

HEARTCYCLE BICYCLE TOURING CLUB

LE MONASTERE IN SOUTHERN FRANCE

- Dates:** **Session 1: June 29 – July 6, 2019.** Arrive June 29, Ride June 30-July 5, Depart July 6
Session 2: July 6 – 13, 2019. Arrive July 6, Ride July 7-12, Depart July 13
Recommended: Both sessions together!
- Coordinator:** Robert Rowe.
- Miles** 200-400, per session
- Rating:** Intermediate+ to Advanced (40-70 miles per day, 2000-5000 feet of climbing)
- Riders:** 12 for each session (Including coordinator)
- Price:** **(Each session):** \$2,350. \$800 deposit at Registration. Final payment due 3/15/19
- Cancellation:** Before February 1, 2019, \$50 fee; Feb 1 – March 15, 50% of deposit. After 3/15/19: no refund (unless a replacement is found by 5/29, then 50% of deposit).
Travel insurance is strongly advised.

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. It is the fixed base from which Chris Georgas, the owner, leads bicycle tours supported by two vans into the surrounding region. The rides are works of art through the varied microclimates of the hilly to mountainous French countryside, on nearly traffic-less roads, chosen day by day to accommodate to the weather and to avoid headwinds. On some days the destination might be a picturesque French town for lunch; other rides might be to the Mediterranean beach or a Tour de France Pyrenees mountain stage climb. Many 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 a 7 day visit. Wednesday is their day off and a rest day for those that want to see Limoux or Carcassone, or ride on your own. Free Wi-Fi is available at the hotel, and a Laundromat is a few minutes' walk away. Airport pick-up and drop-off at Toulouse is included each Saturday morning. Saturday afternoon includes your bike fitting and a short "check-out" ride. If you are doing both sessions, Saturday July 6 is an optional ride day, with route suggestions provided. For more information about the facility, see lemonastereadventures.com.

Based on the experience of those that have been there, the optimal experience would be to sign up for both sessions to thoroughly sample the extent and diversity of this area. Also, we recommend arriving in Toulouse no later than Friday before the session starts to begin the Le Monastere experience with less jet lag 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 hybrid bikes for your use. Chris will fit the bikes to your size and gear requests. Or bring your own bike and Chris will help you assemble and final tune it. Tandems are welcome (bring your own) and can be accommodated in the support vehicles.

Registration is limited to 13 members (including the HeartCycle Coordinator) each week. There are four rooms with a Queen or Double bed for couples, and three rooms with two beds for couples or two roommates). Single Supplements are not anticipated to be accepted for this tour. Additional details will be provided to participants after being confirmed to the tour.

For additional information, contact Bob Rowe at browe49@comcast.net



Dining in the Le Monastere Courtyard



Perhaps we will see the Tour de France



Riding in the Gorge de Galamus



Minerve – among the many beautiful towns in the area