

# **CycloTour Ariège Pyrénées**

## **Cycle loop of the Ariégeoise Pyrénées**

**6 days – 5 nights including 5 days on bike , Accommodation in double bedrooms**

**Level: 4/5**



A cycling loop through the central Pyrénées along quiet roads and through the magnificent and wild landscapes that only Ariège can offer.

On the CycloTour Ariège Pyrénées, the biggest mountain passes of the Tour de France await you, including the Col de la Core, Col d'Agnes, and Col de Pailhères. Your efforts will be rewarded each day with a new discovery. As the department of cycling excellence, the Ariège Pyrénées and all of its most beautiful cyclo-sporting assets await you!

## • Origins

- Legendary mountain passes (cols) of the Tour de France
- Famous Pyrénéen landscapes : cols, lakes, forests, plateaus...
- GPS tracks and roadmap provided
- Circuit put together by local cyclists

# SCHEDULE

## Day 1 : Arrival in Foix :

Settle in to your accommodation, prepare your bikes and have dinner. If you arrive early enough, we suggest you stretch your legs with a climb up the Prat d'Albis, a stage of the Tour de France 2019, (there and back) at 1450m.  
Hotel

## Day 2 : From Foix to Saint Giron : 73 km – Elevation: + 1560 m – 1550 m

- Crossing of the beautiful Vallée de la Barguillère.
  - Col des Marrous 992m
  - Col de Peguère 1376m (via the less steep side)
  - Col de Portel 1435m
  - Col de Saraillé 942m
  - The magnificent barns of Cominac
- Night in \*\* or \*\*\* hotel on a half-board basis in St Giron.

Hotel

## Day 3 : From Saint Giron to Massat : 95 km – Elevation: + 2500 m – 2260 m

- The Vallée de Moulis and the Vallée de Castillon en Couserans
  - Col de la Core 1395m
  - Col de Latrappe 1109m
  - Col d'Agnes 1570m
  - Port de Lers 1517m (optional there and back +7.2km +220m)
- Night in \*\* hotel on a half-board basis in Massat.

Hotel

## Day 4 : From Massat to Roquefeuil : 97 km – Elevation: + 2150 m – 1875 m

- Optional Mur de Peguère, there and back via the more challenging side +3.5km +430m
  - Col de Port 1249m
  - The beautiful village of Roquefixade
  - Col de Montségur 1107m
  - Col de la croix des Morts 899m
  - The Sault Plateau
- Night in a chalet in a double bedroom on a half-board basis in Roquefeuil.

Hotel

## Day 5 : From Roquefeuil to Ax Les Thermes : 75 km – Elevation: + 1930 m – 2150 m

- Col des Sept Frères 1258m
  - Col des Aychides 1008m
  - Col de Pailhères 2001m
  - Possibility to visit the thermal baths.
- Night in \*\* or \*\*\* hotel on a half-board basis in Ax Les Thermes.

Hotel

## Day 6 : From Ax Les Thermes to Foix : 94 km – Elevation: + 2240 m – 2570 m

- The Corniches Route
  - The Beille Plateau 1800m
- End of trip

# TRAVEL CONDITIONS

## Formalities :

- A valid official ID
- We recommend travel insurance with repatriation included

## Options :

- Tailor-made programme from the steps you choose yourself,
- Additional accommodation before or after the stay,
- Single room supplement,
- Bespoke high-end bike rental,
- Reception and return airport other than Toulouse or Carcassonne,
- Airport transfers.

## Accompanying :

2 formulas to choose from:

Autonomous bike with luggage transport by taxi. Departure from 2 participants:

Equipped with the guidance material we give you: maps with highlighted route and GPS tracks, you go alone to discover circuits designed by our team. The GPS fixed on the handlebars, you let yourself be guided, for maximum precision.

Self-driving bike with assistance vehicle. Departure from 8 participants:

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 without a 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.

## Attendees :

Departure from 2 people for the freedom formula with carrying luggage every day by taxi.

Departure from 8 people for the formula freedom with assistance vehicle.

## 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.

## DEPARTURE AND MEETING POINT :

RDV at Montgailhard - Foix (09)

How to get there:

By car: RN 20 from Toulouse then exit at Foix.

By train: Foix SNCF station.

By plane: Toulouse airport then shuttle bus to Foix SNCF station.

## Accommodation :

Double room formula:

you sleep in comfortable rooms for 2 people in hotels or guest rooms. Sheets and towels are provided. A bathroom is reserved for you.

(Single room option - See dates and rates).

Half board stay (dinner, overnight stay and breakfast included)

**Attendees:**

Departure from 2 people for the carry luggage formula and 8 people for the formula with assistance vehicle.

**Difficulty level:**

Physical level: From 2.5/3 to 3/3. You have a good physical condition, practice at least once a week road cycling over long distances.

Stage from 73 to 97km per day with positive gradients from 1560m to 2500m per day.

## RATES

### Freedom package - hotel

Registration for 2 people	1080€
Registration for 3 people	1060€
Registration for 4 people	895€
Registration for 6 people	820€

### Freedom formula with assistance vehicle

Registration for 8 people	930€
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#### The price includes :

- Half-board accommodation from dinner on day 1 until breakfast on day 6,
- Cards with highlighted passes,
- Electronic GPS tracks in. gpx format,
- For the formula with assistance vehicle: 1 follower vehicle during the entire stay.

#### The price does not include :

- Beverages,
- Personal expenses,
- Picnics,
- Personal bicycle equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance,
- Airport transfers on arrival and departure.

## 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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