

Guided JURA ROUTE	Riding Day 8
Malbuisson to	Kilometers: 95
Les Molunes	Meters of climbing: 1400
DAY 10	

Lots of varied riding today: tough climbs to high and picturesque plateaus, as well as long fearless descents into the bowels of the earth. You'll have some unforgettable cycling memories by the end of the day.

We start at 800 meters today, but finish at 1,300. However, our total elevation gain is 1,400 meters. That means lots of up and down valleys, so make sure that you're clicked into your pedals, carrying snacks and plenty of water.

At kilometer 45, you'll have a long descent into the twin industrial towns of Morez and Morbier. These dark industrial hubs are in deep, shadowy valleys and you'll be happy to escape them...even if it means 15 kilometers of uphill! I had some nerve calling Le Locle and La Chaux de Fonds "dark and gloomy". I rolled into Morez at 5pm one late September evening and although extremely tired, I just couldn't stay there. And so let's not dawdle. Let's climb out of here. No worries...the climbing today averages 5% and never goes over 7%.

Once out of Morbier, you're back in the arms of mother nature...cycling through high moonscape pasturelands.

These long, twisting roads will eventually take us to a large isolated auberge in the middle of nowhere. I found this place quite by accident at the end of a long day of riding many years ago. I haven't been back since. I've tried several times, but the French do enjoy closing and leaving for holiday at the most inconvenient moments. I do remember that the cuisine was tasty and hearty and that they sold wonderful regional "Jurassic" beer. Let me know if things have changed.

If you get in early and the beer and views are not enough for you, head on down the road a mile to the cheese factory in *Les Moussière*. They have a viewing area for the public along with instructive texts.