LE + GRAND DOMAINE CYCLABLE DU MONDE

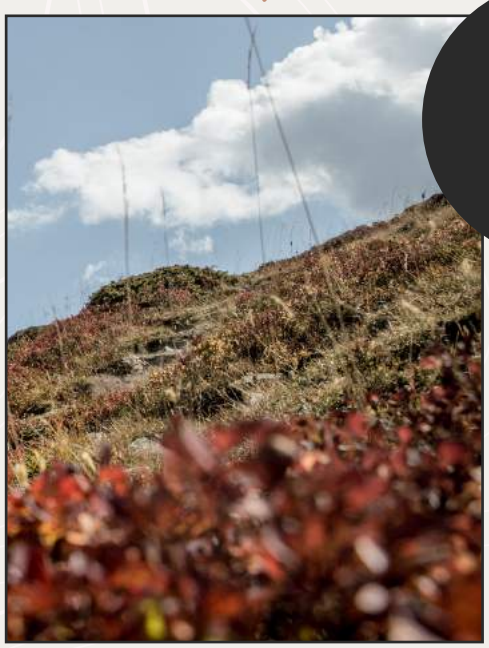
Maurienne SAVOIE MONT BLANC

The ultra gravel tour of the Alps

between Maurienne, Tarentaise, Italy and Hauter-Alpes







Gravel

8 days
7 nights

Gravel and adventure lovers, here is a 100% mountain itinerary where you will conquer some of the most beautiful alpine passes by roads and gravel trails. Over 460 kms, you will climb nearly 14,700m of elevation gain and no less than 15 passes, including 11 at over 2,000 meters in altitude.

You will love...

- The ascent of 15 passes including the MADELEINE, the GRANON and the GALIBIER
- The crossing of the Maurienne valley off the beaten trackssentiers battus

- The diversity of LANDSCAPES and atmosphere all along the route
- 100% MOUNTAIN immersion

- DISCOVERING the natural and historical riches of the Northern Alps

www.velo-maurienne.com / #cyclomaurienne / @cyclomaurienne/ #happyatthetop



Welcome to Maurienne, a cycling destination that will enchant you!

The Maurienne valley is at the heart of the Northern Alps (via the Iseran and Madeleine passes) and the Southern Alps (via the Télégraphe/Galibier, Croix de Fer and du Glandon), France (via the Grand Cucheron or La Mauriennaise) and Italy (via the Mont Cenis pass).
The Maurienne is also one of the longest valleys in the Alpine arc and, with its diversity of landscapes and its rich heritage, it offers you a specific journey when you cross it!

Did you know that the Maurienne is considered «the largest cycling area in the world ©»?
It's not for its network of greenways (in any case, not yet!) but rather because it hosts the greatest concentration of passes! Legendary passes (Télégraphe, Galibier, Glandon, Croix de Fer, Iseran, Madeleine), classic passes (Mont-Cenis, Albanne, Mollard, Chaussy, Cucheron) and finally secret passes (Beaune, Petit Mont-Cenis, Sapey, Brotherhood, Beau Plan).

Today, touring cycling is growing in different forms with different practices, alone or with others, regular or electric bikes. It becomes accessible and guarantees respect for the environment.
In this context, the Maurienne will not leave you disappointed.
It's up to you to pedal now; you will be amazed!

A welcoming destination

Keen to offer a service adapted to the demands of cyclists, the Maurienne valley brings together establishments with the "Accueil Vélo" label, establishments that understand and cater to cyclists with a welcoming smile.

Labeled establishments comply with a charter and offer specific services and equipment such as:

- a secure bicycle garage
- a maintenance room
- a cloakroom/laundry area
- a washing area
- a small emergency repair kit
- a power outlet 220V current to recharge the batteries
- a relaxation area
- an early breakfast and/or a sports menu for accommodation that offers catering.

Among the establishments with the Maurienne label, we have a variety of accommodation (hotels, bed and breakfasts, campsites, lodges and furnished accommodation, tourist residences, holiday villages, youth hostels and refuges), restaurants, Tourist Offices, bike shops (sale, rental, repair), cycling instructors and a home masseur.

In order to offer you a quality service during your stay, we have chosen to select certified establishments for each stage.

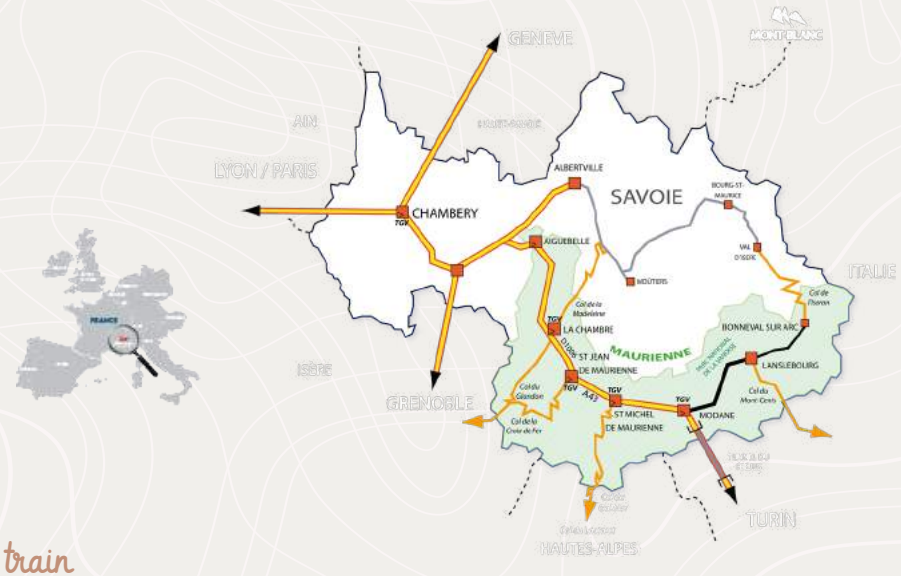
For more information go to www.velo-maurienne.com (section discovery and prepare your stay)

To access all the tourist services of the Maurienne, go to www.maurienne-tourisme.com (section discovery and prepare your stay)

In the other sectors, if the label is not available or slightly varied; we invite you to find out about the services offered at the various Tourist Offices concerned.

