DATA SHEET - RY16

Collioure to Cadaques by mountain bike Balconies of the Mediterranean

6 days 5 nights with 6 days of mountain biking

Level: 3/5



For 20 years, this region of the Pyrenees has been a favourite of walkers and cyclists. Today, La Rébenne has created for you this mountain biking circuit. On the menu, Mediterranean ambience, high quality trails, beautiful landscapes...

Between the foothills of the Pyrenees and the famous Catalonian coast you'll ride along paths and tracks perfect for mountain biking in this land of sunshine. A cocktail of rolling tracks, descents and technical trails, each mountain bikers will find pleasure in this thrilled-filled trip.

Riding through the Mediterranean countryside past the village of Catalonian Spain, the valleys, cols and sea greet you on each stage.

From that point on you can hop on your bike and follow the GPS track or your guide.

Strengths

- Very varied terrain: tracks and trails... rolling and technical
- Beautiful Mediterranean landscape
- Our first offer of a route going from mountains to seaside

- Accommodation in hotel and flat, in double

SCHEDULE

Day 1 : Through the French and Spanish Albères : 41 km - Elevation: + 1000 m - 825 m

Depart Collioure for the first section through the vineyards to reach the foot of a 14th-century signal tower: panoramic view of the sea. You continue on a 3km single track with views of the Massif des Albères. Then it's downhill on a beautiful single track through the vineyards to the seaside town of Banyuls.
From Banyuls, it's a gradual climb on beautiful tracks lined with cork oaks and flowers to reach a ridge, the highest point of the day. Crossing into Spain, we cross the nature park on beautiful tracks. The final descent is on a shady path and track, ideal for finishing the day in style.
Overnight in a hotel**** for 2 nights in the heart of the olive groves in a village typical of the region.

2 options :
N3: 41 km Difference in altitude: + 1000 /- 825 (without the descent to Banyuls)
N5: 55 km Difference in altitude: + 1400 /- 1250 (with the descent to Banyuls)

Hotel

Day 2 : A beautiful loop through the Spanish Alberas : 60 km - Elevation: + 1290 m - 1290 m

Ride in the shade of holm oaks and enter a wild world on the edge of the Muga nature reserve. This is the pampas and it's beautiful. You then reach a beautiful medieval village before plunging into the Boadella lake. A rolling stage on ochre earth amidst dolmens and vestiges of the Roman era. Overnight at the same hotel**** in the heart of olive groves in a village typical of the region.
Hotel

Day 3 : Through the Catalan villages, a rendezvous with the deep blue sea : 42 km - Elevation: + 800 m - 1000 m

We set off along Spanish tracks through holm oaks and hamlets. Passing through small villages, we can refresh ourselves at the fountains. We walk along paths lined with dry stone, before tackling a good climb in a setting worthy of the Moroccan High Atlas, and then the big blue reveals itself as we pass a pass.
Change of plateau for a 500m descent: pure pleasure before arriving at the beach for a well-deserved swim. We then follow the beaches and head for the large bay of the ribera de Llança. Overnight in a double room in a 3-star hotel by the sea.
Hotel

Day 4 : Coves, beautiful single track and fishing village : 36 km - Elevation: + 950 m - 820 m

A loop where the sea spray accompanies us above the creeks carved by the sea, before we set off to attack the mountains. Once again, a Moroccan landscape, with its characteristic vegetation and oases where you can sometimes catch a glimpse of a tortoise. At every bend, a new scenery surprises us.
We climb a pass, passing close to an imposing monastery that dominates the entire coastline. We catch a glimpse of the sea, before plunging at speed down a magnificent single track on a 400m descent. Then, along a very pleasant cycle path alongside the sea, there is a succession of beaches and coves with turquoise waters.
Overnight in a hotel**** in a beautiful fishing village on the seafront in a double room.
Hotel

Day 5 : Through the Cadaquès massif, Roses and the town of Dali : 36 km - Elevation: + 950 m - 950 m

Today's option is a lovely loop to discover the cape and its forest, with a very technical and fun single-track descent (N5).
Then it's a good steady climb that allows us to gain altitude. We overlook the valleys, leaving the sea behind us. We reach a ridge via a technical path at the top of which we overlook the sea. A sensational descent to the beach. The approach of Cadaquès is obvious, with its coves, maritime pines and exceptional scenery... Overnight in a hotel** in a double room.

