

The Pyrenean mythical passes Short trip at Ax-les-Thermes

Staying in double/triple bedrooms or gite
5 Days, 4 nights - 3 cycling Days

2 formulas to choose from:

F1: Self-guided

F2: Self-guided with van support and tour leader



In the heart of the Pyrenees region, in Ariège valley, in a comfortable hotel or a gite carefully selected by our team, this stay offers you the opportunity to discover the region and its famous Tour de France landscapes.

The greatest Tour de France passes are waiting for you, as the Mur de Peguere or col de Pailheres. Each Day is a new challenge. Every Day, we offer you several levels of ride according to your desire and fitness.

The passes, plateaus and ports: Lers, Agnès, Port, Péguère, Beille, Bonascre, Pailhères, Pradel, Marmare, Montségur, Lauze, Latrape, Souraillé, Caugnous

5 unforgettable Days in the heart of the High Ariège

Highlights:

- The Tour de France mythical passes
- The famous Pyrenean landscapes: passes, ponds, forests and plateaus...
- 2 or 3 different levels of routes to choose from everyday
- Electronic GPS routes and road books are provided

PROGRAM

Day 1: Ax les Thermes

Arrival and settling into Ax les Thermes. Bikes preparation and dinner at the hotel. If your arrival time allows it, we can offer you a warm up ride towards Orlu valley of 23km.

Day 2: Ax valley's passes

After breakfast, let's start on the first Day following some Tour de France stages. Choose your itinerary between the mythic ascent to the **Plateau de Beille**, Bonascre plateau or **col de Pailheres**. Be prepared to this intense Day, as Beille and Pailheres have each a total of more than 1200m positive height difference. After this first cycling Day, you may like to relax in the spa centre 'Les Bains du Couloubret' (optional).

Level 1: Bonascre plateau roundtrip / 40km – Height difference: +1267m -1267m

Level 2: Plateau de Beille roundtrip / 66.5km – Height difference: +1803m -1803m.

Or loop version: cliffs road + Plateau de Beille / 78km – Height difference: +2183m -2183m

Level 3: Col de Pailheres + Col du Pradel / 79.7km – Height difference: +2787m -2787m

Day 3: Port de Lers and its passes

As Sanchez or Smet, conquer the Port de Lers, col d'Agnes and col de Port. You will discover Pyrenean Mountains in all their splendours. If you desire it and if your fitness allow you, climb the tremendous col de Peguere, nicknamed rightly as 'Peguere wall'. With its +428m height difference during 3.5km (12.59% of average positive elevation), this pass is a real challenge for a cyclist racer!

Level 1: Port de Lers + col des Caugnous + col de Port: loop version / 77.7km – Height difference : +1934m -1934m. Col de Pégùère is optional (+3.5km & height difference +428m)

Level 2: Port de Lers + col d'Agnes + col du Souraillé + col des Caugnous + col de Port: loop version / 106.2km – Height difference : +2700m -2700m. Col de Pégùère is optional (+3.5km & height difference +428m)

Level 3: Port de Lers + col d'Agnes + col de Latrape + col du Souraillé + col des Caugnous + col de Port: loop version / 123.7km – Height difference: +3129m -3129m. Col de Pégùère is optional (+3.5km & height difference +428m)

Day 4: Loop around Montségur

For this third cycling Day, follow the cliff road to go over the col de Marmare and ride down to the 'Pays de Sault' plateau. You will ride over the famous col de Montsegur, highlight of the well-known Pyrenean cycling race: 'l'Ariégeoise'.

Level 1: col de Marmare + col de Montségur + col de Lauze (by N20 road): loop version / 127.5km – Height difference: +2250m -2250m

Level 2: col de Marmare + col de Montségur + Roquefixade (by the cliff road): loop version / 129.5km – Height difference: +2568m -2568m

Level 3: col de Marmare + col de Montségur + col de Lauze (by the cliff road): loop version / 130.5km – Height difference: +2599m -2599m

Day 5: Breakfast at the hotel and farewells. End of the trip.

DURING YOUR STAY

ASSISTANCE LEVEL: 2 formulas to choose from:

Self-guided:

We give you orientation equipment: highlighted maps and electronic GPS routes. You ride alone to discover the circuit we build for you. With the GPS fixed on your handle-bars, let yourself be guided by the information carefully prepared by us.

Self-guided with van support:

The support vehicle and bike trailer will rejoin the group at different specified points throughout the day, often at the top of the passes, and will transport your picnic, water, supplementary clothing, as well as a complete toolkit in case of mechanical problems. You will therefore be able to take full advantage of your day by bringing with you only a light bag or nothing at all! The driver of the vehicle will also provide advice at each stage, help you to maximize your effort, offer encouragement and most of the time, answer any questions you may have about the regions you have visited.

LUGGAGE:

Your luggage stays at the accommodation. You carry your day's belongings and picnics: without van support formula. You carry nothing: with van support formula.

