



## E-MTB IN THE VERCORS

GUIDED HOTEL-BASED ELECTRIC MTB TOUR - 2 TO 5 DAYS

ELECTRIC MTBS

CHARMING GITE

WELLNESS

Whether you are a beginner or an experienced rider, this MTB tour has been designed exclusively for Electric MTBs.

These new bikes make MTB accessible to people who would not dare ride an MTB, allowing them to complete stages while considerably adapting their energy expenditure. They are also a great opportunity for seasoned mountain bikers to discover a new way of riding.

In fact, not only does the pedalling technique change, the level of difficulty regarding the terrain is also completely transformed!

Our guide, specialised in E-MTBs, will also give you some invaluable advice.

You just have to choose the level that best suits your skills.

3 different levels are proposed.

### LEVEL

#### Level 1:

**Fitness rating: 2 / 5.**

Intermediate. You love sports as well as mountain biking. You ride 2-4 times per month. You are capable of riding for multiple days in a row on this circuit. Distance covered: 30 to 40 km/d; cumulative elevation gain: 600 to 900 m.

**Technical rating: 1 / 4.** No specific MTB skills.

Some practice on paths and rolling terrain.

#### Level 2:

**Fitness rating: 3 / 5.**

**Athletic.** MTB is your sport. You are in good shape and you train regularly. You are capable of riding multiple days in a row and you enjoy exerting yourself. Distance covered: 40 to 50 km/d; cumulative elevation gain: 900 to 1300 m.

**Technical rating: 2 / 4.**

It requires some knowledge of MTB riding and basic skills: braking, travel speed, positioning and trajectory on the path, shifting.

Some practice on rocky paths and trails with change of pace.

#### Level 3:

**Fitness rating: 4 / 5.**

Very athletic. You ride very regularly and maybe you belong to a MTB club. You know how to manage your effort and you are fond of sporting challenges. Distance covered: 50 to 80 km/d; cumulative elevation gain: 1300 to 2000 m and more.

**Technical rating: 4 / 4.**

We are talking about an expert, as well as a pilot. For you, getting off the bike is not an option. You practice on all kinds of trails, including challenging and extreme areas (very steep climbs, screes, tight corners).

from  
**€350**  
per pers.

from  
May  
to  
Sept. 2018

## Informations

### PRICE

Included:

- Accommodation
- Full board
- Herbal tea after the meal (except at the shelter)
- Guide
- Access to the wellness area every time you come back from your hike
- Tourist tax

Not included:

- Drinks
- E-MTB Transportation from your place of residence to the starting point of the tour, and back
- Wellness treatments, if not included in your package
- Potential booking fees
- Insurance

### THE HIGHLIGHTS:

- Friendly, welcoming, and family-like atmosphere
- The amazing spa
- Exclusive: Arcanson's MTB Station: Here you can pamper, weigh, wash, rinse, inflate or repair your princess. You can also keep your bike safe and secure at the station.