

E'tape du Tour (and beyond) - 2024

Detailed plans and information relevant to our trip. Expand each 'chapter' below.

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Day plans

Day plans

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

Day plans

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

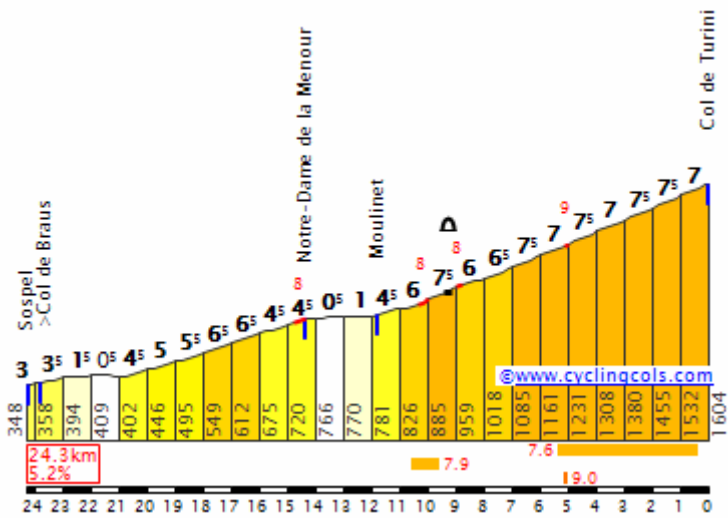
(1) Col de Braus vs another little climb

