



La Maurienn'ITA

Crossing the Maurienne to Italy

4 days - 3 nights

Road bike
&
E-bike



Italy has never been so close!
4 days to surpass yourself and cross the border.

The goal: roll with your eyes wide open on the best that Maurienne has to offer you and reach Italy! The 130 km and the Mont-Cenis pass to cross before enjoying a tasty pizza!

You will love...

- THE GENTLE PROGRESSION TOWARDS ITALY
- THE FINAL ASCENT OF THE COL DU MONT CENIS

- THE VIEWS OF THE LA VANOISE NATIONAL PARK, ITS HIGH SUMMITS AND ITS GLACIERS
- THE LAKE OF MONTCENIS, A REAL ALPINE JEWEL

- TO RIDE THROUGH TRADITIONAL ALPINE VILLAGES **DISCOVER** LOCAL PLACES OF INTEREST
- DIVE INTO THE HISTORY OF THE FAMOUS **OPINEL** KNIFE
- THE FORTS OF **ESSEILLON**



*Welcome to the Maurienne,
A cycling destination that will enchant you!*

The Maurienne valley is a real link between the Northern Alps (via the Iseran and Madeleine passes) and the Southern Alps (via the Télégraphe /Galibier, Croix de Fer and du Glandon), to France (via the Grand Cucheron or La Mauriennaise) and to Italy (via the Col du Mont Cenis).

The Maurienne is also one of the longest valleys in the Alpine arc and with its diversity of landscapes and its rich heritage, offers you a special trip when you cross it!

Did you know that the Maurienne is considered «the largest cycling areas In the world ©»??

It is not for its network of cycleways (in any case, not yet!) But rather because it hosts the greatest concentration of passes! Mythical passes (Télégraphe, Galibier, Glandon, Croix de Fer, Iseran, Madeleine), Classic passes (Mont-Cenis, Albanne, Mollard, Chaussy, Cucheron), and finally Secret passes (Beaune, Petit Mont-Cenis).

Today the style bicycle trips is multiplying in different forms with different practices, solo or with others, human powered or electric. It becomes accessible to all and guarantees respect for the environmental impact.

In this context, the Maurienne will leave you with a sense of WOW and wonder. It's up to you to pedal now; you will be amazed!

A welcoming destination

A welcoming destination and eager to offer a service adapted to the demands of cyclists, Maurienne Tourisme has created the "Qualité Cyclo Maurienne" label which brings together voluntary establishments involved in welcoming cyclists. This label is now connected in the region with another national label «Accueil Vélo» which also responds to quality values.

Labeled establishments respect a charter and offer specific services and equipment such as

- a secure bicycle garage
- a maintenance room
- a cloakroom / laundry room
- a washing area
- a small emergency repair kit
- a 220V current to recharge the batteries
- a relaxation area
- an early breakfast and a sports menu for accommodation offering catering.



Among the establishments with the Maurienne label, we include accommodation (hotels, guest houses, campsites, lodges and furnished apartments, tourist residences, holiday villages, youth hostels and refuges), restaurants, Tourist Offices, bike shops (sale, rental, repair), cycling instructors and guides as well as a home masseurs.

In order to offer you quality service during your stay, we have chosen to select labeled establishments for each stage. For more information, go to www.velo-maurienne.com (section prepare your stay).

To access all tourist services in the Maurienne, go to www.maurienne-tourisme.com (section discovery and prepare your stay)

For more information on the town of Moncenisio (Italy), go to www.turismotorino.org

Getting to the Maurienne



By train

TGV and TER trains from Paris and Lyon and Chambéry serve the stations of Val d'Arc Aiguebelle, St-Jean-de-Maurienne et Modane.

3h15 from Paris (direct TGV / 1 per day)

1h20 from Grenoble

45 min from Chambéry

By car

Via the Maurienne motorway (A43), you can easily access the valley. Average journey times (until Val d'Arc Aiguebelle):

1h30 hours from Lyon

1h30 from Turin (through the Frejus road tunnel)

1h15 from Geneva

1h from Grenoble

30 minutes from Chambéry

By plane

Five airports are near la Maurienne: Chambéry, Lyon Saint Exupéry, Geneva, Turin, Grenoble. They are accessible by taxi or train.

