

NEWS RELEASE JUNE 2021

Peak Retreats offers summer Advanced Cycling Courses in Tignes with Florian Hudry Cycling Project

Peak Retreats has added Advanced Cycling Courses in Tignes with pro-cyclist Florian Hudry to its summer programme. Participants will push their cycling to the limits, taking on five challenging guided rides with professional cyclist Florian Hudry over the six-day course and benefit from coaching to improve their technique. This is the ultimate bucket list trip for keen road cyclists who want to experience the thrill of mythical passes, legendary climbs and routes that regularly feature in the Tour de France mountain stages. Accommodation is at the 4-star Hotel le Taos in Tignes le Lac in the spectacular surroundings of the French Alps.

Supervised by Florian Hudry, professional cyclist at Interpro Cycling Academy (Japan), with more than 160 UCI races to his credit, course participants will discover the best of alpine road cycling including renowned passes: the Col de l'Iseran, the Cornet de Roseland, the Col du Mont Cenis, the Col du Petit Saint Bernard.

The programme:

- **Day 1** - Welcome and programme briefing
- **Day 2** - Beaufortain Massif outing (145km)
Tignes ⇒ Bourg Sait Maurice ⇒ Cornet de Roseland ⇒ Barrage de Roseland ⇒ Col du Pré ⇒ Arêches Beaufort ⇒ Col de Mérailliet ⇒ Barrage de Roseland ⇒ Cornet de Roseland ⇒ Bourg Saint Maurice ⇒ Tignes
- **Day 3** - Maurienne Valley trip (135km)
Tignes ⇒ Val d'Isère ⇒ Col de l'Iseran ⇒ Bonneval sur Arc ⇒ Val Cenis ⇒ Col du Mont Cenis and back
- **Day 4** - Break day with a conference by Florian Hudry
Pro cyclist, in the morning and free afternoon (possibility of arranging activities for an additional cost including golf, hiking, summer skiing, massages).
- **Day 5** - Haute Vallée de Tarentaise exit (98km)
Tignes ⇒ Bourg Saint Maurice ⇒ Landry ⇒ Macôt ⇒ Aime ⇒ then return via the Soleil side via Tessens ⇒ Bonvillard, Valezan ⇒ Montgirod ⇒ Vulmix ⇒ Bourg Saint Maurice ⇒ Tignes.
- **Day 6** - Exit to Italy (145km)
Tignes ⇒ Sééz ⇒ Le Col du Petit Saint Bernard ⇒ Pré Saint Didier ⇒ Morgex ⇒ return to Tignes

The six-day course costs £1320 per cyclist and includes full-board accommodation (excluding drinks) at the 4-star Hotel le Taos in Tignes, coaching by Florian Hudry, expert guides for the five rides and the reassurance of a support vehicle on each outing. The price doesn't include travel but Peak Retreats can organise Eurotunnel and ferry crossings. Participants need to bring their own bikes; electrically assisted bikes are welcome.

Three six-day courses have been organised for summer 2021.

Full details can be found at <https://www.peakretreats.co.uk/summer/holiday-types/types/cycling-courses-in-tignes> or call the Peak Retreats team on 023 9283 9310