

**MELOW
JERSEY**

MAR 
MOTTE
GRANFONDO PYRÉNÉES

**IT DOES NOT
MATTER HOW
SLOW YOU GO**

SO LONG AS YOU DON'T STOP

MARMOTTE PYRENEES 2018



Marmotte Pyrenees

PACKAGE

**MELLOW
JERSEY**

Your MELLOW JERSEY package includes:

- 3 nights half board (inc breakfast & dinner) accommodation
- Transfers to and from Toulouse airport (at times specified on booking)
- Event entry to the Marmotte Pyrenees
- Optional guided rides pre-event
- Support and guidance of our experienced team

From £630 per person

(twin share - single supplement £40 per night)

Note: Excludes flights and travel insurance



Marmotte Pyrenees

PROPOSED ITINERARY

**MYELLOW
JERSEY**

We have included an outline itinerary below to ensure that you are best prepared for the Marmotte and make the most of your time in the Pyrenees

DAY 01

Friday 24th - Arrival

Arrival into Toulouse and transfer to hotel.
Meet your team and cycling companions over dinner
and event briefing

DAY 02

Saturday 25th – Warm up and Registration

Warm up ride to prepare for the event and familiarise
you with the area. Registration and expo in the
afternoon.

DAY 03

Sunday 26th – MARMOTTE!

Early breakfast and transfer ready for the 7:30 start
time. Collection from the finish and return to the hotel to
recover / celebrate!

DAY 04

Monday 27th – Optional last ride and departure

Today provides the option to have a relaxed day in the
sunshine or head out for a final spin on the bike.
Transfer to Toulouse for flights home.

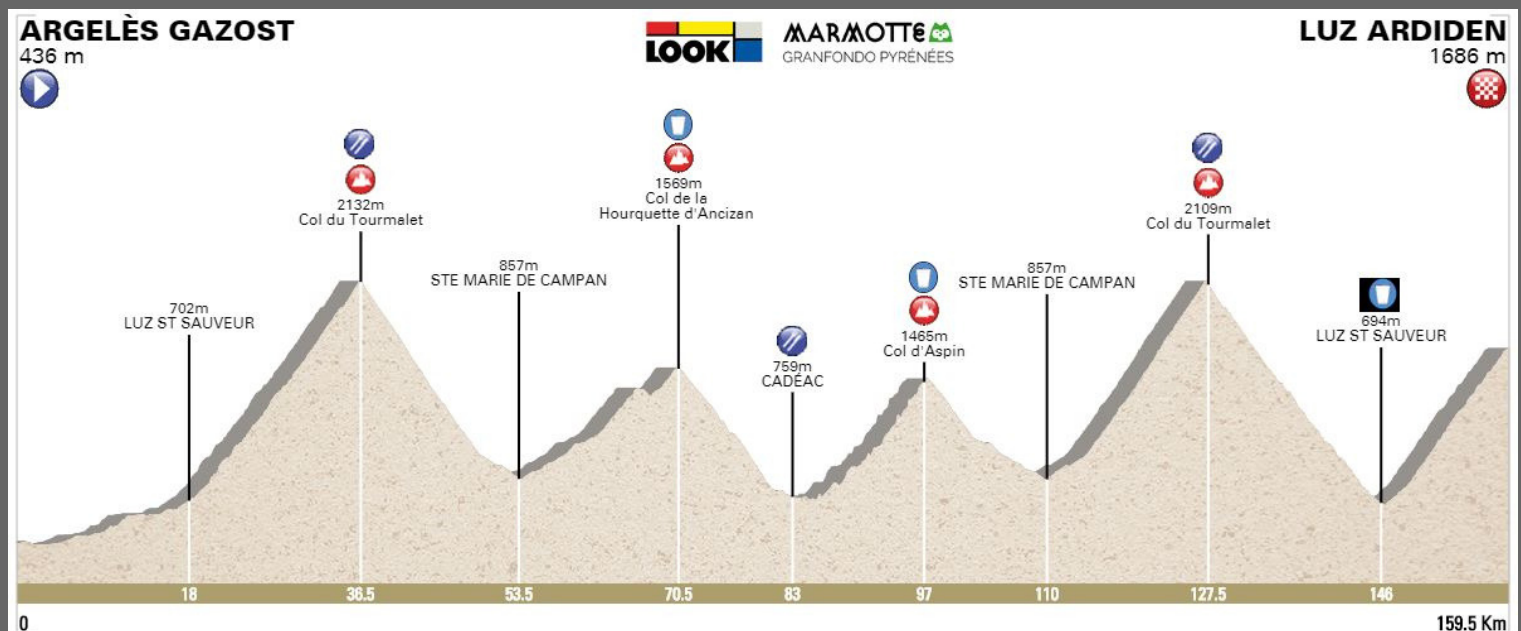
Please note that this is subject to change

Marmotte Pyrenees

THE EVENT

**YELLOW
JERSEY**

The course encompasses **160km** and a brutal **5,600m** of climbing, taking in hors categories passes (including the Tourmalet....twice!) and stunning scenery, finishing in Luz Ardiden, eight times the arrival in the Tour de France.



Marmotte Pyrenees

THE CLIMBS

YELLOW
JERSEY



Col du Tourmalet (Western climb)

2115m (1,387m height gain) 19km from Luz average 7.5% (max 9.2%)

The climb consists of long sections of 8% and the challenge is in its length and altitude. Out of Bareges (12km to summit) the gradient increases to 13% for c.1.5km before the easiest section to the Tournaboup ski station. The summit is visible for the remaining 8km where the gradient increases to 13% in the last 300m. Take care on the technical descent to Sainte-Marie-de-Campan



La Hourquette d'Ancizan

1564m (904m height gain) 22km average 4.8% (max 10%)

From Sainte-Marie-de-Campan the first 7km to the ski station at Payole has little difficulty (with the exception of 1km @6% at c.4km). Approx 1km after the ski station the grade will kick up, and 4km from the summit there is a 1km downhill section before the final 3km. It is not a very difficult climb with only the last 8km offering any significant gradient and the scenery is very beautiful.



Col D'Aspin

1489m (779m height gain) 12km average 6.5% (max 10.5%)

From Arreau the first 2 kilometres are rather rolling, 4% and 3% respectively. The slope becomes more serious with one kilometre @ 8% after the junction with the small road on the left, leading to Aspin-Aure. 5km from the summit begins a steep kilometre @ 9.5%. The final kilometres have an average of 8% and a few portions of straight road.



Col du Tourmalet, (Eastern climb)

2115m (1,265m gain) 16.5km from Sainte-Marie average 7.6% (max 9.8%)

The first 4.5km are relatively easy before the gradient kicks up to over 8% for the remaining 12km. The road remains shaded until 7km to go, and at 5km you pass through the town of La Mongie. After this the gradient eases but remains challenging to the summit.



Luz Ardiden

1720m (982m) 13.1km from Saint Sauveur average 8% (max 12%)

Luz Ardiden is a hors category climb consisting of 25 hairpins rising up from the town of Saint Sauveur. It is a steady climb with a relatively consistent gradient which makes it easy to get into a rhythm, and it offers spectacular views once you emerge from the wooded area at around 4km to go.

Marmotte Pyrenees

SPORTS MASSAGE

MELLOW JERSEY

MELLOW
THERAPY



To help you
prepare and
recover....

30 minutes sports
massage
treatments for 30
euros

Book with Emma on
+44 7714 524518



www.mellowtherapy.co.uk

WWW.MELLOWJERSEY.CO.UK



/MELLOWJERSEY



@MELLOWJERSEY