People transport solution



If you want to avoid the road between Saint-Jean de Maurienne and Saint-Michel de Maurienne, you can take the train Chambéry - Modane line

More info: www.ter.sncf.com/auvergne-rhone-alpes

Luggage transport solution



The transport company Trans-Alpes offers you the transport of luggage and / or of people from 80 € / stage (price from 3 pers.)

More information: +33 (0) 4 79 64 02 55 / info@trans-alpes.com

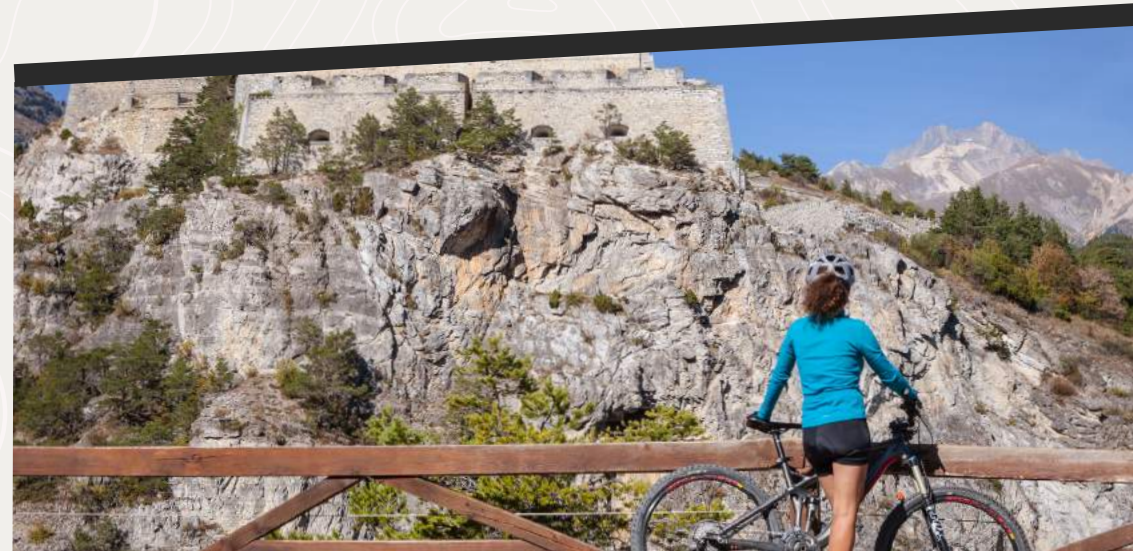
A problem during your stay?



SOS Vélos : Breakdown, assistance and repatriation 24 hours a day, 7 days a week

- 06 50 56 72 17 - passionsorganizz@gmail.com

Emergency telephone: 18 or 112



THE OVERALL ROUTE

Level: difficult

4 days / 3 nights

134.6 km
2 568 m
2 096 m
305 m
Aiton

Main towns crossed: Val d'Arc Aiguebelle, Saint-Rémy de Maurienne, Saint-Jean de Maurienne, Saint-Michel de Maurienne, Lanslebourg

Follow the signs Departmental «La Mauriennaise» between Aiton and Val-Cenis Lanslebourg and then «Col du Mont Cenis». After, no specific markup

