

Pyrenees Coast to Coast

Trip code: PC



Overview

 Total 8 days

 Hotels

 Difficulty: 

 Cycling 6 days

 France & Spain

 June - September

This ride is a must for any cyclist, tackling some of the most iconic climbs in Europe and traversing the mighty Pyrenees. From the Atlantic Ocean to the Mediterranean sea, this six day journey passes through jaw-dropping scenery, through dramatically shaped valleys, under stunning jagged peaks and along powerful mountain rivers. You'll climb some of the most famous cols in the world, some of which are regularly featured in the Tour de France including the Col du Tourmalet (2115m), Col D'Aubisque (1709m) and Col D'Aspin (1489m). It's a fully supported and guided trip, so all you need to do is turn up and ride, we'll take care of the rest.

"Pyrenees Coast to Coast is a tough ride, but More Adventure delivered a carefully planned, thoroughly reconnoitred route with shady lunch stops, excellent accommodation and great food. My best six days on a bike."

Jonathan, 2019

Highlights

- Tackling some of the most famous passes in the world
- Sampling the local food and drink of this unique region of Europe
- Riding through stunning mountain scenery of the Pyrenees
- Conquering the Col du Tourmalet, Col d'Aspin and Col D'Aubisque
- Arriving at the Mediterranean sea for a dip on the final day
- Completing the Pyrenees Coast to Coast

Detailed Ride Itinerary

Day 1: Bilbao to Hendaye (0 miles)

The trip begins at Bilbao airport where you'll be met by the More Adventure team and transferred to our first hotel in Hendaye. Here we'll build bicycles and have a trip briefing before our first evening meal together. If you've decided to take advantage of our bicycle transfer service, this is also when you'll also be reunited with your bicycle.

Day 2: Hendaye to Oloron-Sainte-Marie 154km & 2100m ↑ / 96 miles & 6900ft ↑

We begin our journey in the popular tourist town of Hendaye where we'll dip our wheels into the Atlantic Ocean before setting off northeast along the coast. After a useful warmup in the foothills to the east of the town, we continue inland into the mighty Pyrenean range. We gain height progressively with a few smaller climbs before Col d'Osquich which at just under 500 metres is the perfect introduction to the climbs to come. From here we continue through the mountains, eventually following the river *Vert* to our hotel at Oloron-Sainte-Marie.

Day 3: Oloron-Sainte-Marie - Luz-Saint-Sauveur 112km & 3100m ↑ / 70miles & 10000ft ↑

Today begins gently as we follow *Le Gave d'Aspe* river south to Escot which lies at the foot of our first climb of the day, Col de Marie Blanque (1035m). From the summit we descend via a number of switchbacks to the village of Bielle. After a short break, we tackle one of the most famous passes in the world, the Col d'Aubisque (1709m). The second most used climb in the Tour de France, this iconic 17km climb is an absolute must for every cyclist and is quite simply stunning. After some celebratory photos and a brief stop at the top, we descend via the Col Soulor (1475m) to our overnight stop at Luz-Saint-Sauveur.



towering over each pedal stroke. After many photos at the sign and a breather, we begin an exhilarating descent to a turn off at Sainte-Marie-de-Campan. Here begins our second main climb of the day, Col D'Aspin (1489m). Another regular in the Tour de France, Col D'Aspin is 12.8km and will seem a great deal easier than the previous climb! From the summit we have a long descent to Arreau for our third and final



Day 4: Luz-Saint-Sauveur to Bagneres-du-Luchon 97km & 3100m ↑ / 62miles & 10200ft ↑

Roads do not get any more famous than today, with three incredible passes through this beautiful mountain landscape. The mighty Col du Tourmalet is the most frequently used pass in the Tour de France and has hammered fear into many a rider's heart since first being used in 1910. The ascent begins in Luz-Saint-Sauveur, a stunning 19km stretch of tarmac with impressive peaks

climb of the day - Col de Peyresourde (1569m) before an exciting descent to the famous town of Bagnères-du-Luchon. What a day!

