

Climb the Pynenean cols of the Tour de France...



Col d'Aubisque, Col de Marie Blanque or Col du Pourtalet, three mythical cols from the Tour de France you have been dreaming to climb! This will give you the unique opportunity to measure yourself against the cycling legends of the TdF : Froome, Contador, Quintana, Hinault, Indurain, Jalabert, Virenque, ...

We recommend three routes, each followed by a visit to the "Spa Montagne", where recovery massage and spa facilities are offered.

Your accommodation is at "Green Bike Pyrenees", where you will be welcomed by your hosts, Mireille and Nick. They are passionate about cycling and have chosen to share this passion with you. Everything is done so that this stay brings you the best: safe storage for your bikes, bike workshop with tools, nutritional breakfast, cycling local routes with advice and local maps to consult on site, relaxation area on the terrace of the chalet...

From June to October 2018 on request



Day 1 :

Arrival in Louvie-Juzon early morning and installation in your B&B.

Departure for the Ascension of the Col d'Aubisque - Circuit of 85 kms between the Valleys of Ossau and the Ouzom. Allow 4 hours.

5 pm: go to the "Spa Montagne" for a Balnéo, sauna and Jacuzzi session.

8 pm: Dinner and overnight at the lodge.

Suggestion for a visit in the afternoon: visit of the "Miellerie of the Green Mountain" (honey makers) in the village of whistlers that you will have seen

between Eaux Bonnes and Gourette.

Day 2:

8 am: breakfast and departure for the route of the Col du Pourtalet (passage from France to Spain) - Circuit of 60 kms - Plan 3 h.

5 pm: go to "Spa Montagne" for a treatment session "Jacuzzi and leg massage".

8 pm: dinner and overnight stay at the Chalet.

Suggested visit in the afternoon: visit of the Falaise aux Vautours, museum space for the birds of prey.

Day 3:

8:00 am: breakfast and departure for the climb of the Col de Marie Blanche route.

90 kms circuit between the valleys of Ossau and Aspe - Plan 4H.

4 pm: go to "Spa Montagne" for a session "Le Grand Refuge du Sportif" (balneo with sport program, sauna, 50mn of sports massage) where everything is combined to relax your muscles by giving them tonicity and come out lighter!

8 pm: Dinner and overnight at the lodge.

Suggested visit in the afternoon: Walk in the surrounding nature around Lake Castet, the Plateau du Bénou and the Port de Castet.

Day 4:

After your breakfast, end of your stay.

Suggested visit for the day: excursion to the Artouste Train. Booking available from the Tourist Office in Laruns.

Accommodation:

The accommodation is located in Louvie Juzon, a small mountain village, at the foot of the three mythical passes.

You are accommodated in B&B at "Green Bike Pyrenees", in a traditional chalet on the edge of the Gave d'Ossau. Spoken languages are French, English and Spanish. Nick and Mireille offer two bedrooms with a view to the garden and the mountains. Private terrace to relax.

A workshop is available for your "cycling" equipment, bicycle workshop for repair and maintenance.

Meals:

Lunches are not included. Tea and cakes anytime. Dinners are served at the lodge.

Wellbeing:

During the stay, three "Wellness" sessions offered at the "Spa Montagne" in the village of Laruns: balneo, sauna, "Refuge du grand sportif" (full sport "treatment").

Equipment to be brought:

Cycling equipment / Possibility of bike rental (20.00 €/day) - bring your own pedals.

Personal Clothing

Small backpack

Swimsuit.

**2018 Prices: 410.00€ per person (base on1 person)
319.00 € (base on 2 people)**



What is included:

- Accommodation half board,
- Three sessions at Spa Montagne
- Maps of the different circuits
- Free transfer from Pau / Tarbes (airport or train station)
- Emergency pick-up
- Use of the bike workshop
- Safe storage for your bikes
- Access to a mini fridge for your personal drinks and food

What is not included :

- Insurance (sport insurance is highly recommended for practicing road bike)
- Travel fees
- Personal expenses
- Personal cycling gear
- Lunch and drinks : possibility to order a pack lunch : +6.50 € / person
- Cycling material (personal pedals). Helmet can be provided.
- Other activities

Minimum number of participants : 1 person minimum

How to book?

Return the booking form signed with 30% deposit by national or international bank transfer or credit card. Upon receipt, you will receive your booking confirmation by mail. You will receive your vouchers, upon receipt of the balance one month, at the latest, before the beginning of the stay

POINT INFO MONTAGNE

OFFICE DE TOURISME DE LARUNS

Contacts : Laurence

Maison de la Vallée – 64440 LARUNS - FRANCE

Tél : +33 5 59 05 48 94 – www.ossau-pyrenees.com

E.Mail : production@ossau-tourisme.fr