



## ORIGINAL BIKE TOUR - 3 days

Check our [shop](#) for longer bike tours or ask for an original tour made to measure.



*A self-guided bike tour in the Hautes Vosges. La Vallée des Lacs, the textile museum, a sawmill from 1624 and a confiserie for traditional sweets.*

*Original stands for touring with plenty of opportunities to explore gardens, lakes and remarkable heritage sites.*

*Bag transport and lodgings included.*

- Lac de Longemer, de Retournemer and de Gérardmer
- Musée de Textile de Ventron, la scierie de Llançoir and La Confiserie (CDHV) in Plainfaing.
- Les Jardins de Bernadette in the highest parish of the Vosges, Le Haut du Tôt.
- Choice of daily rides between 35, 55 or 85 kms.
- 2 and 3\* hotels or the equivalent.

### Dates

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

### Difficulty

#### PHYSICAL DIFFICULTY

- The average elevation gain per day :
- The average distance per day :

#### OPTION 1

450 m  
35 km

#### OPTION 2

750 m  
50 km

#### OPTION 3

1100 km  
60 km

#### OPTION 4

1400 m  
84 km

#### TECHNICAL DIFFICULTY



The Original Bike Tours are shorter than the Road Bike Tours. The terrain is hilly/mountainous. The tracks follow quiet roads and bike paths as much as possible. A first experience of climbing and descending a mountain pass is necessary. If you are not used to climbing, an e-bike might be a good solution. Every day you can choose between 3 or 4 distances.

