



## GRAVEL ESCAPE - 3 days

Exists also for 5 days. Check our [shop](#) for longer bike tours.



*Discover the Hautes Vosges along forest tracks, high balconies and surprising viewpoints. Clean air, intimate forests and gurgling streams, three irresistible ingredients for a feeling of utter freedom.*

- Up to 40 % gravel tracks, some singletrack and the rest on very small roads.
- Choice of daily rides from around 35 to 70 kms.
- Halfboard in lodgings in quiet locations, possibly at altitude.
- Start and finish possible in Xonrupt-Longemer, Gérardmer or Remiremont TGV station.
- Suitable for gravelbikes, mountain bikes and most e-bikes.

### Dates

- Starting is possible every day of the week.
- From 28/04 until 28/10.

### Difficulty

#### PHYSICAL DIFFICULTY

- The average climbing meters per day :
- The average distance per day :

#### OPTION 1

800 m  
35 km

#### OPTION 2

1150 m  
45 km

#### OPTION 3

1750 m  
70 km

#### TECHNICAL DIFFICULTY



Technical sections have been avoided as much as possible but there are some. There will be some pushing. For those new to gravel riding, make no mistake, gravel is tiring.

## Option 1

Day 1 : 28km – 580m

Day 2 : 37 km – 860m

Day 3 : 44 km – 1120m  
or

Day 3 : 39km – 860m



## Option 2

Day 1 : 39 km – 940m

Day 2 : 47 km – 1130m

Day 3 : 46 km – 1410m



## Option 3

Day 1 : 75km – 1660m

Day 2 : 70 km – 1480m

Day 3 : 60 km – 1660m



## Programme 3 days on the bike, 2 nights

When possible, accommodation will be in small Chambre d'Hôtes in remote locations. Quite often they are fully booked a long time in advance. Therefore the program will very likely vary for each individual tour. We confirm the program once we have received the deposit of 30%.

### OPTION 1

#### Day 1 Xonrupt-Longemer – Sapois

distance covered 28 km • elevation gain 580m • technical difficulty



**Tour start** : Meeting up with Sofie between 9:00 and 10:00 in Xonrupt-Longemer at the parking behind the church. Gear-check, GPS, roadbook and tracker briefing. Welcome to the Vosges !

- Mid-morning start at the Lac de Longemer, a dip in the lake is allowed, and an easy ride following the Route Forestière des 17kms. The first imposing views will be over the Vallée de Chajoux.
- At km 17, you'll cross the main road at Col de Grosse Pierre for a glorious descent into the next valley of the Bouchot. A pastoral valley with rock slides, the Bouchot stream and water trickling and falling everywhere.
- A small road will be leading you to the Chambres d'hôtes.

#### Day 2 Sapois – Ramonchamp

distance covered 37 km • elevation gain 860m • technical difficulty



- Don't miss the Cascades du Bouchot (waterfalls), just 2,5 kms into the ride.
- Settle down for a 10 km warm-up ride before connecting with the main treat of the day, a long gentle climb through beautiful non-commercial forests. If you pay attention to the quiet, you may become aware of the energy present in the forest.
- Follow the ridge looking over the valley of La Moselle before it's downhill to tonight's chambre d'hôtes.

#### Day 3 Ramonchamp – Xonrupt-Longemer

distance covered 44 km • elevation gain 1120m • technical difficulty



- A big day climbing through forests and past mountain lakes. If this ride is too long or climbs too much, we propose an alternative ride.

#### Alternative ride :

distance covered 39 km • elevation gain 860m • technical difficulty



A good day none the less. In contrast to the ride mentioned above, 28 of the 39 kilometers are along narrow paved roads. Finish in style with a swim in Lac de Longemer.

#### HOW TO READ THE TECHNICAL DIFFICULTY for GRAVEL



For the occasional cyclist



For the confident cyclist prepared to walk because of an occasional difficulty.



For the confident cyclist who enjoys picking a line



For the confident cyclist who enjoys piloting and challenges



For masters of piloting, enjoying a challenging downhill on a bike without suspension



## OPTION 2

### Day 1 Xonrupt-Longemer – Sapois

distance covered 39 km • elevation gain 940m • technical difficulty



**Tour start :** Meeting up with Sofie between 9:00 and 10:00 in Xonrupt-Longemer at the parking behind the church. Gear-check, GPS, roadbook and tracker briefing. Welcome to the Vosges !