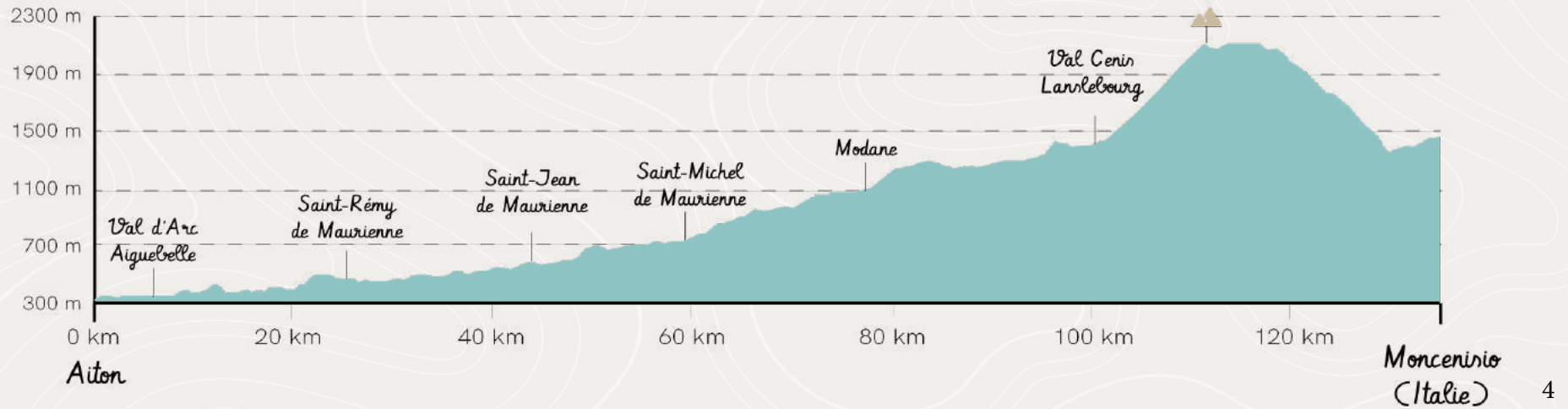
Accommodation with bicycle labels

A Saint-Léger (on the road 16 km from Aiton)

- Bed and breakfast Domaine de la Safranière

A La Chapelle (on the road 20 km from Aiton)

- Kokocinelle Ecogîte



Services offered at departure

1 SALES / RENTAL / REPAIR STORE

- Vélo minute : 2 Place Léontine Vibert in Albertville - 09 72 56 31 33. www.lemarcheduvelo.com
Possibility of delivery of the rental bike to the Office Porte de Maurienne Tourist in Val d'Arc Aiguebelle

1 MULTISERVICE STATION to clean, adjust and inflate tires before departure. Located in front of the office of the Val d'Arc Aiguebelle Tourist.

FREE and unattended PARKING

- Bourgneuf / Aiton carpooling area next to the restaurant La Taverne de l'Arc.
- Val d'Arc Aiguebelle station

Day 1

Aiton > Saint-Jean de Maurienne

An ideal first stage which does not require great efforts. Along these 44 kilometers, you will take secondary roads and ride from village to village in peace. A great introduction to discovering the Maurienne and its river, the "Arc", which will guide you until the last day. Along the way, a few museums and other curiosities, as well as bodies of water, will enhance your stops.

GOOD ADDRESSES

Information points

- Porte de Maurienne Tourist Office in Val d'Arc Aiguebelle
- Montagnicimes Tourist Office of Saint Jean de Maurienne

Accommodation with bicycle labels

- A Saint-Jean de Maurienne
- Hotel Le Saint-Georges***, hôtel de l'Europe**, hôtel du Nord**
 - Ben and Breakfast Chez Véronique et Fred and Nilautpala dream
 - Grands cols campsite***

Restaurants

All the restaurants on www.maurienne-tourisme.com

Bike-labeled repair shops

- Dvélos in St-Jean de Maurienne
- Vélo Minute in St-Michel de Maurienne

Free access charging points

- Tourist Office of Val d'Arc Aiguebelle
- Office de Saint-Jean de Maurienne Tourism

INFORMATION OF THE STAGE

- ➔ Distance: 44 km
- ⬆️ Elevation + : 575 m
- ⬆️ Elevation - : 310 m
- ⬆️ Max altitude: 571 m
- ⬆️ Min altitude: 306 m

