Conquer majestic mountain passes and relive epic race battles as you pedal across the Pyrenees from the Atlantic to the Mediterranean. With daily routes through France and Spain, averaging over 60 miles and 7000 vertical feet, this cross-country bike trip offers avid cyclists an invigorating combination of riding and cultural experience. Though the riding is challenging and the terrain is surely spectacular, the unassuming charm and hearty cuisine of the Basque & Catalan people serve to keep cyclists well-fueled and refreshed, as this bicycle tour traverses a true cycling paradise. Experience the magical healing powers of the springs of Bagnères de Luchon along the way. Join us for a bicycle vacation of a lifetime on our Pyrenees Sea to Sea cycling trip!

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<tr>
<th>From</th>
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<tr>
<td>Rider Type</td>
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**TRIP WOWS**

Take on the infamous Pyrenean climbs that are so frequently chosen to test the pros in the Tour de France and the Vuelta a España: Col du Tourmalet, Col du Soulor, Col d’Aubisque and Col du Portillon to name but a few.

Try Basque “pintxos” (tapas), Catalan “pa amb tomàquet” (bread brushed with olive oil and garlic and rubbed with fresh tomato), local seafood, and “Crema Catalana”

Take part in a game of “pelota.” No visit to the French Basque country is complete without it.

Ascend ancient Pyrenean mountain passes which have connected the Atlantic and the Mediterranean for centuries.
TODAY'S RIDE:
St. Jean-de-Luz to Puerto de Otxondo to St. Jean-Pied-de-Port
Approximately 47 miles with 5,500 feet of climbing

DESCRIPTION:
You can choose to either meet your guides between 4:00 PM - 5:00 PM on the day before your trip starts at the hotel or wait until the first meeting day for a custom bike fit before your first day's ride from the belle époque seaside resort town of St. Jean-de-Luz, France. Inhale a deep breath of salty Atlantic air and dip your toes (or maybe your front tire!) ceremoniously in the cool ocean waters to christen your trip before jumping into today's Pays Basque ride. Your ride today is 60% in France, 40% in Spain & 100% in the Basque country! The climb begins from the coast and ascends through green pastures dotted with sheep, mountain goats, and signature white Basque farmhouses. You’ll feast on a mountaintop Trek Travel picnic lunch before continuing on to your hotel for the night. Tonight, your guides will host a rousing round of introductions over drinks with your fellow travelers followed by a hearty dinner in the ancient mountain town of St. Jean-Pied-de-Port.

HOTEL:
Hôtel les Pyrénées

INCLUDED MEALS:
Lunch | Social Hour | Dinner
Day 2

**TODAY’S RIDE:**
St. Jean-Pied-de-Port to Cette-Eygun
Approximately 64 miles with 11,150 feet of climbing

**DESCRIPTION:**
Today you’ll ride from the foothills into the mighty Pyrenees. Begin with a climb up the Col de Burdincurutcheta, a popular bird migration viewpoint in September and October. As you summit this first climb, keep your eyes peeled for wood pigeons, honey buzzards and cranes. You’ll ride through the largest broadleaf forest in Europe, en route to Col d’Iraty and your first “hors catégorie” climb, Col de Soudet. You’ll be surrounded by vast gorges and quaint pastoral villages where sheep cheese production is the main source of work and income. Enjoy lunch at the café of your choice today, giving you flexibility to ride at your own pace along the Route du Fromage and explore this remote Basque country. You’ll reconvene with the rest of the group for dinner at your hotel deep in the Vallée d’Aspe.

View Day 2 Elevation Map»

**HOTEL:**
Chateau d’Arance

**INCLUDED MEALS:**
Breakfast | Dinner

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Day 3

**TODAY’S RIDE:**
Cette-Eygun to Saint-Savin
Approximately 61 miles with 9,100 feet of climbing

**DESCRIPTION:**
From your hotel you’ll ride down the Vallée d’Aspe this morning to cross over to the Vallée d’Ossau, as you continue your journey into the Hautes-Pyrénées. If you’re lucky, as you climb through the old beechwood forests to Col de Marie-Blanque you may see one of the six recently reintroduced brown bears. Later you’ll also pass the Neoclassical spa town of Eaux-Bonnes which offers an ideal place to stop for lunch before the next two historic and challenging climbs. This afternoon, you’ll tackle two legendary ascents—Col d’Aubisque and Col du Soulor. You’ll climb Aubisque from the ‘hard’ side which starts out relatively easy until after the Cascade de Valentin where you’ll be confronted by thigh-burning 13% grades. If the riding doesn’t take your breath away, the the stunning views on a clear day certainly will! Later on, enjoy a long descent to the hotel near Argeles-Gazost, to swap stories with your new cycling friends over a well-earned gourmet French feast.

