

PRESENTATION OF THE EVENT

The PARIS - NICE CYCLO 2024, this 21st challenge, is once again being organised by the AAOC (Airport Association Olympique Cycliste) under the aegis of the FFVelo (Fédération Française de Cyclotourisme).

This cyclo sportive ride, which is very popular with the cycling community, will take place from Wednesday 12 June 2024 to Friday 21 June 2024, and will be held under the banner of conviviality and friendship.

These sentiments are widely shared by Raymond MARTIN, a loyal friend of the event since 1985, who will chair the Honorary Committee for this 21st edition. Once again, all the national and international cycling federations (FFCT, FFC, FFTRI, FSGT, UFOLEP, etc.) will be represented, to our great satisfaction.

At 07:00 on Wednesday 12 June 2024, the peloton of some 200 cyclists will take to the start line on Avenue des Cascades.

At 07:30 the actual start will be given by the Mayor of Fontainebleau in front of the gates of the Imperial Château.

This Paris - Nice Cyclo 2024 will leave the Royal City of Fontainebleau for a journey of almost 1,500 km in 10 stages, with a vertical drop of almost 26,000 m as it penetrates the forest massif, the lungs of the southern Ile-de-France region.

The plains of the Gâtinais Regional Nature Park will be followed by the rolling hills of Burgundy, leading to the Yonne valley and the heart of the Chablis vineyards before reaching Avallon. The Morvan then provides the verdant backdrop for the second stage, before a well-deserved rest in Tournus on the banks of the Saône.

From the Saône Valley, the crossing of the La Bresse plain will take the peloton to the foothills of the Bugey, the Lac du Bourget and the spa town of Aix-Les-Bains, the end of the 3rd stage where the cyclists taking part in the last 7 stages will join us.

The first difficulties will arise with the Massif des Bauges, a real barrier between Lac du Bourget and Lac d'Annecy, then the Chaîne des Aravis where the village resort of Le Grand-Bornand will host the 4th stage.

From the Aravis Range to the Beaufortin, it's just a short step to Les Saisies and then the Tarentaise Valley, where the Arcs 1800 resort, the finish of this 5th stage, will hold out its arms to the peloton. The Tarentaise Valley will be the scene of stage 6. It's a short stage, but it's a long one, as it finishes at Les Menuires Les Belleville and, for the most courageous, at Val Thorens.

The Maurienne Valley will follow on from the Tarentaise Valley via the famous Col de La Madeleine and the little-known Col de Chaussy. Valloire will once again welcome us after climbing the slopes of the Télégraphe.

Then it's on to the legendary Valloire - Vars stage, so popular with cyclists, with the Galibier as a starter, the Izoard giving access to the Queyras Valley as a main course, and the ascent to Vars as a dessert. What more could you ask for?

This magnificent Queyras Valley will be used once again to reach the summit of the Col Agnel before switching to Italy, climbing the Col de Sampeyre to arrive in Cuneo, which will welcome us for the 3rd time

Finally, or rather already, the 10th stage will take the peloton from Cuneo to Nice via the Col de La Lombarde and the Vallée de La Tinée. It's a familiar finale that fans of this "classic" have enjoyed in the past, culminating in a reception by the City of Nice on the castle hill before heading to the hotels along the Promenade des Anglais facing the Baie des Anges

The Organising Committee has prepared this "raid" so that you don't have to worry about any material problems, so that you can complete this new challenge in the best possible conditions, with a free mind and to satisfy your passion to the full.

To achieve this, the team is made up of 50 volunteers, loyal assistants who have always demonstrated their professionalism, and are keen to offer you quality services in all areas.

- **Safety:** protecting cyclists remains the Organising Committee's priority.
- **Signposting** - Safety car - Motorbike assistance - All linked by radio
- **Technical assistance:** loyal, available and highly competent professionals. Radio link.
- **Medical assistance:** a medical team comprising 3 doctors, 1 physiotherapist and 3 first-aiders (Ambulance). Backed up by 6 first-aid motorcyclists.
- **Luggage transport:** 2 lorries will collect your luggage every day and deliver it to your respective hotels.
- **Refreshments:** 3 teams will be in charge of the morning refreshments, lunch and drinks en route.
- **Entertainment:** the announcer will remind you at all times about safety and the highway code, will be at your side to encourage you and ease your suffering if necessary, and will introduce our partners.
- **Photo / Reports:** a photographer will be on hand to help you relive your exploits.

The Organising Committee has only one wish: the success of this Paris - Nice cyclo 2024. While a lot of work has gone into the preparations, the real-time organisation will have to meet your expectations.

The team of volunteers, whatever the field, will have the task of assisting you, offering you a quality service and doing so with the good humour that we know them for.

But for the event to be exceptional, each cyclist will have to contribute to its success. They will find the pleasure they are looking for in the middle of the peloton, and they will show the sporting spirit that is compatible with this "classic", which is reputed to be difficult, as well as courtesy and respect towards all the participants, cyclists and volunteers.

Without the active participation of the elected representatives of the towns and villages that will be hosting this 21st edition, the close collaboration of the caterers and hoteliers, the considerable financial and material support of our partners, and the dedication of all the assistants, this great event could not take place. Let's not forget it. We thank you all.

Presentation of the course :

STAGE	DAY	TOWN	COFFEE BREAK	LUNCH	KMS	ASCENT
1ST	Wednesday 12th June	Fontainebleau - Avallon	Piffonds	Chablis	175	1445
2e	Thursday 13th June	Avallon - Tournus	Montsauche- Les-Settons	Epinac	180	2170
3e	Friday 14th June	Tournus - Aix-les-Bains	Mézériat	Lagnieu	185	2000
4e	Saturday 15th June	Aix-les-Bains -	Allèves	Faverges	105	2400
5e	Sunday 16th June	Le Grand-Bornand - Les Arcs	Flumet	Beaufort	115	3740
6e	Monday 17th June	Les Arcs - Les Belleville	Notre-Dame- du-Pré	Les Belleville	65	1700
7e	Tuesday 18th June	Les Belleville - Valloire	Notre-Dame- de-Briançon	Montvernier	130	3650
8e	Wednesday 19th June	Valloire - Vars	La Salle-Les- Alpes	Brunissard	115	3180
9e	Thursday 20th June	Vars - Cuneo	Château-Ville- Vieille	Sampeyre	165	3570
10e	Friday 21st June	Cuneo - Nice	Vinadio	St-Sauveur-sur- Tinée	110	3740

Each day:

- Rise at dawn, departure at 07:30.
- Morning refreshments at the 40th/50th km.
- Full meal at mid-stage or beyond in the form of a self-service restaurant in a chosen location.
- Reception on arrival by the stage town.
- Half-board accommodation in 2 - 3 or even 4-star hotels.

On Saturday 22 June 2024, your return journey from Nice to Paris or Nice to Chambéry will be provided by the SNCF. You will be served a meal on board the TGV. Buses will take you to Fontainebleau or Aix-Les-Bains (shuttle bus), where you will collect your vehicles, your luggage and your bike, which has helped you take up this new challenge over the last 10 days.