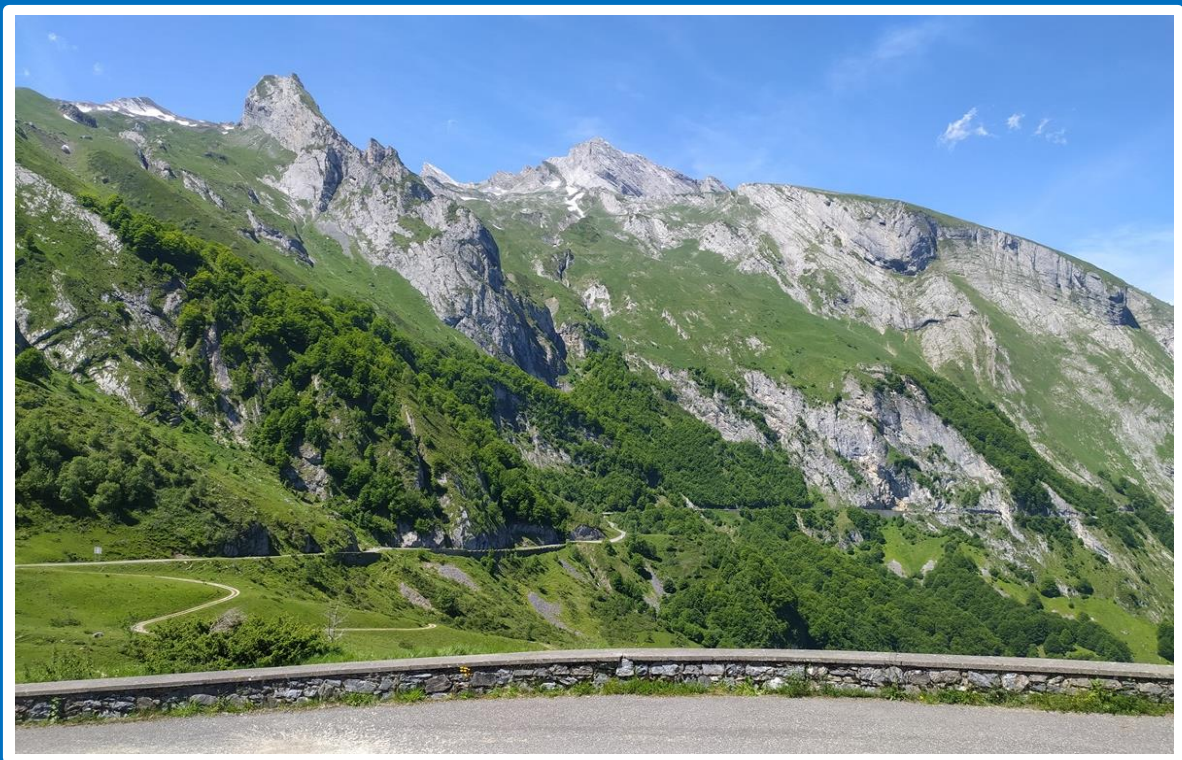




## PYRENEES: NON-CYCLIST TOUR

Spain/France: San Sebastian to Toulouse



## 2025 Epic Pyrenees Non-Cyclist Tour

### From San Sebastian to Toulouse

Here is a fantastic tour which begins in Spanish Basque Country and concludes in Toulouse the gateway to the Pyrenees. During this holiday you will visit a combination of Spanish & French destinations, including, San Sebastian, Irati Forest, Lourdes, Gavarnie National Park and Saint Lary Soulan.

There will be a designated guide facilitating your holiday and working in with professional external and local guides. A wide range of activities have been programmed for you all to enjoy, such as, a cooking class, gastronomy tours (cheese and chocolate), short hikes in the mountain landscapes, guided visits to small villages, the chairlift to 'Pic du Midi' plus more.

While we work hard on putting together a stand-alone non-cyclist program, please be aware that at any time you can jump in the cycling support van to follow the cyclists if you prefer!

