



5 day cycling break in the Hautes Vosges

DESCRIPTION



Cycling holiday



A circular tour



5 days - 4 nights



Individual



from 795 € per person if you travel in a group of 2 or 3 persons.

Our actions for the climat !

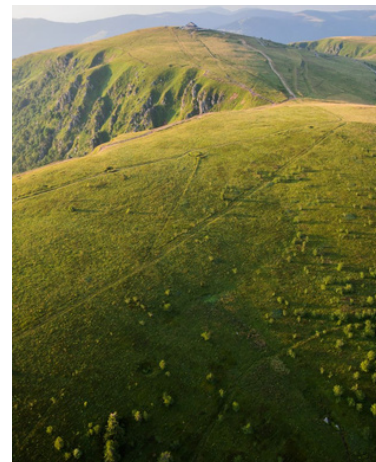
- ✓ **Bags :** are transported by cargo bike.
- ✓ **Start :** you can start your trip at the station of Remiremont.
- ✓ **Local :** the agency is based in Xonrupt-Longemer.
- ✓ **Fair price policy :** we pay the accommodations the full price.

5 days to explore the Hautes Vosges through lesser known cols and quiet back roads. Discover the mountains in an explosion of colors !

You will be staying in one or more "maisons de maître" and typical "Vosgienne" houses , these chambres d'hôtes are unique because of their location, history and "table d'hôtes". The first and the last night you can choose between a simple auberge or a more comfortable chambre d'hôte.

Did you know that the Massif des Hautes Vosges is a mid-mountain massif ? That you can find glacial cirques, floating peat bogs and unique biodiversity ? That you will also find Le Lac de Longemer, la route des Crêtes and Le Hohneck ?

And finally, did you know that you can come by high-speed train from Paris to Remiremont ? Or that Xonrupt-Longemer is less than 600km from Calais ? You can even stock up on champagne because the road from Calais comes past Reims !



www.biketoursvosges.com

+33 (0)769 89 57 42

On the left : the Hohneck © Tristan Vuano - on the right : close to the summit of le Grand Ventron



THE PROGRAM

This itinerary is one possibility amongst many. Accommodations may vary depending on availability. Routes can be adapted depending on the weather. This program is intended for people who are used to cycling. There is a choice of 3 options per stage.



Views from a small secondary road close to Anould



Beautiful descent from Le Haut du Tôt

DAY 1 Xonrupt-Longemer (or Le Grand Valtin)

Check-in at the auberge between 12h and 19h.

Check-in at the chambre d'hôte between 16h en 19h. If you arrive early, you can park and go for a ride. Meet-up with Sofie at 18h.

14km | 160m : loop around the two lakes, Lac de Longemer and Lac de Retournemer.

31km | D+ 440 : cycle 8 fast kilometers on a secondary road, then follow quiet back roads through the forest. Le Champ des Roches.

50km | D+ 810 : the 31km ride + an extra loop through the Forêt Domaniale d'Anould.

Dinner at the the auberge or in the chambre d'hôte.

DAY 2 Xonrupt-Longemer (or Le Grand Valtin) - Sapois

50km | D+ 1100 : Liézey, le Haut du Tôt and les Jardins de Bernadette.

63km | D+ 1400 : Liézey, Champdrey, Réhaupal, le Haut du Tôt and les Jardins de Bernadette.

20km | D+ 260 : the direct option.

Overnight stay and dinner in a "maison de maître".



THE PROGRAM



Cycle path towards les Gorges de Crozery



La route des Crêtes | Martinswand-© Tristan Vuano



Descent towards the Lac de Longemer
©-gerardmer-tourisme

DAY 3 Sapois - Ventron

50km | D+ 900 : le Saut du Bouchot, les Gorges du Crozery, La Bresse, le Col de la Croix des Moinats, and le Musée du Textile.

61km | D+ 1190 : le Saut du Bouchot, les Gorges du Crozery, le col de Morbieux, la Source de la Moselle, le Col du Page and le Musée du Textile.

36km | D+160 : the direct option.

Overnight stay and dinner in a “maison de maître”.

