

Purely PYRENEES

walking and cycling holidays

Cycling the Mediterranean Pyrénées : Collioure to Cadaqués



A beautiful ride along the Mediterranean coast using electric bikes. Plenty of time for bathing and idleness as you make your way from Collioure to Cadaqués...

3 nights and 2 days of cycling with hybrid/ electric/MTB

- Minimum required 2
- From point to point
- With luggage transportation
- Self-guided

Code :
FP9PUCO



The plus points

- **A superb itinerary designed for electric bikes**
- **Wonderful maritime climate**
- **Beautiful landscapes**
- **Splendid ports and villages**



Before departure, please check that you have an updated fact sheet.

https://www.purelypyrenees.com/cycling_mediterranean_pyrenees_collioure_cadaques.html

Between the Med and the mountains, and between France and Spain, this short cycling holiday under the sun of Catalonia is practicable for most of the year. It will take you through sun-drenched landscapes, presenting you with panoramic views of the deep blue sea, the superb harbours of Collioure, the terraced vineyards of Banyuls, the white-washed houses of Cadaqués... this trip has a lot going for it. Not to mention the chance to take a dip in one of the many mysterious Catalanian creeks!

■ PROGRAMME

DAY 1

Arrival at Collioure

Standard option: You make your own way to Collioure (secure parking).

With extra airport pick-up: We pick you up from Perpignan airport or railway station and take you to Collioure. *Pick-ups also available from Toulouse, Carcassonne, Montpellier, Girona or Barcelona (please consult us for prices).*

Collioure is an old fishing port with a waterside castle, and remarkable heritage, not least because it is the birthplace of the artistic movement of Fauvism. Depending on your arrival time, you can choose to walk around the town, and/or take your electric bike for a short trip up to the Col de Mollo, with magnificent views along the coast.

Hôtel* Les Princes de Catalogne :** <http://www.hotel-princescatalogne.fr/fr/>
The hotel is welcoming and well-situated at the very heart of Collioure, just metres from the port and the sea. Dinner will be in a nearby restaurant (The "Can Pla") which offers a selection of local specialities.

Four-star option : with a supplement you can stay in a very classy hotel facing the port, with its own beach and gourmet restaurant (1 star in the Michelin guide): <http://www.relaisdestroismas.com/>

Transfer time : 40 minutes. Distance: 16km

DAY 2

Collioure - Llança

The first day's ride is all the more enjoyable because you have an electric bike. You will first ride to the pretty port of Port Vendres then continue on through vineyards and sea views to Banyuls-sur-Mer. A balcony route, with numerous exceptional viewpoints out to the Mediterranean, will then lead you to Cerbère. Then there is a climb to the border with Spain at the Coll dels Balistres. Once your two wheels are firmly on the Spanish side of the col, it will be time to descend down to Portbou, where there are stunning views of the creeks ahead of you. A panoramic route takes you past 2 superb beaches where a spot of bathing would be highly recommended before heading on to Colera and finally Llança, which is where you will stay for the night.

You stay in Llança, which is an attractive and interesting resort (lovely beach) and fishing port. The Hôtel Carbonell is situated in the centre of the village, and is without doubt the best place to stay - very comfortable and welcoming. You also dine at the best restaurant - the nearby Le Pati Blanc - offering a range of regional specialities to extend your knowledge - and enjoyment - of Catalan cuisine.

Distance : 42km

DAY 3

Llança - Cadaqués

From the port of Llança you will head out of town and on towards some beaches and the pretty little harbour of Port de la Selva. From here, you will almost certainly make quick progress along a fairly undulating road. The beauty of this road alone justifies the day's small mileage as it is worth taking your time here. The extra time you have will also allow you to take a break just after Llança for some bathing and to make the most of your stay in the wonderful town of Cadaqués. You can the afternoon exploring around the town or (why not?) you could also stay on a high of pleasure and effort by riding out to the extremity of Cap de Creus ("Cape of the Cross") and back.

Hôtel** Playa Sol** : <http://www.playasol.com/ca/>

Magnificently refined establishment right next to the seafront and the port of Cadaqués on one side, and with a garden filled with olive trees and a swimming pool on the other. There are plenty of good restaurants in cadaques, so you can choose which one suits you best for your last night.

Distance : 22 ou 40km

DAY 4

End of stay

Standard option: At 9am (after breakfast) you will have a transfer back to Collioure (to collect your car if you have left it there). We can stop off in Figueras, where you will have the chance to visit the Dali Museum for an hour and a half (subject to opening hours, please inform us when you book if you wish to stop at the museum).

With extra airport pick-up: At 9am (after breakfast) we will transfer you back to Perpignan airport or railway station. If your flight times allow, we can stop off in Figueras to visit the Dali Museum for an hour and a half (subject to opening hours, please inform us when you book if you wish to stop at the museum). *Transfers also available to Toulouse, Carcassonne, Montpellier, Girona or Barcelona (please consult us for prices).*

Transfer time : 2h.

Elements beyond our control (the weather, level of the group, logistical risks, other miscellaneous reasons...) may lead our team to modify the programme. We aim to please, but your safety will systematically be our priority.

