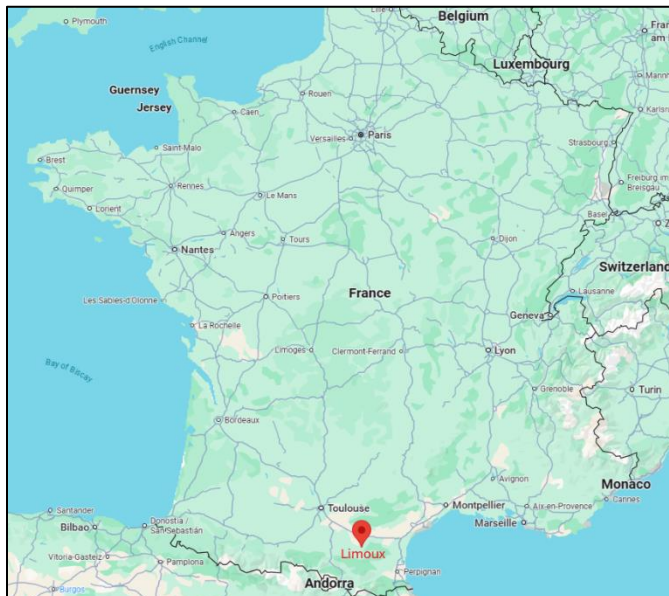


HeartCycle Bicycle Touring Club

Le Monastère in Southern France 2027

- Dates:** Sat, May 29–Sat, June 5, 2027. Sat, May 29: Morning pickup and transport from Toulouse Airport to Limoux. Sun, May 30, through Fri, June 4: Cycling and other activities. Sat, June 5: Transport back to Toulouse Airport after breakfast.
- Coordinator:** Cody Ensanian
- Rating:** Intermediate-Advanced
heartcycle.org/tour-ratings
- Distance/gain:** 30–60 miles per day; 2,000–5,000 feet of elevation gain per day. Rides vary daily depending on conditions, often with multiple options.
- Riders:** 10 (including tour coordinator)
- Bike rental:** Bike or e-bike rental is included in the tour price.
- Meals:** All breakfasts are included. Dinners (accompanied by wine) are provided for six of the seven evenings.
- Price:** \$3,500 per person (double occupancy). \$900 deposit due at time of registration. Balance due by February 28, 2027. Limited single supplements available for \$4,000.
- Cancellation:** [Standard cancellation policy](#)

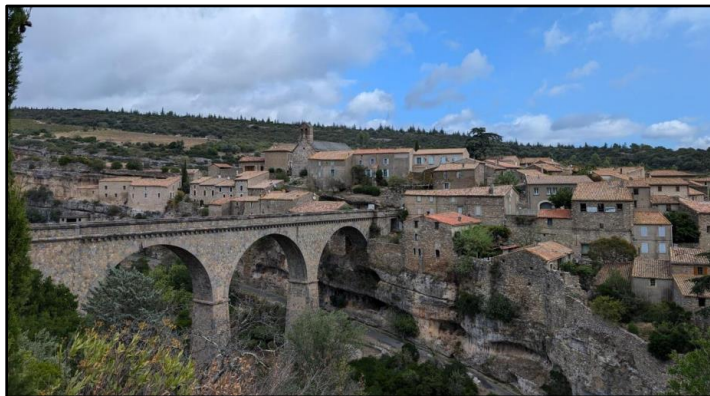
Travel insurance is strongly recommended.



Experience the beauty of southern France by bicycle, riding quiet country roads through vineyards, medieval villages, rolling farmland, and stunning river valleys. Le Monastère Adventures combines scenic daily rides with authentic French culture, exceptional food and wine, and comfortable accommodations, creating an unforgettable cycling experience both on and off the bike.

OVERVIEW

Le Monastère is a four-star hotel set in a remodeled monastery in Limoux, a small town in the Occitanie region of southern France. Historically, it was part of the old Languedoc province, so you'll often see the area referred to as Languedoc or Languedoc-Roussillon in older travel materials. Limoux is located just north of the Pyrenees and west of the Mediterranean Sea.



The tour is fixed-base style from Le Monastère. Chris Georgas, the owner/operator, leads bicycle tours supported by 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. There are no set itineraries. Daily rides are decided by Chris each morning to accommodate the weather and factor in events occurring in the area.

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 at the front door of the hotel. There are forests, vineyards, Cathar castles, gorges, and more.



Fabienne Montserrat, Chris' wife, cooks fabulous meals with the assistance of their small and personable staff. Included are full continental breakfasts every morning. For six of the seven nights, dinner (with wine) is provided at Le Monastère or a local restaurant.



Wednesday is their day of rest. While breakfast is still provided, dinner is not coordinated that evening. Riders may choose to use Wednesday as a rest day to explore Limoux or Carcassonne or perhaps enjoy a self-guided ride and discover more of the local area on their own.

EXTRA DETAILS

Pickup and drop-off at Toulouse Airport are included. These prescheduled times will be relayed well in advance to help you coordinate your flights. We highly recommend arriving in Toulouse no later than Friday before the tour begins. This allows time to recover from jetlag and helps minimize potential travel issues such as flight delays or lost baggage. It also provides an opportunity to explore Toulouse, a charming city that is well worth an afternoon or even a couple of days.

After pickup and transfer to Le Monastère on Saturday, May 29th, Chris will assign and fit bikes then offer a short test ride to ensure everyone is comfortable and ready for the week ahead.

Le Monastère provides quality road and/or electric bicycles for your use, and the bike rental is included in the tour price. Riders are also welcome to bring their own bicycles, and Chris will assist with assembly and final adjustments. Tandems are welcome (you must bring your own) and can be accommodated in the support vehicles.

For more information about Le Monastère, visit their website at lemonastereadventures.com.

ITINERARY

Day 1: Saturday, May 29, 2027

Airport pickup and test ride

Pickup provided from Toulouse Airport with transport to Le Monastère. In the afternoon, we will assign and fit bikes and go on a short test ride.



Days 2-7: Sunday, May 30, through Friday, June 4

Riding and exploring southern France

Throughout the week, Chris will lead us on amazing rides throughout the region. Chris determines each ride daily and bases his choice on many factors such as weather, group preferences, and local events. Wednesday is a rest day for Chris and his staff. You are free to explore the area on your own, including riding should you choose to do so.

Day 8: Saturday, June 5

Airport drop-off and departure

After breakfast in the morning, we are transported and dropped off at Toulouse Airport.

SPECIAL NOTES:

- Bring your bike pedals.
- If you want, bring your own saddle (not required).
- Try to arrive in Toulouse no later than Friday, May 28th. This provides a buffer should you encounter any travel delays, as pickup on Saturday, May 29th, at Toulouse Airport will likely be late morning. Specific times will be provided.

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