DAY 4 Ventron - Xonrupt-Longemer (or le Grand Valtin)

49km | D+ 1160 : le Grand Ventron, la Route des Crêtes and the Lac de Longemer.

61km | D+ 1450 : le Grand Ventron, la Route des Crêtes, le Hohneck and le col du Louschbach.

36km | D+ 730 : the direct option.

Overnight stay and dinner in a chambre d’hôte.

DAY 5 Xonrupt-Longemer (or Le Grand Valtin) - loop

44km | D+ 550 : le Valtin, la Confiserie des Hautes Vosges and le Défilé de Straiture.

73km | D+ 1290 : “la route forestière du 17km”, le Lac de Lispach + the ride of 44km.

Meet-up with Sofie - end of the cycling holiday.



THE OVERALL MAP

Physical and technical difficulty:

The routes, with a couple of exceptions, are made up of quiet back roads and a couple of cycle paths. The terrain is mountainous. The slopes can be steep. If you are not used to riding in the mountains, opt for an electric bike.

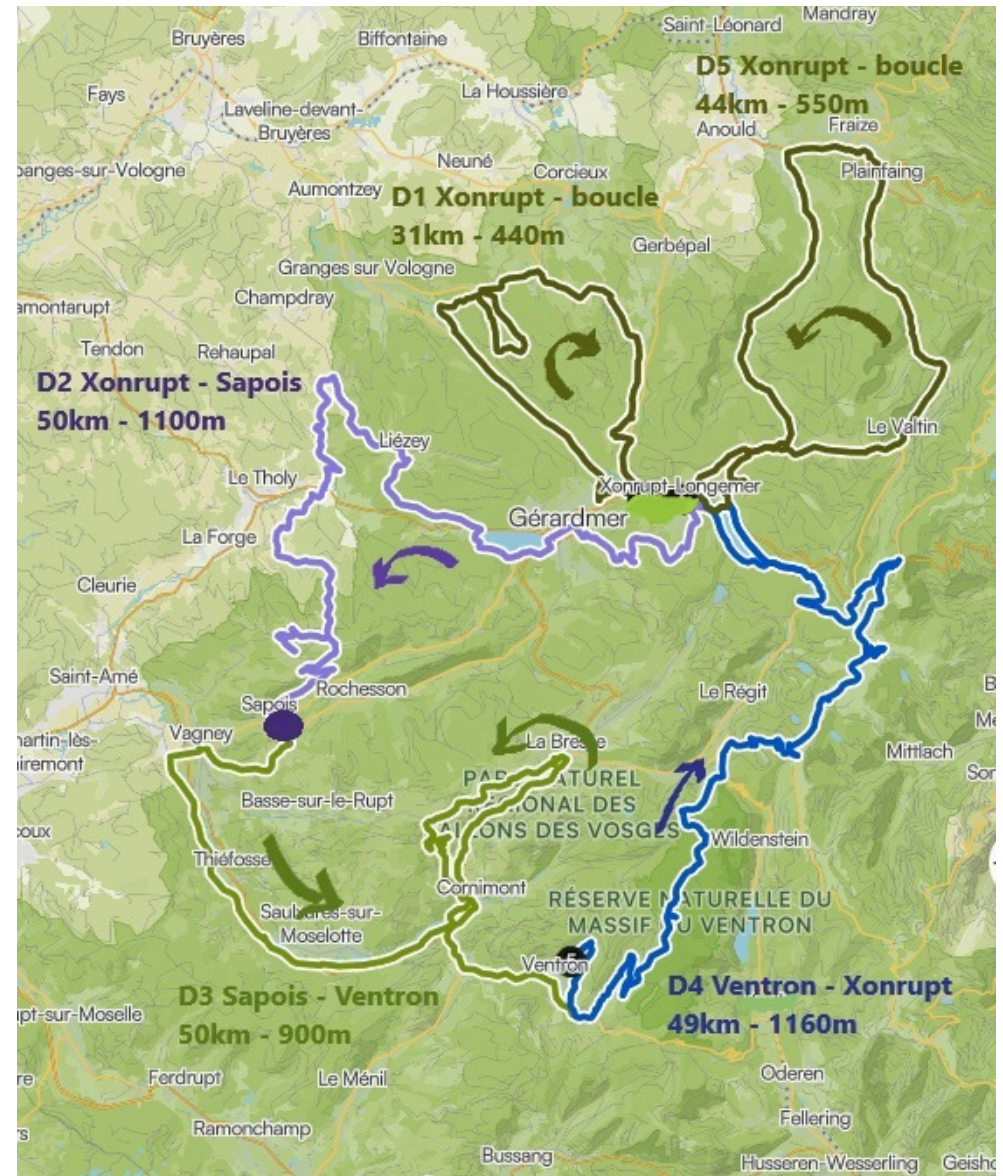
Requirements:

Be an experienced cyclist. Townbikes are not suitable, bicycles with small gears for the mountains are.

Tailored itineraries:

If you would like to cycle different routes, I can plan the holiday and the routes according to your wishes. I ask an advance payment of 100 € before planning. If you accept the proposal, the 100 € will go towards the cost of the holiday. If you refuse the proposal, the 100 € will not be refunded.

Overview of the 5 rides



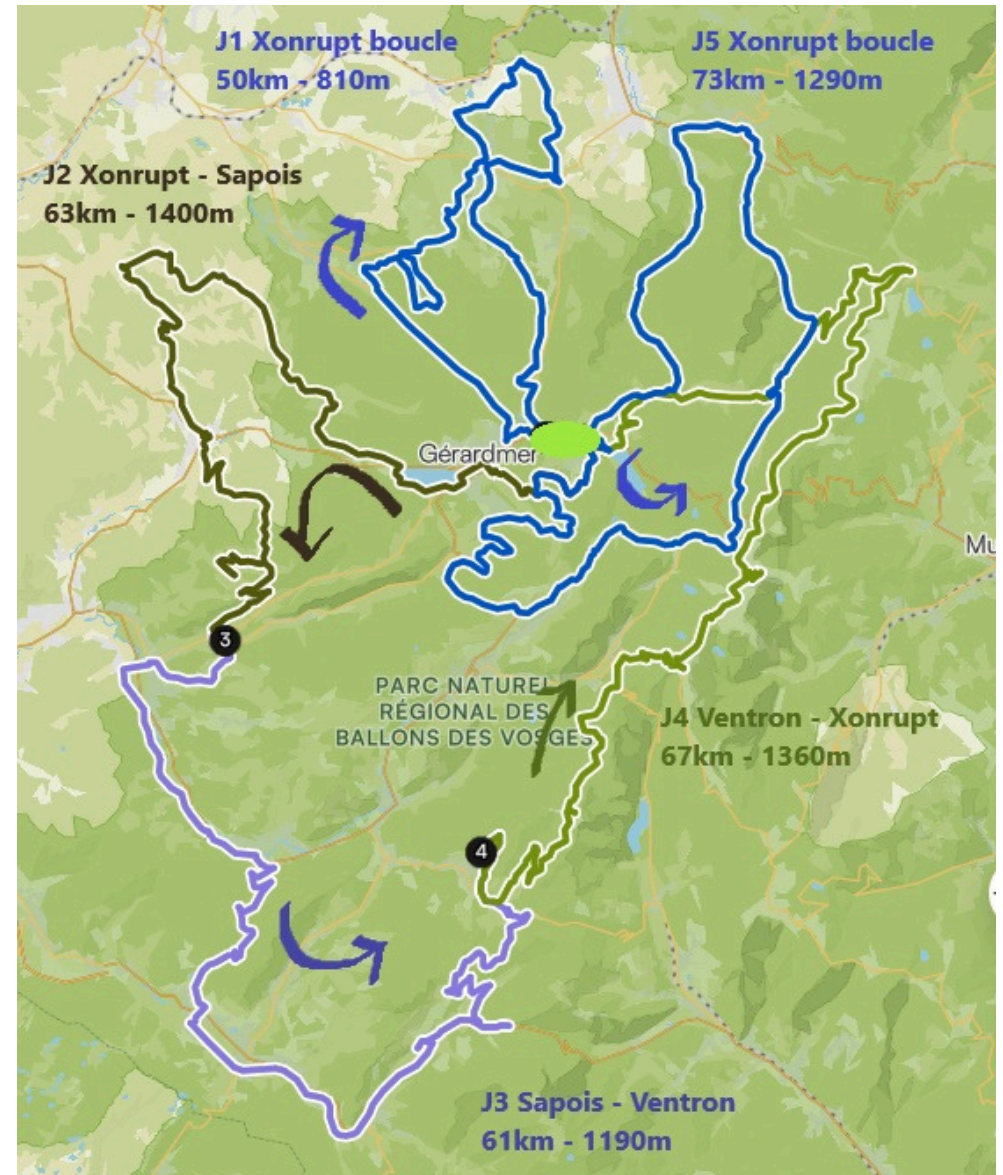


THE OVERALL MAP



Above : Route des Crêtes © Thomas Devard - below : start of the day in Ventron

Overview of the 5 long rides





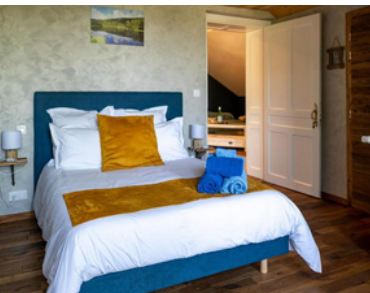
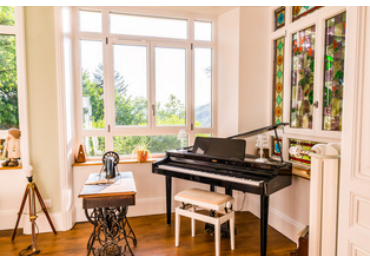
THE ACCOMMODATIONS



A simple auberge where you can check-in from 12h onwards. Ideal to go for a short ride on the first day. Located at the edge of the forest. The jams are made with fruit from their own orchards.



Marion and Thomas's "maison de maître", offers a beautiful view of the massif vosgien. The house is set amidst the mature trees of the parkland. Marion is into fine cooking and baking and loves spoiling her guests. Breakfast is remarkable (especially for those of you with a sweet tooth).



A selection of our hosts

Dinner is shared with other guests and your hosts. Exceptionally you may have dinner at a restaurant less than 3 km away.



Valérie and Manu fell in love with this auberge going back to 1925 and renovated by themselves. Every guest receives an exceptionally warm welcome. Valérie cooks with local produce, dinner and breakfast are copious. Aperitif and wine are included.



