

## **PYRENEES COAST TO COAST 2025**

The 8 day price for 2025 is £1400 per person

**19<sup>th</sup>– 28<sup>th</sup> September 2025**

### **WHAT THE PRICE INCLUDES**

- \* Bikes taken down to Biarritz and brought back to the UK
- \* 9 Nights accommodation in twin rooms in hotels
- \* Breakfasts x 9
- \* Baggage transfers for the duration of the trip
- \* Vehicular support for the entire cycle including back up vehicle carrying spares, mechanical support and use of spare bike should you need it
- \* Overnight bike storage

### **WHAT THE PRICE EXCLUDES**

- \* Bike and helmet hire
- \* Personal clothing and equipment
- \* Insurance
- \* Lunches and evening meals

### **PAYMENT**

I take a £200 deposit per person to secure your place on a tour – this is non-refundable unless I can find a rider to take your place then the deposit can be refunded should you need to cancel. The balance of payment is due 12 weeks prior to the trip departure date.

### **DAILY**

**19th -Pre ride – Meet in Biarritz**

**20th -Day 1 - Biarritz to Pau**

**21st - Day 2 – Pau to Lourdes**

**22nd - Day 3 – Lourdes to Bagneres-de-Bigorre**

**23rd - Day 4 – Bagneres-de-Bigorre to Bageres-de-Luchon**

**24th - Day 5 – Bageres-de-Luchon to Saint Lizier**

**25th- Day 6** – Saint Lizier to Ax-les-Thermes

**26th- Day 7** – Ax-les-Thermes to Perpignan

**27th - Day 8** – Perpignan to Carcassonne

**28th - Day 9 – End of Tour**

\*Daily mileages can sometimes vary due to road closures, route deviations etc and also due to slight changes in accommodation

### **TRANSPORT**

Bikes will be taken down to Biarritz a couple of days before the trip, I can no longer unfortunately take luggage abroad. The Provence tour is running straight after this trip so it will be a further week before your bikes are back in the UK unless you want to fly your bike home from Carcassonne.

### **ACCOMMODATION**

The accommodation provided on the trip is a variety of independent and chain hotels. They vary due to nature of our locations each night and are based on 2 people sharing a twin room. Most accommodation has food and a bar available on site or nearby as well as Wi-Fi.

### **NAVIGATION**

I have recommended routes available in GPS format and these will be sent out to you in the weeks before the ride. If you would like to hire a Garmin for the event you must let me know when booking and these are charged at an additional £60 per unit.

### **BIKES AND EQUIPMENT**

I strongly recommend that you ride a road or touring bike for the cycle and have put in sufficient training on this same bike. Whatever you choose make sure the bike has a suitable range of gears as you will be climbing steep hills in places and if you are not familiar with the mechanics of your bike it would pay to take it to a cycle shop for a service prior to the trip. If you intend on completing the ride on anything other than a road bike then please let me know prior to the ride as the vehicles are set up to carry road bikes.

Bike choice – Please be aware that decent bike shops are few and far between in France so please bring a bike that can be repaired by yourself at the side of the road. Carbon rim brakes, Di2, Hydraulic brakes and tubeless tyres have become the absolute bane of the tour – if it cannot be fixed at the side of the road please do not bring it. 4/5 years ago the spare bikes went seasons without being used – now days they go out on almost every trip to people not heeding my advice. Leaking brakes and Di2 that wont charge are the reasons that people have used a

£300 spare bike to complete over a 7 days of a trip – not being able to ride your own bike because you cannot change your gears?!? Absolutely absurd.

One bike only please. You really won't need panniers; now and then people turn up with them and end up leaving them in the van halfway through day one. If you don't already own a pair prior to the ride you may want to get hold of some waterproof overshoes. These are often overlooked when planning the trip as most riders don't choose to go out in the rain but in the mountains we can get all weather.

Lights, you may think well 'I won't be riding at night', but in heavy rain, fog and under tree cover you need to give that vehicle approaching you from behind at 60mph every chance they can to see you. Some people turn up with lights that can barely be seen halfway down a lay-by and I would only recommend a high output LED pulsating rear light as there is a good chance you will have dense sea fog on the final push up to John O'Groats. Knog, Moon, Lezyne and Exposure all make good powerful rear lights.

Gloves - you can never have too many pairs. (you may even find that skiing gloves will end up being your best friend...)

Water bottles – If you have 1 x 500ml bottle then you may want to invest in a couple of nice big bottles.

It is recommended that you bring a few spares for your bike (chain links, spokes, inner tubes) I have a certain amount for sale on board the support vehicle, please understand however that it is not possible to stock for every single bicycle. I have tyres, tubes, bar tape, cleats, brake pads, gear and brake cables, chains, chamois cream and more.

You are responsible for your own routine maintenance throughout the trip (it is your bike after all) but I will help out in any way that I can. I have track pumps and you do not need to bring your own.

## **BAGGAGE ALLOWANCE**

Your baggage allowance for this trip is just the one piece of main luggage in the form of a sports/expedition bag or suitcase (not 4 small bags please). It is also a good idea to bring a small rucksack for you to keep all of your items in that you may need during the day (sun cream, tablets, chamois cream etc) to save you dragging your suitcase out and rummaging through it in a wet lay-by.

## **PREPARATION**

Treat yourself to some new gear cables, or while the bike is in for a service ask your bike shop to do this, after punctures a snapped gear cable is the most common breakdown on these trips, they can be brought for as little as £3 each and replacing them pre ride can save you a whole world of hassle! (Cables replaced by me on a trip are now charged at £35)

Bottom brackets – a good day in the wet will bring out all of the gremlins so pop a new one in now instead of scratting around trying to find one in France (many before you have had bottom brackets and headset bearings disintegrate after days of rain and had to reach the last hotel on the spare bike).

## **SUPPORT**

The support vehicle will always be on hand should you need assistance at any time during the trip. In the van is a tool kit, spare wheels and spare bikes. I will always be close to the riding group and will get ahead of you now and again for you to fill up water bottles and have a sit down. Whether you need a break, have bike trouble or just need emotional support getting up a big hill, I will do what I can to keep you going.

## **FOOD**

Breakfast is provided by your accommodation and is almost always continental - cereals, yoghurts, fruit, toast and fruit juices, tea and coffee.

Lunches – from 2015 onwards I regret that I will no longer be able to offer lunches as I used to due to unpredictable weather, unpredictable locations and unpredictable breakdowns. Feel free to leave any food you require in the van or sample all of the great local produce as you wind your way North.

Evening meals and drinks are not included in the price. Evening meals are available at most accommodations or we are close to pubs/towns with selections of eating places.

Vegans and Vegetarians always struggle in France so if you need something specific please bring it out with you.

## **LAUNDRY**

France has more and more coin operated laundry machines available so there is usually always an opportunity to wash your gear.

Any further queries or questions please contact me on –

Carl – 07860563810 / 07869714319

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Or through the website at [www.great-bear-tours.co.uk](http://www.great-bear-tours.co.uk)