



France - Mediterranean Diagonal

7 days / 6 nights / 7 stages / 1 650 km

An exhilarating escape snaking from the beaches of Normandy to the Côte d'Azur. Swap the beaches of Deauville for the beaches of La Ciotat at the end of a mind-blowing journey...

Don't just live and share the highlights of this fascinating journey, discovering France and its hidden treasures by following a picturesque network of country roads and secret tracks.

Get on your bike and experience a unique adventure!

Escapism does not necessarily mean a remote trek. And it is with pleasure and daring that TrailRando invites you to participate in one of the most fabulous motorcycle adventures of the third millennium, following this journey from the English Channel all the way down to the Mediterranean.

Travelling coast to coast, this exhilarating team ride links Deauville to La Ciotat; north to south, with the rocky coastline in sight...

Is your imagination running wild with stories and legends, mysteries and history? Then you're ready to embark on this epic journey with us. The stage is set: forests, vineyards, fields full of different crops and expanses of green line the route. Tranquil valleys, charming rivers and picturesque villages spread across the landscape...

This compelling trip takes us into a wonderful world of country roads lined with flowers and scented rural routes, lanes with natural perfumes and forest tracks, all open to public traffic...

Tales of men and women also feature in this meandering journey through the peaceful French countryside with all its quirks and hidden gems.

This is the DIAGONAL, a long-distance journey across France!

YOUR PROGRAM

Day 1 - Day 1 /Stage 1 - Deauville - Bellême : 220 km

Right from the outset, the route takes us deep into the Norman region, chancing delightfully upon places famous for their cheeses; Camembert, Livarot, Pont L'Évêque... Charming half-timbered houses stand on green pastures dotted with cattle. For the first part of the trip we have chosen small roads which wind through glorious terrain with often uneven tracks criss-crossing the region. This allows everyone to slowly get used to the method of navigation.

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Day 2 - Day 2 / Stage 2 - Bellême - Argenton sur Creuse : 240 km

On paper it looks like a marathon stage. In reality, the miles pass by much quicker than expected on tracks which lead straight to the horizon. While planning this trip and during previous trips, we have made friends with many people who live along the route; Gaston, Jean-Louis, Mireille and Francis to name but a few. Even if the terrain is uncertain, you won't tire of this stage because our little discoveries in this region, such as the old manor in Perche or the abandoned mill in the depths of mysterious Indre-et-Loire, make this a really exciting route.

Day 3 - Day 3 / Stage 3 - Argenton sur Creuse - Giat : 220 km

Forest makes up more of the route. Streaking across a forgotten region, fast-flowing rivers and crystal-clear streams hurtle down every hillside in unison. The route climbs gradually. Emerging from the distant mist, the first foothills of the Massif Central are a sign of the promise of tomorrow...

Day 4 - Day 4 / Stage 4 - Giat - Brioude : 250 km

Against a backdrop of farms built from volcanic rock, the terrain becomes rugged and more magical. Weaving its way between Puy de Sancy (1579 m) and Le Plomb du Cantal (1855 m), the route climbs to the Plateau du Cézallier. Perched on top of a cliff spiked with basalt columns, Charmansac overlooks the nearby Haute-Loire. A thirst-quenching stop at Yvette's is essential.

Day 5 - Day 5 / Stage 5 - Brioude - St-Pons : 250 km

Our breath-taking journey passes along heather-covered ridges and through deep valleys. In the crisp air of the Haute-Ardèche, the route slaloms along the ridge line between Mont Gerbier de Jonc (where the Loire river begins) and Mont Mézenc. With bend after bend, this is the longest stage in terms of time spent riding. After the route takes a final dip along the banks of lake Saint-Front, an ancient crater fed by underground springs, the path climbs towards the Plateau du Coiron.

Day 6 - Day 6 / Stage 6 - St-Pons - Gréoux-les-Bains : 280 km

A narrow pathway squeezes between the rocks before descending above the wine-growing area. From there, the view of the Dentelles de Montmirail is simply stunning. Just around the corner, the riders can enjoy a handful of juicy sun-ripened cherries from a small local producer. The route continues under the fragrant pine trees before arriving at the Plateau de Valensole with its intoxicating aroma of lavender. Then our rugged adventure moves on to the slopes of Mont Ventoux.

