



TOUR PROSPECTUS

This prospectus sets out the contents of the tour and together with the Booking Conditions and Booking Form is the basis of our contract with you.

France – Cycling, Vines and Cuisine **2 - 9 October 2010** **Tour 10S7**

This villa-based cycling holiday puts as much emphasis on the food and wine as the cycling. There will be a sunset ride one evening, a cycle ride to the medieval hilltop village of Lussan another day to find a picnic awaiting you with a magnificent view over surrounding countryside, and a wine dégustation with regional food in nearby Uzès towards the end of the week. In addition to these accompanied activities, each day you're free to choose from over 2000kms of routes, leaving directly from the villa. Or you can follow a suggested itinerary according to your desired mileage.

The atmosphere is very relaxed, and most people get together in small groups for the daily rides, with some others preferring to ride alone or in pairs. The après cycling is taken as seriously as the cycling, with plenty to do to while your weary legs recover, from sitting by the pool to exploring the nearby villages.

Sample Itineraries – (grades 'Hard' and 'Very Hard' also available)

	'Easy' itinerary Average 42km, max 50km	'Moderate' itinerary Average 65km, max 80km
Sat 2 Oct	Cycle to the villa from Nimes or Avignon, arriving after 1600 (45-50km)	Cycle to the villa from Nimes or Avignon, arriving after 1600 (45-50km)
Sun 3 Oct	Ride to Pont du Gard (48km) Group sunset ride (20km)	Ride to Pont du Gard (48km) Optional extra loop (+32km) Group sunset ride (20km)
Mon 4 Oct	Ride to Lussan (40km) Picnic lunch at Lussan	Ride to Mont Bouquet and Lussan (80km) Picnic lunch at Lussan
Tues 5 Oct	Ride to Russan and Bourdic (41km)	Ride to la Roque-sur-Cèze (50km)
Wed 6 Oct	Rest day - market day in Uzès Or choose an optional ride Dégustation with evening meal	Rest day - market day in Uzès Or choose an optional ride Dégustation with evening meal
Thurs 7 Oct	Ride to Pouzilhac and la Capelle (27km)	Ride to les Concluses, spectacular gorges (69km)
Fri 8 Oct	Ride to Brignon and Moussac (50km)	Ride to Tavel through beautiful vineyards (50km)
Sat 9 Oct	Depart from the villa before 1000 for return to Nimes or Avignon	Depart from the villa before 1000 for return to Nimes or Avignon

Travel and luggage carrying

No travel arrangements to this part of France are included in this tour, but both Avignon and Nimes can be reached from the UK by train or plane, and you can easily ride to the villa from either of these. Suggested routes from Avignon, via the Pont du Gard (approx 45 kms), and from Nimes, via Pont St Nicholas (approx 35 or 55 kms), can be supplied. Transfer for your luggage between Avignon or Nimes and the villa can be arranged (for a supplement) if booked in advance. Alternatively, you can hire a taxi to take you and your bike to the villa. A vehicle will be on hand during the week to provide an emergency rescue service (subject to availability) for an additional fee.

Since there is no travel included in this tour, it is very important that you note that neither your leader nor CTC Holidays & Tours are responsible for you in any way until the appointed time at the designated meeting point. Before finalising travel arrangements to meet the tour, you should ensure that you have read and understood our booking conditions. Should this tour not attract sufficient bookings to reach the minimum operating size, we may cancel the tour at any time up to 10 weeks before



departure. It is therefore recommended that you book fully flexible and refundable transport and accommodation as, in the event of the tour being cancelled, we will not be responsible for any losses incurred.

Accommodation and meals

Three double and two twin rooms are available in the villa, with a second villa and B&B available nearby if required for larger groups. The villa has a private pool and is extremely well-equipped and ideally suited to a relaxing time, perfect for days off, or just relaxing post-cycle. Situated on the edge of the village of Saint Quentin la Poterie, the venue offers the best of both country living and town life. Just a short walk away you will find boulangeries, bars, cafés, restaurants and a supermarket. All breakfasts and 5 evening meals are included, with the emphasis on plentiful regional home cooking. Please advise at time of booking of any special dietary requirements. The villa isn't officially rated, but would be classed as very comfortable/luxury.

Price £650

The price is based on a minimum number of 8 participants taking part in the tour and is calculated at a rate of 1.07 Euros to £1 sterling (based on exchange rates published in the national press on 19 September 2009; please note Booking Conditions, clause 4). If there are insufficient bookings by 24 July 2010 we will contact you and return all monies paid, though in certain circumstances the tour may run at below minimum numbers but at the same price.

Price includes:

- 7 nights accommodation in a luxury villa with swimming pool, sharing rooms (or B&B if required)
- 7 breakfasts and 4 evening meals at the villa (including 0.5 litre of wine per person each evening)
- 1 wine degustation with regional food in Uzès
- 6 packed lunches
- Towel and bed-linen for the week
- Cycling route guides to the villa from Avignon / Nimes
- Daily laminated cycle route guides and advice
- CTC Cycling Holidays & Tours costs

Price does not include:

- Travel to / from the UK and to / from the villa
- Luggage pickup and transfer between Avignon / Nimes and the villa (from €50 each way for the vehicle, payable locally)
- Transfer for you and your bike between Avignon / Nimes and the villa (from €50 each way for a taxi)
- Additional drinks with evening meals
- Lunches on day of arrival or departure or refreshments at morning and afternoon stops
- Entry fees at any attractions
- Any other personal expenses
- Emergency rescue service (€25 per pick up, subject to availability, payable locally)
- Travel Insurance
- Single occupancy supplement (£100, subject to availability)

Payment and cancellation schedule

A deposit of £100 per person must accompany the Booking Form, with the final balance of £550 per person to be paid by 24 July 2010. Cheques should be made payable to **CTC Tours**, or complete the credit/debit card slip in the booking pack.

