the Promenade des Anglais at around 4pm where you will be greeted by the welcoming team and any friends or family and we will take some photos and raise a glass! The gala dinner will be on the beachfront at the Beau Rivage at 8pm so you will have a few hours to relax and start to absorb your fantastic achievement. For the gala dinner dress code is still casual but a little less so than previous nights!

This is the official end of our trip. All bikes will be loaded into our van to be brought back to Dublin on Thursday evening, **only bikes** can be brought in the vans back to Dublin

**DAY 8 FRIDAY 26<sup>TH</sup> SEPTEMBER****HOMEWARD BOUND**

You are free to head off after breakfast. Public transport to the airport is very good in Nice and there are facilities to store luggage at the hotel.

## GROUP, GUIDE AND BACK UP SERVICE

### Medical

While you will have highlighted medical conditions and medications in the online health questionnaire, please also reconfirm to your guide any medical conditions/medications. If during the course of the event you have any concerns about your health or well-being, please ensure you let your guide know.

### Mechanical Support

This ride will have a number of support vehicles including bike mechanics with tools and spares.

Only spares for standard bike sizes will be brought along, so if your bike is an unusual brand/size then you should bring necessary spares.

It is expected that **your bike is serviced and suitable for this ride** and that you carry basic puncture repair equipment to facilitate a quick return to riding. If your bike requires attention owing to being improperly prepared for this event then you will be expected to pay for all parts and servicing costs.

## GROUP, GUIDE AND BACK UP SERVICE

### Teams

Based upon the questionnaire that you have filled out you will be allocated to a team based upon your ability. Each team will have approx. 10 members and their own guide for the duration of the event.

*It is important to remember that this is not a race or an individual event, but a cycle challenge as a group.*

You must remain with your guide and group at all times during the cycle. There will be no solo cyclists.

This is important for a number of reasons, not least of which is the requirement to know where each participant is throughout the ride. This ensures that no one individual gets lost, everyone has the support of a guide and that in the event of an incident proper support can be given as quickly as possible.

Movement between groups may be possible on the ride with the agreement of your guide and tour organisers

Your guide will have the route and tour information needed each day.

Each team will operate as a unit, cycling together, looking out for one another and supporting each other in achieving this fantastic goal. We want everyone to complete this challenge, enjoy the experience, make new friends whilst supporting a number of fantastic causes.

Each morning we will stagger the start to avoid bunching in the towns. This will also give more time to slower groups. Each evening your guide will let you know what time your team will set off the following morning.

You must be ready each morning at the designated time to set off.

This cycle is a challenge that involves 6 days of strenuous exercise. It is therefore important that the cycling is undertaken at a pace that is well within oneself. It is better to ride all 6 days slowly than to complete 3 days quickly and then need to give up! Some patience may need to be exercised in terms of waiting for slightly slower members of your team.

## MEALS

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### Breakfast

Please allow time to take breakfast before departure – it is important to ensure you take on board necessary calories for strenuous exercise.

### Lunch

Lunch stops are organised to take place in Café's/pubs. Much like the snack stops these are organised to take place on a rolling basis, so each group will arrive and partake of lunch that is already prepared. This will minimise the waiting times and help to ensure cyclists do not get cold. Lunch will typically consist of a buffet or a filled baguette, snack and drink.

### Dinners

We will all eat together each night as a group at either 7.30pm or 8.00pm ( time confirmed each day ).

Dinners are organised to take place together as one group in Paris, Nevers, Aix en Provence & Nice.

In Montargis we will eat in two locations and Carpentras / Bedoin we will be three locations.

Dinner in St Maxime is not included in the trip so you are free to dine in one of the many restaurants the town has to offer.

It is imperative that you arrive at dinner at the designated time to ensure this runs smoothly.

After dinner each evening a briefing will take place regarding the next day.

### Snack Stops

For each day of cycling there will be a snack station both in the morning and afternoon. This will be a good opportunity to refill with water, take on board some food/energy bars etc. These stops will be organised so as when coupled with the lunch stops we ensure a chance of refuelling every 25-30kms.

These stops will be on a rolling basis – ie each group will come in together and leave together, with no need to wait for subsequent groups. It is important when cycling long distance to make breaks relatively short so as not to allow the muscles to cool down.

If you have a particular brand of snack or energy drink that you prefer when cycling please remember to bring it with you

**Please inform us in advance if you are vegetarian or have any specific dietary needs** (*if you have not already included in the online health questionnaire*)

## ACCOMMODATION

The accommodation is allocated on a twin-sharing basis. All rooms have been allocated and you will be sharing a room with someone in your own team or according to preference. Single rooms have been booked for those who pre-ordered them.

