

# DETAILED ITINERARY PREMIER TOUR

spyns



Below in grid form is your tour's itinerary. If you'd like additional detail, don't hesitate to contact us:

DAY REGION	ACTIVITY	MEALS
Day One July 16 <b>Start Pau 12:30 p.m. Pyrenees</b>	<b>Stage 15 Finish in Pau.</b> <b>All:</b> Enjoy the exciting stage 15 finish in beautiful Pau (capital of the Pyrenees). Following the finish, transfer to your hotel just south of historic Lourdes. <b>Riders:</b> Weather/time permitting, short warm up 16 km / 10 mile loop ride before dinner.	Dinner Included
Day Two July 17 <b>Pyrenees</b>	<b>Riders:</b> Full day 68 km / 42.3 mile ride to conquer the famous <b>Cols du Sulor and d'Aubisque</b> - both featured in this year's tour. <b>Non-Riders:</b> Half day of canyoning . Don a wetsuit and slip/slide your way through mountain rivers, valleys, and waterfalls. Optional afternoon of parapenting - mountaintop parachute jump with guide, gliding down to valley below.	Breakfast, Lunch and Dinner. Included
Day Three July 18 <b>Pyrenees</b>	<b>Stage 16 Pau - Col du Tourmalet</b> <b>Riders:</b> Early morning 60.1 km / 37.3 miles loop ride. Follow TDF route up spectacular <b>Col du Tourmalet</b> to watch the stage - depending on road closures, possible extension to ride the <b>Col d'Aspin</b> . <b>Non-riders:</b> Morning departure to meet riders at our stage viewing tent near the Col du Tourmalet. Once on the mountain, optional guided hike before stage viewing and picnic lunch.	Breakfast, picnic lunch and Dinner Included
Day Four July 19 <b>Bordeaux</b>	<p><b>Option 1: Skip Stage, Transfer to Bordeaux</b> Late morning bus transfer to Bordeaux (3.5 hrs) with mid-route lunch stop (lunch not included). Early afternoon check in at your Bordeaux hotel. Optional late afternoon cooking class at Bordeaux's famous Atelier des Chefs cooking school. Enjoy a simple but informative class and end the lesson by tasting your creations (with wine/champagne).</p> <p><b>Option 2: Stage 17 Viewing Finish Peyragudes</b> <b>Riders:</b> Optional early morning departure for full-day century ride to Peyragudes (distance 90 km / 56 miles). You will have to arrive in Peyragudes in time for stage finish or risk missing it. <b>Non-riders:</b> Late morning van transfer to stage viewing area near Peyragudes. Dinner in Peyragudes followed by bus transfer to Bordeaux. <b>You will not arrive in Bordeaux until after midnight so this will be a long, tiring day.</b></p>	Breakfast, Dinner included.

## Date

July 16-23, 2012

Start: Pau

Finish: Paris

## TDF Stages

Stage 15 Pau

Stage 16 Tourmalet

Stage 17 Finish

Stage 19 Time Trial

Stage 20 Paris

## Cols You'll Ride

Aubisque, Soulor, Tourmalet, & Aspin

## What's Included

Hotel, Breakfasts, Guides, Non-riding activities, Bike, Van Support, All Transfers, 6 dinners, 4 lunches

## Where You'll Go

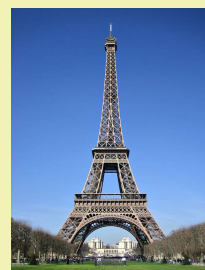
Pyrenees, Bordeaux and Paris for the finish.

