



Mont Ventoux

For a successful and safe climb



 Département
de
VAUCLUSE


LA PROVENCE
A VELO

www.provence-cycling.com

Mont Ventoux (alt. 1910 m)

What you need to know

Climbing the Ventoux by bike is not something to be taken lightly! Best to be in tip top form, and **follow our advice.**

Prepare yourself for a difficult mountain ride

Your bike should be in excellent condition specially your brakes



Don't forget your helmet (compulsory for under 12 year-olds); if possible, bring a heart rate monitor to check your heart rate during the effort; bring warm clothing as it is 13°C cooler on the summit than at the foot of the mountain.

Have a chat with your doctor



An electrocardiogram and/or effort test is recommended for over 35 year-olds.

Good diet and lifestyle



A healthy diet is essential. Avoid alcohol and tobacco.

Training



At least 1 000 km of cycling, with regular 2 to 3 hours runs (with climbs) per week.





The D-day

Check the weather forecast



you should not climb if a **strong wind** is blowing (above 80km/h), if **temperatures are too high** (in summer, leave early in the morning or after 4pm), or if a **thunderstorm** has been forecast.

www.meteo-ventoux.fr

Warmup



Have at least a **30 min warmup**.

Remember to take plenty of fluids



0.5 l per hour.

Please take care of the Ventoux



Don't throw away your garbage, keep it and take it back down with you. Forest fires: do not smoke in the forest or nearby. In the event of a fire breaking out, call the fire brigade.

After the ascension



Make a break before descending. **Stretch** and **drink** some water between 0.5 l and 1 l.

Be careful

Respect the highway code.

Always ride on the right side.

Share the road with other users.

Ride in single file if you are a group, with a space of 15 - 20 every 4 to 8 riders.

If you need to stop, make it clear to others and bike off the road.

Do not have a car following you as this creates traffic problems.

Control your speed on the descent.

Exhaustion, thrill of the ride, speed, sharing the road with cars and motorbikes make the descent dangerous: **most accidents happen on the descent. Be careful!**

Choose a road with less traffic, descending via Sault, and then the Gorges de la Nesque or the Col des Abeilles.

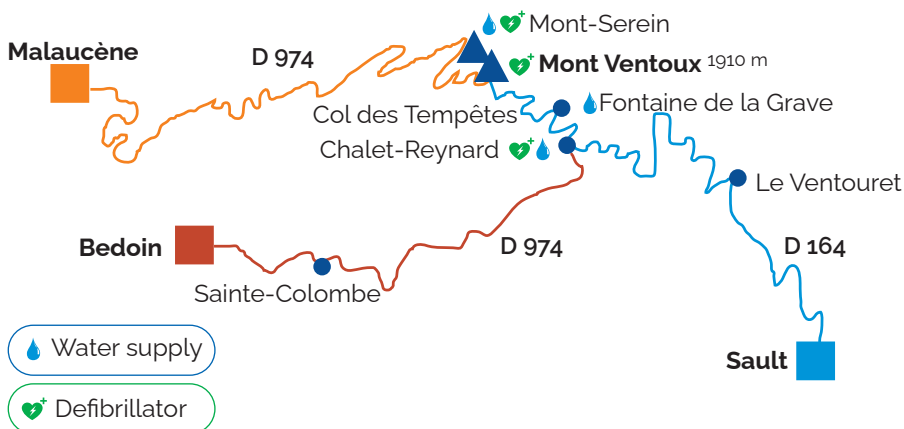


All emergencies : 112

Police : 17

Fire brigade : 18

CHOOSE YOUR ITINERARY ACCORDING TO YOUR LEVEL



SAULT

Distance: 25,6 km

Elevation: 1210 m

Average gradient: 5% (some at 10%)

Time: from 1h30 to 3h30

Warm up possible from Monieux or Villes sur Auzon (through Gorges de la Nesque).

The climb from Sault to Chalet Reynard does not present any real difficulties, but the final stretch to the summit is classed VERY difficult.

MALAUCENE

Distance: 21 km

Elevation: 1575 m

Average gradient: 7,5% (some at 15%)

Time: from 1h30 to 3h30

Warm up from Vaison la Romaine.

BEDOIN

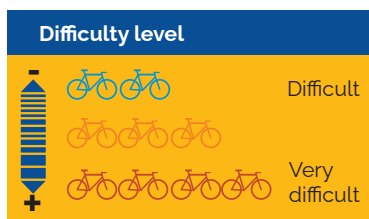
Distance: 21,8 km

Elevation: 1598 m

Average gradient: 7,5% (some at 15%)

Time: from 1h30 to 3h30

Warm up from Carpentras, Mazan or Malaucène (col de la Madeleine).



The Bedoin-summit itinerary is the most used (50% of the traffic): be very careful or try to use one of the alternative itineraries for a safer ride.



www.vaucluse.fr

 @departementdevaucluse

More information at :

Sault tourism office +33 (0)4 90 64 01 21

Bedoin tourism office +33 (0)4 90 65 63 95

Malaucène tourism office +33 (0)4 90 65 22 59.

To know all about the cycling routes, visit

www.provence-cycling.com