

Day plans

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5 July 2024 (Fri) - Arrival / Registration

Arrivals

David D David H Ruslan	London (STN) to Nice (NCE) 5 Jul · 13:25 - 5 Jul · 16:35 Direct · 2h 10m · Economy Jet2 · LS1531
Flint Jerry	Buzz Bus from Morzine
Joe Justin	Thursday EZY2429 from Luton Dep: 1830 Arr: 2135

Timetable

Check in	Check in opens: [TBD]
Dinner plan	

Accommodation

One night.

La Maestria, Zenitude Hotel Residences, 664 Rue des Trois Moulins, 06600 Antibes

6 July 2024 (Sat) - L'Etape

Route page: <https://www.letapedutourdefrance.com/en/the-race/route>

Strava route: <https://www.strava.com/routes/3151949565008953956>

Weather: <https://www.metoffice.gov.uk/weather/forecast/spv0t6u3k#>

Starting blocks (turn sideways on mobile)

Athlete	BIB	Start time	Start area	Track link
Justin	9542	8:07:30	9	📄
Jerry	9439	8:07:30	9	📄
Flint	4168	7:30		📄
Joe	6511	7:45	6	📄
David D	3597	7:20		📄
David H	6696	7:45	6	📄
Ruslan	6475	7:45	6	📄

Tracking (Official)

The above table will be updated if possible to link through to tracking using the official tracking website.

Here's the link to track any rider by race number:

<https://www.letapedutourdefrance.com/en/training/connect-to-the-app>

Tracking (Garmin LiveTrack)

Will try to include link(s) here to Garmin LiveTrack to willing riders.

Climbs

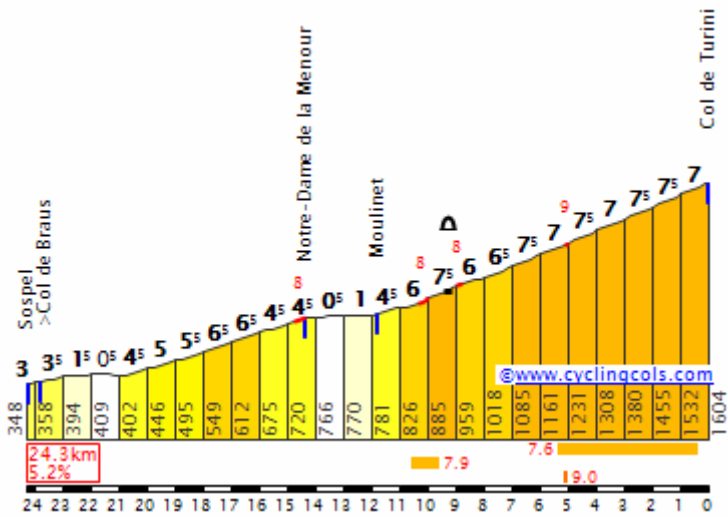
(1) Col de Braus vs another little climb