Day 7 - Day 7 / Stage 7 - Gréoux-les-Bains - La Ciotat : 190 km

The song of cicadas accompanies travellers along the final part of the journey. The finish is approaching. Everyone can enjoy the quintessential scene perfumed with the aromas of Provence. And no-one can resist a bite to eat under the olive tree in the square in Tourtour, the village in the sky. Then, a fabulous expanse of blue sea appears between the umbrella pines... The bay of La Ciotat in all its glory...

Additional information

TARIFFS



2230 € per pilot, 1680 € per passenger
 Single room supplement : 245 €.

INCLUDED

- Lodging
 - o hotels, in twin rooms.
 - o from the evening of the first stage, to the morning of the last stage

Food :

- o Breakfast, lunch, dinner
- o from the morning of the first stage to midday of the last stage,

- The GPS device with the trip's complete track,

• Tourleaders :

- o Tourleader on his motorcycle,
- o Support vehicle for luggage transport

NOT INCLUDED

• Transportation :

- o To and from tour start,
- o Vehicle transportation to and from tour start,

• Beverages

LEVEL OF DIFFICULTY

Who can take part?

The route alternates between minor roads, byways, local roads and small tracks which are all open to public traffic. Good physical fitness, strong determination and some off-road experience are all desirable to be able to embark on the Mediterranean Diagonal with complete peace of mind.

The sections of off-road driving are broken up in a way that will not deter beginners but that experienced riders will enjoy...



TWO UP? It could of course be considered, provided that both rider and passenger are fit and have the adequate off-road experience.

GUIDE AND LUGGAGE

A Trail Rando guide will comprise the team on board their own vehicle.

At the same time, a chase vehicle will transport your luggage between stages every day. They will travel by road with regular meeting points along the route.

They can also pick up a rider and vehicle in the event of breakdown or exhaustion. The team also has a basic first aid kit, tools, some spare parts and is able to lend a hand if required.

ACCOMMODATION

We've sourced some wonderfully charming accommodation for when it's time to rest and relax. As is often the case in the world's remotest places, you can be sure of a very warm welcome!

A few examples of accommodation:

> www.golfhotelbelleme.com/hotel

> www.aubergedelacailiere.com

> www.merebiquette.fr

DEPARTURE

Deauville

ARRIVAL

La Ciotat

EQUIPMENT TO TAKE

RIDER'S EQUIPMENT

You should think carefully about saving space and reducing weight.

For riding

In addition to the normal motorcycle gear:

- Helmet
- Goggles (clear and tinted)
- Gloves
- Leather boots
- Motorcycle trousers and jacket
- Any protective equipment required to ride a motorcycle on any type of track



When riding, we advise you to carry a small backpack containing the following:

- Sun cream
- Lip balm
- Baby-wipes
- Scarf
- Sunglasses
- Waterproofs, to keep up morale during bad weather
- A change of gloves, to set off in a good mood after a rain shower
- A sweet snack tucked into a pocket (a life saver) will give you energy and takes up less room than a tin of spinach
- Water, vital to quench your thirst
- Survival blanket
- Swiss Army knife
- Pocket torch or head torch
- Optional camera
- Mobile phone (and charger!)

When you're dressed for riding, there should only be a few things remaining in your bag (please do not bring suitcases but rather a duffel bag, sports bag or rucksack without a frame).

For the evening

- Tee-shirts
- Socks
- Long-sleeved shirt
- Jumper or sweatshirt
- A change of trousers and shorts
- Swimwear
- Lightweight shoes
- Towel
- Toiletries
- Personal medication

A concentrated miracle: travel light, choose a tube of detergent!

For navigating

- Small notebook and pen to note down the briefing instructions each day
- Batteries for the GPS

Tools and spare parts

Carry basic tools and spare parts in your rucksack (levers, quick-release clips, clamps...) to remain self-sufficient along the route.



SAFETY INSTRUCTIONS

- Valid Driving license
- Appropriate Insurance policy
- Vehicle Registration Documents and insurance

Mandatory !!!

REPATRIATION INSURANCE

If you are already insured, check with your provider to ensure your policy is valid:

- In the country in question
- For the type of activity you will be undertaking

If required, we can provide you with repatriation insurance

ON ROAD CONDUCT

Each participant should act as an ambassador to France's motorcycling community. This trip is a result of many months of scouting, during which we have made many friends. Please be always respectful and courteous.