- Mid-morning start at the Lac de Longemer (a dip in the lake is allowed) and an easy ride following the Route Forestière des 17km. This stretch serves as a cross-country skiing track in winter. The first imposing views of the day will be over the Vallée de Chajoux.
- You'll cross the main road at Col de Grosse Pierre for a glorious descent into the next valley, named La Vallée du Bouchot. A pastoral valley with rock slides, the Bouchot stream and water trickling and falling everywhere.
- You'll leave this valley to climb to Le Haut du Tôl, the highest parish in the Vosges. Don't hesitate to visit the gardens and the shop of Les Jardins de Bernadette. Keep some time to admire the panoramic views on the descent to your lodgings in a quiet remote location in Sapois.

### Day 2 Sapois – Ramonchamp

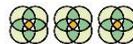
distance covered 47 km • elevation gain 1130m • technical difficulty



- Don't miss the Cascades du Bouchot (waterfalls), just 2,5 kms into the ride. Shopping is possible in two farmshops at Gerbamont.
- What follows is a warm-up of around 10 kms before connecting with the main treat of the day, a long gentle climb through beautiful non-commercial forests. If you pay attention to the quiet, you may become aware of the energy present in the forest. The track continues for 14 kms along high balconies above the valley of the Moselle, before a long easy descent will take you to tonight's chambre d'hôtes.

### Day 3 Ramonchamp – Xonrupt-Longemer

distance covered 46 km • elevation gain 1410m • technical difficulty



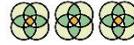
- The last day starts without warm-up. Small steep tarmac roads wind their way up to the ski slopes above La Bresse, the largest ski resort of the Vosges. From here on a good 10 kms of forest tracks will take you to the Lac de Blancheimer. Climb on to the Lac de la Lande, a reservoir used to make artificial snow in winter. Watch out for some fast downhill MTB's, you are now crossing the Bikepark of La Bresse where several editions of the MTB cross-country World Cup have been held.
- Keep climbing all the way to the top of the Hohneck, with 1363m the third highest summit of the Massif des Vosges. On a clear day, the Alps and the Mont Blanc are visible. If it's late afternoon, chamois come to graze.
- Now follows a steep technical descent. It's not too long and not too difficult on foot. The rest of the descent is absolutely gorgeous but again a little technical. Join a stretch of main road for a nice descent to the Lac de Retournermer. Finish with a gravel track to the Lac de Longemer, where a swim is a just reward for the efforts of the last three days. The end of the journey is just 2 kms away.



## OPTION 3

### Day 1 Xonrupt-Longemer – Sapois

distance covered **75 km** • elevation gain **1660m** • technical difficulty



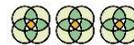
**Tour start** : Meeting up with Sofie between 9:00 and 10:00 in Xonrupt-Longemer at the parking behind the church. Gear-check, GPS, roadbook and tracker briefing. Welcome to the Vosges !

- Mid-morning start climbing into the forest along the most gentle of graveltracks. The forest tracks gets steeper and starts heading north for 10 kms before leaving the forest just beyond Gerbépal, to head west for an immersion in the sweetest of pastoral landscapes typically Vosgien.
- Around km 46, the waterfalls of Tendon are the perfect setting for a break, especially if it's warm. This is a popular place with locals and tourists alike.
- Two more long climbs need conquering before arriving at Le Haut du Tôt and the highest parish of the Vosges. Les Jardins de Bernadette and the shop are worth a visit for herbal teas and syrups. If you are lucky, there may be a photography exhibition of exceptional quality in the gardens and beyond. A panoramic descent leads to tonight's accommodation.