This document is provided for information only. It is your responsibility to inform yourself beforehand, about the practice conditions of the itinerary and about the weather conditions. Maurienne Tourisme declines all responsibility in the event of an accident on or near the route.

Comment venir en Maurienne ?



By train

TGV and TER trains from Paris and Lyon and Chambéry serve the stations of Val d'Arc Aiguebelle, St-Jean-de-Maurienne, St-Michel-de-Maurienne and Modane. For the station of Val d'Arc d'Aiguebelle, count 3h30 from Paris (by direct TGV / 1 per day), 1h15 from Grenoble, 30 min from Chambéry.

By car

Via the Maurienne motorway (A43), you have easy access to the valley. Average journey times (to Val d'Arc Aiguebelle):
1h30 from Lyon
1h30 from Turin (via the Fréjus Road Tunnel)
1h15 from Geneva
1h from Grenoble
30 minutes from Chambéry

By plane

Five airports are located near Maurienne : Chambéry, Lyon Saint Exupéry, Geneva, Turin, Grenoble. They are accessible by taxi or train.

Passenger transport solution

For security reasons between the municipalities of Saint-Michel de Maurienne and Modane, we strongly advise you to take the train.
15 min journey between the two stations.
Chambéry - Modane line
More info:
www.ter.sncf.com/auvergne-rhone-alpes

Baggage transport solution

In the Maurienne sector, the Trans-Alpes transport company offers you the transport of luggage and/or people from €80/stage (price from 3 people)
More information: +33 (0)4 79 64 02 55 / info@trans-alpes.com

For the other sectors crossed, ask the Tourist Offices concerned.

Picnic service: the croc'Maurienne

Come and taste the Maurienne with a good picnic made from local products and know-how! 2 formulas to choose from with Le P'tit ravito or the Ravito des Cyclos
More info: www.velo-maurienne.com

A problem during your stay?

Emergency and Rescue: 18 ou 112



THE OVERALL ROUTE

Level: difficult

8 days / 7 nights
463 km
14, 680 m
2, 642 m
320 m
Val d'Arc Aiguebelle

No specific markings.

Services offered at the start

1 SALE / RENTAL / REPAIR STORE

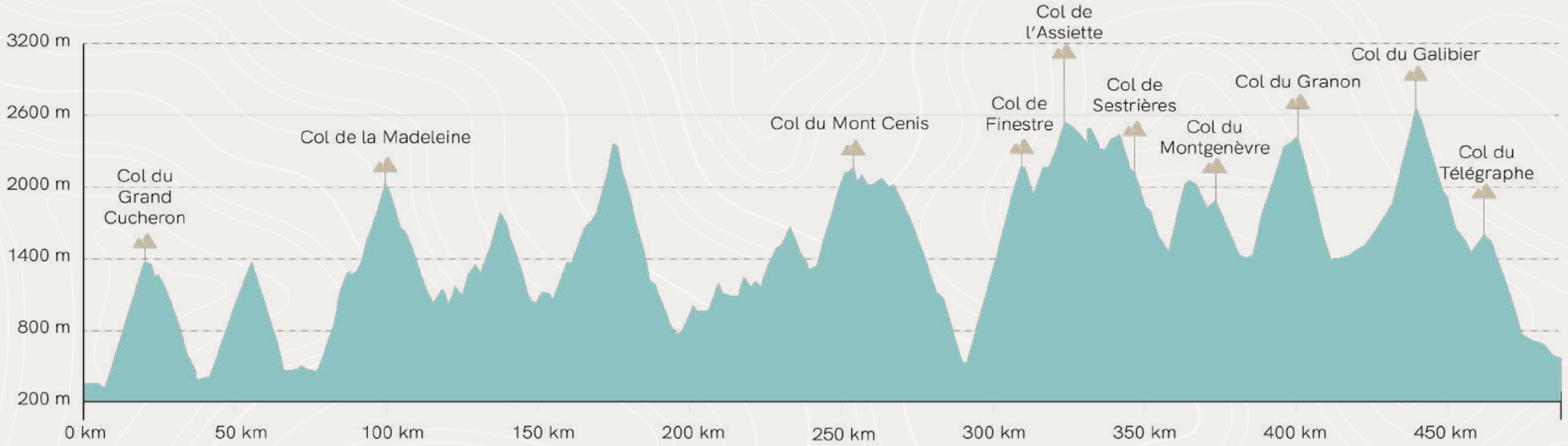
- Vélo minute : 2 Place Léontine Vibert in Albertville - 09 72 56 31 33 www.lemarcheduvelo.com
- Possibility of delivery of the rental bike to the Porte de Maurienne Tourist Office in Val d'Arc Aiguebelle

1 MULTISERVICE STATION to clean, adjust and inflate tires before departure. Located in front of the Val d'Arc Aiguebelle Tourist Office.

