

HeartCycle Bicycle Touring Club Le Monastere in Southern France 2025

- Dates:** October 4–10, 2025; return to Toulouse on Sat, Oct 11.
- Coordinator:** Tom Kissinger
- Rating:** Intermediate to Advanced (40–65 miles per day, 2000–5000+ feet of elevation gain); 6 riding days and 1 rest day
- Riders:** 10 (includes tour coordinator)
- Price:** \$3,350 (double occupancy). Deposit on registration: \$850. Balance due by July 5th. Limited single supplement availability: \$3,875.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

Le Monastere is a four-star hotel set in a remodeled monastery in Limoux, a small town in the Languedoc region of southern France, north of the Pyrenees and west of the Mediterranean Sea. The tour is the fixed base from which Chris Georgas, the owner, leads bicycle tours supported by two vans in the surrounding region. The rides are works of art through the varied microclimates of the hilly to mountainous French countryside, on nearly traffic-free roads, chosen day-by-day

to accommodate the weather and to avoid headwinds.

The destination might be a picturesque French town for lunch, the Mediterranean beach, or a Tour de France Pyrenees Mountain stage climb. Many rides start or end right out the door of the hotel.

There are forests, vineyards, Cathar castles, and gorges. Chris is supported by his wife,



Fabienne Montserrat, who cooks fabulous meals, and a small personable staff. Included are full continental breakfasts every morning, dinners (with wine) at Le Monastere or at local restaurants for 6 days of the 7-day visit. Wednesday is their day of rest and a rest day for those that want to see Limoux or Carcassonne or ride on your own. Free Wi-Fi is available at the hotel, and a walk to the laundromat is a few minutes away.

Pick-up and drop-off at Toulouse airport are included. Saturday afternoon, October 4th includes your bike fitting and a short “check-out” ride. For more information about the facility, see lemonastereadventures.com.

We recommend arriving in Toulouse no later than Friday before the session starts to begin the Le Monastere experience with less jetlag and to minimize problems with flight delays, lost baggage, etc. Plus, Toulouse is a charming city to explore for a couple days, or even for an afternoon or evening.

Le Monastere has quality road and electric bikes for your use. Chris will fit the bikes to your size based on information we provide in advance. Or bring your own bike, and Chris will help you assemble and finetune it. Tandems are welcome (bring your own) and can be accommodated in the support vehicles.

Four rooms have a Queen or Double bed for couples, and three rooms have two beds for couples or two roommates. Single Supplements are limited. Additional details will be provided to participants after being confirmed to the tour.

For more information contact:

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Riding in the Gorge de Galamus



Minerve—among the many beautiful towns in the area