View Day 3 Elevation Map»

**HOTEL:**
Le Viscos

**INCLUDED MEALS:**
Breakfast | Dinner

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Day 4

**TODAY’S RIDE:**
Saint-Savin to Bagnères-de-Luchon
Approximately 68 miles with 11,150 feet of climbing

**DESCRIPTION:**
Prepare for climbing today on the biggest day of elevation gain on the trip! You’ll climb Col du Tourmalet, Col d’Aspin & Col de Peyresourde, three of the five climbs that have been regularly featured in the Tour de France, where many have tried but only the strongest survived. You’ll begin your day with a warm-up in the Gorge de Luz, en route to Col du Tourmalet, the highest pass traversable by a vehicle and home of the largest ski area in the Pyrenees. After an exhilarating descent, climb again to the cow-grazing peak of Col d’Aspin and swoop down to Arreau, the former capital of ancient Aragon. Arreau enjoys an almost rainless micro-climate in the shadow of these large mountains. You have the freedom to challenge these peaks at your own pace, stopping for lunch in any of these mountain villages when you choose. The final climb is more gradual up to Col de Peyresourde, before zipping down into Bagnères-de-Luchon for a hearty meal and a cozy bed.

View Day 4 Elevation Map»

**HOTEL:**
Hôtel Alti Luchon

**INCLUDED MEALS:**
Breakfast | Dinner
**TODAY’S ACTIVITY:**
Rest Day
Bagnères-de-Luchon

**DESCRIPTION:**
It’s rest day today - and an opportunity to relax, recuperate and charge your batteries for the rest of the trip. Relax in Bagnères-de-Luchon as you soak your aches and pains away at a mountain spa and maybe take a visit to the "thermes" and warm-up your muscles in the Vaporarium—a one-of-a-kind natural underground steam bath. Work out any kinks with an indulgent massage and then enjoy the swimming pool at your leisure. Your Trek Travel guides have a menu of other activities for an afternoon of fun—rafting, kayaking, caving, climbing and hiking are just a few of the options. If you’re interested there’s also the opportunity to enjoy a bird’s-eye view of the region as you "parapente" back down the mountain! Whatever you decide, this is your day to do as little - or as much - as you want.

**HOTEL:**
Hôtel Alti Luchon

**INCLUDED MEALS:**
Breakfast

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**TODAY’S RIDE:**
Bagnères-de-Luchon to Sort
Approximately 66 miles with 7,800 feet of climbing

**DESCRIPTION:**
Today you’ll say "au revoir" to France and "hola" as you head into Spain! You’ll enter the Val d’Aran from atop the wooded Col du Portillon. This valley is on the French side of the Pyrenean watershed but - under Spanish rule - was cut-off from the outside world for centuries. Your biggest challenge of the day is Puerto de la Bonaigua: a category one climb and the highest mountain you’ll climb in Spain. A barren and broad landscape stretches before you as you wind your way down the valley to one of the premier whitewater rafting spots in Europe, La Noguera Pallaresa. You’ll end the day in the luckiest town in Spain, Sort (“luck” in Catalan). Sort attracts Spaniards from all over the country, who buy their lottery tickets here in hopes of becoming the next "El Gordo" winner. Tonight you’ll regroup in town with your traveling companions to enjoy some typical Catalan cuisine and "tapas."

View Day 6 Elevation Map»

**HOTEL:**
Hotel Pessets

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner

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**TODAY’S RIDE:**
Sort to Gósol
Approximately 65 miles with 9,600 feet of climbing

**DESCRIPTION:**
Enjoy your last big day of climbing on your trans-Pyrenees journey today. Starting with a category one pass, a regular climb of the Vuelta a España—Coll de Cantó. You’ll then drop down to La Seu d’Urgell, where you may choose to have lunch along the river where the canoeing events of the 1992 Barcelona Olympics were held. Continue pedaling along quiet, beautiful roads in the Cadí-Moixeró Natural Park, a 250-square mile park which is too steep for skiing or agriculture and makes a perfect playground for thrill-seeking hikers and climbers. Alongside the roads here you’ll also often see goat-like chamois precariously perched or maybe locals out foraging for mushrooms. End your day in Gósol, a remote town where Pablo Picasso once famously traveled in search of fresh inspiration. Tonight you’ll savor a hearty dinner at a small local bistro in the town center before turning in for a refreshing alpine rest.

