

Collioure to Cadaques by mountain bike Balconies of the Mediterranean

6 days 5 nights with 6 days of mountain biking

Physical level 2/3
Technical level 2/3



For 20 years, this region of the Pyrenees has been a favourite of walkers and cyclists. Today, La Rébenne has created for you this mountain biking circuit. On the menu, Mediterranean ambience, high quality trails, beautiful landscapes...

Between the foothills of the Pyrenees and the famous Catalonian coast you'll ride along paths and tracks perfect for mountain biking in this land of sunshine. A cocktail of rolling tracks, descents and technical trails, each mountain bikers will find pleasure in this thrilled-filled trip.

Riding through the Mediterranean countryside past the village of Catalonian Spain, the valleys, cols and sea greet you on each stage.

From that point on you can hop on your bike and follow the map or your guide.

STRONGS POINTS:

- Very varied terrain: tracks and trails... rolling and technical
- Beautiful Mediterranean landscape
- Our first offer of a route going from mountains to seaside
- Accommodation in hotel and flat, in double

PROGRAMME

Day 1: Through the French and Spanish Albères.

N2: 41 km Difference in altitude: + 1000 /- 825 (without the descent to Banyuls)

N3: 55 km Difference in altitude: + 1400 /- 1250 (with the descent to Banyuls)

Depart Collioure for the first section through the vineyards to reach the foot of a 14th-century signal tower: panoramic view of the sea. You continue on a 3km single track with views of the Massif des Albères. Then it's downhill on a beautiful single track through the vineyards to the seaside town of Banyuls.

From Banyuls, it's a gradual climb on beautiful tracks lined with cork oaks and flowers to reach a ridge, the highest point of the day. Crossing into Spain, we cross the nature park on beautiful tracks. The final descent is on a shady path and track, ideal for finishing the day in style.

Overnight in a hotel**** for 2 nights in the heart of the olive groves in a village typical of the region.

Day 2: A beautiful loop through the Spanish Alberas

60km. Difference in altitude: +1280 / -1280

Ride in the shade of holm oaks and enter a wild world on the edge of the Muga nature reserve. This is the pampas and it's beautiful. You then reach a beautiful medieval village before plunging into the Boadella lake. A rolling stage on ochre earth amidst dolmens and vestiges of the Roman era. Overnight at the same hotel*** in the heart of olive groves in a village typical of the region.

Day 3: Through the Catalan villages, a rendezvous with the deep blue sea.

42km Difference in altitude: +800 / -1000

We set off along Spanish tracks through holm oaks and hamlets. Passing through small villages, we can refresh ourselves at the fountains. We walk along paths lined with dry stone, before tackling a good climb in a setting worthy of the Moroccan High Atlas, and then the big blue reveals itself as we pass a pass.

Change of plateau for a 500m descent: pure pleasure before arriving at the beach for a well-deserved swim. We then follow the beaches and head for the large bay of the ribera de Llança. Overnight in a double room in a 3-star hotel by the sea.

Day 4: Coves, beautiful single track and fishing village

36 km Difference in altitude: +950 / - 820

A loop where the sea spray accompanies us above the creeks carved by the sea, before we set off to attack the mountains. Once again, a Moroccan landscape, with its characteristic vegetation and oases where you can sometimes catch a glimpse of a tortoise. At every bend, a new scenery surprises us.

We climb a pass, passing close to an imposing monastery that dominates the entire coastline. We catch a glimpse of the sea, before plunging at speed down a magnificent single track on a 400m descent. Then, along a very pleasant cycle path alongside the sea, there is a succession of beaches and coves with turquoise waters. Overnight in a hotel**** in a beautiful fishing village on the seafront in a double room.

Day 5: Through the Cadaquès massif, Roses and the town of Dali

N2: 36km Difference in altitude: + 950 /-950

N3: 48km Difference in altitude: +1260 /-1260 (with the loop)

Today's option is a lovely loop to discover the cape and its forest, with a very technical and fun single-track descent (N3).

