

TRIP ITINERARY · CYCLING · PYRENEES, FRANCE

PYRENEES COAST TO COAST

From the Atlantic at Hendaye to the Mediterranean at Collioure, over the Aubisque, Tourmalet, Aspin and more: six days on the Tour de France's greatest climbs.

8 days	6	448 miles	Hotels	★★★★★	June – September
DURATION	DAYS RIDING	DISTANCE	ACCOMMODATION	DIFFICULTY	SEASON

OVERVIEW

Cycle the length of the Pyrenees from the Atlantic Ocean to the Mediterranean Sea: the ultimate coast-to-coast, with world-class cols, spectacular scenery and delicious food.

This six-day ride begins in Hendaye on the French–Spanish border. From there you'll ride into the western edge of the mountains and over some of the most famous passes in the world, including the Col d'Aubisque (1,709m), Col du Tourmalet (2,115m), Col d'Aspin (1,489m) and Col de Portet d'Aspet (1,069m).

It's fully supported and guided, with buffet lunches and luggage moved every day, so all you need to do is turn up and ride. The journey ends with a dip in the Mediterranean at the pretty seaside town of Collioure.

★★★★★

"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 McMillan · Pyrenees Coast to Coast 2019

HIGHLIGHTS

- ✓ Riding from the Atlantic to the Mediterranean
- ✓ Col d'Aubisque, Tourmalet and Aspin, Tour de France legends
- ✓ Stunning mountain scenery the length of the Pyrenees
- ✓ The food and drink of this unique corner of Europe
- ✓ A celebratory dip in the Mediterranean at Collioure
- ✓ Completing the Pyrenees Coast to Coast

DATES & BOOKING

See the latest dates, availability and book online at moreadventure.co.uk/event/pyrenees-coast-to-coast/

DAY BY DAY

DETAILED ITINERARY

1

ARRIVAL DAY | OVERNIGHT: HENDAYE | BILBAO AIRPORT TRANSFER

DAY 1: ARRIVE IN BILBAO, TRANSFER TO HENDAYE

The Pyrenees Coast to Coast 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 be reunited with your bicycle.



2

96 MILES (154 KM) · 6,900 FT (2,100M) | OVERNIGHT: OLORON | COL D'OSQUICH

DAY 2: HENDAYE TO OLORON-SAINTE-MARIE

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 city, 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.



3

70 MILES (112 KM) · 10,000 FT (3,100M) | OVERNIGHT: LUZ-SAINT-SAUVEUR | MARIE BLANQUE | AUBISQUE

DAY 3: COL D'AUBISQUE TO LUZ-SAINT-SAUVEUR

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.



4

62 MILES (97 KM) · 10,200 FT (3,100M) | OVERNIGHT: LUCHON

TOURMALET | ASPIN | PEYRESOURDE

DAY 4: TOURMALET, ASPIN AND PEYRESOURDE TO LUCHON



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 and it's a stunning 19km stretch of tarmac, with impressive peaks 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 climb of the day – Col de Peyresourde (1569m) before an exciting descent to the famous town of Bagnères-de-Luchon. What a day!

5

88 MILES (141 KM) · 7,900 FT (2,400M) | OVERNIGHT: TARASCON

PORTET D'ASPET | COL DE PORT

DAY 5: COL DE PORTET D'ASPET TO TARASCON-SUR-ARIÈGE



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 a smaller climb Col de Buret (602m) to Razecuell. First used in 1910, our next climb the Col de Portet d'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.

6

85 MILES (135 KM) · 9,500 FT (2,800M) | OVERNIGHT: PRADES

COL DE JAU

DAY 6: COL DE JAU TO PRADES



We begin the day with a climb up to Pas de Solombre through a small valley just to the north of L'Ariege 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.

7

47 MILES (75 KM) · 1,500 FT (450M) | OVERNIGHT: COLLIOURE | THE MEDITERRANEAN!

DAY 7: PRADES TO COLLIOURE AND THE MEDITERRANEAN

Today will seem like a breeze compared to the previous five days as we leave 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 Argelès-sur-Mer. Our destination is the pretty seaside town of Collioure – congratulations you made it, you've completed the Pyrenees Coast to Coast and cycled from the Atlantic Ocean to the Mediterranean Sea! It's time for a meal and a few drinks to celebrate!

8

TRIP ENDS | BARCELONA AIRPORT TRANSFER

DAY 8: COLLIOURE TO BARCELONA, FLY HOME

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 but it is your responsibility to book accommodation for after the trip has ended.

THE ROUTE

HENDAYE TO COLLIOURE



Day 2 · Hendaye → Oloron-Sainte-Marie	96 miles
Day 3 · Oloron-Sainte-Marie → Luz-Saint-Sauveur	70 miles
Day 4 · Luz-Saint-Sauveur → Bagnères-de-Luchon	62 miles
Day 5 · Bagnères-de-Luchon → Tarascon-sur-Ariège	88 miles
Day 6 · Tarascon-sur-Ariège → Prades	85 miles
Day 7 · Prades → Collioure	47 miles

GPX files of the full route are emailed when the trip is confirmed.

GRADE: ADVANCED ★★★★★

See our cycling grades at moreadventure.co.uk. If you're unsure whether this trip is right for you, give us a call.

INCLUDED

- ✓ Cycle leader
- ✓ Support vehicle & driver/cycle mechanic
- ✓ 7 nights' hotel accommodation (twin share)
- ✓ 7 breakfasts
- ✓ 7 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 full route (emailed when the trip is confirmed)
- ✓ Joining instructions and kit lists
- ✓ Financial protection in accordance with the 1992 Package Travel Regulations
- ✓ Risk assessments and event insurance

NOT INCLUDED

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

Single room: +£355, added when you book.

Bike transfer: Door-to-door bike and luggage transfer from the UK may be available: fly with hand luggage only.

Flights: Not included: fly into Bilbao and home from Barcelona. Transfers run for the flights given in your joining instructions.

GOOD TO KNOW

TRIP NOTES

TRIP SUITABILITY

Six consecutive days of 47–96 miles with up to 10,200 ft (3,100m) of climbing a day. You should be a fit, experienced cyclist, comfortable on long climbs and mountain descents.

HEALTH

Your health and safety is our number one priority. Our leaders hold outdoor first aid certificates and have hands-on medical experience. Visit your GP well before the trip to discuss any pre-existing conditions. We ask for a medical declaration when you book.

INSURANCE

Personal travel insurance is compulsory and should be in place before you book. As a minimum it must cover medical expenses, including emergency repatriation. We strongly recommend it also covers cancellation, curtailment and loss or damage to luggage and equipment.

LEADERS

Experienced, qualified leaders run every trip, with back-up support where the trip needs it. They guide and encourage the group and look after the logistics so you can enjoy the adventure.

HOW TO BOOK

1. Choose a date on our website and click 'Book now'
2. Fill in your details (you can book for a group) and your medical details
3. Pay a 40% deposit securely by card to secure your place
4. You'll get a confirmation email with further trip information
5. Pay the balance no later than 5 weeks before the trip, in instalments or in one go

Questions? We're happy to help.

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This itinerary is a guide and may change due to unforeseen circumstances. Please don't book travel until we've confirmed by email that the trip will run.