

CYCLING IN THE FRENCH ALPS

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Cycling in the French Alps presents a personal selection of the most picturesque cycling routes through the mountains of south-east France. This second edition covers nine tours – now including the Mt Ventoux route in addition to the original seven circuits plus the 'Grand Traverse' from Geneva to Nice. The routes include the 'classic' high passes of the French Alps (Galibier, Iseran, Izoard, etc) as well as many lesser known areas of the pre-Alps and Southern Jura.

Although all of the tours are in mountain areas, the scenery – from the rolling hills of the Bugey to the dramatic limestone gorges of the Chartreuse or the snowy peaks of the Ecrins – is extremely varied. Without neglecting the 'must-see' places, the tours have been designed to take you through the secret corners and forgotten backwaters of the regions described; even amongst the most awe-inspiring mountains, it is often the more discreet facets of the countryside that reveal an area's true charm.

Key marketing points

- Second edition includes new 32 page section on cycling the Mt Ventoux route taken by the Tour de France
- Complements Cicerone's growing list of cycle-touring guides, including Cycle Touring in France and The Loire Cycleway.

About the author

Paul Henderson lives in Chambéry in the Savoie region of France. Over the last ten years, he has come to know many of the Alpine massifs extremely well but, at the same time, feels he has hardly scratched the surface of what his adopted home has to offer. The guides he has put together for Cicerone were motivated by a desire to share the joy he has found ski touring and cycling in the French Alps.

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