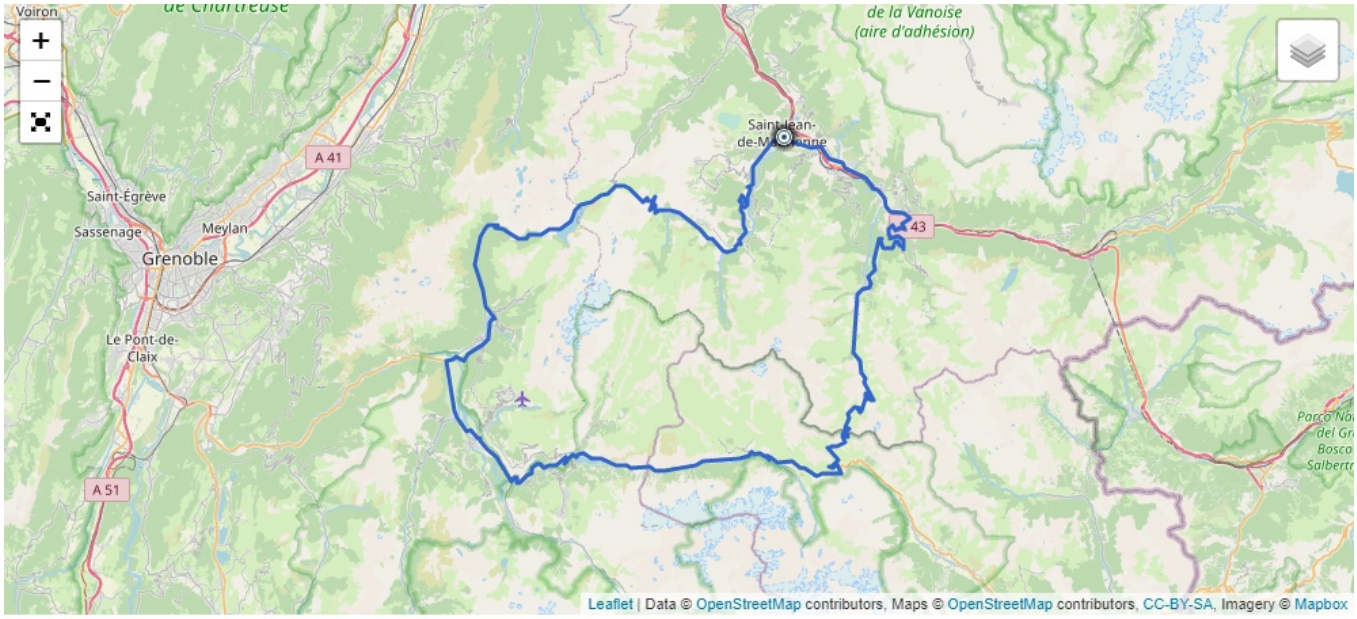


Télégraphe and Galibier

Road

Distance : 165 km Elevation : 5160 m Difficulty : 5

Start point : Saint-Jean-de-Maurienne





The Télégraphe and Galibier passes are frightening, just by saying their names. But the Maurienne valley is so beautiful that it is a cyclist's duty to climb it at least once in his life. This tour proposes to climb three of the most beautiful slopes in France, with the Croix-de-Fer pass on the way back.

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By Olivier Paudex

Start from Saint-Jean-de-Maurienne (1st day)

The Maurienne valley, land of mountains and cycling. It is a traditional passage of the Tour de France, as the passes are numerous and difficult. It is a land of challenges that every amateur cyclist must visit one day in his life. At the top of this hierarchy is the **Galibier**, culminating at 2642m of altitude.

The **Galibier** pass is climbed in two stages. Indeed, it is made of two passes. The first one, the no less famous **Télégraphe**, is just the first step. The serious stuff starts around the 15th kilometer. The **Télégraphe** takes us on a gradient that rarely goes below 10%, for more than 10km, to reach a plateau descending towards the village of **Valloire**.

In the first laces of the **Galibier**, the slope seems less steep. But it is only for a short time. The **Galibier** is a road of more than 18km starting from **Valloire**, all in curves, with slopes varying between 8% and 12%. It's a tough ride. At the summit, at more than 2600m, the wind gets in the way. The altitude and the effort provided make you dizzy.

Once the emotions are over, we take the road again to go down the **Lautaret pass**, another mythical name of the region, to join the valley, before turning right towards **Villar-d'Arêne** and even further, **La Grave**. The road then follows **"La Romanche"**, a river whose name lends itself to a smile for a Swiss, which flows into the artificial lake of **Chambon**.

At the exit of **Freney d'Oisans**, it is possible to take the road towards the winter sports resort of **Auris**, village stop for this first day.

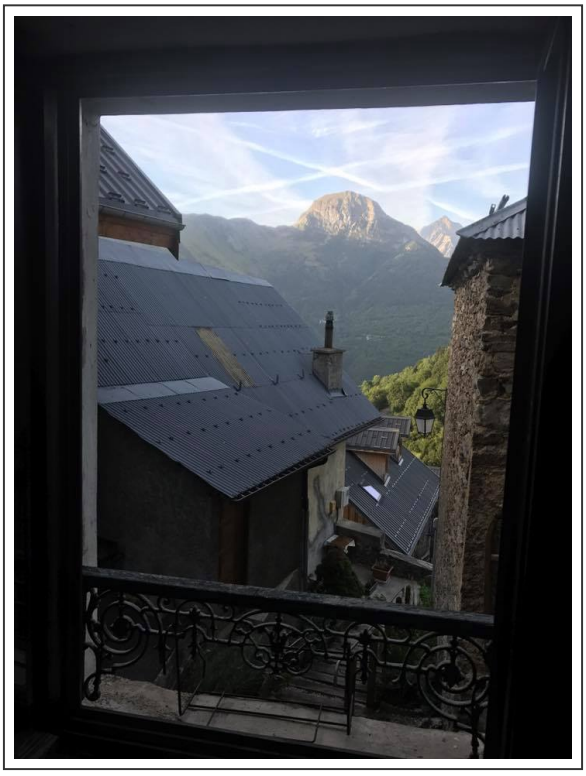




Télégraphe and Galibier Pass

Start from Auris en Oisans (2nd day)

The starting point is located outside the route, in the ski resort of**Auris en Oisans**. We go down the departmental road D 211, to reach **La Garde**, situated at the foot of another monument of the region, the **Alpe d'Huez**.



View on the village of Auris en Oisans

Once past **La Garde**, the route continues northward, alongside the lake of **Allemont**, and then attacks the last difficulty of this tour, the **Croix-de-Fer pass**, rather abruptly. And here we go for 25km of climbing at 8% average. The landscape is breathtaking. Taking the time to stop and take pictures is a useless advice, so much it is impossible to pass by without photographing these high altitude lakes with their azure blue color.





Croix-de-Fer pass

Back to Saint-Jean-de-Maurienne

The road goes down to **Saint-Sorlin d'Arves**, then **Saint-Jean d'Arves**, before reaching the starting point of this magnificent but physically demanding loop.