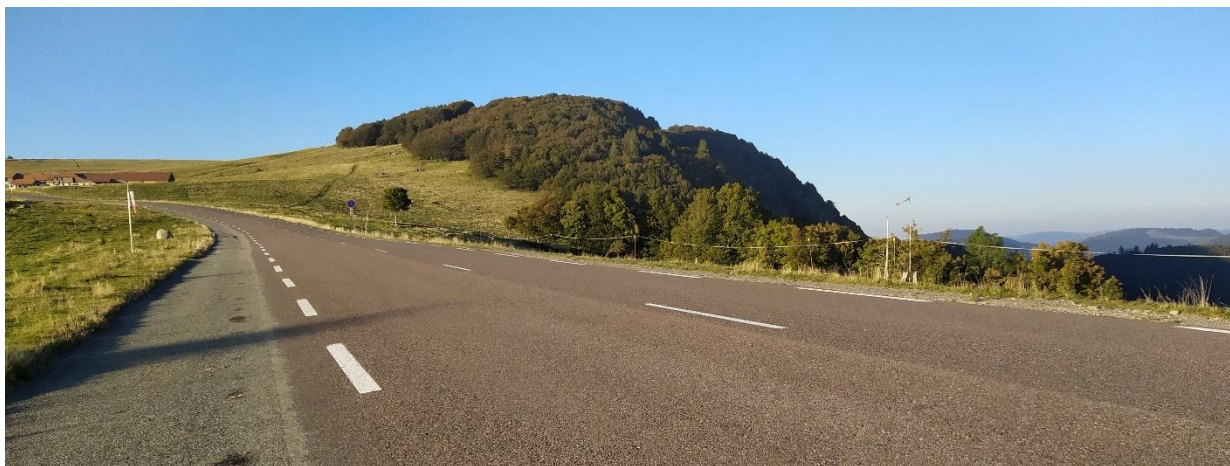




## The Vosges for road cyclists - 3 days

Check our [shop](#) for longer bike tours or ask for a road bike tour made to measure.



*One, two, three Ballons ... welcome to the Vosges !  
Three days to ride famous roads and passes without moderation.*

*Three days to discover hidden gems.*

*Three days to do nothing but ride, eat and sleep, because we organise the accomodation, the luggage transport and the route to follow !*

- Le Grand Ballon, le Ballon d'Alsace, le Ballon de Servance, ... in short le Parc des Ballons !
- La Route des Crêtes, la Route des Américains, le Col de la Schlucht.
- Choice of daily rides from 100 to 160 kms.
- Accommodation in 2 and 3\* hotels or the equivalent.
- Start and finish possible in Xonrupt-Longemer/Gérardmer and at the Remiremont train station (TGV).
- Suitable for road bikes, hybrid and mountain e-bikes .

### Dates

- Starting is possible every day of the week.
- From 28/04 until 28/10.

### Difficulty

#### PHYSICAL DIFFICULTY

- The average elevation gain per day :
- The average distance per day :

#### OPTION 1

1600 m  
80 km

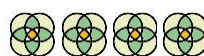
#### OPTION 2

2550 m  
115 km

#### OPTION 3

2800m  
150km

#### TECHNICAL DIFFICULTY



These rides have been designed for experienced road cyclists. The elevation gain is important, you will be climbing hard day after day. If option 1 of this bike tour proves too hard, feel free to continue with the easier options 2 or 3 of the Original Bike Tour. The tour stops overnight in the same places. Using an e-bike is possible only by charging at lunchtime or carrying a spare battery.