### HIGHLIGHTS

- ✓ San Sebastian and its **Basque cooking class!**
- ✓ Soak in the **thermal waters** of Loudenvielle
- ✓ **Cheese & chocolate tastings** in Irati Forest & Laruns
- ✓ Visit a local farm operation in the heart of the Pyrenees
  - ✓ Marmot spotting in the **Gavarnie National Park**
- ✓ Take the chairlift to Pic du Midi **overlooking the Tourmalet!**

## ITINERARY

### DAY ONE – Tuesday 22 July 2025 – San Sebastian

We will be available to meet you in San Sebastian during the morning (TBC based on cooking class time). Your Sierra guide will take you to the venue and help you get you set up. Here you will cook some typical Spanish dishes (paella, gazpacho ... ) and have time to then sample it all accompanied by a glass of wine. Following this amazing experience there will be a 2hr van transfer to join up with the cyclists in the heart of the Spanish Pyrenees.

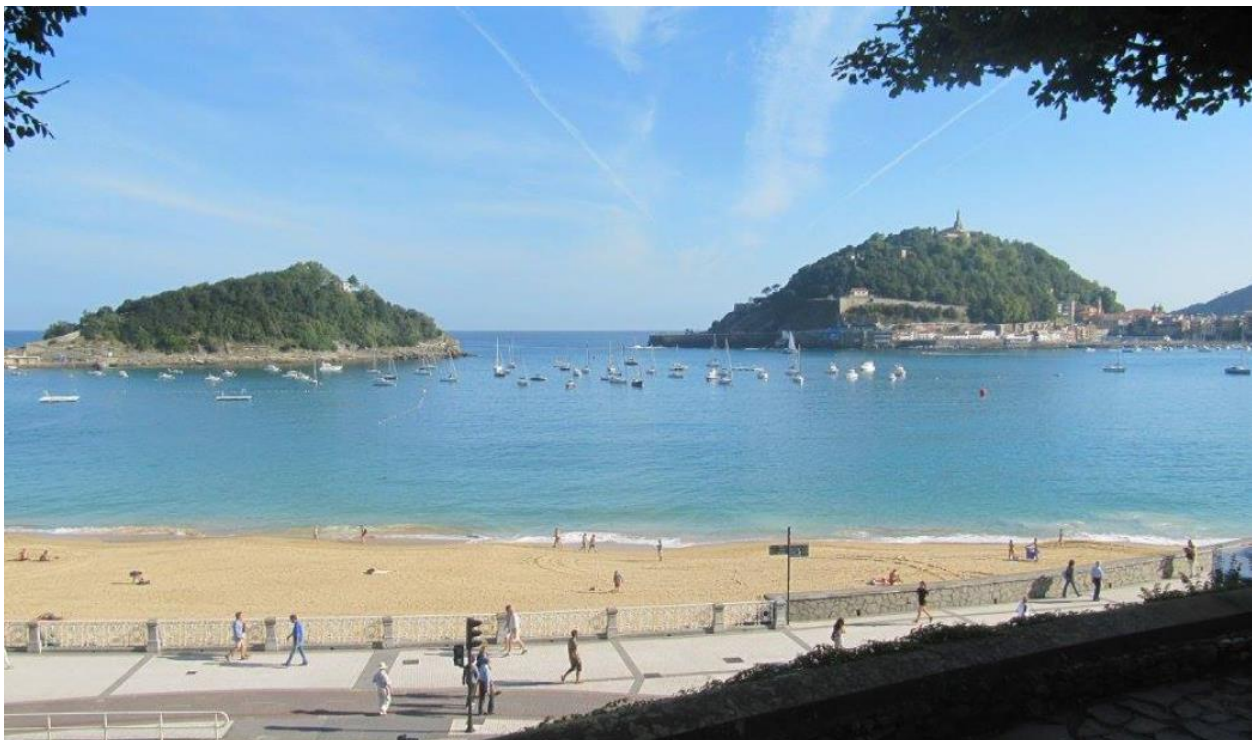
#### **Meals**

Cooking Class Lunch & Dinner

#### **Accommodation**

Isaba (Spanish Pyrenees)

**Cyclist Itinerary:** From San Sebastian there is a short transfer. The cyclists ride through the Irati Forest before finishing in charming Isaba.



## DAY TWO – Wednesday 23 July 2025 – Isaba & Irati Forest

Mid-morning there will be a local visit to a cheese factory. Isaba is part of the Roncal Valley and this area is steeped in centuries-old-cheese-making practices. After fully ripening the cheese is said to smell of herbs and flowers. After some sampling, there will also be time to take a short wander through the small laneways of this town which is quietly nestled away in the Spanish Pyrenees.

