



coquillade

PROVENCE · VILLAGE



THE GIANT
OF PROVENCE

« La Cinglée » of Ventoux

2021

Coquillade Provence Resort & Spa



The Mont Ventoux

A CYCLIST'S DREAM!

Coquillade Provence Resort & Spa offers you amazing opportunities! A unique experience that will linger overtime in your memory... Our coach will accompany you throughout this huge adventure.

Coquillade Provence

AN EXCEPTIONAL PLACE

FOR A STAY

100% VÉLO





PREPARATIONS FOR « LA CINGLÉE »

FOR THE ITINERARY

Two days before the itinerary : briefing with your coach, optimization and adjustments of your bike at the Cycling Center.

The day before: you will make an outing of about 50 kilometers with an ascent (The Col de la Liguère called "Le petit Ventoux"!) of 1000 meters of altitude. In this way your coach will be able to evaluate your performance and define with you what suits you best.

D-Day : departure from 8.00am from Bédoin

Physical conditions: An intermediate level is required. You must have at least 4000 kilometres of riding in the year and know how to stay in the saddle for more than 5 hours. Beyond that, the organization of this adventure will make you discover an unknown land which is the "Big Bottom" by bike!



LA « CINGLÉE DU VENTOUX »

Bédoin - Ventoux – Malaucène -Ventoux Sault – Ventoux – Bédoin

137 km bike, 4400m elevation gain
50% climbing

Become an adventurer of the great cycling background! Coquillade Provence Resort & Spa prepares and organizes this adventure for you, so that you can explore your limits, while being accompanied by a cycling professional who will know how to guide you and get you to the top.

Make the Mont Ventoux by the three faces in the same day!

From Bédoin to start, then downhill to Malaucène and up again, then down to Sault and up again to the summit, before diving one last time to Bédoin.

From Bédoin : steady slopes and strong exposure to the wind make this climb extremely challenging.

From Malaucène : Climb the north side of Mont Ventoux, the most shady. Landscape level, nothing to do with the south face. One can admire the large coniferous forests as well as the magnificent view of the Baronnies Provençales and the Alps. The landscape from the north side remains the most spectacular and beautiful.

From Sault : starts at a higher altitude and therefore has less height difference to make. We reach the Chalet Reynard and the ascent will therefore end on the same road to Bédoin.

Responsibility : This day must remain unique and memorable. La cinglée du Ventoux takes place under your full responsibility, just as in the high mountains, it is the climber who is the client and the guide who supervises! The weather, your ability and your skills will be evaluated by the guide, who can stop the adventure at any time to protect you from the hazards.



Relax & Wellness

Complete this circuit on a high note by offering you
a care treatment

Light Leg Treatment 45 min - 110€ (In addition) Relaxing
Californian Massage 60 min - 130€ (In addition)





RATES

450€ for 1 people

500€ for 2 people

550€ for 3 people

This rate includes the coach's service, the sports breakfast on D-day, and refreshments.

Room at the hotel :
minimum 3 nights from 244€ /night/room

Optional : Bike rental 70€ / day

From 1 to 3 people: transfer included
From 4 to 8 people: transfer on extra

For more than 4 people, please contact us at
the following address: info@coquillade.fr



Coquillade Provence Resort & Spa

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