

# Cycling Holiday Competition Winners

Our congratulations to Catherine and Andrew who are the winners of the 2018 Fellow Velo Holiday Competition. It looks like they're going to have a great time in Provence later in the summer; they've even extended the trip beyond the prize element to create a great mix of more hidden Provence Verte with a little of the glamour on the coast.



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# London Bike Show

Fellow Velo will be back at the London Bike Show 23-25 February at the Excel. Come and see us at Stand LB974 to say hello, chat about cycling in France and, the chance to win a great cycling holiday in Provence in 2018.



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## David Ginola in our latest Fellow Velo Newsletter



Merry Christmas From  
**Fellow Velo**  
 Cycle... Friendly... France

Newsletter Issue: Christmas 2017

Merry Christmas to all our 2017 Fellow Velo Customers and to All!



Thank you to all those who chose to cycle with us during the year, for the company, the fun and, some great memories. And, our best wishes to all who see them on our way in 2018 and, for those who may be thinking of joining us soon.

From Steve and Andy  
 @Fellow Velo

**Fellow Velo Website**

Our website has now been updated for 2018 with some new route ideas and it also includes another opportunity to win a cycling holiday for two in Provence (see Page 2 for more details). We had a wonderful guided tour to the Monaco Formula 1 Grand Prix this year and, with the French Grand Prix returning to the calendar in 2019, after a ten year absence since 1970, since it was last run at the Circuit Paul Ricard, we have added a new tour in June to celebrate the event. Monaco obviously steps on the race calendar for us. It really looks like a nice route taking two French Grand Prix races around the South of France. Places on this tour are limited and, even this far away from the tour dates, prices are already rising for accommodation now that word is out about the race coming to town.



The cycling journey on this tour will cover Provence from top to bottom, starting along the spectacular Gorges du Verdon before winding its way through Provence into and over the Massif des Maures to the great cycling towns in the area before transferring to your base for a weekend of high volume riding.

**Website for 2018 now live!**

Page 1 of 2

**THE FRANCE SHOW 2018**  
 26-28 January | Olympia, London  
 The best of France in a day

Fellow Velo will be at the France Show in Olympia once again. We will be talking at the Language and Travel Forum again and you can meet us face to face at the Fellow Velo stand.

Just come along to the show to be inspired to discover France by bicycle and, you will be welcome to visit us on our stand (L27) to chat about cycling and perhaps even share a cup of wine.

If you are struggling to get your tickets for the show then, just drop us an email and we'll use it there is any way that we can help you to come and share in the fun.

**Win a Cycling Holiday in 2018**

Details have now been posted on our website about a competition to win a 2018 Fellow Velo cycling holiday in Provence.

... All day cycle tour including bike hire and 2 nights in some of Provence's wonderful characterful châteaux. For two people (or two plus a small child) to be added to a winter cycling holiday package.



Andy and Andy were our 2017 winter Competition Winners - as well as great cycling days, they were occasionally distracted by the odd vintage along the road.

**Pedalling Poetry or Prose ....**

**Personal Best**



The autobiography of Beryl Burton

In 1981, Beryl overtook Mike McKinnon in an Oleg CC 12-hour time trial on her way to setting a women's record of 277.28 miles in the set time. McKinnon's distance of 276.82 miles in the same event was itself a new women's record. When Beryl overtook him during a race, they could hardly expect a quiet ride without or word of encouragement. When she overtook McKinnon she immediately offered him a high-five award.

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Page 2 of 2

# New Ride to the French F1 Grand Prix



Fellow Velo are planning a tour option next June for the return of the French F1 Grand Prix to the wonderful Paul Ricard Circuit in Provence. Places will be limited on this tour so, if you are interested, just email [jane@fellowvelo.com](mailto:jane@fellowvelo.com) to let us know and, please share with any of your motor-racing fan friends. Full details of the tour will be coming to a new page on [www.fellowvelo.com](http://www.fellowvelo.com) in just a few weeks time.