Part 1

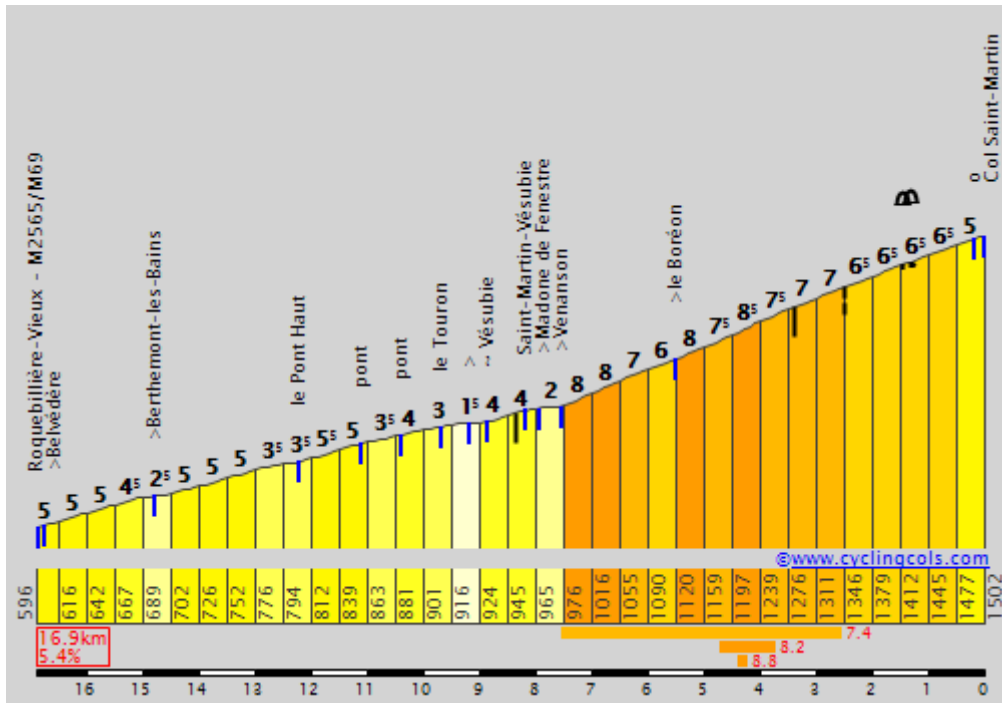
Part 2 - Col de Braus



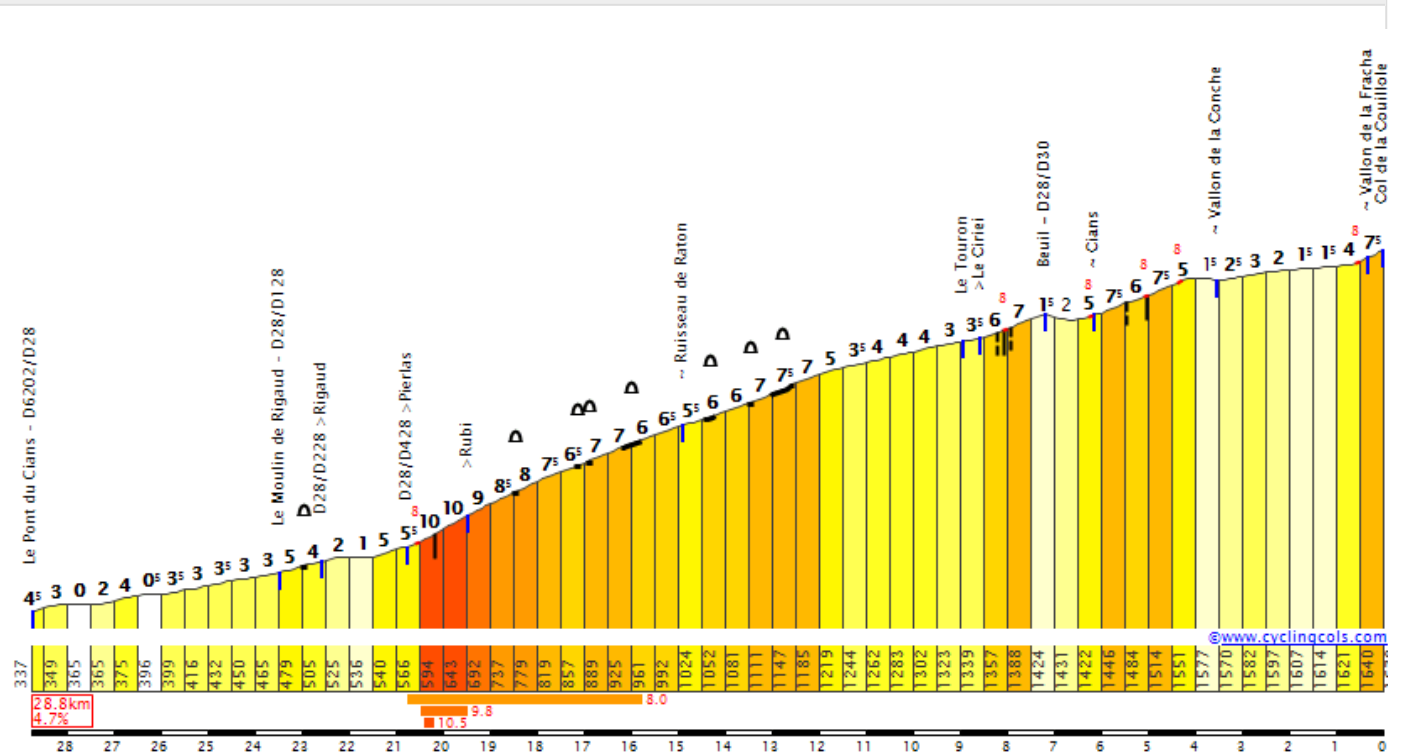
(2) Col de Turini



(3) Col Saint-Martin (La Colmiane) (from the east / from Roquebillière-Vieux)



(4) Col de la Couillole (from the west / Le Pont du Cians)