Part 1

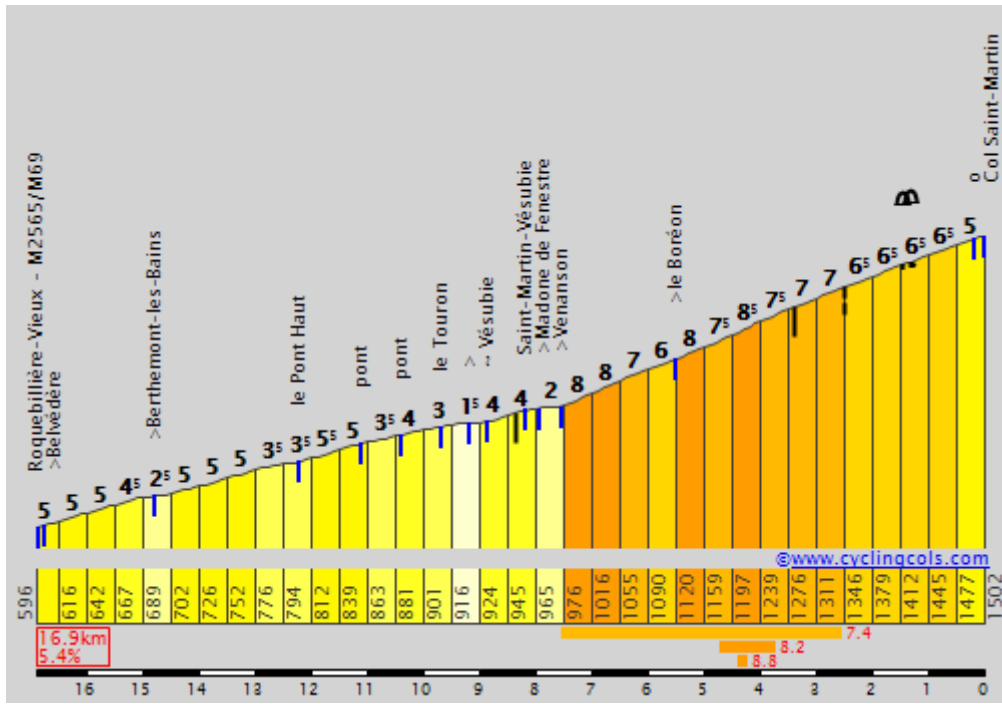
Part 2 - Col de Braus



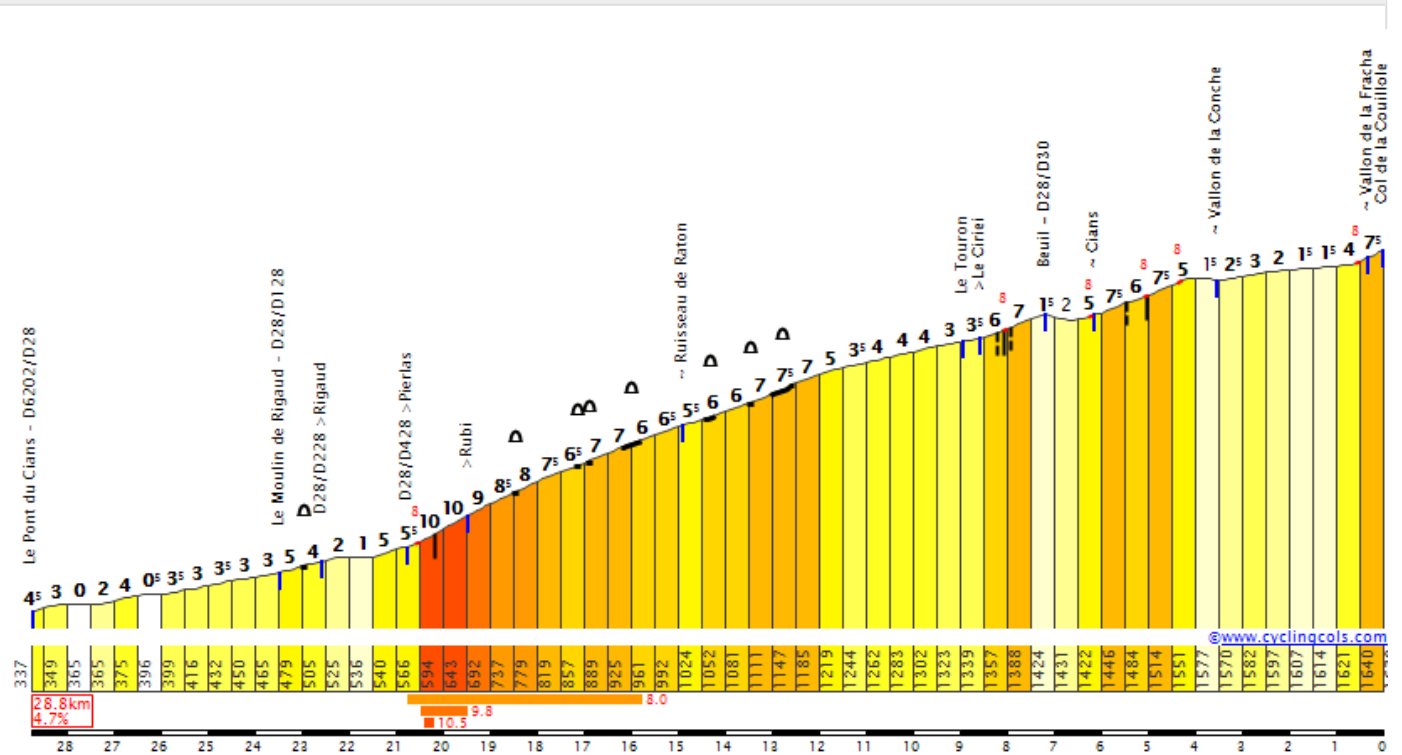
(2) Col de Turini



(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

Day plans

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?]

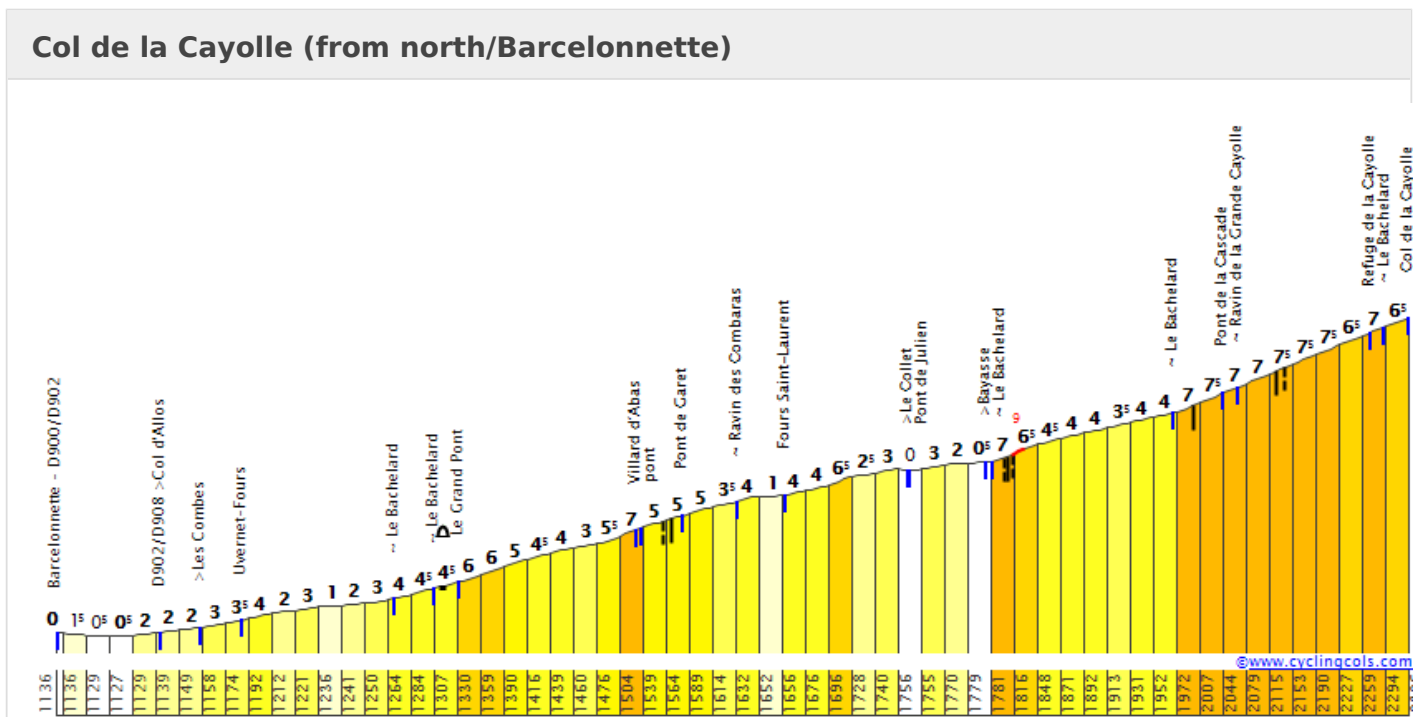
[packing]/[logistics]

