DATA SHEET - RY17

Sierra del Cadi Tour
Catalonia by mountain bike

3 days 2 nights including 3 days of MTB

Level: 3/5



Perfect space for Moutain Bike, the Sierra del Cadí hides a real treasure of itineraries in the heart of amazing landscapes! This MTB trip goes from the feet to the top of the very high cliffs of the National Natural Park of Cadí Moixeró, and offers exceptional views on the sunny side of Pyrennees Massif.
From nice paths under the shadow of the pine trees, to crazy singles on the ochre lands of Pedra Forca, you experience very nice feelings on your bike, to arrive to old traditional Catalans villages.

Strengths

- The whole tour of the Sierra of Cadí Moixeró
- From North to South, various landscapes and lands
- Stages in nice villages made in typical stone of Catalonia

SCHEDULE

Day 1 : From Bellver to Baga : 26 km - Elevation: + 990 m - 1250 m

Some rolling kilometers in front of the calcareous walls of the Sierra del Cadí, then a nice ascent is waiting for us, to climb those mountains, becoming more and more Mediterranean. Odors and natural wildlife are changing, such as lands.
You reach the pass and the view become clearer: to the North, the Cerdagne and the Capcir mountains, to the South, the National Natural Park of Cadí, it offers a very nice descent under the pine trees.

And for those who want more, climb back up the Sierra San Marc and enjoy a beautiful single track descent: + 13 km +580 m -600 m.
Night in hotel.
Hostal

Day 2 : From Baga to Tuixen : 43 km - Elevation: + 1560 m - 1190 m

A climb on a rolling trail to start this stage, leads you at the Pedraforca, a 2506 meters high mineral fortress. A technical path then leads you to a beautiful village, overhanged by a castle used as a refugee by the Cathares. Last rolling pass to reach our lodge, nestled in a stone village, in the heart of the Natural Park of Cadi-Moixero.

Option for a lighter stage via Josa de Cadi: +35KM +1290m -890m

Night in hotel or lodge.
Auberge

Day 3 : From Tuixen to Seu d'Urgell : 37 km - Elevation: + 920 m - 1440 m

In the morning, enjoy a rolling descent along the river before climbing back up the sunny side of the Sierra. A fun single track takes you along the ochre earth of the mountains, where you can enjoy beautiful views over the plain of La Seu.
Opposite you, the Andorran mountains reveal themselves; from the pass, it's downhill to La Seu d'Ugell, first rolling and then on a particularly playful single track.

End of the trip.

TRAVEL CONDITIONS

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 with mountain bike instructor with luggage carrying by taxi.

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. 1 piece/person and limited to 15kg/piece.

Formalities :

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

Accommodation :

1 night in double room in hostal and 1 night in small dormitory shared in hostel in full board.
Sheets and towels are provided in Baga, they can be rented in Tuixen if needed (bring them in your luggage).

Difficulty level :

Physical level: 3/5 or 4/5
You are resilient and physically fit. You regularly mountain bike at least part of the year. From 30 to 44 km per day with maximum elevation gain of 1600 m.
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).

Departure and meeting point :

Departure from Bellver de Cerdanya (ES)
How to get there:
By car: from Toulouse, take the motorway or the N20 to Foix. Then continue on the N20 to Bourg Madame, Spanish border. Then continue on the N260 towards Seu d'Urgell for 26kms.
By train: La Tour de Carol or Puigcerda station.
By plane: Toulouse or Perpignan airport.

RATES

Self-guided package with luggage transport	
Registration for 2 people	460€
Registration for 3 people	410€
Registration for 4 people	350€
Registration for 6 people	320€

Tour with support vehicle	
Registration for 6 people	540€
Registration for 8 people	490€

Formula with qualified instructor and luggage carrying by taxi	
Registration for 6 people	540€
Registration for 8 people	490€

Formula with biking guide and support vehicle	
Registration for 8 people	670€

The price includes :

Half board + picnic from the dinner of the J1 in the evening and until the picnic of the J3,
The transport of luggage,
the transfer back from Seu d'Urgell to Bellver de Cerdanya,

For the freedom formula: maps and map holder, topo-guide, GPS with recorded tracks and GPS holder.
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,
- Drinks and personal expenses,
- The picnic of day 1,
- The dinner of day 3,
- Mountain bikes and personal mountain bike equipment (helmets, gloves),
- The visit of the monuments,
- 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