



## Crossing the Pyrenees and its classic cols – guided version

8 days/ 7 nights

If the great cols and climbs of the Tour de France are on your hit list, then you'll be spoilt for choice with this superb Pyrenean adventure. Spend eight days discovering magnificent landscapes, wild mountains and extraordinary hilltop villages.

Climb the mythical cols of the Pyrenees from the Mediterranean Sea to the Atlantic Ocean. Conquer the Tourmalet, the Aubisque, Aspin, Peyresourde and all the other cols which have made the Tour de France the legend that it is.

### YOUR PROGRAM

#### Day 1 - From the Mediterranean to the Catalan Pyrenees

Leave the Mediterranean Sea behind you and start your great cycling adventure by crossing the Pyrenees. Start pedaling your way through the Catalan Pyrenees and climb little-known and magnificent cols such as the Col de Palomère which culminates at 1036m.

Distance: 110km.

Height gain: 1700m.

Max. altitude: 1036m.

Harder option:

Distance: 142km.

Height gain: 2400m.

Max. altitude: 1036m.



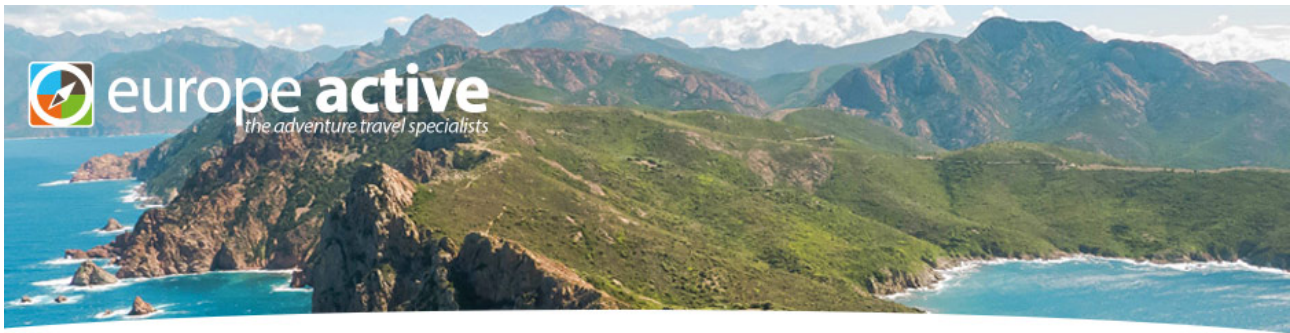
#### Day 2 - From the Pyrenees to the Valleys of Ax

After leaving the Oriental Pyrenees, cycle your way through the Col de Jau and its majestic forests and take a detour to Mosset, one of the most beautiful villages in the whole of France. You will soon reach the Aude department. Finally, end today's stage by climbing one of the first great cols of your trip, the Saint Port de Pailhères (2001m).

Distance: 96km.

Height gain: 2950m (optional ride to and from Ax 3 Domaines – distance: 17km, height gain: 650m).

Max. altitude: 2001m.



Harder option:

Distance: 145km.

Height gain: 4200m.

Max. altitude: 2001m.



### **Day 3 - From the valleys of Ax to the capital of the Couserans**

After a good night's sleep, start one of the tour's most beautiful stages. Today, cycle for 132km to the capital of Couserans and get into gear with a great enjoyable climb of the Col de Chioula. Next, reach the majestic Col d'Agnès and ride along Lake Lers, before finishing today's ride with one last difficult section of road.

Distance: 132km.

Height gain: 2800m (you also have the option to skirt around the first col).

Max. altitude: 1570m.

Harder option (to and from the Plateau de Beille, a famous place for the arrival of the Tour de France):

Distance: 167km.

