DATA SHEET - RY07

From the Sierra of Guara to Bardenas
The whole trip in MTB

7 days 6 nights including 7 days of MT

Level: 2/5



On the other side of the Pyrenees, the landscape is different. Mountains offer deep calcareous canyons in the Sierra de Guara. You ride in gorges, discover wild animals and climb up to crests to discover incredible villages.
You leave the Aragon lights to change your surroundings and start to ride in the desert of Bardenas.
In this region, the time had made a fabulous decor, and the stone is perfect to have fun in MTB. It looks like Colorado and you enjoy your ride in this part of Spain.
Zero transfer, all in MTB; go for a great adventure, the crossing of two mythical massifs in MTB.

Strengths

- An must-do in MTB: technical and amazing landscapes
- Between calcareous canyons and desert of clay: 2 different worlds
- The whole crossing of two mountains massifs WITHOUT TRANSFER

SCHEDULE

Day 1 : From Ainsa to Nocito : 53 km - Elevation: + 1370 m - 830 m

(Option to shorten the stage: Las Bellostas - Nocito (30km +640m -680m), please let us know when you register. Allow an extra charge for the transfer from Ainsa to Las Bellostas).
Warm up on a wide track before climbing to a plateau and entering the heart of the Sierra de Guara. With the Mont Perdu massif as a backdrop, we ride through a wild landscape towards small abandoned villages. We set foot on land to admire the famous Mascun canyon and the villages of Bara and Nocito, villages at the end of the world. Night in a hostel in Nocito.
Auberge

Day 2 : From Nocito to Bolea : 50 km - Elevation: + 1040 m - 1460 m

We pedal along a rolling track that leads to an easy pass before setting off on a wild descent towards the Carruaca gorges and the Belsué lake. At the foot of vertical walls, we watch the impressive flight of griffon vultures. Climb up to the Trabesada pass for a guaranteed spectacle: to the north, the peaks rise to over 3000m; to the south, the Salto de Roldan rises up against the plain of Huesca. All that's left to do is glide through the almond groves to Bolea, a typical village of High Aragon. Overnight in a hostel.
Auberge

Day 3 : From Bolea to Riglos : 40 km - Elevation: + 890 m - 1030 m

We climb up to reach the balcony paths of the long spine of the Sierra Caballera. We approach the Anies hermitage nestling in the cliffs, then pass by Loarre castle (optional extra), one of the most beautiful in Catalonia. We reach Riglos via narrow gorges and lookouts over the sugar loafs of the Mallos. Single-track descent at the foot of the cliffs to the narrow streets of the village of Riglos. Night in a hostel.
Auberge

Day 4 : From Riglos to Luesia : 60 km - Elevation: + 900 m - 1050 m

We leave the Mallos de Riglos on a track and climb up to the Mallos d'Aguero, overlooking its charming village. We take the path that gradually rises towards the Sierra de Santo Domingo. The track passes at the foot of a long natural wall over which vultures soar! A wild route through Aragonese stone villages, followed by a beautiful descent into the Pigalo valley. A cool dip in the turquoise waters of the Rio de Luesia awaits us. The stage ends peacefully in the village of Luesia.
Auberge

Day 5 : From Luesia to Figarol : 60 km - Elevation: + 700 m - 1100 m

We climb the long ridge of the Sierra de Santo Domingo one last time and enjoy lovely views over the Zaragoza plain. Crossing fields and then following a ridge track, we leave Aragon to reach Navarre and its famous desert. In the distance, a change of scenery as the Bardenas come into view. We descend to the plain and spend the night in a hostel in Figarol.
Hostal

Day 6 : From Figarol to Arguedas : 50 km - Elevation: + 520 m - 620 m

Here we are: the Bardenas desert lies before us. The "Mecca" of mountain biking, which we're going to cross in its entirety from north to south. We're following the oldest transhumance route in the Bardenas on hard sand tracks. We reach the Rallon plateau via the steppes of the Bardena Blanca before tackling a mythical descent at the foot of the Pisquera walls. A long single-track down the Barranco Grande to the Castildetierra castle. Last climb on a wide, stony track to admire the Hermitage of the Virgin of Yugo, before heading back down to the village of Arguedas to recharge our batteries. Overnight in a hotel.
Hostal

Day 7 : From Arguedas to Sancho Abarca : 46 km - Elevation: + 680 m - 330 m

We get back on the bikes for one last day of fun along the barrancos and steppes. We reach the vertical walls of the Rincon del Bu nature reserve, at the foot of the main viewpoints in the Bardenas. We approach the Bardenas Negras and the Sancho Abarca hermitage. From its summit, we can admire the Zaragoza plain and say goodbye to the Navarrese desert before a final descent.
Transfer back to Ainsa and end of the tour.

