

The Great Crossing of the Pyrénées by road bike

The Occidentale : From the Mediterranean to the Ocean

The Orientale : From the Ocean to the Mediterranean

8 days 7 nights including 8 days of cycling

2 options:

Physical Difficulty Level 2/3 and 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)



Cross the Pyrénées by bike: between the beaches of **Collioure and Saint-Jean-de-Luz**, you cross the entirety of the French Pyrénées, from east to west or west to east, 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 either the Atlantic or the Mediterranean, crossing an extraordinary variety of landscapes. Pass through the vast forests of Ariège, over the peaks of the Hautes-Pyrénées, and the lush, green slopes of the Basque Country, all offering you a wealth of beautiful landscapes. Finally, depending on your chosen route, you reach the great beaches of the Atlantic, or the pretty coves of the Mediterranean.

8 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.
- All meals are included, diners and picnics!

PROGRAMME for the OCCIDENTALE, from East to West

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) **'The Classic'**.
- **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 (1056m), 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** : 125km – Positive Altitude Difference: 2050m : Route of the Corniches, Col de Port (1250m), Col des Caugnous (947m)
- **Level 3** : 144km – Positive Altitude Difference: 3070m : Route of the Corniches, Port de Lers (1517m), Col d'Agnes (1570m), Col de la Core (1395m) **'The Classic'**.
- **OPTION**: Route via the Col de Latrape for Level 3: + 6km and +385m of positive altitude difference

Night in Saint-Lary in Ariège.

Day 4: From Saint Lary to Loudenvielle/Germ

- **Level 2** : 69km – Positive Altitude Difference: 2300m : Portet d'Aspet (1069m), Col de Menté (1349m), Col de Peyresourde (1569m) **'The Classic'**.
- **Level 3A** : 88km – Positive Altitude Difference: 2900m : Portet d'Aspet (1069m), Col de Menté (1349m), Col du Portillon (1292m), Col de Peyresourde (1569m)
- **Level 3B** : 96km – Positive Altitude Difference: 3200m : Portet d'Aspet (1069m), Col de Menté (1349m), Port de Balès (1755m), Col de Peyresourde (1569m)

Night in Loudenvielle/Germ.

Day 5: From Loudenvielle/Germ to Luz Saint Sauveur

- **Level 2**: Without the Col d'Azet: 76 km – Positive Altitude Difference: 2080m
- **Level 3** : 94km – Positive Altitude Difference: 2715m, Col d'Azet (1580m), Col d'Aspin (1489m), Col du Tourmalet (2115m) **'The Classic'**.

Night in Luz Saint Sauveur.

Day 6: From Luz Saint Sauveur to Oloron Sainte Marie

- **Level 2** : 110km – Positive Altitude Difference: 2500m : Col de Bordères (1156m), Col du Soulor (1474m), Col d'Aubisque (1709m), Col de Marie-Blanche (1035m)

Night in Oloron Sainte Marie.

Day 7: From Oloron Sainte Marie to Esterençuby:

- **Level 2:** 80km – Positive Altitude Difference: 1800m: Col de Labbays (1350m), Col du Soudet (1540m), Col Bagargiak (1327m), Col d'Arthe (934m) **'The Classic'**.
- **Level 3:** 155km – Positive Altitude Difference: 3100m: Same as the level 2, but with the ascent of Gave de Lourdios.

Night in Esterençuby.

Day 8: From Esterençuby to Saint Jean de Luz:

- **Level 2:** 85km – Positive Altitude Difference: 1300m: Col d'Ispéguy (672m), Puerto de Otxondo (570m), col de Sainte Ignace (169m)
- **Level 3:** 105km - Positive Altitude Difference: 1600m: Same as the level 2, but with the ascent of Col d'Ibardin (321m).
End of trip in Saint Jean de Luz.

PROGRAMME for the ORIENTALE from West to East

Day 1: From St Jean de Luz to Larrau 110 km - Altitude Difference: 2300m: Col de Saint-Ignace (169m), Col de Burdincurutchéta (1135m), Col Bagargiak (1327m), Col d'Orgambidesca (1284m).
Night in Larrau

Day 2: From Larrau to Argelès-Gazost

- **Level 2:** 112 km- Altitude Difference: 1300m via small roads: Arette, Bois du Bager, Arudy, Forest of Lourdes
- **Level 3A:** 121 km – Positive Altitude Difference: 2660m: Col de Marie-Blanche (1035m), Col d'Aubisque (1709m), Col du Soulor (1474m) **'The Classic'**
- **Level 3B:** 142 km – Positive Altitude Difference: 3700m : Col du Soudet (1540m), Col de Marie Blanche (1035m), Col d'Aubisque (1709m), Col du Soulor (1474m)
- **OPTION:** Col de la Pierre Saint-Martin (1765m), there and back, from the Col du Soudet : + 9km et + 255m of positive altitude difference.

