

Collioure to Cadaques by mountain bike Balconies of the Mediterranean

6 days 5 nights with 6 days of mountain biking

Level: 2/5



For 20 years, this region of the Pyrenees has been a favourite of walkers and cyclists. Today, La Rébenne has created for you this mountain biking circuit. On the menu, Mediterranean ambience, high quality trails, beautiful landscapes...

Between the foothills of the Pyrenees and the famous Catalanian coast you'll ride along paths and tracks perfect for mountain biking in this land of sunshine. A cocktail of rolling tracks, descents and technical trails, each mountain bikers will find pleasure in this thrilled-filled trip.

Riding through the Mediterranean countryside past the village of Catalanian Spain, the valleys, cols and sea greet you on each stage.

From that point on you can hop on your bike and follow the map or your guide.

Strengths

- Very varied terrain: tracks and trails... rolling and technical
- Beautiful Mediterranean landscape
- Our first offer of a route going from mountains to seaside

- Accommodation in hotel and flat, in double

SCHEDULE

Day 1: Through the French and Spanish Albères : 41 km - Elevation: + 1000 m - 825 m

Depart Collioure for the first section through the vineyards to reach the foot of a 14th-century signal tower: panoramic view of the sea. You continue on a 3km single track with views of the Massif des Albères. Then it's downhill on a beautiful single track through the vineyards to the seaside town of Banyuls.

From Banyuls, it's a gradual climb on beautiful tracks lined with cork oaks and flowers to reach a ridge, the highest point of the day. Crossing into Spain, we cross the nature park on beautiful tracks. The final descent is on a shady path and track, ideal for finishing the day in style.

Overnight in a hotel**** for 2 nights in the heart of the olive groves in a village typical of the region.

2 options :

N3: 41 km Difference in altitude: + 1000 /- 825 (without the descent to Banyuls)

N5: 55 km Difference in altitude: + 1400 /- 1250 (with the descent to Banyuls)

Hotel

Day 2 : A beautiful loop through the Spanish Alberas : 60 km - Elevation: + 1290 m - 1290 m

Ride in the shade of holm oaks and enter a wild world on the edge of the Muga nature reserve. This is the pampas and it's beautiful. You then reach a beautiful medieval village before plunging into the Boadella lake. A rolling stage on ochre earth amidst dolmens and vestiges of the Roman era. Overnight at the same hotel**** in the heart of olive groves in a village typical of the region.

Hotel

Day 3 : Through the Catalan villages, a rendezvous with the deep blue sea : 42 km - Elevation: + 800 m - 1000 m

We set off along Spanish tracks through holm oaks and hamlets. Passing through small villages, we can refresh ourselves at the fountains. We walk along paths lined with dry stone, before tackling a good climb in a setting worthy of the Moroccan High Atlas, and then the big blue reveals itself as we pass a pass.

Change of plateau for a 500m descent: pure pleasure before arriving at the beach for a well-deserved swim. We then follow the beaches and head for the large bay of the ribera de Llança. Overnight in a double room in a 3-star hotel by the sea.

Hotel

Day 4 : Coves, beautiful single track and fishing village : 36 km - Elevation: + 950 m - 820 m

A loop where the sea spray accompanies us above the creeks carved by the sea, before we set off to attack the mountains. Once again, a Moroccan landscape, with its characteristic vegetation and oases where you can sometimes catch a glimpse of a tortoise. At every bend, a new scenery surprises us.

We climb a pass, passing close to an imposing monastery that dominates the entire coastline. We catch a glimpse of the sea, before plunging at speed down a magnificent single track on a 400m descent. Then, along a very pleasant cycle path alongside the sea, there is a succession of beaches and coves with turquoise waters. Overnight in a hotel**** in a beautiful fishing village on the seafront in a double room.

Hotel

Day 5 : Through the Cadaquès massif, Roses and the town of Dali : 36 km - Elevation: + 950 m - 950 m

Today's option is a lovely loop to discover the cape and its forest, with a very technical and fun single-track descent (N5).

Then it's a good steady climb that allows us to gain altitude. We overlook the valleys, leaving the sea behind us. We reach a ridge via a technical path at the top of which we overlook the sea. A sensational descent to the beach. The approach of Cadaquès is obvious, with its coves, maritime pines and exceptional scenery... Overnight in a hotel** in a double room.

2 options :

N3: 36km Difference in altitude: + 950 /-950

N5: 48km Difference in altitude: +1260 /-1260 (with the loop)

Hotel

Day 6 : 2 great loops from Cadaquès : 22 km - Elevation: + 600 m - 600 m

A stage in a magnificent setting, we set off on a track to discover the Cap de Creus nature reserve. We climb back up to admire the Pyrenees fading into the sea. It's like being at the end of the world, with turquoise coves contrasting with the white houses of Cadaquès. And why not visit the home of the famous artist Salvador Dali before putting away the mountain bikes...

Transfer back to Collioure, then the group disperses.

2 options :

- 22km Difference in altitude: + 600 /- 600
- 10km Difference in altitude: + 410 /- 410 (optional, but not to be missed!).

TRAVEL CONDITIONS

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RATES

Freedom package with luggage transport by cab

Registration for 2 people	950€
Registration for 3 people	870€
Registration for 4 people	820€
Registration for 6 people	760€

Formula with assistance vehicle and luggage carrying

Registration for 6 people	1200€
Registration for 8 people	1100€

Formula with qualified instructor and luggage carrying by taxi

Registration for 6 people	1090€
Registration for 8 people	1050€

Formula with qualified state instructor and assistance vehicle

Registration for 8 people	1350€
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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

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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.

100% secure payment
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.