

From the Sierra of Guara to Bardenas The whole trip in MTB

7 days 6 nights including 7 days of MT

**Physical level 2/3
Technical Level 2/3**



Zero transfer, all in MTB; go for a great adventure, the crossing of two mythical massifs in MTB.

On the other side of the Pyrenees, the landscape is different. Mountains offer deep calcareous canyons in the Sierra de Guara. You ride in gorges, discover wild animals and climb up to crests to discover incredible villages.

You leave the Aragon lights to change your surroundings and start to ride in the desert of Bardenas.

In this region, the time had made a fabulous decor, and the stone is perfect to have fun in MTB. It looks like Colorado and you enjoy your ride in this part of Spain.

HIGHLIGHTS:

- An must-do in MTB: technical and amazing landscapes
- Between calcareous canyons and desert of clay: 2 different worlds
- The whole crossing of two mountains massifs WITHOUT TRANSFER

PROGRAMME

DAY1: Ainsa – Nocito

53 km +1370m -830m

(Option to shorten the stage: Las Bellostas - Nocito (30km +640m -680m), please let us know when you register. Allow an extra charge for the transfer from Ainsa to Las Bellostas)

Warm up on a wide track before climbing to a plateau and entering the heart of the Sierra de Guara. With the Mont Perdu massif as a backdrop, we ride through a wild landscape towards small abandoned villages. We set foot on land to admire the famous Mascun canyon and the villages of Bara and Nocito, villages at the end of the world. Night in a hostel in Nocito

DAY 2: Nocito - Bolea.

50 km +1040m -1460m (shortcut available)

We pedal along a rolling track that leads to an easy pass before setting off on a wild descent towards the Carruaca gorges and the Belsué lake. At the foot of vertical walls, we watch the impressive flight of griffon vultures. Climb up to the Trabesada pass for a guaranteed spectacle: to the north, the peaks rise to over 3000m; to the south, the Salto de Roldan rises up against the plain of Huesca. All that's left to do is glide through the almond groves to Bolea, a typical village of High Aragon. Overnight in a hostel.

DAY 3: Bolea - Riglos.

40 km +890m -1030m (shortcut available)

We climb up to reach the balcony paths of the long spine of the Sierra Caballera. We approach the Anies hermitage nestling in the cliffs, then pass by Loarre castle (optional extra), one of the most beautiful in Catalonia. We reach Riglos via narrow gorges and lookouts over the sugar loafs of the Mallos. Single-track descent at the foot of the cliffs to the narrow streets of the village of Riglos. Night in a hostel.

DAY 4 : Riglos - Luesia.

60km +900m -1050m

We leave the Mallos de Riglos on a track and climb up to the Mallos d'Aguero, overlooking its charming village. We take the path that gradually rises towards the Sierra de Santo Domingo. The track passes at the foot of a long natural wall over which vultures soar! A wild route through Aragonese stone villages, followed by a beautiful descent into the Pigalo valley. A cool dip in the turquoise waters of the Rio de Luesia awaits us. The stage ends peacefully in the village of Luesia.

DAY 5: Luesia - Figarol.

60km Altitude change: + 700m - 1100

We climb the long ridge of the Sierra de Santo Domingo one last time and enjoy lovely views over the Zaragoza plain. Crossing fields and then following a ridge track, we leave Aragon to reach Navarre and its famous desert. In the distance, a change of scenery as the Bardenas come into view. We descend to the plain and spend the night in a hostel in Figarol.

DAY 6: Figarol - Arguedas.

50 km +520m -620m

Here we are: the Bardenas desert lies before us. The "Mecca" of mountain biking, which we're going to cross in its entirety from north to south. We're following the oldest transhumance route in the Bardenas on hard sand tracks. We reach the Rallon plateau via the steppes of the Bardena Blanca before tackling a mythical descent at the foot of the Pisquera walls. A long single-track down the Barranco Grande to the Castildetierra castle. Last climb on a wide, stony track to admire the Hermitage of the Virgin of Yugo, before heading back down to the village of Arguedas to recharge our batteries. Overnight in a hotel.