[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

Day plans

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]

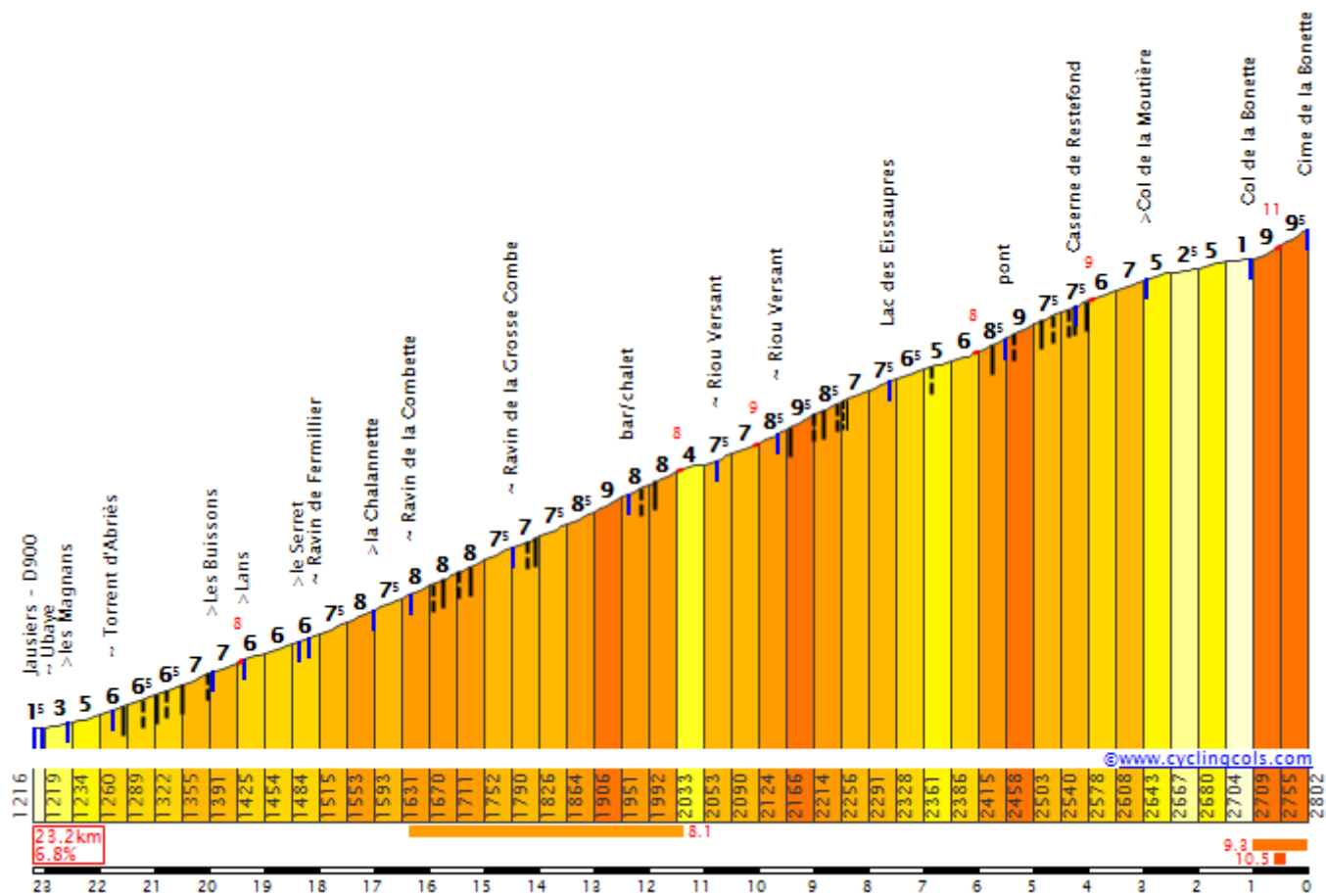
[End stop]