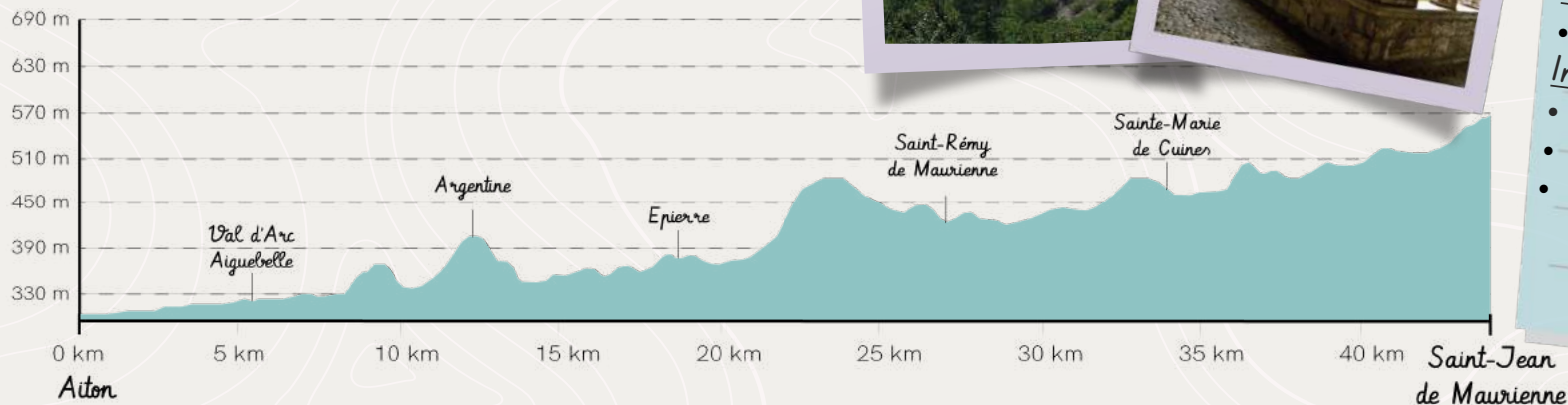


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TO SEE / TO DO

- In Argentina
- Félicien Museum (on the life of yesteryear)
- In Saint-Alban d'Hurtières
- Hurtières lake (at the exit of Epierre, detour of 3 km towards Saint-Pierre de Belleville)
- In Saint-Rémy de Maurienne
- Blue lake
- In Sainte-Marie de Cuiner
- The Aura, monumental collective work
- In Saint-Jean de Maurienne
- Town center, cathedral and cloister
- Opinel Museum
- Museum of costumes, arts and popular traditions



Day 2

Saint-Jean de Maurienne > Modane

We must admit, it will not be the most spectacular stage! The route takes in almost all the county road 1006, a major area of traffic in the valley. In addition to being well attended, it partly runs alongside the works of the Lyon-Turin site. So stay alert and careful!

On the road and on arrival, pretty sites steeped in history await you! Isn't that motivating after all? If this stage does not inspire you much, do not hesitate to take the train in Saint-Jean de Maurienne. In 30 minutes you will reach your destination!

INFORMATION OF THE STAGE

→ Distance: 32.4 km

⬆️ Elevation + : 644 m

⬆️ Elevation - : 154 m

⬆️ Max altitude: 1065 m

⬆️ Min altitude: 542 m



To download



There is a lot of traffic between St Jean de Maurienne and Modane. See alternative transport solutions at the end of this document

GOOD ADDRESSES



Information points

- Montagnicimes Tourist Office of Saint-Jean de Maurienne
- Maurienne Galibier Tourist Office Michel de Maurienne
- Modane Info Point



Accommodation with bicycle labels

- Bed and Breakfast In the heart of the Alps in Villarodin-Le Bourget
- Other accommodation (unlabelled) on www.maurienne-tourisme.com



