

## HeartCycle Bicycle Touring Club LE MONASTERE IN SOUTHERN FRANCE 2024

- Dates:** September 28 - October 5, 2024
- Coordinator:** Guy Kelley
- Rating:** Intermediate to Advanced (45-70 miles per day, 2000-5000+ feet elevation)
- Riders:** 12 (Including coordinator)
- Price:** \$3100 (double occupancy), deposit \$600 with registration, balance due June 27, 2024.
- Cancellation:** Fee \$100 prior to June 28, June 28 - July 27, loss of deposit, July 28 - August 27, loss of deposit and 50% of final payment, after August 27, no refund unless a replacement is secured from the waitlist. **Travel insurance is strongly recommended.**



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. Chris Georgas, the owner, leads bicycle tours supported by two vans into the surrounding region. He is supported by his wife, Fabienne Montserrat, who cooks fabulous meals, and a small personable staff.

Included with this tour are full continental breakfasts every morning and 6 dinners (with wine) at Le Monastere or at local restaurants. Wednesday is the staff's day off therefore dinner is 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 Airport BlagnacToulouse is also included.

Le Monastere has quality road and electric bikes for your use and these are included in the price. 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 fine tune it prior to the ride. Tandems are welcome (bring your own) and can be accommodated in the support vehicles.

You will be picked up at the airport Saturday morning, September 28, 2024. Upon arrival at Le Monastere, your bike will be fit and you will be able to take short "check-out" ride to see the area.

We recommend arriving in Toulouse no later than Friday (September 27, 2024) before the session starts to begin the Le Monastere experience. This will minimize jet lag and allow time to address any 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.

Registration is limited to 12 members (including the HeartCycle Coordinator). There are three rooms with a large bed for couples, and five 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 more information about the facility, see [lemonastereadventures.com](http://lemonastereadventures.com).

## **ITINERARY**

This tour is fixed base from which Chris leads each day into the surrounding region supported by two vans. The rides are works of art through the varied microclimates of the hilly to mountainous French countryside, on nearly traffic-free roads. Each ride is chosen day-by-day to accommodate 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 of the rides start or end right out the front door of the hotel. There are forests, vineyards, Cathar castles, and gorges. Snacks and Lunches are not provided. We will either have a lunch stop at an available restaurant or we will order sandwiches at breakfast, which the staff pick-up for us and we reimburse them. Plenty of water is provided during the ride.



Riding in the Gorge de Galamus



Minerve – among the many beautiful towns in the area

Wednesday, October 2, 2024, is a rest day. You can use this day to tour Limoux, Carcassonne, or ride on your own. Although breakfast will be provided, you are on your own for dinner.

Depart Saturday morning October 5, 2024.

**Special Notes:**

If participants arrive early and stay in Toulouse, you will need to take a taxi back to the airport for group pickup on the morning September 28, 2024.

Participants are encouraged to bring their own helmets, pedals, and saddles to ensure your personal comfort while on the bike. However, Le Monastere has helmets and saddles, as well as some pedals if needed.

For more information contact:

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Carcassonne, France