## OPTION 1

### DAY 1

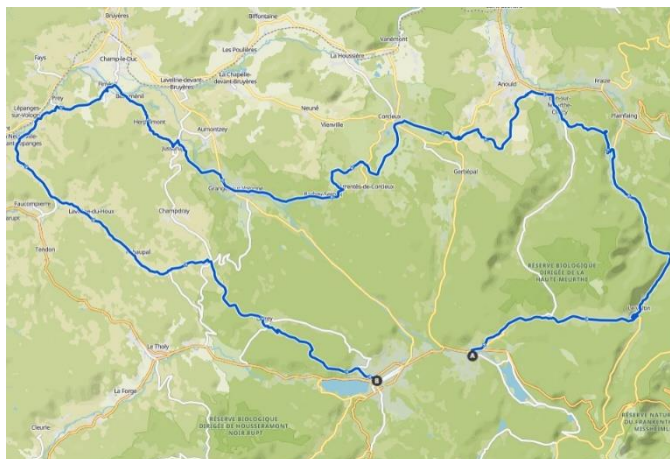
#### Xonrupt-Longemer à

#### Gérardmer

80 km – 1420 m

ou

5 km - 10 m



### DAY 2

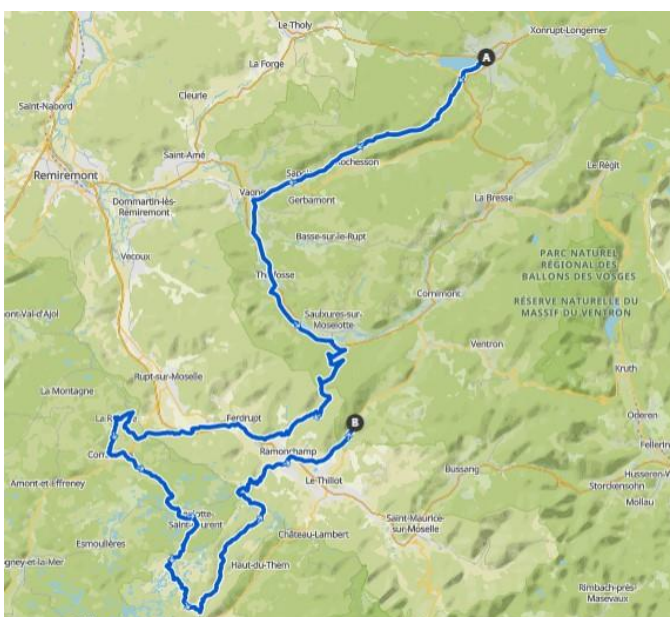
#### Gérardmer à

#### Le Ménil

80 km – 1680 m

ou

28 km – 450 m



### DAY 3

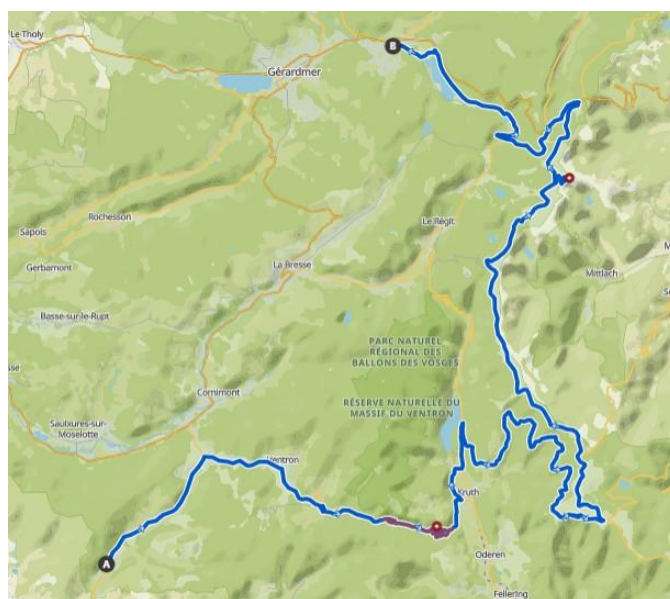
#### Le Ménil à

#### Xonrupt-Longemer

76 km – 1650 m

ou

32 km – 680 m

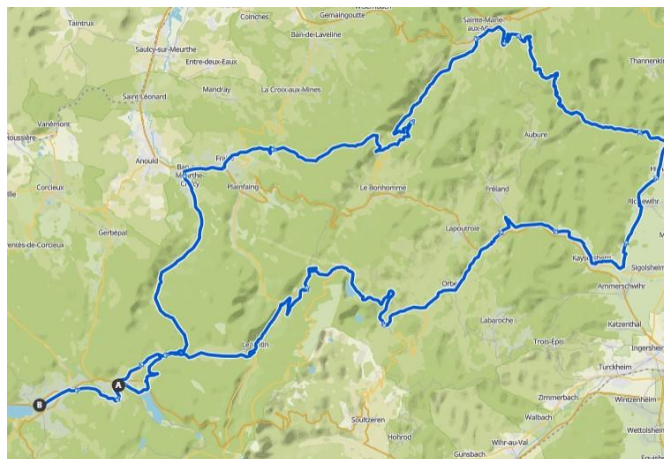


## OPTION 2

### DAY 1

#### Xonrupt-Longemer à Gérardmer

123 km – 2640 m



### DAY 2

#### Gérardmer à Le Ménil

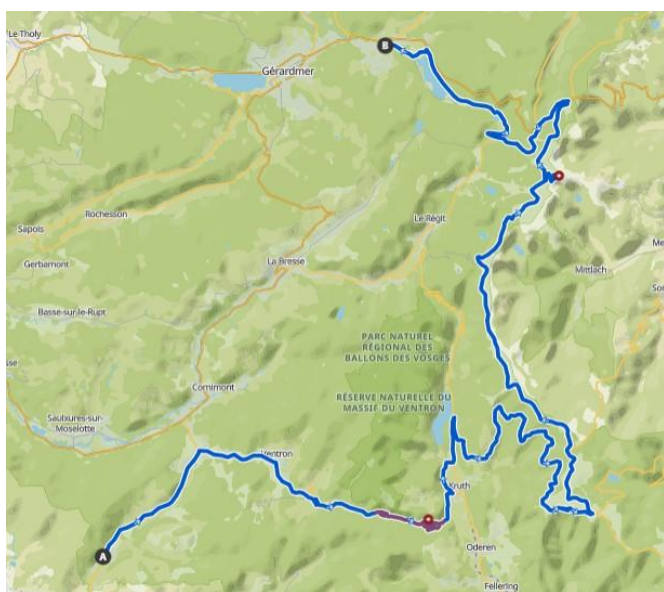
117 km – 2350 m



### DAY 3

#### Le Ménil à Xonrupt-Longemer

113 km – 2630 m

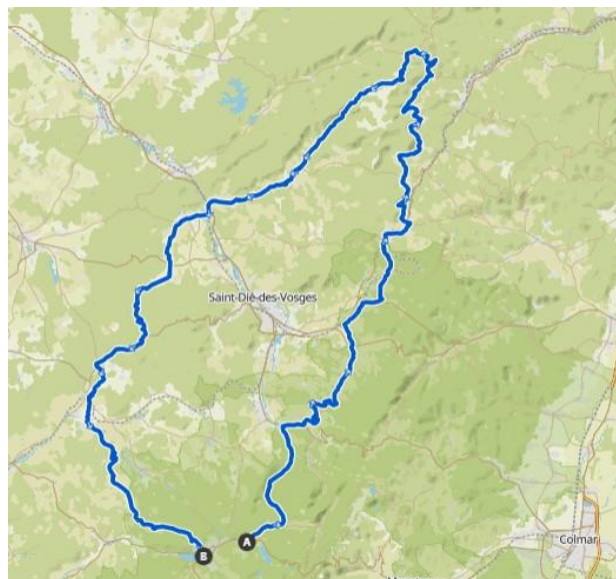


## OPTION 3

### DAY 1

#### Xonrupt-Longemer à Gérardmer

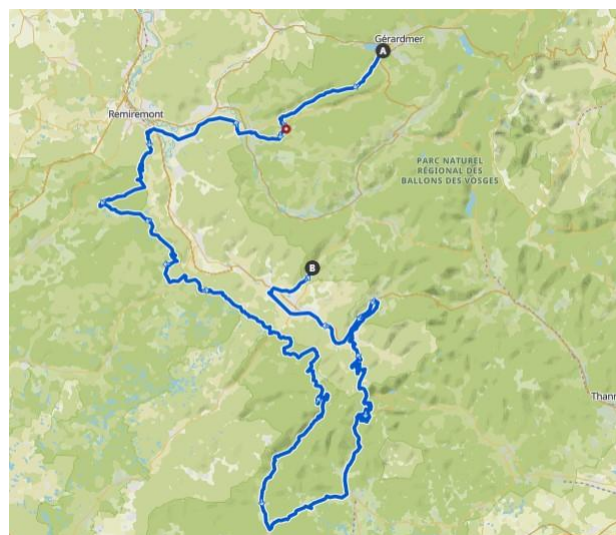
163 km – 2580 m



### DAY 2

#### Gérardmer à Le Ménil

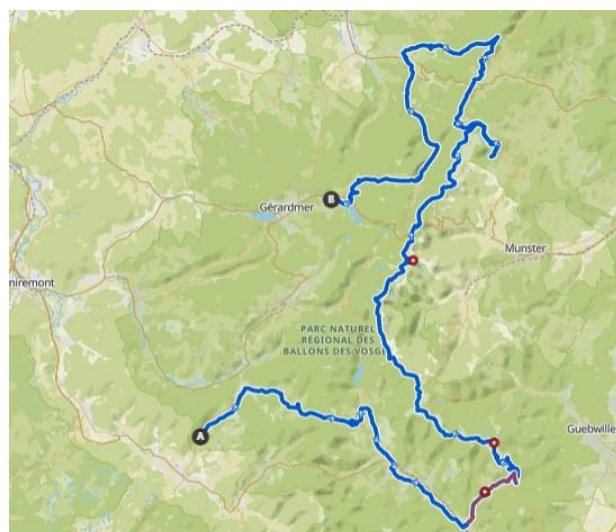
