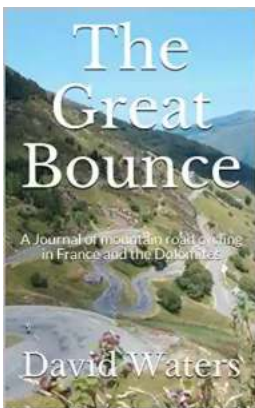


# The Ultimate Adventure: Journal of Mountain Road Cycling in France and the Dolomites



Are you ready for the ultimate cycling adventure? Strap on your helmet and prepare to embark on an exhilarating journey through the stunning landscapes of France and the Dolomites. In this journal, we will dive into the world of mountain road cycling, exploring the thrilling routes, breathtaking scenery, and unforgettable experiences that await you in these two cycling paradises.

## Conquering the French Alps



## The Great Bounce: A Journal of Mountain Road Cycling in France and the Dolomites

by Maria Edgeworth(Kindle Edition)

★★★★★ 5 out of 5

Language	: English
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Lending	: Enabled
File size	: 2104 KB
Screen Reader	: Supported
Print length	: 110 pages





The French Alps, with their iconic mountain passes and challenging climbs, have long been a magnet for road cyclists from around the world. Picture yourself pedaling up the legendary Col du Galibier or conquering the hairpin bends of Alpe d'Huez. These routes not only provide a physical test but also reward you with breathtaking panoramic views that will leave you in awe.

As you navigate the winding roads, surrounded by towering peaks, you'll encounter charming alpine villages where you can refuel with delicious local cuisine. Indulge in mouthwatering cheese, exquisite pastries, and the finest French wines, savoring the flavors that fuel cyclists on their challenging journeys.

### **The Enchanting Dolomites**



If the French Alps are the crown jewel of cycling destinations, then the Dolomites are the hidden gem waiting to be discovered. Nestled in the northeastern Italian Alps, this mountain range offers a cyclist's paradise with its awe-inspiring landscapes and beautifully paved roads.

As you pedal through the Dolomites, you'll be captivated by the unique rock formations, which glow with a reddish hue during sunrise and sunset. The famous Sella Ronda loop will take you through breathtaking mountain passes, past crystal-clear lakes, and charming alpine towns where you can immerse yourself in the rich Italian culture.

## **Preparing for the Adventure**

Embarking on a mountain road cycling adventure requires meticulous preparation. Ensure your bike is in top condition and suited for challenging climbs. Pack lightweight clothing suitable for varying weather conditions and don't forget your essentials like energy gels, hydration packs, and spare inner tubes.

Consider joining a guided tour that caters specifically to mountain road cycling enthusiasts. These tours often provide experienced guides, support vehicles, and carefully planned routes, allowing you to focus on the joy of cycling while someone else takes care of logistics.

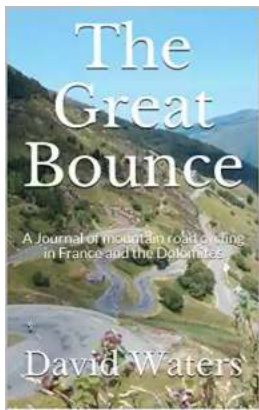
## **Embrace the Challenge**

Cycling in the mountains is not for the faint of heart, but the rewards are immeasurable. The feeling of accomplishment as you conquer each climb, the sense of freedom as you descend through breathtaking landscapes, and the camaraderie among fellow cyclists are all part of the experience.

Remember to embrace the challenge, take in the beauty around you, and enjoy the journey. Be prepared to push your limits, and you'll come away with memories that will last a lifetime.

The Journal of Mountain Road Cycling in France and the Dolomites offers a glimpse into the epic adventure that awaits those willing to explore these iconic cycling destinations. Whether you choose the famous mountain passes of the French Alps or the enchanting landscapes of the Dolomites, you'll be rewarded with a cycling experience like no other.

So, are you ready to saddle up and conquer the mountains? Get ready to push your limits, discover breathtaking beauty, and create memories that will inspire you for years to come. Start planning your mountain road cycling adventure today and embark on the journey of a lifetime!



