

# The Pyrenean mythical passes Short trip at Ax-les-Thermes

**5 Days, 4 nights - 3 cycling Days , Staying in double/triple  
bedrooms or gite**

**Level: 1/5**



In the heart of the Pyrenees region, in Ariège valley, in a comfortable hotel or a gite carefully selected by our team, this stay offers you the opportunity to discover the region and its famous Tour de France landscapes. The greatest Tour de France passes are waiting for you, as the Mur de Peguere or col de Pailheres. Each Day is a new challenge. Every Day, we offer you several levels of ride according to your desire and fitness. The passes, plateaus and ports: Lers, Agnès, Port, Péguère, Beille, Bonascre, Pailhères, Pradel, Marmare, Montségur, Lauze, Latrape, Souraillé, Caignous.

## Strengths

- The Tour de France mythical passes
- The famous Pyrenean landscapes: passes, ponds, forests and plateaus...
- 2 or 3 different levels of routes to choose from everyday
- Electronic GPS routes and road books are provided

# SCHEDULE

## **Day 1: Ax-les-Thermes : 23 km**

Arrival and settling into Ax les Thermes. Bikes preparation and dinner at the hotel. If your arrival time allows it, we can offer you a warm up ride towards Orlu valley of 23km.

## **Day 2 : Ax valley's passes : 66 km - Elevation: + 1800 m - 1800 m**

After breakfast, let's start on the first Day following some Tour de France stages. Choose your itinerary between the mythic ascent to the Plateau de Beille, Bonascre plateau or col de Pailheres. Be prepared to this intense Day, as Beille and Pailheres have each a total of more than 1200m positive height difference. After this first cycling Day, you may like to relax in the spa centre 'Les Bains du Couloubret' (optional).

Level 1: Bonascre plateau roundtrip / 40km – Height difference: +1267m -1267m

Level 2: Plateau de Beille roundtrip / 66.5km – Height difference: +1803m -1803m.

Or loop version: cliffs road + Plateau de Beille / 78km – Height difference: +2183m -2183m

Level 3: Col de Pailheres + Col du Pradel / 79.7km – Height difference: +2787m -2787m

## **Day 3 : Port de Lers and its passes : 106 km - Elevation: + 2700 m - 2700 m**

As Sanchez or Smet, conquer the Port de Lers, col d'Agnes and col de Port. You will discover Pyrenean Mountains in all their splendours. If you desire it and if your fitness allow you, climb the tremendous col de Peguere, nicknamed rightly as 'Peguere wall'. With its +428m height difference during 3.5km (12.59% of average positive elevation), this pass is a real challenge for a cyclist racer!

Level 1: Port de Lers + col des Caugnous + col de Port: loop version / 77.7km – Height difference : +1934m -1934m. Col de Péguère is optional (+3.5km & height difference +428m)

Level 2: Port de Lers + col d'Agnes + col du Souraillé + col des Caugnous + col de Port: loop version / 106.2km – Height difference : +2700m -2700m. Col de Péguère is optional (+3.5km & height difference +428m)

Level 3: Port de Lers + col d'Agnes + col de Latrape + col du Souraillé + col des Caugnous + col de Port: loop version / 123.7km – Height difference: +3129m -3129m. Col de Péguère is optional (+3.5km & height difference +428m)

## **Day 4 : Loop around Montségur : 127 km - Elevation: + 2250 m - 2250 m**

For this third cycling Day, follow the cliff road to go over the col de Marmare and ride down to the 'Pays de Sault' plateau. You will ride over the famous col de Montsegur, highlight of the well-known Pyrenean cycling race: 'l'Ariégeoise'.

Level 1: col de Marmare + col de Montségur + col de Lauze (by N20 road): loop version / 127.5km – Height difference: +2250m -2250m

Level 3: col de Marmare + col de Montségur + Roquefixade (by the cliff road): loop version / 129.5km – Height difference: +2568m -2568m

Level 5: col de Marmare + col de Montségur + col de Lauze (by the cliff road): loop version / 130.5km – Height difference: +2599m -2599m

## **Day 5 : Ax-les-Thermes :**

Breakfast at the hotel and farewells. End of the trip.

# TRAVEL CONDITIONS

## Formalities :

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

## Accommodation :

4 nights half board with two options:

Double room formula: you sleep in comfortable rooms for 2 people in hotels, guest rooms and sometimes cottages. Sheets and towels are provided. A bathroom is reserved for you. Single room option.

Formula lodging stage: selected in particular for the quality of their reception, you find in the cottages a friendly atmosphere. Most often you share dormitories of 4/6 places with other people. Sheets and towels are not provided.

## Accompanying :

Bike autonomy (only for groups of 2 or more people):

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

Self-driving bike with assistance vehicle (only for individual registrations and groups of 8 or more people):

The assistance vehicle + bike trailer joins you at different times during the day stage, often at the top of the passes and transports your picnic, water, extra clothes and a complete toolbox in case of mechanical problem.

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.

## Attendees :

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

## DEPARTURE AND MEETING POINT :

Departure from Ax-les-Thermes (09110).

How to get there:

By car: from Toulouse, RN 20 to Ax les Thermes.

By train: Ax les Thermes train station.

By plane: Toulouse airport then shuttle to the train station of Ax les Thermes.

## 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 are not included in the price. Every day you have the opportunity to prepare your picnics or stop along the way. Every day you have the opportunity to prepare your picnics. Either you buy yourself or the logistician (formula with assistance) buys everything necessary at each step, or you order your picnic the day before from the host.

## Luggage :

Luggage remains at your accommodation. During your day's stage:

Without assistance: you only wear the items of the day and the picnic.

Formula with assistance vehicle: you wear nothing!

**Options:**

- +1 day or -1 day,
- Customized program from the steps you choose yourself,
- Additional accommodation before or after the stay,
- Single room supplement,
- High-end bike rental tailor-made,
- Reception and return airport other than Toulouse or Carcassonne,
- Airport transfers.

**Difficulty level:**

Physical level: 1/3 to 3/3 to choose. You have a good physical condition, practice at least once a week road cycling over long distances. Stage from 85 to 140km per day with positive gradients from 900 to 3200 m per day.

# RATES

## Bike in autonomy - lodging of stage

Registration for 2 people	410€
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## Bike in autonomy with support vehicle - lodging of stage

Registration for 8 people	690€
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## Bike in autonomy - hotel double room

Registration for 2 people	480€
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## Self-guided formula with support vehicle - hotel double room

Registration for 8 people	795€
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### The price includes :

- Half board accommodation from dinner from day 1 to evening and until breakfast on day 5,
- The cards with the highlighted passes,
- The topoguide,
- Electronic GPS tracks in format . gpx,
- For the formula with assistance vehicle: 1 follower vehicle during the entire stay.

### The price does not include :

- Drinks,
- Personal expenses,
- Picnics (unless option chosen),
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance,
- Transport and storage of boxes/ cartons/ hard bottom covers.

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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 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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