

Version 1

Nice

1st day February 27th 19:30>21:20

HOTEL BRISTOL ** 22, rue Paganini 06000, Nice , Alpes Maritimes Tel: +33 (0)4 93 13 10 18

38.78€ reservation number:**170219-62299** , Code d'annulation:3734491

2nd day February 28th

35 km to Cannes, 20 km to Grasse 5h

324 - Montagne de Doublier 1186m start place Grasse 339m 43,65749 / 6,92109 847m , 13.3 km ,6.4-15 % Energy points 748 , 3h

north of Grasse 14 km 06460 Saint-Vallier-de-Thiey, Franciaország February 28th leprejoly.com

info@leprejoly.com +33 4 93 60 03 20

Grasse D6085 >>> Parc Naturel pre Alpe de Azur >> Escragnolles 41 km to Col de Val Ferrière

3rd day March 1st

323 - Col de Valferriere 1169 m Grasse 330m 43,65744 / 6,9210 , 839m , 35 km - 8.4 % , Energy points 643 5h , but only 21 km from the hotel

21 km to ++60 km

322 - Cirque de Vaumale 1279m , Gorges du Verdon (D71) 685m 43,84116 / 6,22131

594m , 8 km 7.4 -23.1 % , Energy points 860 3h + 12 km

D957, 83630 Les Salles-sur-Verdon, Franciaország hotelrestaurant-ermitage.com

+33 4 94 84 22 40 'ERMITAGE - HOTEL RESTAURANT SPA

4th day March 2nd

D957 >>Aups {20km}D22>>Sillans-la-Cascade , Ccotignac- D554 Le Val {+23km}

Brignoles-t megkerülni DN7 -en 2 km Tourves irányába >>DN7 >> D5 Méounes-lés-Montrieux {+50km}

105 km Hôtel Triotel Today's Value Deal 40€+0.83 € city tax

Espace Bale-Nuée, Les Fourches, 83160 **La Valette-du-Var**, France

Booking Number 1493.278.205 PIN Code 7854 freeto cancel before Febr. 27.

<http://www.hotel-triotel.com/tarifs>

5th day March 3rd

321 - Mont Faron 561m ,Toulon (Ste Anne) 42m , 43,14013 / 5,91309

519m , 10.4 km , 5-17.3 % , Energy points 625

13+ 10 km Gare (GHS Toulon Gare SNCF)

Toulon-Montpellier **by train** 3.5-4h 20-to 40 ?? € bicycle is free of charge?

Train to **Montpellier** 4 h D986 **Montpellier** 45 -50 km Hotel De La Poste 8, Plan de l'Ormeau, 34190 Ganges, France 50 €

6th day March 4th

Les Vignes

or

7th day March 5th

20 km to Le Vigan 4h

313 - Mont Aigoual 1567 m Le Vigan 230m start location 43.98953 / 3.60557, 1337m , 37.5

km , 3.6-8.4 % Energy points 897 5h

6th day March 4th Le Vigan >>La Malène 60 km 4 h

312 - Col de Rieisse 946m , La Malène 461m , 44.30053 / 3.32071 ,485m , 8 km ,6.1-12.5 % Energy points 577 1,5 h

La Malène >> 85 km to Saint-Jean-du-Gard 6 h

Alès

9th day March 7th

314 - Col des Faïsses 1009m Saint-Jean-du-Gard 196m 44.10655 / 3.8862 813m 38.8 km 2.1-8.5 % Energy points 710 4h

From Saint-Jean-du-Gard >> to Le Pont de Mauvert 50-65 km 4h

60 Quai De Bosc, 34200 Sète, France

10th day March 8th

257 - Col de Finiels 1541m , Le Pont de Mauvert 875m , 44.36322 / 3.74389 666m

11 km ,6.1 -8.4 % Energy points 468 3,5 h

30km 3h

258 - Pré de la Dame 1450m , Génolhac 490m ,44.35217 / 3.94628 960m ,15 km , 6.4 -9.6 % ,Energy points 709 3,5h >>45 km Brouzet-lès-Alès 3h