ACCOMMODATION: 4 nights, HALF BOARD formula

2 formulas to choose from:

Double room formula: you sleep in comfortable bedrooms of 2/3 people in either 2* or 3* hotels, chambres d'hôtes or gîtes. Bed sheets and towels are provided. (Single bedroom – see prices on our website).

Gite formula: In most cases, you share a 4/6 berth dormitory in a charming atmosphere. Bed sheets and towels are not provided.

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.

The picnics are not included in the price. Every Day, you have the choice to prepare your picnics yourself or stop on the road to eat. You can also by it yourself or order one the day before from the host.

NUMBER OF PARTICIPANTS:

Starting from 2 people for the self-guided formula and from 8 people for the self-guided with van support formula.

BEFORE YOUR DEPARTURE

PRICES:

Please, see fares on our website

REGISTRATION:

At La Rébenne we like to give our customers as much information as possible about our trips and to create a strong relationship with them. Sharing and pleasure are really important parts of our trips.

Contact us

contact@larebenne.com
Tel +33(0)5 61 65 20 93
or +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 is done, we'll send you a confirmation letter.

Payment of outstanding balance

Payable 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 has been made, you'll receive a full list of information about your stay.

Validation

Once the payment has been done, you'll receive a full list of information about your stay.

PROCEDURES:

- Passport or ID is compulsory
- We recommend to get a European Health Insurance card (check with the NHS) and repatriation insurance as well.

DIFFICULTY LEVEL:

Physical level: from 1/3 to 3/3 according to your choice. You are fit and do at least one long ride a week. Stages from 85 to 140 km each Day, with positive elevation change from 900 m to 3200 m.

PERIOD:

From Mid-May to October.

DEPARTURE AND MEETING POINTS:

Departure at Ax les Thermes (09).

How to get there:

By car: From Toulouse, drive towards Andorre-Foix by the E9 motorway and N20 road, until Ax les Thermes.

By train: Ax les Thermes train station.

By plane: Toulouse or Carcassonne's airports, then taxi towards Ax les Thermes (in option).

THE PRICE INCLUDES:

- Half board accommodation formula starting from Day 1 dinner until Day 5 breakfast.
- Maps with itinerary highlighted,
- Road book,
- Electronic GPS routes,
- For the formula with van support: one vehicle which follows the group throughout the trip.

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

PRICE DOES NOT INCLUDE:

- Drinks,
- Personal purchases,
- Picnics,
- Personal cycling equipment (helmet, gloves etc),
- Bicycles,
- Transportation to the meeting points,
- Insurances,
- Airport transfers on arrival and departure.

OPTIONS:

- +1 Day or -1 Day,
- Tailor-made formula starting from stages that you personally choose,
- Supplementary night's stay before or after the trip,
- Single room supplement,
- Premium tailor-made bike rental according to availability,
- Welcome to another airport than Toulouse or Carcassonne,
- Airport transfers.

Please see rates on internet or consult us.

INSURANCES:

According to the regulations, LaRébenne has professional civil liability insurance. However, every customer must have an individual civil liability but also a comprehensive insurance in case of any accident during the stay. Any complementary insurance is charge per person and has to be necessarily subscribed the trip registration day.

We offer 2 different kinds of insurances:

Package # 1: comprehensive insurance

It includes guarantees in case of invalidation, lost luggage, repatriation, medical expenses and interruption of your stay.

This insurance is provided by ASSUREVER.

Package # 2: cancellation insurance

It only concerns invalidation before departure.

This insurance is provided by ASSUREVER.

Check our insurance prices on our website

<http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

Good preparation is the key to enjoying your trip. Here is some advice and equipment to help you to prepare your cycle and your bag.

2 bags: 1 small 10-liter rick sack to put the equipment for the Day in (cell phone, camera, rain clothes...). 1 big bag, carried by vehicle.

ROAD BIKE

Be sure your bike is in good order and all these points are verified and checked:

- if you are a group, bring one substitution road bike
- check your milometer
- tyres
- brakes (and brake cable)
- chain
- transmission system
- wheels
- suspension (make sure there's no leak)
- steering system

Keep in mind: a clean bike is easier to check!

REPAIRING EQUIPMENT

To avoid any mechanical problem you'll be asked to bring:

- 1 spare tyre and 1 inner tube
- 1 bicycle pump
- a puncture repair kit
- a set of all Allen keys
- adjustable spanner
- 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 your own tool box with:

- a brake cable
- some spokes
- a derailleur cable
- oil for the chain
- a rag
- a lock

EQUIPMENT

- helmet (essential) + cap and headband
- cycling gloves and warm gloves
- glasses
- a pair of shoes with wedges
- 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
- sun-cream (and lip balm)
- toilet paper and a lighter
- medicine (see below)
- 2 LR6 batteries a Day (for the GPS)
- your mobile phone

PICNIC: (not included)

Bring a plastic lunchbox (to avoid any unnecessary waste) and reusable cutlery

LUGGAGE:

You'll have it 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, and clothes

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MEDECINE:

The instructor or support car driver 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.

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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