



## LA BICYCLETTE JAUNE



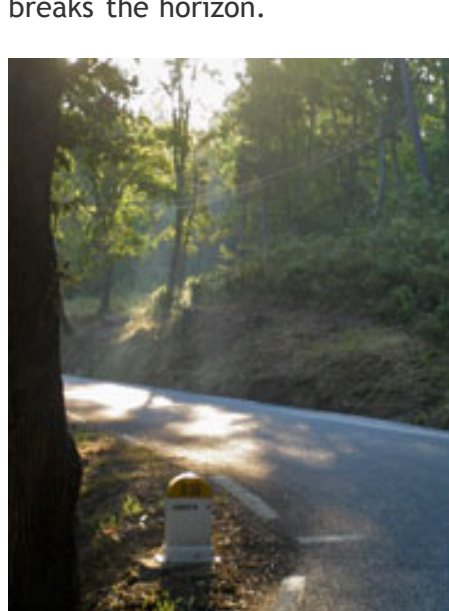
Summer / Autumn 2010

**Welcome** to la neuvième étape of La Bicyclette Jaune.

It is easy to see why so many cyclists head overseas to find new and interesting routes to discover. This past summer we again spent time in the Var department which is located in the region Provence-Alpes-Côte d'Azur. The Côte d'Azur isn't usually an area that you associate with cycling due to the high traffic volumes along the coastal roads, but don't forget it is also where a lot of the pro peloton call home due to the excellent topographical variety of the roads. It also provides the best of two worlds; great riding and some beach time with the family. Monaco, Nice, Cannes and St. Tropez are the usual hot spots along the coast, but as reviewed in previous newsletter (Winter 2008) we really enjoy the fishing port of St. Raphael.



The riding from St. Raphael is excellent, just avoid the coastal roads as tourists sturrry from beach to hotel to hypermarket. Early morning riding is a sheer delight as peacefully quiet roads are draped with an early morning mist that quickly clears once the sun breaks the horizon.



One of our favorite rides is the back roads towards Cannes crossing the Massif de l'Estérel to Mandelieu la Napoule and then climbing Le Grand Duc on the way to Tanneron; passing through the towns of Montauroux and Callian (pictured in masthead) and then heading south towards Bagnols en Forêt. This loop is challenging and is approximately 100km. Rides into Grasse, Fayence, Draguignan, Mougins &

Southern Alps are all possible from your chosen base on the Cote D'Azur. It's easy to see why so many riders make this area their home.

Many of the areas we visited are reviewed in this edition of CG

Bonne Route,

Tim, [La Bicyclette Jaune](#) | [e-mail me](#)

Thank you to all those who have written to us over the past months looking for advice and recommendations on travelling to Southern France. We hope that we have been assistance.

**Cyclosporatives for the Mamil in all of Us!**

Cyclosporitive or GranFondo (Italian for "Big Ride") as they are sometimes called are springing up everywhere. From cyclosporitives associated with major races such as [L'Etape du Tour](#) and [La Marmotte](#) to regional events across Europe, and more recently North America, these are fun and safe events with a competitive edge that give us "Mamils" (and women!) the chance to show off what could have been!

Many a notable rider is attaching his name to these mass participation races. Most recently our friend Axel Merckx announced via twitter the [Axel Merckx and Friends Gran Fondo](#) taking place in the summer of 2011 in the Okanagan region of British Columbia, Canada where Axel now calls home. Axel joins [Levi Leipheimer](#), [Laurent Jalabert](#), [Bernard Thevenet](#), Bernard Hinault, and his father [Eddy Merckx](#), among other pro racers who are organising these citizen style events for all riders.



For a comprehensive list of cyclosporitives in Europe and around the world see [cyclospor.org](#).

**The Top 50 Cols that every Cyclist MUST Ride!**

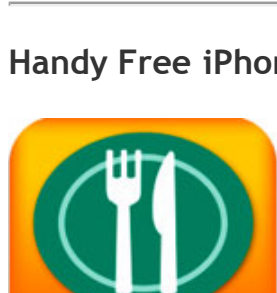
We've written in the past (Summer 2009) about [Thomson Bike Tours](#). Peter Thomson and his crew run the leading performance cycling trips in Europe, and after a record breaking 2010 season, they are already taking advanced reservations for their 2011 trips.