Accommodation

Night 1 of 3

(1) Barcelonnette: Hotel Azteca, 3 RUE FRANCOIS ARNAUD

(2) Le Grand Hotel, place président Paul Reynaud, 04400 Barcelonnette

7 July 2024 (Sun) - Recovery day

[Plans TBD]

Accommodation

Night 2 of 3

(1) Barcelonnette: Hotel Azteca, 3 RUE FRANCOIS ARNAUD

(2) Le Grand Hotel, place président Paul Reynaud, 04400 Barcelonnette

8 July 2024 (Mon) - Barcelonnette / Col d'Allos

Timetable

Breakfast plan	
Ride plan	Col de la Cayolle
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

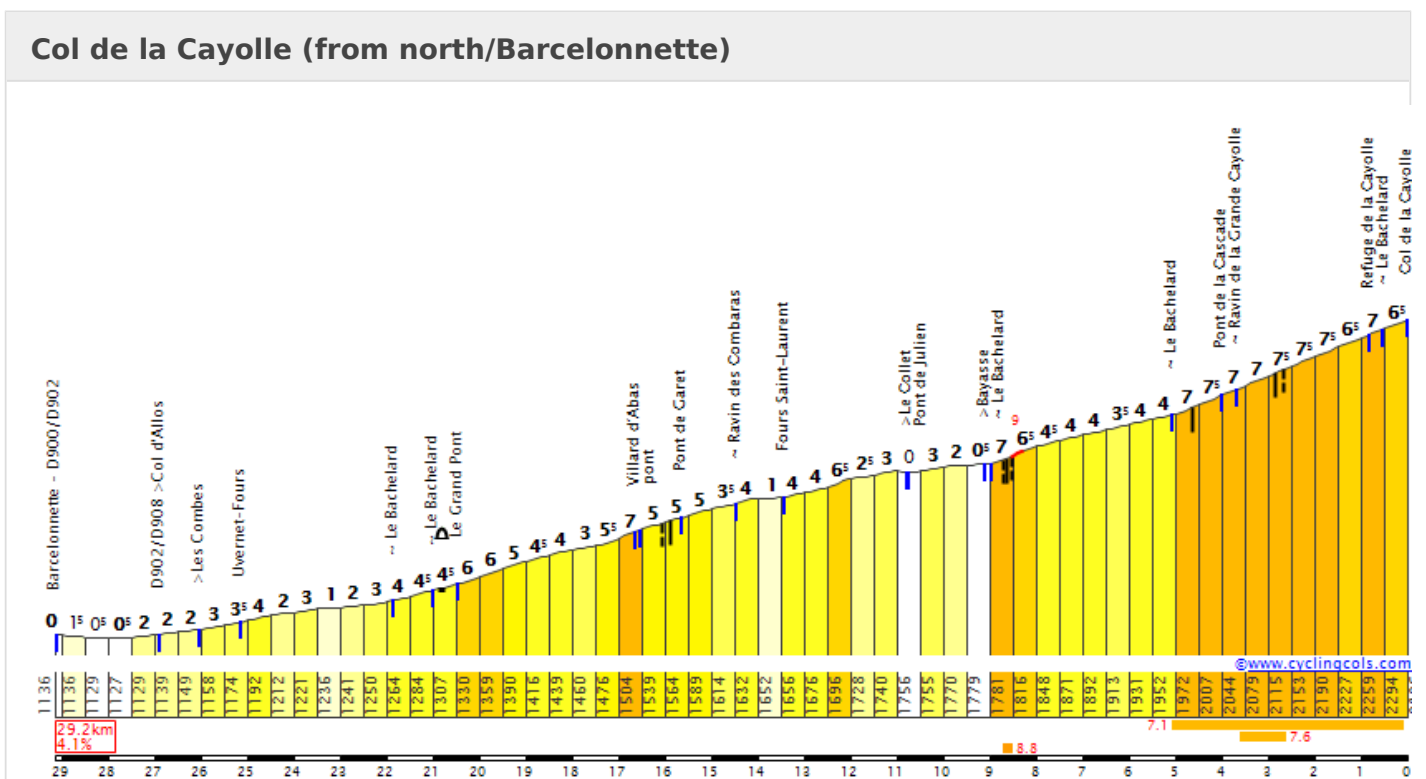
[packing]/[logistics]

[Starting spot]

[End stop]

Ride details (Option 2 - Col d'Allos)

Key climbs:



Strava (full route):

