

PYRENEES - Coast 2 Coast

Barcelona to San Sebastian (August 2024)



“Col du Tourmalet”

SIERRA

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PYRENEES

Pyrenees – Barcelona to San Sebastian!



The tour includes 9 unforgettable cycling stages taking in the best of northern Spain and southern France. Beginning in Barcelona your cycling begins in the rugged Huesca region of Spain in the foothills of the Aragonese Pyrenees. After some excellent warm-up cycling we begin our adventure through the breathtaking scenery of the Spanish & French Pyrenees!

Cycle the routes made famous by the professionals! During 2024 you will cycle Col du Portet, Tourmalet, Aubisque, Horquette d'Ancizan and other hidden spectacular peaks that the Tour de France just finds impossible to reach such as Cap d'Long (second highest reservoir in France at 2160m elevation)!

The advantage of criss-crossing your way over the Pyrenees is that you will experience both Spain & France in the same holiday. The people, customs, cuisine and language obviously change dramatically in a small geographical region but the one constant is the unforgettable cycling routes to be enjoyed on both sides of the Pyrenees. **Are you ready to ride Coast 2 Coast?**

TOUR HIGHLIGHTS

- Travel from the Mediterranean Sea to the Atlantic Ocean
- Spend some extra time pre and post tour in Barcelona and San Sebastian
- Cycle the road less travelled as Sierra shows you northern Spain through the eyes of a local; Huesca, Navarra and Basque Country!
- Enter into the heart of Tour de France (TDF) country via the Haute Pyrenees and Atlantique Pyrenees mountains!
- Criss-cross the Pyrenees with time to experience and understand the vastly different Spanish and French cultures!
- Ride mountains, through gorges, pristine national parks and up to old glaciers!
- Test yourself on the most famous TDF cols, including Tourmalet, Aubisque & Horquette d'Anzican!
- Impressive Spanish gastronomy and hearty regional French cuisine fresh from the Haute Pyrenees farms



ITINERARY

DAY ONE – Tuesday 13 August 2024 – Barcelona (Spain)

We will be available to meet you in the reception of Hotel Grums Barcelona at 9:30am. You are in no way obliged to stay at Hotel Grums Barcelona but previous groups have enjoyed its location, quality and services.

From Barcelona we drive 2.5hr to Alquezar where we will set up the bikes. You will warm up on an undulating 60km route which encounters the base of the Aragonese Pyrenees (Spain). The accommodation for the next two nights is in medieval Ainsa which in 2023 was voted by National Geographic as the most charming town in Spain.

Meals: Dinner included

Destinations: Alquezar

Today's Ride: 60km cycling

Accommodation: Ainsa (Aragon, Spain)



DAY TWO – Wed 14 August 2024 – Aragonese Pyrenees (Spain)

Cycling from the hotel your challenge for the day is the Alto de Fanlo climb. In order to access this climb you first must cycle to the entrance of the spectacular Añisclo Gorge. We will follow a narrow one way only road that weaves its way through this important bird habitat. If we are lucky we might just spot a Griffon Vulture! The climb out of the canyon offers postcard Spanish Pyrenees mountain views.

Meals: Breakfast

Destinations: Añisclo Gorge & Fanlo

Today's Ride: 90km cycling

Accommodation: Ainsa (Aragon, Spain)



DAY THREE – Thursday 15 August 2024 – St Lary Soulan (France)

There are two all-France ride options available today. Both options are hotel loop rides and things get started with Col de Val Louron-Azet. At 7.5km long it is not one of the most fearsome climbs in the Pyrenees but it is a key climb when linking Tour de France stages between important mountain towns such as 'Argeles', 'Luz', 'St Lary' and 'Luchon'. From the summit we will jump across to the mighty Col de Peyresourde which has 61 TDF crossings. Reward yourself with a crepe at the summit before bombing back down to the St Lary valley.

Feel free to call it a day or continue with the optional extra climb to Col de Portet. Can you remember the short and intense Stage 17 mountain route during the 2018 TDF? Then Col de Portet should be fresh in your mind. The road has only been asphalted for a couple of years and the 16km climb with an 8.7% average gradient is one of the most amazing and quietest ascents in the whole Pyrenees!



Meals: Breakfast & Dinner included

Destinations: Col de Peyresourde

Today's Ride: 90km cycling

Accommodation: St Lary Soulan (Pyrenees, France)

DAY FOUR – Friday 16 August 2024 – Cap d'Long (France)

The cycling route on offer today takes our cyclists up to Cap d'Long with this mountain reservoir hovering at an astonishing 2160m altitude (France's second highest reservoir). We are literally only a stone's throw away from Spain. The Tour de France would love to have a stage finish here but the logistics just do not allow access for such a big event. What an amazing location to enjoy a picnic lunch and tell a story or two about the seemingly endless number of perfect switchbacks below!

During the late afternoon and evening there will be time to enjoy the peaceful town of St Lary Soulan. St Lary has a pretty town centre and its access to outdoor sports and adventure is simply first class. With mountains to climb in four directions it is the perfect base for road cyclists!



Meals: Breakfast included

Destinations: Cap d'Long

Today's Ride: 80km cycling

Accommodation: St Lary Soulan (Pyrenees, France)

DAY FIVE – Saturday 17 August 2024 – Ancizan & Tourmalet (France)

A route for the cycling purists - a double climb straight from the TDF history books! Horquette d'Ancizan is one of our favourite destinations in the Pyrenees. Green lush pastures followed by the descent down to Campan and the base of the Tourmalet. The support van will be available should some guests like to be initially transported to the 'Ancizan' summit. It will be important to have enough energy reserves to conquer the next challenge!