### Meals

Breakfast

### Accommodation

Isaba (Spanish Pyrenees)

**Cyclist Itinerary:** An Isaba loop ride today with the opportunity to ride what is Spain's version of the Dolomites.

## DAY THREE – Thursday 25 July 2025 – Crossing into France

This morning the tour leaves Spain. Along the way we will stop the van on the climb up to the Spanish/French border so you can also cheer on our team of cyclists! After descending down into France there will be time to have a coffee in the quiet village of Arette. You will then be transferred through to Laruns where you can visit and learn about the chocolates of Ghislain. These handmade treats are simply delicious. Remember to save a few for those cycling along in the peloton!

### Meals

Breakfast & Dinner

### Accommodation

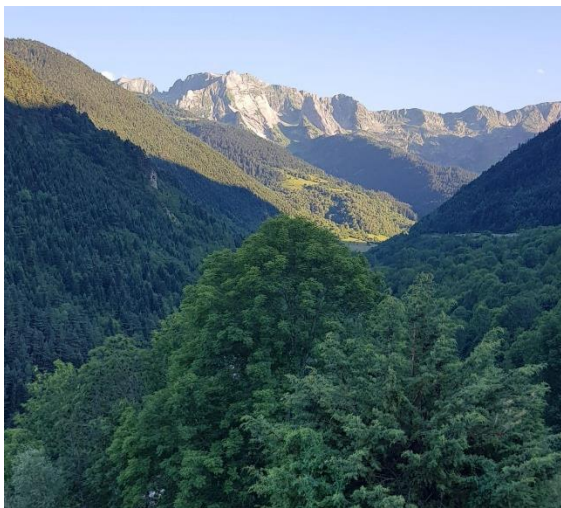
Laruns (French Pyrenees)

**Cyclist Itinerary:** The route begins today with the leg-zapping 'Piedra de San Martin' climb which is of La Vuelta and Tour de France fame. Following the climb there is the long descent into France before cycling through to Laruns!



## DAY FOUR – Fri 26 July 2025 – Gastronomy in Lourdes

After a quiet morning your Sierra guide will co-ordinate a unique food and wine tour of Lourdes over the lunch time period. Whilst being heavily visited for its ‘religious miracles’ this tour will provide a different take of this small town in the Hautes-Pyrenees. It will combine some walking and visits to local eateries to taste test the regional savoury and sweet foods.



**Cyclist Itinerary:** The Col d’Aubisque is a Hors Catégorie (unclassified) climb that begins from the outskirts of Laruns and is a challenge all the way to the summit.

### Meals

Breakfast & Lunch

### Accommodation

Argeles-Gazost (French Pyrenees)



## DAY FIVE – Saturday 26 July 2025 – Rest Day!

After a number of days on tour already it is also important to slow down and let you all decide on how you would like to spend your day. One option is to relax and let our Sierra guide find a nice restaurant so you can enjoy a long lunch. Or you might prefer a yoga/pilates class or souvenir shopping could perhaps be on the agenda.

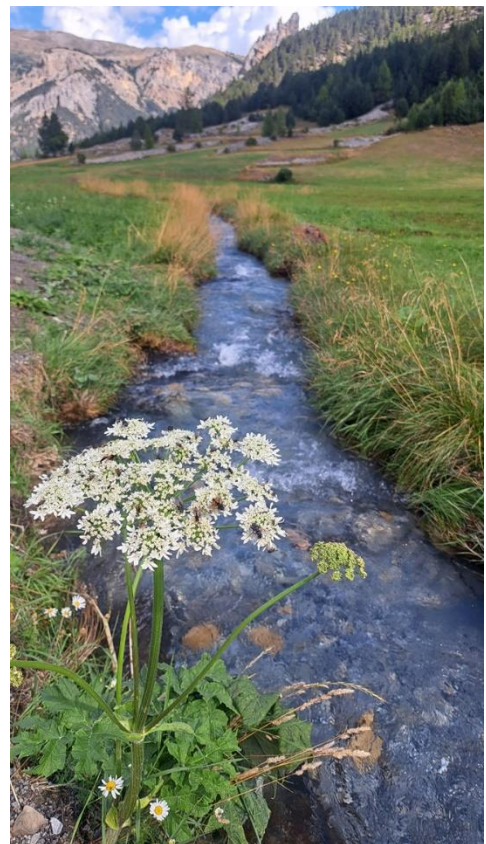
**Cyclist Itinerary:** The Gavarnie National Park is on today's agenda. The Cirque du Troumouse is a climb that the Tour de France only dreams of accessing!