<https://www.strava.com/routes/3245297300075141204>

Accommodation

Night 3 of 3

(1) Barcelonnette: Hotel Azteca, 3 RUE FRANCOIS ARNAUD

(2) Le Grand Hotel, place président Paul Reynaud, 04400 Barcelonnette

9 July 2024 (Tue) - Barcelonnette / Isola 2000 via Bonette & Lombarde

Timetable

Breakfast plan	
Ride plan	Ride Barcelonnette to Isola 2000 (93km with 3160m [^]). Includes Bonnette & Lombarde.
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

[packing]/[logistics]

[Starting spot]

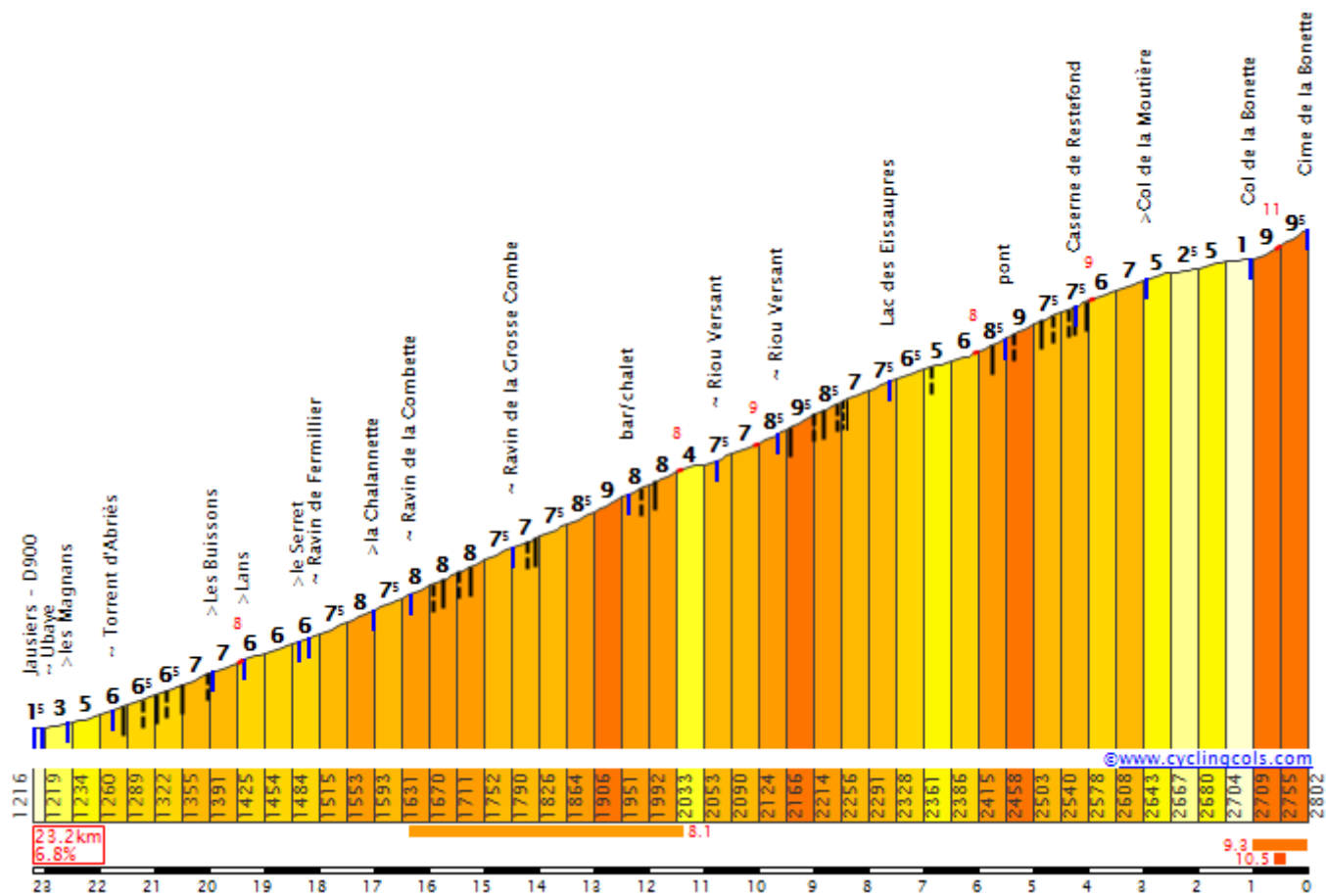
[End stop]

Ride details

Key climbs:

(1) Cime de la Bonette (from the north / Jausiers)

Climb starts about 8km into our route.



