

# The Great Crossing of the Pyrénées by road bike The Occidentale and The Orientale

**8 days 7 nights including 8 days of cycling , 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)**

Level: 3/5



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.

## 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

# SCHEDULE

## undefined : PROGRAMME for the OCCIDENTALE, from East to West :

PROGRAMME for the OCCIDENTALE

### Day 1 : From Collioure to Prades : 91 km – Elevation: + 1230 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) '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.

Hotel

### Day 2 : From Prades to Ax-les-Thermes : 90 km – Elevation: + 2850 m

- 90 km – Positive Altitude Difference: 2850m : Cols 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).

Hotel

### Day 3 : From Ax-les-Thermes à Saint Lary en Ariège : 125 km – Elevation: + 2050 m

- 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.

Hotel

### Day 4 : From Saint Lary to Loudenvielle Germ : 69 km – Elevation: + 2300 m

- 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.

Hotel

### Day 5 : From Loudenvielle to Luz Saint Sauveur : 76 km – Elevation: + 2080 m

- 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.

Hotel

**Day 6 : From Luz Saint Sauveur to Oloron Sainte Marie :** 110 km – Elevation: + 2500 m

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.

Hotel

**Day 7 : From Oloron Sainte Marie to Esterençuby :** 80 km – Elevation: + 1800 m

• Level 3: 80km – Positive Altitude Difference: 1800m: Col de Labbays (1350m), Col du Soudet (1540m), Col Bagargiak (1327m), Col d'Arthe (934m) 'The Classic'.

• Level 5: 155km – Positive Altitude Difference: 3100m: Same as the level 3, but with the ascent of Gave de Lourdios.

Hotel

**Day 8 : From Esterençuby to Saint Jean de Luz :** 85 km – Elevation: + 1300 m

• Level 3: 85km – Positive Altitude Difference: 1300m: Col d'Ispéguay (672m), Puerto de Otxondo (570m), col de Sainte Ignace (169m)

• Level 5: 105km – Positive Altitude Difference: 1600m: Same as the level 3, but with the ascent of Col d'Ibardin (321m).

End of trip in Saint Jean de Luz.

End of trip in Saint Jean de Luz.

**undefined : PROGRAMME for the ORIENTALE from West to East :**

PROGRAMME for the ORIENTALE from West to East

**Day 1 : From Hendaye to Larrau :** 110 km – Elevation: + 2300 m

From Hendaye to Larrau 121 km – Altitude Difference: 2420m: Col de Saint-Ignace (169m), Col de Burdincurutchéta (1135m), Col Bagargiak (1327m), Col d'Orgambidesca (1284m).

Night in Larrau

Hotel

**Day 2 : From Larrau to Argelès-Gazost :** 121 km – Elevation: + 2660 m

- 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)

Hotel

**Day 3 : From Argelès-Gazost to Saint-Lary-Soulan :** 88 km – Elevation: + 2600 m

- 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)

Hotel

**Day 4 : From Saint-Lary-Soulan to Bagnères-de-Luchon :** 43 km – Elevation: + 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).

Hotel

**undefined : From Bagnères-de-Luchon to Oust or Seix :** 96 km – Elevation: + 2300 m

- 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.

Hotel

**Day 6 : From Oust or Seix to Ax-les-Thermes :** 105 km – Elevation: + 2200 m

- 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).

Hotel

**Day 7 : From Ax-les-Thermes to Prades :** 90 km – Elevation: + 2440 m

- 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.

Hotel

**Day 8 : From Prades to Collioure :** 104 km – Elevation: + 1325 m

- 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)

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage transfer by cab - hotel

Registration for 6 people

1090€

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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.