<b>Paris</b> Hotel Novotel Paris Gare de Lyon Mercure Gare de Lyon,	<b>Friday 19<sup>th</sup> September</b> <a href="http://www.novotel.com/gb/hotel-1735-novotel-paris-gare-de-lyon/index">www.novotel.com/gb/hotel-1735-novotel-paris-gare-de-lyon/index</a> <a href="http://www.mercure.com/gb/hotel-2217-mercure-paris-gare-de-lyon/index.shtml">www.mercure.com/gb/hotel-2217-mercure-paris-gare-de-lyon/index.shtml</a>
<b>Montargis</b> Best Western Les Terraces IBIS Montargis Centre	<b>Saturday 20<sup>th</sup> September</b> <a href="http://www.hotelrestaurantlesterrasses-montargis.fr">www.hotelrestaurantlesterrasses-montargis.fr</a> <a href="http://www.accorhotels.com/gb/hotel-0861-ibis-montargis/index">www.accorhotels.com/gb/hotel-0861-ibis-montargis/index</a>
<b>Nevers</b> Hotel Mercure IBIS Nevers	<b>Sunday 21<sup>st</sup> September</b> <a href="http://www.accorhotels.com/gb/hotel-3480-mercure-nevers-pont-de-loire/index">www.accorhotels.com/gb/hotel-3480-mercure-nevers-pont-de-loire/index</a> <a href="http://www.accorhotels.com/gb/hotel-0947-ibis-nevers/index">www.accorhotels.com/gb/hotel-0947-ibis-nevers/index</a>
<b>Carpentras</b> Safari Hotel Best Western Le Comtadin Hotel du Fiacre  Hotel Des Pins ( Bedoin )	<b>Monday 22<sup>nd</sup> September</b> <a href="http://www.safarihotel.fr/en">www.safarihotel.fr/en</a> <a href="http://www.le-comtadin.com">www.le-comtadin.com</a> <a href="http://www.hotel-du-fiacre.com">www.hotel-du-fiacre.com</a>  <a href="http://www.hotel-des-pins.fr">www.hotel-des-pins.fr</a>
<b>Aix-en-Provence</b> Hotel Escale Oceania Novotel Aix Beaumanoir	<b>Tuesday 23<sup>rd</sup> September</b> <a href="http://www.oceaniahotels.com/hotel-escale-oceania-aix-en-provence">www.oceaniahotels.com/hotel-escale-oceania-aix-en-provence</a> <a href="http://www.novotel.com/gb/hotel-0393-novotel-aix-en-provence-beaumanoir-les-3-sautets/index">www.novotel.com/gb/hotel-0393-novotel-aix-en-provence-beaumanoir-les-3-sautets/index</a>
<b>St Maxime</b> Hotel Jas Neuf Hotel Mas des Oliviers Hotel Les Jardins Domain du Calidianus Hotel Les Palmers	<b>Wednesday 24<sup>th</sup> September</b> <a href="http://www.hotel-jasneuf.com">www.hotel-jasneuf.com</a> <a href="http://www.hotellemasdesoliviers.com">www.hotellemasdesoliviers.com</a> <a href="http://www.hotel-lesjardins.com">www.hotel-lesjardins.com</a> <a href="http://www.le-calidianus.com">www.le-calidianus.com</a> <a href="http://www.hotelespalmiers.com">www.hotelespalmiers.com</a>
<b>Nice</b> Hotel Westminster Hotel Aston La Scala	<b>Thursday 25<sup>th</sup> September</b> <a href="http://www.westminster-nice.com">www.westminster-nice.com</a> <a href="http://www.hotel-aston.com">www.hotel-aston.com</a>

## LUGGAGE AND BIKE TRANSFERS

### Luggage Transfer

We are going to have 80-90 bags to move around every day, so cardinal rule ONE BAG PER PERSON, we will provide luggage tags

All luggage will be loaded into the support vans in the morning to be transported to your hotel. It is your responsibility to ensure your luggage is brought to reception each morning in time for departure and have removed items required for the day (such as sun cream, mobile phone, rain gear etc).

*Please see next page for guidance on what to bring.*

### Overnight Bike Storage

Each hotel has a different way in which they intend to deal with this – some have meeting rooms they will put bikes in, some have secure garages etc. Please be sure to follow the instructions of your guide and ensure your bike is stored correctly – this will also save time in locating your bike the following morning. Locks are not required.

### Bike Return/Collection

With the exception of those bringing their bikes on the plane, all bikes will be loaded into vans at the end of the ride. On arrival in Nice you will be given a label with your name on it, please ensure that this gets attached to your bike. No items other than bikes will be taken in our vans back to Dublin.

The van of bikes will arrive back in Dublin on **Monday 29<sup>th</sup> September**. Our shop will be open from 9.00am to 6.00pm on Monday. Collections should be made at your earliest convenience from this date. Due to limited storage space we reserve the right to levy a storage charge on your bike if it is not collected within 1 week of the finish of the event.

The bikes can be collected from Belfield Bike Shop, UCD Dublin 4. Tel: 01 716 1697  
The normal hours of business of the shop are Monday to Friday 9-6 and Saturday 10-2.

Please be sure to bring ID with you when collecting your bike. The shop staff will not know you and will not release a bike to you without your ID matching the name on the tag.

If your bike is going back with you on the plane then please be sure to understand the requirements of the airline in terms of preparation.

## WHAT TO BRING

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This list is meant to be a guide and is not exhaustive, however it will give you an idea of the types of things you will need. Obviously you will need to take into account your personal preferences and common sense!