(2) Isola 2000

10 July 2024 (Wed) - Isola 2000 / Cuneo via Fauneira

Timetable

Breakfast plan	
Ride plan	Ride Isola 2000 to Cuneo (103km with 1870m [^]). Includes Fauniera.
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

[packing]/[logistics]

[Starting spot]

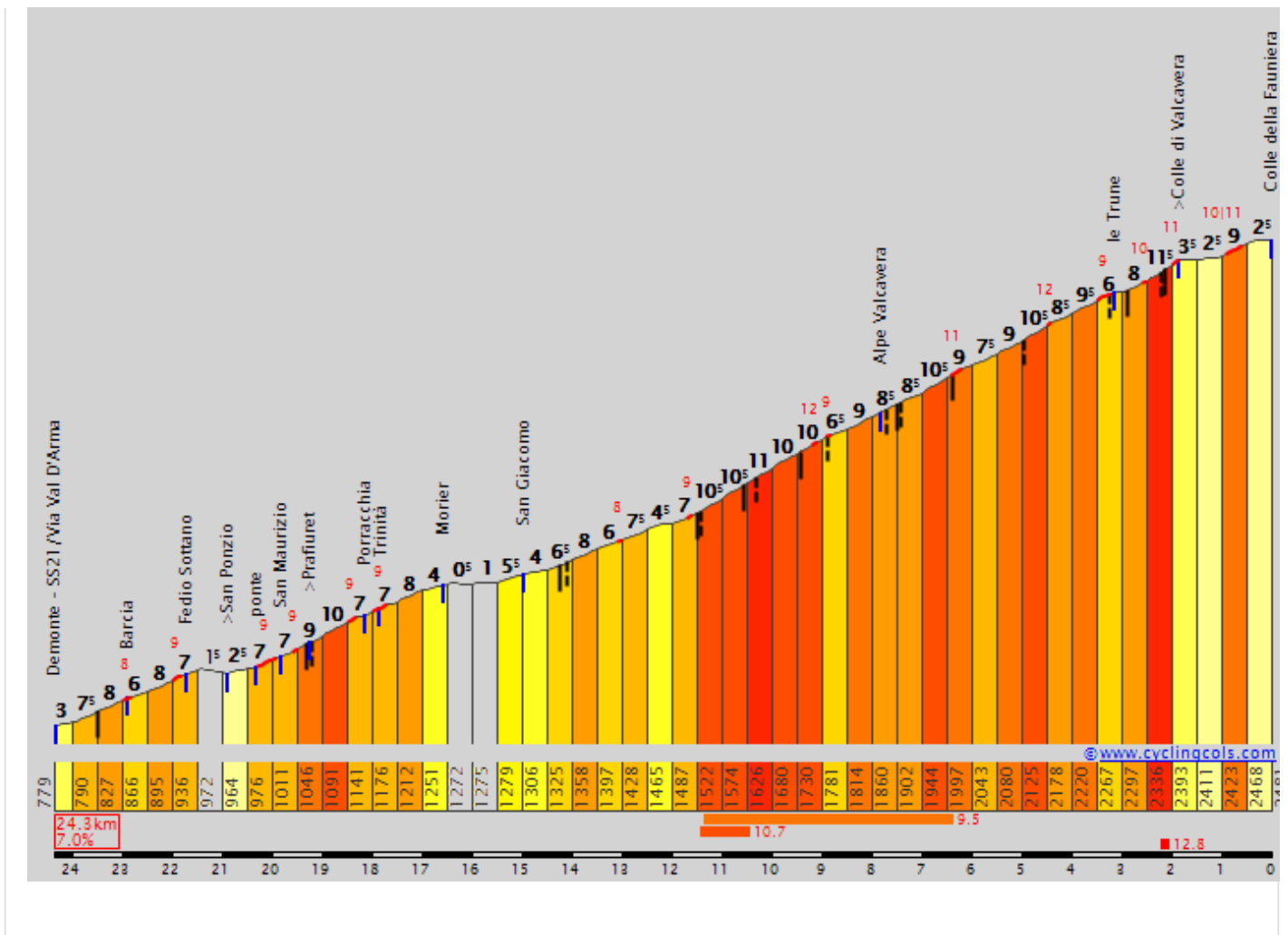
[End stop]

Ride details

Key climbs:

Colle della Fainiera (from south / Demonte)

Climb starts about 37km into our route.



