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HAUTES ALPES



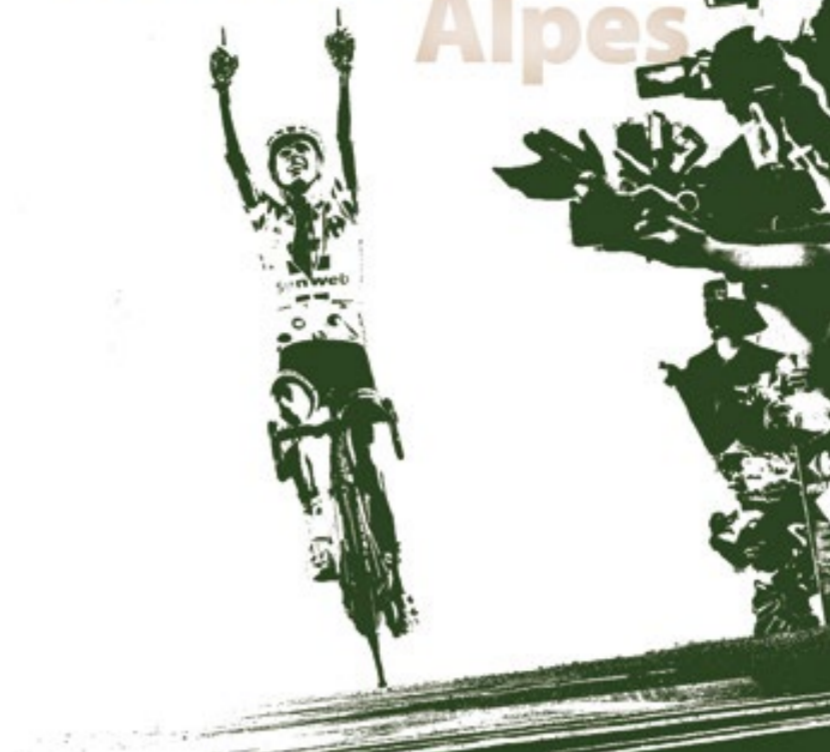
THE CYCLING ELDORADO

Galibier, Izoard, Lautaret, Granon, Vars, Agnel, Noyer... The Hautes-Alpes Department is proud of its legendary mountain passes. The department has around 30, some of which are among the most prestigious along the **Great Alpine Route**. Places that are conducive to cycling, sometimes set in history thanks to the **Tour de France**. 11 circuits and 22 climbs have been specially designed for cyclists; these are **the Shared Itineraries**. From June to September, some of these mountain passes are dedicated to cyclists during the **Reserved Passes** operation.

Mountain biking enthusiasts are spoilt for choice with mountain biking sites bearing the seal of the Fédération Française de Cyclisme (French Cycling Federation), **the Grande Traversée des Hautes-Alpes** (350 kilometres of trails between La Grave and Laragne), many Bike Parks that can be accessed using the lifts in summer and a multitude of major events.



Phénomén' Alpes



THE TOUR DE FRANCE

Hautes-Alpes is part and parcel of the history and legend of the **Tour de France**, owing to the beauty of the countryside here and the remarkable achievements of many a competitor on the great Alpine cols. Between 1922 and 2024 the Tour de France has come to Hautes-Alpes no fewer than 91 times (stage starts and finishes), making this region "one of the most visited by Le Tour." This is the home of the legendary cols lining up in a roll call of honour: **Izoard, Vars, Galibier, Granon, Bayard, Noyer**, to name but a few...

Since 1905, when Le Tour crossed the Col Bayard for the very first time, Hautes-Alpes has witnessed many a triumph and exploit, feats bathed in sweat, joy and tears that have gone down in the annals of competitive cycling. "When it visited here for the first time more than a century ago, the Tour de France really came into its own," said Tour Director Christian Prudhomme. And the story doesn't end there...

KEY FACTS AND FIGURES

- 91** Le Tour stage starts/finishes in Hautes-Alpes (between 1922 and 2024)
- 1905**: first visit to Hautes-Alpes by the Tour de France (over the Col Bayard)
- 229** high-altitude col ascents (between 1905 and 2024)
- 35** ascents of the Col de l'Izoard between 1922 and 2017 (including one stage finish in 2017)
- 63** ascents of the Col du Galibier between 1911 and 2024 (including one stage finish in 2011)



THE MAJOR COLS

Both physically and symbolically, these high-mountain passes form the gateway to Hautes-Alpes. Every year they attract increasing numbers of cyclists.

