

# **The Great Crossing of the Pyrénées by road bike The Orientale : From the Ocean to the Mediterranean**

**8 days 7 nights including 8 days of cycling , Self-guided cycling  
with assistance vehicle with driver**

**Level: 4/5**



Cross the Pyrénées by bike: between the beaches of Saint-Jean-de-Luz, you cross the entirety of the French Pyrénées, 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 either the Mediterranean, crossing an extraordinary variety of landscapes. Pass through the vast forests of Ariège, over the peaks of the Hautes-Pyrénées, and the lush, green slopes of the Basque Country, all offering you a wealth of beautiful landscapes. Finally, depending on your chosen route, you reach the pretty coves of the Mediterranean.

## **Strengths**

- Fabled cols of the Tour de France
- The most beautiful landscapes of the Pyrénées: cols, forests, gorges, plateaus.
- Created by a local agency who specialise in the Pyrénées and cycling

# SCHEDULE

## undefined : PROGRAMME for the ORIENTALE from West to East :

PROGRAMME for the ORIENTALE from West to East

Hotel

### Day 1: From Hendaye to Larrau : 110 km - Elevation: + 2300 m

From Hendaye to Larrau 121 km - Altitude Difference: 2420m: Col de Saint-Ignace (169m), Col de Burdincurutchéta (1135m), Col Bagargiak (1327m), Col d'Orgambidesca (1284m).

Night in Larrau

Hotel

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

- Level 3 : 112 km - Altitude Difference: 1300m via small roads : Arette, Bois du Bager, Arudy, Forest of Lourdes
- Level 4 : 121 km - Positive Altitude Difference: 2660m : Col de Marie-Blanque (1035m), Col d'Aubisque (1709m), Col du Soulor (1474m) 'The Classic'
- Level 5 : 142 km - Positive Altitude Difference: 3700m : Col du Soudet (1540m), Col de Marie Blanque (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 et + 255m of positive altitude difference.

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

Hotel

### Day 3: From Argelès-Gazost to Saint-Lary-Soulan : 88 km - Elevation: + 2600 m

- Level 3 : 83 km - Positive Altitude Difference: 1900m : Col de Lingous (575m), Bagnères de Bigorre, Col d'Aspin (1489m)
- Level 4 : 88 km - Positive Altitude Difference: : 2600m : Col du Tourmalet (2115m), Col d'Aspin (1489m). The Classic.

Night in Saint-Lary-Soulan. (Possibility to visit the thermal spa if option selected)

Hotel

### Day 4: From Saint-Lary-Soulan to Bagnères-de-Luchon : 45 km - Elevation: + 1440 m

- Active day of recovery.  
Col d'Azet (1580m), Col de Peyresourde (1569m)
- OPTION : Port de Balès (1755m) there and back, starting at the Chapelle de St-Aventin : +31km and 920m of positive altitude difference.

Night in Bagnères de Luchon (Possibility to visit the thermal spa if option selected).

Hotel

### Day 5: From Bagnères-de-Luchon to Oust or Seix : 96 km - Elevation: + 2300 m

- Level 3 : 96 km - Positive Altitude Difference: 1700m : Col de Menté (1349m), Col de Portet d'Aspet (1069m)
- Level 4 : 96 km - Positive Altitude Difference: 2300m : Col de Menté (1349m), Col de Portet d'Aspet (1069m), Col de la Core (1395m) 'The Classic'.

Night in Oust or Seix.

Hotel

**Day 6 : From Oust or Seix to Ax-les-Thermes :** 105 km - Elevation: + 2200 m

· Level 3 : 93 km – Positive Altitude Difference: 1800m, Col des Caugnous (947m), Col de Port (1250m), Route of the Corniches

· Level 3A: 105 km – Positive Altitude Difference: 2200m: Col d'Agnes (1570m), Port de Lers (1517m), Route of the Corniches 'The Classic'.

· Level 4 : 110 km – 2690m : Col de Latrape (1111m), Col d'Agnes (1570m), Port de Lers (1517m), Route of the Corniches.

Night in Ax-les-Thermes. (Possibility to visit the thermal spa if option selected).

Hotel

**Day 7 : 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, starting from Ascou.

Night in Prades.

Hotel

**Day 8 : From Prades to Collioure :** 104 km - Elevation: + 1325 m

- Level 3 : 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) 'The Classic'.
- Level 4 : 138 km – Positive Altitude Difference: 2160m : Col Palomère (1036m), Col Xatard (752m), Col de la Brousse (850m)

# TRAVEL CONDITIONS

## DEPARTURE AND MEETING POINT :

Meet on the first day at 8.30am in Saint Jean de Luz.

For arrivals by train: Meet directly in Saint Jean de Luz.

For arrivals by plane: Biarritz airport.

Free meet-up for organised or private groups.

SHUTTLE SERVICE FROM FOIX :

We offer a shuttle service from Foix where you can leave your car for the week in one of the free (and quiet) carparks in the town.

Transfer from Foix to Saint Jean de Luz and back to Foix at the end: Depart from Foix at 2.30pm the day before the trip, extra night's stay in Saint Jean de Luz in a double or triple bedroom, on a half-board basis. Return to Foix at around 6.30pm on the final day of the trip, depart from Foix at 15.30pm . 135€/person.

## Formalities :

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

## Difficulty level :

You are in good physical condition and go cycling on roads, over long distances, at least once a week.

Stages vary from 100 to 115km per day with positive altitude differences of 1200 to 2800m per day.

Where possible, several difficulty levels will be on offer, with the same departure and arrival points for everyone.

