

# Crossing the Pyrénées by bike: The Orientale From the Ocean to the Mediterranean

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

Level: 3/5



Crossing the Pyrénées by bike: from the beach in Hendaye to that of Collioure, you cross the entire French Pyrénées, from 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 the Mediterranean, crossing an extraordinary variety of landscapes. Leave behind the lush, green summits of the Basque Country for the peaks of the Hautes-Pyrénées, crossing vast forests in Ariège, weaving between the Corbières vineyards before finally arriving at the beaches of the Mediterranean coast.

## Strengths

- Fabled cols of the Tour de France
- The most beautiful landscapes of the Pyrénées: cols, forests, gorges, plateaus
- Arrival at the Mediterranean, the 'Grande Bleue' Accommodation on a half-board basis, 3 options to choose from

# SCHEDULE

**Day 1: From Hendaye to Larrau :** 110 km – Elevation: + 2130 m

- Col de Saint-Ignace (169m)
- Col de Burdincurutchéta (1135m)
- Col Bagargiak (1327m)
- Col d'Orgambidesca (1284m)

Night in Larrau

Stopover gite

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

Level 2 : 112 km- Altitude Difference: 1300m

Arette

Bois du Bager

Arudy

Forêt de Lourdes

Level 3A : 121 km – Positive Altitude Difference: 2660m

Col de Marie-Blanche (1035m)

Col d'Aubisque (1709m)

Col du Soulor (1474m)

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 and + 255m of positive altitude difference:.

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

Stopover gite

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

N3 : 83 km- Dénivelé positif : 1900m

- Col de Lingous (575m)
- Bagnères de Bigorre
- Col d'Aspin (1489m)

N5 : 88 km – Dénivelé positif : 2600m

- Col du Tourmalet (2115m)
- Col d'Aspin (1489m)

Nuit à Arreau ou Saint-Lary-Soulan.

[A Saint-Lary-Soulan, possibilité de profiter des bains thermo-ludique en option](#)

Stopover gite

**Day 4: From Arreau (ou Saint-Lary-Soulan) to Seix (ou Massat) :** 96 km – Elevation: + 2320 m

Level 2 : 94 km- Positive Altitude Difference: 2095 m

With transfer to Luchon at the start of the stage.

Col de Menté (1349m)  
Col de Portet d'Aspet (1069m)  
Col de Portech (862m)  
Col de Catchaudégué (893m)  
Level 3A : 96km – Positive Altitude Difference: 2320m  
With transfer to Luchon at the start of the stage.

Col de Menté (1349m)  
Col de Portet d'Aspet (1069m)  
Col de la Core (1395m)  
Level 3B : 137 km – Positive Altitude Difference: 3330m  
Without transfer to Luchon.

Col de Peyresourde (1569m)  
Col de Menté (1349m)  
Col de Portet d'Aspet (1069m)  
Col de la Core (1395m)  
Level 3C : 139 km – Positive Altitude Difference: 3760m  
Without transfer to Luchon.

Col d'Azet (1580m)  
Col de Peyresourde (1569m)  
Col de Menté (1349m)  
Col de Portet d'Aspet (1069m)  
Col de la Core (1395m)

Night in Seix or Massat.  
Stopover gite

### **Day 5 : From Seix (ou Massat) to Ax-les-Thermes :** 110 km – Elevation: + 2640 m

N3 : 93 km – Dénivelé positif : 1880m

- Col des Caugnous (947m)
- Col de Port (1250m)
- Route des Corniches

N5 : 110 km – Dénivelé positif : 2640m

- Col de Latrape (1111m)
- Col d'Agnes (1570m)
- Port de Lers (1517m)
- Route des Corniches

Nuit à Ax-les-Thermes. (Possibilité de profiter des bains thermo-ludique en option pour option chambre double)

[Possibilité de profiter des bains thermo-ludique en option](#)

Stopover gite

### **Day 6 : 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, depart from Ascou.

Night in Prades.  
Stopover gite

**Day 7 : From Prades to Collioure :** 105 km – Elevation: + 1200 m

D7 : 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)

Level 3B : 138 km – Positive Altitude Difference: 2160m

Col Palomère (1036m)

Col Xatard (752m)

Col de la Brousse (850m)

End of trip

# TRAVEL CONDITIONS

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# RATES

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

Registration for 6 people	820€
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## Formula with assistance vehicle

Registration for 8 people	920€
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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.