View Day 7 Elevation Map»

**HOTEL:**
Cal Franciscó

**INCLUDED MEALS:**
Breakfast | Dinner
Day 8

TODAY’S RIDE:
Gósol to Olot
Approximately 60 miles with 3,700 feet of climbing

DESCRIPTION:
Dive into the day and explore the many sights you pass on your ride through this intriguing and unique region of the Pyrenees. First up is the Pedraforca, a dramatic limestone outcropping reminiscent of the Matterhorn in Switzerland. The seemingly endless limestone façade is slowly replaced by organic volcanic hills as you make your way to Olot, a town at the heart of a region rich with natural beauty. Enjoy lunch along the way in Sant Joan de las Abadesses and stroll among the many historic remains including a Benedictine monastery and reconstructed 12th century bridge. Tonight relax and rest up before your final ride of the journey tomorrow, and your first glimpse of the Mediterranean Sea!

View Day 8 Elevation Map»

HOTEL:
Hotel Can Blanc
VISIT WEBSITE
INCLUDED MEALS:
Breakfast

Day 9

TODAY’S RIDE:
Olot to Platja d’Aro
Approximately 78 miles with 5,300 feet of climbing

DESCRIPTION:
Today the last exhilarating ride of your epic trans-Pyrenees adventure lies before you - so savor every moment! You’ll start by crossing La Vall d’en Bas, which hosted a 2005 Vuelta a España stage start, and cruise through the training ground that many professional cyclists use to jump-start their season. One last relatively small climb stands between you and your long awaited view of the brilliantly blue Mediterranean Sea. Your ride ends with a spectacular finale, winding along the rugged, beautiful Costa Brava to your hotel nestled right on the beach. Here, you’ll ceremoniously conclude your ride by again dipping your tire in the sea. While overlooking the clear blue waters with your fellow riding companions, you’ll toast to your conquest of the Pyrenees with a traditional glass of “cava” from your hotel’s terrace while enjoying a farewell dinner overlooking the water as the sun sets behind the mighty jagged peaks you’ve just traveled.

View Day 9 Elevation Map»

HOTEL:
Hotel San Jorge
VISIT WEBSITE
INCLUDED MEALS:
Breakfast | Lunch | Social Hour | Dinner

Day 10

TODAY’S ACTIVITY:
Farewell

DESCRIPTION:
This last morning is yours to do as you please. Sleep in and enjoy a leisurely breakfast overlooking the tranquil Mediterranean Sea, or take a walk along the sandy beach and enjoy the spray of the surf. You will say farewell to your guides at 10:00 AM at the hotel before shuttling to the Girona Train Station to continue on your next adventure.

INCLUDED MEALS:
Breakfast

WHAT'S INCLUDED

For us, the details matter most
Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What’s Included
• 9 nights of accommodation at handpicked hotels
Two experienced guides to provide local knowledge, support, and camaraderie
Daily route support with both guides and our support van
Daily breakfast, 2 lunches and 7 dinners
2 social hours of drinks and hors d’oeuvres
Ride a Trek Domane SL 7 or a Trek 7.6 FX Hybrid
Up to three daily route options on riding days
Snacks and drinks for each day’s ride
Trek Travel Bontrager cycling jersey to keep
Trek Travel water bottles to keep
Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
All gratuities for drivers, local experts and hospitality staff
All luggage transfers and transportation during your trip
A personalized photobook of your trip
Entrance fees for all activities, private tours and events

Gear
- Trek Domane SL 7 carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager helmet and saddle
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Upgrade your bike to include carbon wheels (+$200)
- Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.
- You may bring your own pedals and saddle on the trip. Your guides will install your gear on the first day during your bike fit.

