LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RY35

The 'Traversée du Soleil' by mountain bike Carcassonne - Banyuls by mountain bike

7 days - 6 nights including 7 days of mountain biking, Circuit compatible with electric mountain bikes

Level: 2/5



A brand new trip created by the LaRébenne team and put together during the longer months. The result is an exceptional mountain biking circuit where you will find everything you could want: single-track descents, magnificent and very different landscapes at each stage and the 'Pyrénées du Soleil' (Sunny Pyrenees). Setting off from the famous city of Carcassonne, you cross through southern Minervois vineyards, visit villages full of rich and historically preserved architecture, and experience the gastronomy of the South. After a brief trip into Spain you arrive in the famous village of Banyuls and reach the sea - the highlight of this beautiful mountain-bike trip.

Strengths

- An exceptional mountain bike route.
- From Carcassonne to Banyuls, passing through vineyards and mountains.
- Ideal for mountain-biking: single-track routes and fast paths; excellent XC mountain-biking!
- The sunny Pyrénees, from North to South.

SCHEDULE

Day 1 : From Carcassonne to Saint Andrieu : 45 km - Elevation: + 1180 m - 1047 m

(Possibility to cut the stage short between the 23rd and 30th kilometres)

Departing from the city of Carcassonne and the foothills of Minervois, you head south towards the mountainous landscape of the Pyrenees.
This first step passes between vineyards and the Mediterranean garrigue. We follow excellent, locally well-known, single-track, valley routes. At the 24th kilometre we pass next to an abbey. Then, a beautiful and rapid climb through the forest to reach the high point from where you will start a great descent along single-tracks to arrive in the little village in the Aude region.
But it is not over- we suggest another climb to reach a perfect single-track descent back into the same village. Then along the bank of the Loquet, a gentle ride to your accommodation for the night.
A really beautiful mountain-biking stage!
Night on a full-board basis in a domaine.
Auberge

Day 2 : From Saint Andrieu to Sougraine : 44 km - Elevation: + 1200 m - 1000 m

8km of quiet, country lanes to warm up the legs, then a pleasant track through a small and somewhat wild valley. A path across a grazing meadow, being careful to close gates behind you, allows you to climb Pech; a prominent peak with exceptional panoramic views over the Pic de Bugarach…
Next, a fast descent towards the beautiful chateau and lake of Arques. Then, back up through the forest in search of the Serre Guilhem, and a magnificent single-track bridlepath along mountainside balconies towards Sougraigne.
Night in a hotel or guesthouse on a full-board basis.
Auberge

Day 3 : From Sougraine to Gincla : 52 km - Elevation: + 1690 m - 1630 m

A pretty route takes us first by the Fontaine Salée (Salty Fountain!) before we reach a gate and the reward which awaits us; a playful single-track plunging us down towards a famous village. The small lane then climbs towards a mountain pass. Here you will 'stroll' for 1km under the Pic de Bugarach before reaching high plateaus that open up to deliver superb panoramic views, before a quick descent to Caudiès.
From Caudiès de Fenouillèdes, you enter the spectacular Gorges de St Jaume (optional, as it is not well adapted to mountain bikes). The path is narrow, perched above the torrent, and handlebars only just pass through the footbridges. Enjoy the show as far as the waterfall…
The climb then continues between the two chateaus of La Vilasse. The long trail crosses the forest before descending to a small village at the end of the earth.
Night in a ***hotel on a full-board basis.
Auberge

Day 4 : From Gincla to Prades : 43 km - Elevation: + 1130 m - 1410 m

In the morning, we take a beautiful and rolling climb through the forest to reach a succession of mountain passes, which lead us on to the principal high point at 1320m from which a panorama opens up over plateaus of summer pastures and, notably, the Catalan giant - Canigou. Having crossed over the plateau of Castellane via paths and playful single-tracks, we have a very beautiful descent towards one of the prettiest Catalan villages.
Night in a hotel in Prades, on a full-board basis.
Hotel