Free unsupervised PARKING at the Val d'Arc Aiguebelle train station

Accomodation with cycling certification

- In Saint-Léger (on the road 16 km from Aiton) Domaine de la Safranière bed and breakfast
- In La Chapelle (on the road 20 km from Aiton) Kokocinelle Ecogîte




SAVOIE
SAVOIE
Départ
Val d'Arc
Aiguebelle
Col du Grand Cucheron
Les Avanchers-Valmorel
Col de la Madeleine
Etape 2
MASSIF DE LA VANOISE
MASSIF DE LA LAUZIERE
Saint-François Longchamp
Saint-Martin de Belleville
MASSIF DE BELLEDONNE
Etape 1
Saint-Etienne de-Cuines
Val Cenis Termignon
Arrivée
Col du Mont Cenis
Etape 4
Saint-Jean de Maurienne
Saint-Michel de Maurienne
Col du Télégraphe
Etape 3
Modane
Etape 5
Valloire
Suse
ISERE
MASSIF DU THABOR
Col de l'Assiette
Col de Finestre
MASSIF DES ARVES
MASSIF DES CERCES
ITALIE
Col du Galibier
MASSIF DES ECRINS
Le Monêtier-les-Bains
Col de Granon
Etape 6
Sestrière
Col de Sestrère
Montgenèvre
Etape 7
Chantemerle
Col de la Montgenèvre
HAUTES-ALPES

Day 1
Val d'Arc Aiguebelle > Saint-Etienne-de-Cuines

A varied itinerary with a departure from the flat lands through the wild massif of Hurtières. A good introduction to gravel with two climbs mainly on tracks. A sense of quiet and discovery will accompany you throughout the day.

CHARACTERISTICS OF THE STAGE

- Distance: 72 km
- Elevation gain + : 2 230 m
- Elevation descending - : 2 065 m
- Maximum altitude: 1 358 m
- 60% road / 40% path

GOOD ADDRESSES

Information points

- Porte de Maurienne de Val d'Arc Aiguebelle Tourist Office
- Tourist Office Au pied des cols in La Chambre

Accomodation labeled cycling

- Hôtel B&B** in Sainte-Marie de Cuines
- Gite Les Combles Fastimo in Saint-Etiennes-de-Cuines
- Hôtel l'Eterlou in La Chambre
- B&B L'Entre 2 cols in Saint-Martin sur la Chambre
- Le Bois joli *** and Le Petit Nice *** campsites in Saint-Martin sur la Chambre

Restaurants labeled bicycle friendly

- L'Eterlou hotel restaurant in La Chambre

Other restaurants and accommodation:
www.maurienne-tourisme.com

Labeled repair shop

- Dvélos in St-Jean de Maurienne

Charging points with free access

- Office of Tourism in Val d'Arc Aiguebelle
- Saint-Jean de Maurienne Tourist Office

TO SEE / TO DO

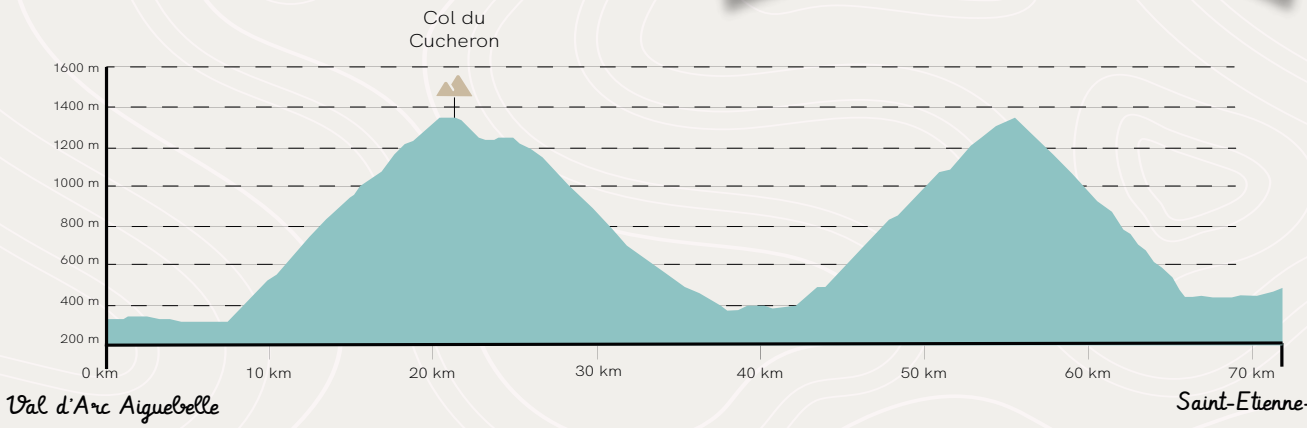
In Saint-Alban d'Hurtières
- Baroque church et point de vue au chef-lieu
- Hurtières lake - swimming (intersection on the left before arriving at Saint-Pierre de Belleville)

In Saint-Rémy de Maurienne
- Blue lake - swimming

In Sainte-Marie de Cuines
- The Aura, a monumental collective work

In La Chambre
- Beaufort dairy cooperative





Day 2
Saint-Etienne-de-Cuines > Valmorel

Straddling Maurienne and Tarentaise, this stage will allow you to discover the Col de la Madeleine in an original way. By a succession of tracks and small roads you will arrive at the resort of Valmorel at 1330 meters above sea level.