DAY 7: Arguedas - Sancho Abarca.

46km +680m -330m

We get back on the bikes for one last day of fun along the barrancos and steppes. We reach the vertical walls of the Rincon del Bu nature reserve, at the foot of the main viewpoints in the Bardenas. We approach the Bardenas Negras and the Sancho Abarca hermitage. From its summit, we can admire the Zaragoza plain and say goodbye to the Navarrese desert before a final descent.

Transfer back to Ainsa and end of the tour.

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

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 :

It will be 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: 7 nights in lodge, on full board basis

Selected gîtes for their welcoming qualities and the friendly atmosphere. You sleep in double or sometimes triple bedrooms. Sheets and towels are provided.

FOOD

You'll have the chance to taste the local food. Food quality is really important for us, healthy food and a balance diet, energy-giving and local specialities will be part of every meal. Picnics will be prepared by the hotel cooks.

Every day, yours picnics are prepared by the cooks. You'll be asked to 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.

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BEFORE YOUR DEPARTURE

PRICE:

Have a look on our prices on our website.

REGISTRATION

At La Rébenne we like to be in contact, 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

- Valid passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS or you National Health Agency)
- Repatriation insurance is compulsory.

DIFFICULTY LEVEL

Physical level: 2/3

You need to be in good physical shape and to regularly ride mountain bike. You will be riding between 50 and 60 km a day, with an elevation change up to 1000 meters.

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, sometimes with obstacles).

PERIOD

From April to the end of June and from September to November

DEPARTURE AND MEETING POINT : Departure from Ainsa.

How to come:

By car: From Tarbes or Toulouse, take the N929 until the tunnel of Bielsa, then continue to Ainsa.

By train: SNCF train station of Lannemezan

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

THE PRICE INCLUDES :

- Accommodation bookings,
- A digital guidebook for the self-guided option,
- Half-board + picnic from dinner on D1 to picnic on D7,
- Luggage transport,
- Return transfer,
- For the package with assistance vehicle: 1 vehicle with mountain bike trailer follows the group throughout the stay.
- For the package with guide: no more worries about orientation, the state-qualified guide takes care of everything during the whole stay.

THE PRICE DOES NOT INCLUDE :

Accommodation the day before departure and at the end of the tour in Ainsa, drinks, personal expenses, picnic on D1, personal mountain bike equipment (helmets, gloves), mountain bikes, transport to the meeting point, entrance to tourist sites and insurance.

OPTIONS

Accommodation the day before or after departure

Single room

Contact us for these options

ELECTRICALLY ASSISTED BIKES:

This tour is suitable for electrically assisted mountain bikes. We advise you to be vigilant and to allow sufficient autonomy on this tour, in relation to your riding style, weight, use of assistance, etc.

There is no possibility of plugging in at mid-day. Bicycle batteries are recharged in the evening at the stage. Please bring one or more extension leads.

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

Preparation in advance is the guarantee for a good stay. Please check and adjust your bags with the list below.

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 will carry 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

THE REGION'S HERITAGE IN A NUTSHELL :

The Sierra and Gorges of Guara Natural Park:

It was created in 1990, in the province of Huesca (Aragon, Spain). It protects a special area shaped over thousands of years by five main rivers: the Alcanadre, the Flumen, the Guatizalema, the Vero and the Mascún. The massif is limestone, which has facilitated erosion; with this complex network of watercourses, the park is home to numerous canyons, chasms, ravines...

The Bardenas Desert:

Situated at an altitude of 640 metres, 45km long and 24km wide, the Bardenas Reales were classified as a protected area in 1999 and comprise two zones: Blanca and Negra. Many birds of prey have taken up residence here, and the flora is of the Mediterranean type. Remains of fortifications can still be found scattered across the desert; they were erected in the 13th century by King Sancho Septimo to combat the bandits who roamed 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

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