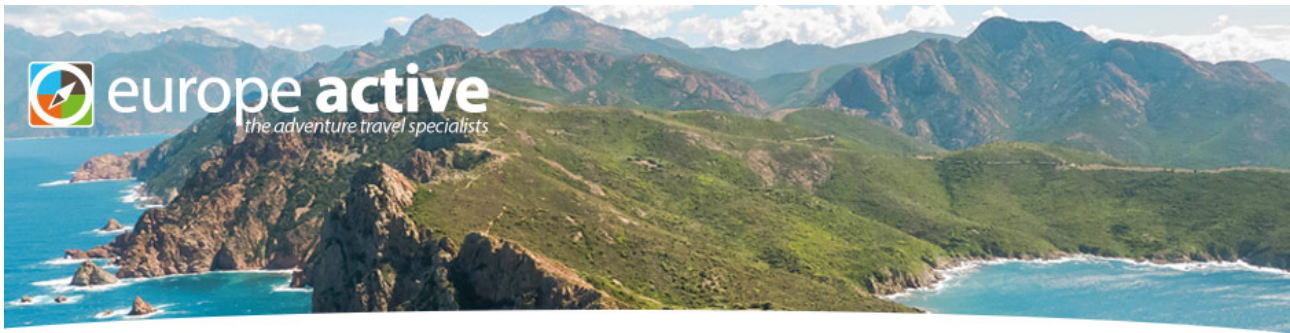
Height gain: 3900m.

Max. altitude: 1790m.



### **Day 4 - The classic cols of the Tour de France**

During this stage, you will discover the cols where the glory of the Tour de France usually unfolds. You will climb the Col du Portet d'Aspet and get to see the plaque where Fabio Casartelli died. The Col de Menté and the Col du Portillon will also take you to Spain. You will then finish the ride with a descent towards the French border.



Distance: 97km.

Height gain: 2200m. (optional ride to and from Superbagnères – distance: 35km, height gain: 1200m).

Max. altitude: 1341m.

Harder option:

Distance: 135km.

Height gain: 3650m.

Max. altitude: 1395m.



### **Day 5 - The legendary stage of the cols of Peyresourde, Aspin and Tourmalet**

This stage is undoubtedly the most impressive one of the entire trip.

You will ride along wavy roads filled with history where many battles took place between the best cyclists in the history of the Tour de France. These mythical cols will give you the chills, and you will be able to take pride in taming them.

Distance: 98km.

Height gain: 3100m.

Max. altitude: 2117m.

Harder option:

Distance: 122km.

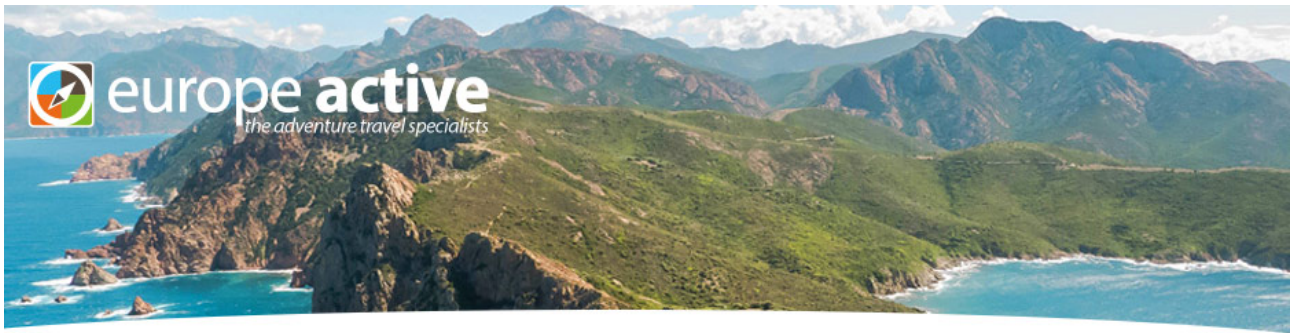
Height gain: 3900m.

Max. altitude: 2117m.



### **Day 6 - From the Valley of Luz to the Valley of Osseau**

During this stage, you will cycle into the heart of the National Park of the Pyrenees and end with the famous Col d'Aubisque. At the beginning of the stage, you will also have the possibility to start the mythical Tour-de-France climb, up to the ski resort of



Luz Ardiden.

Distance: 91km.  
Height gain: 1750m.  
Max. altitude: 1709m.

Harder option (Luz Ardiden):

Distance: 109km.  
Height gain: 3600m.  
Max. altitude: 1720m.



### Day 7 - From the Valley of Osseau to the Pays Basque

Hop on your bike and start the longest stage of this great Pyrenean adventure. Not to worry though, the Atlantic Ocean is getting ever closer! After pedaling your way through the Col de Marie-Blanque and other little-known cols, you will soon reach the Basque Country where you will spend the night.