TO SEE / TO DO

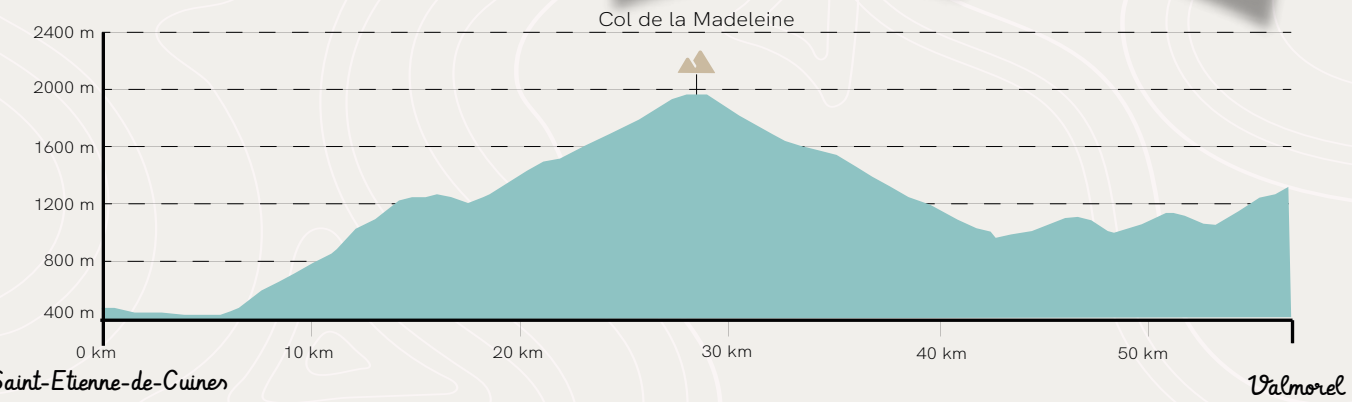
In Saint-François Longchamp (station)
- 4 seasons toboggan run
- Balnéothérapy center - swimming pool

In Celliers
- Thématic trail on avalanches

In La Léchère-les-bains
- The thermal bath: -day cycle cure, the Ô des Lauzes spa and Aquacalida muséum space
- The Morel waterfalls







CHARACTERISTICS OF THE STAGE

- Distance: 57 km
- Elevation gain + : 2 300 m
- Elevation descending - : 1 462 m
- Maximum altitude: 1 993 m
- 87% road / 13% path

GOODS ADRESSES

Information points

- Tourist Office Au pied des cols of the La Chambre passes
- Saint-François Longchamp Tourist Office
- Celliers Tourist Office
- Valmorel Tourist Office

Accomodation with cycling certification

At Léchère-les-Bains
- Campsite Marie-France ***

In Moutiers

All labeled accommodation on www.coeurdetarentaise-tourisme.com

Other accommodation on: www.valmorel.com

Restaurants

All restaurants on:
- www.maurienne-tourisme.com
- www.valmorel.com

Repair shop

- At Saint-François Longchamp (station)

Ravoir Sport, Skiset L'Eterlou, Milly Sport
- At Valmorel

La Trace Sports, Sun Bike Shop, Valmo'Bike

Free-access charging points labeled bicycles

- Tourist Office of Saint-François Longchamp (next to the toilets)
- Marie-France campsite*** at La Léchère

Day 3
Valmorel > Saint-Michel de Maurienne

A route offering almost 100% gravel climbs as close as possible to the mountains. A variety of landscapes throughout the day punctuated by heritage discoveries while evolving in three different valleys including the very beautiful and wild valley of Encombres.

CHARACTERISTICS OF THE STAGE

- Distance: 67 km
- Elevation gain + : 2 110 m
- Elevation descending - : 2 727 m
- Maximum altitude: 2 370 m
- 68% road / 32% path (Be noted: short technical section > descent of the Perronet)

GOOD ADRESSES

Information points

- Tourisme Office of Valmorel
- Tourist Office of Saint-Martin de Belleville
- Office de Tourisme Maurienne Galibier de Saint-Michel de Maurienne

Labeled repair shops

- Skiset Togosports in Saint-Martin de Belleville
- Vélo minute in St-Michel de Maurienne

Free-access charging points with the bike label

- Ski lockers - Saint-Martin de Belleville town center
- In the Carrefour Market car park in St-Michel de Maurienne

Bike-labeled accommodation

In Saint-Martin de la Porte
- Chalet/gîte L'Etoile du berger
- Maison de la Tour

In Saint-Michel de Maurienne
- Gîte Le Shantoné
- DTH Gîte 73***
- La maison du Galibier

Other accommodation: www.maurienne-tourisme.com

Restaurants

All the restaurants on www.maurienne-tourisme.com

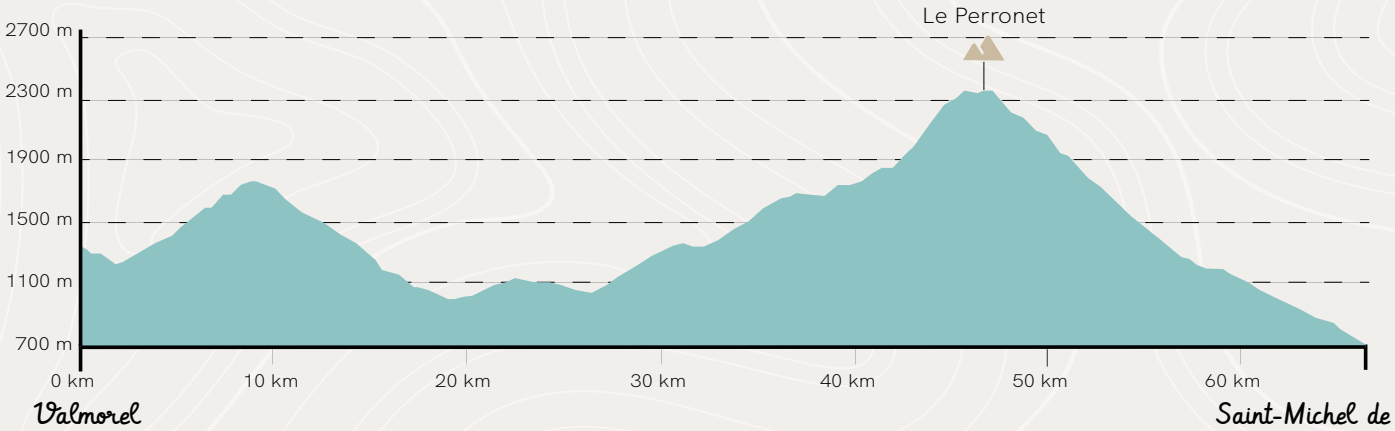
This stage ends at Saint-Michel de Maurienne station because, for safety reasons, it is strongly advised to take the train to Modane. However, you also have the option of taking the D1006 road to reach the next stage.

