



## TransPyrenees (France and Spain)

September 9-19, 2018

### 11 Day Trip Itinerary

#### Day 1 Hondarribia, Spain to St. Jean Pied de Port, France

**Ride** 41 miles/5,100 ft. of climbing

Col de St-Ignace (3.5k/560 ft.), Puerto de Otxondo (10k/1,650 ft.) Col d'Ispeguy (11k/1,340 ft.)

**St. Jean Pied de Port**, a town which for centuries has hosted numerous Santiago de Compostela pilgrims as it stands at the foot of the main Pyrenees crossing into Spain.

#### Day 2 St. Jean Pied de Port to Lurbe, France

**Ride:** 55-67 miles/6,600-10,000 ft.

Today you'll ride from the foothills into the mighty Pyrenees. Begin with a climb up the Col de Burdincurucheta (2004 Tour de France), en route to Col de Bagargi and your first *hors catégorie* climb.

**Optional Climb:** Col de Soudet (21.5k/4,100 ft.)

#### Day 3 Lurbe to Saint-Savin, France

**Ride:** 52 miles/7,600 ft.

This morning, ride down the Vallée d'Aspe and cross over to the Vallée d'Ossau as you continue your journey into the Hautes- Pyrenees. You'll climb through beech forests to Col de Marie-Blanche (9k/2,350 ft.). It is a mere 9km in length but with gradients reaching over 15%. Next you will continue to challenge yourself on the —Col d'Aubisque (18k/3,900 ft.) and Col du Soulor (2k/372 ft.) Finish the day with a long descent to Saint Savin.

#### Day 4 Saint Savin to Luz St. Sauveur, France

**Ride:** 52 miles/8,299 ft. (Recovery day option 15 miles/1,200 ft.)

**Optional Climbs:** Hautacam (16k/3,838 ft.) and Luz Ardiden (15k/3,283 ft)

#### Day 5 Luz St. Sauveur to Bagnères de Luchon, France

**Ride:** 58 miles/9,700 ft.

This is the day you have been training for! You'll climb Col du Tourmalet, Col d'Aspin & Col de Peyresourde, three of the five climbs that were featured in the 2012 Tour de France Queen Stage. You'll begin your day riding the infamous Col du Tourmalet (18k/4,756 ft.) , and onward to the Col d'Aspin (13k/2,755 ft.), one of the most beautiful cols in the Pyrenees. The final climb is more gradual up to Col de Peyresourde (19k/2,834 ft.) before zipping down into the Spa town of Bagnères de Luchon which hosted a start and finish of the Tour de France in 2012.

#### Day 6 Bagnères de Luchon, France

**Ride or Rest Day:** Port de Bales loop ride 42 miles/5,000 ft.

Your choice, Ride or Rest and relax in Bagnères de Luchon as you soak your aches and pains away at a mountain spa. Visit the *termes* and warm-up your muscles in the Vaporarium—a one of a kind natural underground steam bath. There are lots of other activities available such as rafting, kayaking, caving, climbing and hiking and *parapente* down Superbagneres. This is your day to do as little or as much as you want.

#### Optional Climbs

Superbagneres 19.3k/3,831 ft. and Montee a Arigue 9km/2,015 ft.)

#### Day 7 Bagnères de Luchon to Sort, Spain

**Ride:** 65 miles/6,850 ft.

Say *au revoir* to France and *Bon Dia* as you head into Catalunya Spain! At the top of our first climb, the Col du Portillon (9km/2,171 ft.), you'll enter Spain and the Val d'Aran. This valley is on the French side of the Pyrenean watershed, but under Spanish rule and was cut-off from the outside world for centuries. Our big challenge of the day is Port de la Bonaigua (23k/3,600 ft.); a category one climb. We will finish our day in the luckiest town in Spain, Sort! Meaning *luck* in Catalan.

**Optional Climb:** Plat de Beret 9k/1,280 ft. (2006 Tour de France Stage Finish)

### **Day 8 Sort to Gosel, Spain**

**Ride:** 67 miles/9,000 ft.

You'll begin your ride with a category one Coll raced in the 2007 Vuelta a España—Port del Cantó (19.3k/3,300 ft.). Then you'll drop down to La Seu d'Urgell, and ride along the river where the canoeing events of the 1992 Barcelona Olympics were held. You'll continue pedaling along quiet, beautiful roads in the Parc Natural del Cadí-Moixeró climbing the Coll de la Trava/Galliner (16k/2,673 ft.) and Coll de Josa (11k/1,696 ft.)

### **Day 9 Gosel to Girona, Spain**

**Ride** 94 miles/4,800 ft.

We begin the day riding past Pedraforca, a limestone rock reminiscent of the Matterhorn before plunging 8km to Guardiola de Bergueda. We then climb up forested roads to the Coll de Merolla (17k/1,370 ft.) before descending to Ripoll. We tackle our 2nd climb up a green valley on tiny roads up to the Coll de Canes (15k/1,570 ft.) and then descend 13k to Olot for lunch. We leave Olot through the Volcanic Parc Garrotxa where Santa Pau is our first stop and a must see! We continue on to beautiful Banyoles, with the second highest natural lake in Europe and an international training destination for rowers, before arriving in historic Girona the training grounds of many professional cyclists.

### **Day 10 Girona - Mountains & Costa Brava ....Barcelona**

**Ride: (57 miles/5,070 ft.).** Our ride today is a "local's favorite" passing the Mountain top Monastery of "Mare de Deu dels Angels" at 1,587 ft. , the Col de Ganga and Romanya and finishing with a fantastic ride on the stunning winding coastal road along the Costa Brava.

### **Day 11 Barcelona - Tour Conclusion**

Our tour ends after breakfast and includes a 9am Group transfer to the Barcelona airport. We're happy to offer suggestions to those who decide to extend their trip in Barcelona.

Day	Minimum		Maximum	
	Miles	Feet	Miles	Feet
1	41	5100	41	5100
2	55	6600	67	10000
3	52	7600	52	7600
4	15	1200	52	8299
5	58	9700	58	9700
6	42	5000	80	11,000
7	65	6850	77	8130
8	67	9000	67	9000
9	94	4800	94	4800
10	57	5070	57	5070
<b>Totals</b>	<b>546</b>	<b>60920</b>	<b>645</b>	<b>78699</b>
<b>Average</b>	<b>55</b>	<b>6092</b>	<b>65</b>	<b>7870</b>

**Plz Note this Challenging Days before adding Optional Climbs!**