Cancellations

Should you be forced to cancel your booking for any reason you must notify us in writing. Cancellation charges are as follows:

Written notice received:	Cancellation charge:
Before 24 July 2010	Deposit (£100)
24 July 2010 through to departure	100% (£650)

Passports, Visas and Health

EU citizens must hold a passport that is still valid on the date of their return to their home country. Holders of non-EU passports are advised to check whether they require a visa.

There are no compulsory health-related requirements for UK residents, but you are strongly advised to check that your tetanus protection has not expired.

Travel Insurance

It is a condition of booking that you are adequately insured for this tour.

Whether you already hold a policy or will be taking out a new one, the cover it offers must be comparable to that stated in clause 8 of the Booking Conditions, and you must complete the enclosed Insurance Declaration Form and return it with your Booking Form.

CTC Cycling Holidays & Tours Ltd can accept no responsibility for any costs you may incur due to insufficient insurance cover.

To make a booking

Complete, sign and return the Booking Form and Insurance Declaration Form together with your deposit **directly to the leader** (address on Booking Form).

LEADER'S INFORMATION SHEET

The information below is given by the tour leader to help enquirers decide if the tour is suitable for them.

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The nature of the holiday

This holiday is based at St.-Quentin-la-Poterie from where cycle routes have been designed to take in the wonderful Languedocian countryside. A typical ride will be along quiet back roads, passing through vineyards, orchards, sleepy villages and perhaps even some of the wild and wonderful rugged Garrigue. There is also the option to do circuit rides to the cities of Nîmes, Avignon or Orange.

On one evening you will be taken into Uzès for a dégustation (wine-tasting) with regional food. On another evening we leave together for a sunset ride. Equipped with lights we take in some spectacular scenery made all the more special by the twilight and setting sun. On another day we ride out for a picnic lunch at a beautiful spot in Lussan. The holiday is very relaxed with as much emphasis on the home-comforts and après cycling as the cycling.

This holiday was new for our 2008 season, and builds on the success of the original 'cycling and vines' tour. It offers all that the original does, with added touches to make your stay all that more memorable. In addition to the above 'excursions', the food and wine are a little bit more special – finer wine with dinner and freshly squeezed orange juice for breakfast are just two examples.

Rides and rest days

You are free to choose how much or how little cycling you want to do. Although you will be riding without tour-guides, there is plenty of support available to make things go as smoothly as possible.

Accommodation / Meals

The accommodation is in a luxury villa set in its own secluded grounds with a private swimming pool. A second villa and/or B&B in the village are also available if required. Breakfasts are provided on all mornings, and on four nights during the week you'll be fed a delicious home-cooked meal upon your return to the villa. On a further night you will be taken to nearby Uzès for wine tasting and regional food. Please indicate when booking if you have any special dietary requirements. The village facilities (café, bar, restaurant) are a very short walk away.

Group information

The maximum group size will be 14. Smoking is not permitted in the house or in the company of others while they are eating.

Weather and clothing

At this time of year the weather should still be warm, but rain is always a possibility, and you should carry clothing to ensure that you can remain warm and (reasonably) dry. Sun cream is strongly recommended for unexposed skin.

Cycles / Equipment

A touring cycle, road bike, hybrid or lightweight ATB is suitable and must be in good working order, especially the brakes. A bottom gear of 30 inches or less is recommended. Mudguards are optional. There are sufficient spares and tools at the villa to deal with punctures and minor repairs, and things like spare inner tubes, maps, drinks and energy bars are available for purchase. There is a cycle shop within walking distance of the villa where you can obtain basic accessories and spares. More complicated bike repairs can be arranged nearby in Uzès. Cycle hire (including emergency bike replacement) can also be arranged.

Maps and Guides

If you plan to cycle to the villa, a detailed route guide will be sent to you prior to your departure, so that you can find your way.

During the week you will have detailed route-maps to follow, chosen from our library of laminated route guides from 25 - 200 kms, as well as access to our 1:25,000 scale maps.

Travel Insurance

Information on CTC Cyclecover Travel Insurance is available from CTC (0870 873 0068) or can be found at www.cyclecover.co.uk.

In addition to travel insurance, EU nationals should carry a European Health Insurance Card, obtainable free from most Post Offices. This enables you to take advantage of emergency medical services free or at a discount under a reciprocal provision that exists between EU member states. Your travel insurer may refuse to meet the extra costs of medical treatment if you do not carry this Card.

Before booking you should check Foreign Office 'Travel Advice by Country': www.fco.gov.uk or 0845 850 2829.

About the leader

I am a French-speaking, English CTC member resident in the Languedoc. I am a keen cyclist and have explored the region thoroughly. With my partner Lynn I have restored our villa which we now rent out throughout the year. Cycling was the first of many different activity holidays we now provide, others including wine-tasting, Provencal cookery, painting and pottery.

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