Battery charging : 41 km Jardins de Berchigranges (pas de restaurant au Jardin) • 47 km Hotel Grand Cascade, Tendon

### Day 2 Sapois – Ramonchamp

distance covered **70 km** • elevation gain **1480m** • technical difficulty

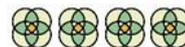


- More waterfalls to start the day. Les Cascades du Bouchot are worth a quick visit on foot. They are less frequented than yesterday's Cascade de Tendon.
- 12 kms of flat cycle lane before arriving at the first serious climb of the day taking you onto the Plateau des 1000 Etangs, or the plain of a thousand ponds These have been formed over 12 000 years ago when the glacier of La Moselle retreated. The area is full of peat bogs and is protected as a NATURA 2000 site. The Plateau marks the most southern point of the Parc Naturel Régional des Ballons des Vosges. The climbs are steep and can sting. After crossing an picturesque area called "Petit Finlande" the ride will head back down to the valley and today's last climb to a traditional Ferme Auberge.

Battery charging :

### Day 3 Ramonchamp – Xonrupt-Longemer

distance covered **60 km** • elevation gain **1660m** • technical difficulty



- Day 3 starts with 3 short climbs in quick succession before easing out into a lovely forest road. Around the 18 km mark, you'll cross the village of Ventron. The ride passes just 500m from the highly recommended Musée de Textile. A visit takes about an hour and a half. Leave the GPX track and follow the signs for Le Musée de Textile.
- The long climb out of Ventron crosses La Réserve Naturelle Nationale du Massif du Grand Ventron, declared a UNESCO World Heritage Site. Your efforts will be rewarded with an Auberge and a panoramic viewpoint from the first summit of the tour, Le Grand Ventron at 1204m.
- From here on the small tarmac roads descend for the next 8 kms to the Col de la Vierge and the Col de Bramont. Next stop is Lac de Blanchemer, sadly no swimming allowed but it's a beautiful spot for a break.
- The last long climb of the day takes you to the magnificent Route des Crêtes and the summit of the Hohneck. At an altitude of 1363m it is the third highest summit of the Ballons des Vosges, and high enough to see the Alps Bernoises and the Mont Blanc on a clear day. If it's late afternoon, chamois (wild goats) come to graze.
- The last part of the gravel escape is a fast 15 km downhill to the Lac de Longemer for a well-earned swim !



## Prices for the gravel escape of 3 days (2 nights)

### 2 and 3\* hotel or the equivalent

For a group of 2 adults sharing a room :	399 € per person
For a group of 3 adults sharing 2 rooms :	369 € per person
For a group of 4 adults sharing 2 rooms :	329 € per person
For a group of 5 adults sharing 3 rooms :	319 € per person
For a group of 6 adults sharing 3 rooms :	299 € per person
For a solo adult :	599 €
For a group of 3 adults sharing 1 room :	329 € per person – use the CODE : 1CHAMBRE
For a group of 5 adults sharing 2 rooms :	299 € per person – use the CODE : 2CHAMBRES
Extra night for groups of 2 or 4 adults :	80 € per person for bed & breakfast (in Gérardmer)
Extra night for a solo adult :	130 € for bed & breakfast (in Gérardmer)

## Included

- 2 nights half-board including 2 dinners and 2 breakfasts.
- 2 lunch packs for the second and the third day.
- Bag transport.
- Maps and GPS tracks.
- The use of a GPS for navigation, it's support, a spare battery pack and other small kit for your bike.
- GPS tracker for security.
- Daily weather forecast.
- 24/24 telephone support.

## Not included

- Transport between your home address and the start.
- Bicycles. We are happy to help you find a rental place with quality (e-)MTB's.
- Guide : the bike tour is self-guided.
- Drinks at the accommodation. Tips.
- Visits to museums, monuments and other sites.
- Tourist tax.
- Travel insurance, assistance.
- Transport of persons. We are happy to help you book a local taxi.
- All personal expenses.
- Everything not mentioned under "included"

## Lodgings

- In auberges, chambre d'hôte or small 1, 2 or 3\* hotels. They have been selected to avoid towns as much as possible. Not all of them have a restaurant. You may have to walk a couple of kilometers to go for dinner.
- The precise lodging may change due to availability.
- All lodgings have bicycle storage.
- If you have any special requests, please let us know as soon as you make the reservation.



## Luggage

- The only luggage to carry is a daypack !
- Leave your luggage at the reception before 9h30 and it will be delivered by cargo-bike before 17h00 at the next stopover.
- Use a soft bag weighing max 12 kilos. If you want to take more luggage, please let us know beforehand. There may be an extra charge.
- Use the kit list at the end of this document.

