

Saint-Vallier-de-Thiery / Thorenc

Grand Tour des Préalpes d'Azur by bike

Départ Saint-Vallier-de-Thiery	Arrivée Thorenc
Durée 2 h 46 min	Distance 41,67 Km
Niveau I cycle a lot	Thématique Mountains

Steering cyclists further away from the bustle of the French Riviera, this stage of the Grand Tour des Préalpes d'Azur starting from St Vallier de Thiery leads riders up to the Col du Ferrier, a pass set between Thiery Mountain and the surprising Caussols Plateau. You enter the luminous, peaceful landscapes of the Parc Naturel Régional des Préalpes d'Azur, riding along the D5 road to the Col de la Sine. Next, head east for the Gorges du Loup, the way following the rushing river before you climb to Gréolières. From Gréolières, the cycle route continues to encourage you to climb to the mountain ski resort of Gréolières-les-Neiges. Flanked by the Cheiron and Bleine Mountains to the north and the Calern Plateau and Audibergue Mountains to the south, savour the grandiose setting of the Plan du Peyron up to Thorenc.

The Route

This stage involves three major climbs, on county roads that don't attract too much motorized traffic.

- From St Vallier de Thiery up to the Col du Ferrier pass, **the average gradient is 6%**, with **one stretch at 8%**
- Between the Col du Ferrier and the Col de la Sine, there's just a bit of climbing, but it's pretty easy, as you shift from an altitude of 1,041m to 1,104m
- From the Gorges du Loup to the Plan du Peyron, **there's a challenging c.14km climb with gradients varying** between 1% and 6% max. And if you wish to climb as far as the ski resort of Gréolières les Neiges to make the most of its exceptional views, the gradients vary between 1% and 7% on the 14km from the old village of Gréolières.

Practical Information

Tourist Offices

- Office de tourisme 10 place du Tour 06460 Saint Vallier de Thiery - 04 93 42 78 00
- BIT de Gréolières 59 route de Font Rougrière 06620 Gréolières - 04 89 87 73 34
- [Thorenc station climatérique](#)

