

## Crossing the Spanish Pyrénées by bike From the Mediterranean to the Ocean

In \*\* & \*\*\* hotels or hostels  
9 days 8 nights including 8 days by bike

### 2 options:

Physical Difficulty Level 2/3

Option 1 : Self-guided cycling with luggage transfer

Option 2 : Self-guided cycling with assistance vehicle with driver



Starting in Collioure, you will cross the Pyrénées to reach St Jean de Luz. However....pack your French-Spanish dictionaries as you will be cycling on the Spanish side of the mountains!

From the beaches of the 'Grande Bleue' to the coasts of the Atlantic Ocean, you will discover the Pyrénées from another perspective ! Passing over the most beautiful mountain passes (Cols), landscapes and Spanish roads. From the Sierra de Cadi to the Hecho Valley, uncover a different Pyrénéen landscape during the course of this Spanish excursion.

**9 unforgettable days of a legendary crossing by bike.**

### **KEY POINTS :**

- The most beautiful routes and mountain passes of the Spanish Pyrénées.
- Arrival at the ocean in St Jean de Luz.
- Accommodation in a double bedroom on a half-board basis, including 5 nights in a three star hotel.

## PROGRAMME

### **D1 : From Collioure to Ripoll 115 km - positive altitude difference : 1590m**

Meet in the beautiful Catalan village of Collioure.

Leave the Mediterranean beach behind and set off to tackle the Pyrénées and the border.

Passing over the Col (mountain pass) d'Ares via the Vallée de la Preste. Arrival in Spain. Night in Ripoll in \*\*\* hotel on a half-board basis (or in a hostel).

### **D2 : From Ripoll to Gosol 60km - positive altitude difference : 1400m**

Start with a gentle climb to the Coll de Merolla (1090m). Next, starting in the Berga Valley, you enter the legendary Serra de Cadi massif, via a beautiful route that leads you to the mountain village of Gosol. Night in Gosol in a \*\* hotel on a half-board basis.

*For a little extra: Option to do the Col de Pradell (66km and 2000m AD+).*

### **D3 : From Gosol to Sort 98 km - positive altitude difference : 1900m**

The first section of this stage involves crossing a pine forest, so typical of the Mediterranean region, to reach the Coll del Canto. Then, from the Noguera Valley, a beautiful but steep climb up an isolated road, seemingly in the middle of nowhere, to arrive at the the Coll de Creu de Perves.

Night in Sort in a \*\* or \*\*\* hotel on a half-board basis.

*To do a little extra: Option to climb back up through the Noguera Pallaresa Valley.*

### **D4 : From Sort to Pont de Suert 60 km - positive altitude difference : 1300m**

*To do a little extra: Option to climb back up the beautiful Vall de Boi Valley towards Les Encantats.*

### **D5 : From Pont de Suert to Ainsa 84 km - positive altitude difference : 1770m**

This mountain stage takes in the beautiful landscapes of the Massif de la Maladeta and the Pic d'Aneto , along with the Cols de Espinas and Col de Fadas. A second, faster part transports you through the impressive Gorges de Congosto de Ventamill, as well as the Coll de Foradada.

Then it is on into the Ordesa National Park where you arrive in the medieval city of Ainsa.

### **D6 : From Ainsa to the Monasterio de Viejo de San Juan de la Pena. 100 km: - positive altitude difference : 2050m**

A really beautiful stage that starts with a crossing of the Sierra de Guara. Then, following the course of the River Gallego, climb up onto the timeless, forest-covered plateau to arrive at the famous Monastère de San Juan de La Pena.

**Transfer (1h) to Roncal and night in a hostel.**

### **D7 : From Roncal to Roncevaux 72 km - positive altitude difference: 1650m**

In the morning, a climb through the Sierra de San Miguel to the Collada de Arièros awaits you ! Then, continue up the Valle del Roncal to the Portillo de Lazar. The first hint of the Basque Country appears. You arrive, at the end of the day, at Roncevaux, a famous stop on the route of the Saint Jacques de Compostelle pilgrimage. Night in a \*\*\* hotel on a half-board basis.

### **D8 : From Roncevaux to St Jean de Luz 108 km - positive altitude difference : 1650 m**

Starting in the beautiful Basque countryside, you pass through either the Aldudes or Baztan Valley. Pass by the Puerto de Artesiaga or the Collado de Urkiaga and the Baztan Valley. Then on to the Puerto de Otxondo which leads you in turn to the Col de St-Ignace and France. Finally, you pass through the French Basque Country to arrive at the ocean. Night in St Jean de Luz, dinner and stay in \*\*\* hotel on a half-board basis, 300m from the beach.

### **D9 : St Jean de Luz.**

End of trip.

**The programme is susceptible to change depending on the availability of accommodation.  
There is the option to follow the route in the other direction, from Saint-Jean-de-Luz to Collioure: contact us !**

## DURING YOUR STAY

### **KEY INFORMATION:**

#### **2 options to choose from:**

##### **Self-guided cycling with luggage transfer** (only for organised groups of 6+ 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. With the GPS fixed to your handlebars, you will be guided by the instructions we have carefully prepared with the highest level of precision.

##### **Self-guided cycling with assistance vehicle** (for organised groups of 8+ people) :

The assistance vehicle with bike trailer or roof rack will meet you at several points throughout the day's stage, often at the top of the mountain passes (Cols) 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 backpack to carry or no luggage at all. 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.