146 km – 2680 m



### DAY 3

#### Le Ménil à Xonrupt-Longemer

148 km – 2960 m



## Programme

**Meeting** : at 9 am on the car park behind the church of Xonrupt-Longemer.  
Welcome in the Vosges !

	JOUR 1			JOUR 2			JOUR 3		
	départ	arrivée		départ	arrivée		départ	arrivée	
	Xonrupt-Longemer	Gérardmer		Gérardmer	Le Ménil		Le Ménil	Xonrupt-Longemer	
Parcours 1	80 km	1420 m	Col du Surceneux   Le Valtin   Rovément   Col du Plafond   petites routes   Liézey	80 km	1680 m	Col du Sapois   Vallée de la Moselotte   Col de Morbieux   Plateau des 1000 Étangs	76 km	1650 m	Ventron   Col d'Oderen   Le Markstein   Route des Crêtes   Le Hohneck   Lac de Longemer
Parcours 2	123 km	2640 m	Col de Surceneux   Col de Louschbach   Col du Calvaire   Lac Blanc   Kaysersberg   Riquewihr   Ribeauvillé   Col de Ribeauvillé   Col des Bagenelles   Col du Pré de Raves	117 km	2350 m	Col du Sapois   Saut du Bouchot   Vallée de la Moselotte   Col de Morbieux   Ballon de Servance   <i>La Planche des Belles Filles</i>   Ballon d'Alsace	113 km	2630 m	Route des Américains   Route des Crêtes   Route du Platzerwasel   Col du Petit Ballon   Col de la Schlucht   Lac de Longemer
Parcours 3	163 km	2580 m	Col du Surceneux   Vallée de la Petite Meurthe   Col de Mandray   Col du Donon   Senones   les Abbayes de Senones, de Moyenmoutier et d'Étival-Clairefontaine   Champdray   Liézey	146 km	2680 m	Col du Sapois   Saut du Bouchot   Girmont Val d'Ajol   Route des Forts   Ballon de Servance   <i>La Planche des Belles Filles</i>   Ballon d'Alsace   Bussang	148 km	2960 m	Ventron   Col d'Oderen   Col du Grand Ballon   Route des Crêtes   Le Hohneck   Col de la Schlucht   Lac Blanc   Lac Noir   Col du Pré de Raves   Col du Surceneux   Lac de Longemer