In recent years, **Hautes-Alpes** has been looking at how to cater for cyclists better while protecting the area's attractions, countryside and biodiversity. This has led to the launch of Operation **Grands Cols** in seven landmark locations around the area. Each summit and its surrounding area have been carefully rethought to create better parking, new routes, improved facilities, furniture and more, in keeping with each col's particular character and requirements, to create a harmonious whole. An ambitious programme designed to breathe new life into these seven legendary cols in Hautes-Alpes.

Agnel	2,744 m
Galibier	2,642 m
Granon	2,413 m
Izoard	2,360 m
Lautaret	2,058 m
Noyer	1,664 m
Vars	2,109 m



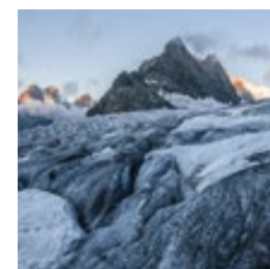
THE GRANDE TRAVERSÉE DES HAUTES-ALPES

350 km - 7 to 10 days • 17,000 D+
Max altitude: 2,500 m • **Min altitude:** 570 m

France's highest Grande Traversée! From Villar d'Arène to Laragne-Montéglin, the GTHA is an experience for real mountain biking with contrasting landscapes, from glaciers to lavender.

ESSENTIAL AND REMARKABLE SITES

- La Meije with its eternal glaciers at the entrance to the Écrins massif.
- Briançon and Montdauphin, Vauban sites listed as UNESCO World Heritage.
- The Durance and Guil rivers with their white-water activities.
- Serre-Ponçon, the Hautes-Alpes great lake.
- The character-filled villages and the lavender of the Buëch and the Baronnies Provençales Regional Natural Park.
- The limestone rocks of the Dévoluy.
- Major mountain passes.
- Gap, the gentle capital.



Take to the road



Graphisme: Le Naturographe, Palis communication, Photos: Rémi Morel - OT Serre-Ponçon, Alpes Photographies, Patrick Dorneyre - ADO5, Cédric Tempier - ADO5, Tiboaut Balis, Roger Vanhoy - Impression

CYCLE TOURING

Setting off on a **cycling holiday** through Hautes-Alpes gives you total freedom to explore the stunning scenery from the saddle. It's a unique immersive experience that takes you from the lavender fields of the Buëch to the highest peaks of the Écrins.

LA DURANCE À VÉLO: A RIVERSIDE RAMBLE IN THE SADDLE

This is a delightful opportunity to explore the Durance Valley from Briançon down to Avignon along a 438km route showcasing the region's architectural heritage and scenery. You'll see the fortified towns of Briançon and Mont-Dauphin (both UNESCO World Heritage Sites), Embrun and its 12th century cathedral, the turquoise waters of the Lac de Serre-Ponçon, and so much more... And there are plenty of railway stations along the way if you're tempted to cut out some of the climbing.

ACCUEIL VÉLO

More than **150 service providers** (accommodation providers, restaurateurs, activity organisers, etc.) have now achieved **Accueil Vélo** certification, demonstrating that they reserve a very special welcome for cyclists.

Bon voyage in Hautes-Alpes!



Freewheeling



MOUNTAIN BIKING IN THE HAUTES-ALPES

5,000 KM OF MARKED MTB TRAILS

8 MTB sites with the FFC seal: Serre-Ponçon, Vallées du Gapençais, Champsaur Valgaudemar, Pays des Écrins, Guillestrois-Queyras, Dévoluy, Grand Briançonnais, Sisteronais Buëch.

15 bike parks and recreational areas in the resorts with lifts open to MTB during the summer: Dévoluy (SuperDévoluy - La Joue du Loup), Les Orres, Montgenèvre, Orcières-Merlette 1850, Serre Chevalier, Ancelle, Vars, Réallon, Risoul, Abriès, Puy Saint-Vincent, La Grave-La Meije, Saint-Léger-les-Mélèzes, Ceillac, Molines-en-Queyras.