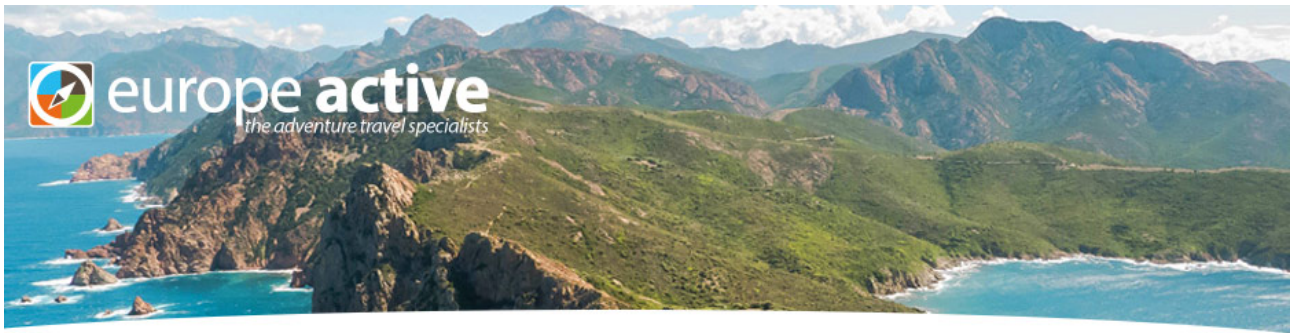
Distance: 138km.  
Height gain: 3600m.  
Max. altitude: 1540m.

Those who prefer short distances will also have the possibility to opt for an easier ride through the valley (distance: 120km, height gain: 1500m).



### Day 8 - Towards the Atlantic Ocean

Make the most out of your last day of cycling and bathe in the waters of the Atlantic Ocean after climbing little-known cols and finishing your ride with a short journey into the magnificent landscapes of the Iberian peninsula.



Congratulations! You have successfully completed your Pyrenean adventure!

Distance: approximately 78km.

Height gain: 1200m.



## Additional information

### TARIFFS

Price from 1390 euros per person.

### OPTIONS

Renting a road bike : 150 euros per person.

Supplement for single bedrooms : 210 euros per person.

GPS tracks on USB stick : 25 euros per person.

### INCLUDED

Breakfasts from day 2 to day 8, evening meals from day 1 to day 7, picnic lunches from day 1 to day 8, luggage transfers, local assistance, accommodation, information package with maps and road-books, 7 nights in 2 and 3-stars comfortable hotels.

### NOT INCLUDED

Transport options to the meeting point and from the point of dispersal, transfers which are not included in the tour, personal travel insurance, beverages, visits of tourist sites, optional activities which are not included in the tour, personal expenses.

### LEVEL OF DIFFICULTY

You will need to be in good physical condition and used to cycling on mountain roads. Distances: from 85 and up to 140km a day. Height gains: from 1200m to 3500m a day.

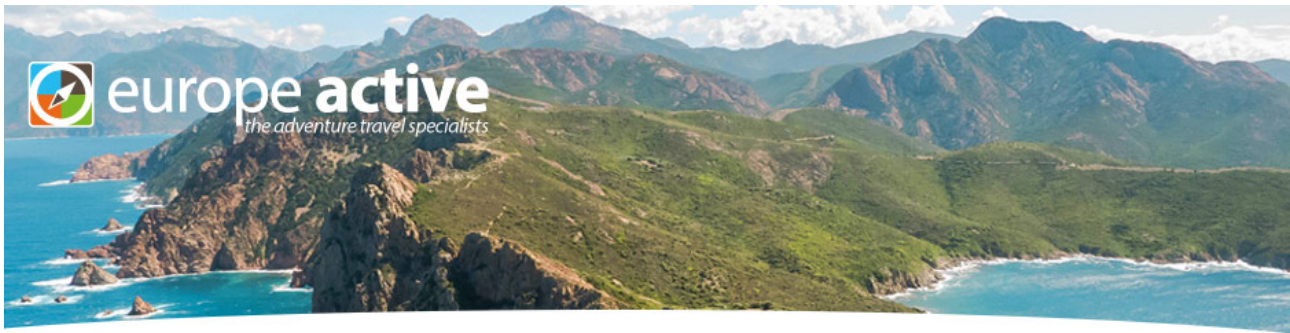
### CARRYING

Luggage transfers by vehicle.

### ACCOMMODATION

Nights in 2 and 3 star hotels (double or twin bedrooms).

### SIZE OF GROUP



From 6.

**DEPARTURE**

9.00am at the train station in Collioure (day 1) or at Girona airport (Spain).

**DISPERSION**

The train station in Saint Jean de Luz (day 8).