Option 1

Day 1 : 33km – 290m

Day 2 : 47 km – 640m

Day 3 : 31 km – 670m

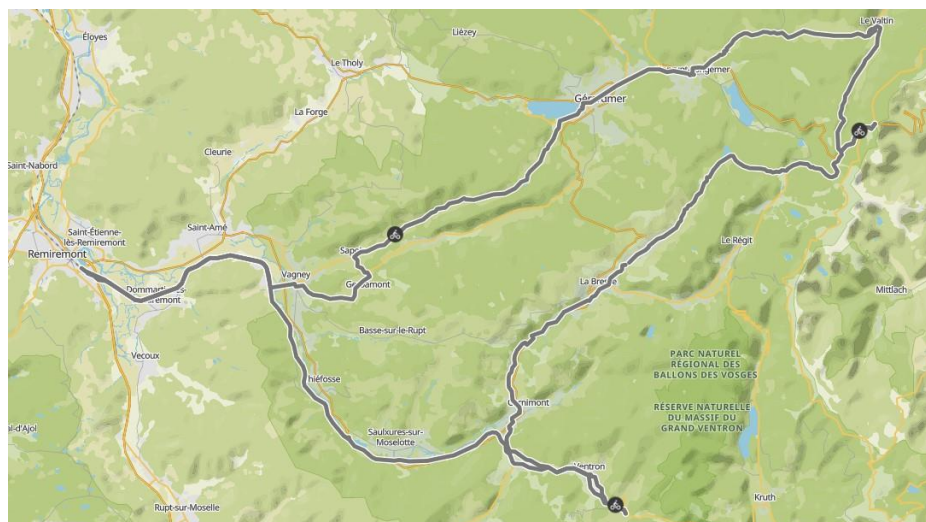


## Option 2

Day 1 : 48 km – 580m

Day 2 : 65 km – 900m

Day 3 : 48 km – 1080m

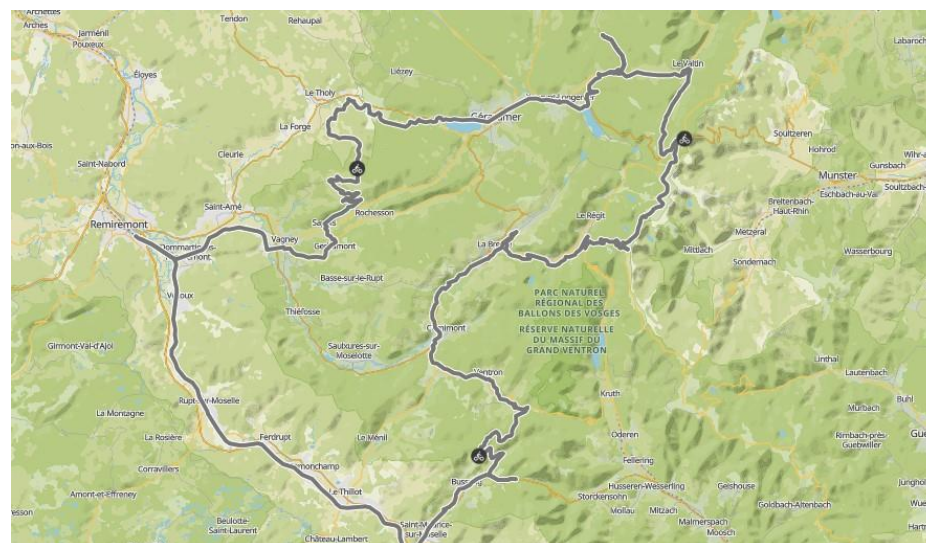


### Option 3

Day 1 : 55 km – 790m

Day 2 : 62 km – 1240m

Day 3 : 56 km – 1170m

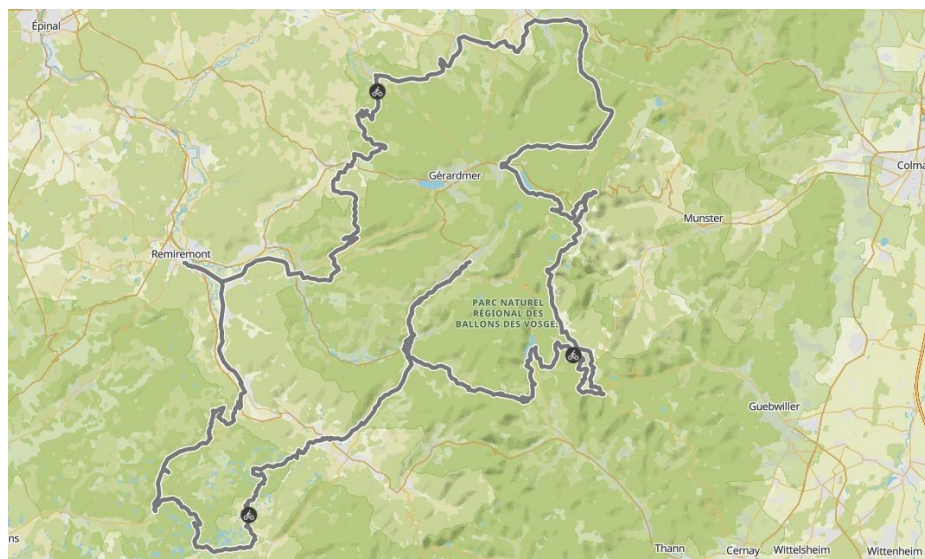


## Option 4

Day 1 : 88 km – 1230m

Day 2 : 84 km – 1330m

Day 3 : 79 km – 1580m



## Programme 3 days on the bike, 2 nights

Quite often, accommodation is in small chambres d'hôtes. Therefore the program will very likely vary for each individual tour. We confirm the program once we have received the deposit of 30 %.

### HOW TO READ THE TECHNICAL DIFFICULTY for TOURING



For the budding hill climber. Easy downhills.



For the enthusiast with little training. May include a short stretch of 15 %.



For the regular rider, 1500 to 2000 climbing meters day after day.



For the well-trained rider from 2000 to 2500 climbing meters per day.



For the expert, from 2500 up to 3500 climbing meters per day.