And of course without transfers :)!

## Luggage :

You will carry nothing with the assistance vehicle : luggage, snacks, picnics and spare parts are available in the assistance van.

Luggage will be transported by the assistance vehicle. Please do not exceed the limit of 1 bag/person, 15kg/bag maximum.

## Accommodation :

7 nights in double bedroom on a half-board basis more 8 picnics.

2\* & 3\* hotels and guesthouses.

Gite option (only for organised or private groups): Gites are selected for their warm welcome and friendly atmosphere. Most often, you will share a 4-6 person dormitory.

## Food :

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide: well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

- Your accommodations provides Continental breakfasts.
- We distribute simple cereal/muesli bars and dried fruit in the morning before the start of the stage.
- Hearty dinners (3 to 4 courses, with local dishes)
- You must bring your own specific energy bars and isodrinks.

At lunch, there is 2 options based on what you prefer :

- A picnic to carry along in a small backpack. It contains an individual salad (carbohydrate and vegetable based salad), cold meats, cheese and fruit. This picnic can be carried in a small backpack or a handlebar bag.
- No lunch organised by us, leaving you free to stop and eat when and where you want (restaurant, bakery, grocery store...).

Please let us know your choice of type of lunch at your register.

## **Attendees:**

Registration on the dates programmed by LaRébenne:

From 1 person, you can register on the dates already planned by LaRébenne in formula with assistance vehicle and double room.

You are an already constituted group and you want a private stay:

You can register on the dates scheduled by LaRébenne or freely on your dates. You have the choice of the accommodation formula (lodging or double room) and the supervision between the formula luggage carrying and the formula with assistance vehicle, consult us.

## **Options:**

If you want to be alone in your room: + 395€/pers

Massage in Ax les Thermes on day 6 : 60€

Return transfer to Foix : 135€/pers

Option lodging during the whole stay (for groups and private).

Package accommodation and navigation: we organize accommodation, meals, guidebooks, maps and GPS tracks and you make your own assistance and luggage transport, consult us.

### **OPTIONS :**

Extra nights :

- Collioure in 3\* hotel, double or twin room, including breakfast, high season: 85€
- Collioure in 3\* hotel, double or twin room, including breakfast, low season: 65€
- Collioure in 3\* hotel, single room, including breakfast, high season: 135€
- Collioure in 3\* hotel, single room, including breakfast, low season: 115€
- Saint Jean de Luz in 3\* hotel, double or twin room, including breakfast: 95€
- Saint Jean de Luz in 3\* hotel, single room, including breakfast: 135€

Road bike rental :

- E-road bike:

Carbon frame and fork, 250 Wh battery (+ additional 210Wh battery), aluminium wheels, Shimano 105 groupset, 11 speeds, 50/34 crankset and 11/32 cassette, approx. 13 kg, Look E-765 Optimum model or equivalent : 605€

- Standard road bike :

Carbon frame and fork, disc brakes, Shimano 105 R7000, 11-speed cassette (11-32), approx. 8kg, aluminium wheels, Wilier GTR or equivalent : 365€

- Premium road bike :

Carbon frame and fork, disc brakes, Ultegra di2 r8170 groupset or equivalent, 12 speeds, 50/34 crankset and 11/30 cassette, approx. 7kg, carbon wheels, Wilier Zero SL or equivalent : 495€

For all rental bike models, we provide this equipment :

- 2 bottle holders
- Repair kit with 2 CO2 cartridges, patches, multi-tool, 1 inner-tube and tyre levers.

Helmets and water bottles are not included.

Pedals: Bikes are coming without pedals; you can bring your own of tell us which one you need, we have 3 different models: Look Keo easy, Shimano SPD-SL or Shimano SPD.

If you want to rent us a bike, please tell us your height (also frame size and inseam, please) and your choice of bike and pedals.

The tour leader will come with the rental bikes the 1st day. With you, he will carry out an inventory of the bike, as well as at the end of the tour.

Other options:

Transport of a rigid bike box during the trip (or semi rigid bike bags): 40€

### **Accompanying :**

Self-guided cycling with assistance vehicle and driver :

The assistance vehicle with bike trailer (or bike rack) will meet you at several points throughout the day's stage, often at the top of the mountain passes (Cols) and will bring you your picnic, water, your extra clothes as well as a complete toolkit in case of any mechanical issues. As a result, you can fully enjoy your day with only a light bag or without needing to carry a bag at all. The driver will also give you advice for each stage, helping you to manage your ride and progress and will, most of the time, be able to answer any questions you may have about the local area.

Self-guided cycling with luggage transfer. (For organised group of 6+ people):

You set off alone, equipped with the orientation equipment provided by us: maps with marked routes and GPS tracks to discover the circuit which has been designed by our team. With the GPS fixed to your handlebars, you will be guided by the instructions we have carefully prepared with the highest level of precision. Contact us !

## RATES

undefined	
Individual registration	1395€

### The price includes :

- Accommodation
- The daily GPS tracks.
- Half-board starting at dinner on day 1 until breakfast on day 8.
- Transfer of 1 bag per person.
- 8 picnics.
- The assistance vehicle : 1 vehicle with 5-8 places + driver + bike trailer or rack for the duration of the trip.

### The price does not include :

- Accommodation for the nights before and after the trip
- Drinks,
- Personal expenses
- Personal cycling equipment (helmet, gloves)
- Bikes
- Transport of bike cases and bags with rigid bases
- Transportation to the meeting point
- Return transfer
- Insurance

# 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 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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