TO SEE / TO DO

In Saint-Martin de Belleville
- Sanctuary of Notre Dame de la Vie
- Museum of Saint-Martin de Belleville

In Les Ménuires
- Lac du Lou

In Saint-Michel de Maurienne
- Espace Alu museum
- Espace Maurienne Galibier





Day 4
Modane > Val Cenis Termignon

A short but very rich stage in terms of the landscapes encountered and the sites to be discovered. A fairly noticeable change in terms of climate with drier vegetation compared to the start of the crossing.

CHARACTERISTICS OF THE STAGE

- Distance: 27 km
- Elevation gain + : 913 m
- Elevation descending - : 674 m
- Maximum altitude: 1 645 m
- 78% road / 22% path

GOOD ADRESSES

Information points

- Modane point Infos
- Aussois Tourist Office
- Val-Cenis Sollières-Sardières, Termignon Tourist Office

Labeled repair shops

- Action Sports in Modane

Free-access charging points

- Market place, Information Point and parking of the Rizerie in Modane

Labeled accommodation cycling

In Val Cenis Sollières-Sardières

- Chalet de la fontaine
- Appartement Le Mont Cenis
- Appartement La Parrachée

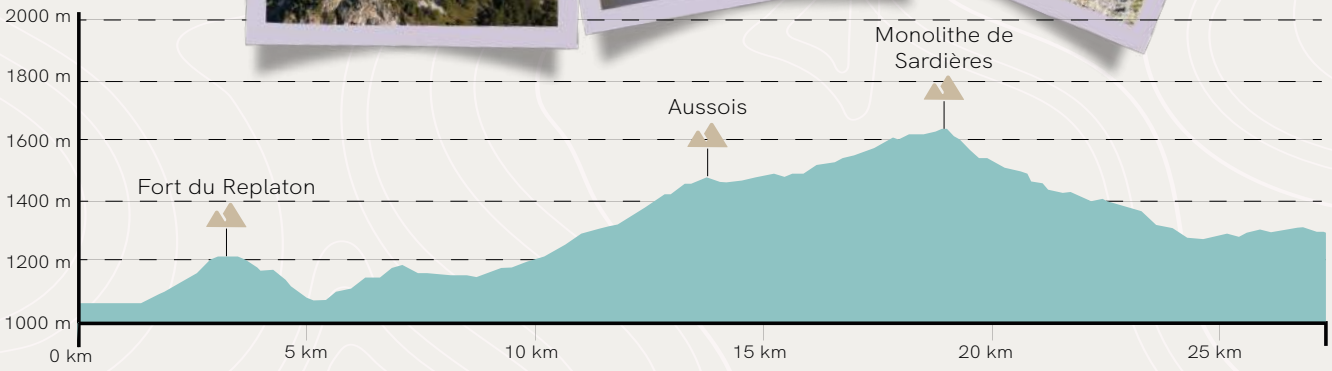
In Val Cenis Termignon

- Hôtel l'Outa
- Other accomodation on www.maurienne-tourisme.com

Restaurants

- All restaurants on www.maurienne-tourisme.com





TO SEE / TO DO

In Modane

- Musébar: border museum
- Leaning house (2 km, climb of Valfréjus)
- Fort Saint Gobain and Chappe telegraph
- Exhibition The little secrets of the universe - La Rizerie

At the Bourget

- Rocher des Amoureux
- Sources de la Vanoise brewery

On the road between Le Bourget and Aussois

- Saint-Benoit waterfall
- Forts Victor Emmanuel et fort Marie-Christine

At Aussois

- Agro-pastoral museum of Arche d'Oé

In Val-Cenis Sollières

- Archéology museum

In Val-Cenis Termignon

- Exhibition of the Vanoise National Park

Day 5
Val Cenis Termignon > Suse

Straddling France and Italy, this day will transport you to a mountain environment with a wonderful discovery of the Lac du Mont Cenis. A day full of history through the places borrowed.

CHARACTERISTICS OF THE STAGE

- Distance: 48 km
- Elevation gain + : 1 050 m
- Elevation descending - : 1 830 m
- Maximum altitude: 2 150 m
- 61% road / 39% path

GOOD ADRESSES

Information points

- Val-Cenis Lanslebourg Tourist Office
- Franco italian house (plan des fontainettes) at Mont Cenis
- Turin and its province tourist Office (Susa office)

Accommodation and restaurants

- On the French side, all accommodation on www.maurienne-tourisme.com
- On the Italian side, all accommodation on www.turismotorino.org

