

INTRODUCTION

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French Food and Wine
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CYCLE TOURS

Route 1 Finistère, ‘The End of the World’: Brittany

Stage 1 Morlaix to Le Folgoët/Lesneven
Stage 2 Le Folgoët/Lesneven to Lanildut
Stage 3 Lanildut to Brest
Stage 4 Brest to Le Faou
Stage 5 Le Faou to Huelgoat
Stage 6 Huelgoat to Morlaix

Route 2 Champagne and The Kings' Forest: The Marne Valley and Picardy

Stage 1 Aeroport Paris CDG to Charly-sur-Marne
Stage 2 Charly-sur-Marne to Dormans
Stage 3 Dormans to Villers-Cotterêts
Stage 4 Villers-Cotterêts to Pierrefonds
Stage 5 Pierrefonds to Compiègne and back

Route 3 The Wine Road and Bas-Rhin: Alsace

Stage 1 Colmar to Barr
Stage 2 Barr to Saverne
Stage 3 Saverne to Niederbronn-les-Bains
Stage 4 Niederbronn-les-Bains to Haguenau

Route 4 An Alpine Experience: Geneva to Grenoble

Stage 1 Geneva to St Jean-de-Sixt
Stage 2 St Jean-de-Sixt to Albertville
Stage 3 Albertville to St Jean-de-Maurienne
Stage 4 St Jean-de-Maurienne to Le Bourg d'Oisans
Stage 5 Le Bourg d'Oisans to Alpe d'Huez and back
Stage 6 Le Bourg d'Oisans to Grenoble

Route 5 The Land of Lavender: Provence

- Stage 1 Arles to Cavaillon
- Stage 2 Cavaillon to Caromb
- Stage 3 Caromb to Buis-les-Baronnies
- Stage 4 Buis-les-Baronnies to Sault
- Stage 5 Sault to Mont Ventoux and back
- Stage 6 Sault to L'Isle-sur-la-Sorgue

Route 6 Meadows and Mountains: Pyrénées

- Stage 1 Foix to St Girons
- Stage 2 St Girons to St Bertrand-de-Comminges
- Stage 3 St Bertrand-de-Comminges to Arreau
- Stage 4 Arreau to Bagnères-de-Bigorre
- Stage 5 Bagnères-de-Bigorre to Argelès-Gazost
- Stage 6 Argelès-Gazost to the Col d'Aubisque and back, then Lourdes

Route 7 Rivers and Castles: Dordogne and Lot

- Stage 1 Brive-la-Gaillarde to St Céré
- Stage 2 St Céré to Figeac
- Stage 3 Figeac to Cahors
- Stage 4 Cahors to Monpazier
- Stage 5 Monpazier to La Roque-Gageac
- Stage 6 La Roque-Gageac to Souillac

Route 8 Rugged and Remote: Auvergne and Languedoc

- Stage 1 Meymac to Riom-ès-Montagnes
- Stage 2 Riom-ès-Montagnes to St Flour
- Stage 3 St Flour to Marvejols
- Stage 4 Marvejols to Florac
- Stage 5 Florac to Alès

Appendix A Glossary: Bicycle Parts and Other Useful Cycling Terms

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