



# MONT VENTOUX

FOR A SUCCESSFUL  
*and safe* CLIMB



**D 974**

Pente à  
11%  
Sommet à  
507 m

**VAUCLUSE**  
LE DÉPARTEMENT

.....

# MONT VENTOUX (ALT. 1910M)

## 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*



### 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.*



### 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.*

## ..... 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](http://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.*

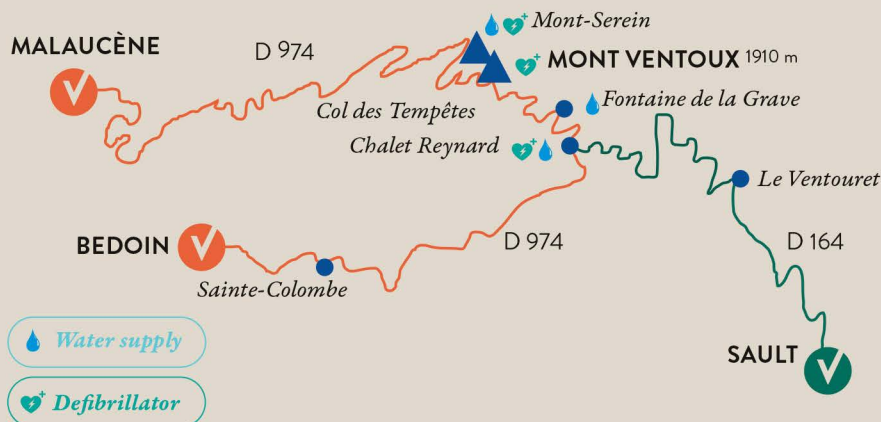


*All emergencies : 112*

*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.

## BEDOIN

**Distance :** 21,8 km

**Elevation :** 1598 m

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

**Time :** from 1h30 to 3h30

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

Time: from 1h30 to 3h30

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

## MALAUCÈNE

**Distance :** 21 km

**Elevation :** 1575 m

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

**Time :** from 1h30 to 3h30

Warm up from Vaison-la-Romaine.

## Difficulty level

Difficult



Very difficult

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.

**More information at tourism office:**

**SAULT** 04 90 64 01 21 **BEDOIN** 04 90 65 63 95

**MALAUCÈNE** 04 90 65 22 59 To know all about the cycling routes, visit [www.provence-a-velo.fr](http://www.provence-a-velo.fr)