## OPTION 1

### Day 1 Xonrupt-Longemer – Remiremont

distance covered **33 km** • elevation gain **290m** • technical difficulty



**Tour start** : Meeting with Sofie at 9:00 in the parking lot behind the church in Xonrupt-Longemer. Gear-check, , roadbook, GPS and tracker briefing.

Welcome to the Vosges !

- 5 kms on a cycle lane along the main road for Gérardmer, la perle des Vosges, famous for its household linen, Blanc des Vosges, and other local specialties. A good place for shopping.
- Lac de Gérardmer and Col de Sapois at 834m, 3 km of climbing for 170m of elevation gain.
- Descent to the waterfalls called Saut de Bouchot.
- A short detour to the farmshop of GAEC Lejol for fresh meat, charcuterie, cheese and yogurt.
- The last 10 kms on a beautiful easy bike path to Remiremont.
- Terra Geneasis for ancient rock and mineral collections.

### Day 2 Remiremont – La Bresse

distance covered **47 km** • elevation gain **640m** • technical difficulty



- The bike path, la Voie Verte. Thiéfosse after 10 kms, remarkable bridge over the Gorge de Crosery.
- At the 17 km mark, possibility to swim in Lac de Saulxures-sur-Moselotte.
- A gentle 7 km climb to le Musée de Textile de Ventron
- Back to Cornimont and a nice backroad to La Bresse.
- Musée de 1001 Racines (roots).

### Day 3 La Bresse – Xonrupt-Longemer

distance covered **31 km** • elevation gain **670m** • technical difficulty



- Most of the climbing happens in the first 14 kms.
- Lac de la Ténine and Lac de Lispach after 4 kms. Wooden boardwalk around Lac de Lispach. Wetlands, peatbogs.
- Col de la Schlucht 1139m, the visitor centre, the start of the Sentier des Roches, the bio reserve of Frankenthal.
- Descent to Lac de Retournemer, nice gravelpath to Lac de Longemer for a swim.
- The end of the journey is just 2 kms away.



## OPTION 2

### Day 1 Xonrupt-Longemer – Remiremont

distance covered : **48 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 !

- 5 kms on a cycle lane along the main road for Gérardmer, la perle des Vosges, famous for its lake and for its household linen, Blanc des Vosges, and other local specialities.
- Skirting the forest and biological reserve of Housseramont, home to the rare and vulnerable woodland grouse, the Capercaillie or le Grand Tétras in French.
- Le Haut du Tôt, the highest parish in the Hautes Vosges and Les Jardins de Bernadette.
- The panoramic views of the long descent.
- The waterfalls called Saut du Bouchot.
- The last 10 kms on a beautiful easy bike path to Remiremont.

### Day 2 Remiremont – La Bresse

distance covered **65 km** • elevation gain **900m** • technical difficulty



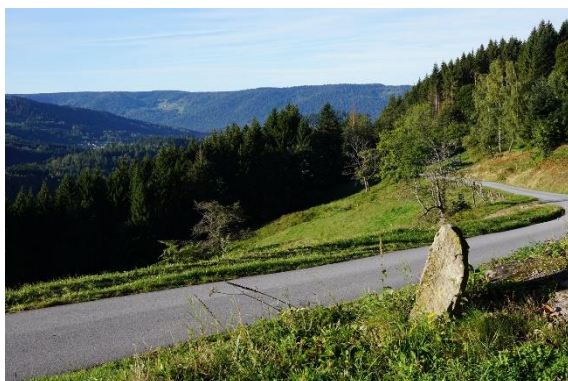
- Over 20 kms on an easy bike path, La Voie Verte des Hautes Vosges.
- Bussang, le Théâtre du Peuple, a listed historic building, a stage with view on the forest and live theatre for the last 127 years.
- The source of The Moselle.
- A long climb to an altitude of 957m and the Col du Page, a mountain pass in the forest.
- Musée de Textile in Ventron, with working looms, textile was one of the main industries of the Vosges.
- Backroad between Cornimont and La Bresse and the Musée de 1001 Racines.