### Meals

Breakfast & Dinner

### Accommodation

Argeles (French Pyrenees)





## DAY SIX – Sunday 27 July 2025 – Guided Walk to Gavarnie

A one-hour drive will take you up to the Gavarnie National Park. A walk out to one of Europe's most impressive waterfalls is on the agenda for today. The 440m high waterfall makes one feel tiny as you approach its base. Your local external guide will also follow a route which gives you the best chance to spot the 'marmot' living in its natural habitat. This medium sized rodent was extinct in the Pyrenees until a reintroduction program which started in 1948 has seen good breeding success.

### Meals

Breakfast

### Accommodation

Argeles (French Pyrenees)

**Cyclist Itinerary:** For those looking for an easy day then you have the asphalted bike path down along the river. Otherwise, there is the gruesome Hautacam climb to contend with for those chasing 'Hors Categorie' climbs!



**DAY SEVEN – Monday 28 July 2025 – Pic du Midi charlift**

The Col du Tourmalet is by far the most iconic cycling climb in the French Pyrenees. With over 100 TDF crossings it is the climb that everyone has highest on their bucketlist. There will be a chance to watch the cyclists as they pass half-way over this epic climb. The idea is for our non-cyclists, having also visited the Tourmalet summit, to then catch the chairlift up to the highest viewing point in the Pyrenees: Pic du Midi (2877m elevation).

**Meals**

Breakfast &amp; Dinner

**Accommodation**

St Lary Soulan (French Pyrenees)

**Cyclist Itinerary:** Time for the cyclists to conquer the Col du Tourmalet climb which is the emblematic climb of the French Pyrenees!





## DAY EIGHT – Tue 29 July 2025 – Thermal Pyrenees baths!

Following breakfast our tour guide would like to take you to a thermal bath complex in Loudenvielle. This provides you with the perfect chance to relax your mind and body. Remember to pack your bathers and swim cap (mandatory in France) and let the warm waters revitalise your soul.

**Meals**

Breakfast

**Accommodation**

St Lary Soulan (French Pyrenees)

**Cyclist Itinerary:** First up from the hotel is the Cap d'Long climb. This is yet another giant climb up to 2160m elevation and it actually happens to be France's second highest reservoir.

## DAY NINE – Wednesday 30 July 2025 – Farm Visit

The Pyrenees is an area highly valued for its agriculture. There are many options today and we will be sure to consult with you all regarding preferences. From goat farms to honey producers there will be lots of local products and farming practices on show. In the evening, we will top everything off with a final dinner and celebration to mark an amazing holiday through the Pyrenees!

**Meals**

Breakfast &amp; Dinner

**Accommodation**

St Lary Soulan (French Pyrenees)

**Cyclist Itinerary:** A Tour de France special today with both Col de Val Louron-Azet and Col de Peyresourde available. A big day on the bikes to complete a major cycling achievement!

## DAY TEN – Thursday 31 July 2025 – Goodbyes

Following breakfast, the guides will be available to transfer the group to Toulouse Blagnac Airport (2hr). We hope you enjoyed your Epic Pyrenees holiday and we look forward to seeing you in the near future!

**Meals:** Breakfast

## WHAT'S INCLUDED

### Tour Package:

**Epic Pyrenees Non-Cyclist** (22 – 31 July 2024)

### Tour Inclusions:

9 nights accommodation (twin share), 3/4 star hotels  
All breakfasts included, 3 restaurant lunches & 5 dinners with beer & wine  
Designated non-cyclist guide & local guides where relevant  
Comprehensive tour booklet  
San Sebastian Cooking Class Experience  
Guided walking tours of Lourdes & Gavarnie National Park  
Organised visits for local cheese makers, chocolate tastings, thermal baths & Pic du Midi chairlift

**Price:** 3975 Euro (Payment in \$AUD available)

Minimum 6 participants / Maximum 15 participants

## CONTACT



**Sierra Sports & Tours** specialises in European road cycling tours with annual trips through France, Italy, Spain, Belgium, Portugal, Slovenia & Switzerland. Cycling is our life, bike travel our passion and our number one priority is to support you in your quest to cycle the very best of Europe!

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