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

Day 3: From Argelès-Gazost to Saint-Lary-Soulan

- **Level 2 :** 83 km – Positive Altitude Difference: 1900m : Col de Lingous (575m), Bagnères de Bigorre, Col d'Aspin (1489m)
- **Level 3 :** 88 km - Positive Altitude Difference: : 2600m : Col du Tourmalet (2115m), Col d'Aspin (1489m). **The Classic.**

Night in Saint-Lary-Soulan. (Possibility to visit the thermal spa if option selected)

Day 4: From Saint-Lary-Soulan to Bagnères-de-Luchon. 43km- Positive Altitude Difference: 1440 m

Active day of recovery.

- Col d'Azet (1580m), Col de Peyresourde (1569m)

OPTION: Port de Balès (1755m) there and back, starting at the Chapelle de St-Aventin: +31km and 920m of positive altitude difference:

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

Day 5: From Bagnères-de-Luchon to Oust or Seix

- **Level 2** : 96 km – Positive Altitude Difference: 1700m : Col de Menté (1349m), Col de Portet d’Aspet (1069m)
- **Level 3** : 96 km – Positive Altitude Difference: 2300m : Col de Menté (1349m), Col de Portet d’Aspet (1069m), Col de la Core (1395m) **'The Classic'**.

Night in Oust or Seix.

Day 6: From Oust or Seix to Ax-les-Thermes

- **Level 2** : 93 km – Positive Altitude Difference: 1800m, Col des Caugnous (947m), Col de Port (1250m), Route of the Corniches
- **Level 3A**: 105 km – Positive Altitude Difference: 2200m: Col d’Agnes (1570m), Port de Lers (1517m), Route of the Corniches **'The Classic'**.
- **Level 3B** : 110 km – 2690m : Col de Latrape (1111m), Col d’Agnes (1570m), Port de Lers (1517m), Route of the Corniches

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

Day 7: From Ax les Thermes à Prades : 90 km- Positive Altitude Difference: 2440m : Col de Pailhères (2001m), Col des Moulis (1099m), Col de Garabeil (1262m), Col de Jau (1506m)

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

Night in Prades.

Day 8: From Prades to Collioure

- **Level 2** : 91 km - Positive Altitude Difference: 910m : Col Fourtou (646m), Col de Llauro (380m)
- **Level 3A** : 104 km – Positive Altitude Difference: 1325m : Col Palomère (1036m), Col Xatard (752m), Col de Llauro (380m) **'The Classic'**.
- **Level 3B** : 138 km – Positive Altitude Difference: 2160m : Col Palomère (1036m), Col Xatard (752m), Col de la Brousse (850m)

The programme is susceptible to change depending on the availability of accommodation.

Privatisation of the trip:

We can adapt the dates, 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 and driver. (Only for registered individuals or organised groups of 10+ people):

The assistance vehicle with bike trailer (or bike 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 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:

With the option with luggage transfer by taxi, you only need to carry what is required for the day and your picnic.

You will carry nothing with the assistance vehicle option: luggage, snacks, picnics and spare parts are available in the assistance van.

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: 7 nights on a half-board basis, 3 option to choose from:

- **Double bedroom option (included for individuals on dates organised by LaRébenne and as an option for organised or private groups):** 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 3 **** hotels (options reserved only for organised groups and subject to availability).

Day 1: 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 Basque traditions for one evening.

Day 2: 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 3: Night in Saint-Lary-Soulan in a **** hotel. Accommodation with a taste for modernity and a high-quality welcome. All the bedrooms have a balcony with a view over the mountains. You can also enjoy the gardens and relaxation areas (swimming pool, hammam, sauna and jacuzzi). Guests can also relax at the natural thermal water source (32 degrees) at the spa, with direct access from the hotel (optional).

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 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 6 : 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 7 : 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.

- **Gite option (only for organised or private groups):** Gites are selected for their warm welcome and friendly atmosphere. Most often, you will share a 4-6 person dormitory.

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.

- Your accommodations provides Continental breakfasts.
- We distribute simple cereal/muesli bars and dried fruit in the morning before the start of the stage.
- Hearty dinners (3 to 4 courses, with local dishes)
- You must bring your own specific energy bars and isodrinks.

At lunch, there is 3 options based on what you prefer:

- A picnic to carry along in a small backpack. It contains an individual salad (carbohydrate and vegetable based salad), cold meats, cheese and fruit. This picnic can be carried in a small backpack or a handlebar bag.
- "Racing food" for those "allergic" to backpacks: energy bars, dried fruit.
- No lunch organised by us, leaving you free to stop and eat when and where you want (restaurant, bakery, grocery store...).