2 GRANDES TRAVERSÉES

- Le Grand Tour des Écrins
- La Grande Traversée des Hautes-Alpes

LEGENDARY DESCENTS AND ESSENTIAL TOURS

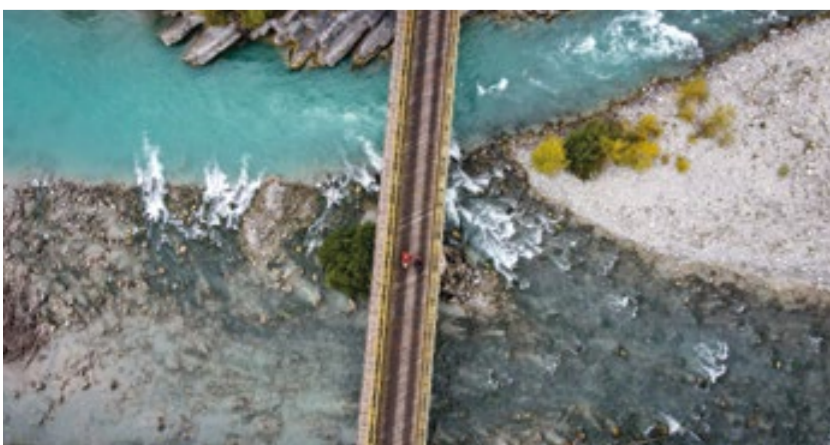
- Tour du Queyras
- Tour du Guillestrois
- Tour du Champsaur
- Tour de la Valgaude
- Tour de Serre-Ponçon
- Galibier descent
- Vars-Embrun descent
- Les Orres-Embrun descent

MTB PROFESSIONALS AT YOUR SERVICE

- 6 MTB schools with the MCF seal
- 95 French Cycling Instructors and MTB mountain guides
- 10 incoming agencies specialising in MTB holidays

MAJOR MTB EVENTS

- Alps Epic
- Raid VTT Chemins du Soleil
- Orcières MTB Games
- Ultra Raid de La Meije, etc.



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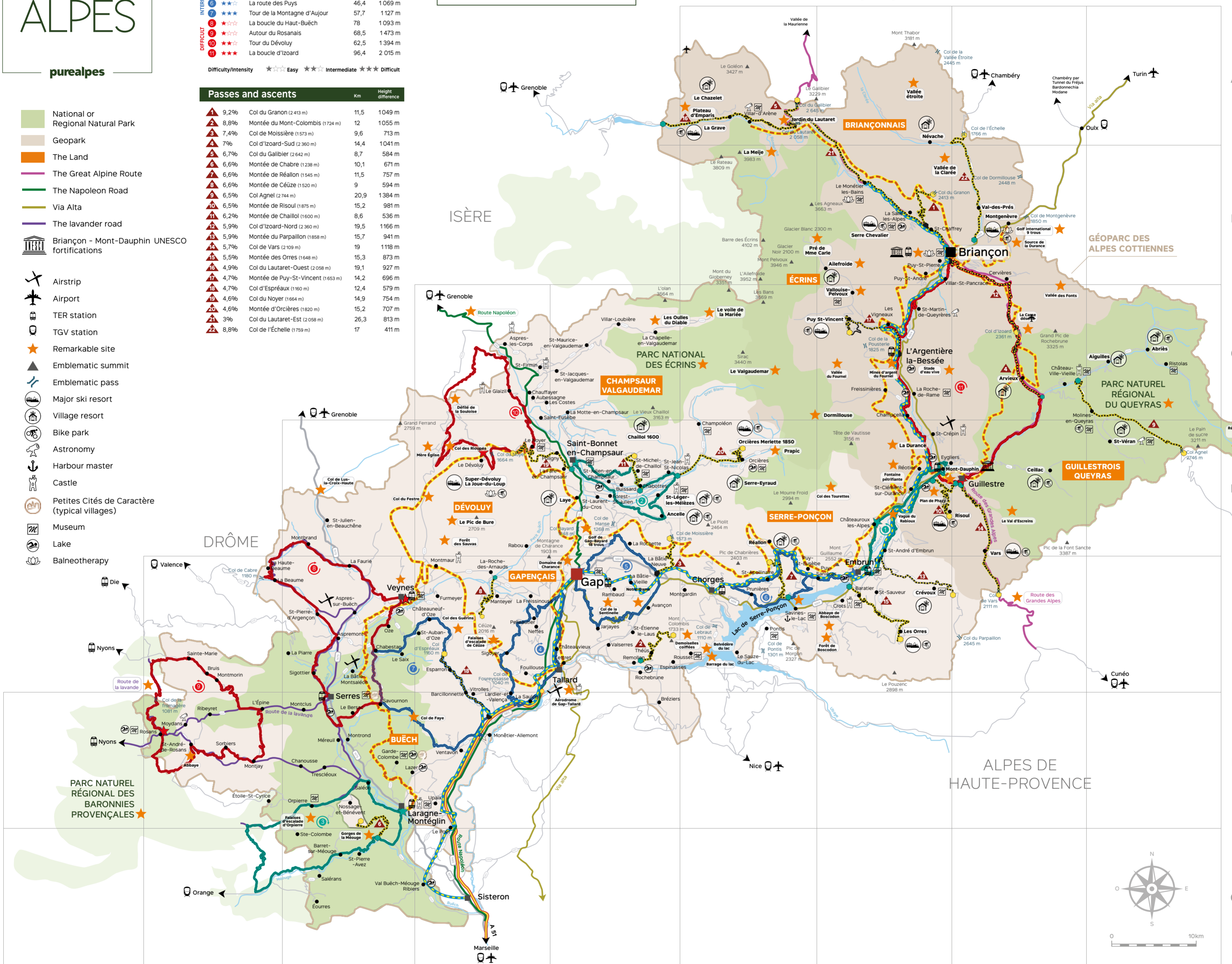
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Shared itineraries			
	Km	Height difference	
EASY	1	45,2	687 m
2	42	819 m	
3	65,2	790 m	
INTERMEDIATE	4	46,2	720 m
5	41,4	976 m	
6	46,4	1069 m	
7	57,7	1127 m	
DIFFICULT	8	78	1093 m
9	68,5	1473 m	
10	62,5	1394 m	
11	96,4	2 015 m	