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**Fellow Velo Newsletter**  
**Oct/Nov 2017**

**Fellow Velo**  
Cycle... Friendly... France

Newsletter Issue: Oct/Nov 2017  
Fellow Velo Late Summer Explorations



Our 2017 cycling season still isn't quite over yet but we have been able to get out to work on some new route ideas for next year. We have started expanding our previous thoughts about Valleys and Vineyards of the Var and these have now morphed into Trails Through the Terrors. Our vineyard routes come with very obvious pleasures along the way. We often end up building a guided cycling day into otherwise 'self-guided' tours to add another dimension to those holidays. It means customers can have an even more relaxed day with no pressure at all on their navigation skills (which of course might just suffer a little during the course of the day's ride after one, two or even more vineyard visits for tastings and tours). Trails Through the Terrors will be coming to our website soon, as will Provence 'V' is for ... (see Page 3).

Page 1 of 4

Our plans for Trails Through the Terrors are for a cycle tour that connects the huge range of great local wine production through a network of some of the most hidden trails and tracks of the Provencal countryside. One of the most enjoyable parts of our work comes in those rare times when we get to do some new route investigations. We are always trying to find the quietest and most interesting ways through the landscape – places that really are off the beaten track. A Fellow Velo customer from a couple of years ago, who would occasionally stumble over the words in their navigation notes, once summed up the approach to our quest for hidden trails as a constant search for 'les chemins des v' d'at'.

It became a phrase that has stuck with us and, we always think of that particular cycling group when we find a great new (to us) chemin that can be incorporated into one of our rides. With new routes, we might cover hundreds of miles exploring just to develop one relatively short day's ride. We care about the trails that our Fellow Velo customers follow and, we hope they enjoy riding them as much as we enjoyed the process of finding them and connecting them together. Really good route development is about far more than Google Map searches, guidebook reading and following signposts. These elements and more can be a really valuable part of the process, but, there are times when they can simply lead you astray or worse. In many ways, the most valuable thing that our customers are buying from us is that very detailed route knowledge (that's then added to a package of great accommodation and, the kind of cycle touring support that takes the stress out of the journey). If you just rely remotely on information from other sources like Google Maps for your planning, don't be surprised to discover that some of the trails that you hoped to ride don't actually exist and, some of the best ones out there may not become apparent until you are out there riding the trails for real.



Page 2 of 4

Provence: 'V' is for ...  
... Verdons, Vézère, Vercors and much more!



Inspired by the exploits of some of our 2017 customers who sought out riding of the more challenging end of the cycle touring spectrum, we plan to add the 'V' is for ... itinerary for 2018. It will be a flexible itinerary where it is possible to pick and mix from some of Provence's most spectacular and most challenging rides. It will sit somewhere between our fully guided and self-guided tours and, while we may not be riding with you for every turn of the crank, if you have ever dreamt of taking on a route like Mont Ventoux (and done even just a little research, you'll understand why a higher level of support to such a tour will be welcomed once you are in the saddle!)

Let us help you meet the challenges that you choose for your tour France:

- the spectacular Durance du Verdon, Europe's longest gorge,
- a circuit of Mont Sainte-Victoire, the mountain that inspired Paul Cézanne
- the awesome and seemingly never-ending climb of Mont Ventoux
- the Vaucluse's wonderful Gorges de la Neuve and,
- 'V' can still also be for vineyards along the way.



Of course you don't have to do them all in one tour; you can always return as you tick off any on your list or, like some Fellow Velo customers, just add one big ride to the rest of your cycling holiday. As with most of our tours, there is nearly always the opportunity to vary the itinerary eg, on some dates, you could make the Sainte-Victoire circuit a mixed on-road/on-road tour.

Page 3 of 4

New Names in our Fleet

All of our bikes are individually named, with the names usually being linked to Fellow Velo friends, customers and partners. This summer some of our younger customers had the opportunity to christen their bikes, and so it was that Pierre, Esther and Fifi joined our family of bikes in 2017.