TRAVEL CONDITIONS

Options :

Formula 3 days in Sierra de Guara or Bardenas,
Additional accommodation before or after the stay,
Single room supplement.

Accommodation :

6 nights in gîte, hostal and full board hostel (picnics provided).
Selected in particular for the quality of their welcome, you will find in the cottages, hostals and inns a friendly atmosphere. You sleep in double or sometimes triple rooms. Sheets and towels are provided.

Difficulty level :

Physical level: 3/5
You have a good physical condition and regularly practice mountain biking. From 50 to 68 kms per day with maximum positive differences of 1200m.
Technical level: 3/5
You master well the braking in descent and the trajectory of the bike. You will ride on paths or paths sometimes rolling, sometimes technical (steeper, with small obstacles).

Formalities :

- Valid identity card,
- European Health Insurance Card (EHIC): this is a card certifying your entitlement to health insurance (care in case of need is covered) anywhere in Europe. Individual and nominative, it is free and valid for one year. You can obtain it on request from your Caisse d'assurance maladie (by telephone or at the counter); no documents are required. You will receive your card within 15 days. If the delay is short, you can obtain a certificate,
- Repatriation insurance is compulsory.

Accompanying :

Four formulas to choose from:
Mountain bike in freedom with carrying luggage by taxi: From 2 people.
Equipped with the orientation material we give you: digital topo-guide and GPX tracks, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.
ATV with assistance vehicle (from 6 people):
The assistance vehicle joins you at different times during the day’s stage, and transports your picnic, water, extra clothes and a complete toolbox in case of mechanical problems. Enjoy your day with a light 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.
Mountain bike with state certified instructor with luggage carrying by taxi (from 6 people):
Accompanied by a professional mountain bike certificate, you ride without worrying about the route to follow. Our instructor, specialist of the region, guides you and gives you, if you wish, the right advice to make you outstanding mountain bikers. Thanks to his knowledge of the route, he adapts to your group to manage schedules and effort throughout the day. Freed from group management, your only concern is to please you on your mountain bike.
ATV with state certified instructor and assistance vehicle (from 8 people).

Attendees :

- Departure from 2 people for the freedom formula with luggage carrying by taxi.
- Departure from 6 people for the formula freedom with assistance vehicle.

- Departure from 6 people for the formula with mountain bike instructor with luggage carrying by taxi.
- Departure from 8 people for the formula with ATV instructor and assistance vehicle.

Departure and meeting point :

Ainsa
Free start for the formula freedom and groups.
How to get there:
By car: from Tarbes or Toulouse, take the N117 to Lannemezan, take the D929 to the Bielsa tunnel and continue to Ainsa.
By train: Lannemezan train station.
By plane: Toulouse airport then train to Lannemezan.

Food :

Your trip might not be the best time to diet, as it's an occasion to taste the local cuisine. We assign great importance to the quality of the food we provide: well-balanced and nutritious and providing ample energy, the specialties of the region are incorporated into each meal.
The picnics are included in the price, made by cookers of you hotel. To avoid the production of unnecessary waste, we ask you to bring a plastic box that we could fill everyday of delights.

Luggage :

You only carry the business of the day and the picnic. Luggage is carried by vehicle (or assistance vehicle). 1 piece/person and limited to 15kg/piece.

RATES

Self-guided package with luggage transport	
Registration for 2 people	1490€
Registration for 3 people	1350€
Registration for 4 people	1310€
Registration for 6 people	1210€

Tour with support vehicle	
Registration for 6 people	1295€
Registration for 8 people	1195€

Formula with qualified instructor and luggage carrying by taxi	
Registration for 6 people	1590€
Registration for 8 people	1420€

Formula with biking guide and support vehicle	
Registration for 8 people	1790€

The price includes :

The reservation of accommodation,
The digital topoguide for freedom formulas,
Half board + picnic from the dinner of J1 in the evening and until the picnic of J7,
The transport of luggage,
The transfer back,
For the formula with assistance vehicle: 1 vehicle 9 places follows the group throughout the stay,
For the formula with guide: no more orientation, the qualified guide takes care of everything during the entire stay.

The price does not include :

- Accommodation the day before departure and at the end of stay in Ainsa,
- Drinks and personal expenses,
- The picnic of the J1,
- Mountain bikes and personal mountain bike equipment (helmets, gloves),
- Entry into the tourist sites,
- Transportation to the meeting point and 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
+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 :

LaRébenne - 10 rue de la Comédie - 09000 Foix - France
Tel : + 33 (0)5 61 65 20 93 - contact@larebenne.com - www.larebenne.com
Immatriculation tourisme : IM 038100057