Ride details

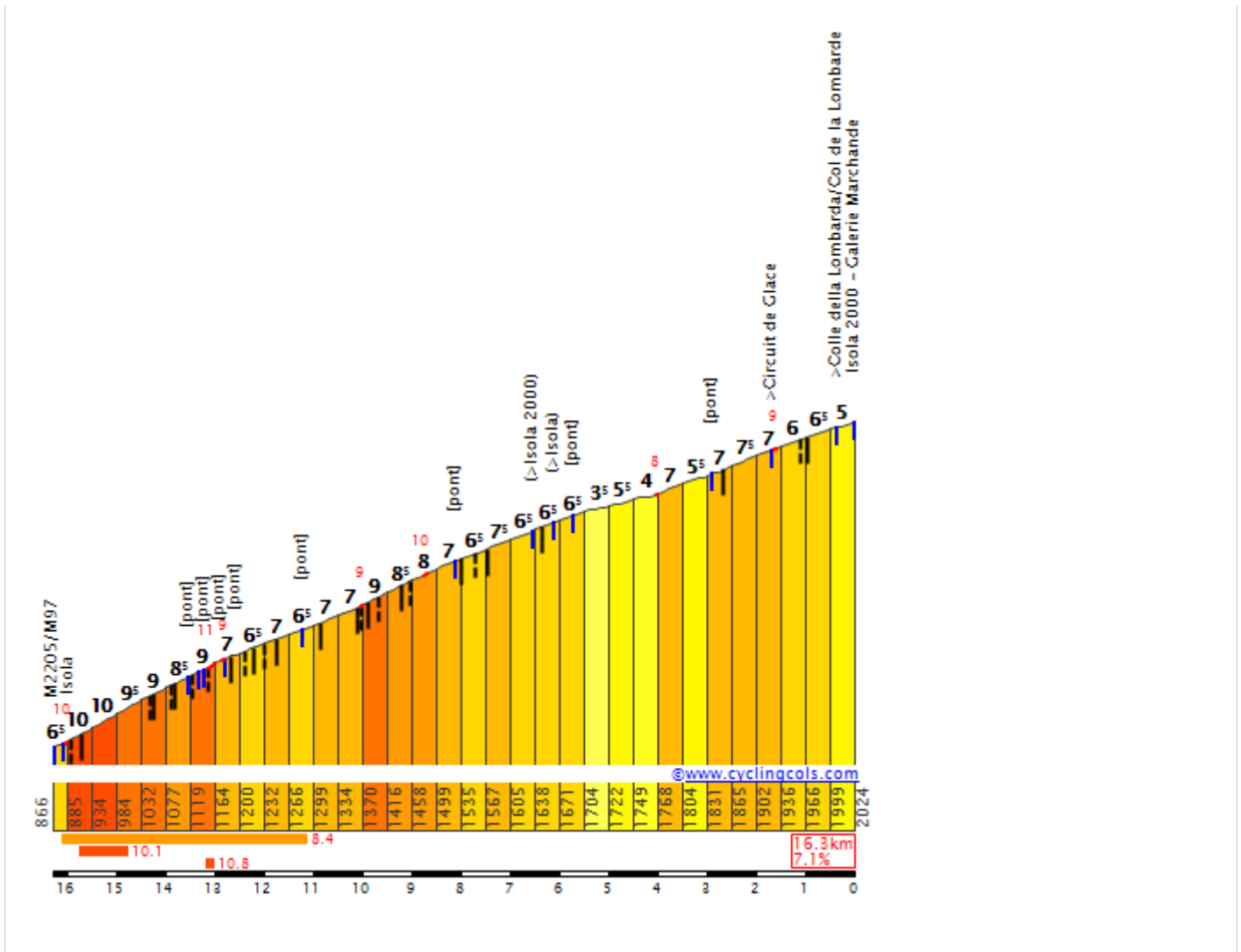
Key climbs:

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

Climb starts about 8km into our route.



(2) Isola 2000



Strava (full route):

<https://www.strava.com/routes/3243876543485984224>

Accommodation

One night

SOWELL RESIDENCES New Chastillon, Isola 2000, 06420 Isola 2000

Day plans

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]

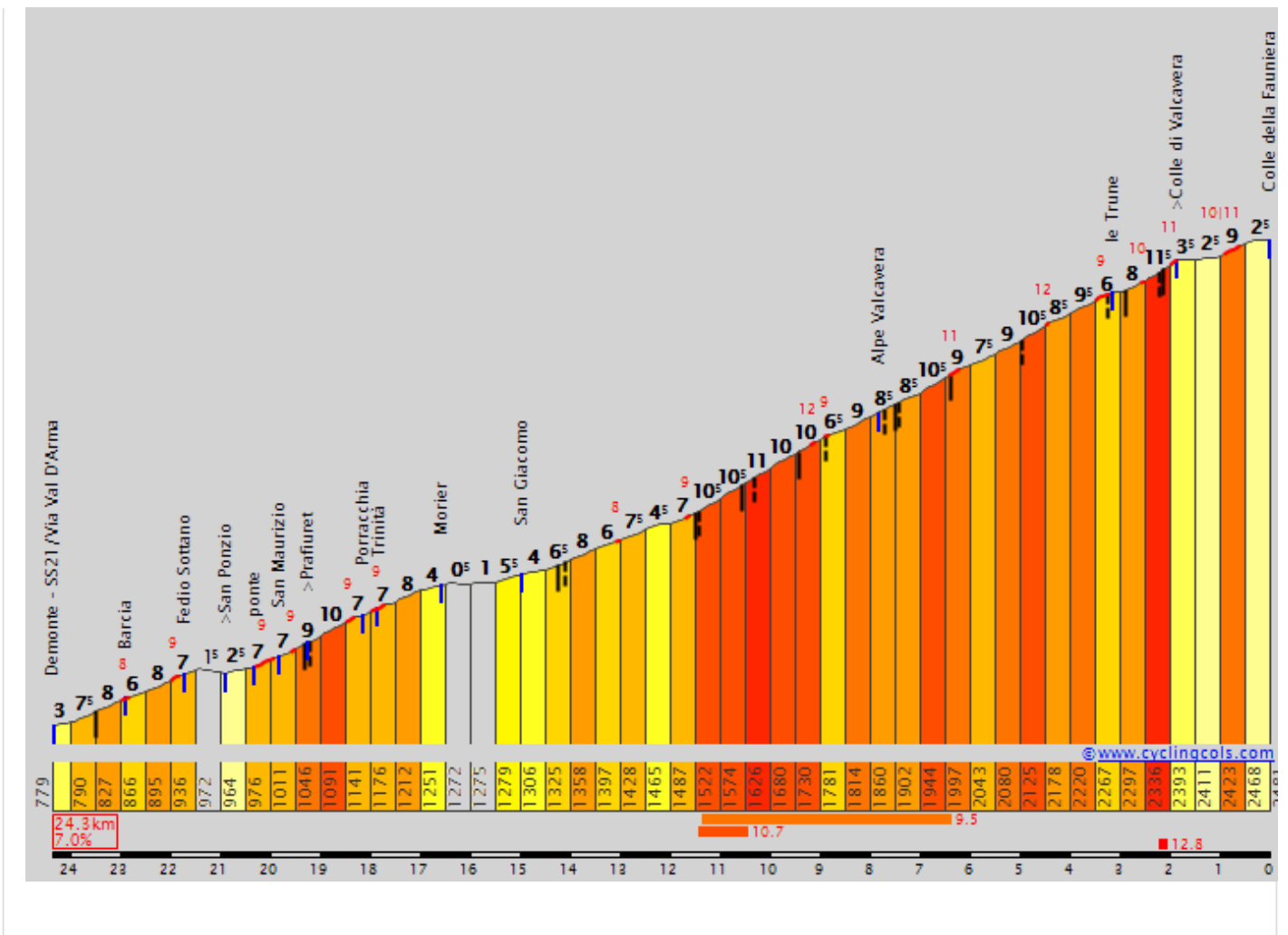
[End stop]