Passes and ascents			
	Km	Height difference	
▲ 9,2%	Col du Granon (2 413 m)	11,5	1049 m
▲ 8,8%	Montée du Mont-Colombis (1724 m)	12	1055 m
▲ 7,4%	Col de Moissière (1573 m)	9,6	713 m
▲ 7%	Col d'Izoard-Sud (2 360 m)	14,4	1041 m
▲ 6,7%	Col du Galibier (2 642 m)	8,7	584 m
▲ 6,6%	Montée de Chabre (1238 m)	10,1	671 m
▲ 6,6%	Montée de Réallon (1545 m)	11,5	757 m
▲ 6,6%	Montée de Céuze (1520 m)	9	594 m
▲ 6,5%	Col Agnel (2 744 m)	20,9	1384 m
▲ 6,5%	Montée de Risoul (1875 m)	15,2	981 m
▲ 6,2%	Montée de Chaillol (1600 m)	8,6	536 m
▲ 5,9%	Col d'Izoard-Nord (2 360 m)	19,5	1166 m
▲ 5,9%	Montée du Parpaillon (1658 m)	15,7	941 m
▲ 5,7%	Col de Vars (2 109 m)	19	1118 m
▲ 5,5%	Montée des Orres (1648 m)	15,3	873 m
▲ 4,9%	Col du Lautaret-Ouest (2 058 m)	19,1	927 m
▲ 4,7%	Montée de Puy-St-Vincent (1653 m)	14,2	696 m
▲ 4,7%	Col d'Espréaux (1160 m)	12,4	579 m
▲ 4,6%	Col du Noyer (1664 m)	14,9	754 m
▲ 4,6%	Montée d'Orclères (1820 m)	15,2	707 m
▲ 3%	Col du Lautaret-Est (2 058 m)	26,3	813 m
▲ 2,2%	Col de l'Échelle (1759 m)	17	411 m

- La Durance à Vélo
- Mountain biking on the Grande Traversée des Hautes-Alpes
- Circuit No. and direction
- Circuit start/finish
- Climb
- Climb No.
- Start Climb
- Finish Climb

- National or Regional Natural Park
- Geopark
- The Land
- The Great Alpine Route
- The Napoleon Road
- Via Alta
- The lavender road
- Briançon - Mont-Dauphin UNESCO fortifications
- Airstrip
- Airport
- TER station
- TGV station
- Remarkable site
- Emblematic summit
- Emblematic pass
- Major ski resort
- Village resort
- Bike park
- Astronomy
- Harbour master
- Castle
- Petites Cités de Caractère (typical villages)
- Museum
- Lake
- Balneotherapy



