

Le Saint André & VéloRoo:

Bespoke Cycling Escapes: Sud de France

VéloRoo in association with Le Saint André is delighted to offer you and your party the most enjoyable cycling mini break.

Operating since 2012 VéloRoo is proud to be the first Road Bike dedicated tour company delivering quality cycling experiences in this hidden cycling region, known only to the dedicated and passionate French cycling community.

The home of le Saint André and VéloRoo is the Avant Monts - “before the mountains” Nestled in the first folds of the Mountain Ranges where the Cevennes rises from the Mediterranean plains, it is characterised by a patchwork of terraced vineyards, olive groves, wild Garruge scrub and rolling hills. The Avant Monts and southern region of the Cevennes Massif can be best described as the real heart and soul of France.

Its backdrop of rugged mountain ranges, breathtaking river gorges and densely wooded hills are rich in local and pro-cycling history. The diversity of the landscape allows Le Saint André Bespoke Cycling Weekends with VéloRoo to cater to all road riders, from groups wanting to enjoy charming routes through the undulating vineyards and historic villages, to experienced cycling connoisseurs seeking an exhilarating challenge in the local mountain ranges.

Unspoilt by commercialism and touristic polish, the Avant Monts generations old agricultural traditions make it a culturally rich region. The regional produce, wines and cheeses are renowned across France and are perfect cycling fuel. People here are relaxed and talkative. The village fête is still cherished by locals, as is the regular game of petanque in the village square.

To the local French riders however, the region is one of their most treasured and respected areas for challenging riding. Good riders, on these roads, will be challenged and rewarded.

Le Saint André Bespoke Cycling Weekends with VéloRoo are not training camps: discussions of VO2 max tests and lactate thresholds will be left to others to experience with our “VéloRoo-niversity” packages. The itineraries selected by VéloRoo focus on enjoying the routes we have selected and immersing yourself in the landscape. Being exhilarated!

Le Saint André Bespoke Cycling Weekends with VéloRoo are held exclusively in SPRING and AUTUMN to take complete advantage of the average annual 300 plus days of sunshine and enviable Mediterranean climate. The weather should be mild, with the spring and autumnal colours further embellishing what is already spectacular scenery. The Spring time sees regular and fantastic cyclo sportive events being held, while the Autumn offers the chance of Randonnée cycling events.

We are very pleased to propose the following 3 day itinerary which will offer you the best introduction to this remarkable region.

Day 1: Les Circulades.

Distance: 57 kilometers. 600 meters elevation gain.

The Ride:

Starting from and returning to Le Saint André, our introduction to the Avant Monts showcases 1,000 years of history as we explore the unique Circulade Villages. Circulade Village streets spiral out in concentric circles from a central church or chateau.

Between each of the villages we cycle through an undulating landscape of vineyards and olive groves offering expansive views across the region.

Our route will also pass quite a few of the later 17 and 18th century period chateaux that demonstrate the different periods of wealth of the region.

A highlight of the day will be our ride along one of the best preserved "Route Napoleon" boulevards the region has to offer.

Day 2: Le Vin.

Distance: 62 kilometers. 820 meters elevation gain.

The Ride:

A cycling holiday to the South of France would not be complete without riding through the Vineyards! Languedoc is the largest and oldest wine region in France. The Avant Monts has its own Grand Cru, registered AOC wine appellation Faugeres.

The terroir is what makes wine special and the Faugeres appellation is unique with its Schiste Terroir. Small in area and hilly, we ride through this beautiful region along tranquil and beautifully surfaced roads where you will see the diversity and ruggedness of the schist terroir up close.

Our route takes us up a set of "Lacets" the French term for hairpins offering a superb view of the valley we've just ridden. Afterwards you will enjoy a thrilling descent through the garrigue landscape.

Day 3: Le Gorge.

Distance: 62 kilometers. 820 meters elevation gain.

The Ride:

Our “Princess Stage”. Like each days ride, the superb location of Le Saint André allows us to depart and return to the Chambre d’Hotes.

We head west, maybe even catching a glimpse of the Pyrenées on the horizon. Our ride takes us through vigneron villages with their multi coloured façades.

After a wide flowing descent, we enter the Parc Nationale Haute Languedoc. There’s no mountain climbing for us today, rather we follow the gorge cut through by the River Orb over the centuries. The scenery here is spectacular especially on a bike, fully immersed in your surroundings.

Crossing the river over the 18th century stone bridge, there will be a memorable view of the very pretty village of Roquebrun.

Our return is by a multiple Tour de France route as you ride in the wheel tracks of legends!

We look forward to riding with you in the Real South of France!