Isabelle and Philippe are your hosts for this chambre d'hôte. The house overlooks the vast clearing of Le Grand Valtin. Isabelle cooks with produce from the garden. For the first and the last night, you can choose between the simple auberge or this very comfortable chambre d'hôte (supplement).





THE PRICE

The price includes :

- The organisation of the trip.
- Meeting and briefing at the first accommodation.
- 4 nights half-board including dinner and breakfast.
- Tourist taxes.
- Bag transport from accommodation to accommodation. Maximum 10 kilos per person.
- 5 cycling days. Routes in GPX format by email, on Komoot or on Strava.
- Before the holiday starts and on request : instructions on how to use electronic navigation.
- The use of a GPS GARMIN 830 for navigation and a tracker for your security.
- A road book and tourist information.
- Daily weather forecast by Whatsapp - 24/7 telephone support.
- VAT.

795 € per person

for a small group of 2 to 3 persons
departure from april 27th until september 30th
2026.

1st and 4th night in a simple auberge :

- 795 € : price on the basis of 2 tot 3 persons
- 765 € : price on the basis of 4 tot 5 persons
- 735 € : price on the basis of 6 tot 9 persons
- 160 € : supplement for a single room
- 1075 € : price for a solo traveller

1st and 4th night in a chambre d'hôte :

- 845 € : price on the basis of 2 tot 3 persons
- 250 € : supplement for a single room
- 1215 € : price for a solo traveller

The price does not include

- Transport to join the start of the bike tour.
- Bicycles. Several bike shops offer good quality e-MTB, hybrid and roadbike rentals.
- A guide : the bike tour is self-guided.
- Lunch, drinks and tips.
- Visits to museums , monuments and other sites.
- Travel insurance.
- Transport of persons. We are happy to help you book a local taxi.
- All personal expenses.
- Everything that is not mentioned under "The price includes".



