



## Cycling in the French Alps (Cycling Guides Series)

*Paul Henderson*

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Cycle Touring in the French Alps presents a personal selection of the most picturesque cycling routes through the mountains of South-east France. Nine tours - seven circuits plus the 'Grand Travers' from Geneva to Nice. The 'classic' high passes of the French Alps (Galibier, Iseran, Izoard, etc) and many lesser known areas of the pre-Alps and Southern Jura. Second edition includes the classic Mont Ventoux climb. 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.



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