Restaurants

All restaurants on www.maurienne-tourisme.com



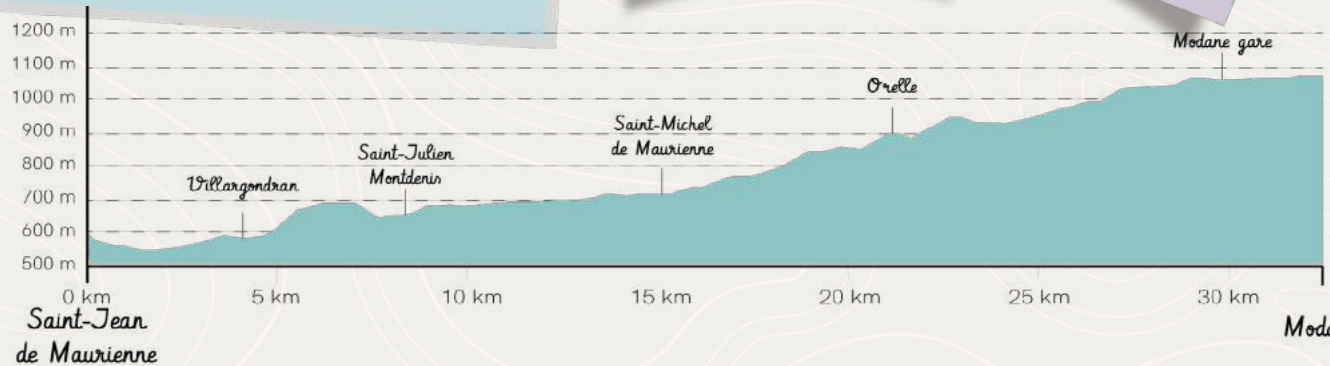
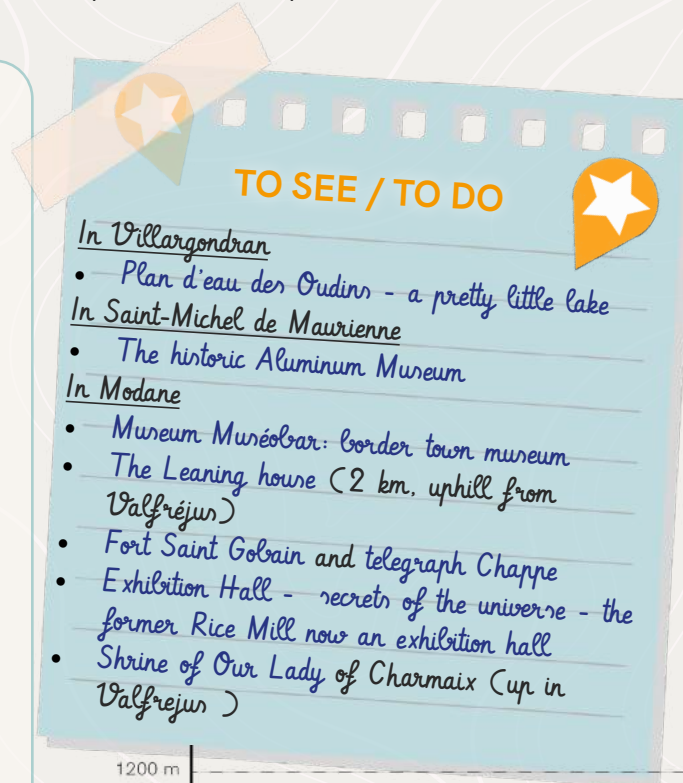
Bike-labeled repair shops

- Dvélos in St-Jean de Maurienne
- Vélo minute in St-Michel de Maurienne
- Action Sports in Modane



Free access charging points

- St-Jean de Maurienne Tourist Office
- 36 rue Général Ferrie in St -Michel de Maurienne
- Market square and information point in Modane



Day 3

Modane > Val-Cenis Lanslebourg

You leave the dynamic little Border town of Modane for a different setting, that offered by Haute-Maurienne Vanoise. On your road, to your left, the high mountains of the Vanoise National Park and its glaciers, will have your eyes distracted ! The route promises to be pleasant with a remarkable view of the spectacular Fort of Esseillon, as well as the crossing of small alpine villages full of charm.