THANK YOUR GUIDES, BY TIPPING
Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What’s Not Included
- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

HÔTEL LES PYRÉNÉES
ST. JEAN-PIED-DE-PORT, FRANCE (PYRÉNÉES-ATLANTIQUES)
Situated in the heart of town, the Hôtel les Pyrénées is steps away from the 17th century city walls. This 4 star hotel also boasts a michelin starred chef who prides himself on innovate, fresh and seasonal cuisine.

CHATEAU D’ARANCE
CETTE-EYGUN, FRANCE (PYRÉNÉES-ATLANTIQUES)
This charming hotel-restaurant is in a quiet peaceful village, deep in the heart of the French Pyrénées. Enjoy panoramic views of the surrounding mountains, such as the Pic d’ Anie.

LE VISCOS
SAINT-SAVIN, FRANCE (HAUTES-PYRÉNÉES)
Situated in a small picturesque village near the base of Tourmalet, this hotel is a comfortable retreat with amenities such as wifi and an accomplished restaurant.
HÔTEL ACTA LUCHON
BAGNÂRES DE LUCHON, FRANCE (HAUTE-GARONNE)
Treat yourself to the only four-star hotel in town for two nights. Smart and stylish, this newly renovated hotel is in the heart of Bagnâres de Luchon, with all the amenities you desire.

HÔTEL PESSETS
SORT, SPAIN (LLEIDA)
This family-run hotel is a comfortable stop, next to the river Noguera Pallaresa.

CAL FRANCISCÓ
GOSOL, SPAIN (LLEIDA)
This basic two-star hostel has simple, clean rooms - set in the mountains of the beautiful and remote Parc Natural del Cad-Moixeró.

HÔTEL CAN BLANC
OLOT, SPAIN (GIRONA)
This small hotel has brightly colored rooms and sits on a quiet road in the Parque Natural de la Zona Volcànica de la Garrotxa.

PARK HOTEL SAN JORGE
PLATJA D’ARO, SPAIN (GIRONA)
This hotel is situated on a cliff, overlooking two fantastic sandy beaches near the town of Sant Feliu. The outdoor swimming pool, beautiful gardens, and spa retain all the flavor of the 1950s, but in a modern setting.

MEETING & DEPARTING

How To Get There
We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Biarritz, France (BIQ) and take a taxi 9 miles south to our meeting point in St.Jean-de-Luz. Alternatively, fly into Paris, France (CDG) and travel by TGV train 6 hours southwest to the St. Jean-de-Luz station, less than one mile from our meeting point. For train schedules and further information please consult www.RailEurope.com.

As the trip ends in the Costa Brava region of Spain, we recommend booking your return flight from

Meeting Time And Location
Your Trek Travel guides will meet you at the Hotel La Reserve (1 Avenue Gaetan Bernoville, 64500 St Jean de Luz, France) at 10:00 AM on the first day of the trip. After a brief round of introductions and a bike fitting, you'll begin your first ride through the Pays Basque. Alternatively, your guides will be at this trip start hotel between 3:00 PM - 6:00 PM on the previous day, where you can choose to meet them to be fit to your bike a day early. Please have your first day's riding gear handy and separate from your other luggage to facilitate the bike fitting and ride.

If you will be late for the meeting time or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Hôtel les Pyrénées (+33 (0) 559 37 01 01), and leave a message with your expected arrival time and contact details. Trains leave 4 times daily from Bayonne (25 miles north of St. Jean-de-Luz) to St. Jean-Pied-de-Port. The journey will take 1 hour and 15 minutes and cost around 10 euros. Consult www.RailEurope.com for more information.

Departing Time And Location
You will say farewell to your guides at 10:00 AM at the Park Hotel San Jorge.
Barcelona Airport (BCN). There are hourly trains from Girona to the downtown Barcelona Sants Station, and the trip takes about an hour. From the station, you can connect to the airport by a 20-minute train ride. For further information, consult www.RENFE.com.

You'll then shuttle 1 hour to the Girona Train Station, arriving at approximately 11:00 AM. Please allow adequate time for any connecting travel to accommodate possible traffic delays.