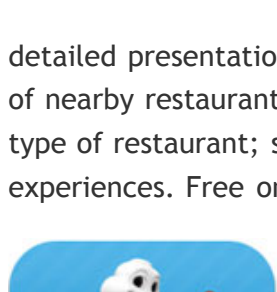
Peter has also compiled a guide of his selection of the most difficult, most spectacular and most famous climbs in the Alps, Pyrenees, Dolomites and Cantabria. Each of the climbs includes an elevation profile, and data on elevation gain, length, average grade, and a difficulty index to allow comparisons between climbs.

The guide, in PDF format, is available for download from the TBT site [here](#). Peter's pick for the Top Climb? ... Alpe d'Huez...

Download your copy of the Top 50 Cols to see where your favourite climb ranks.

**Handy Free iPhone Apps for Travelling in France**

**L'Internaute French Restaurants**  
When you find yourself in an unfamiliar French town finding a decent restaurant can be a hit-and-miss process. This iPhone app claims to be the most complete guide in France to finding a restaurant, with more than 30,000 restaurants, 120,000 user reviews and detailed presentations. Here's a list of available features: get a list of nearby restaurants (using location services); search by city or type of restaurant; share your opinions and read other's experiences. Free on iTunes.

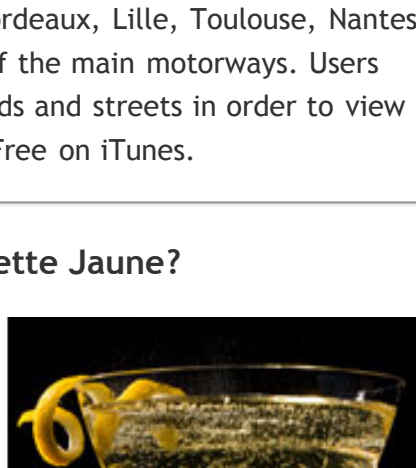


**Via Michelin Traffic France**  
Avoid getting stuck in a traffic jam with this app that provides real-time traffic information for France. ViaMichelin Traffic France offers extensive coverage of many main towns and cities of France including Paris, Lyon, Bordeaux, Lille, Toulouse, Nantes and Ile de France, as well as most of the main motorways. Users can zoom directly onto the main roads and streets in order to view the traffic situation for each town. Free on iTunes.

**A Drink Named After La Bicyclette Jaune?**

A friend has alerted us to a drink called the Yellow Bicycle being served at San Francisco's [Rve](#) bar.

Ice  
1/2 oz St-Germain elderflower liqueur  
1/2 oz Yellow Chartreuse  
4 oz Prosecco or cava  
Lemon zest, for garnish (optional)



Fill a cocktail shaker halfway with ice, then add St-Germain and Chartreuse and stir until well chilled.

Strain into a cocktail glass and top with Prosecco or cava. Garnish with lemon zest, if using.

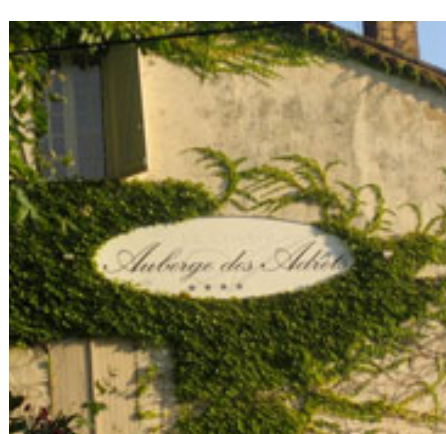
And as much as we'd like to think that a drink has been named after us, the bicycle part probably refers to the legend and lore of St. Germain and how the elderflowers are carted down the mountain on bicycles, and which has been worked into the names of other St. Germain cocktails such as La Bicyclette.

