

Alpcycles.com Information Sheet.

The information below has been put together to help you prepare for your holiday with alpcycles.com and ensure that you have a fantastic time with us in the Alps.

If we have missed anything, please get in touch and we will answer your questions.

Before you leave:

Below is a list of things to consider before you leave for your holiday with us:

Travel arrangements.

- ✓ If you are flying out and using our transfer service from Grenoble (A Week in the Alps), Pau (A Week in the Pyrenees) or Geneva (all other weeks), please book your flights with the following in mind:
We usually aim to arrive at airports at 12 noon, so your flight needs to arrive before this time. On the departure day, we will again arrive around 12noon, so ensure you book a flight time that does not depart for at least 2 hours after this time. This is so that we can keep the time that guests are waiting around at the airport to a minimum, so if you can keep as close to these times as possible that would be greatly appreciated.
- ✓ If you are arriving by train into Moutiers or Albertville, we generally do our pick-ups/drop offs in the early afternoon. Please advise us if you are planning to arrive here and we can sort the details with you. Also, for the TDF trips, if your planning to catch a train into Grenoble (Alps trip) or Lourdes (Pyrenees trip), the same will apply.
- ✓ If you are getting here under your own steam, please advise alpcycles.com of your mode of transport so that we email you the relevant details (directions to the chalet etc) and it really helps for us to know an estimated arrival time when you have it.

Other stuff.

- ✓ You must ensure that you have the relevant travel insurance to cover you and your bike for your trip. We do ask to see your documents when you arrive.
- ✓ You should also have, if you are a UK resident only, your EHIC (the new E111), which you get from the post office.
- ✓ If flying and bringing your bike, we recommend that you check the weight allowance for your bike bag/box and have booked it on. We have found that some airports are stricter than others with weights.
- ✓ We suggest you bring some your usual spare inner tubes and any of your favourite tools with you, as well as the energy drinks/bars that work for you. We do provide

- cereal bars and some energy powders included in your stay, but if you have a particular favourite, bring some along too.
- ✓ The weather/climate up in the mountains can change rapidly, so when packing your cycling clothing ensure that you have included some cold weather clothing, such as a windproof/waterproof jacket, arm and leg warmers, bibbed tights and warm gloves etc. Better to be well prepared than freezing!
Remember, we have washing facilities for your cycling clothing here at Chalet Richard, at a small extra cost if you wish to use it, but you will definitely need a few pairs of good padded shorts.
 - ✓ If you think you might want to take packed lunches with you on some of your rides (we can make these up for you at the chalet for a small price) and also for all day rides where you need plenty of energy food, whether MTBing or road cycling, you will need to bring a small rucksack. The range of Camelbaks or similar makes with a built in bladder are great for long days on the bike and can hold any spares, extra clothing you want to take too. We find on the TDF trips a small rucksack is useful to take extra water, food and clothing, camera, suncream etc and would advise this.
 - ✓ If you are hiring a bike in resort, you will need to remember to bring your shoes and pedals, as the hire shops do not provide these, plus of course you are used to your own stuff! Bike hire **must be organized prior to your trip**, so please contact us if you wish to do so.
 - ✓ Remember to bring some euros! There is usually 1 chalet day off in the week, so although breakfast and afternoon tea are provided, it will be dinner at a local restaurant that night (this may not be the case for long weekend trips though) and you've got lunch to think about too. Also, you might fancy a rest day (we recommend the chalet day off) and fancy doing some other adventurous activity (take a look at the website for options). Finally, if you are hiring a bike or using our transfer, these are best in cash.
- Note:** The Tour de France includes transfers.

When you get here:

- ✓ Once you are settled into the chalet, had some afternoon tea etc, we get together so that you can meet all of the alpcycles.com team and have a chat about the chalet, the area and your week. This is also a chance to meet the other guests staying with us.
- ✓ There will be a safety talk that everyone must attend (we lock you in the living room for this).
- ✓ We have usually chatted to you via email before your arrival and will have put together a rough itinerary based on what we gleaned from the guests that week, **but** Ade likes to have a real chin wag about rides and levels with you throughout the week, to ensure that everyone is getting what they want out of the week. We all eat dinner together and this is a great time to plan the following days riding.
- ✓ On the TDF trips, we provide mini-maps and chat to the whole group every evening/morning about the coming itinerary.

- ✓ Make yourself at home and enjoy yourself! It's a holiday after all. We love being in this part of the French Alps and we know you will too.....