

Crossing of the Pyrénées by bike: The Occidentale 7 days From the Mediterranean to the Ocean

Options: In 'gites' or double bedrooms or high-end hotels
7 days, 6 nights

2 options:

Physical Difficulty Level 3/3

Option 1 : Self-guided cycling with luggage transfer (only for groups of 6+ people)

Option 2 : Self-guided cycling with assistance vehicle with driver (only for organised groups or individuals)



Crossing the Pyrénées by bike: from the beach in **Collioure** to that of **Saint Jean de Luz**, you cross the entire French Pyrénées, from east to west, on your road bike. You will follow legendary Tour de France routes and pass over notable mountain passes (cols) to cross 5 Pyrénéen departments.

With each turn of the wheel, you get a little closer to the Atlantic, crossing an extraordinary variety of landscapes. Leave behind the beaches of the Mediterranean coast to cross the vast forests of Ariège. Next, you take on the peaks of the Hautes-Pyrénées to reach the lush, green slopes of the Basque Country. Finally, you arrive on the great beaches of the Atlantic Ocean.

7 unforgettable days of cycling a legendary crossing.

KEY POINTS :

- Fabled cols of the Tour de France,
- The most beautiful landscapes of the Pyrénées: cols, forests, gorges, plateaus.
- Created by a local agency who specialise in the Pyrénées and cycling.
- Accommodation on a half-board basis, 3 options to choose from.

PROGRAMME

Day 1 : From Collioure to Prades :

Level 2 : 91km – Positive Altitude Difference: 1230m :

- Col de Llauro (380m),
- Col de Fourtou (646m)

Level 3A : 103 km – Positive Altitude Difference: 1800m :

- Col de Llauro (380m),
- Col de Fourtou (646m),
- Col Xatard (752m),
- Col de Palomère (1036m)

Level 3B : 137 km – Positive Altitude Difference: 2565m :

- Col de la Brousse (850m),
- Col Xatard (752m),
- Col de Palomère (1036m).

Night in Prades.

Day 2 : From Prades to Ax les Thermes

90 km – Positive Altitude Difference: 2850m

- Col de Jau (1506m)
- Col de Garabeil (1262m)
- Col de Moulis (1099m)
- Col de Pailhères (2001m)

OPTION : Col du Chioula (1431m), there and back : + 13km and 480m of positive altitude difference from the departure at Ascou

Night in Ax les Thermes. (Possibility to visit the thermal spa if option selected).

Day 3 : From Ax-les-Thermes to Saint Lary in Ariège :

Level 2 : 74 km – Positive Altitude Difference: 1500m

- Route of the Corniches
- Col de Port (1250m)
- Col des Cagnous (947m)

Level 3 : 113 km – Positive Altitude Difference: 2550m

- Route of the Corniches
- Port de Lers (1517m)
- Col d'Agnes (1570m)
- Col de Cominac (930m) Les granges de Cominac.
- Col de Sarailié (942m)

Night in Massat.

Day 4 : From Massat to Luchon

Level 2 : 105 km – Positive Altitude Difference: 1900m via St Girons

- Col de Portet d'Aspet (1069m)
- Col de Menté (1349m)

Level 3A : 115 km- Positive Altitude Difference: 2690m

- Col de la Core (1395m)
- Col de Portet d'Aspet (1069m)
- Col de Menté (1349m)

Level 3B : 151 km – Positive Altitude Difference: 3700m

- Col de la Core (1395m)
- Col de Portet d'Aspet (1069m)
- Col de Menté (1349m)
- Port de Balès (1755m)

**Option to reduce Level 3B by avoiding the Col de la Core :
140 km – Positive Altitude Difference : 3115m**

Night in Luchon. (Possibility to visit the thermal spa if option selected).

Day 5 : From Luchon to Argelès-Gazost

Level 3A : 110km- Positive Altitude Difference: 3200m

- Col de Peyresourde (1569m)
- Col d'Aspin (1489m)
- Col du Tourmalet (2115m)

Level 3B : 128 km – Positive Altitude Difference: 3760m

- Col de Peyresourde (1569m)
- Col d'Azet (1580m)
- Col d'Aspin (1489m)
- Col du Tourmalet (2115m)

Night in Argelès-Gazost. (Possibility to visit the thermal spa if option selected)

Day 6 : From Argelès-Gazost to Larrau

Level 2 : 115 km – Positive Altitude Difference: 1530m by small roads

- Lourdes
- Arudy
- Bager Woods

Level 3A : 120 km – Positive Altitude Difference: 2400m

- Col du Soulor (1474m)
- Col d'Aubisque (1709m)

Level 3B : 120 km- Positive Altitude Difference: 2820m

- Col du Soulor (1474m)
- Col d'Aubisque (1709m)
- Col de Marie Blanche (1035m)

Possibility to add the Col des Bordères (1156m)

Before Soulor : +8km and +330m of positive altitude difference.

Level 3C : 144 km – Positive Altitude Difference : 3865m

- Col du Soulor (1474m)
- Col d'Aubisque (1709m)
- Col de Marie Blanche (1035m)
- Col de Labays (1351m)
- Col du Soudet (1540m)

OPTION : Col de la Pierre Saint-Martin, there and back, starting from Col du Soudet : +9km and +255m of positive altitude difference.

Night in Larrau.