Repair shops

In Val-Cenis Lanslebourg
- Intersport Cosme, Dalcin shop

Suse
- Nonsolobici





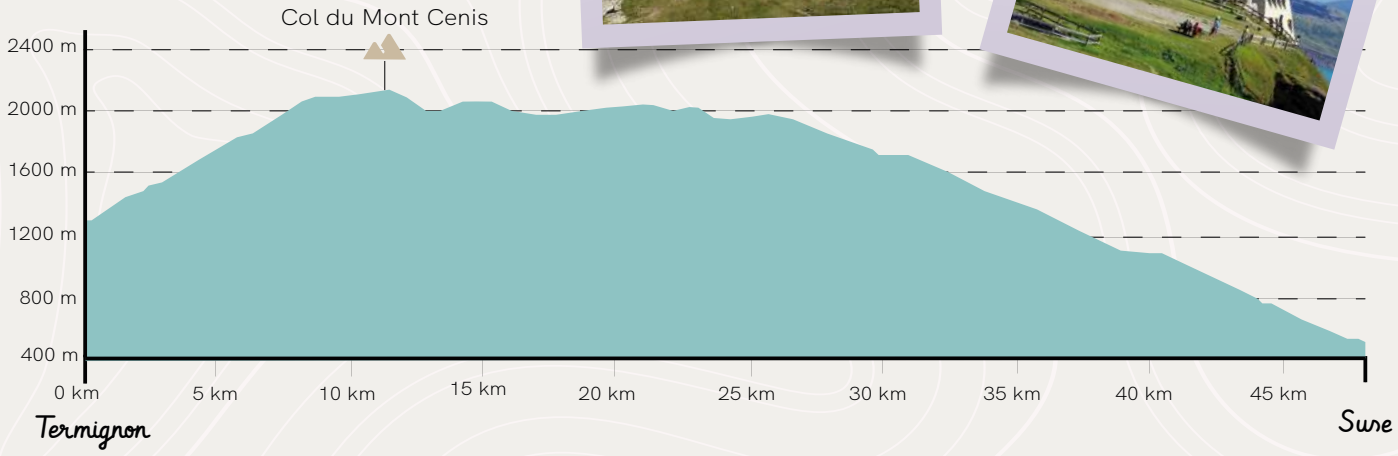
TO SEE / TO DO

In Val-Cenis Lanslebourg
- Coopérative dairy
- Church of Notre Dame de l'Assomption

At Mont-Cenis
- Viewpoint over the lake
- Pyramide Muséum
- The Alpine garden

At Suse
- Historic center and historical monuments
- Diocesan Museum of Sacred ArtMusée

At Exilles
- Fort d'Exilles



Day 6
Suse > Sestrières

A purely Italian stage and not the least, with 8 passes to cross at an altitude of more than 2000 meters in a wild atmosphere all along the route. An immersion as close as possible to the mountains awaits you where the gravel is at its peak.

CHARACTERISTICS OF THE STAGE

- Distance: 57 km
- Elevation gain +: 2 696 m
- Elevation descending - : 1 158 m
- Maximum altitude: 2 535 m
- 30% road/ 70% path

GOOD ADRESSES

Information points

- Tourist Office of Turin and its province (Susa office)
- Sestrières Tourist Office

Accommodation and restaurants

- French side, all accommodation on www.maurienne-tourisme.com
- Italian side, all accommodation on www.turismotorino.org

Repair shop

Suse
- Nonsolobici

Sestrière
- Surf shoppe Sestriere, Sestriere Sport Outdoor, Passet Sport, Marcellin Sport

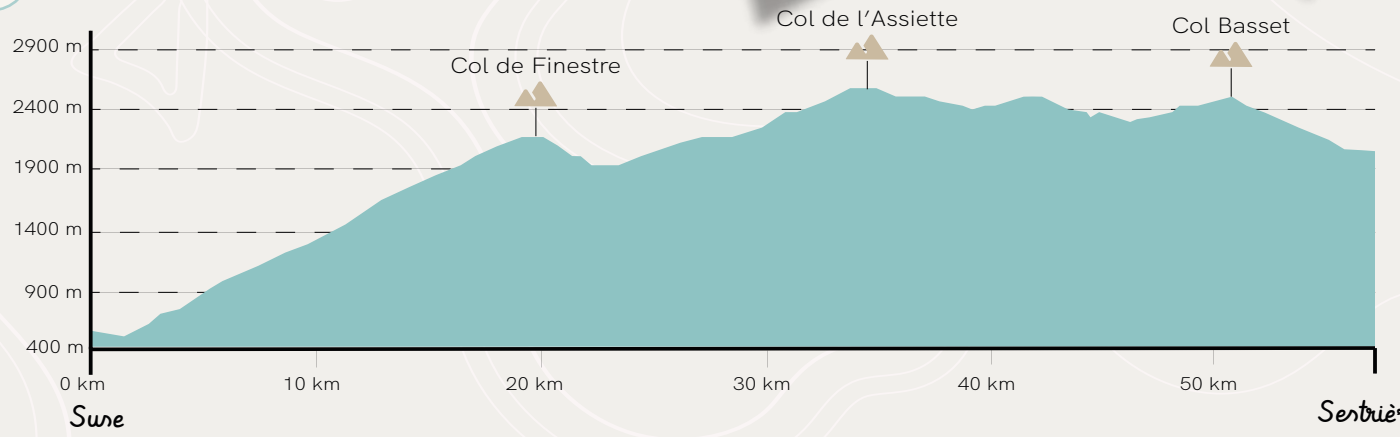
TO SEE / TO DO

Near the Col de Finestre
Fort of Finestre
In Fenestrelle
- Fort of Fenestrelle

In Pragelato
Val Troncea Natural Park
In Sestrières
- La strada dell'Assietta (mountain bike trail linking the fortifications military)
- Church of San Edoardo







Day 7
Sestrières > Chantemerle

A cross-border day with two accents on the program off the beaten track. An immersion in the heart of the Clarée valley as close as possible to nature and the mountains; all in a typical southern atmosphere with its pines and larches.

