

## TDF DETAILED RIDING INFO

spyns

**Total Possible Distance:** 322.6 km / 200 mile

**Highlights:** Recreating TDF 2009's stage 8, following TDF 2009's stage 15 over the Col du Portet d'Aspet (elevation 1069 m / 3507 ft), riding the stage 19 time trial route in Bordeaux before the racers and biking along the French-Spanish border in Basque Country

DAY	MORNING	AFTERNOON
DAY 1 Sun Pyrenees	<b>Tour begins in Toulouse at 12:30 p.m.</b>	After your final bike adjustments and settings, enjoy a 25 km / 15.5 mile warm up loop ride. This is an excellent opportunity to explore the hilly terrain and get used to the higher elevation (484 m / 1590 ft above sea level). Travel in a NW loop via the villages of Montgauch, Cazavet and Prat before return ride to your hotel.
DAY 2 Mon Pyrenees	<b>Stage 15</b> viewing from our private viewing area in nearby village of Saint Girons: 1 km / 0.6 miles from your hotel.	Following <i>le Tour's</i> passage, late morning <b>66.2 km / 41 mile</b> loop ride SE of Saint Lizier through the rugged mountains and valleys of the Fachan forest valley. The return swing via Castet d'Aleu will retrace the final leg of 2009's stage 8 with finish in Saint Girons.
DAY 3 Tues Pyrenees	Optional full-day century ride of <b>102 km / 63 miles</b> following the exact route of the previous day's <b>Stage 15</b> up the <i>Haute Pyrenees</i> to climb the <b>Col du Portet d'Aspet</b> (elevation 1069 m / 3507 ft). You'll also take on two other TDF Cols, the Col des Ares (797 m / 2614 ft) and Col Porte de Bales (1755 m / 5616 ft) before finish in Bagneres du Louchon. <b>If you participate in this ride you will not see the Stage 16 finish in Pau.</b>	
DAY 4 Wed Pyrenees	<b>Free morning. No ride planned.</b>	Early afternoon <b>29.2 km / 18 mile</b> loop ride southwest along the spectacular banks of the river Lez looping back via mountain passes to Saint Lizier.
DAY 5 Thurs Pyrenees/ Bordeaux	<b>Stage 17 Pau-Col du Tourmalet viewing. No ride planned.</b>	<b>Stage 17 Pau-Col du Tourmalet viewing. No ride planned.</b>
DAY 6 Fri Bordeaux	<b>49.1 km / 30.4 mile</b> ride from Bordeaux to Pauillac to re-create the Stage 19 time trial route (scheduled for the next day) through Medoc wine country. The terrain may be flat, but today you'll be racing against our tour clock. Optional stop at Chateau Palmer along the way for a wine tasting and option loop return ride to bring total distance to 98.2 km / 60.8 miles.	
DAY 7 Sat Bordeaux	<b>Stage 19 time trail viewing. No ride planned.</b>	<b>Stage 19 time trial viewing. No ride planned.</b>
DAY 8 Sun Paris	1-2 km / 0.6-1.2 miles. Early morning fat tire bike ride up the Champs Elysees, around the Arc de Triomphe, and down the Seine. Paris is closed for traffic on race day so we take full advantage to ride the race course.	<b>Free afternoon.</b>
DAY 9 Mon Paris	Departure Day Sleep in before transferring to the airport or your next hotel. Tour ends at 12 p.m. in Paris.	Departure Day Sleep in before transferring to the airport or your next hotel. Tour ends at 12 p.m. in Paris.