



THE GIANT
OF PROVENCE

Ascents of the Mont 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 over time in your memory... Our coach will accompany you throughout this great adventure.

Coquillade Provence

**AN EXCEPTIONAL PLACE
FOR A BIKE STAY**





« À LA CARTE »

The Mont Ventoux

1 909 METERS ALTITUDE

We offer you **3 different programs**:

1 THE GREAT ITINERARY THROUGH SAULT with 2 options

Option 1 from Coquillade Provence

79 miles round trip, 6562 ft of altitude gain

Option 2 from Sault

32 miles round trip, 3780 ft of altitude gain

From 4.48% to 10.5% of gradient

2 THE ITINERARY VIA BÉDOIN

28 miles round trip, 5321 ft of altitude gain

From 7.15% to 10.8% of gradient

3 THE ITINERARY « CINGLÉE DU VENTOUX »

85 miles round trip, 14567 ft of altitude gain

50% climbing gradient



PREPARATIONS FOR ASCENTS

ITINERARY **1** AND **2**

The day before: visit the Cycling Center to optimize the settings of your bike. You will get to know your coach, who will introduce you to the excursion of the day at the Ventoux and adapt your program to your level of proficiency.

D-Day: departure at 9.00am from the Cycling Center

Physical condition: An intermediate level is required. You should at least have at least an annual minimum of 2485 miles of riding and know how to stay in the saddle for more than 3 hours.

ITINERARY **3**

Two days before the itinerary : briefing with 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 Liguière called "Le petit Ventoux"!) of 3280 ft of altitude gain. This way your coach will be able to evaluate your performance and define with you what would suits you best.

D-Day : departure at 8.00am from Bédoin

Physical condition: An intermediate level is required. You should have an annual minimum of 2485 miles of riding and know how to stay in the saddle for more than 5 hours. Beyond that, the organization of this adventure will have you discover an unknown land which is called the "Big Bottom" by bike!

1



THE ITINERARY FROM SAULT

Option 1 from Sault

SAULT – VENTOUX - SAULT

32 miles round trip, 3780 ft elevation gain
Between 4.48% and 10.5% average slope
Duration from 3h00 to 3h30

Departure by van from the Cycling Center at 9:00 am for the village of Sault.

The ascent of the Mont Ventoux by Sault is unequivocally the "easiest" of the 3 (Bédoin, Malaucène, Sault). It is 25.70km at 4.48% of gradient and 1210m of difference in altitude.

Gradient profile : The first 12 miles have pronounced percentages from time to time. The next 7 to the Chalet Reynard are much more digestible and pleasant riding through the forest and shade depending on the time of passage. Amazing views over the valley make the effort even more enjoyable. The last part, 6 miles, the same as the Bédoin side, remain the most impressive, the most difficult and the most spectacular with an average slope of 9%. This last section, often exposed to strong winds, hence the name "Col des Tempêtes" in this last mile, is no coincidence! Across this lunar landscape, the summit is in sight... and seems within pedal reach but seems to be... so long is each meter... The last few endless miles... And finally, the finish line that will allow you to savor your success and immortalize the final moment!

On the way down, you will make a stop at Chalet Reynard to rest yourself and regain your strength for a return to Sault.

The return trip is on a descent.

Back at the Cycling Center, debriefing accompanied with a small snack...



1



THE ITINERARY FROM SAULT

Option 2 from Coquillade Provence Resort & Spa

COQUILLADE – SAULT – VENTOUX SAULT – COQUILLADE

79 miles round trip, 6562 ft elevation gain
Duration about 4 hours

- Departure at 9.00 am from Coquillade Provence Resort & Spa, you will take the magnificent road to Lioux and the Château de Javon. A 25 miles ride, before tackling the 16 miles ascent of the Mont Ventoux, on the Sault side.
- The Mont Ventoux by Sault : Altitude 6260ft – 16 miles of pure ascent - 1260 yards of difference in altitude - % average 4,48% - % max 10,5%.
- On the way down, you will make a stop at the Chalet Reynard for the last 37 miles to rest and recharge your batteries.
- The return is on a descending profile.
- Back at the Cycling Center, debriefing accompanied with a small snack.