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

Day plans

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]

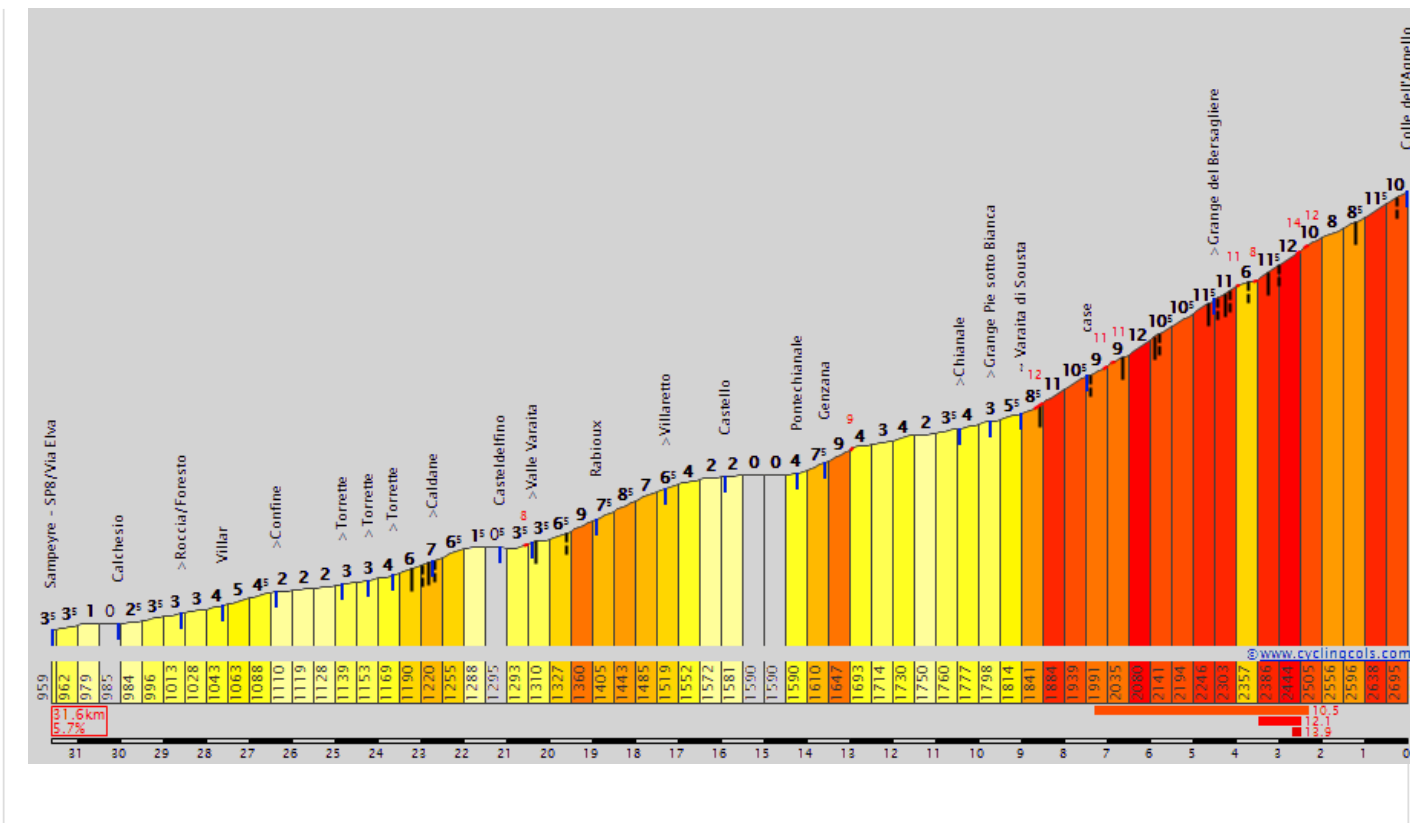
[Starting spot]

[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

Day plans

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]