Day 7 : From Larrau to Saint Jean de Luz

Level 2 : 109 km - Positive Altitude Difference: 1730 m

- Col d'Orgambidesca (1284m)
- Col Bagargiak (1327m)
- Col de Burdincurutchéta (1135m)
- Col de Pinodieta (176m)
- Col de Saint-Ignace (169m)

Level 3 : 112,5 km – Positive Altitude Difference: 2030 m

- Col d'Orgambidesca (1284m)
- Col Bagargiak (1327m)
- Col de Burdincurutchéta (1135m)
- Col Gastigarlepoa (345m)
- Col de Pinodieta (176m)
- Col de Saint-Ignace (169m)
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Magical arrival in Saint Jean de Luz.
End of trip.

Privatisation of the trip:

For organised groups we can adapt the level, duration, price and programme on demand. Contact us!

DURING YOUR STAY

KEY INFORMATION:

2 options to choose from:

Self-guided cycling with luggage transfer. (For organised group 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 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 bag or without needing to carry a bag 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). Please do not exceed the limit of 1 bag/person, 15kg/bag maximum.

ACCOMMODATION : 6 nights on a half-board basis, 3 options to choose from:

- **Gite option:** Gites are selected for their warm welcome and friendly atmosphere. Most often, you will share a 4-6 person dormitory. Sheets and towels are not provided (don't forget to bring them in your luggage).
- **Double/triple bedroom option:** You will sleep in a comfortable ** hotel, B&B or, sometimes, 'gite' in a bedroom for 2-3 people. Sheets and towels are provided. (Single room option available - see prices on our site).
- **High-end hotels option :** you will sleep in a comfortable bedroom for 2 people in high-quality hotels (Single room option available - see prices on our site) : including 1 ** hotel, 3 *** hotels and 2 **** hotels (options reserved only for organised groups and subject to availability).

Day 1 : Night in Prades in a **** hotel. Charming accommodation with a flower-filled garden, swimming pool and pretty view overlooking the Massif de Canigou. Enjoy a pleasant moment in your spacious and comfortable room.

Day 2 : Night in Ax-les-Thermes in a *** hotel on the banks of the River Oriège. This establishment with its gourmet restaurant will welcome you in and awaken your taste buds. Make the most of the hot, natural and relaxing springs at the Couloubret baths, flowing at a constant 33 to 38 degrees Celsius (optional).

Day 3 : Night in Massat at a ** hotel. In order to keep up the pace of your trip, we propose a stay in this pleasant, family-run ** hotel. This friendly establishment is used to welcoming our groups of cyclists with open arms.

Day 4 : Night in Bagnères de Luchon in a **** hotel. This 18th century manor house has a number of well-being services on offer (swimming pool, spa, hammam...). You can also enjoy a relaxing moment at the town's historic thermal springs (if option selected).

Day 5 : Night in Argelès-Gazost in *** hotel. Characteristic establishment from the 30s, this was built following a competition between architects. Every bedroom offers a view of the mountains. You can discover the 'Jardin des Bains Thermo-Ludique' (thermal spa) in Argelès-Gazost, and enjoy a moment of relaxation and recovery (option available).

Day 6 : Night in Larrau in *** hotel at the foot of Pic D'Orhy with a magnificent view. With its friendly welcome, this house will immerse you in the Basque traditions for one evening.

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

2 possibilities: either you organise your own picnic or you take the proposed picnic option.

NUMBER OF PARTICIPANTS AND REGISTRATION:

The 'Crossing of the Pyrénées by bike, 7 days' itinerary is open to **all groups of at least 6 people for the luggage transfer option and of 8 people for the assistance vehicle option**: departure is not fixed. (Contact us).

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 La Rébenne 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: From 2/3 to 3/3

You are in good physical condition and go cycling on roads, over long distances, at least once a week. Stages vary from 100 to 115km per day with positive altitude differences of 1200 to 2800m per day.

Where possible, several difficulty levels will be on offer, with the same departure and arrival points for everyone. And of course without transfer :) !

PERIOD:

From June to the end of September.

DEPARTURE AND MEETING POINT:

Meet on the first day in Collioures.

For arrivals by train or plane: Meet directly in Collioure or at Perpignan Airport.

⇒ **How to get there:**

By car : Motorway

By train : Collioures.

By plane : Perpignan Airport.

THE PRICE INCLUDES :

- Accommodation
- Half-board starting at dinner on Day 1 until breakfast on Day 7.
- Electronic GPS tracks
- Transfer of luggage: 1 bag per person, 15kg maximum.
- For the 'assistance vehicle option': 1 LaRébenne vehicle and driver will follow you throughout the trip.

THE PRICE DOES NOT INCLUDE:

- Accommodation for the nights before and after the trip
- Drinks
- Personal expenses
- Picnics
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases (in option only if the assistance vehicle with driver option has been selected)
- Transportation to the meeting point
- Return transfer
- 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 if the assistance vehicle with driver option has been selected and subject to availability: +€40/per case)
- Programme guide (non-cyclist)
- Official welcome and free parking in Foix, transfer to Collioures and return to Foix at the end of the trip.
 - Airport welcome and transfers (Toulouse, Bordeaux, Perpignan, Biarritz, Carcassonne, Barcelona), contact us.
- High-end accommodation

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, LaRébenne 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 cables (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

PICNIC

To avoid unnecessary waste at picnic time, please carry:

- > 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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