

# Great crossing of the Pyrenees by MTB (South side)

## Crossing of the Catalonia

### 6 days, 5 nights, 6 days of MTB

Level: 3/5



From the Mediterranean Sea in Banyuls, ride your MTB towards West and go across the Catalonia, until Baga in the Sierra de Cadi massif. A superb journey across the mountains of Albères, the Alta Garrotxa, and the Sierra of Montgrony and of Cadi-Moixero... and still under the Mediterranean sun.

We stay close to the highest peaks of the Pyrenees, to find our trails, rolling to very technical but always in beautiful landscapes. Every night, our accommodation is selected to have a nice rest in a typical Catalan accommodation.

The goal is not to reach the Sierra de Cadi as fast as possible, but by the most beautiful trails! A whole crossing without car transfer, only real MTB and a new playground at each stage. Sun, change of scenery, technique and beautiful landscapes are the ingredients to make this trip unique!

## Strengths

- A beautiful crossing of the South side of Pyrenees
- A unique and magical MTB trip

- The Mediterranean sun
- A night in a 4\* hotel

# SCHEDULE

## **Day 1 : Banyuls – Massif des Albères :** 63 km – Elevation: + 1380 m – 1210 m

Departure from Banyuls-sur-Mer, home of the famous seaside aperitif. The route begins with a gradual climb up a track lined with cork oaks to a ridge, the highest point of the day. The final 12km descent is on a shady, rolling, sometimes technical trail, ideal for finishing the day in style. Then a link via the pretty tracks of the hinterland to arrive in a pretty Catalan village. Overnight in a magnificent hotel\*\*\*\* surrounded by olive trees in a typical Catalan village.

Hotel

## **Day 2 : Natural Reserve of Muga :** 54 km – Elevation: + 1450 m – 1400 m

In the morning, you ride in the shade of the holm oaks and enter a wild world. This is the pampas and it's beautiful. A rolling stage on ochre earth amidst dolmens and vestiges of Roman times. Overnight in a hostel in a beautiful historic village.

Hostal

## **Day 3 : Alta Garrotxa EAST :** 47 km – Elevation: + 1605 m – 945 m

A rolling start before the Bassegoda mountains quickly come into view. It's a route off the beaten track, in a scenery that's more than just a change of scenery. In the afternoon, after a few sweats, a well-deserved descent of 700m negative on an unusual single. Night in a hostel.

## **Day 4 : Alta Garrotxa WEST :** 48 km – Elevation: + 1630 m – 1180 m

Admire the wealth of Romanesque art on the way up to the first pass, with a technical finish and a few trial sections. Short, steep, technical descent... Unleash your riding genius. Climb a technical track to reach a ridge where it becomes difficult to look ahead, torn between the high border peaks to the right and to the left the flight of birds of prey against the limestone cliffs. Finally comes the descent, the one that leaves you with the best memories and which we'll talk about over a good "cerveza" in the village. Night in a hotel.

Hotel

## **Day 5 : Sierra Cavallera y Castellar de N'Hug :** 56 km – Elevation: + 2200 m – 2295 m

Follow the course: due east! We're leaving the Girona region to tackle the Ripollés mountains. Higher and more open, the landscape changes and so does the mountain bike profile. You'll soon reach the crests of the Sierra de Cavallera and Sierra de Montgrony. The mountain pastures are yours to explore, descending on single-track and playful trails between box trees and thorn bushes, and making your mark on the ochre earth of the mountains. You'll reach a village perched at the foot of the cliffs. Overnight in Castellar.

Hostal

## **Day 6 : Sierra de Moixero :** 54 km – Elevation: + 1300 m – 2060 m

A multicoloured landscape surrounds you, and it's at the second pass that the view completely opens up: the Sierra de Cadí and the famous Pedraforca rise proudly in the distance. A beautiful, technical and fun descent, followed by an exceptional single track, brings this tour to a close.

Transfer back to Banyuls and end of the tour.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage transport by cab

Registration for 2 people	1080€
Registration for 3 people	960€
Registration for 4 people	875€
Registration for 6 people	780€

## Formula with assistance vehicle and luggage carrying

Registration for 6 people	1240€
Registration for 8 people	1080€

## Formula with qualified instructor and luggage carrying by taxi

Registration for 6 people	1180€
Registration for 8 people	990€

## 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](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.