Day 5 : From Prades to Amelie Les Bains : 51 km - Elevation: + 1500 m - 1680 m

Today, it is the end of the Fenouillèdes as we are welcomed into the 'Pyrénees du Soleil' and French Catalonia. Having played in the foothills of the Massif du Canigou, you take a small road which gently leads you towards a celebrated mountain pass. From there, and passing through the beautiful forest of St Marsal, you join a superb balcony track following the old Formentera mine railway and from which several viewpoints offer views over the Mediterranean. After a little more playtime in the hills, you test out the pretty descent into Amélie les Bains.
Night in a hotel on a full-board basis.
Hostal

Day 6 : From Amelie Les Bains to l'Ullat : 42 km - Elevation: + 1420 m - 700 m

A beautiful mountain biking stage with a succession of trails and playful paths, through the foothills of the Pyrenees and the border ridge. Having crossed through several Catalan villages, you start your climb towards the Col de L'Ullat, in the magnificent forest of Albères, to reach your refuge for the night at 1000m altitude.
Night in a mountain refuge on a full-board basis.
Shelter

Day 7 : From l'Ullat to Banyuls : 43 km - Elevation: + 710 m - 1660 m

This is the final mountain bike stage, but not the least! Setting off from the refuge, you arrive at the border ridge from where the panoramic view is just extraordinary: the Bay of Rosas, the Cadaques mountains, as well as the plain of Figueras which unravels below your feet.
Cross the border and descend more than 700m towards a XIII century Spanish castle. After crossing through some eye-opening granite landscapes, you reach the border ridge to reenter France and, via a very pretty forest track, you arrive above Banyuls and savour a magnificent and particularly playful descent into the village and its famous beach.
End of trip.

TRAVEL CONDITIONS

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

Attendees :

Mountain bike in freedom with carrying luggage by taxi: departure from 2 people.
Mountain bike with certified instructor with luggage carrying taxi: departure from 6 people.

Accompanying :

2 formulas to choose from:
Mountain bike in freedom with carrying luggage by taxi: From 2 people.
Equipped with guidance material that we give you: maps with highlighted route, GPS tracks and roadmap. You go alone to discover circuits designed by our team. The use of GPS is essential for a fluid and pleasant orientation. Possibility to rent it in LaRébenne depending on availability.

Mountain bike with certified instructor with luggage carrying 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.

Difficulty level :

Circuit for regular mountain bikers.
Orientation: the circuit follows a wide variety of trails: GR; PR, equestrian, trails and tracks without markings.
Physical level: 2.5/3
You have a good physical condition and practice very regularly mountain biking at least part of the year. From 42 to 52 km per day with gradients from 710m to 1690m maximum.

Technical level: 2/3
You control the braking in descent and the trajectory of the bike. You will ride on paths or paths sometimes rolling, sometimes technical (steeper, with obstacles).
Electric ATV compatible circuit
Pay attention to the autonomy management, it will be better to leave with 2 batteries or recharge at noon (if possible).

Departure and meeting point :

Departure from Carcassonne (11).
How to get there:

By car: A61 Carcassonne.
By train: Carcassonne train station.
By plane: Carcassonne airport.
Possible return from Banyuls to Carcassonne by train.

Accommodation :

6 nights in full board
Formula double room and lodging: see the program for the different accommodations offered.
In lodging and mountain refuge. Most often, you share dormitories of 4/6 places. Sheets and towels are not provided.
In guest rooms, domain and hotel: you sleep in comfortable rooms for 2 people.
Bed linen and towels are provided.

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.

Options :

- Single room supplement (subject to availability),
- Accommodation the day before departure and (or) at the end of the stay,
- Return to Carcassonne by private mini-bus.

RATES

Self-guided package with luggage transport	
Registration for 2 people	1340€
Registration for 3 people	1240€
Registration for 4 people	1240€
Registration for 6 people	1190€

Formula with qualified instructor and luggage carrying by taxi	
Registration for 6 people	1390€
Registration for 8 people	1360€

The price does not include :

- Accommodation the day before departure and at the end of the tour
- Drink
- Visiting monuments
- Personal expenses
- The J1 picnic
- Personal mountain bike equipment (helmets, gloves)
- Mountain bikes
- Return to Carcassonne
- Insurance.

The price includes :

- The reservation of accommodation,
- Half board + picnics from the D1 dinner to the J7 picnic,
- The transport of luggage,
- For the freedom formula: maps, map holder, roadmap, GPS tracks,
- For the formula with guide: No more orientation, the qualified guide takes care of everything 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
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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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