DATA SHEET - RY21

Great crossing of the Pyrenees by MTB (South side)
Crossing of the Catalonia

6 days, 5 nights, 6 days of MTB

Level: 3/5



From the Mediterranean Sea in Banuyls, ride your MTB towards West and go across the Catalonia, until Baga in the Sierra de Cadi massif. A superb journey across the mountains of Albères, the Alta Garrotxa, and the Sierra of Montgrony and of Cadi-Moixero… and still under the Mediterranean sun.
We stay close to the highest peaks of the Pyrenees, to find our trails, rolling to very technical but always in beautiful landscapes. Every night, our accommodation is selected to have a nice rest in a typical Catalan accommodation.
The goal is not to reach the Sierra de Cadi as fast as possible, but by the most beautiful trails! A whole crossing without car transfer, only real MTB and a new playground at each stage. Sun, change of scenery, technique and beautiful landscapes are the ingredients to make this trip unique!

Strengths

- A beautiful crossing of the South side of Pyrenees
- A unique and magical MTB trip
- The Mediterranean sun
- A night in a 4* hotel

SCHEDULE

Day 1 : Banyuls - Massif des Albères : 63 km - Elevation: + 1380 m - 1210 m

Departure from Banyuls-sur-Mer, home of the famous seaside aperitif. The route begins with a gradual climb up a track lined with cork oaks to a ridge, the highest point of the day. The final 12km descent is on a shady, rolling, sometimes technical trail, ideal for finishing the day in style. Then a link via the pretty tracks of the hinterland to arrive in a pretty Catalan village. Overnight in a magnificent hotel**** surrounded by olive trees in a typical Catalan village.
Hotel

Day 2 : Natural Reserve of Muga : 54 km - Elevation: + 1450 m - 1400 m

In the morning, you ride in the shade of the holm oaks and enter a wild world. This is the pampas and it's beautiful. A rolling stage on ochre earth amidst dolmens and vestiges of Roman times. Overnight in a hostal in a beautiful historic village.
Hostal

Day 3 : Alta Garrotxa EAST : 47 km - Elevation: + 1605 m - 945 m

A rolling start before the Bassegoda mountains quickly come into view. It's a route off the beaten track, in a scenery that's more than just a change of scenery. In the afternoon, after a few sweats, a well-deserved descent of 700m negative on an unusual single. Night in a hostal.

Day 4 : Alta Garrotxa WEST : 48 km - Elevation: + 1630 m - 1180 m

Admire the wealth of Romanesque art on the way up to the first pass, with a technical finish and a few trial sections. Short, steep, technical descent... Unleash your riding genius. Climb a technical track to reach a ridge where it becomes difficult to look ahead, torn between the high border peaks to the right and to the left the flight of birds of prey against the limestone cliffs. Finally comes the descent, the one that leaves you with the best memories and which we'll talk about over a good "cerveza" in the village. Night in a hotel.
Hotel

Day 5 : Sierra Cavallera y Castellar de N'Hug : 56 km - Elevation: + 2200 m - 2295 m

Follow the course: due east! We're leaving the Girona region to tackle the Ripollés mountains. Higher and more open, the landscape changes and so does the mountain bike profile. You'll soon reach the crests of the Sierra de Cavallera and Sierra de Montgrony. The mountain pastures are yours to explore, descending on single-track and playful trails between box trees and thorn bushes, and making your mark on the ochre earth of the mountains. You'll reach a village perched at the foot of the cliffs. Overnight in Castellar.
Hostal

Day 6 : Sierra de Moixero : 54 km - Elevation: + 1300 m - 2060 m

A multicoloured landscape surrounds you, and it's at the second pass that the view completely opens up: the Sierra de Cadi and the famous Pedraforca rise proudly in the distance. A beautiful, technical and fun descent, followed by an exceptional single track, brings this tour to a close.
Transfer back to Banyuls and end of the tour.

TRAVEL CONDITIONS

Departure and meeting point :

Departure from Banyuls-sur-Mer (66)
How to get there:
By car: from Perpignan take the N114 to Banyuls.
By train: Banyuls train station.
By plane: Perpignan or Toulouse airport, then by train to Banyuls.

Accommodation :

5 nights full board.
You stay in hotels, hostels, apartments or hostels. All offer a good level of comfort. You sleep in double or triple rooms, most with individual bathrooms. Sheets and towels are provided.

Difficulty level :

Niveau physique : 4/5
Vous êtes endurant et avez une très bonne condition physique. Vous pratiquez régulièrement le VTT tout au long de l'année. De 33.5 à 66 kms par jour avec des dénivelés positifs maximum de 2200m.
Niveau technique : 3/5
Vous savez piloter avec précision, franchir des passages raides avec obstacles, et maîtriser parfaitement le freinage et la trajectoire du vélo à très faible vitesse. Vous roulerez sur des chemins ou sentiers parfois roulants, parfois étroits et très techniques.

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.

Formalities :

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

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 :

- Formula 3 or 4 days: tailor-made program from the 3 or 4 steps you choose yourself. Free departure: the conditions are the same as for the 6-day tour.
- Extra night accommodation before or after the stay.
- Single room supplement.

RATES

Self-guided package with luggage transport	
Registration for 2 people	1520€
Registration for 3 people	1420€
Registration for 4 people	1260€
Registration for 6 people	1130€

Formula with support vehicle and luggage carrying	
Registration for 6 people	1295€
Registration for 8 people	1195€

Formula with qualified instructor and luggage carrying by taxi	
Registration for 6 people	1420€
Registration for 8 people	1390€

Formula with biking guide and support vehicle	
Registration for 8 people	1590€

The price does not include :

- Accommodation the day before departure,
- Drinks and personal expenses,
- The picnic of the J1,
- Mountain bikes and personal mountain bike equipment (helmets, gloves),
- The visit of the monuments,
- Transportation to the meeting point and insurance.

The price includes :

- The reservation of accommodation in full board, from the dinner of the J1 in the evening and until the picnic of the J6,
- Maps, map holder, topo-guide and GPS tracks,
- Free GPS loan and GPS carrier on request and subject to availability.
- The transport of luggage,
- Transfer back of the group, bicycles and luggage to Banyuls-sur-Mer,
- 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.

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