DATA SHEET - RR02

Crossing the Pyrenees by bike: The Orientale From the Ocean to the Mediterranean

7 days 6 nights including 7 days of cycling, Options: In 'gites' or double bedrooms or high-end hotels

Level: 3/5



From the beach in Hendaye to that of Collioure, you cross the entire French Pyrenees, from 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 Pyrenean departments.
With each turn of the wheel, you get a little closer to the Mediterranean, crossing an extraordinary variety of landscapes. Leave behind the lush, green summits of the Basque Country for the peaks of the Hautes-Pyrénées, crossing vast forests in Ariège, weaving between the Corbières vineyards before finally arriving at the beaches of the Mediterranean coast.

Strengths

- Fabled cols of the Tour de France
- The most beautiful landscapes of the Pyrénées: cols, forests, gorges, plateaus
- Arrival at the Mediterranean, the 'Grande Bleue' Accommodation on a half-board basis, 3 options to choose from

SCHEDULE

Day 1 : From Hendaye to Larrau : 110 km - Elevation: + 2130 m

- Col de Saint-Ignace (169m)
- Col de Burdincurutchéta (1135m)
- Col Bagargiak (1327m)
- Col d'Orgambidesca (1284m)

Night in Larrau

Stopover gite

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

Level 2 : 112 km- Altitude Difference: 1300m
Arette
Bois du Bager
Arudy
Forêt de Lourdes
Level 3A : 121 km – Positive Altitude Difference: 2660m
Col de Marie-Blanque (1035m)
Col d'Aubisque (1709m)
Col du Soulor (1474m)
Level 3B : 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 and + 255m of positive altitude difference:.

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

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

N3 : 83 km- Dénivelé positif : 1900m
- Col de Lingous (575m)
- Bagnères de Bigorre
- Col d'Aspin (1489m)

N5 : 88 km – Dénivelé positif : 2600m
- Col du Tourmalet (2115m)
- Col d'Aspin (1489m)

Nuit à Arreau ou Saint-Lary-Soulan.

A Saint-Lary-Soulan, possibilité de profiter des bains thermo-ludique en option
Stopover gite

Day 4 : From Arreau (ou Saint-Lary-Soulan) to Seix (ou Massat) : 96 km - Elevation: + 2320 m

Level 2 : 94 km- Positive Altitude Difference: 2095 m
With transfer to Luchon at the start of the stage.

Col de Menté (1349m)
Col de Portet d'Aspet (1069m)
Col de Portech (862m)
Col de Catchaudégué (893m)
Level 3A : 96km – Positive Altitude Difference: 2320m
With transfer to Luchon at the start of the stage.
Col de Menté (1349m)
Col de Portet d'Aspet (1069m)
Col de la Core (1395m)
Level 3B : 137 km – Positive Altitude Difference: 3330m
Without transfer to Luchon.
Col de Peyresourde (1569m)
Col de Menté (1349m)
Col de Portet d'Aspet (1069m)
Col de la Core (1395m)
Level 3C : 139 km – Positive Altitude Difference: 3760m
Without transfer to Luchon.
Col d'Azet (1580m)
Col de Peyresourde (1569m)
Col de Menté (1349m)
Col de Portet d'Aspet (1069m)
Col de la Core (1395m)

Night in Seix or Massat.
Stopover gite

Day 5 : From Seix (ou Massat) to Ax-les-Thermes : 110 km - Elevation: + 2640 m

N3 : 93 km – Dénivelé positif : 1880m
- Col des Caugnous (947m)
- Col de Port (1250m)
- Route des Corniches

N5 : 110 km – Dénivelé positif : 2640m
- Col de Latrape (1111m)
- Col d'Agnes (1570m)
- Port de Lers (1517m)
- Route des Corniches

Nuit à Ax-les-Thermes. (Possibilité de profiter des bains thermo-ludique en option pour option chambre double)

Possibilité de profiter des bains thermo-ludique en option
Stopover gite

Day 6 : 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, depart from Ascou.

Night in Prades.
Stopover gite

Day 7 : From Prades to Collioure : 105 km - Elevation: + 1200 m

D7 : From Prades to Collioure
Level 2 : 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)

Level 3B : 138 km – Positive Altitude Difference: 2160m
Col Palomère (1036m)
Col Xatard (752m)
Col de la Brousse (850m)

End of trip

TRAVEL CONDITIONS

Accompanying :

Free bike with luggage carrying (for groups of 6 people or more):
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.
Free bike with assistance vehicle (for groups of 8 or more):
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.