GOOD ADDRESSES



Information points

- Modane Info point
- Tourist offices in Val-Cenis Bramans, Sollières-Sardières, Termignon and Lanslebourg



Accommodation with bicycle labels

In Val-Cenis Lanslebourg

- Hôtel La clé des champs***
- Hôtel Alpazur***
- HI Val Cenis youth hostel in

Other accommodation (non-labeled) on www.maurienne-tourisme.com



Bike-labeled repair shops

- Action Sports in Modane



Restaurants

- Hôtel restaurant La clé des champs***
- All restaurants on www.maurienne-tourisme.com



Free access charging points

- Market square and Information point in Modane
- Tourist Office of Val-Cenis Lanslebourg (police station side)

INFORMATION OF THE STAGE



Distance: 23.5 km



Elevation + : 469 m



Elevation - : 135 m



Max altitude: 1 410 m



Min altitude: 1 065 m



To download

TO SEE / TO DO



Between Avrieux and Bramans (on the road)

- Les forêts de l'Esseillon et pont du diable

In Val-Cenis Sollières

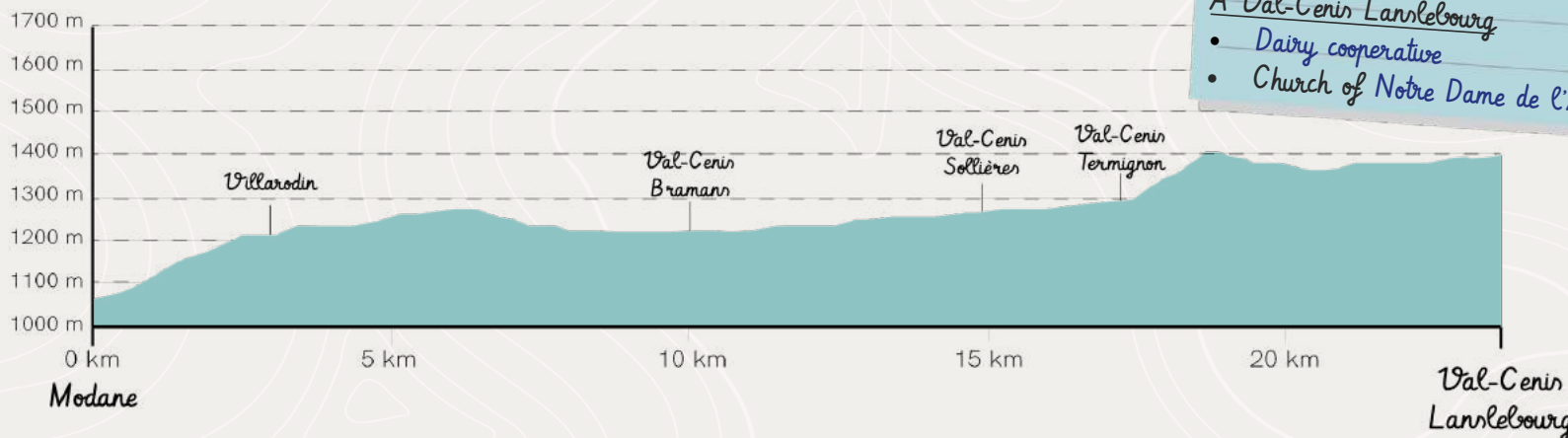
- Archeology museum
- Aqua park

A Val-Cenis Termignon

- Exhibition of the National Park of La Vanoise

A Val-Cenis Lanslebourg





- Dairy cooperative
- Church of Notre Dame de l'Assomption



Day 3 (variant via Aurouin) Modane > Val-Cenis Lanslebourg

An alternative, for those that like a challenge. You can also take a picturesque road slightly longer and steeper (+ 210m D +) than the classic course but oh so pretty. This route will immerse you in the heart of the historic barrier of Esseillon and will take you through the lively village resort of Aussois then the plateau of Sardières.