## How to get here. Meeting arrangements

**By train.** By TGV from Paris and from Nancy. The cost for a bicycle supplement is 10 €. It is necessary to book well in advance. If the bicycle spots are not available, you can pack your bike in a special transport bag and take it free of charge. You need to take off both wheels.

If you need to stay an extra night at the beginning or the end of the trip, please let us know when making the reservation.

**By car.** The car parking behind the church at Xonrupt-Longemer is quiet and fairly well hidden from view. You can leave your car here until your return. We cannot be held responsible for any damage or theft to your car, but our own cars are parked here all year around.

**Meeting point for start and finish.** We will meet up with you in person.

- At the Remiremont train station if you come by train. The itinerary will be adapted to a start and finish at Remiremont.
- At the car parking behind the church of Xonrupt-Longemer. Between 9h and 10h on arrival. Around 17:00 on day 3 for your return..

## How to book

**How to book :** please choose a bike tour and fill in the online booking form, at the end of the process you will be transferred to a secure payment platform and you will be asked to pay :

- an account of 30 % if you book more than 30 days before the start of the trip
- the full amount if you book less than 30 days before the start of the trip

**Expert advice :**

- Unsure which tour to book ?
- Interested in a custom version of one of our tours ?
- Not sure if a particular tour is suitable for your riding style ?

We are available to offer you expert advice from Monday to Friday from 9:00 until 18:00 by phone or by mail : You'll find the details on our website.

**Confirmation :** self-guided tours are confirmed within 2 working days of booking. The outstanding balance of 70% needs to be paid at the latest 30 days before the start. Your travel documents will be sent to you once we have received the balance payment and no later than 2 weeks before the start of the trip. For last-minutes bookings, we will hand over the travel documents and maps on your arrival.



## Cancellation terms and changes to bookings

In the event that you are obliged to cancel your bike tour, Bike Tours Vosges will reimburse the entire sum paid for the tour so far, minus the following cancellation charges :

- More than 60 days before departure : 5 % of the tour price
- Between 60 and 31 days before departure : 15 % of the tour price
- Between 30 and 21 days before departure : 30 % of the tour price
- Between 20 and 14 days before departure : 50% of the tour price
- Between 13 and 7 days before departure : 70 % of the tour price
- Less than 7 days before departure : 100 % of the tour price

In the event that you wish to change the dates of a bike tour there is a standard charge of 50 €. Changes may be made to the original program.

### **Covid-19 : what happens when you have to cancel or change a booking ?**

If you can't come for your bike tour due to the following regulations :

- the closure of borders between countries or the ban on non-essential trips
- a lockdown or restrictions on inter-regional trips
- closure of hotels or campsites,

The trip will be cancelled or postponed to a later date.

If the trip is cancelled, the total down-payment will be refunded.

If you decide to postpone the trip, the down-payment will be kept to be used at a later dates. There will be no extra fee charged to change the booking.

**Closure of restaurants and/or limited access to tourist sites** do not constitute a valid reason for cancellation or changes without charge. Vélo Vosges and her partners will take all necessary measures, to guarantee meals (booking, delivery, meal trays). Vélo Vosges will warn you in time so that you can take the necessary measures in order to change meals or visits.

**If you catch Covid-19 before your departure or if you are placed in isolation before your departure**, the usual cancellation terms and changes to bookings apply. You may however be covered by your own travel cancellation insurance.

## User guide

Active autonomy: what you need to know for our self-guided tours :

In order to achieve the planned tour programme, you must :

Guide yourself with the maps and GPX tracks

- Choose suitable start times adapted to the lengths of the daily stages as well as your own riding pace, and leave an adequate safety margin of time.
- Consult the daily weather forecast that we send by text message. Take the forecast into account when planning your journey times.
- Arrive at the booked guest houses and hotels listed in the programme on the given dates.
- Bring the necessary personal equipment to carry out the tour. The Bike Tours Vosges kit list constitutes the necessary minimum.
- Carry insurance policies and emergency telephone numbers with you at all times.
- Be familiar with basic first aid steps
- In the event of problems during your trip, contact Bike Tours Vosges (contact number in your travel documents) Possession of a phone that works in France is strongly recommended. Remember that you can check your exact position on a smartphone.



