

## TDF TOUR 2009: Challenging Ride Information

spyns

### **Day One (July 20)**

**Highlights: Megeve / Cote de Domancy / Megeve Total Distance: 30 miles Elevation Gain: 2,450 feet Estimated Riding Time 1.5-2 hours**

Description: Your Spyns tour begins in Albertville at 12 p.m. After check, bike fittings and review, we should hit the road by around 1:30 p.m. so today's ride will be a half day around the base of Mont Blanc - Europe's highest peak. Today's ride takes us from the valleys of Megeve up the *Cote de Domancy*, a famous stage of the 2005 Dauphine Libere race and a Category 4 climb. Approximately 1.6 miles of the ride are 8.6% grades or higher.

### **Day Two (July 21)**

**Highlights: Col de la Croix de Fer / Alpe d'Huez Total Distance: 47.3 miles Elevation Gain: 7818 feet Estimated Riding Time: 4-5 hours**

Description: Following the latter half of stage 17 (2008 Tour de France), the group will start from the north-east passage starting in Saint Jean de Maurienne (Savoie) to the infamous *Col de la Croix de Fer*. The Tour first passed the *Col* in 1947 and has come back 15 times. Following a fast-paced descent via *Allemond* and *Bourg d'Oisans*, the group will then scale Alpe d'Huez's 21 switchbacks. With an average grade of 7.7%, the 8.8 miles of climbing are enough to challenge even the most experienced riders.

### **Day Three (July 22) Stage 17 Finish in Le GrandBornand**

**Highlights: Col de Romme / Col de la Colombiere / Col des Aravis Total Distance: 75 miles Elevation Gain: 9250 feet Estimated Riding Time: 5-6 hours**

Description: Starting from Megeve, the group will attack mythical *Colombiere* from *Scionzier* where the final push the summit can reach a staggering 10.2% grade. First featured in the 1960 TDF, it has appeared no less than 18 times, most recently in 2007's race. Although the most famous *Col*, the *Col de Romme* is by far the most challenging with its 2675 feet of elevation gain and average 8.5% grade. The ride will take us to Le Grand Bornand to watch the stage 17 finish.

### **Day Four (July 23) Stage 18 Time Trial around LakeAnnecy**

**Highlights: Col des Aravis / Col de la Croix Fry Total Distance: 46.9 miles Elevation Gain: 3,490 ft Riding Time: 3-4 hours**

Description: Seeing the Annecy time trial is paramount of course but we've squeezed in a scenic ride over the *Col des Aravis* and *Col de la Croix Fry*. These two stunning climbs were staples in Armstrong's training program. All of our tour groups will converge for a barbecue lunch in a private house on stunning *Lac Annecy*. We will then watch the individual time trial. Early evening transfer to Provence.

### **Day Five (July 24)**

**Highlight: Mt Ventoux "The Giant of Provence" Distance: 39 miles Elevation Gain: 1622 ft**

Description: Arguably one of professional cycling's most grueling challenges, we've chosen the most difficult climb for the last. Following a warm-up ride from the hotel, start the ascent via Bedoin up Ventoux's south side. The first 6 kms average a 7.6% gradient. The last 16 kms, however, average 8.9% and the winds are punishing. As the French say, *'Bon Courage!'*

### **Day Six (July 25) Stage 20 Time Trial: Mont Ventoux**

Optional morning ride to be determined pending the final time trial schedule.