Col du Tourmalet is as big as they come when it comes to professional cycling history. The 18km climb is the most famous of all the TDF 'cols' with over 100 race route passings! A highlight for everyone is greeting the giant structure ('Geant') dedicated to Octave Lapize the first cyclist to cross the Tourmalet during the TDF over a century ago. After the compulsory group and individual photos at the summit you will cruise down the western face of the Tourmalet. Take some speed off this descent as you will want to take in the incredible views as you ride down to Luz St Sauveur.



Meals: Breakfast & Dinner included

Destinations: Horquette d'Ancizan & Col du Tourmalet

Today's Ride: 100km cycling

Accommodation: Argeles-Gazost (Pyrenees, France)

DAY SIX – Sunday 18 August 2024 – Gavarnie National Park (France)

Over the last couple of days some big Tour de France climbs have been conquered. Now we would like to step away from the most popular routes and take you into the heart of the Gavarnie National Park. Due to its pristine environment the Tour de France is unable to receive permission to bring 'La Grand Boucle' into areas where the 'Boucharo' and 'Cirque du Troumouse' climbs call home. These two classic road cycling climbs snake there way up to impressive glaciers. If spectacular climbs, quiet roads and exploring magical places is on your radar then look no further than the Gavarnie National Park.



Meals: Breakfast included

Destinations: Cirque du Troumouse

Today's Ride: 100km cycling

Accommodation: Argeles-Gazost (Pyrenees, France)

DAY SEVEN – Monday 19 August 2024 – Col d'Aubisque (France)

Cycling from Argeles and another of the great Pyrenees climb doubles is calling; Col du Soulor and Col d'Aubisque! The hors categorie Col d'Aubisque climb has been passed 45 times during the Tour de France putting it in the top 5 most used climbs in race history. After first passing Col du Soulor you will cycle the dramatic mountain road which links the Soulor and Aubisque summits. The road breathtakingly hugs the cliffs of the Cirque du Litor, passes two striking tunnels and is simply a cycling experience like no other! On reaching Aubisque take some time to soak up your great achievement and enjoy some fun photos with the giant TDF inspired bikes found at the summit!

This afternoon there will be a 2hr van transfer back into Navarra province in the Spanish Pyrenees! You will sleep in the sleepy village of Isaba (Irati Forest) which is one of our favourite cycling bases in Spain.

Meals: Breakfast & Dinner included

Destinations: French & Spanish Pyrenees

Today's Ride: 90km cycling

Accommodation: Isaba (Navarra, Spain)



DAY EIGHT – Tuesday 20 August 2024 – Irati Forest (Spain)

The Irati Forest is one of Spain's best kept secrets! Wild mountains, gorges, fast flowing rivers and lush farmland provide the perfect backdrop for road cycling. After a day cycling through this region you will understand why Spanish cycling legend Miguel Indurain found it so easy to spend hours here training on his bike.

For those wanting a relatively easy ride today there is a 55km hotel loop which in many ways resembles the Italian Dolomites for scenery. A challenge awaits for those who are game with the optional 15km climb called 'Piedra de St Martin'. This is the same mountain pass where Chris Froome won the Stage 10 summit finish during the 2015 Tour de France!

Now all that remains is a wonderful descent back into Spain and the Irati Forest.



Meals: Breakfast included

Destinations: Irati Forest

Today's Ride: 85km cycling

Accommodation: Isaba (Navarra, Spain)

DAY NINE – Wednesday 21 August 2024 – San Sebastian (Spain)

It may be the final day on the bikes but the spectacular scenery does not let up just yet! The route takes you out of the Irati Forest and onto the quiet backroads. Winding roads which pass reservoirs and woodlands is what awaits you today. Following the ride we will have a 1hr 30min to San Sebastian and your arrival to Basque Country.

San Sebastian is famous for its Concha Beach and medieval old town serving endless supplies of delicious pintxos (tapas outside of Basque Country)! Let's just say that past clients have not had any problems spending a few extra days in San Sebastian! Please ask if you need any assistance with a post-tour hotel.



Meals: Breakfast & Dinner included

Destinations: San Sebastian

Today's Ride: 85km cycling

Accommodation: San Sebastian (Basque Country, Spain)

DAY TEN – Thursday 22 August 2024 – Goodbyes

Following breakfast the guides will depart the hotel. In the past we have organised van transfers to San Sebastian bus/train station and Bilbao Airport (1hr 15min). Please let us know though if you need to get to Madrid or Barcelona and we can assess the options.

Meals: Breakfast included

TRIP DETAILS

REGION: PYRENEES (Spain & France)

PRICE: 3750 € p.p. (twin share)

TOUR DATES: 13 – 22 AUGUST 2024

SINGLE SUPPLEMENT: 650 €

DURATION: 10 DAYS / 9 NIGHTS

OPTIONAL EXTRAS:

Carbon Road Bike Hire: 350 €

HOTELS: Ainsa (x2), St Lary Soulan (x2), Argeles (x2), Isaba (x2), San Sebastian (x1); 3/4 Star Hotels

INCLUDED

Van transport
9 nights accommodation (twin share)
9 breakfasts
5 dinners (with beer & wine included)
3 picnic lunches included
9 guided cycling stages with van and mechanic
Food & drinks during cycling stages
Commemorative Pyrenees cycling jersey

NOT INCLUDED

Airfares & Train Tickets
Pre or post Tour Accommodation