[www.tdf-tours.com](http://www.tdf-tours.com)

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Day Five July 20 <b>Bordeaux</b>	<b>All:</b> Late morning transfer (1 hour) to the village of Saint Emilion - a UNESCO world heritage site. Enjoy a private walking tour of the city's underground catacombs and underground cathedral. After some free time to shop/explore this beautiful village, wine tasting at nearby Chateau Franc- Mayne before shuttle back home to Bordeaux. <b>Riders:</b> have the option of a 44.7 km ride (27.7 mile) bike ride back to Bordeaux along a greenway (bike path). <b>Warning:</b> You will be biking in city traffic for the final 1.6 kms (1 mile).	Breakfast, lunch and dinner included		
Day Six July 21	<table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Option 1: Skip Time Trial, Transfer to Paris</b> Sleep in, enjoy a late breakfast. Check out shortly before 12:00 p.m. and then optional afternoon cooking class in Bordeaux. Sharpen your cooking skills at the famous Atelier des Chefs in Bordeaux. Following your class, afternoon train (3.5 hrs) transfer to Paris. Free night for dinner in Paris.</p> </td> <td style="vertical-align: top;"> <p><b>Option 2: Stage 19 Time Trial Chartres</b> Morning train transfer to Paris (3.5 hrs), with connecting train to Chartres (1 hr). Spend the afternoon in Chartres enjoying the individual time trial with full access to Spyns' VIP room near the finish line. Bus back to Paris following time trial. <b>Warning:</b> Total travel time will be about 6-7 hrs so this will be a long and tiring day. Free night for dinner in Paris.</p> </td> </tr> </table>	<p><b>Option 1: Skip Time Trial, Transfer to Paris</b> Sleep in, enjoy a late breakfast. Check out shortly before 12:00 p.m. and then optional afternoon cooking class in Bordeaux. Sharpen your cooking skills at the famous Atelier des Chefs in Bordeaux. Following your class, afternoon train (3.5 hrs) transfer to Paris. Free night for dinner in Paris.</p>	<p><b>Option 2: Stage 19 Time Trial Chartres</b> Morning train transfer to Paris (3.5 hrs), with connecting train to Chartres (1 hr). Spend the afternoon in Chartres enjoying the individual time trial with full access to Spyns' VIP room near the finish line. Bus back to Paris following time trial. <b>Warning:</b> Total travel time will be about 6-7 hrs so this will be a long and tiring day. Free night for dinner in Paris.</p>	Breakfast, lunch & snacks on train included. Free night for dinner in Paris.
<p><b>Option 1: Skip Time Trial, Transfer to Paris</b> Sleep in, enjoy a late breakfast. Check out shortly before 12:00 p.m. and then optional afternoon cooking class in Bordeaux. Sharpen your cooking skills at the famous Atelier des Chefs in Bordeaux. Following your class, afternoon train (3.5 hrs) transfer to Paris. Free night for dinner in Paris.</p>	<p><b>Option 2: Stage 19 Time Trial Chartres</b> Morning train transfer to Paris (3.5 hrs), with connecting train to Chartres (1 hr). Spend the afternoon in Chartres enjoying the individual time trial with full access to Spyns' VIP room near the finish line. Bus back to Paris following time trial. <b>Warning:</b> Total travel time will be about 6-7 hrs so this will be a long and tiring day. Free night for dinner in Paris.</p>			
Day Seven July 22 <b>Finish 12:00 p.m.</b>	<p><b>Stage 20 Finish Paris</b> Spyns hosts its classic morning bike ride (suitable for all abilities) on the Champs Elysees. Enjoy a fat tire spin on the Tour de France race course when downtown Paris is closed to traffic. This is a once-in-a-lifetime chance to bike around the Arc de Triomphe, down the Champs Elysees, along the Seine and next to the Eiffel Tower. Late morning breakfast. Enjoy the race from your balcony (overlooking the Rue de Rivoli and race course) or join us in Spyns VIP room / cocktail party also with view. Send off dinner at the Eiffel Tower.</p>	Breakfast and dinner (at the Eiffel Tower!) included.		
Day Eight July 23	<b>Departure Day:</b> Sleep off the week's excesses, enjoy a late breakfast, or get in that last bit of shopping before departure. The perfect holiday.	Breakfast included		



## TOUR AT A GLANCE

### Date

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Pyrenees, Bordeaux and Paris for the finish.

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