

Monday, October 20, 2008

Languedoc October 2008



Gia and Malcolm had a week's cycling in early October in the Languedoc region of southern France with French Cycling Holidays (www.frenchcyclingholidays.com). This is the second successive very enjoyable October holiday we have taken with them. This trip is at the more challenging end of their leisure range of holidays, and they also offer 'sports' tours for more advanced cyclists with challenging mountain passes to conquer.

Our group included four French Canadians, a couple from California, Debs from Skipton, us and two young leaders, Joe (English) and Chris (New Zealand), both excellent cyclists. We were collected from our hotel in Avignon, driven to the start in Uzes, provided with excellent Trek road or hybrid bikes according to our preference, and over the next few days rode towards the distant Pyrenees, ending in a village near Béziers. On the way we tackled some good climbs with fabulous views, all at very user friendly French inclines (nothing like steep Yorkshire roads), had great weather on all days bar one, visited vineyards, a vast cave system (Grotte des Demoiselles), and stayed in wonderful hotels with top class food. The tours aim to provide both gourmet food and a great cycling experience. Lunches were either at good restaurants or al fresco picnics.

The group meshed really well, better even than the group we were with last year. You do hear stories of difficult individuals spoiling things for the others, and particularly for the leaders, but fortunately we haven't had that experience. After two trips to France we may prefer to try another country next time which would mean a different company, but we certainly hope to do more group cycling holidays in future. MM

