

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

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

Level: 3/5



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.

## Strengths

- 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

# SCHEDULE

## **Day 1: From Collioure to Prades :** 103 km – Elevation: + 1800 m

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 – Elevation: + 2900 m

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 Massat :** 113 km – Elevation: + 2500 m

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

Route of the Corniches

Col de Port (1250m)

Col des Caugnous (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 Saraillé (942m)

Night in Massat.

## **Day 4: From Massat to Luchon :** 115 km – Elevation: + 2690 m

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 : 110 km – Elevation: + 3200 m**

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 : 120 km – Elevation: + 2400 m**

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 : 109 km – Elevation: + 1730 m**

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)

Magical arrival in Saint Jean de Luz.

End of trip.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage carried by cabs - stopover gîte

Registration for 6 people	795€
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## Formula with assistance vehicle

Registration for 8 people	930€
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# GENERAL INFORMATION

## How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

+33 561 652 093

+33 681 537 775


## Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

## Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

## Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.



We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.