2 options :
N3: 36km Difference in altitude: + 950 /-950
N5: 48km Difference in altitude: +1260 /-1260 (with the loop)
Hotel

Day 6 : 2 great loops from Cadaquès : 22 km - Elevation: + 600 m - 600 m

A stage in a magnificent setting, we set off on a track to discover the Cap de Creus nature reserve. We climb back up to admire the Pyrenees fading into the sea. It's like being at the end of the world, with turquoise coves contrasting with the white houses of Cadaquès. And why not visit the home of the famous artist Salvador Dali before putting away the mountain bikes...
Transfer back to Collioure, then the group disperses.

2 options :

- 22km Difference in altitude: + 600 /- 600
- 10km Difference in altitude: + 410 /- 410 (optional, but not to be missed!).

TRAVEL CONDITIONS

Accommodation :

2 nights in hotels ** or *** and 3 nights in hotels **** in the heart of the olive trees in a double room with full pension.

Attendees :

- Individual registration on the dates scheduled by LaRébenne. (see the price tab)

- Departure from 2 people for the freedom formula with luggage carrying by taxi.
- Departure from 6 people for the formula with mountain bike instructor with luggage carrying by taxi.

Food :

All dinners and breakfasts are taken at the accommodation sites.
At midday, we break for a packed lunch. Throughout the trip, we buy fresh local produce whenever possible. Discovering local produce is also part of the trip... Our guides compete in ingenuity to prepare varied and appetizing salads!
We pay particular attention to the quality and variety of your food.

Options :

3 or 4 day package: tailor-made programme for groups of 2 or more people.

Single room supplement: +€295/pers
Departure in July and August: +€120/pers
Additional nights in Collioure :
Collioure and the surrounding area are well worth spending some time in, and we can't recommend enough that you extend your stay to make the most of the site! We have selected a 3-star hotel in the centre of Collioure (close to the beach, ideal for a few nights' relaxation).
- Night in a 3* hotel in Collioure, single room, breakfast included (low season)
(low season from 01/04 to 14/06 and from 16/09 to 31/10): €125/pers
- Night in a 3-star hotel in Collioure, single room, breakfast included (high season)
(high season from 15/06 to 15/09): €150/person
- Night in a 3-star hotel in Collioure, double or twin room (2 single beds), breakfast included (low season)
(low season from 01/04 to 14/06 and from 16/09 to 31/10): €70/person
- Night in a 3* hotel in Collioure, double or twin room (2 separate beds), breakfast included (high season)
(high season from 15/06 to 15/09) : €90/person
Mountain bike hire:
We can only offer you electrically-assisted mountain bikes for hire.
- All-mountain full-suspension ATV model Lapierre Overvolt AM 6.7 front/rear 170/160 mm battery 625Wh or equivalent: €425/person
Bikes can be collected from our partner shop a few kilometres from Collioure. A deposit is required (between €700 and €1,000 depending on duration and model).
Don't forget to let us know your size on your booking form.
Return transfer :
The return transfer on the last day between Cadaquès and Collioure is included in the price of the guided or self-guided holiday.

Departure and meeting point :

Departure from Collioure
Where to park in Collioure?
Collioure has several long-stay car parks located on the immediate outskirts of the town centre. We recommend the Cap Dourat car park (approximately €50 for 8 days, price given for guidance only). To purchase the required pass for the Cap Dourat car park, you must go to the Glacis car park (town centre) with your vehicle registration certificate.
You can find all the information on the Collioure Tourist Office website : www.tourisme-collioure.com
Departure/separation at Saint-Jean-de-Luz SNCF train station from 2:00 p.m. The vehicle will be waiting for you in front of the train station) or by the seaside to celebrate the arrival at the ocean…
How to get there:
By car: To Perpignan by highway A9. Then take the direction of Collioure D914.
By train: Perpignan or Collioure train's stations.
By plane: Perpignan airport and shuttle to the train station.

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).

Formalities :

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

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

Formula with qualified instructor - hotel double room	
Individual registration	1295€

Self-guided package with luggage transport	
Registration for 2 people	1295€
Registration for 3 people	1210€
Registration for 4 people	1160€
Registration for 6 people	1060€

The price includes :

- The reservation of accommodation in full pension from the dinner of the J1 until the breakfast of the J6,
- The GPS track (formulas freedom),
- The transport of luggage,
- The transfer back from Cadaquès to Collioure.
- For the formula with guide: no more orientation, the qualified guide takes care of everything during the entire stay.

The price does not include :

- Drinks,
- Personal expenses,
- Personal mountain bike equipment (helmets, gloves),
- Mountain bikes,
- Transportation to the meeting point,
- The visit of monuments,
- Insurance,
- The parking lot.

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 :

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