### **LUGGAGE:**

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

### **ACCOMMODATION: 8 nights on a half-board basis**

**Double bedroom option:** 6 nights in a \*\* or \*\*\* hotel, in a comfortable room for 2 people. Sheets and towels are provided. A private bathroom will be reserved for you. 2 nights in a hostel: equivalent to a \*\* hotel in France.

(Single room option available - see prices on our site).

### **FOOD:**

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

Picnics are not included in the price. Every day, you will have the opportunity to prepare your picnics. Either you can buy what you need yourself or the logistician (with the 'assistance option') can prepare everything, or, every evening you can order your picnic from your accommodation for the following day.

### **NUMBER OF PARTICIPANTS :**

Departure from 6 people for the self-guided option or from 8 people for the option with assistance vehicle.

Free departure for the self-guided option, from 6 people.

## BEFORE YOUR DEPARTURE

### **PRICES:**

See the price table on our website <http://www.larebenne.com>

### **REGISTER:**

At LaRébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every LaRébenne trip.

**To contact us and register it's easy! Call us or send us a quick email.**

contact@larebenne.com Tel +33(0)5 61 65 20 93 Or +33(0)6 81 53 77 75
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### **Sales contract and deposit**

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

### **Payment of outstanding balance :**

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

### **Validation and confirmation :**

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

### **Formalities**

- A valid official ID.
- European Health Insurance Card in advised: this is a card which attests to your rights to health insurance (necessary treatment is covered), throughout Europe. The card is individual, with your name, and is valid for one year. You can obtain the card with a simple request to your Health Insurance Provider (by telephone or in person); you do not need to provide any documents. You should receive your card in under 15 days. If that is too long, you can obtain an attestation.
- We recommend travel insurance with repatriation included.

### **DIFFICULTY LEVEL: 2/3**

You are in good physical condition and go cycling over long distances at least once a week. Stages vary from 60 to 115km per day with positive altitude differences of 1300-1900m per day.

### **PERIOD:**

From May to October

### **DEPARTURE AND MEETING POINT:**

Meet on the first day in Collioure (66) at 8.30am. Free meet-up for organised groups.

### **How to get there :**

By car : A9 to Perpignan, then the N114.

By train : Collioure SNCF station

By plane : Perpignan Airport then the airport shuttle to Collioure SNCF station.

### **PLANE**

- Buy your own tickets directly from your travel agent or by internet only once you have received confirmation of your trip's departure date from us, in writing.
- Or we can reserve your plane tickets for you.

### **THE PRICE INCLUDES :**

- Accommodation,
- Maps and GPS tracks.
- Half-board starting from dinner on the first day and until breakfast on day 9.
- Transfer of 1 bag per person.
- A technical t-shirt in the La Rébenne colours.
- With the 'assistance vehicle' option: 1 vehicle with 9 seats + driver + bike trailer for the duration of your trip.

### **THE PRICE DOES NOT INCLUDE:**

- Accommodation the night before departure
- Drinks,
- Personal expenses
- Picnics
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases (only in the 'assistance vehicle option' is selected).
- Transportation to the meeting point
- Return journey
- Insurance

### **OPTIONS :**

- 7 picnics
- Tailor-made programme of stages chosen by you, available for groups from 8 people.
- Additional accommodation for the night before or after the trip.
- Single bedroom at an additional cost.
- Rental of a customised, high-end bike
- Transport of bike cases and bags with rigid bases (only in the 'assistance vehicle option' is selected).
- Programme guide (non-cyclist)
- Return transfer back to the car
- Official welcome and free parking in Foix, transfer to Collioures and return to Foix at the end of the trip (with 'assistance option subject to available spaces).
- Airport welcome and transfers (Toulouse, Bordeaux, Perpignan, Biarritz, Carcassonne, Barcelona, Pamplona), contact us.

### **OPTIONS (for organised groups) :**

- Physio: recovery session with a physiotherapist at the end of the stage.
- Leader : a qualified guide for the group (+sporting advice)
- Mechanic : a bike mechanic to take care of any repairs during the circuit and bike service at the end of the stages.

**See prices on our website or contact 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 ASSUREVER.

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

**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 (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.

2 bags: 1 small saddle or handlebar bag, about 10L, containing what you need for half a day, your phone, camera, raincoat etc.

1 piece of luggage to be transported by the assistance vehicle.

### **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:

>Carefully check that the chainrings and number of teeth are suitably adapted to both the route and you

>A well set-up 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

>The wheels are well attached

>The brakes are in a good state (concerning wear)

>The headset and steerer 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:

> 1 spare tyre and 1 inner tube

> A pump

> Tyre levers

> A multi-tool

> Small pliers

> 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 cable (front and back)

>Cable covers

>Spare spokes

>Derailleur cable

>Chain oil

>A rag

>A lock

### **EQUIPMENT**

>A bike helmet (obligatory!) + a hat and headband

>Bike gloves and warm gloves

>Sunglasses

>Shoes with clips

>Cycle shorts and leggings

>Breathable t-shirt (avoid cotton)

>A race jersey

### **DAILY BACKPACK**

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 (see above)

>A windbreaker (waterproof)

> 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

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

## **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.

## **BIBLIOGRAPHY :**

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

Les Nouvelles Pyrénées, Jean-Claude Flamand, collection verre et assiette, éditions Glénat, 2003

## **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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