CHARACTERISTICS OF THE STAGE

- Distance: 65 km
- Elevation gain + : 1 768 m
- Elevation descending - : 2 334 m
- Maximum altitude: 2 413 m
- 56% road / 44% path (Be noted: short technical section

GOOD ADDRESSES

Information points

- Tourist Office of Sestrière
- Tourist Office of Montgenèvre
- Tourist Office of Serre-Chevalier
- Tourist Office of Hautes-Vallées

Repair shops

- Numerous repair shops in the towns of Montgenèvre, Briançon and Serre Chevalier

Accomodation with the bike label

In Briançon
- Hôtel Vauban***
- Auberge de la paix***

In Serre Chevalier
- Youth hostel

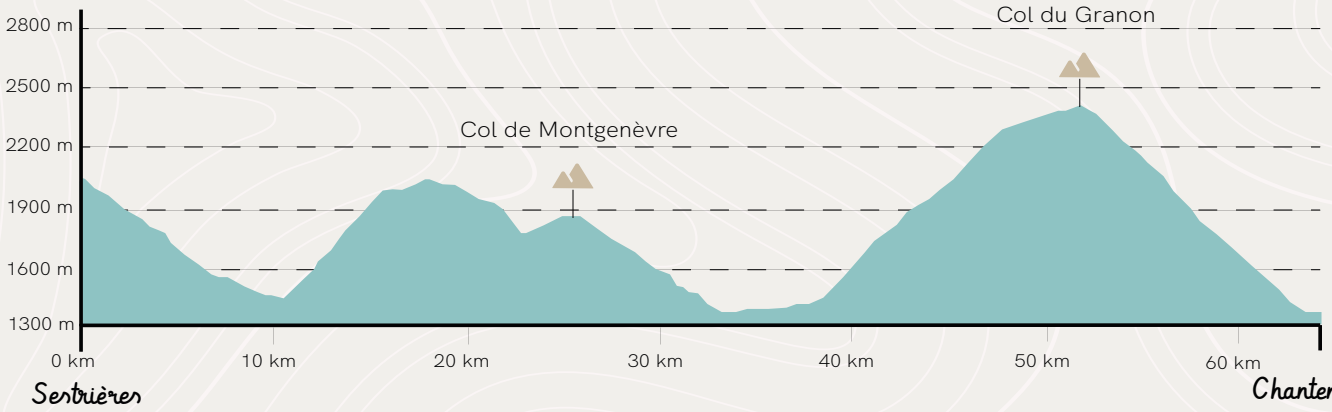
Other accommodation:
www.serre-chevalier.com

Restaurants

- Tous les restaurants sur :
- Office de tourisme de Sestrière
- Office de Tourisme de Montgenèvre
- Office de Tourisme de Serre-Chevalier







TO SEE / TO DO

In Sestrières
- La strada dell'Assietta (mountain bike trail linking the military fortifications)
- San Edoardo church

In Briançon
- The fortified town labeled «City of Art and History»
- The Vauban fortress

In Monêtier-les-Bains
- The Grands Bains (thermal spring)

At the Lautaret pass
- The alpine botanical garden

Day 8
Chantemerle > Saint-Jean de Maurienne

Day of contrast for this last stage between the plains and the high mountains, a contrast of landscapes between the southern and northern Alps. A passage on the roof of this crossing at the Col du Galibier at 2642 meters climbs in an atypical way and far from the beaten track. Undoubtedly the final highlight of this journey which will bring you closer to the peaks.

CHARACTERISTICS OF THE STAGE

- Distance: 75 km
- Elevation gain + : 1 474 m
- Elevation descending - : 2 306 m
- Maximum altitude: 2 535 m
- 78% road / 22% path

GOOD ADDRESSES

Information points

- Valloire Tourist Office
- Montagnicimes Tourist Office of Saint-Jean de Maurienne

Accomodation labeled cycling friendly

In Saint-Jean de Maurienne

- Hotel Le Saint-Georges***, hôtel de l'Europe**, hôtel du Nord**
- Bed and breakfast Chez Véronique et Fred and Nilautpala dream
- Campside of Grands cols***

Restaurants

In Valloire

- L'Escarnavé and Le Crêt Rond

In Saint-Jean de Maurienne

- Hôtel du Nord et hôtel de l'Europe

Other restaurants on www.maurienne-tourisme.com

Bicycle certified repair shop

- Dvélos in St-Jean de Maurienne
- Vélo minute in St-Michel de Maurienne

Charging points with free access

- Sherpa shop in Valloire, car park at the Brive and 500 m from the hamlet of Verneys (opposite the Relais du Galibier)
- St-Jean de Maurienne Tourist Office