Day 5: Bagnères-du-Luchon to Tarascon-sur-Ariège

141 km & 2400m ↑ / 88miles & 7900ft ↑

The longest day begins with a descent to the river at Chaum. Here we begin our first climb, Col d'Ares (1513m) before descending via Col de Buret (602m) to Razecuell. First used in 1910, our next climb the Col de Portet de Aspet (1069m) has been featured in the Tour de France over thirty times. We descend to the castle-adorned village of Castillon-en-Couserans where a well-earned coffee is most definitely in order. The next section of today's ride is far more gentle as we follow the river *Lez* east. Our final climb of the day is the Col de Port (1249m) which starts relatively gently as we leave the Couserans Valley. The road clings to the valley side and steepens slightly in the last ten kilometres before a long and thrilling descent to our overnight stop at Tarascon-sur-Ariège.

Day 6: Tarascon-sur-Ariège to Prades

135km & 2800m ↑ / 85miles & 9500ft ↑

We begin the day with a climb up to Pas de Solombre through a small valley just to the north of L'Ariège river. We'll soon reach the Col de Marmare (1361m) followed by a long descent to Axat and our low point of the day at 400 metres. From here we begin another classic climb of the Pyrenees, the Col de Jau (1506m), a relatively straightforward 17.9km climb with an average gradient of 6.7%. We're rewarded by an incredible descent to Prades, our overnight stop before the final day tomorrow.

Day 7: Prades to Collioure

75km & 450m ↑ / 47miles & 1500ft ↑

Today will seem like a breeze compared to the previous five days as we exit the mountains and cross the plains just south of Perpignan. We leave Prades and ride alongside the Lac de Vinca before heading southeast, trending down towards the Mediterranean sea. You'll be able to smell the sea air as we cross over the river *Massane* and approach Argeles-sur-Mer. Our destination is the pretty seaside town of Collioure - congratulations you made it, you've ridden the length of the Pyrenees and cycled from the Atlantic Ocean to the Mediterranean Sea! It's time for a meal and a few drinks to celebrate!



Day 8: Collioure to Barcelona airport

Today is the final day of the trip and after breakfast you'll be transferred to Barcelona airport for your flights home. More Adventure will provide transfers to Barcelona airport today for flights specified in the Joining Instructions. It is of course possible to stay on in Barcelona for a well-earned relax but it is your responsibility to book accommodation for after the trip has ended.

Included

- Cycle leader/guide
- Support vehicle & driver/cycle mechanic
- 7 x night's hotel accommodation (based upon twin sharing)
- 7 x breakfasts
- 7 x buffet lunches
- Transfer from Bilbao airport to Hendaye (for specified flights)
- Transfer to Barcelona airport (for specified flights)
- Luggage transfers throughout
- GPX files of the route (if requested)

Not Included

- Bicycle and Helmet
- Flights
- Evening meals, drinks and snacks
- Insurance

This itinerary is a guide only and can sometimes be subject to change due to unforeseen circumstances. Whilst we endeavour to uphold the proposed daily mileages, this cannot be guaranteed due to changes to hotel bookings.

Trip Notes

Trip suitability

You will be cycling for between six and eight hours each day but this is not a race! This is a group trip and we like to cycle as such, the pace will be determined by your Cycle Leader.

You must be an experienced cyclist who rides regularly and maintains a good level of bike fitness. There are significant climbs throughout this trip that will require stamina, bike fitness and technical ability on descents.

We can provide you with a training plan, please contact us on info@moreadventure.co.uk.

A link to our trip grades that explains in depth our star rating is here:

www.moreadventure.co.uk/cycling-grades

Flights

Flights are not provided but there are regular flights from the UK to Bilbao and from Barcelona to the UK. Return flights from the UK should cost between £40-£100 each way. Our recommended flights will be included in the Joining Instructions once the trip has met minimum numbers and has been confirmed.

Please do not book flights or other transport until the trip has been confirmed.