### Day 3 La Bresse – Xonrupt-Longemer

distance covered **48 km** • elevation gain **1080m** • technical difficulty



- Leaving La Bresse, L'Atelier de la Tournerie (woodturning workshop), Bol d'Air (the most exciting adventure parc in the Vosges).
- La Route des Américains leading to the legendary Route des Crêtes, 8 kms for an elevation gain of 400 meters. Panoramic views and option to add the climb to the summit of the Hohneck (1363m).
- Col de la Schlucht 1139m, the visitor centre, the start of the Sentier des Roches, the bio reserve of Frankenthal.
- Descent to Le Valtin, small village dating back to the end of the 13<sup>th</sup> century, a bakery baking in a wood fired oven, herbal teas and liqueur shop (all ingredients locally harvested) and a craftshop.
- Climbing back up to Col de Surceneux and down to the restored Sawmill dating back to the 17<sup>th</sup> century.
- Return to Col de Surceneux and final descent to Lac de Longemer for a well-deserved dip in the Lake
- The end of the journey is just 2 kms away.



### OPTION 3

Average distance covered 60 km – average elevation gain 1100 m

I have recently added option 3. Before adding the description, I will try to reduce the average elevation gain.

### OPTION 4

#### Day 1 Xonrupt-Longemer – Remiremont



distance covered **88 km** • elevation gain **1230m** • technical difficulty

- A magnificent start to the bike tour, climbing to Le Valtin, a tiny village first settled at the end of the 13<sup>th</sup>
- 17 kms of downhill following the Valley of the Meurthe.
- the Confiserie des Hautes Vosges, traditional sweets, demonstrations in Plainfaing,
- and the bike path to Anould.
- a climb to Col de Plafond, pastoral landscapes on the northern edge of the Hautes Vosges
- Les Jardins de Berchigranges at the 49km mark. No refreshments available.
- Forests and descents before the main climb of the day to the highest parish of the Vosges, Le Haut du Tôt and Les Jardins de Bernadette, herbal tea and syrup shop. Free access to the gardens.
- Panoramic views on the descent to the waterfalls, Le Saut du Bouchot.

#### Day 2 Remiremont – La Bresse



distance covered **84 km** • elevation gain **1330m** • technical difficulty

- the small restaurants on this route don't accept bank cards, Remiremont is the last opportunity to get cash.
- 12 km on a beautifully flat bike path out of Remiremont.
- A climb of 6 kms onto the Plateau des Mille Etangs (a thousand ponds).
- Halte Touristique de la Rosière, drinking water, shelter and a small open air museum in the middle of nowhere.
- 10 easy kms to the botanical gardens, Jardin de la Ferrière.
- 4 more easy kms to Faucogney, a small medieval town.
- Crossing the Plateau des Mille Etangs and the area called « La Petite Finlande » (more ups than downs).
- Simple restaurant at Beulotte-Saint-Laurent after 52 kms.
- 33 kms to go with 3 more climbs to La Bresse and tonight's accommodation.

#### Day 3 La Bresse – Xonrupt-Longemer



distance covered **79 km** • elevation gain **1580m** • technical difficulty

- Easy backroad to Cornimont and climb to Le Musée de Textile de Ventron.
- Col d'Oderen, mountain pass at 884m, descent to Lac de Kruth, swimming is possible.
- One of the longest Cols of the Vosges, 14 kms at an average of 6% to Markstein and the Route des Crêtes
- The next 23 kms are undoubtedly the most beautiful stretch of the Route des Crêtes.
- Option to add the climb to the summit of the Hohneck at 1363m.
- Col de la Schlucht 1139m, the visitor centre, the start of the Sentier des Roches, the bio reserve of Frankenthal.
- Descent to Lac de Retournemer and Lac de Longemer for a swim.
- The end of the journey is just 2 kms away.



## Prices for the original bike tour 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

- 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 might 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 or changes

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 climbing meters / distances.
- If you wish to stay longer than 2 nights please choose Gravel Escape 4 nights 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.



