

## HEARTCYCLE BICYCLE TOURING CLUB LE MONASTERE IN SOUTHERN FRANCE – June, 2022

- Dates:** Arrive Toulouse Friday, June 17, 2022 for pick-up Sat morning June 18, 2022. Bike June 18-24 with 1 rest day (optional ride on your own). Depart Sat morning, June 25 (Transportation to Toulouse or Carcassone provided).
- Coordinator:** Robert Rowe.
- Rating:** 200-400 Miles Intermediate to Advanced (45-70 miles per day, 2000-5000+ feet of climbing)
- Riders:** 12 (Including coordinator)
- Price:** \$2,350. \$500 deposit at Registration. Final payment due 3/15/2021
- Cancellation:** Before February 1, 2022, \$100 fee; Feb 1 – March 15, 50% of deposit. After 3/15/19: no refund (unless a replacement is found by 5/31, then 50% of deposit). *Travel insurance is strongly advised.*



Dining in the Le Monastery  
Courtyard

### 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. 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 of 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 (June 18) includes your bike fitting and a short "check-out" ride. For more information about the facility, see [lemonastereadventures.com](http://lemonastereadventures.com). 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 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 final tune it. Tandems are welcome (bring your own) and can be accommodated in the support vehicles.

Registration is limited to 12 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](mailto:browe49@comcast.net)



Riding in the Gorge de Galamus



Minerve – among the many beautiful towns in the area