

NOT FOR THE FAINT-HEARTED

Project M French Alps Cycling Tour

Come conquer some of the most famous
climbs of the **Tour De France**

**BASED OUT OF ST-JEAN-DE
MAURIENNE - RHONE ALPS FRANCE**

Col du Galibier, Col du Telegraphe,, Col du Glandon, Alpe D'Huez
Col de la Madeleine, Col de la Croix de Fer & more....



A cyclist's Woderland

**ALL ABILITY LEVELS:
FROM BEGINNER TO ELITE CYCLISTS**

The Tour is designed for all abilities and there are two separate dates available

Camp 1: 19th July - 27th July 2026

Cost \$3,495

Each day includes:

- Coach present 24/7 including open Q & A times
- Cycling Assistant - English, French and German translator
- Transfers to and from St-Jean-De Maurienne
- Safety vehicle present for all rides so all abilities catered for
- During + post session refreshments
- BONUS: 2024 Project M Camp Hoodie

Please note: Flights, accommodation, meals + travel insurance not included

Limited spots available

30% non-refundable deposit



Meet & Greet

DISTANCE - 20KM

ELEVATION - 428M

Our friendly staff will greet you from St-Jean-De Maurienne train station and get you to your accommodation if needed.

We aim for a 3pm Rollout Meet & Greet before we conquer the first climb of the tour:

the Category 3 "Lacets de Montvernier"
(or in English translates to Shoelaces of Montvernier)

There are 17 hairpins, tightly packed into this 3kms climb; where the road has been literally carved out of the mountain!

We will then descend the final few kilometres of **Col Du Chaussy** which is a fast free flowing drop back to the base of the valley before we head back home.

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Madeleine Magic

DISTANCE - 121KM
ELEVATION - 3447M

Today we head down the valley to La chambre which is at the foot of the classic **HC Col du Madeleine**.

We will traverse up and down both sides of this majestic monster today.

First off is the 19.6km shorter but steeper side.

A nice café stop at 2000m elevation, and on a clear day stunning views of Mont Blanc. We then drop down the long side to Feissons-sur-Isère where you will do a U- turn and head back up from where you came from.

Another coffee and resupply before dropping back down the side where you started and spinning the legs back up the valley home to St-Jean-De Maurienne.

Optional: sneaky Lacets if you would like as you will pass the start point on the way back

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Hidden Gem

DISTANCE - 78KM

ELEVATION - 2312M

Today we roll out and take a short transition up the valley to the Category 1 **Col du Mollard** from Villargondran.

A climb not many have heard of, but one that you will never forget. With over 40 switchbacks to keep you concentrating the whole time over the 17.7km ascend.

The climb starts with a hairpin heaven and forest overhead (shadow). At the exit of the forest, you pass in Albiez Le Jeune before the final kilometre pinch up to the top.

From here we drop down the 11.5km fast open side of the Mollard back to St-Jean-De Maurienne taking in the epic view across the valley of the **Col du Criox der fer Valley** (a climb you will conquer on the queen day).

Once back into St-Jean-De Maurienne we cross over and head down the valley back to the Lacets. Once at the top we turn left to experience the **HC Col du Chaussy**; 15.8km inc the Lacets with some epic views. Towards the end of the climb you will be tunnelling through roads cut into cliffs fully overhead.

At the top we will have a coffee and resupply before heading back the way we came to the top of the Lacets and descending back down **Chaussey** like on the meet and greet day all the way back to home base

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Grinding the Glandon

DISTANCE - 65KM
ELEVATION - 2022M

Today may look a little easier on paper but save your energy its going to blow your mind and your legs the **HC Col du Glandon**; 21km of wow factor.

The final few kms look like something out of a movie!

Once at the summit, a quick left turn and a 2.5km climb be to the summit of the **Col de la Croix de Fer**.

A pit stop for photos and a resupply is a must. Then its a 28km decent with a bit of everything. The first 8km is quiet technical before hitting 3 short tunnels at half way. A few up hill sections to keep the legs warm before the fast and straight final few kms coming into the town of St-Jean-De Maurienne.

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Grand Daddy

DISTANCE - 113KM
ELEVATION - 3063M

Today we head up the valley for our longest transition of the trip to the town of Saint-Michel-De-Maurienne.

Here we turn right and start the first climb of the 3 for the day:

the HC Col du Telegraph 11.8km long
to get the legs ready for a big day!

Quick 3km drop down into **Vallorie** before hitting **HC Col du Galibier**, a 18km long and lung-busting, as it will take you to the highest peak of our trip at 2642m.

We take a quick stop to take in the surreal views and a good chance of snow covered mountains at the top before a quick 8km descend to our half way point of the day with a cycling pit stop hot spot. Fuel up and head back the way we came.

We take on the 8km **HC Col du Galibier** before rocketing the 35km downhill back to the bottom of the Telegraph where the pain started and finishes for the day.

We then take a relaxing spin down the gentle slope of the valley home .

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R and R

DISTANCE - 4 COFFEES
ELEVATION - 6 CROISSANTS

Optional

Today we will take a really cruisey ride up the valley with minimal elevation.

Plenty of coffee and food today!

A swim in the lake and time to work on those tan lines!

Familiar Faces

DISTANCE - 68KM

ELEVATION - 2268M

After a freshen up yesterday, today we go up what we have already came down. a short transition to climb the epic 14.6km **HC Col du Mollard**. Stunning views that you may have missed coming down earlier in the camp.

We will then drop down 1 of the 3 different descends of the Col Du Mollard. You will turn right onto a familiar route from Col de la Croix der fer. A few kms from the bottom you will take a sharp left hand turn and tackle the **HC La Toussuire** (*via Villarembert/ Le Corbier aka 18km of stunning scenery*)

We finish the day with Lunch and a 16km decent via les Bottieres then a technical part through Jarrier back to base in St-Jean-De Maurienne.

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Queen Stage

DISTANCE - 167KM

ELEVATION - 4919M

Today you will need grit, heart and determination to tackle the 3 beasts ahead!

First you will start off with the 30km **HC Col de la Croix de Fer**.

With some flat to easier sections, my advice would be to take the rest when you can!

After hitting the peak, you will do a quick drop down for 3km before taking the left hand turn down **Col du Glandon** direction **Le Bourg-d'Oisans**.

The 2km descend will take you past the Lac de Garand Maison and Barrage du Vernay (very close to the bottom).

Once you get to **Bourg-d'Oisans** you can feel the spirit of cycling as you are about to go up the most popular climb in cycling:

the epic **HC Alpe D'Huez** 13.8km with 21 hair pins (signposted by previous stage winners)

Once you have conquered this monument it's time to retrace your steps and go back the way you came. The **HC Col du Glandon** is 21.3km long before you hit the junction and tag on an extra 2.5km to **Col de La Criox de Fer** summit. Then its time to descend back home into the St-Jean-De Maurienne one last time.

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Last Dance

DISTANCE - 20KM

ELEVATION - 428M

Our friendly staff will pick you up from your accommodation and drop you at St-Jean-De Maurienne train station.

If you have time and some energy left there will be one last optional ride.

We aim for a 9am Rollout before we spin up the last climb of the tour: you will know this one well by now and at a guess one of the highlights from a epic week of climbing!

the Category 3 "Lacets de Montvernier"
(or in English translates to Shoelaces of Montvernier)

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WHAT'S NEXT...

To secure your spot today or get answers to any of your burning questions, email Nathan on projectmtraining@gmail.com or call 0412 843 234

EMAIL NOW

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