

Transborder ride of the Pyrenees North to South Path of the “Good men” in mountain bike - France Andorra-Spain LEVEL 2

6 days, 5 nights with 6 days of biking, Double room in hotel

Level: 2/5



2 options:

F1: Self-guided mountain biking with luggage transfer by taxi. (For 2+ people)

F2: Self-guided mountain biking with assist vehicle (From 6+ people)

F3: Mountain biking with a mountain bike guide with luggage transfer by taxi: (From 6+ people)

From the French Pyrenees into Spanish Catalonia, we'll cross the Pyrenees via Ariege, Andorra, Sierra de Cadí by the passes and tracks that the last Cathars followed. An exceptional mountain biking circuit dotted with plateaus and forests and full of thrills for the eyes and calf muscles! From rolling tracks to challenging mountain trails, go off and enjoy yourself on a secure route through extraordinary landscapes... A unique selection of landscapes, on a select route, to explore mountain villages, castles and Pyrenean culture.

Strengths

- Crossing North/South of the Pyrenees on suitable tracks for mountain bike
- Historic trail with amazing landscapes of the central Pyrenees, Andorra, and Sierra del Cadí
- Very varied terrain : trails, tracks... rolling and technical

- Accommodation in full pension (picnic) and transfer provided

SCHEDULE

Day 1 : From Montségur to Ax-les-Thermes : 42 km – Elevation: + 1550 m – 1610 m

In the morning, you will get the possibility to visit the famous Montségur castle. Later on we have a transitional stage from Ariège to the Pays de Sault where it becomes possible to feel the Mediterranean influence. After a superb descent through the forest, we will cross the spectacular Frau gorges to reach Comus. We have rest on the plateau de Sault before attacking the climb up to the plateau de Chioula, then descend to the village of Ascou (lodge option, for a shorter stage) and we finish riding a beautiful single track to Ax Les Thermes (double room option)

You get the possibility to relax in the Roman baths of Couloubret as an optional extra.

Night in hotel.

Hotel

Day 2 : From Ascou to Mérens or Ax-les-Thermes : 34 km – Elevation: + 1600 m – 1600 m

This loop stage will bring us closer to the high mountains of Ariège.

From the Ascou valley we will descend to the Orlu valley. Riding on the mountain trails, shepherds' paths and forest tracks we head for Mérens where we visit its Romanesque church.

We will then cycle down from the Ascou valley to the Orlu valley. We reach the Jou pass- riding through mountain and forest paths- where we can admire an exceptional panorama.

Enjoying the Ax Mountains we keep on cycling down to "la Soulane of Mérens".

Before going back to Ax, you have time to enjoy a bath in the hot water natural sources and then visit the 12th century Romanesque church of Mérens.

Night in Mérens or Ax-les-Thermes (double room option).

Hotel

undefined : From Andorre to Bellver de Cerdanya : 51 km – Elevation: + 590 m – 1980 m

In the morning, transfer to Andorra and the Mediterranean Pyrenees. After a break in Pas de la Casa, we will go to Port d'Envalira (2409m) for a superb mountain descent.

We find a distinct change in ambience as we will arrive in the Pyrenees of the Sun and the Catalogne. Before us rise the Sierra del Cadí. 18 km of descent over meadows, small trails and wide tracks. Night in hotel with swimming pool opened in summer (this stage can be modified according to the weather expectations)

Hotel

Day 4 : From Belver de Cerdanya to Baga : 30 km – Elevation: + 1100 m – 1000 m

After a few kilometres facing the Sierra del Cadí wall of limestone, we have to climb this more and more Mediterranean lookalike mountain. You notice that the smells, vegetation and the soil are different. Reaching the pass you have a tremendous view- of the Cerdagne and the Capcir Mountains in the North and the national park of El Cadí in the South. We then have a really pleasant descent under Scot pines.

For those among you who would like to ride a bit more, you can always cycle to la Serra de Sant Marc and enjoy an amazing downward slope (approx 10 km). Night in hotel.

Hostal

undefined : De Baga à Gosol : 28 km – Elevation: + 1200 m – 700 m

Following the track, we now reach the Pedraforca- a stony fortress culminating at 2506m. You have a succession of panoramas before arriving to a technical path leading to the charming village of Gosol- which castle was a shelter for the Cathars. Night in hotel.

Hostal

Day 6 : From Gosol to Berga : 43 km - Elevation: + 1350 m - 1565 m

The last stage leads us to the sanctuary of Queralt across the Mediterranean forest and the superb plateau of Peguera. The rolling trails of the high altitude plateaux and the descent through the woods are the last sensations and a real pleasure for the eyes.

Transfer to Foix. End of the tour.

TRAVEL CONDITIONS

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RATES

Freedom package with luggage transport by cab

Registration for 2 people	990€
Registration for 3 people	920€
Registration for 4 people	795€
Registration for 6 people	680€

Freedom formula with assistance vehicle

Registration for 6 people	990€
Registration for 8 people	890€

Formula with qualified instructor and luggage carrying by taxi

Registration for 6 people	990€
Registration for 8 people	890€

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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.