11th day March 9th

320 - Guidon du Bouquet 629 m Brouzet-lès-Alès 170m 44,14028 / 4,24604

459m , 4.6 km ,10 -19 % ,Energy points 524 2 h

>>125 km 7 h to **Sète**

to the West from Montpellier

319 - Mont Saint-Clair 175m **Sète** - Rue de Saint-Clair 18m (near Montpellier 35 km) , 43.39512 / 3.69467 , 157m 35 km ,11.2 -20 % , Energy points 224 ,2h back to Montpellier

12th day March 10th

Montpellier- Nice 7 h by train

13th day March 11th

>>30 km 2 h from Nice to La Roquette-sur-Var

14th day March 12th

326 - Mont Vial 1549m Pont Louis Charles - route Nat Le Broc (La Roquette-sur-Var) before Baus Roux !,120m 43.83786 / 7.19403 , 1429m , 25.8 km , 8.2 -13 % , Energy points 1072 5h

>> 30 km M2205 Pont-de-la-Lune 2h

327 - Madonne d'Utelle 1174m Pont-de-la-Lune

8th day March 6th

55 km from Nice 4 h

327 - Madonne d'Utelle 1174m Pont-de-la-Lune 228m , 43,93853 / 7,16459

946m , 22 km , 4.3-14.4 % , Energy points 824 3,5 h

March 13th Nice 21:50>23:35

318 - Mont Saint-Baudille 847m Arboras via D9 (near Montpellier 40km) 130m , 43.71087 / 3.48534 , 717m , 12 km , 3.6 - 12.3 % , Energy points 611

317 - Pic de Tantajo 518m carrefour D909 , 267m 43,58049 / 3,16737 251m , 3.1 km , 8.1-21 % Energy points 308

316 - Col de l'Espinouse 1124m ,Le Pujols-sur-Orb via D180 164m start location 43.57869 /

3.05755

960m , 22.4 km , 4.4-10 % , Energy points 650

315 - Pic de Nore 1200m Villeneuve-Minervois via Col d 207m ,43.315731 / 2.461155
993m , 25.5 km , 3.9 %-8.6 % ,Energy points 676

version 3

Nice

1st day February 27th 19:30>21:20

2nd day February 28th

35 km to Cannes, 20 km to Grasse

324 - Montagne de Doublier 1186m start place Grasse 339m 43,65749 / 6,92109 847m ,
13.3 km

6.4-15 % Energy points 748

3rd day March 1st

323 - Col de Valferriere 1169 m Grasse 330m 43,65744 / 6,9210 ,839m , 35 km
2.4 - 8.4 % , Energy points 643

>>130 km

322 - Cirque de Vaumale 1279m , Gorges du Verdon (D71) 685m 43,84116 / 6,22131
594m , 8 km 7.4 -23.1 % , Energy points 860

4th day March 2nd

95 km

326 - Mont Vial 1549m Pont Louis Charles - route Nat Le Broc (La Roquette-sur-Var) before
Baus Roux !,120m 43.83786 / 7.19403

1429m , 25.8 km , 8.2 -13 % , Energy points 1072

ne 228m , 43,93853 / 7,16459

946m , 22 km , 4.3-14.4 % , Energy points 824

5th day March 3rd

>> 190 km Toulon

by bike back to Nice 50 km 3 h

Nice to Toulon by train 1.5-2 h 20-to 40 ?? € bicycle is free of charge?

321 - Mont Faron 561m ,Toulon (Ste Anne) 42m , 43,14013 / 5,91309
519m , 10.4 km , 5-17.3 % , Energy points 625

by bike back to La Pointe via Nice 65 km 4 h

15th day March 13th

55 km back to Nice 5 h

tartalék:

329 - Col de Braus 1002m **La Pointe** 130m ,43.7815 / 7.33784

872m , 17.3 km ,5-10.8 % ,Energy points 873 3h

20 km downhill to La Bollène-Vésubie >> 10 km **Lantosque**

325 - Col Saint-Martin 1500m second name La Colmiane start place Lantosque 445m
43,97488 / 7,31205

1055m , 23 km ,4.6-9.6 % ,Energy points 691 4 h

Nice 21:50>23:35