Then it's a good steady climb that allows us to gain altitude. We overlook the valleys, leaving the sea behind us. We reach a ridge via a technical path at the top of which we overlook the sea. A sensational descent to the beach. The approach of Cadaquès is obvious, with its coves, maritime pines and exceptional scenery... Overnight in a hotel** in a double room.

Day 6: 2 great loops from Cadaquès:

22km Difference in altitude: + 600 /- 600 and 10km Difference in altitude: + 410 /- 410 (optional, but not to be missed!).

A stage in a magnificent setting, we set off on a track to discover the Cap de Creus nature reserve. We climb back up to admire the Pyrenees fading into the sea. It's like being at the end of the world, with turquoise coves contrasting with the white houses of Cadaquès. And why not visit the home of the famous artist Salvador Dali before putting away the mountain bikes...

Transfer back to Collioure, then the group disperses.

DURING YOUR STAY

ORGANISATION:

4 options 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 state-qualified guide and assistance vehicle: (From 8+ people)

LUGGAGE :

You only carry what is needed for the day and your picnic. Luggage will be transported by vehicle (or by the assistance vehicle).

1 bag/person and limited to 15kg/bag.

YOUR ACCOMMODATION :

2 nights in ** or *** hotels and 3 nights in hotels **** in the heart of the olive groves in a double room on HALF BOARD.

The hotels offer a high level of comfort. You will sleep in double rooms with en-suite bathrooms. Bed linen and towels are provided.

FOOD :

There's no question of going on a diet during your stay, but rather this is an opportunity to sample the local cuisine. We attach great importance to the quality of the food: a balanced diet, energy intake and local specialities are the ingredients of every meal.

Picnics (lunches) are not included.

NUMBER OF PARTICIPANTS :

- Departure from 2 people for the free formula with luggage carried by taxi.
- Departure from 6 people for the free option with assistance vehicle.
- Departure from 6 people for the package with mountain bike instructor with luggage carried 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) and repatriation insurance as well.

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 km a day (15 to 32 miles) with an elevation change maximum up to 1560m.

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 April to end of October

PEOPLE WITHOUT MOUNTAIN BIKE

People who don't ride with mountain bike can follow you during the trip; we can offer them a suitable program according to their needs.

DEPARTURE AND MEETING POINT

Departure from Collioure

How to come:

By car: From Perpignan, take the N114 until Collioure

By train: train station of Collioure

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

PRICE INCLUDE

- Accommodation booked on a half-board basis from dinner on D1 to breakfast on D6,
- Maps, map holder, topo-guide, GPS with recorded tracks, GPS holder (freedom packages),
- Luggage transport,
- Return transfer from Cadaquès to Collioure.
- For the package with assistance vehicle: 1 9-seater vehicle follows the group throughout the stay.
- For the package with guide: no more worries about orientation, the state-qualified guide takes care of everything throughout the stay.

PRICE DOES NOT INCLUDE

- All drinks,
- Personal expenses,
- Picnics,
- Personal mountain bike equipment (helmets, gloves),
- mountain bikes,
- transport to the meeting point,
- visits to monuments,
- insurance,
- parking.

OPTIONS:

3 or 4-day option: made-to-measure programme based on 3 or 4 stages chosen by you. Free departure; conditions are the same as for the 6-day tour.

Additional night's accommodation before or after the tour.

Single room supplement (see website for prices).

CONSULT US

INSURANCES

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>

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix

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RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –

N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

RECOMMENDED EQUIPMENT (non-exhaustive list):

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible.

Bike

In order to avoid your trip turning into a lesson in bike mechanics, it is strongly advised that you thoroughly service your bike before hitting the road:

- > A well set-up mountain bike computer
- > The tyres are well inflated and in good condition
- > The cables and chain are in good condition
- > Transmission elements are clean and oiled
- > There aren't any leaks around the suspension
- > The wheels are well attached
- > The brakes are in a good state (concerning wear and any leaks)
- > The headset and steering tube have been checked.

And remember, anomalies are easier to spot on a clean bike!