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)



THE ITINERARY FROM BÉDOIN

BÉDOIN - VENTOUX – BÉDOIN

14 miles round trip, 5321 ft elevation gain,
Average 7.15%, Maximum 10.8%
Duration about 2h00 to 3h00

- Departure by van from the Cycling Center at 9.00 am for the village of Bédoin.
- The ascent of the Mont Ventoux from Bédoin is by far the most difficult one, and also the most famous ! It is 13 miles of ascent, 5315 ft of altitude difference, an average slope of 7.5% (8.9% since the turn of St Estève), slopes reaching 12.5% and almost no opportunity for respite. This course is aimed at the trained cyclist. Count from 2h00 to 3h00 of ascent depending on the level of proficiency.
- **Slope profile** : In Bédoin, the atmosphere is ever present! On this side, the ascent is divided into 3 sections. A first easy one going from the village of Bédoin to the bend of St Estève on 3.10 miles with a gentle slope, 4.5% on average, which allows a good warm-up and a good cardiovascular work-out. The second section from St Estève to Chalet Reynard, with an average slope of 9.4% is probably the most difficult part. A third section of 4 miles with an average of 8% up to the summit is the start of the famous lunar bends which have the weather station, the emblem of the Ventoux, as their focus. This landscape and the breathtaking view of Provence are always awe-inspiring and are an additional source of motivation to reach the summit. The difficulty level increases progressively, to which is added the accumulated fatigue, the hours on the saddle with the pedalling always in grip, and the different weather conditions that can complicate this adversity. The final miles are very difficult and once you reach the Storm Pass you have to hang on to resist the slope and the strong winds, the last bend represents a wall which alone sums up the perilous challenge of this ascent. You will be won over by a great emotion and you can let your joy burst out. The 360° view is breathtaking and the sign indicating « 1909 mètres » stands out in the sky for all those who want their photographic trophy.
- On the way down, you will make a stop at Chalet Reynard to rest and regain your strength for the return to Bédoin.
- The return is on a descending profile.
- Back at the Cycling Center, debriefing accompanied with a small snack.

3



THE ITINERARY « CINGLÉE DU VENTOUX »

BÉDOIN - VENTOUX – MALAUCÈNE - VENTOUX SAULT – VENTOUX – BÉDOIN

85 miles round trip, 14435 ft elevation gain
50% climbing

Become an adventurer of the great cycling experience! La Coquillade 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.

Defy the Mont Ventoux by all three sides in the same day!

From Bédoin, 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 the Mont Ventoux, offering the most shade in terms of landscape. 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 differences to overcome. 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

1

ITINERARY 1 & 2

450€ for 1 pers
500€ for 2 pers
550€ for 3 pers

This rate includes the coach's fee, an athletes breakfast on D-day and refreshments.

Accommodation: min. 2 nights, from 244€ /night/room

Extra : Bike rental from 70€/day

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

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

2

ITINERARY 3

450€ for 1 pers
500€ for 2 pers
550€ for 3 pers

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

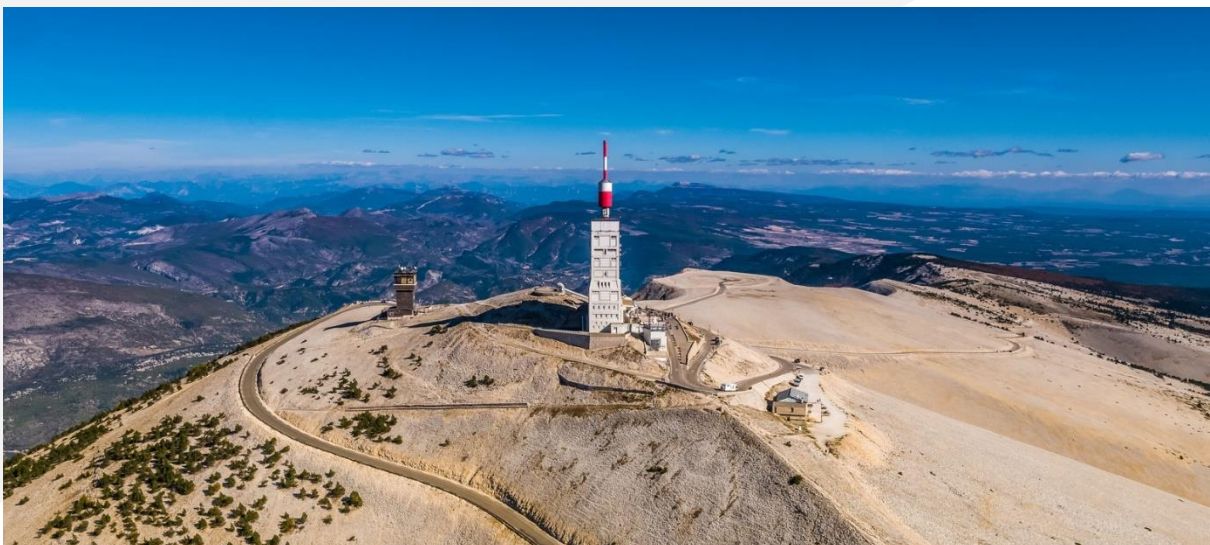
Accommodation: min. 3 nights, from 244€ /night/room

Extra : Bike rental from 70€/day

From 1 to pers : transfer included
From 4 to 8 pers : transfer on extra

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

3





Coquillade Provence Resort & Spa
Le Perrotet – 84400 Gargas
Tel. +33 (0)4 90 74 71 71 - info@coquillade.fr - www.coquillade.fr