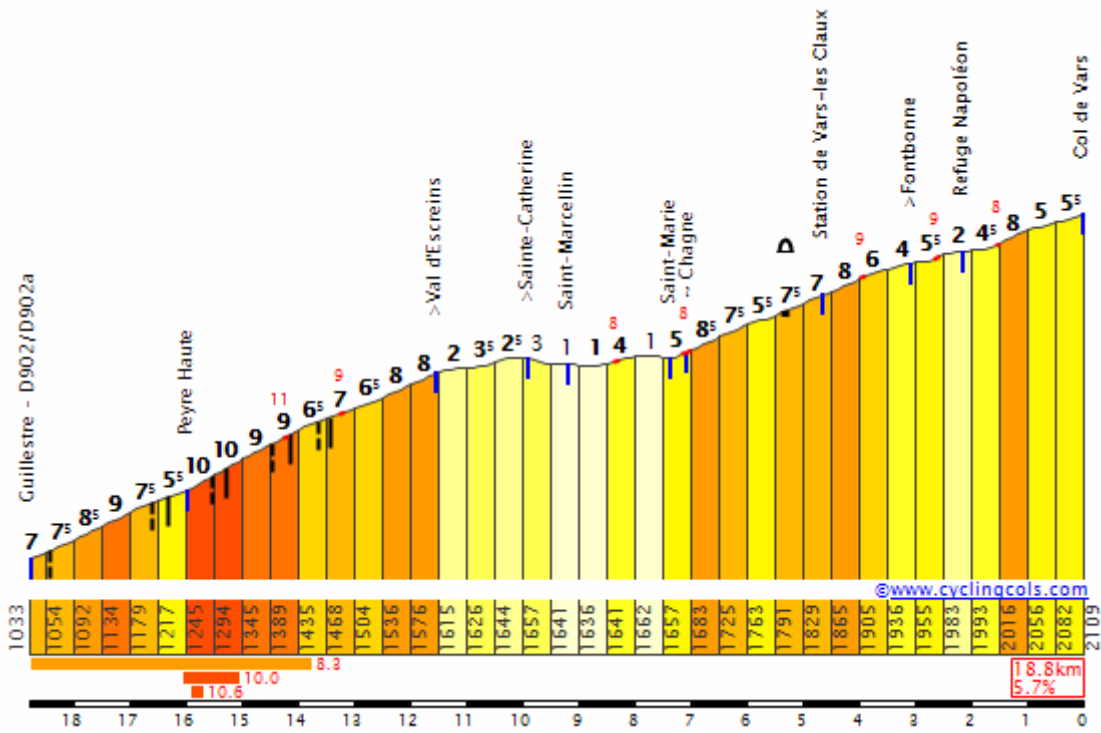
[End stop]

Ride details

Key climbs:

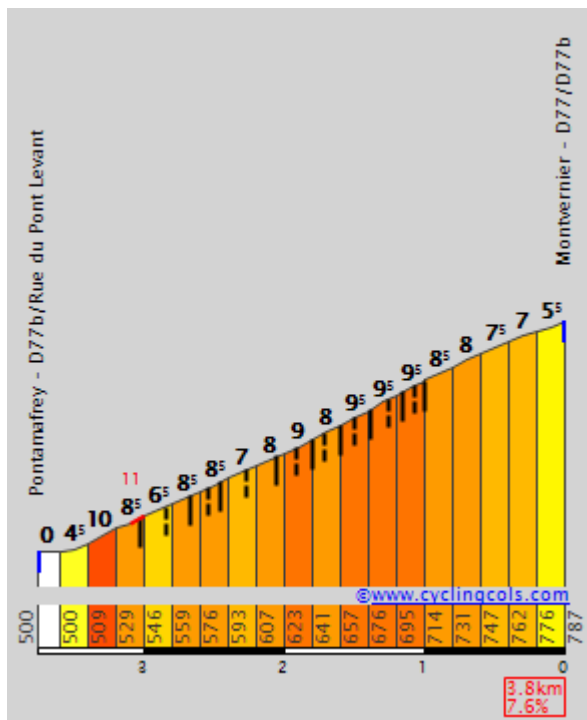
(1) Col de Vars (from the north / Guillestre)

Climb starts about 33km into our route.



