

Saturday, May 15, 2010

Ride Report from Aude Valley, South of France



OK, so you have had it cold, but think of us waking up to freezing motor-home when we expected to be in T shirts and shorts all day! Yes folks this is 50 miles from the Med and last week not far from here on a camp-site there was half a metre of snow - we saw the damage to the trees. Now it is getting a bit warmer with the outlook showing some sun so we are making sure by heading straight for the coast tomorrow at Meze. The sun is very warming when we see it but the wind remains strong and chill. Today (Saturday) we had a short ride, our excuse being that yesterday we walked the 16 miles into Carcassonne from the campsite. So we headed for a steady climb through the villages on the north of the Aude Valley and arrived for coffee in Lastours where there are some spectacular cliff top castles. The coffee was good, the English company at the table not so good, so we moved on up into the hills along some fabulous steady climbs. Yes Gia, exactly as your favourite saying - set a gear and get your head down for 8K! It was a sandwich lunch in a deserted cold village square. Thoughts of the Sticky Wicket passed through our minds at this point, because the French don't do Coffee Tea and Cakes in the way that we do. With 3 layers on and legs covered it was a long downhill back to the camp-site, and a steaming mug of coffee - then the sun came out! Only 30 miles but well battered by the strong wind and a fair bit of climb. Martin and Yvonne