In our last newsletter, our youngest customer (George aged 2) had a special mention and, to balance matters across the generations, we wanted to give a similar mention to Rafael (8), granddad, cyclist and professional (and probably touched that his grandchild chose Esther as the name for a Fellow Velo bike).

**THE FRANCE SHOW 2018**  
20-26 January | Olympia, London  
The best of France in a day  
[www.thefranceshow.co.uk](http://www.thefranceshow.co.uk)

A date for your diary if you love all things French and, if you love cycling too, come and see us to share your cycling dreams and stories (and perhaps a glass of wine as well).

Next Time: ...  
More on the France Show at Olympia including Fellow Velo games and prizes in the meantime. Happy Cycling!

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Page 4 of 4

# New Trails for 2018



Out this morning between some Self-guided Tour support in Provence; we managed to sneak off the beaten track for some Fellow Velo exploration towards our new routes and bespoke ideas for 2018 tours – look out for ‘Trails Through the Terroir’! There’s a notion of a ‘Hidden Provence’ and then, if you want to explore even deeper, there’s a ‘Secret Provence’ that can be found in the networks of (as one of our customers once called them) the ‘chemins de this ‘n’ that’. This and more to come to the website this autumn and, in our next

newsletter in a few weeks time.

# Family Friendly Newsletter – Aug/Sept 2017

**Fellow Velo**  
Cycle... Friendly... France

Newsletter Issue: Aug/Sept 2017

Our Fellow Velo Summer started hot and then ... got hotter!



Cycling holidays for families, especially ones with very young children, might seem like a more difficult option but, with some careful planning and a cycling company that is more than happy to design a tour around your needs, there's no reason why great adventures on two (and even three!) wheels can't be experienced by the whole family.

We have had more family tours this summer than ever before and a few pictures of just two of those families are featured in this newsletter: that's Chanty and George above riding through the lavender fields of Haute Provence on the Mithos. George is our youngest Fellow Velo rider so far, at two years old and, providing he had a ready supply of snacks in his Mithos side pocket, he loved being out on the trail.

Page 1 of 3



To make the logistics a little easier for some families, we plan their tour from a single accommodation base and then, design a series of day rides for which we can provide secure extra support. So you could be cycling on a loop from your base, cycling along then transferred to a planned pick-up later in the day, or being transported to a viewpoint (in the landscape for a spectacular ride back to your Chateaux d'Idoles for a quick shower and a dip in an inviting pool. You could even opt for a child on a great family-friendly tandem and have a well-earned beer to help your budget stretch a little further.

For families with children who are ready for a slightly longer adventure than, the more traditional longer distance cycling holiday tour is, still an option, whether in the easier terrain of the great canal based tours or a carefully charted course through the rolling countryside of Provence.

We have had some pretty impressive customers so far this summer: there have been the long distance solo riders, the Mont Ventoux climbers and the Anglo-Dutch Australian team that flew through Provence in an incredible pace, leading us in even as they descended the Col du Ventoux but, of all those cyclists and more that we have seen on Fellow Velo tours, our standout performance has come from 2 year old Freddie who, on a small 20" bike, completed a tour along the Canal de Garonne with cycling days of up to 28km (that's greater than the average daily distance of most of our cyclists).



It, like the Tour de France, we had a white jersey to award to the best young rider then, there's no doubt that Freddie would be on the podium (in the foreground of the bottom right photo in the collage above).

Page 2 of 3

**Mont Ventoux**



**The Challenge of Mont Ventoux**

Katy and Nick haven't been our only customers to take on the challenge of Mont Ventoux this season but, we felt that they deserved a special mention in our newsletter. They were a lovely and wonderfully engaging couple, one long-term committed cyclist sharing his passion with his partner and, the partner desperate to see that committed cyclist have his dream of climbing Mont Ventoux come true (whatever the pain she had to endure to be there with him to see it through).

If we had a Queen of the Mountains jersey...