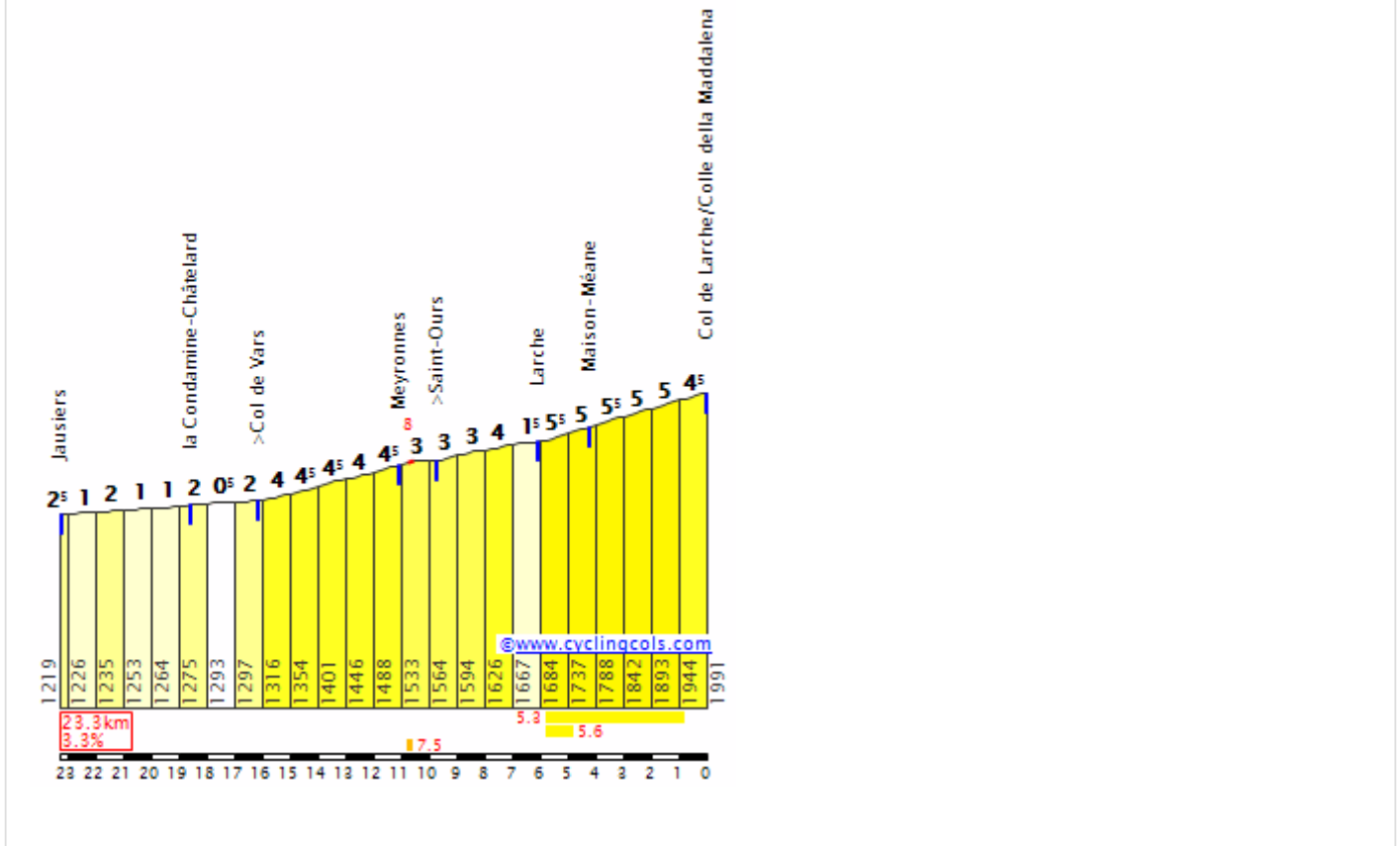
(2) Montvernier / Les Lacets de Montvernier from Pontamafrey

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

Day plans

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]

Other information

Other information

Flint's summary email

The trip is coming together. The person that has put the itinerary together is called **Joe Pearson** who with his wife **Amelia**, runs a Morzine based company called **Buzz Performance** (<https://buzzperformance.com/>). Those that did the Annecy - Grand Bornand Etape a few years ago have met him - he was the one that did the transport to the start and from the finish.

Current Participants:

Dave D; David H; Jerry; Joe; Justin; Ruslan; Flint

Basic Itinerary:

Friday 5th July: Arrive into Nice. Settle into hotel which is located 30 mins from Nice

Saturday 6th July: Go to Nice to register, relax and prepare for the Etape.

Sunday 7th July: Pack up and leave hotel, transfer to start of Etape, Ride Etape, 90 min drive to Barcelonnette

Monday 8th July: Easy ride day: Pra Loup (25km with 500m[^]) or Col d'Allos (40km 1170m[^]). Alternatively, no ride and just relax in Barcelonnette after the Etape.

Tuesday 9th July: Ride Barcelonnette to Isola 2000 (93km with 3160m[^]). Includes Bonnette & Lombarde.

Wednesday 10th July: Ride Isola 2000 to Cuneo (103km with 1870m[^]). Includes Fauniera.

Thursday 11th July: Ride Cuneo to Saint Veran(89km with 2560m[^]). Includes roughly 70km of climbing up and over Agnel.

Friday 12th July: Ride Saint Veran to Cuneo (149km with 2290m[^]). This includes Vars & Larche.

Exact routes will follow.

I'm excited about this route. It includes 3 of the highest 11 cols in Europe - Bonnette (highest), D'Agnel (3rd) and Fauniera (11th). We also have two nights staying above 2000m altitude in Isola 2000 and St Veran (which I believe is the highest municipality in France).

On the day of the Etape, we will be meet Joe from Buzz about 5km (downhill or flat) from the finish. He will have food and drink available (as well as day bags for us with a change of clothes), so we can relax a little before heading to Barcelonnette.

As you can see from the itinerary, riding the day after the Etape is entirely optional as the day is a loop back to Barcelonnette. On any day, it is possible to get into the van for a rest if feel like it.

Accommodation & Cost:

As it stands, we have the accommodation booked on the basis of sharing twin rooms everywhere, except the Wednesday and Friday evenings in Cuneo where everyone has their own room. In most places this is on a half board basis (breakfast and dinner). I believe the hotels in Barcelonette and St Veran have pools.

