

Cycle Training Tours South West France

Target group: Cycling clubs, ambitious amateurs, top athletes.

Two weeks in May / June or September / October.

10 to 14 persons, accommodation in double rooms.

Full board : Breakfast, lunch on the road (soup, and sandwiches etc.), dinner at the Villa, beer, wine, etc.

Daily guided training, two 1 day tours, one 2 day tour into the high mountains.

Substantial supporting program: Beach, surfing, different sports, excursions.

Details - all inclusive package

Prices are now listed in the full brochures which are available for downloading.

Full board accommodation in double rooms.

Breakfast buffet with whatever you want. Enough bread, cheese, cold cuts of meat, etc. (probably other delicious French "Foody" things) to prepare sandwiches.

Light lunch in the Villa or sandwiches when on tour. Séverine, my young and talented French chef will prepare your dinners. The menu will be adjusted under consideration of substantial sporting requirements and the ingredients selected according to ecological & energy aspects. We will discuss menus every evening with Séverine – or just say thanks; she speaks good English. I guarantee that you will be perfectly satisfied.

Water, juices, beer and wine are always available, as much as you like. During the day you have sandwiches and there are cereal and power bars, biscuits, bananas and so on, when on tour in the support minibus. Additionally for the long tours, salads or even hot dishes can be served from the bus.

From the Villa a selection of cars and buses can be used. You will also have at your disposal fridges, hammocks, canvas chairs, a canoe on the lake at Léon, Volleyball and Badminton courts.

A limited selection of bicycles is available for hire, but most participants for cycle training tours will probably wish to bring their own equipment.

Body-boards, surfboards and wet-suits, instruction and free surfing according to conditions.

Accommodation and dinner in the lodge "Elichalt" in St. Engrâce during the 2-day tour.

Guided cycling tours every day, support mini-buses during the tours and when needed or requested.

Full time assistance; I will personally guide you on all tours and activities. Through my intimate knowledge of the region, I will be able to show you places that alone you would certainly miss, and that many locals don't know either.

Transfer to and from railway station at Dax or airports at Biarritz, Bordeaux or Pau is also provided with the all-inclusive package.

Please download the full brochure with photos from the web site for more details.