

DETAILED ITINERARY 7-DAY PREMIER TOUR

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Below in grid form is your tour's itinerary. Questions? Call/text 1.888.825.4720.

DAY REGION	ACTIVITY		HOTEL MEALS
Day One July 24 Pyrenees	All: Meet your guides at Pau train station for a 12:30 p.m. bus transfer to your first hotel, the Grand Pierrefitte, just south of Lourdes.		Grand Hotel (Pierrefitte)*** Dinner included
	Riders: After bike sizing and a short briefing, guided 25 km (15 mile) loop ride through the beautiful rolling hills of the central Pyrenees. This will be a chance to shake off the worst of your jetlag and get accustomed to your new bike. Optional 24.6 km (15.3 mile) extension up the Hautacam Pass , site of the 2014 Tour de France's stage 18.	Non-Riders: Two options: Option 1 guided afternoon hike around the hotel (moderate difficulty), hiking time will be 1.5-2 hours; Option 2 is an afternoon of parapenting which is a 2-person parasail flight with hunky French instructor. Run down a mountain slope, take flight, and then expertly fly down to the valley below. Flying time between 10-20 minutes.	
Day Two July 25 Pyrenees	Riders: will enjoy a full-day (66 km / 41 mile) loop ride to conquer infamous Col du Tourmalet - a peak that's part of almost every Tour de France. Possible ride extension to the Col d'Aspin as well.	Non-Riders: Rafting in the morning through the beautiful whitewater of the Pyrenees. After delectable lunch, optional guided afternoon hike through some nearby hills or stay back and relax at the hotel.	Grand Hotel (Pierrefitte)*** Breakfast, lunch and dinner included
Day Three July 26 Pyrenees	STAGE 18: STAGE FINISH PAU		Grand Hotel (Pierrefitte)*** Breakfast & Dinner Included
	Riders: Fast-paced half-day ride up the spectacular Col de Bordères; part of tomorrow's final mountain stage in the Pyrenees. Riders will finish in Lourdes. Distance: 46.5 KMS / 29 Miles	Non-Riders: Morning van transfer to Lourdes for a walking tour of this famous sanctuary city. The group will then meet up with the riders to take an early afternoon train to Pau for the exciting stage finish.	
	All: Riders and non-riders will meet in Lourdes for an early afternoon train to Pau. Once in Pau, watch the stage finish in style from our VIP viewing area, complete with open bar. After the stage finish, bus transfer back to your hotel south of Lourdes for a late dinner.		
Day Four July 27 Pyrenees & Biarritz	STAGE 19 FINISH LARUNS / COL DU SOULOR		Hotel Windsor Grande Plage (Biarritz)**** Breakfast, Lunch & Dinner Included
	Riders: Following today's TDF route, start your ride like the pro riders from Lourdes then conquer a series of famous Cols: first Soulor (location of our VIP viewing area) and then (time permitting) daunting Aubisque. Distance: 46.4 KMS / 28.8 Miles.	Non-Riders: Join the riders in Lourdes to visit the TDF start village before van transfer to our private viewing area on the Col du Soulor, one of the final climbs of today's exciting stage.	
	All: Spyns VIP stage viewing area will be on the second last climb, the spectacular Col du Soulor (altitude 1474 metres (4836 ft). Watch the riders sweat it up the mountain while enjoying live TV coverage, a buffet lunch and Spyns' open bar. Following the end of the stage, dinner on the mountain before bus transfer to beautiful beachfront Biarritz for the night.		