Based on this, the cost will be just over **1400 EUR per person** (the exact number is not available yet as it will be slightly dependent on some of the questions I am going to ask in this email).

A single supplement **may** be available that would take the cost up to around **EUR 1950 per person** if available everywhere (but I would have to confirm with this from the organisers and it may be on a case by case basis by each particular hotel). If anyone is interested in their own room everywhere please let me know and I will see what I can do. Also if you specifically want single rooms in Nice before the Etape, please let me know, and I can ask the organisers to price that up.

Transport There and Back:

Here it gets a little complicated, but luckily there seem to be a lot of decent options. Joe from Buzz will be driving down from **Morzine to Nice on Friday 5 July**, and driving back from **Cuneo to Morzine on Sat 13 July**. Buzz have a van that can take all of us and a trailer that can take all our bikes (assembled). The difficulty is taking lots of empty bike boxes once bikes are assembled, hence the need for some 'smart logistics'.

Anyone that gets to Morzine by early morning on Fri 5 July can travel with Buzz, and anyone is welcome to travel back to Morzine with Buzz.

I will be driving down to **Morzine** to arrive on **Wednesday 3 July** (anyone who wishes is welcome to travel with me). I will then travel with Buzz down to Nice. I can take 5 bikes (possibly 6) on the car and give these to Buzz to take down to Nice. I will be driving back with Buzz from Cuneo to Morzine, so can bring bikes back to Morzine. The issue I have is that my car will only come back from Morzine towards the end of July. If not having your bike in London until then is not an issue for you I am happy to take bikes back from Morzine as well.

Jerry has mentioned he may drive as well, in which case there should be room for a couple of bikes and / or people in his car to meet up with Buzz in Morzine as well, and come back directly after the trip.

Flight options;

- Fly in to **Nice on Friday 5 July**, take a half hour transfer to the Hotel (or Buzz meets you at the airport if the flight is a late one). I think we have room for up to 2 bike boxes on the trailer if all the bikes are there, so coming to Nice with a bike box is realistically an option for 2 people. However, the Nice arrival option may be suitable for someone who is

travelling without a bike as flying in to Nice on that Friday from any UK airport will carry some risk of your bike not getting there or being delayed as those routes will likely be inundated with bikes. Hotel rooms will be available from mid-afternoon.

- Fly to **Turin** on **Friday 5 July** to arrive there in the morning. I know it's early, but there is a 06h05 direct Ryanair flight from Stansted to Turin, getting in at 09h00. Buzz would meet you on the way past and it's about 3hr30 - 4hr00 drive from there to Nice. This is very suitable for people with bike boxes as the plan would be to build the bike immediately and leave the empty bike box at Turin Airport in left luggage for the week (about 5 EUR /day).
- Fly out of **Turin** on **Sat 13 th July**. Ryanair have a 15h00 flight getting in to Stansted at 16h00. Either Buzz can drop you on the way past or Turin airport is easily accessible by train and taxi from Cuneo.
- Alternatively one could fly out of **Nice** on **Sat 13 July**, but that is about 3-4hrs away by train and taxi (doesn't seem the most enticing option)

Please can i ask people to let me know their thoughts on:

- **Travel** - what option do you want for yourself and your bike (ie. Do you want to fly with your bike, fly without your bike and give the bike to Jerry or myself to transport. Come with either Jerry or I in the car).
- **Accommodation** - please let me know if you may want to investigate the 'own room' option

Look forward to hearing from people as soon as possible. Please give me a call if anything is not clear.

Regards
Flint

Other information

Emergency contact details

Member	Emergency contact	Significant medical notes
Justin	[TBD]	See iPhone Medical ID

Other information

Logistics and Departures

Bike logistics

Inbound

[All bikes (7) in Flint's car]

Carriage cost to be shared.

Outbound

Justin - Taking on flight

Jerry - Taking on flight

Departures

Justin Flint Jerry	Returning to Morzine with Buzz 13 July Departing GVA - 14 July Flint - Departure 1035am Justin - Departure 1255 (LX354 to LHR) - Bike in box Jerry - TBD - Bike in box
David H	
Joe	
David D	
David H	

Other information

Plan on a page

<https://ridewithgps.com/embeds?type=eventeventId=323257&metricUnits=true&sampleGraph=true&defaultShowAll=true>

Strava routes (GPX from Buzz uploaded to Strava):

[Barca to Isola 2000 \(9 July\)](#)

[Isola to Cuneo \(10 July\)](#)

[Cuneo to Saint-Véran \(11 July\)](#)

[Saint-Véran to Cuneo \(12 July\)](#)

RideWithGPS Embed code:

```
<iframe  
src="https://ridewithgps.com/embeds?type=event&eventId=323257&metricUnits=true&sampleGr  
aph=true&defaultShowAll=true" style="width: 1px; min-width: 100%; height: 700px; border:  
none;" scrolling="no"></iframe>
```

Other information

Final stats

06-Jul	L'Etape du Tour	138.38	4559
07-Jul	Le Sauze Du Lac	69.64	868
08-Jul	Col du Cayolle	59.89	1242
09-Jul	Col du Bonnette + Col du Lombarde	89.61	2912
10-Jul	Colle della Fauniera	107.6	2213
11-Jul	Colle dell'Agnello	101.27	2785
12-Jul	Col du Vars + Col du Larche	150.23	2121
		716.62 km	16,700 m