Before: Biarritz & St. Jean-De-Luz, France

Biarritz has been a holiday resort for many of the rich and famous, including Napoleon III, Hemingway, and Frank Sinatra. Follow in their footsteps by spending the afternoon at the Grande Plage—the largest beach—strolling through town, shopping, or pampering yourself at a local spa. Whatever you choose, make sure to stop at a Chocolaterie Henriet to enjoy a Rocher de Biarritz, a delicious bitter chocolate with orange rinds and almonds. Or join the surfers who come from all over the world to surf the ocean between Biarritz and St. Jean-de-Luz. Finish the day with an evening at the Casino de Biarritz. We recommend the following accommodations for your pre-trip hotel:

| HÔTEL LA RESERVE
| This charming hotel is surrounded by a park of 7 acres with large bay windows and terraces overlooking the sea. It also boasts a swimming pool and a chic restaurant serving inventive cuisine and the flavors of the Basque Country.
| www.Hotel-Lareserve.com | ~$175

| BEST WESTERN HÔTEL COLBERT
| This three-star hotel is situated near the fishing port, in the center of Cité des Corsaires, 5 minutes from the beach and restaurants.
| www.HotelColbertSaintJeanDeLuz.com | ~$200

| EDOUARD VII
| Just a few blocks from the waterfront and the downtown, this is a beautiful Biarritz style building with deep blue shutters. The rooms are impeccable and decorated with a personal touch.
| www.Hotel-EdouardVII.com | ~$175

After: Barcelona, Spain

The Catalonian capital of Barcelona boasts a beautiful coastline, diversity of culture, leisure, and shopping, creative, innovative gastronomy and an avant-garde spirit. Be sure to check out some of the fantastic architecture and art of Antonino Gaudi, such as Sagrada Familia or Parc Guell. The Gothic quarter is the heart of Barcelona’s old town, with narrow cobbled streets on which Picasso and Miró lived long ago. Las Ramblas is a long, tree-lined shopper’s paradise that leads to the sea. Be sure to check out the fascinating Boqueria market as well. We recommend the following accommodations for your post-trip hotel:

| CHIC & BASIC BORN HOTEL
| In keeping with Barcelona’s Avant-Garde ambience, this popular and unique design hotel perfectly blends modern with kitsch. The century old building has been transformed into a contemporary hotel. The style is anything but basic and most rooms contain a crystal shower and a light system which transforms the room according to your taste.
| www.ChicandBasic.com | ~$150

| CASA CAMPER
| A 19th century building converted into a cozy 25-room hotel. In the multicultural neighborhood of El Raval, just a few steps from the famous La Boqueria market, Casa Camper is the perfect location to indulge in Barcelona’s vibrant nightlife. You can do this actively by using one of the Casa Camper’s bicycles, or by enjoying the spectacular view across the city from the rooftop terrace.
| www.CasaCamper.com | ~$425

| HOTEL VILLA EMILIA
| Ten minutes from the historic city center, Hotel Villa Emilia offers 53 non-smoking modern and spacious boutique rooms. Escape to the rooftop terrace and enjoy its sophistication and serenity.
| www.HotelVillaEmilia.com | ~$225

* Hotels listed above are local properties we love. We do not have special rates available.
What Are The Daily Rides Like?

- Rider Type | 4 - Avid
- Average Daily Mileage | 51
- Terrain | Mountainous
- Average Daily Elevation | 6,330 feet
- Total Miles | 509
- Total Elevation | 63,300 feet

Averages and totals are calculated from our Avid Ride options.

The terrain is mountainous and challenging, with sustained climbing in all kinds of weather. We’ll tackle rolling foothills as well as "hors catégorie" peaks, in the end, scaling the equivalent height of Mt. Everest—twice. Our highest point of the trip is Col du Tourmalet, just shy of 7000 feet. Roads will be winding, narrow, and steep at times, and rarely ever level. Pyrenees Sea to Sea is best suited for our Type 4 Riders. Our Trek Travel guides can also easily accommodate Type 3 Riders, who seek less mileage or fewer uphills, with a boost in the van.

What are the options for a non-rider travel companion?

This destination is best suited to guests who want to cycle every day. Because of the terrain and/or remoteness of the hotels and riding routes, there are few, if any, non-riding options available. If a non-rider wants to accompany a rider guest on this trip, they would need to spend many hours in the van and/or at the hotels on the trip. Due to this, we strongly discourage non-riders from this destination. As an alternative, call a Trek Travel Trip Consultant at 866.464.8735 for trip suggestions where more non-ride activities are available, such as:

- Costa Brava
- Mallorca Beach
- Provence

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.