Abrès (Abrès-Ristolas) ... C9	Cervières B8	Éourres G3	La Bâtie-Vieille E5	Laragne-Montéglin F3	Lettret E5	Névache A7	Réallon D6	Saint-Chaffrey B7	Saint-Laurent-du-Cros D5	Sigoyer E4
Aiguilles C9	Céuze E4	Esparron E4	La Beaume E2	Lardier-et-Valença F4	Manteyer E3	Nossage-et-Bénévent F3	Remollon E5	Saint-Clément B7	Saint-Léger-les-Mélèzes D5	Sorbiers F2
Ancelle E3	Chabestan E3	Espinasses E5	La Chapelle E4	Lardier-et-Valença F4	Méruil F3	Orcières D6	Réotier D7	Saint-Martin-de-Queyras D7	Saint-Léger-les-Mélèzes D5	Tallard E5
Arvioux C8	Chabottes D5	Étoile-Saint-Cyrice F2	-en-Valgaudemar C5	Lazer F3	Molines-en-Queyras C9	Orpierre F3	Ribeyret F2	Saint-Crépin D7	Saint-Maurice E5	Théjus E5
Aspremont E3	Champcella C7	Eygliers D7	La Fare-en-Champsaur D5	Le Bersac F3	Oze E3	Oze E3	Ribiers (Val-Buëch-Méouge) G4	Sainte-Colombe G3	-en-Valgaudemar C5	Trescléoux F3
Aspres-les-Corps C4	Champoléon D6	Forest-Saint-Julien D5	La Faurie E3	Le Dévoluy D4	Montbrand D3	Pelleautier E4	Risoul D7	Sainte-Marie (Valdoule) E2	Saint-Michel de Chaillol D5	Upaix F4
Aspres-sur-Buëch E3	Chamousse F3	Fouillouse E4	La Freissinouse E4	Le Glaizil C4	Montclus D3	Pelvoux (Vallouise-Pelvoux) C7	Ristolas (Abrès-Ristolas) C9	Saint-Étienne-le-Laus E5	Saint-Pierre-Avez G3	Val-des-Prés B8
Avançon E5	Châteauneuf-d'Oze E4	Freissinières C7	La Grave A6	Le Monétier-les-Bains B7	Mont-Dauphin D7	Poligny D5	Rochebrune E5	Saint-Eusèbe-en-Champsaur (Aubessagne) C4	Saint-Pierre d'Argençon E3	Vallouise (Vallouise-Pelvoux) C7
Baratier E7	Châteauroux-les-Alpes D7	Furmeyer E4	La Haute-Beaume E2	Le Noyer D4	Montgardin E6	Prunières E6	Rosans F2	Saint-Sauveur E7	Saint-Sauveur E7	Valserres E5
Barclonnnette F4	Châteauneuf-Vieille C8	Gap E5	La Motte-en-Champsaur C5	Le Poët F4	Montgenèvre B8	Puy-Saint-André B7	Rousset E5	Saint-Firmin C4	Saint-Véran D9	Vars D8
Barret-sur-Méouge G3	Château-Vieille C8	Garde-Colombe F3	La Pierre E3	Le Saix E3	Montjay F2	Puy-Saint-Eusèbe E6	Saint-André d'Embrun D7	Saint-Jacques E5	Saléon F3	Ventavon F4
Bréziers F5	Chauffray (Aubessagne) C4	Guillestre E7	La Roche-de-Rame C7	Le Sauc-du-Lac E6	Montmaur F2	Puy-Saint-Pierre E6	Saint-André-de-Rosans F2	Saint-Jacques E5	Salérans G3	Veynes E3
Briançon B7	Chorges E6	Jarjayes E5	La Roche-des-Arnauds E4	L'Épine F2	Montmorin (Valdoule) E2	Puy-Saint-Vincent C7	Saint-Apollinaire E6	Saint-Jean-Saint-Nicolas D5	Savines-le-Lac E6	Villar-d'Arène A6
Bruis (Valdoule) E2	Crévoux E7	L'Argentière-la-Bessée C7	La Rochette D5	Les Costes (Aubessagne) C4	Montrond F3	Puy-Sanières E7	Saint-Auban-d'Oze E4	Saint-Julien E4	Savournon F3	Villar-Loubière C5
Buisard D5	Crots E7	La Bâtie-Montsaléon E3	La Salle-les-Alpes B7	Les Orres E7	Moydans F2	Rabou D4	Saint-Bonnet-en-Champsaur D5	Saint-Julien-en-Champsaur D3	Serres F3	Villar-Saint-Pancrace B7
Ceilac D8	Embrun E7	La Bâtie-Neuve E5	La Saulce F4	Les Vigneaux C7	Neffes E4	Rambaud E5		Sigottier E3	Vitrolles F4	