**Bag** – 1 piece of luggage per person clearly labelled. Soft sided luggage only please – no hard sided bags or suitcases.

**Passport** – Please ensure it is valid and up to date.

**EHIC Card (Formerly known as E111)** – although your travel insurance covers you adequately, the EHIC is useful as it entitles the holder to medical treatment in Europe without the need for payment up front and then making a subsequent insurance claim. They can be obtained free of charge from your local HSE office with production of your PPS number (on an official document such as a wage slip) and photo ID.

**Bike Jersey(s)** – 1 P2N shirt, 1 Charity shirt, 1 other shirt

**Water bottles** - 2

**Bike Helmet** – Everyone expected to wear one, no ifs or buts.

**Sunscreen** – make sure you have a factor high enough to suit. Remember you will be outside for much of the day.

**Factored Lipsalve & Sunglasses**

**Rainjacket** – Although not necessarily expected, rain is always a possibility. **Arm / leg warmers** are also good (as we leave Paris and for the first few mornings it can be a little cold, as we move south it gets warmer).

**Bike Shorts(s)** – for this type of riding it is worth investing in proper padded shorts. We recommend 3 bib shorts - thoroughly wash (bring hand washing clothes liquid) every night and roll in a towel and hang to dry. Also Chamois Cream

**Medication** – ensure you bring any medication you normally use and make sure your guide is aware of any allergies/medical conditions. Use to bring Panadol or similar - sore backs etc

**Money** – there is no need to bring excessive amounts (France is in the euro of course) as ATM's are available in all towns we stay in.

**Toileteries** – Not in excessive quantities. Advisable to also include **Earplugs**

**Travel Adaptor** – France is on the two-pin plug system and 220V, so you will need an adaptor for charging mobile phone etc.

**Casual Clothes for evening wear** – we will not be eating in fancy restaurants so there is no need for the cocktail dress or Tuxedo! Jeans, T-shirts etc are perfectly adequate.

It certainly is not necessary to bring different outfits for different days (France like Ireland is non-smoking, so clothes should manage more than one wear).

**Cycling Mitts** – these make long distance riding more comfortable and provide protection in the event of a fall (most people put their hands out to break the fall).

**Mobile Phone and Charger** – check prior to departure that your phone has plenty of credit on it and is able to make/receive calls internationally. On starting the cycle please put in our local back up staff and also your guides number please.

**Flight confirmation** – don't forget to pack both your departure and return flight confirmation details



## HEALTH & SAFETY

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Safety is of paramount importance on an event such as this. All participants are expected to behave in a responsible manner and follow the instructions of their guide. It is important to understand that if the health, level of fitness or conduct of a participant appears likely to endanger the safe, comfortable or happy progress of the ride, the client may be excluded from all or part of the ride without refund or recompense. If anyone commits an illegal act, they will be excluded from the ride, and we will cease to have any responsibility to/for them. In order to facilitate the ride a number of points are listed below. These are by no means exhaustive, but if followed will minimise likely problems.

- 1) All cyclists will wear helmets
- 2) All bikes are to be serviced prior to departure
- 3) This is not a race. It is important that the cycling is carried out at a pace that is comfortable.
- 4) We will be mainly utilising secondary and tertiary roads. However do not forget that these roads are open to traffic (and cycle paths to other cyclists). You will therefore be expected to obey all road signs, stop lights etc, ride within the law and show respect to other road users.
- 5) You are to remain with your group at all times.
- 6) You must follow the instructions of your guide.
- 7) Make sure you drink plenty of water whilst riding and take the opportunity to refill your water bottle at the snack stops.
- 8) Be careful not to drink too much alcohol. This dehydrates you and will seriously affect your ability to cycle the next day.
- 9) Wear Sunscreen – even when the day does not necessarily look sunny. Long days in the saddle will provide plenty of discomfort without getting burnt or worse.
- 10) Wear Sunglasses, not only will this prevent glare and protect your eyes from strong sunlight, it will also prevent insects from getting into your eyes.
- 11) We will issue each of you with a credit card sized card that will have emergency phone numbers, the number of your guide and also the numbers of the accommodations. Please carry this with you on the trip so as to assist you in the event of any problems.
- 12) It is mandatory to complete the online health questionnaire previously issued by Paris2Nice and if you have any concerns about your health and well-being please seek advice from your doctor before joining the ride. Please also reconfirm to your guide any medical conditions/medications. Of course it would be frustrating to raise the money and have done the training not to do the ride, but small nagging injuries can become major ones if not treated. This cycle is a serious undertaking and should be treated with respect. Likewise if you have any concerns during the ride, then please see the doctor.
- 13) When cycling in a group please be sure to warn those behind you of upcoming hazards (pot holes, cars etc) and allow time for those behind you to react to your change of speed/direction.
- 14) No-one is to use their mobile phone or ipod while cycling
- 15) Take care on arriving/leaving towns especially after a long day in the saddle as accidents often occur when you are tired and weary.
- 16) Finally remember to cycle on the right hand side of the road!