INFORMATION OF THE STAGE

-  Distance: 25,4 km
-  Elevation + : 708 m
-  Elevation - : 379 m
-  Max altitude: 1 518 m
-  Min altitude: 1 065 m



To download

TO SEE / TO DO

At Bourget

- *Rocher des Amoureux*, an impressive rock climbing destination
- *Brasserie des Sources de la Vanoise* - local craft beer

On the road between Le Bourget and Aurouin

- *Saint-Benoit waterfall*
- *Fort Victor Emmanuel*
- *Fort Marie-Christine*

At Aurouin

- *Agro-pastoral museum of the Arche d'Or*
- *Town center*

In Val-Cenis Sollières

- *Archeology museum*

In Val-Cenis Termignon

- *Exhibition of the National Vanoise Park*

In Val-Cenis Lanslebourg

- *Dairy cooperative*
- *Church of Notre Dame de l'Assomption*

GOOD ADDRESSES

Information points

- Modane Info point
- Aussois Tourist Office
- Tourist offices in Val-Cenis Bramans, Sollières-Sardières, Termignon and Lanslebourg



Accommodation with bicycle labels

A Val-Cenis Lanslebourg

- Hôtel La clé des champs***
- HI Val Cenis youth hostel in

Other accommodation (non-labeled) on www.maurienne-tourisme.com



Restaurants

- Hôtel restaurant La clé des champs***
- All restaurants on www.maurienne-tourisme.com



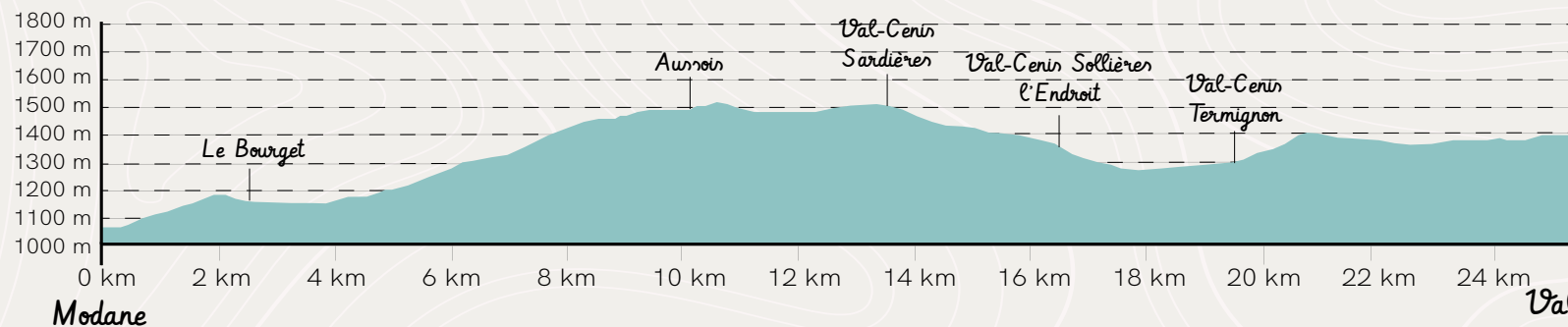
Bike-labeled repair shops

- Action Sports in Modane



Free access charging points

- Tourist Office of Val-Cenis Lanslebourg (côté gendarmerie)



Day 4 Val-Cenis Lanslebourg > Moncenisio

The last big stage before joining Italy, with the ascension the beautiful Col du Mont-Cenis. This historic passage will lead you to an Alpine gem: the Mont Cenis lake. Its turquoise waters will have you saying "wow", that's for sure! Do not hesitate to get off your bike to discover the secrets of this site steeped in history at the Pyramid Museum or, why not, set off to storm the fortifications! And remember that at this point in your journey, Italy has never been so close!