Please let us know your choice of type of lunch at your register.

NUMBER OF PARTICIPANTS AND REGISTRATION:

Registration for the dates planned by LaRébenne:

Starting with 1 person, you can register for the dates already planned by La Rébenne with the option with assistance vehicle and double bedroom.

You are in a pre-organised group and you would like a private trip:

You can register for the dates planned by LaRébenne or your own dates. You have a choice of accommodation (gite or double bedroom) and between the luggage transfer option (minimum 6 people) and the assistance vehicle option (minimum 10 people), 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.
- 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 transfers :)!

PERIOD:

From June to the end of September.

DEPARTURE AND MEETING POINT:

Meet on the first day at 8.30am in Saint Jean de Luz for the Orientale.
Meet on the first day at 9 am in Collioure for the Occidentale.

For arrivals by train: Meet directly in Saint Jean de Luz or Collioure.

For arrivals by plane: Biarritz or Perpignan airport.

Free meet-up for organised or private groups.

SHUTTLE SERVICE FROM FOIX :

We offer a shuttle service from Foix where you can leave your car for the week in one of the free (and quiet) carparks in the town.

Transfer from Foix to Saint Jean de Luz and back to Foix at the end: Depart from Foix at 2.30pm the day before the trip, extra night's stay in Saint Jean de Luz in a double or triple bedroom, on a half-board basis. Return to Foix at around 6.30pm on the final day of the trip, depart from Foix at 15.30pm . **90€/person.**

Transfer from Foix to Collioure and back to Foix at the end: Depart from Foix at 6am (transfer of 2h45) on the first day of cycling.
Return to Foix at 2pm and the end at Foix at 5.30pm on the final day. **90€/person.**

Return to Collioure for the Occidentale:

For those who wants to go back to Collioure, we propose a transfer on the afternoon of the last bike's day, with your luggage and bike.

From St Jean de Luz, the departure is at 2pm. **135€/person.**

THE PRICE INCLUDES :

- Accommodation
- The daily GPS tracks.
- Half-board starting at dinner on day 1 until breakfast on day 8.
- Transfer of 1 bag per person.
- 8 picnics.
- For the 'assistance vehicle option': 1 vehicle with 5-8 places + driver + bike trailer or rack for the duration of the trip.

THE PRICE DOES NOT INCLUDE:

- Accommodation for the nights before and after the trip
- Drinks,
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases
- Transportation to the meeting point
- Return transfer
- Insurance

OPTIONS :

Extra nights:

- Collioure in 3* hotel, double or twin room, including breakfast, high season: **85€**
- Collioure in 3* hotel, double or twin room, including breakfast, low season: **65€**
- Collioure in 3* hotel, single room, including breakfast, high season: **130€**
- Collioure in 3* hotel, single room, including breakfast, low season: **110€**
- Saint Jean de Luz in 3* hotel, double or twin room, including breakfast: **95€**
- Saint Jean de Luz in 3* hotel, single room, including breakfast: **135€**

Massage:

- In Ax les Thermes: **60€**
- In Luz St Sauveur: **60€**

Road bike rental:

- E-road bike:

Carbon frame and fork, 250 Wh battery (+ additional 210Wh battery), aluminium wheels, Shimano 105 groupset, 11 speeds, 50/34 crankset and 11/32 cassette, approx. 13 kg, Look E-765 Optimum model or equivalent. **605€**

- Standard road bike:
Carbon frame and fork, disc brakes, Shimano 105 R7000, 11-speed cassette (11-32), approx. 8kg, aluminium wheels, Wilier GTR or equivalent. **365€**

- Premium road bike:
Carbon frame and fork, disc brakes, Ultegra di2 r8170 groupset or equivalent, 12 speeds, 50/34 crankset and 11/30 cassette, approx. 7kg, carbon wheels, Wilier Zero SL or equivalent. **495€**

For all rental bike models, we provide this equipment:

- 2 bottle holders
- Repair kit with 2 CO2 cartridges, patches, multi-tool, 1 inner-tube and tyre levers.

Helmets and water bottles are not included.

Pedals: Bikes are coming without pedals; you can bring your own or tell us which one you need, we have 3 different models: Look Keo easy, Shimano SPD-SL or Shimano SPD.

If you want to rent us a bike, please tell us your height (also frame size and inseam, please) and your choice of bike and pedals.

The tour leader will come with the rental bikes the 1st day. With you, he will carry out an inventory of the bike, as well as at the end of the tour.

Other options:

Single room accommodation (7 nights): **345€**

Transport of a rigid bike box during the trip (or semi rigid bike bags): **40€**

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):

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

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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