**Next Time...**

We already have a huge variety of day and much (much) longer tours in France and particularly in Provence but, we're already looking at new routes and bespoke ideas for next season. Look out for news on Valleys and Vineyards of the Var and much more in our next newsletter. Happy Cycling

**WE CAN SAVE THE BICYCLE**  
deserves the love of HUMANITY.



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Page 3 of 3

# Fellow Velo June/July Newsletter

**Fellow Velo**  
Cycle... Friendly... France

Newsletter Issue: June/July 2017

Our Fellow Velo Summer has started and it's a hot one!



Our season kicked off with our Paris by Pedal Power Tour. It started on the docks at La Havre, with day one including crossing the Pont du Normandie. This trip takes in Honfleur, Bec Hellouin and many other beautiful places along the way. Staying in some lovely chateaux etudes, thanks to Capucine, Les Granges Mendiennes and La Paroisse. The tour ended by circling the Arc de Triomphe and pedaling down the cobble of the Champs Elysees for a triumphant snack on the Place de la Concorde. Bridget and Steve were celebrating their Silver Wedding Anniversary on this trip and we wish them every more anniversaries together.

Page 1 of 3

**Monaco P1 GP**

It doesn't seem so long ago that we waved goodbye to the group that cycled from St. Tropez to the Monaco Grand Prix. Perfect weather prevailed to accompany the beach picnics and afternoon swims. They were a wonderful group and it was lovely to share this experience with them. Here are some of their kind words. "Thanks so much to the great Fellow Velo team in addition to the great food, guiding, and cycling support, they have provided amazing logistical support throughout our trip. June, how you got the van in so many inaccessible places I'll never know. Getting all of our kit to the right places and finding great accommodation - not to mention our nice apartment will no doubt follow." - thanks Diane.



As well as Monaco P1 GP we plan to cycle to the Monaco Grand Prix in Monaco, usually 2 weeks before the P1 event. This trip can be done as 3, 5 or 7 days. If they bring back the French Grand Prix to Paul Ricard we may do that as well, let's see ....

Huge congratulations to Natalie and Kevin, customers from last year who welcomed baby Jackie into the world in February this year. We're claiming him as Fellow Velo's first baby. His chance awaits whether it be back in Provence or en route to Paris by Pedal Power that seems to have been added to Kevin's bucket list!



(Jackie with Grandpa Jackie)

Page 2 of 3

**LAM ACTION**  
Supporting women with  
Lymphoedema symptoms

LAM Action Charity: Fellow Velo are pleased to be able to support this small charity. We shall be offering a prize raffle at their Black and White Ball in Birmingham on the 30th September. It is a very small charity for a very nice disease, if you can spread the word or support in any way we would be thankful as would a dear friend of ours.



Get ready to watch the Tour starting on the 17th July. Le Grand Colibri appears on Stage 1 with the Swissme Directissima climb with gradients up to 22%. We have customers on the road now who passed by with the luxury of just 'looking up the face'.



**Fellow Velo Photo Competition**

For our 2017 cycling season, we have introduced a photo competition open to all our customers during the year. Just send in an entry with the three photos that best capture the experience of your Fellow Velo holiday.

The best adult entry prize will win a 5% discount on the price of any Fellow Velo 'tour taken in the 2018 and/or 2019 cycling seasons (for a minimum booking of two persons). The best younger entry prize will receive a £20 voucher for an outlet of their choice. (Terms and Conditions apply and will be e-mailed at the time any holiday booking.)

**Peddling Poetry or Prose ...**

After your first day of cycling, one dream is inevitable. A memory of restless dreams in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow. (H G Wells)

Our next newsletter will feature cycling tours with young families and, some of our longer tours that are currently on the road ... this month we have a solo rider cycling from Paris to Lourdes and two long group tours from Geneva and the Rhone Valley heading to the Mediterranean.

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Page 3 of 3

## Monaco GP Tour Snapshot



We're about to head off to support a few long distance tours with trips to Geneva, Lyon and Lourdes but, just a little snapshot here of the Monaco GP Tour of a couple of weeks ago. Great people, great weather, great coastline and a great spectacle to Cap (d'Ail) it off!