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In March 2016 my wife and I decided to leave our jobs in London and tow our camping Pod and four bikes to France and Italy for six months. Two bikes for the

road, and two for more rugged terrain. We wrote a journal to convey our experiences of over one hundred bike rides up the steep slopes of famous European mountains as we trained for the Maratona event in the Dolomites.

"I could see trails of water droplets on the window where the rain had chosen its path to trickle down the glass and it blurred the silhouettes of some people outside who were fiddling with their bikes in the dim dawn light. I rubbed my eyes and stepped down into the awning; a thin layer of moisture was clinging to the fabric. I clumsily placed the kettle on the hob and the vibrations dislodged some cold drips which fell onto my head. Our fear of rain affecting the sportive event today was palpable"

"To reach L'Alp d'Huez we cycled to Bourg d'Oisans, the main town of the Oisan region. The climb appears to start immediately off a roundabout. There are no kilometre countdowns but there are signs for the number of hairpin turns remaining. It is a tough climb of 13km and passes through the town of Huez. At the top are a few cafes and bike shops and today a large purple inflatable man waving his hand in the breeze."

"We arrived at Les Quatre Saisons, a beautifully green campsite in Limousin surrounded by trees, hedges and the entertaining pomposity of roaming chickens."

"We ate a pain au chocolat and surveyed the deep turquoise of the Grand Maison lake; how its gentle ripples glistened in the sunshine, how this vast body of water lay calm against sloping grass, how huge rocks embedded in the banks must have been the result of some ancient avalanche."

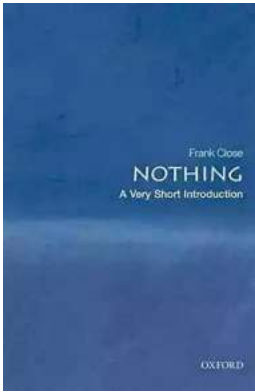
"After a few minutes my damp fingers began to feel numb from the constant downhill breeze and I stretched them outwards to attempt to revive some feeling."

As I was concentrating on an approaching hairpin turn I suddenly heard a gentle metallic chime, as if a child had struck a musical triangle nearby. The sound was following me and I heard another chime. I looked at my open-fingered gloves and my wedding ring was no longer there."

"Mont Ventoux is known as the "bald mountain" due to the absence of trees at the summit. We read that centuries ago the mountain was densely forested but that the shipbuilding industry in the Port of Toulon had felled a huge quantity of its timber over the years. Ventoux has featured in the Tour de France fifteen times since 1951, perhaps most famously in 2000 when Lance Armstrong and the Italian Marco Pantani raced each other up, with Armstrong allegedly allowing the Italian to win. Both their careers became stained by drug allegations, with Pantani dying aged 34 of cocaine poisoning. Claire and I will be quite happy to poodle up its side, fuelled by nothing other than our goat's cheese sandwiches."

"The villages around Bollène have a medieval origin. We cycled through about a dozen; they emerge between acres of vineyards and we saw castles, forts, abbeys, inns and homes. Then the village boundaries end, just as abruptly as they had appeared. Most buildings are still in use but occasionally a ruinous castle can be seen on higher ground, sunlight filtering through archers' holes in the crumbled walls and feeding the plants that now live where an aristocrat once feasted."

"We mapped out a twenty mile route for the cross bikes and rode through some off-road lanes between fields, getting stuck a couple of times along tracks which were so rocky we were forced to re-route. Cycling on stones under dark skies, past a few unmarked ruins too ruinous to attract average curiosity, no traffic, and just the squawks of birds piercing the eerie silence."



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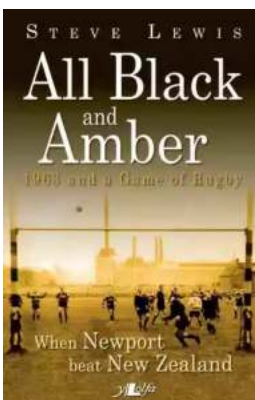
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