Accommodation :

3 formulas to choose from:
Formula lodging stage: selected in particular for the quality of their reception, you find in the cottages a friendly atmosphere. Most often you share 4/6-seater dorms with other people.
Sheets and towels to be provided in your luggage.

Double room formula: you sleep in comfortable rooms for 2 people in hotels, guest rooms or cottages. Bed linen and towels are provided.
(Single room option - See rates)
Upscale hotel formula: you sleep in comfortable rooms for 2 people in superior hotels (single room option – see rates): including 1 hotel**, 3 hotels*** and 2 hotels**** (Formula reserved only for groups and subject to availability):
Day 1: Overnight in Larrau hotel*** at the foot of Pic D'Orhy where the view is beautiful. With its friendly welcome this house will transport you in the Basque tradition for an evening.
Day 2: Night in Argelès-Gazost in hotel***. Characteristic establishment of the 30s built following a competition of architects. All rooms have mountain views.
You can discover the Jardin des bains thermo-ludic d'Argeles-Gazost, and enjoy a relaxing moment for a pleasant recovery (optional).
Day 3: Overnight in Saint-Lary-Soulan in a hotel***. Accommodation that cultivates the taste of modernity and the quality of a welcoming service. All rooms have a balcony overlooking the mountains. You can also enjoy the garden or the relaxation area (swimming pool, hammam, sauna and jacuzzi).
You can also relax in 32° spring water in the thermo-play area, with direct access from the hotel (optional).
Day 4: Overnight in Massat in hotel**. In order to keep the pace of roaming, we offer this friendly hotel** family. This friendly establishment, used to welcoming our cycling groups will welcome you with open arms.
Day 5: Overnight in Ax-les-Thermes in hotel*** on the banks of the Oriège. This establishment with its gourmet restaurant will welcome you and awaken your taste buds. Come and enjoy the warm, natural and relaxing thermal water that flows between 33 and 38° in the Couloubret baths (optional).
Day 6: Night in Prades in hotel****. Charming accommodation with flower garden, swimming pool and nice view of the Canigou massif. You will enjoy a pleasant time in spacious and comfortable rooms.

Attendees :

Crossing the Pyrenees by bike 7 days is accessible to groups of at least 6 people: the departure is free (consult us).

Formalities :

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

Departure and meeting point :

DEPARTURE AND APPOINTMENT:
Meeting the first day in Hendaye. Free meeting for groups.
For arrivals by train or plane: appointment directly at Hendaye or Biarritz airport.
How to get there:
By car: A 63 Hendaye exit #1
By train: Hendaye.
By plane: Biarritz airport.

Food :

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities.You will eat in the hotel.
Picnics (for lunch) are not included.

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 :)!

Options :

- Physiotherapy: recovery session with a physiotherapist at the end of the stage
- Leader: a qualified instructor guides the group (+ sports advice)
- Mechanic: a mechanic cycles is responsible for repairs during the circuit and maintenance of the bikes at the end of the stages

Options :

6 picnics (+€90/ person for the stay),
Customized program from the steps you choose yourself from 8 people,
Additional accommodation before or after the stay,
Single room supplement,
High-end bike rental on measure,
Transport of bike cases and hard bottom panniers, only for the formula with assistance vehicle and within the limit of available places: +40 € / box,
Accompanying program (not cycling),
Transfer back to the car,
Welcome and free parking in Foix, transfer to Hendaye, and return to Foix at the end of the stay: 68 € per trip (136 € round trip) and per person (formula with driver subject to availability),
Airport reception and transfers (Toulouse, Bordeaux, Perpignan, Biarritz, Carcassonne, Barcelona), contact us.
Premium hosting

Luggage :

For the formula with the assistance vehicle, you carry nothing except your groceries and water. 1 bag per person, maximum 15kg/bag.

RATES

Self-guided package - gîtes d'étape	
Registration for 6 people	960€

Tour with support vehicle	
Registration for 8 people	1190€

The price does not include :

- Accommodation the day before departure and at the end of the stay,
- Drinks,
- Personal expenses,
- Picnics
- Personal bike equipment (helmets, gloves),
- Bicycles,
- The transport of bike boxes and hard bottom panniers (option only for the formula with assistance vehicle: +40 € / box),
- Transportation to the meeting point,
- The transfer back,
- Insurance.

The price includes :

- Accommodation,
- Maps, topo-guide and GPS tracks,
- Half board from dinner on day 1 to breakfast on day 7,
- The transport of 1 luggage per person,
- For the formula with assistance vehicle: 1 vehicle Larébenne + driver during the entire stay.

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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