### HOW TO READ THE TECHNICAL DIFFICULTY for ROAD CYCLING



For the budding hill climber. Easy downhills.



For the enthusiast with little training. May include a short stretch of 15 %.



For the regular rider, 1500 to 2000 climbing meters day after day.



For the well-trained rider from 2000 climbing to 2500 meters per day.



For the expert, from 2500 up to 3500 climbing meters per day.



## Prices for the “Vosges for road cyclists”, 3 days (2 nights)

### 2 and 3\* hotel or the equivalent

For a group of 2 adults sharing a room :	399 € per person
For a group of 3 adults sharing 2 rooms :	369 € per person
For a group of 4 adults sharing 2 rooms :	329 € per person
For a group of 5 adults sharing 3 rooms :	319 € per person
For a group of 6 adults sharing 3 rooms :	299 € per person
For a solo adult :	599 €
For a group of 3 adults sharing 1 room :	329 € per person – use the CODE : 1CHAMBRE
For a group of 5 adults sharing 2 rooms :	299 € per person – use the CODE : 2CHAMBRES
Extra night for groups of 2 or 4 adults :	80 € per person for bed & breakfast (in Gérardmer)
Extra night for a solo adult :	130 € for bed & breakfast (in Gérardmer)

## Included

- 2 nights half-board including 2 dinners and 2 breakfasts.
- 2 lunch packs for the second and the third day.
- Bag transport.
- Maps and GPS tracks.
- The use of a GPS for navigation, it's support, a spare battery pack and other small kit for your bike.
- GPS tracker for security.
- Daily weather forecast.
- 24/24 telephone support.

## Not included

- Transport between your home address and the start.
- Bicycles. We are happy to help you find a rental place with quality (e-)MTB's.
- Guide : the bike tour is self-guided.
- Drinks at the accommodation. Tips.
- Visits to museums, monuments and other sites.
- Tourist tax.
- Travel insurance, assistance.
- Transport of persons. We are happy to help you book a local taxi.
- All personal expenses.
- Everything not mentioned under “included”

## Lodgings

- All lodgings have bicycle storage.
- If you have any special requests, please let us know as soon as you make the reservation.



## Luggage

- The only luggage to carry is a daypack !
- Leave your luggage at the reception before 9h30 and it will be delivered by cargo-bike before 17h00 at the next stopover.
- Use a soft bag weighing max 12 kilos. If you want to take more luggage, please let us know beforehand. There might be an extra charge.
- Use the kit list at the end of this document.

## How to get here. Meeting arrangements

**By train.** By TGV from Paris and from Nancy. The cost for a bicycle supplement is 10 €. It is necessary to book well in advance. If the bicycle spots are not available, you can pack your bike in a special transport bag and take it free of charge. You need to take off both wheels.

If you need to stay an extra night at the beginning or the end of the trip, please let us know when making the reservation.

**By car.** The car parking behind the church at Xonrupt-Longemer is quiet and fairly well hidden from view. You can leave your car here until your return. We cannot be held responsible for any damage or theft to your car, but our own cars are parked here all year around.