Bicycle Transfers

We will be providing a door-to-door bicycle transfer service on this trip (for an additional charge and subject to logistical restraints). Once we have received the pickup/dropoff locations from all riders, we'll forward the logistics of your bicycle pickup and dropoff and a separate invoice for this service. There will be no need to dismantle your bicycle and we can also take one piece of luggage, allowing you to fly with hand luggage only. Further information about this service will be issued upon booking.

Weather & Climate

The weather can vary hugely on this trip so it is essential that you are prepared for sunny (fingers crossed) and poor weather as it can rain at any time of the year, and mornings, col summits and descents can also be very chilly. Our recommendations on what clothing and equipment to bring will be issued upon booking.

Health

Your health and safety is our number one priority during any trip with More Adventure. For this reason, our leaders are the very best in the business, they all hold relevant outdoor First Aid Certificates and have hands-on practical medical experience in a variety of environments.

It is recommended that you visit your GP well in advance to discuss your trip and any pre-existing medical conditions you have. We will require a comprehensive medical declaration form that may need to be verified by your GP.

Insurance

Personal travel insurance is compulsory on any More Adventure trip. As a minimum, we require your cover to include medical expenses including emergency repatriation. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and damage/loss of luggage and personal effects, including your bicycle.



We have spent a great deal of time searching for the right insurance provider for our cycling trips and we are happy to say we have found them in [Yellow Jersey Cycle Insurance](#). As a More Adventure customer you'll receive a discount by

entering the code **MOREADV5**

Find out more about by [clicking here](#).

Please be aware that your More Adventure leader will be checking your insurance documents on the first day of this trip and may refuse you to join the trip if your insurance cover is insufficient. The insurance company's 24 hour emergency contact number will need to be seen by your leader.

Money

Evening meals each evening tend to cost around £15-£20. You will need Euros to spend in France & Spain.

Accommodation

Accommodation for this trip is in good quality, comfortable hotels which have hot water showers and excellent amenities.

Food

Breakfast will be continental-style with hot drinks and juices. Lunches will be buffet-style with a wide selection of breads, pasta, sandwich fillings, salads, hot drinks, fruit and snacks. Evening meals are not included in the price but we will endeavour to eat out as a group at a local pub/restaurant each evening. Approximate costs per evening meal £15-20.

Equipment

Bikes are not included in the trip price. Good quality road bicycles are essential for this trip so please contact us if you are unsure whether your bike is suitable. It is very important that your bike is in good

working order and that you bring plenty of spares, please bring at least four spare inner tubes. Your Cycle Leader will assist you with any minor bicycle repairs.

You must bring suitable, reasonably new tyres (e.g. Continental Gatorskin, Bontrager AW3 Hardcase; Schwalbe Marathon Plus). We recommend using [Wiggle \(click HERE\)](#) or [Chain Reaction Cycles \(click HERE\)](#) for the best value and quality in cycling clothing and equipment.

We do not provide helmets but it is essential you bring your own to wear.

Clothing

It is crucial to be prepared for the weather! The trip will continue in all but the absolute worst of weathers. Generally the best clothes to wear while cycling are light and comfortable. Please bring a lightweight waterproof top and a lightweight windproof top. Due to the nature of the mountains, you will need extra clothing for this trip, especially as the weather can change at a moment's notice. Make sure you bring enough clothes for each day's cycling and for evening meals. Better to "have and not need than to need and not have"!

Leaders

This trip is led by an experienced and qualified cycle leader who will cycle with the group at all times. They will guide and encourage the group, and help deal with any bicycle mechanicals. In addition to this, another leader will drive the support vehicle, set up the buffet lunches and deal with any bicycle mechanical issues.

This trip will run on a minimum number of 10 persons. Please do not book any transport to/from the trip until it has been confirmed by email that it will run.

How to book (we recommend you have adequate travel insurance before booking any trip)

1. Find a date that suits you on our website
2. Click 'Book Now'
3. Fill in your personal details (if you are booking for a group, or if you wish to share with a specific member of the group, there is an option here to do so here)
4. Fill in your medical details
5. Invite your friends if you wish!
6. Click on 'Make Payment' and securely pay through Worldpay
7. **Congratulations - you've now secured your place!**
8. You will receive a confirmation email and further information about the trip