

# **The Pyrénées Cycl'n Trip**

## **Ride along closed roads over the most beautiful Pyrénéen mountain passes**

**In \*\* and \*\*\* hotels – 6 days 5 nights including 5 days of cycling,  
Self-guided cycling with assistance vehicle and driver , A  
unique event in the Pyrénées**

**Level: 3/5**



THE PYRÉNÉES CYCL'N TRIP, on mountain passes (cols) reserved uniquely for cyclists.

Over 5 days, the mountain pass access roads are closed to traffic and will be reserved for cyclists from 9am to 12pm. Vehicle traffic will be prohibited in both directions (ascent and descent) by a temporary road block. A traffic filter and reception zone for cyclists will be set up at the start of each reserved mountain pass. From 9am to 12pm there is no set duration or compulsory start time. Each cyclist can take on the climb at their own pace, without any time limits.

A 'refuelling' stop organised by the organisation will be on offer at the top of each pass.

A unique experience on the most beautiful Pyrenean Mountain passes.

## **Strengths**

- Amongst the most legendary cols of the Tour de France
- Pyrenean landscapes
- Closed routes from 9am to 12pm
- Accommodation on a half-board basis, luggage transfer and assistance vehicle

# SCHEDULE

## **Day 1 : Arrival in Arreau : Sunday 14th July 2024 :**

Settle in to your \*\*\* hotel and prepare your bikes.

Option to stretch your legs with a ride to the valley villages of either Ardengost or Jumet.

Night in a hotel on a half-board basis in Arreau.

Hotel

## **Day 2 : Monday 15th July 2024 : 55 km - Elevation: + 1650 m**

A sumptuous first day ! Two mountain passes reserved on both slopes for cyclists, from 9am to 12pm: Col de Peyresourde - Altiport 007, Col de Val Louron - Azet. Classics from The Tour that riders will know by heart. Of particular note is the route to the Altiport of Peyragudes which is none other than the finish for the 17th stage of the 2022 Tour de France. 8km at 7.8% with one section at 16%, this is a route where even the best climbers will have to prove themselves, just as Romain Bardet did in 2017 with his victory on this stage...

Night in Saint Lary a \*\*\* hotel on a half-board basis. Option of a session in Balnéa, the largest thermal spa centre in the French Pyrénées.

Hotel

## **Day 3 : Tuesday 16th July 2024 : 71 km - Elevation: + 2250 m**

Today, two cols, two masters of the Vallée d'Aure are reserved for cyclists from 9am to 12pm. We start with the Col du Portet, already a legend of the 2018 and 2021 Tours. Next, the Col d'Aspin, which served as the first mountain and first Pyrenean stage of 2022's Tour and where the traffic will be regulated on both slopes. After a balcony ascent over the valleys, we turn towards the Grand Tourmalet, and the Pic du Midi, standing tall in the landscape ! You will take great pleasure from pedalling in the front of this giant.

Night in Sainte Marie de Campan in \*\*\* hotel on a half-board basis.

Hotel

## **Day 4 : Wednesday 17th July 2024 : 85 km - Elevation: + 2550 m**

On the programme today, none less than the final 50km of the Pau to Luz Ardiden stage of the 2021 Grande Boucle. The Col du Tourmalet and the climb up to Luz Ardiden saw some action this year as the riders passed by for a final fight in the mountains. Emblematic of the Pyrénées, legendary in the Tour de France, the Tourmalet is the most-climbed col. Now it's your turn to tackle this stage and to savour this exceptional route !

Night in Argelès-Gazost in \*\* or \*\*\* hotel on a half-board basis. Option to enjoy a session at the thermal spa in the Jardins aux Bains.

Hotel

## **Day 5 : Thursday 18th July 2024 : 68 km - Elevation: + 2150 m**

You are now in a very different landscape, in the Vallée des Gaves. On this stage, the intimate and discreet Col de Couraduc, as well as Hautacam, which will have been the scene of an unprecedented finish just 7 days earlier, will be reserved for cyclists from 9am to 12pm... Today, you may be surprised by the diversity of the Pyrénées.