**Meeting point for start and finish.** We will meet up with you in person.

- At the Remiremont train station if you come by train. The itinerary will be adapted to a start and finish at Remiremont.
- At the car parking behind the church of Xonrupt-Longemer. Between 9h and 10h on arrival. Around 17:00 on day 3 for your return..

## How to book

**How to book :** please choose a bike tour and fill in the online booking form, at the end of the process you will be transferred to a secure payment platform and you will be asked to pay :

- an account of 30 % if you book more than 30 days before the start of the trip
- the full amount if you book less than 30 days before the start of the trip

**Expert advice :**

- Unsure which tour to book ?
- Interested in a custom version of one of our tours ?
- Not sure if a particular tour is suitable for your riding style ?

We are available to offer you expert advice from Monday to Friday from 9:00 until 18:00 by phone or by mail : You'll find the details on our website.

**Confirmation :** self-guided tours are confirmed within 2 working days of booking. The outstanding balance of 70% needs to be paid at the latest 30 days before the start. Your travel documents will be sent to you once we have received the balance payment and no later than 2 weeks before the start of the trip. For last-minutes bookings, we will hand over the travel documents and maps on your arrival.



## Cancellation or changes

In the event that you are obliged to cancel your bike tour, Bike Tours Vosges will reimburse the entire sum paid for the tour so far, minus the following cancellation charges :

- More than 60 days before departure : 5 % of the tour price
- Between 60 and 31 days before departure : 15 % of the tour price
- Between 30 and 21 days before departure : 30 % of the tour price
- Between 20 and 14 days before departure : 50% of the tour price
- Between 13 and 7 days before departure : 70 % of the tour price
- Less than 7 days before departure : 100 % of the tour price

In the event that you wish to change the dates of a bike tour there is a standard charge of 50 €. Changes may be made to the original program.

### **Covid-19** : what happens when you have to cancel or change a booking ?

If you can't come for your bike tour due to the following regulations :

- the closure of borders between countries or the ban on non-essential trips
- a lockdown or restrictions on inter-regional trips
- closure of hotels or campsites,

The trip will be cancelled or postponed to a later date.

If the trip is cancelled, the total down-payment will be refunded.

If you decide to postpone the trip, the down-payment will be kept to be used at a later dates. There will be no extra fee charged to change the booking.

**Closure of restaurants and/or limited access to tourist sites** do not constitute a valid reason for cancellation or changes without charge. Vélo Vosges and her partners will take all necessary measures, to guarantee meals (booking, delivery, meal trays). Vélo Vosges will warn you in time so that you can take the necessary measures in order to change meals or visits.

**If you catch Covid-19 before your departure or if you are placed in isolation before your departure**, the usual cancellation terms and changes to bookings apply. You may however be covered by your own travel cancellation insurance.





## User guide

Active autonomy: what you need to know for our self-guided tours :

In order to achieve the planned tour programme, you must :

Guide yourself with the maps and GPX tracks

- Choose suitable start times adapted to the lengths of the daily stages as well as your own riding pace, and leave an adequate safety margin of time.
- Consult the daily weather forecast that we send by text message. Take the forecast into account when planning your journey times.
- Arrive at the booked guest houses and hotels listed in the programme on the given dates.
- Bring the necessary personal equipment to carry out the tour. The Bike Tours Vosges kit list constitutes the necessary minimum.
- Carry insurance policies and emergency telephone numbers with you at all times.
- Be familiar with basic first aid steps
- In the event of problems during your trip, contact Bike Tours Vosges (contact number in your travel documents) Possession of a phone that works in France is strongly recommended. Remember that you can check your exact position on a smartphone.

## Responsibilities

Who is responsible for what ?