EQUIPMENT FOR REPAIRS:

To avoid any unforeseen mechanical problems, it is always better to be well-prepared and carry the basics with you:

- > 3 spare inner tubes (anti-puncture tubes are strongly advised, or anti-puncture strips)
- > A pump
- > Tyre levers
- > A tube repair kit consisting of patches and glue
- > A multi-tool
- > Small pliers
- > A spare tyre
- > A piece of tyre
- > A chain tool

In addition to that, you can put together your own repair kit and we will transfer it along with your larger luggage. You should include:

- > Brake cables (front and back)
- > Cable covers
- > spare spokes
- > Quick release seat post
- > Derailleur cable
- > A derailleur hanger
- > Chain oil
- > A rag

EQUIPMENT

As we say in France, "l'habit ne fait pas le moine" (the tunic doesn't make the monk), and wearing tight shorts won't turn you into a biking champion. However, a minimum of specialist mountain biking equipment is necessary to ensure you stay comfortable on the pedals:

- > A mountain bike helmet (obligatory!)
- > Mountain bike gloves
- > Glasses/sunglasses
- > Shoes adapted to mountain biking (without insoles that slip)
- > Cycle shorts or leggings
- > Breathable t-shirt (avoid cotton)

DAILY BACKPACK

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

As it can be uncomfortable to carry a backpack which is too heavy, think carefully about what to include:

- > A CamelBak and/or a bike water bottle (3L/day/person minimum)
- > 'Race food' (energy bars, dried fruit etc.)
- > Basic equipment for repairs to your mountain bike(see above)
- > A windbreaker (waterproof)
- > Picnic
- > A head torch in the bike bag
- > A knife
- > Suncream (and lip protection)
- > Toilet paper and a lighter
- > A first aid kit
- > Two new (or rechargeable) LR6 batteries for each day (for the GPS)
- > Your mobile phone
- > A compass for self-guided trips, an altimeter (optional)
- > A map holder for self-guided trips (to fix on the bike))

Picnic

To avoid unnecessary waste at picnic time, please carry:

- > An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box, and a large elastic band.
- > Cutlery (fork, folding knife, spoon).

Luggage

Your luggage will be transferred for you during your trip and will be waiting for you at your accommodation each night. In order to make sure you do not forget something important...:

- >A sleeping bag (for trips in 'gites')
- >Changes of clothes
- >A light pair of shoes for the evenings
- >A big jumper or fleece jacket
- >A toilet bag and towel

Pharmacy

On all accompanied stays, the guide will carry a first aid kit. However, it is indispensable to carry some personal medical supplies. Here is a list of some basic supplies to carry with you:

- >Insect repellent
- >Disinfectant and gauze
- >Tape
- >Protective cream for the buttocks
- >Personal medications
- >Water purification tablets
- >A survival blanket

A more complete medical kit should be compiled with the advice of your doctor.

THE REGION'S HERITAGE IN A NUTSHELL :

The Vermeille coast:

This is the name given to the southernmost part of Roussillon, where the Mediterranean lagoons give way to the relief of the Pyrenees. The Greco-Roman civilisation once brought its knowledge of the vine. What's more, the hills provide plenty of sunshine. The landscape has been shaped by this, and the colours change with the seasons.

In 1905, Matisse and Derain discovered Collioure throughout the summer. Fauvism, an artistic movement descended from Impressionism, naturally took root in this region: the colours, reflections, materials and light inspired the artists. This was the road to modern art, as there was no longer any link between this style and academic teachings.

Cap de Creus Natural Park:

Once in Catalonia, the sea air blows over a heritage protected since 1998 by the Cap de Creus nature park, the only one in Spain covering land and sea. That's why the slate coves are pristine and the biodiversity of the coastline preserved. The monastery of Sant Pere de Rodes, meanwhile, bears witness to the local Christian tradition dating back to the 1st century AD.

BIBLIOGRAPHY :

Les Pyrénées, collection la bibliothèque du naturaliste, Claude Dendaletche, éditions Delachaux et Niestlé, 1997

L'histoire des catalans, M. Bouille & Colomer, Editions Milan

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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