Night in Argelès-Gazost in \*\* or \*\*\* hotel on a half-board basis. Option to enjoy a session at the thermal spa in the Jardins aux Bains.

Hotel

## **Day 6 : Friday 19th July 2024 : 80 km - Elevation: + 2470 m**

We finish in style, with three cols on a loop of 77km, 60km of which are reserved just for you! On the programme for a dreamy morning, two lords of the Tour de France : the Soulor and the Aubisque. And who could forget the Spandelles, with its historic entry on Stage 18 of the 2022 Tour. These three cols join seamlessly together across three valleys, each competing with their graceful and elegant landscapes, their beautiful curves and superb climbs.

Transfer to Arreau at the end of the afternoon and end of trip.

The kilometrage and altitude differences indicated here are those of a daily programme, carried out as a round trip. You can short the itinerary if you so wish.

# TRAVEL CONDITIONS

## Difficulty level :

Physical level: between 2.5/3 and 3/3

You have a very good physical condition, practice at least once a week road cycling over long distances.

## Options :

- 5 picnics (+50€ / person for the stay),
- Additional accommodation before or after the stay,
- Single room supplement,
- High-end bike rental on measure,
- Accompanying program (not cycling),
- Airport reception and transfers (Toulouse, Tarbes, Pau, Biarritz, Carcassonne, Barcelona), contact us.

## DEPARTURE AND MEETING POINT :

Departure confirmed from 6 participants.

Meeting the first day in Arreau.

How to get there:

By car: A 64, then D929

By train: Lannemezan station then bus to Arreau.

By plane: Pau, Tarbes or Toulouse airport.

## Food :

No question of dieting during your stay but it is rather an opportunity to taste the local cuisine. We attach great importance to the quality of food: dietary balance, energy intake and specialty of the country are the ingredients of each meal.

Picnics, 2 options:

either you manage your own picnic

either you take the proposed picnic option.

## Accompanying :

People who do not practice cycling or little can accompany you during the stay. We can offer them a tailor-made program according to their desires.

## Accompanying :

Free Riding Bike with Assistance Vehicle:

The assistance vehicle reaches you at different times during the day's stage, often at the top of the passes and carries your picnic, water, extra clothes and a complete toolbox in case of mechanical problems. You enjoy your day with a light bag or no bag. The driver of the vehicle also gives you advice for each step, helps you manage your effort, and can most of the time answer your questions about the region visited.

## Formalities :

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS)
- Repatriation insurance is compulsory

**DEPARTURE AND MEETING POINT :**

The Pyrenees Cycl'n Trip is accessible to individual registrations and groups.

Departure from 6 participants.

**Options:**

- Physiotherapy: recovery session with a physiotherapist at the end of the stage,
- Leader: a qualified instructor guides the group (+ sports advice),
- Mechanic: a mechanic cycles is responsible for repairs during the circuit and maintenance of the bikes at the end of the stages.

**Luggage:**

For the formula with the assistance vehicle, you carry nothing except your groceries and water. 1 bag per person, maximum 15kg/bag.

## RATES

undefined	
Individual registration	795€

### The price does not include :

- Accommodation at the end of the stay,
- Drinks,
- Personal expenses,
- Picnics (a refreshment is organized at the top of each pass)
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance.

### The price includes :

- The accommodation and their reservation
- A refreshment is organized at the top of each pass
- GPS maps and tracks,
- Half board from dinner on day 1 to breakfast on day 6,
- The transport of 1 bag per person,
- Formula with assistance vehicle: 1 vehicle 6 seats + driver + bike trailer during the entire stay.
- The transfer back to Arreau.

## 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.

#### 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 three 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.

### **Informations :**

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