DAY REGION	ACTIVITY		HOTEL MEALS
Day Five July 28 Biarritz & the Basque Country	STAGE 20 INDIVIDUAL TIME TRIAL		Hotel Westin (Paris)**** Breakfast included, sandwiches provided on train
	Option 1: See time trial. Morning bus transfer to the small Basque village of Souraïde to watch the all-day time trial in style. Souraïde is the perfect location as the time trial goes through the village twice, so double the action, and double the photo opportunities. After the stage finishes, evening train to Paris, arriving around midnight.	Option 2: Morning cooking class then afternoon train to Paris, evening Seine River cruise. Had enough of the tour? No problem. Skip today's time trial. Sleep in or take a morning cooking class then early afternoon bullet train to Paris. Once in Paris, you have the option of joining an evening Seine River cruise or explore the city on your own.	
Day Six July 29 Paris	STAGE 21 PARIS FINISH		Hotel Westin (Paris)**** Breakfast & Dinner Included
	Spyns hosts its classic sunrise 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. Following your ride, gourmet breakfast back at the hotel. Then watch the afternoon finish from our VIP room...once again with balconies & open bar. Final send off dinner at the Eiffel Tower.		
Day Seven July 30 Paris	Departure: Sleep off the week's excesses, enjoy a late breakfast, or get in that last bit of shopping before departure. The perfect holiday.		Departure

DETAILED RIDING INFORMATION: 7-DAY PREMIERE TOUR

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DAY REGION	OVERVIEW	PEAK	DISTANCE	CLIMB GRADE/GAIN	RIDE EXTENSION	ADDITIONAL INFO
Day 1 Pyrenees July 24	Half-day loop ride with start/finish from hotel. Option 1: 25 km (15 mile) loop or choose Option 2: with a +24.6 km (15.3 mile) extension up to Hautacam - a small ski village and site of the 2014 stage 18 finish.	Optional: HAUTACAM Part of TDF '14 Stage 18 Alt 1635 metres (5364 ft)	Part One: does not include the summit 25 KMS / 15 Miles - Full Ride Including Hautacam Summit 49.6 KMS / 30.7 Miles	HAUTACAM ONLY 17.3 climb (10.7 Miles) 1170 Metre alt gain (2839 feet) 6.8 % Average grade Max grade 10%	YES to the summit of Hautacam	Caution: Riders choosing to do the extension up Hautacam won't likely eat dinner until quite late.
Day 2 Pyrenees July 25	Spectacular full-day loop ride to bike Col du Tourmalet (has been part of the Tour a record 50+ times), the Pyrenees' most famous peak.	COL DU TOURMALET Alt 2115 metres (6938 ft) Part of TDF Stage 19 COL D'ASPIN (see ride extension) Alt 1489 metres (4885 ft)	Half-way (van back): 32.9 KMS / 20.4 Miles Full Day Ride 65.8 KMS / 40.8 Miles Full Day Ride with Col d'Aspin Extension 100 KMS / 62 miles	19 KM climb (11.8 Miles) 1404 Metre altitude gain (4606 feet) 7.4 % Average grade Max grade 10.2%	YES Bike from Tourmalet to the Col d'Aspin and add another +34.4 KMS to the day's ride.	This will be one of the more challenging rides of your tour. But you'll have all day to complete it while the tour completes a mini stage due east.
Day 3 Pyrenees July 26	STAGE 18 Fast-paced half-day ride up the Col de Bordères; part of tomorrow's final mountain stage in the Pyrenees. Riders will finish in Lourdes.	COL DE BORDERES Alt 1157 metres (3796 ft)	46.5 KMS / 29 Miles	14.1 KM climb (8.8 Miles) 702 Metre altitude gain (2303 feet) 5% Average grade	NO	This scenic ride is one of our favourites in the Pyrenees and the isolated route often means less traffic.
Day 4 Pyrenees July 27	STAGE 19 Following the TDF route, bike up a series of beautiful Cols: first Soulor and then Aubisque. Soulor and Aubisque have between 8-10% grades and are featured in today's stage (19).	COL DE SOULOR Alt 1474 metres (4836 ft) COL D'AUBISQUE 1710 metres (5610 ft)	46.4 KMS / 28.8 Miles	30.1 KM climb (18.7 Miles) 1247 Metre altitude gain (5211 feet) 4.1% Average Grade Max Grade 9%	NO	Two spectacular things about this ride: 1. You'll ride the same route as the pro riders; 2. You get to conquer two famous peaks in the Pyrenees. Caution: time will be an issue as you'll be riding just in front of the Tour.