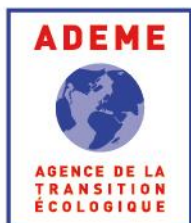
Bike Tours Vosges est soutenue par l'Ademe et par France Relance :

Financé par



**RÉPUBLIQUE  
FRANÇAISE**

*Liberté  
Égalité  
Fraternité*



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.





Kit List Bike Tour Vosges	My kit	Borrow from Bike Tour Vosges		My kit	Borrow from Bike Tour Vosges
<b>Riding</b>			<b>Repair kit (toolbag included)</b>		
1 pair of cycling shoes or trainers	<input type="checkbox"/>		pump / 2 spare tubes / patches & glue	<input type="checkbox"/>	<input type="checkbox"/>
2 pairs of cycling socks	<input type="checkbox"/>		some scotch and 6 electrical ties	<input type="checkbox"/>	<input type="checkbox"/>
2 bib shorts	<input type="checkbox"/>		2 quick links and a quick link/tyre lever tool	<input type="checkbox"/>	<input type="checkbox"/>
1 or 2 cycling jerseys short sleeves	<input type="checkbox"/>		1 small bottle of chain lube and a small cloth	<input type="checkbox"/>	<input type="checkbox"/>
1 cycling jersey long sleeves	<input type="checkbox"/>		1 small multitool	<input type="checkbox"/>	<input type="checkbox"/>
1 light wind/waterproof jacket	<input type="checkbox"/>	<input type="checkbox"/>	optional in the repair kit :		
1 light fleece or sleeveless windstopper	<input type="checkbox"/>		- for bikes with disc brakes : 1 set of brake pads		
1 neck warmer or bandana	<input type="checkbox"/>		- for MTB's : 1 derailleur hanger		
1 pair of cycling gloves	<input type="checkbox"/>		- for tubeless : plug kit & small bottle of sealant		<input type="checkbox"/>
1 sleeveless reflective vest or high visibility belt	<input type="checkbox"/>	<input type="checkbox"/>	<b>Security, energy, navigation and other necessities :</b>		
masks	<input type="checkbox"/>		front light / rear light / headtorch	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of sunglasses	<input type="checkbox"/>		1 bicycle padlock	<input type="checkbox"/>	<input type="checkbox"/>
1 helmet	<input type="checkbox"/>	<input type="checkbox"/>	for e-bikes : battery charger	<input type="checkbox"/>	
1 daypack : handlebar bag (avoid rucksacks)	<input type="checkbox"/>	<input type="checkbox"/>	1 smartphone	<input type="checkbox"/>	
			1 smartphone mount for the bike	<input type="checkbox"/>	<input type="checkbox"/>
<b>Leisure</b>			1 battery-pack	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of sandals or comfortable shoes	<input type="checkbox"/>		1 x 220 V charging plug + cables	<input type="checkbox"/>	<input type="checkbox"/>
socks / underwear	<input type="checkbox"/>		1 GPS + mount	<input type="checkbox"/>	<input type="checkbox"/>
short / bermuda / skirt	<input type="checkbox"/>		2 water bottles fitting the bottle cages	<input type="checkbox"/>	
1 pair of trousers	<input type="checkbox"/>		1 mini first aid kit / survival blanket	<input type="checkbox"/>	<input type="checkbox"/>
2 or 3 T-Shirts / blouse / shirt	<input type="checkbox"/>		a small quantity of toilet paper (not a full roll)	<input type="checkbox"/>	
1 long sleeved top or shirt	<input type="checkbox"/>		<b>Optional</b>		
1 fleece or down vest	<input type="checkbox"/>		1 book		
1 cap (woolly hat for early and late season)	<input type="checkbox"/>		1 camera		
1 small toiletries kit : no need for big bottles	<input type="checkbox"/>		1 small micro fleece towel / swimsuit / goggles		