Strava (full route):

<https://www.strava.com/routes/3243876683580425870>

Accommodation

One night

Phi Hotel Principe, Piazza Tancredi Galimberti 5, Cuneo

11 July 2024 (Thu) - Cuneo / St Veran via Colle d'Agnello

Timetable

Breakfast plan	
Ride plan	Ride Cuneo to Saint Veran (89km with 2560m [^]). Includes roughly 70km of climbing up and over Agnel.
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

[packing]/[logistics]

[Starting spot]

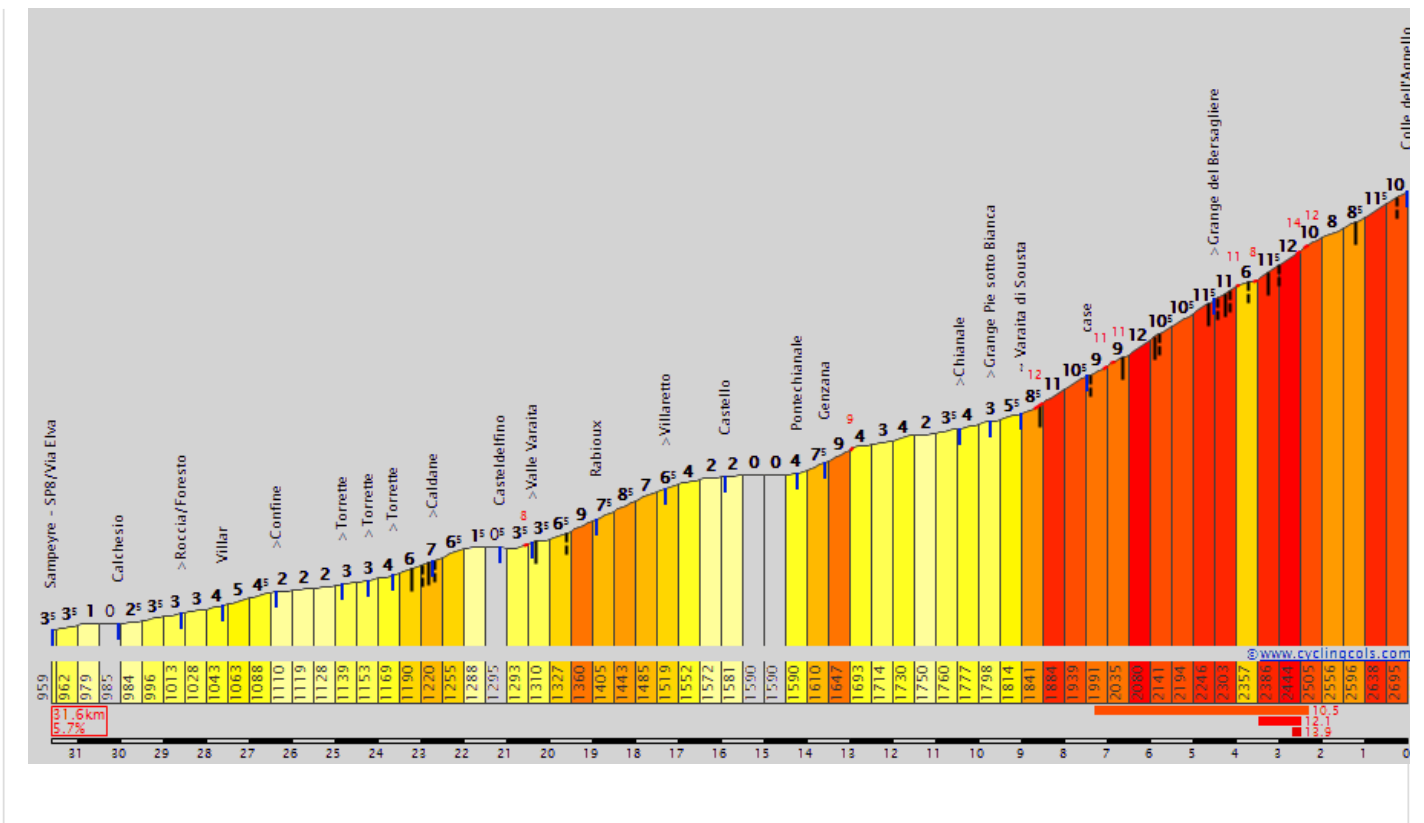
[End stop]

Ride details

Key climbs:

Col Agnel/Colle dell'Agnello (from south / Sampeyre)

Climb starts about 46km into our route.