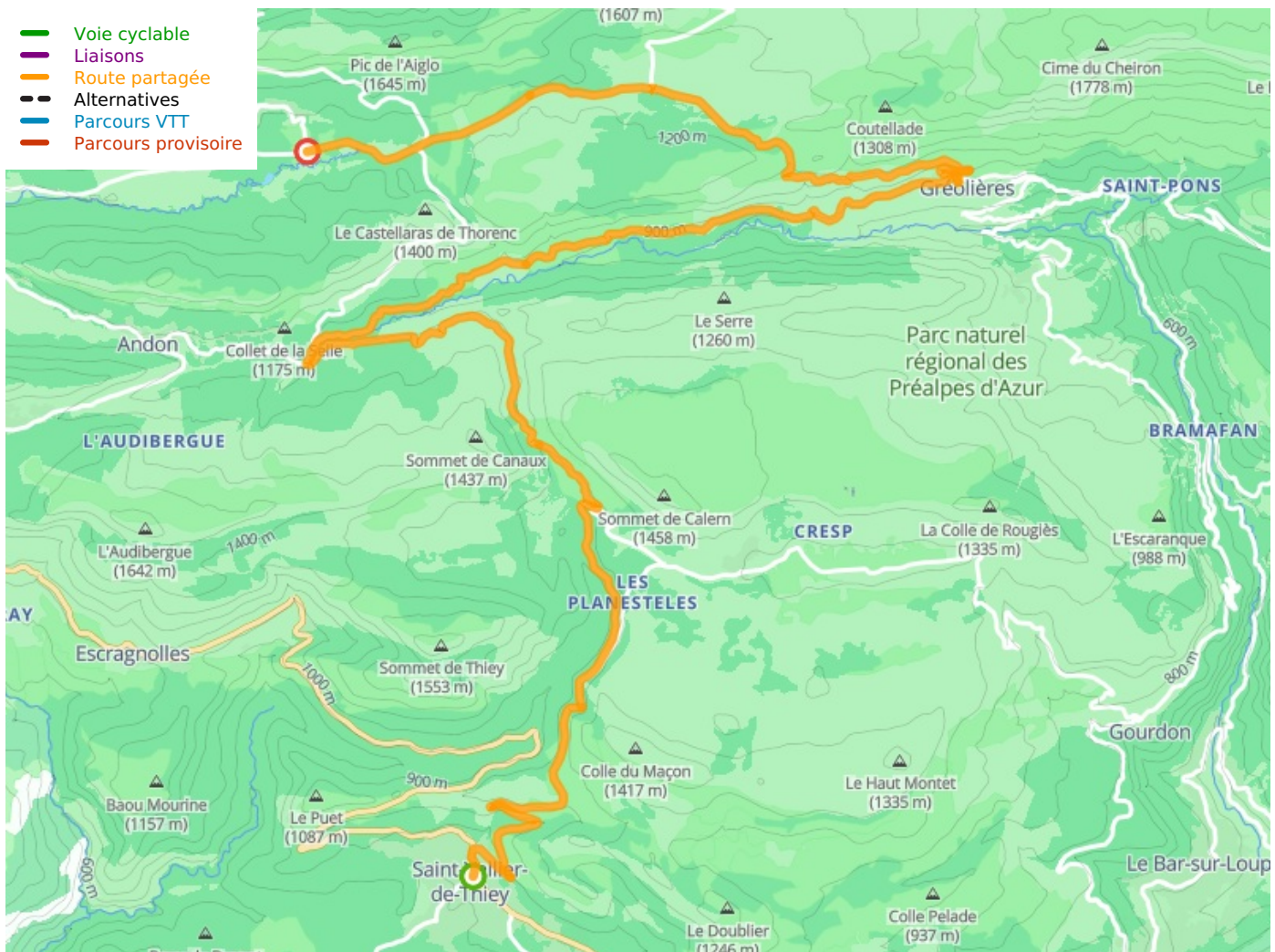
SNCF train services and stations

- None along this stretch

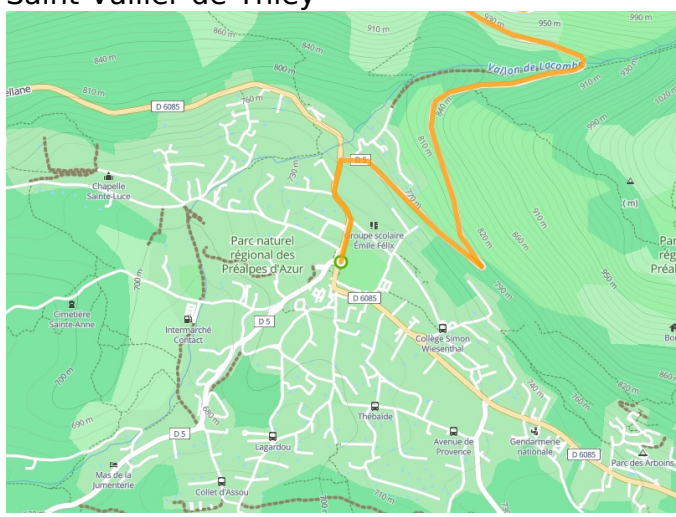
Don't miss

- **St Vallier de Thiery:** dominating the Gorges de la Haute Siagne, a stopover in the midst of nature that's close to the Grotte de Baume Obscure and the natural Ponadiou Arch over the Siagne River.
- **Gréolières:** a village looking dramatically down on the Upper Loup Valley from its rocky outcrop, with narrow streets to explore and splendid views to admire
- **Thorenc:** a calm little resort surrounded by forests, known for its beneficial climate (hence its status as a station climatérique) and for its winter skiing (as a station de ski); the nearby

lake; the Réserve Biologique des Monts d'Azur, an animal reserve where Przewalski horses as well as bison are provided with a protected environment as they're reintroduced to the wild.



Départ
Saint-Vallier-de-Thiery



Arrivée
Thorenc

