

Great crossing of the Pyrenees by MTB (South side) Crossing of the Catalonia

6 days, 5 nights, 6 days of MTB

Physical level 2/3
Technical level 2/3



From the Mediterranean Sea in Banuyls, ride your MTB towards West and go across the Catalonia, until Baga in the Sierra de Cadi massif. A superb journey across the mountains of Albères, the Alta Garrotxa, and the Sierra of Montgrony and of Cadi-Moixero... and still under the Mediterranean sun.

We stay close to the highest peaks of the Pyrenees, to find our trails, rolling to very technical but always in beautiful landscapes. Every night, our accommodation is selected to have a nice rest in a typical Catalan accommodation.

The goal is not to reach the Sierra de Cadi as fast as possible, but by the most beautiful trails! A whole crossing without car transfer, only real MTB and a new playground at each stage. Sun, change of scenery, technique and beautiful landscapes are the ingredients to make this trip unique!

HIGHLIGHTS :

- A beautiful crossing of the South side of Pyrenees
- A unique and magical MTB trip
- The Mediterranean sun
- A night in a 4* hotel

PROGRAMME

DAY 1: Banyuls – Albères massif

42 km +980m -760m

Departure from Banyuls-sur-Mer, home of the famous seaside aperitif. The route begins with a gradual climb up a track lined with cork oaks to a ridge, the highest point of the day. The final 12km descent is on a shady, rolling, sometimes technical trail, ideal for finishing the day in style. Then a link via the pretty tracks of the hinterland to arrive in a pretty Catalan village. Overnight in a magnificent hotel**** surrounded by olive trees in a typical Catalan village.

DAY 2: Natural Reserve of Muga : 2 levels available today

38 km +800m -870m

Or 56 km +1163m -1210m

In the morning, you ride in the shade of the holm oaks and enter a wild world. This is the pampas and it's beautiful. A rolling stage on ochre earth amidst dolmens and vestiges of Roman times. Overnight in a hostel in a beautiful historic village.

DAY 3: Alta Garrotxa EAST

36 km +1090m -1034m

A rolling start before the Bassegoda mountains quickly come into view. It's a route off the beaten track, in a scenery that's more than just a change of scenery. In the afternoon, after a few sweats, a well-deserved descent of 700m negative on an unusual single. Night in a hostel.

DAY 4: Alta Garrotxa WEST

46 km +1600m -1000m

Admire the wealth of Romanesque art on the way up to the first pass, with a technical finish and a few trial sections. Short, steep, technical descent... Unleash your riding genius. Climb a technical track to reach a ridge where it becomes difficult to look ahead, torn between the high border peaks to the right and to the left the flight of birds of prey against the limestone cliffs. Finally comes the descent, the one that leaves you with the best memories and which we'll talk about over a good "cerveza" in the village. Night in a hotel.

DAY 5: Sierra Cavallera y Castellar de N'Hug

48 km +1590m -1010m

Follow the course: due east! We're leaving the Girona region to tackle the Ripollés mountains. Higher and more open, the landscape changes and so does the mountain bike profile. You'll soon reach the crests of the Sierra de Cavallera and Sierra de Montgrony. The mountain pastures are yours to explore, descending on single-track and playful trails between box trees and thorn bushes, and making your mark on the ochre earth of the mountains. You'll reach a village perched at the foot of the cliffs. Overnight in Castellar.

DAY 6: Sierra de Moixero

27 km +1100m – 1700m

A multicoloured landscape surrounds you, and it's at the second pass that the view completely opens up: the Sierra de Cadi and the famous Pedraforca rise proudly in the distance. A beautiful, technical and fun descent, followed by an exceptional single track, brings this tour to a close. Transfer back to Banyuls and end of the tour.

DURING YOUR STAY

SUPERVISION : 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 :

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: 5 nights on full board basis

You will be staying in 3-star, 3-star and 1-star hotels at *****, hostals. All offer a good level of comfort. You will sleep in double or triple rooms, most with en-suite bathrooms. Bed linen and towels are provided.

FOOD :

There's no question of going on a diet during your stay, but 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 are prepared by the cooks in the hotels and hostels. To avoid unnecessary waste, we ask you to bring a plastic box which the cooks will fill with delicacies each morning.

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) 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 31 to 46 km a day with an elevation change maximum up to 1600m.

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 Banyuls-sur-Mer

How to come:

By car: From Perpignan, take the N114 until Banyuls

By train: train station of Banyuls

By plane: Perpignan airport and then train to Banyuls

PRICE INCLUDE

- Booking of the accommodation on full board basis from day 1 dinner to day 6 picnic
- Daily luggage transport
- Electronic GPS tracks
- Maps with highlighted routes
- Group and bikes final transfer on day 6
- For the package with assistance vehicle : a LaRebenne driver + vehicle follows the group throughout the stay.
- For the package with guide : no more worries about orientation, the 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 equipment for the mountain bike (helmet, gloves...), transport to the meeting point, visits, car park and insurances.

OPTIONS :

- 3 or 4-day option, made-to-measure program 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

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>

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 information

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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