

Transborder ride of the Pyrenees North to South

Path of the "Good men" in mountain bike

France Andorra-Spain LEVEL 2

6 days, 5 nights with 6 days of biking
Double room in hotel

2 options:

F1: Self-guided mountain biking with luggage transfer by taxi. (For 2+ people)

F2: Self-guided mountain biking with assist vehicle (From 6+ people)

**F3: Mountain biking with a mountain bike guide with luggage transfer by taxi:
(From 6+ people)**

Physical level 2/3
Technical level 2/3



From the French Pyrenees into Spanish Catalonia, we'll cross the Pyrenees via Ariège, Andorra, Sierra de Cadí by the passes and tracks that the last Cathars followed. An exceptional mountain biking circuit dotted with plateaus and forests and full of thrills for the eyes and calf muscles! From rolling tracks to challenging mountain trails, go off and enjoy yourself on a secure route through extraordinary landscapes... A unique selection of landscapes, on a select route, to explore mountain villages, castles and Pyrenean culture.

HIGHLIGHTS:

- ✓ Crossing North/South of the Pyrenees on suitable tracks for mountain bike
- ✓ Historic trail with amazing landscapes of the central Pyrenees, Andorra, and Sierra del Cadí
- ✓ Very varied terrain : trails, tracks... rolling and technical
- ✓ Accommodation in full pension (picnic) and transfer provided.

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

Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com

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

PROGRAMME

Day 1: From Montségur to Ax Les Thermes. 42 km Elevation change: +1550-1610

In the morning, you will get the possibility to visit the famous Montségur castle. Later on we have a transitional stage from Ariège to the Pays de Sault where it becomes possible to feel the Mediterranean influence. After a superb descent through the forest, we will cross the spectacular Frau gorges to reach Comus. We have rest on the plateau de Sault before attacking the climb up to the plateau de Chioula, then descend to the village of Ascou (lodge option, for a shorter stage) and we finish riding a beautiful single track to Ax Les Thermes (double room option)

You get the possibility to relax in the Roman baths of Couloubret as an optional extra.

Night in hotel.

Day 2: From Ascou to Mérens or Ax-les-Thermes. 34km Elevation change: +1600-1600

This loop stage will bring us closer to the high mountains of Ariège.

From the Ascou valley we will descend to the Orlu valley. Riding on the mountain trails, shepherds' paths and forest tracks we head for Mérens where we visit its Romanesque church.

We will then cycle down from the Ascou valley to the Orlu valley. We reach the Jou pass- riding through mountain and forest paths- where we can admire an exceptional panorama.

Enjoying the Ax Mountains we keep on cycling down to "la Soulane of Mérens".

Before going back to Ax, you have time to enjoy a bath in the hot water natural sources and then visit the 12th century Romanesque church of Mérens.

Night in Mérens or Ax-les-Thermes (double room option).

Day 3: From Andorre to Bellver de Cerdanya. 51 km Elevation change +590-1980

In the morning, transfer to Andorra and the Mediterranean Pyrenees. After a break in Pas de la Casa, we will go to Port d'Envalira (2409m) for a superb mountain descent.

We find a distinct change in ambience as we will arrive in the Pyrenees of the Sun and the Catalogne. Before us rise the Sierra del Cadí. 18 km of descent over meadows, small trails and wide tracks. Night in hotel with swimming pool opened in summer (this stage can be modified according to the weather expectations)

Day 4: From Belver de Cerdanya to Baga. 30 km Elevation change: +1100-1000

After a few kilometres facing the Sierra del Cadí wall of limestone, we have to climb this more and more Mediterranean lookalike mountain. You notice that the smells, vegetation and the soil are different. Reaching the pass you have a tremendous view-of the Cerdagne and the Capcir Mountains in the North and the national park of El Cadí in the South. We then have a really pleasant descent under Scot pines.

For those among you who would like to ride a bit more, you can always cycle to la Serra de Sant Marc and enjoy an amazing downward slope (approx 10 km). Night in hotel.

Day 5: From Baga to Gosol. 28 km Elevation change: +1200-700

Following the track, we now reach the Pedraforca-a stony fortress culminating at 2506m. You have a succession of panoramas before arriving to a technical path leading to the charming village of Gosol- which castle was a shelter for the Cathars. Night in hotel.

Day 6: From Gosol to Berga. 43Kms Elevation change: + 1350-1565

The last stage leads us to the sanctuary of Queralt across the Mediterranean forest and the superb plateau of Peguera. The rolling trails of the high altitude plateaux and the descent through the woods are the last sensations and a real pleasure for the eyes.

Transfer to Foix. End of the tour.

**For organised groups, we adapt the level, duration, price and programme on demand.
Don't hesitate to contact us!**

DURING YOUR STAY

ORGANISATION : 3 different options

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 carefully 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 state-qualified 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!

LUGGAGES

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, **maximum weight of 15kg/bag**.

ACCOMODATION: FULL PENSION

Double room option: 5 nights in hotel in a double room:

You sleep in high comfort hotel, in a double bedroom with individual bathrooms. Sheet and towels provided. Extra charge for a single room (see fares on our website).

FOOD

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

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

NUMBER OF PARTICIPANTS

Departure from 2 persons.

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 ride regularly mountain bike as you will be riding from 25 to 51 km 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

Free departure for self guided option and groups constituted.

For guided tour: every Monday at the train station of Foix at 8.15AM or at the town of Montségur at 9AM.

➤ **How to come:**

By car: RN 20 from Toulouse to Foix. Then take the direction of Lavelanet, then Montségur.

By train: train station of Foix.

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

- Booking of the accommodation
- Digital detailed roadbook + maps with highlighted routes
- Electronic GPS tracks
- Half pension and picnic from day1 diner to day 6 picnic.
- Luggage carrying and all trips including (from and to the station)
- With assistance vehicle: a 9 seats vehicle follows the group during the stay
- With a state-qualified guide : the guide will be in charge of everything

PRICE DOES NOT INCLUDE

Accommodation the night before departure, beverages, personal expenses, day1 picnic, mountain bike, personal material for the mountain bike (helmet, gloves...), transport to the meeting point, visits and insurances.

OPTIONS

- ✓ 3 days option: suitable programme from 3 stages to choose. Free departure. 6 days tour same terms.
- ✓ Extra night in accommodation before or after the tour.
- ✓ Extra charge for a single room.

(See fares in our website or do not hesitate contact 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>

RECOMMENDED 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 informations

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

- Phone: 00335.61.65.20.93

- Mobile: 00336.81.53.77.75

-Mail: contact@larebenne.com

- Address: 10 rue de la Comédie - 09000 FOIX