**"Classement Général"**

*Useful Tips for Travelling to Provence*

**Massif de l'Estérel**

**L'Auberge des Adrets**



Situated in the heart of the Forêt Domaniale de l'Estérel Nature Reserve on the Route de Cannes, the Auberge des Adrets lies in the shadow of Mont Vinaigre on the outskirts of Les Adrets de l'Estérel. Ten rooms romantically look out over one of the many valleys towards Cannes. This is the perfect base to explore the roads (and beaches) of the Côte d'Azur

Lieu-dit Auberge des Adrets

Au Coeur du massif de l'Estérel

FRANCE

Tel. (33) (0) 4 94 82 11 82

Fax. (33) (0) 4 94 82 11 80

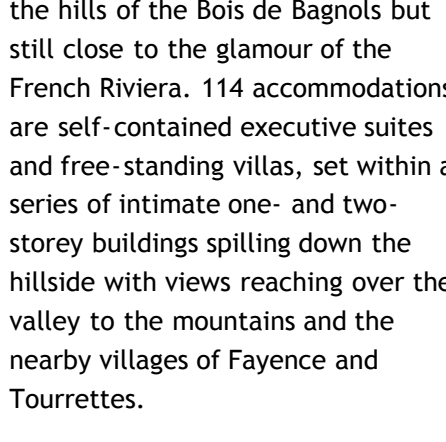
[Website](#)



**Tourrettes**

**Four Seasons Domaine de Terre Blanche**

Located on the D56 between Callian and Bagnols en Forêt and hidden in the hills of the Bois de Bagnols but still close to the glamour of the French Riviera. 114 accommodations are self-contained executive suites and free-standing villas, set within a series of intimate one- and two-storey buildings spilling down the hillside with views reaching over the valley to the mountains and the nearby villages of Fayence and Tourrettes.



Domaine de Terre Blanche

83440 Tourrettes, Var

FRANCE

Tel. 33 (0) 4 94 39 90 00

Fax. 33 (0) 4 94 39 90 01

[Website](#)

**"Le Bidon"**

**Rasteau promoted to AOC**

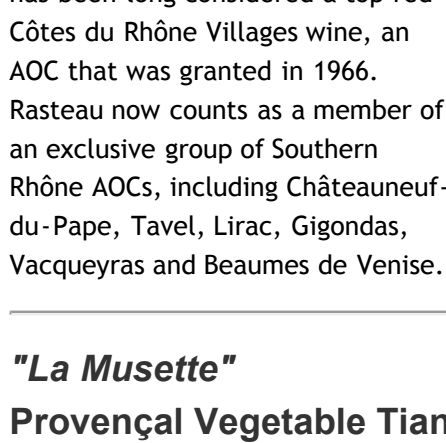


Rasteau in the southern Rhône has been elevated to AOC status - Crus des Côtes du Rhône. The commune has been promoted from Côtes du Rhône Villages, with the designation backdated to cover the 2009 vintage. Appellation d'origine contrôlée (AOC), which translates as "controlled designation of origin", is the French certification granted to certain French geographical indications for wines, cheeses, butters and other agricultural products.

With 75% of vineyards on hillsides rising between 500 and 1000 feet, Rasteau, with its smooth, stone covered clay-limestone terraces, has been long considered a top red Côtes du Rhône Villages wine, an AOC that was granted in 1966. Rasteau now counts as a member of an Rhône AOCs, including Châteauneuf-du-Pape, Tavel, Lirac, Gigondas, Vacqueyras and Beaugues de Venise.

**"La Musette"**

**Provençal Vegetable Tian**



Tian which originated in Provence is a simple dish that usually includes vegetables like summer squash, tomatoes, eggplants, onions, potatoes and pepper, baked in a clay oven dish. The word tian actually refers to both the baking dish and the roasted vegetables.

The following recipe includes only zucchini, yellow squash and tomatoes and serves 4 to 6 as a side dish. A more hearty version can be made by incorporating potatoes, eggplant, and finished au gratin with shredded cheese and bread crumbs.

2 tbsp extra-virgin olive oil plus more to drizzle over the vegetables  
1 medium onion, diced  
3 garlic cloves, chopped  
1 large zucchini  
1 large yellow squash  
3-4 Roma tomatoes  
Herbes de Provence  
2-3 thyme sprigs  
Kosher salt and ground black pepper

Preheat the oven to 375F. Heat the olive oil in a small saucepan, add the onion, sauté for a few minutes, add the garlic and cook for a few more minutes, add half a teaspoon of herbes de Provence, and season with salt, layer the onion mixture on the bottom of the baking dish. Slice the zucchini, yellow squash and tomatoes. Arrange the vegetables tightly over the thyme mixture, sprinkle with onion, herbes de Provence and kosher salt. Drizzle a little olive oil over the vegetables and bake until the vegetables are cooked and tender.