TO SEE / TO DO

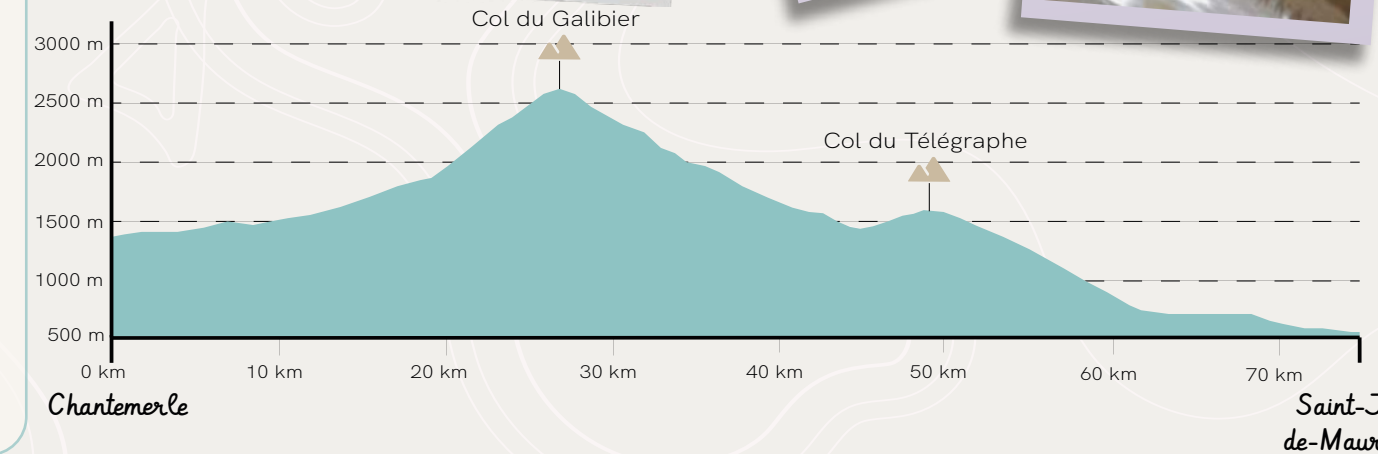
In Valloire

- Notre Dame de l'Assomption,baroque church - micro-museum (free access)
- Gondola Crêt de la Brive and Lac de la Vieille chairlift
- Straw and haySculptures competition in Verneys (3 kms from Valloire) - Galibier.road
- Brasserie Galibier

In Saint-Jean de Maurienne:

- The town center, the Saint-Jean Baptiste cathédral and the cloister
- Opinel Museum
- Museum of costumes, arts and popular traditions





Before leaving

- The route does not have any specific markings. Be careful to prepare your route well beforehand.
- The route evolves in an area of medium and high mountains. Make sure that the climatic conditions are favorable and that the roads and paths are passable (snow-covered).
- In the middle of the mountains, weather conditions change very quickly and thermal contrasts can be marked. Remember to bring warm and waterproof clothes.

Rules of good driving

On the road

- Do not ride too close to the shoulder, to avoid ruts or gravel.
- On bends, stay as far to the right as the cars only see you at the last moment.
- Be particularly careful when a truck is passing: the draft may throw you off balance.
- When crossing tunnels or in the event of bad weather, remember to have lights and reflective clothing.
- If riding in a group, ride two abreast or in single file.
- At night, if overtaken by a vehicle or when circumstances require it (narrow road), always place yourself in single file.
- If your group has more than ten people, split it up.

On the paths

- Downhill, watch out for the divots and trenched sometimes present across the road

Find out more: www.securite-routiere.gouv.fr

Soon, your souvenir photo is yours !

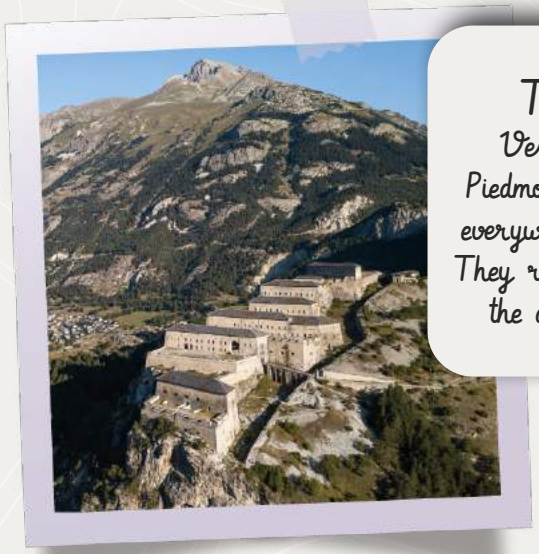
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happyatthetop





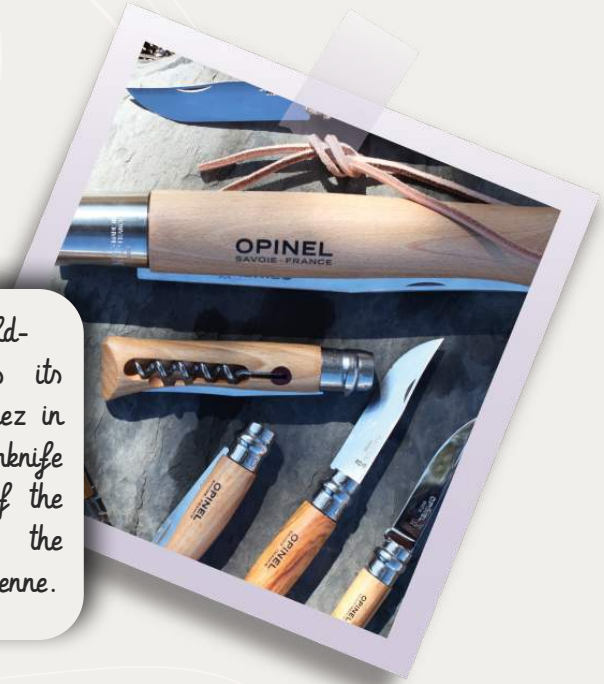
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The essentials of the itinerary in pictures!



The fortifications

Vestiges of the kingdom of Piedmont Sardinia, the forts are everywhere on or near the route. They recall the common history of the different sectors crossed.



The Opinel is a world-famous knife, which finds its origins in the village of Albiez in Maurienne. Every Opinel penknife bears the distinctive mark of the „Crowned Hand" which is the emblem of St-Jean de Maurienne.



Beaufort is produced from the milk of some 10,400 cows of the Tarine or Abondance breed. These cows, for the summer period, populate the mountain pastures and thus allow the maintenance of the agro-pastoral system which shapes our Mountains.



For all cycling lovers, the **Galibier** is a mythal mountain! Linking Maurienne to Briançonnais and Oisans, this unmissable pass for all mountain lovers is the mecca of cycling in France.

Roadbook proposed by Maurienne Tourisme

www.velo-maurienne.com
www.maurienne-tourisme.com

Maurienne SAVOIE MONT BLANC | LE + GRAND DOMAINE CYCLABLE DU MONDE

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