

Sierra del Cadi Tour

3 days 2 nights including 3 days of MTB

Physical level 2/3
Technical level 2/3



Perfect space for Mountain Bike, the Sierra del Cadí hides a real treasure of itineraries in the heart of amazing landscapes! This MTB trip goes from the feet to the top of the very high cliffs of the National Natural Park of Cadí Moixeró, and offers exceptional views on the sunny side of Pyrenees Massif.

From nice paths under the shadow of the pine trees, to crazy singles on the ochre lands of Pedra Forca, you experience very nice feelings on your bike, to arrive to old traditional Catalans villages.

STRONG POINTS :

- The whole tour of the Sierra of Cadí Moixeró
- From North to South, various landscapes and lands
- Stages in nice villages made in typical stone of Catalonia

PROGRAMME

DAY1: From Bellver to Baga.

30km Altitude change: +1100 -1400

Some rolling kilometers in front of the calcareous walls of the Sierra del Cadí, then a nice ascent is waiting for us, to climb those mountains, becoming more and more Mediterranean. Odors and natural wildlife are changing, such as lands.

You reach the pass and the view become clearer: to the North, the Cerdagne and the Capcir mountains, to the South, the National Natural Park of Cadí, it offers a very nice descent under the pine trees. And for those who want more, you can climb up the Sierra San Marc and enjoy one more slope. Night in hotel.

DAY2: From Baga to Tuixen.

38km Altitude change: +1350 -1000

A climb on a rolling trail to start this stage, leads you at the Pedraforca, a 2506 meters high mineral fortress. A technical path then leads you to a beautiful village, overhanged by a castle used as a refugee by the Cathares. Last rolling pass to reach our lodge, nestled in a stone village, in the heart of the Natural Park of Cadi-Moixero. Night in hotel or lodge.

DAY 3: From Tuixen to Seu d'Urgell.

33km Altitude change: +980m -1550m

OR 44km Altitude change: + 1580 -2110

In the morning, rolling decent close to the river then climbing to the top of the Sierra. A funny single leads you in the heart of the mountain, to enjoy a beautiful overview of the Seu's plains.

In front of you are the Andorrans mountains so you can choose a technical descent or another climb up to the mountains of Cadí to enjoy an easier descent after.

End of the trip.

DURING YOUR STAY

ORGANIZATION : 4 formulas to choose from

Self-guided mountain biking with luggage transfer by taxi. (For 2+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. The use of GPS is indispensable and allows you to orientate yourself with ease. It is possible to rent a GPS from LaRébenne, subject to availability.

Self-guided mountain biking with assistance vehicle. (From 6+ people):

The assistance vehicle will meet you at several points throughout the day's stage, and will bring you your picnic, water, your extra clothes, as well as a complete toolkit in case of any mechanical issues. As a result, you can fully enjoy your day with only a light bag. The driver will also give you advice for each stage, helping you to manage your ride and progress and will, most of the time, be able to answer any questions you may have about the local area.

Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people):

Accompanied by a professional who has obtained a state-sponsored mountain biking qualification, you ride without any worries about having to follow a map. Our qualified specialist, who has an in-depth knowledge of the region, will guide you throughout the trip and, if you wish, provide you with advice to help you become an outstanding mountain biker. Thanks to their detailed knowledge of the route, they will adapt the itinerary to your group and manage the schedule and effort required throughout the day. Free from having to manage the group, your only worry will be to enjoy your mountain biking!

Mountain biking with a mountain bike guide with assistance vehicle. (From 8+ people)

LUGGAGE :

Luggages are carried by vehicle. You'll just have to take your picnic and your equipment for the day with you. **Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.**

ACCOMODATION:

1 night in hotel, in a double room in hostal and 1 night in a small dormitory in a lodge, full board accommodation.

Bed linen and towels are provided in Baga, but can be hired in Tuixen if required (please pack them in your luggage).

FOOD :

You'll have the chance to taste the local food. As food quality is really important for us, health-food balance, energy-giving and local specialities will be part of every meal.

Picnics are prepared by the hotel cookers. Please bring a plastic box for your picnic not to produce any unnecessary waste.

NUMBER OF PARTICIPANTS

Departure from 2 people for the freedom package with luggage transport by taxi.

Departure from 6 people for the freedom package with assistance vehicle.

Departures from 6 people for the package with mountain bike instructor and luggage transport by taxi.

Departures from 8 people for the package with mountain bike instructor and assistance vehicle.

BEFORE YOUR DEPARTURE

PRICE:

Have a look on our prices on our website.

REGISTRATION

At La Rébenne we like to inform our customers about our trips and to create a strong relationship with them. Sharing and pleasure are a really important part of our trips.

Contact us

contact@larebenne.com
Tél/Fax +33(0)5 61 65 20 93
ou +33(0)6 81 53 77 75

Sale contract and deposit

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that will be done, we'll send you a confirmation letter.