PRACTICAL INFORMATION

How to get here. Meeting arrangements

By train + “Fluo” bus :

Choose Remiremont or Saint-Dié-des-Vosges train station. Fluo buses accept regular bikes.

- **By TGV from Paris and Nancy :** The cost for a bicycle supplement is 10€. It is necessary to book well in advance. If the bicycle places are not available, you can pack your bike in a special transport bag and take it free of charge. You will need to take off both wheels.
- **By IC + TER from Bruxelles and Luxembourg :** in Belgium, you will need to buy a “bicycle supplement” ticket for 4€. In Luxembourg and France bicycles are free.
- **The “Fluo” bus from Remiremont to Gérardmer :** Bus stop “Boulevard d’Alsace”. Journey: 35 minutes.
- **The “Fluo” bus from Saint-Dié-des-Vosges to Gérardmer :** Bus stop “Le Saut des Cuves” at Xonrupt-Longemer. Journey: 36 minutes.
- **Welcome :** We will meet you at the different bus stops.

By train without buses :

- It’s possible to start your itinerary at Remiremont train station. Contact us for more details.

By car:

You can leave your car in the car park behind the church at Xonrupt-Longemer, it is quiet and well hidden from the road. Bike Tours Vosges can not be held responsible for any damage or theft.

Meeting point at the start and the finish:

- At “Fluo” bus stops.
- At the first chambre d’hôte if you are starting in Remiremont.
- At Xonrupt-Longemer in the car park behind the church.

Luggage transport:

You only carry what you need for the day !

- Leave your bag(s) at the reception before 9am and find them waiting for you at the next hotel.
- Use a soft bag weighing maximum 10kilos. Avoid hard suitcases.
- You will find the packing list at the end of this document.
- Rest assured that we will handle your luggage with great care. However, please carefully pack fragile items (glass containers, electronics, etc.).



PRACTICAL INFORMATION

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 starting times :
 - Arrive at your accommodation before 18h30, the meal is generally served around 19h.
 - Consult the daily weather forecast that we send by Whatsapp message.
 - Adapt your starting time according to the length of the stage as well as your own riding pace. Leave an adequate safety margin.
- 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 a problem during your trip, contact Bike Tours Vosges +33 769 89 57 42. Possession of a phone that works in France is strongly recommended. Remember that you can check your exact position on a smartphone.

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 you have your bike checked up by a professional bike-mechanic before your holiday. Fixing a mechanical problem remains your responsibility. Most of the hosts have a basic bike workshop. If necessary, we can help you find a nearby bike mechanic. Contact us at +33 769 89 57 42.

LENDING SERVICE bike bags, visibility and survival equipment, a GPS for navigation and a GPS tracker. 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.



PRACTICAL INFORMATION

GPS Trackers : the reason to give you a GPS tracker is security. 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 are not happy about carrying a tracker, please let us know.

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 and Strava.

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**".

When you leave the route for any reason, the navigation software may be set to "recalculate the route". Make sure that the settings of the navigation app and your GPS are set to "**DON'T RECALCULATE ROUTE**".

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.

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 for ticks every evening. They favour certain areas such as armpits or behind the knees. The tick twisters available at the chemist should make it easy to remove the ticks.
- Check your skin regularly for at least 3 weeks. Consult a doctor if you develop a fever or a red rash, with or without blisters in the centre.



PRACTICAL INFORMATION

How to book

Deposit amount :

We ask for a payment of :

- 50% deposit for a reservation more than 30 days before departure.
- 50% outstanding balance no later than 30 days before departure.
- The full price for a reservation less than 30 days before departure.

Reserve by credit card on our online store (www.biketoursvosges.com):

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 where you can pay the deposit and final balance.

