## SPYNS 4-DAY PYRENEES-PARIS TOUR

START: MEET YOUR GUIDES AT TARBES TRAIN STATION THEN TRANSFER TO CASTELNAU (45 MINS).									
DAY	REGIONS	VIEWING AREA	STAGE	ITINER	HOTELS				
DAY 1 JULY 22	PYRENEES THEN BORDEAUX	START CASTELNAU	STAGE 19 PLAINS	MORNING: VAN TRANSFER TO STAGE VIEWING (DRIVING TIME 45 MINS). EXPLORE THE TDF VILLAGE PRE-START. AFTERNOON: SEE THE STAGE START FROM SPYNS' VIP VIEWING AREA, COMPLETE WITH VIP TENT AND OPEN BAR. FOLLOWING THE STAGE, TRANSFER TO BORDEAUX, ARRIVING IN THE AFTERNOON. THEN CHOOSE YOUR ADVENTURE: A CITY BIKE TOUR OF HISTORIC BORDEAUX OR FRENCH PASTRY CLASS. EARLY EVENING TRANSFER TO PERIGUEX (DORDOGNE). CAUTION: LONG DAY.		IBIS PERIGUEUX CENTRE****			
DAY 2 JULY 23 DAY 3 JULY 24	DORDOGNE PARIS PARIS	FINISH ROCAMADOUR FINISH	STAGE 20 INDIVIDUAL TIME TRIAL STAGE 21 PARIS FINISH	OPTION OPTION 1: FULL DAY AT TIME TRIAL WITH OPTIONAL HIKE OR WALKING TOUR. ALL: MORNING PRE-RACE RI ON THE CHAMPS ELYSEES, V SPYNS' BALCONY/SUITE, SEN TOWE	OPTION 2: STRAIGHT TO PARIS. SKIP TODAY'S STAGE, STRAIGHT TO PARIS, AFTERNOON SEINE RIVER CRUISE, BISTRO DINNER. IDE (13.8 KMS / 8.6 MILES) /IP STAGE VIEWING FROM ID OFF DINNER AT EIFFEL	HOTEL ST JAMES**** (PARIS)			
DAY 4 JULY 25		DEPARTURE DAY							

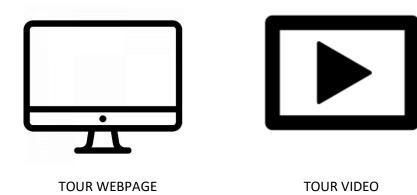
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## STAGES YOU WILL SEE:

STAGE	DATE	DISTANCE	TERRAIN	START/FINISH	VIEWING AREA(S)
STAGE 19	JULY 22	189 KMS	PLAINS	CASTELNAU/CAHORS	START CASTELNAU
STAGE 20	JULY 23	40 KMS	HILLS/TIME TRIAL	LACAPELLE/ROCAMADOUR	FINISH ROCAMADOUR
STAGE 21	JULY 24	112 KMS	PLAINS	PARIS/PARIS	FINISH PARIS

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