Balance outstanding payment

It has to be paid one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration.

Once the payment done, you'll receive a full list of information about your stay.

Validation

Once the payment done, you'll receive a full list of information about your stay.

PROCEDURES

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is com

DIFFICULTY LEVEL

Physical level: 2/3

You need to be in good physical shape and to regularly ride mountain bike as you will be riding from 25 to 51 kms a day (15 to 32 miles) with an elevation change up to 1350m.

Technical level: 2/3

You must control your brakes and your trajectory while riding down.
You'll be confronted to any kind of tracks (more or less technical).

PERIOD

From May to October

DEPARTURE AND MEETING POINT

Departure from Bellver de Cerdanya

How to come:

By car: RN 20 from Toulouse to Foix (national road or highway). Then continue until Bourg Madame at the Spanish border. Continue on the N260 to La Seu D'Urgell during 26 km.

By train: train station of La Tour de Carol or Puigcerda.

By plane: we can provide you a private transport from Toulouse or Perpignan airports, or help you to make you way to join the meeting point from the airport.

PRICE INCLUDE

- Half-board + picnic from dinner on D1 to picnic on D3,
- Luggage transport,
- Return transfer from Seu d'Urgell to Bellver de Cerdanya,
- For the self-guided option: maps and map holder, guidebook, GPS with recorded tracks and GPS holder.
- For the package with assistance vehicle: 1 vehicle follows the group throughout the stay.
- For the package with guide: no more worries about orientation, the state-certified guide takes care of everything throughout the stay.

PRICE DOES NOT INCLUDE

- Accommodation the night before departure,
- beverages,
- personal expenses,
- day 1 picnic,
- mountain bike,
- personal material for the mountain bike (helmet, gloves...),
- transport to the meeting point,
- visits,
- insurances.

INSURANCE:

In accordance with the regulations of our profession, La Rébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip. Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by APRIL Voyages.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by APRIL Voyages.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

ADVISABLE EQUIPMENT

MOUNTAIN BIKE

Be sure your bike is well kept:

- if you are a group bring one substitution mountain bike
- check your milometer
- tyres
- brakes (and brakes cable)
- chain
- transmission system
- suspension (make sure there's no leak)
- steering

Keep in mind: a clean bike is easier to check!

REPAIRING EQUIPMENT

To avoid any mechanical problem you'll be asked to bring :

- 3 tubes
- 1 bicycle pump
- tyres levers
- a tube repairing kit
- a multiple tool
- a small pair of pliers
- a tyre and a piece of tyre
- a tool to take off and put back your chain

You can also take a tool box made of :

- a brake cable
- some spokes
- a saddle tightening
- a dérailleur cable
- oil for the chain
- a rag

EQUIPMENT

- helmet
- gloves
- glasses
- a pair of shoes (no smooth soles)
- a pair of shorts
- T-shirt (avoid cotton ones)

BACKPACK FOR THE DAY

- water (at least 3 litres a day per person)
- high energy food or dried fruits
- your repairing kit
- a windcheater
- your picnic
- a miner's safety lamp
- a knife
- sun-cream (and lipstick)
- toilet paper and a lighter
- medicine (see below)
- 2 LR6 batteries a day (for the GPS)
- your mobile phone
- a compass
- an altimeter (optional)
- a map holder

PICNIC

Bring a plastic box (to avoid any unnecessary waste) and reusable cutlery

LUGGAGES

You'll have them back every evening at the hotel.

Don't forget to bring: a warm sweater, a small toilet bag, a towel, a light pair of shoes, change clothes and a sleeping bag sheet.

MEDICINES

The instructor carries a first aid box but it's necessary to have at least some medicines such as:

- a mosquito repellent
- a disinfectant and gauze compresses
- Band Aid
- protection cream for your bottom
- your own pills
- water disinfectant pastilles
- a survival blanket

Don't hesitate to check with your doctor for any further information

A FEW WORDS ABOUT THE REGION HERITAGE

Catharism:

At the end of the 12th century spread the idea- derived from Christianity- that there were two entities: the Bad (material world, reality) and the Good (immaterial world after death).

The Catholic Church went on a crusade to eradicate the Cathars-which means the heretics.

However they were involved in the population (even among the Lords families like the Trencavel or the Foix Earl). As soon as the battle started, towns were besieged and the population decided to resist or to surrender (Simon de Montfort won Béziers, Narbonne and Carcassonne amongst other towns for the King). Cathars had chosen to be burnt at stake rather than renouncing their faith.

The Paris Treaty of 1229 marked the end of the battle and the beginning of the Inquisition. Cathars being outlaw, Inquisitors were trying to catch them. The surviving Cathars decided to leave to reach border guard castle and had prosperity for a few years.

In 1241, Louis XI came to power and threw them out. Famous as Louis the Saint throughout the country he is known as Louis the Bloodthirsty in the region.

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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