By bank transfer, email or contract :

Send an email to sofie@biketoursvosges.com. Fill in the sales contract, confirm that you accept the Terms and Conditions, sign and return the contract by email or by post.

Please use the following bank details :

- VELO VOSGES
- FR76 1720 6002 6893 0282 5855 974
- AGRIFRPP872
- Mention : Last name and the dates of your holiday.

Booking confirmation :

The self-guided bike tours will be confirmed under 48 hours.

Individual travel insurance :

If you do not have cancellation, assistance, and repatriation insurance, we strongly recommend that you take out individual travel insurance that covers cancellation, assistance, and repatriation in the event of an accident, an illness, or death.

Administration formalities:

- Citizens of France and any other EU country: each participant must be in possession of valid identity documents.
- Citizens of countries outside of the EU: each participant must contact the authorities of their country and be in possession of the necessary documents to travel to France.

People with disabilities:

To determine the specifics related to the disability and the adaptations that may be necessary, please contact us before booking your trip.



PRACTICAL INFORMATION

Modification and cancellation conditions:

Modification made by the client:

If you would like to modify your trip rather than cancel it, we will do our best to modify it according to your expectations. Each modification of dates after the contract has been signed will incur a service fee of 50€.

Cancellation made by the client :

If you have to cancel your trip before it begins, Bike Tours Vosges will refund the amount already paid less the following charges:

- more than 31 days before the start :
100 €,
- between 31 and 21 days before the start :
30 % of the price of the holiday,
- between 20 and 7 days before the start :
50 % of the price of the holiday,
- less than 7 days before the start :
100 % of the price of the holiday.

If the person with who you were meant to share the room cancels, you will be charged a single room supplement. If you postpone rather than cancel your holiday, we will give a partial credit note to be used in 2026 or 2027.

Any trip interrupted, shortened or postponed by the participant for whatever reason does not give rights to any refund.

The Tourism and Travel Mediator

As a customer, you have the right to contact the Mediator directly :

La Médiation Tourisme Voyage
CS 30958
75383 PARIS Cedex 08

Specific requests

Please contact us by email as soon as possible for the following requests :

- Travelling in a group that has more than 6 people
- Tailored itineraries
- Vegetarian meals, allergies.
- Help to find a bike rental shop.
- Traveling by train : we would like to know what time you arrive and the train number.
- Unusual travel arrangements
- Extra luggage.
- Different distances or vertical meters.



PACKING LIST

Kit List Bike Tour Vosges	My kit	Borrow from Bike Tour Vosges		My kit	Borrow from Bike Tour Vosges
Riding			Repair kit (toolbag included)	<input type="checkbox"/>	<input type="checkbox"/>
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"/>	Security, energy, navigation and other necessities :		
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"/>
Leisure			1 battery-pack	<input type="checkbox"/>	<input type="checkbox"/>
1 pair of sandals or comfortable shoes	<input type="checkbox"/>		1 x 220V 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"/>		Optional		
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		



THE AGENCY

How do we plan your holiday?

The itinerary has been planned by Sofie, the founder of the Bike Tours Vosges agency. The chambres d'hôtes are located in the heart of nature and are almost all certified "Point Accueil Vélo." The hosts are friendly and passionate, two important reasons to work with them!

Sofie has cycled over 10 000 km to discover the most beautiful small roads in the Hautes Vosges. She transports all of your luggage with a cargo bike.

For longer cycling holidays, you may stay two nights in the same accommodation. It's the perfect opportunity to immerse yourself even more in this unique and magical place.





CONTACT DETAILS - PARTNERS

Bike Tours Vosges contact details :

Bike Tours Vosges is the commercial name for :
EURL VELO VOSGES
2 place de l'église
88400 Xonrupt-Longemer
FRANCE
+33 (0)769 89 57 42
sofie@biketoursvosges.com

Professional liability insurer:
Atout France IM088220002
Garant : APST
Assureur en RC professionnelle : Hiscox, 38 Avenue
de l'Opéra, 75002 Paris.

Partners :



JE VOIS LA VIE EN VOSGES

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par