## Responsibilities

### Who is responsible for what ?

- **BAD WEATHER** : we cannot accept bad weather as a reason for cancelling. Luckily it rarely rains all day. We recommend reducing the ride to the direct distance of around 30 kms between 2 stopovers when the weather is really bad. The daily text message with the weather forecast can help to pick the best moment of the day to ride. Please bear in mind that Bike Tours Vosges cannot be held responsible for the actual weather conditions being different than the forecast sent by text message.
- **MECHANICAL PROBLEMS** : we recommend a bike check-up by a professional bike-mechanic before travelling. Fixing a mechanical problem remains your responsibility. We can however meet you with a toolbox and bike stand. It's free of charge if you give us a day's notice. The charge is 50 € for an emergency call-out.
- **TICKS** are very common in the Vosges and can cause Lyme Disease. Please take the following precautions
  - Cover arms and legs whenever possible.
  - Do a thorough check every evening for ticks. They favour certain areas such as armpits or behind the knees. The tick twisters in the set provided by Bike Tours Vosges should make it easy to remove the ticks.
  - Make sure to keep a close eye on the areas where you removed the tick(s) for at least 3 weeks. Consult a doctor if you develop a temperature or a red rash, with or without blisters in the centre.
- **LENDING SERVICE** of small kit, gps and gps trackers.  
The aim of the lending service is two-fold :
  - sobriety, in case this is a one-off bike trip
  - testing, if you are planning to buy kit for further adventures

We ask to sign a form on your arrival listing the kit you have borrowed, together with your commitment to pay for any lost or seriously damaged items.

- **GPS TRACKERS** : the main reason for us to give you a GPS tracker is security because the tracker allows us to communicate your exact position to emergency services. The tracker is light and small and should be left switched on all the time. It has enough battery power for the trip. Store it in the top of a bag (the signal's not so good when stored in the bottom of a bag). Bike Tours Vosges will not share your position with anyone other than emergency services.  
If you don't feel happy about carrying a tracker, please let us know.  
The trackers can also be used to share your trip in real time with family and friends. We'll send you a link that you can share for people to follow your progress on a map.
- **GPS for NAVIGATION**, a GARMIN Edge 830. All the GPX-files are preloaded on the GPS and we provide a simple user's manual. The GPX tracks will also be sent by email before your arrival in case you wish to use your own GPS. The tracks are also available on Komoot.  
We recommend doubling up with a smartphone. The main benefits of a smartphone are the zoom function and the bigger screen. It also provides back-up if there's a problem with the GPS. Using flight mode will help extending battery life.  
**Accuracy of the tracks and privacy**  
When importing the tracks in your own planning software, the system might make changes to adapt to "known paths". Be sure to select the option "not to adapt the track". Real world altitude gain and distances may vary slightly from the data shown in the GPS software applications.  
Developing these tracks has taken many hours. Please don't share or publish them on any website, social media or anywhere else.



## Travel file

We send the full travel file at least 2 weeks before your arrival. The file will contain :

- Your personal program
- Luggage tags
- The 5 good habits from the Quiétude attitude program

## Special requests

Please contact us by mail as early as possible for the following requests :

- Sharing or not sharing rooms
- Vegetarian meals, allergies
- Extra night on arrival or at the end of the trip
- Help with renting a bicycle
- Travel by train : we need to know the train time and number
- Unusual travel arrangements
- Extra bags
- Different daily elevation gain / distances
- If you wish to stay longer than 2 nights please choose Gravel Escape 5 days or ask for a quote

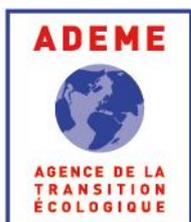
## Kit list

Don't worry if you don't have all the equipment, you can borrow a number of essential items. Please check the list below carefully.



Bike Tours Vosges est soutenue par l'Ademe et par France Relance :

Financé par



Bike Tours Vosges est partenaire :

du PARC NATUREL REGIONAL DES BALLONS DES VOSGES et du CONSEIL DEPARTEMENTAL



Contactez nous :

[www.biketoursvosges.com](http://www.biketoursvosges.com)

+33 769 89 57 42

**A bientôt... dans les Vosges !**

Bike Tours Vosges est la dénomination commerciale de Vélo Vosges, immatriculée Atout France IM0808220002.