Accommodation

One night

Hôtel & Spa L'Alta Peyra, Quartier La Ville, 05350 Saint-Véran, France

12 July 2024 (Fri) - St Veran / Cuneo via Vars & Larche

Departures

Joe	Fly out of Turin
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Timetable

Breakfast plan	
Ride plan	Ride Saint Veran to Cuneo (149km with 2290m [^]). This includes Vars & Larche.
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

[packing]/[logistics]

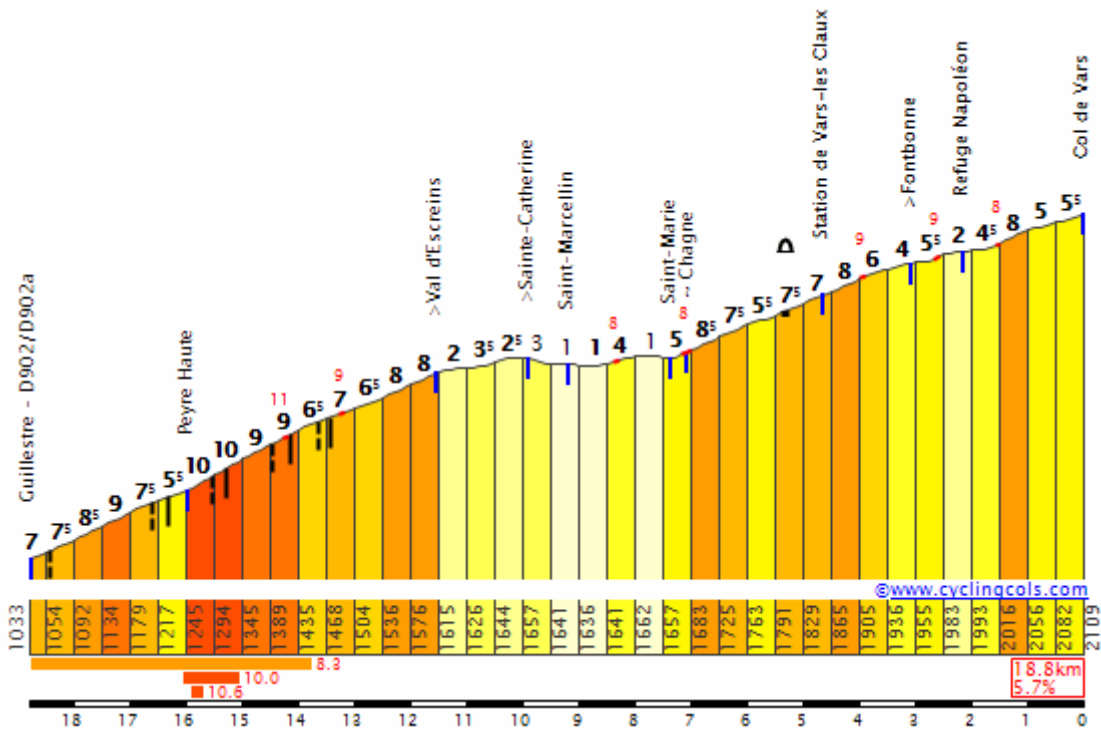
[Starting spot]

[End stop]

Ride details

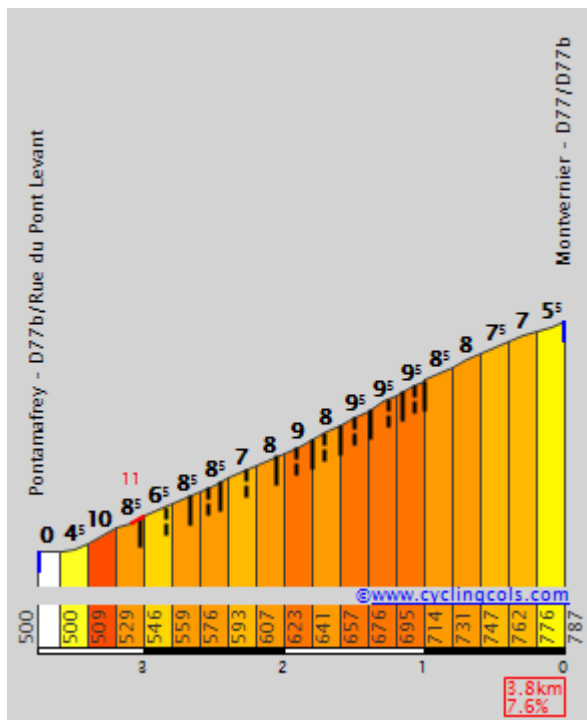
Key climbs:

(1) Col de Vars (from the north / Guillestre)
Climb starts about 33km into our route.



