

PRACTICAL INFORMATION

Tourism information («syndicat d'initiative») :

Comité départemental du tourisme

14, boulevard Henri Bourrillon
B.P. 4 - 48001 Mende Cedex

Tel : 33 (0)4.66.65.60.00
_ : 33 (0)4.66.65.03.55

website : www.lozere-tourisme.com e-mail :
cdt@lozere-tourisme.com

Bicycle shops :

Marvejols :Sasu Duo Moto

*Boulevard Saint-Dominique
48100 Marvejols*

Tel : 04.66.32.02.18_

Mende :Planète 2 roues

*5 avenue du Pont Roupt
48000 Mende*

Tel_ : 04.66.49.17.00

: planete2roues@wanadoo.fr

Bici Box

*19 route du Chapitre
48000 Mende*

Tel_ : 04.66.31.66.20

Mondovelo

20 avenue des Gorges du Tarn

Tel_ : 04.66.65.01.81

Saint Chély d'Apcher :...Passion vélo

*42 avenue de la république
48200 Saint Chély d'Apcher*

Tel_ : 04.66.31.18.15

REGULATIONS

Article 1

The cyclotourist tour of the Lozere is a permanent tour which is organized, controlled and officially recognized by the Cyclo Club Mendois.

Article 2

This tour is open to everyone, with or without a cycle licence. The participants must be insured for cycling, accept that they are in a private excursion and respect the highway code.

Article 3

In order to be allowed to participate, minors must be accompanied by an adult relative, a legal representative or a teacher.

Article 4

The participant must have his/her log book stamped (with an ink stamp) or else provide a photograph of the bicycle in front of the signpost of the place indicated by the Cyclo club Mendois.

Article 5

The participants are free to choose the starting point and also their direction along the tour route (clockwise or counter-clockwise). The Cyclo-Club Mendois recommends Mende as a starting point. The participants choosing the « cyclotouriste » option can take as much time as they need to complete the tour. Participants riding as « randonneurs », however, have to complete the tour within 6 days.

Article 6

The registration fee is 7 (seven) Euros for the FFCT members and 10 (ten) Euros for the other participants. A diploma will be graciously sent to you after the official recognition of your journey (your log book will be undersigned by the chairman of the Cyclo Club Mendois). As soon as the payment is completed, the participant will receive a complete file, the log book and a detailed documentation about the journey.

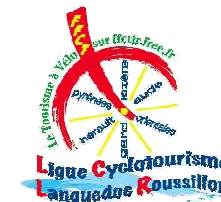
Article 7

For registration, further information, and official recognition please mail our contact person :

Alain Granier, 19 rue de Wunsiedel 48000 - Mende
Tel: 06.83.58.92.89(in french please)

or send us a message at the following e-mail
address (in French, English or German) :

: tourlozere@cycloclubmendois.fr



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www.cycloclubmendois.fr

LOZÈRE

The Lozère is the French «departement» which has the greatest average height (1000 m). With its extensive rock base, it includes the four large nature regions of the Margeride, the Aubrac, the Causses and the Cevennes. Between Languedoc and Auvergne, it is a region steeped in legend, with a very strong identity. The region largely corresponds to the ancient province of «Gévaudan», well-known as the territory of the « Beast » («la Bête du Gévaudan») which is sometimes described as a giant wolf having some features of a lynx, a hyena and a bear, sometimes walking on its rear legs.



The Lozère is also called the «land of the springs» and is a highland of breathtaking landscape which you will discover during this journey of about 600 km.

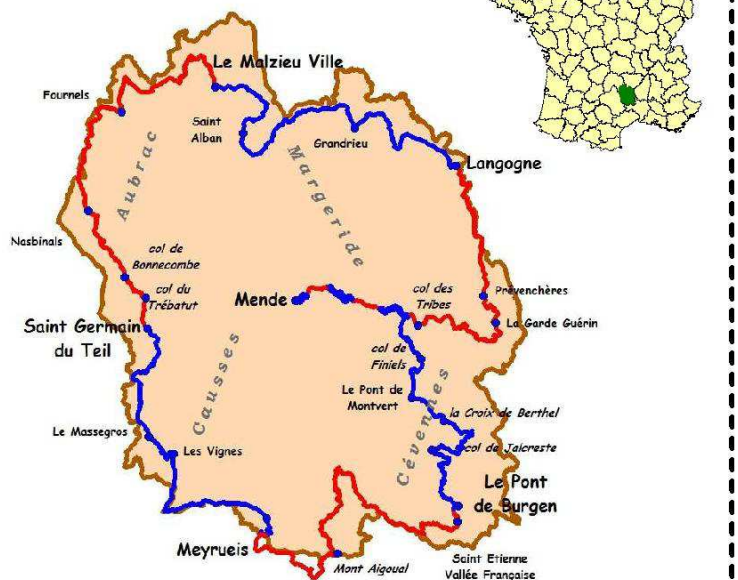
So as to fully enjoy the landscape of Lozère, and its diversity of the flora, we recommend the end of spring as the preferred time of year to visit. You will thereby avoid the cold winter weather, the "canicule" spell of some very hot summers which may occur in this region and also the high season tourism, especially in the « Gorges du Tarn ».

Please be aware that due to the high altitude, the very cool morning temperatures may surprise you even in summer, and the wind is a very faithful friend of the Mont Aigoual.

Finally, the highest ratio gears will be very useful for tackling certain hills along the way, some of which have very steep slopes.

More information on our website :

www.cycloclubmendois.fr



Checkpoints :

Mende	the cathedral
Prévenchères	the limetree
Langogne	the central food market
Grandrieu	St Méen chapel
Le Malzieu Ville	the ramparts
Fournels (B.C.N.)	the church
Les Vignes (B.C.N.)	the Tarn gorges
Meyrueis	the clock tower
Mont Aigoual (B.C.N.)	the observatory
Saint Etienne Vallée Française	the Gardon valley
Le Pont de Monvert (B.C.N.)	the pass « Croix de Berthel »
Le Bleynard	the Finiels pass (Mt Lozère)

IGN maps:

Série « Top 100 - tourisme et découverte » :
n° 155, 156, 162 et 163 (1:100 000)

Série « découvertes régionales » : Lozère (1:100 000)



THE CYCLOTURIST CYCLOTURIST TOUR OF LOZÈRE

BULLETIN D'ENGAGEMENT



I, undersigned :

Last Name :

First name :

Address :

Date of birth :

Club number (if F.F.C.T.) :

Licence number (if F.F.C.T.) :

If not FFCT, certify subscribed a bicycle insurancy, and, wish to ride the Cyclotourist Tour of Lozere as :

« bike rider » (less than 6 days) «
cyclotouriste » (no time limit)

I declare having read and accepted the regulations.

The registration can be payed with a french check to the Cyclo Club Mendois or via bank transfer to the following bank account (account owner : Cyclo Club Mendois - bank : la Banque Postale Montpellier, France - IBAN : FR06 2004 1010 0904 3861 1X03 079 - Swiftcode : PSSTRPPMON).

Place : _____, date : _____

Signature :

The inscription fees (see regulations - article 6) should be increased by the price of the posting (which would be 1,85 Euros for European countries and Switzerland or 2,40 Euros for the rest of the world) and sent to :

A Granier, 19 rue de Wunsiedel 48000 - France