




Fighting Heart Disease & Stroke



Croí Alpine
Cycling Challenge 2025
Preliminary Information
Updated Jan 2025

Summary

- Depart Thursday 21st August and return Tuesday 26th August 2025
- During the four-day tour you will climb some of the most famous climbs in the Tour de France in a truly unique cycling experience
- Flights from Dublin to Lyon
- Hotel Accommodation in Le Bourg d'Oisans (adjacent to Alpe d'Huez) for 5 nights
- Bring your own bike or bike hire available also (incl. e-bikes, which are a great option to provide an inclusive experience for less experienced riders)





Indicative Itinerary

Alpe d'Huez
Bourg d'Oisans

Thursday 21st August

Flight from Dublin to Lyon
- Depart Dublin 12:55pm
- Arrive Lyon 4:10pm

Transfer to Le Bourg d'Oisans

Welcome meeting & bike setup



Friday 22nd August

ALPE D'HUEZ AND THE COL DE SARENNE

Starting and finishing in Bourg d'Oisans we will be tackling the legendary 21 bends of Alpe d'Huez and then the beautiful Col de Sarenne that sits above Alpe d'Huez.



Saturday 23rd August

PAS DE LA CONFESSION

This ride is a series of climbs that traverses Alpe d'Huez and will be the highlight of your week. Think small impossible roads cut into the side of the mountains. Spectacular views and beautiful descents.



Sunday 24th August

COL DE LA CROIX DE FER

Climbing from our base in Bourg d'Oisans we will be tackling the Col de la Croix de Fer taking in the Col du Glandon also.



Monday 25th August

COL DU GALIBIER

Today we will be climbing from our base to the Col du Lautaret and on to the highest point of this tour, the iconic Col du Galibier, at 2642m altitude.



Tuesday 26th August

Departure Day

Transfer to Lyon Airport for
onward travel to Dublin.
- Depart Lyon: 4:50pm
- Arrive Dublin: 6:05pm



Our Tour Partners

More Than 21 Bends cycling holidays have been riding and organising cycling tours and accommodation from Bourg d'Oisans at the base of Alpe d'Huez since 2008



What's included?

- Accommodation on Twin room shared basis for Five nights.
- Airport Transfers (Dublin-Lyon Airport on designated flights)
- Custom designed Croí Alpine Challenge Cycling Jersey
- Breakfast each morning
- Picnic lunch every day we are riding
- Welcome meeting with ride and safety information.
- Fully supported rides from support vehicle with fresh water.
- Luggage transfers.
- Bike mechanic with tools and track pump.
- Full GPX files and route profiles.

What's not included?

- Flights – participants will be responsible for booking their own flights directly. **Please do not book flights until the tour is fully confirmed.**
- Travel to and from Dublin airport
- Travel Insurance – all participants must arrange travel insurance and provide confirmation of same.
- Evening meals and drinks
- Bike Hire if needed (available at additional cost – 2025 rental prices TBC)
- Single Room Supplement - €250 (Limited single rooms available)

Cost

- Overall Tour Cost is €1350 per person plus fundraising target to raise €1500 (minimum) for Croí.
- Full Fundraising Support will be available from Croí.
- €300 deposit required to secure place (non-refundable)





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More Information:

Christine Flanagan

Director of Fundraising

Christine@croi.ie | 083-8780948