GOOD ADDRESSES

Information points

- Tourist Office of Val-Cenis Lanslebourg
- Maison Franco Italian (fountain plan) at Mont Cenis

Accommodation and restaurants

French side

- Visit: www.maurienne-tourisme.com

Italian side

- Visit: www.turismotorino.org

Bike-labeled repair shops

- Val-Cenis Lanslebourg
- Intersport Cosme, Dalcin shop
- Val-Cenis Lanslevillard
- Intersport Altitude

INFORMATION OF THE STAGE

- ➔ Distance: 34 km
- ⬆️ Elevation + : 955 m
- ⬆️ Elevation - : 921 m
- ⬆️ Max altitude: 2 097 m
- ⬇️ Min altitude: 1 315 m



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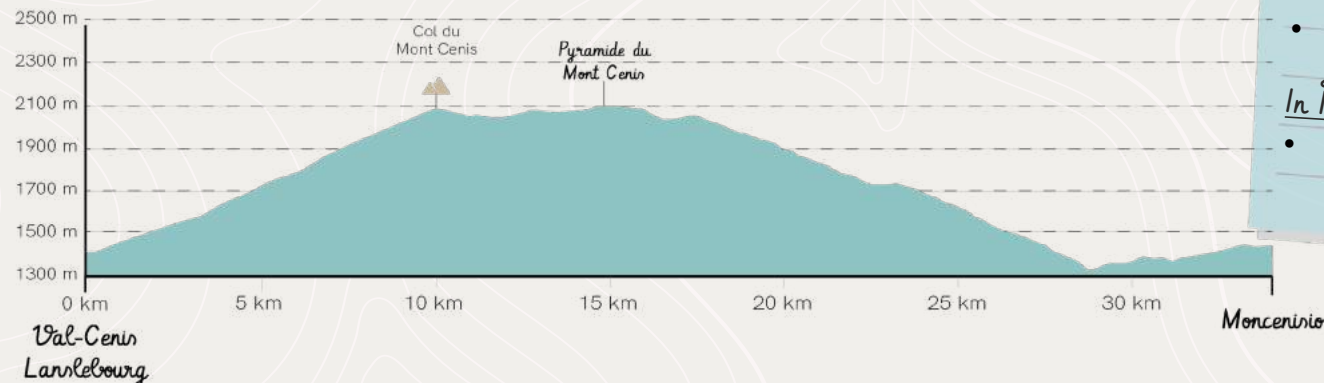
TO SEE / TO DO

At Mont-Cenis

- Viewpoint on the lake
- Pyramid museum
- The alpine garden
- Forts de Variselle (20 min walk from the dam)
- Fort de Ronce (30 min walk from the Pyramide car park)


In Moncenisio

- Town center and lake



Rules of safe cycling

- Do not ride too close to the shoulder to avoid ruts or debris.
- When cornering, keep to the right as far as possible because the cars will only see you at the last moment.
- Be particularly careful when a truck passes: the air intake may throw you off balance.
- When going through tunnels or in bad weather, consider having reflective lighting and clothing.
- If riding in a group, ride two abreast or single file.
- At night, in case of overtaking by a vehicle or when circumstances require it (narrow roadway for example), always ride in single file.
- If your group has more than ten people, split the group into two.

 **BE CAREFUL, E-bikes are very heavy and will tend to gain speed when going downhill. Remember to brake earlier!**

Find out more: www.securite-routiere.gouv.fr



Soon, your souvenir photo is yours!

#cyclomaurienne



The essentials of the route in pictures!

The *Opinel* is a pocket knife famous around the world, which finds its origins in the village of Alliez, in the Maurienne. Every Opinel pocket knife bears the distinctive mark of the "Hand Crowned" which is the emblem of St-Jean de Maurienne



The *Enneillon Fort* was built in Haute-Maurienne at the very beginning of the 19th century by the Kingdom of Piedmont-Sardinia (Italy) to protect themselves from France, then the main enemy. It is made up of five forts staggered across the width of the valley.



The *Lac du Mont-Cenin* is located at an altitude of 1,974m, on the plateau bearing the same name, not far from the Franco-Italian border. It is the passage most crossed during the Middle Ages, between France and Italy.



Beaufort Cheese is produced from the milk of some 10,400 Tarine cows or Abondance cows. These cows, for the summer period, populate the mountain pastures and thus allow the maintenance of the agro-pastoral system which shapes our Mountains.

Roadbook proposed by Maurienne Tourisme

www.velo-maurienne.com
www.maurienne-tourisme.com



Plus d'informations:
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