- **BAD WEATHER** : we cannot accept bad weather as a reason for cancelling. Luckily it rarely rains all day. We recommend reducing the ride to the direct distance of around 30 kms between 2 stopovers when the weather is really bad. The daily text message with the weather forecast can help to pick the best moment of the day to ride. Please bear in mind that Bike Tours Vosges cannot be held responsible for the actual weather conditions being different than the forecast sent by text message.
- **MECHANICAL PROBLEMS** : we recommend a bike check-up by a professional bike-mechanic before travelling. Fixing a mechanical problem remains your responsibility. We can however meet you with a toolbox and bike stand. It's free of charge if you give us a day's notice. The charge is 50 € for an emergency call-out.
- **TICKS** are very common in the Vosges and can cause Lyme Disease. Please take the following precautions
  - Cover arms and legs whenever possible.
  - Do a thorough check every evening for ticks. They favour certain areas such as armpits or behind the knees. The tick twisters in the set provided by Bike Tours Vosges should make it easy to remove the ticks.
  - Make sure to keep a close eye on the areas where you removed the tick(s) for at least 3 weeks. Consult a doctor if you develop a temperature or a red rash, with or without blisters in the centre.
- **LENDING SERVICE** of small kit, gps and gps trackers.  
The aim of the lending service is two-fold :
  - sobriety, in case this is a one-off bike trip
  - testing, if you are planning to buy kit for further adventures

We ask to sign a form on your arrival listing the kit you have borrowed, together with your commitment to pay for any lost or seriously damaged items.



- **GPS TRACKERS** : the main reason for us to give you a GPS tracker is security because the tracker allows us to communicate your exact position to emergency services. The tracker is light and small and should be left switched on all the time. It has enough battery power for the trip. Store it in the top of a bag (the signal's not so good when stored in the bottom of a bag). Bike Tours Vosges will not share your position with anyone other than emergency services.

If you don't feel happy about carrying a tracker, please let us know.

The trackers can also be used to share your trip in real time with family and friends. We'll send you a link that you can share for people to follow your progress on a map.

- **GPS for NAVIGATION**, a GARMIN Edge 830. All the GPX-files are preloaded on the GPS and we provide a simple user's manual. The GPX tracks will also be sent by email before your arrival in case you wish to use your own GPS. The tracks are also available on Komoot.

We recommend doubling up with a smartphone. The main benefits of a smartphone are the zoom function and the bigger screen. It also provides back-up if there's a problem with the GPS. Using flight mode will help extending battery life.

#### **Accuracy of the tracks and privacy**

When importing the tracks in your own planning software, the system might make changes to adapt to "known paths". Be sure to select the option "not to adapt the track". Real world altitude gain and distances may vary slightly from the data shown in the GPS software applications.

Developing these tracks has taken many hours. Please don't share or publish them on any website, social media or anywhere else.

## TRAVEL FILE :

We send the full travel file at least 2 weeks before your arrival. The file will contain :

- Your personal program
- Luggage tags
- The 5 good habits from the Quiétude attitude program

## SPECIAL REQUESTS :

Please contact us by mail as early as possible for the following requests :

- Sharing or not sharing rooms.
- Vegetarian meals, allergies.
- Extra night on arrival or at the end of the trip.
- Help with renting a bicycle.
- Travel by train : we need to know the train time and number.
- Unusual travel arrangements.
- Extra bags.
- Different daily climbing meters / distances.
- If you wish to stay longer than 2 nights please choose Gravel Escape 4 nights or ask for a quote.

## KIT LIST :

Don't worry if you don't have all the equipment, you can borrow a number of essential items. Please check the list below carefully.



Bike Tours Vosges est soutenue par l'Ademe et par France Relance :

Financé par



Bike Tours Vosges est partenaire :

du PARC NATUREL REGIONAL DES BALLONS DES VOSGES et du CONSEIL DEPARTEMENTAL



Contactez nous :

[www.biketoursvosges.com](http://www.biketoursvosges.com)

+33 769 89 57 42

**A bientôt... dans les Vosges !**

Bike Tours Vosges est la dénomination commerciale de Vélo Vosges, immatriculée Atout France IM0808220002.