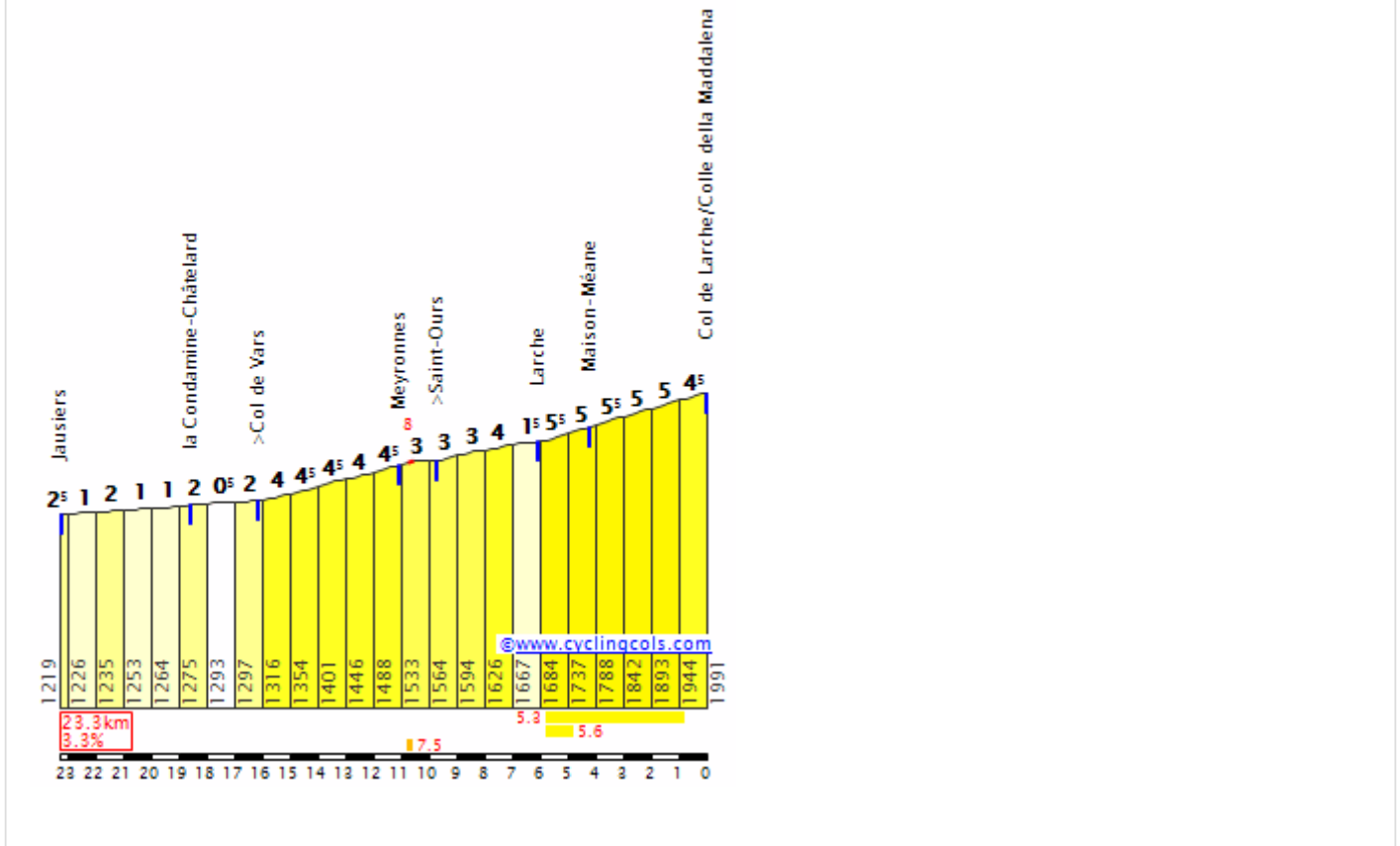
(2) Montvernier / Les Lacets de Montvernier from Pontamafrey

Climb starts about 68km into our route.



(3) Col de Larche/Colle della Maddalena (from the west / Jausiers)

May not represent our exact start.



Strava (full route:

<https://www.strava.com/routes/3230250160634963240>

<https://www.strava.com/routes/3230250160634963240>

Accommodation

One night

Phi Hotel Principe, Piazza Tancredi Galimberti 5, Cuneo

13 July 2024 (Sat)

Timetable

Breakfast plan	
Ride plan	
Lunch plan	
Dinner plan	

Notes for the day

[weather?]

[packing]/[logistics]

[Starting spot]

[End stop]

Ride details

[Description]

[Route file link]