Visits : The opening days and times for the museums are liable to modification, so we recommend that you check them before booking your trip and then double-check again a few days before you leave.

- Dali Museum (Figueras) : http://www.salvador-dali.org/museus/figueres/fr_index.html?mes=1#calendari

If you leave with us at 9am from Cadaqués, no booking is necessary for the above museum.

- Casa Dali (Port Lligat) : http://www.salvador-dali.org/museus/portlligat/fr_index.html?mes=1#calendari

For Casa Dali (Port Lligat), booking is essential (00349 72 251 015).

■ USEFUL INFORMATION

PROGRAMME OF DEPARTURES

From February through to the beginning of July, and from the end of August through to the end of November.

For your safety and comfort we do not run this trip between the beginning of July and the end of August due to the large amounts of holiday traffic on the coastal roads.

MEETING POINT

Standard option: You make your own way to Collioure (secure parking).

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TO GET TO THE MEETING POINT

There are trains and planes to Perpignan, and trains to Collioure (including sleepers from Paris), but there are more flights to Montpellier, Toulouse, Girona and Barcelona. If you drive, it is motorway most of the way and there is good parking in Collioure.

CAR SHARING

To reduce your travel costs as well as carbon emissions, think about car sharing, whether you are a driver or passenger. Connect to [Blablacar](#) it's simple and practical.

We recommend that you compare the cost of various different means of accessing your circuit start point by using the website [Comparabus](#). Contrary to what the name suggests, this site proposes several different means of completing a journey, including, flights, trains, buses or car sharing.

PARKING

There is plenty of parking in Collioure.

IF YOU WANT TO ARRIVE THE NIGHT BEFORE OR STAY AFTER THE TRIP

Please consult us if you wish to book an extra night at Collioure for the day prior to your trip (supplement required).

GUARANTEED DEPARTURE FROM (PERS)

2

LEVEL

Total trip distance = 60 to 80km. While a reasonable level of fitness and some regular cycling are advantageous, the journey has been made a lot easier because of the electric bikes.

LUGGAGE TRANSPORTATION

Your luggage will be taken on to the following night's hotel, so you will only need to carry the things that you will need during your day's ride.

SUPERVISION

This is an independent, self-guided holiday.

ACCOMODATION

In double rooms (singles available for a supplement). 2 nights in 4-star hotels and 2 nights in 3-star hotels. On the first night it is possible to substitute the 3-star hotel for a 4-star hotel with a gourmet restaurant (1 star in the Michelin guide) (supplement required).

MEALS

Meals are usually a choice of local specialities made with local produce.

Sandwiches and picnics for midday are not included in the price.

Hotels may be able to provide you with picnics to be paid for directly at the hotel.

TRANSFERS

Usually transfers are in people carriers, mini-buses, cars or taxis. Often they will be exclusively for you.

CLIMATE

This is a geographically diverse region. It therefore has numerous types of climates and micro-climates which vary according to altitude or proximity to the sea. In general, the climate can be described as being a mild and temperate Mediterranean climate, characterised by dry and hot summers and mild winters.

THE PRICE INCLUDES

Electric bikes collected in Collioure and left in Cadaques, 2 nights dinner, bed and breakfast, one night bed and breakfast, the transfers mentioned in the detailed itinerary, luggage transfers, and a travel folder containing maps, route descriptions etc.

THE PRICE DOES NOT INCLUDE

Drinks, entry tickets for any extra visits you wish to make, picnics, booking fees and insurance. If you want to hire a GPS device, please tell us at the time of booking.

FORMALITIES

You need to keep your passport with you at all times, and ideally insurance information. You need to make your own arrangements to claim local healthcare. There are requirements in France and Spain for all vehicles to carry safety equipment.

CONTENTS OF YOUR TRAVEL FOLDER

- 1 practical information sheet with the accommodation and transport contact details
- 1 "road book" with route descriptions
- your invoice
- luggage tags

■ EQUIPMENT

MAKING THE RIGHT CHOICE

For your upper body: in all countries and in all seasons, the principal of wearing 3 breathable layers works well in most situations (T-shirt - warmer layer - waterproof and windproof outer layer). Choose clothes that dry quickly (synthetic fibres) and avoid cotton (dries too slowly => discomfort). Wool is a natural fibre that also has excellent properties and has recently made a great comeback in the outdoor clothing industry due to new manufacturing processes. Make sure you cover up before you get too cold, but above all make sure that you take layers off before you get too hot - sweat should be seen as an enemy for a cyclist (especially in winter) as it dampens clothing which can later freeze or cool too quickly. Avoid anoraks - they can turn a pleasant ride into a absolute nightmare!

For your lower body: shorts and trousers made from tough, synthetic fabrics that dry quickly and therefore allow for greater comfort. Be particularly careful in your choice of socks: bring tough, reinforced cycling socks with flat seams (to avoid blisters). In winter, choose warm socks. You should also avoid cotton socks (even if they have been blessed!).

LUGGAGE

You should bring:

- 1 travel bag per person (or suitcase with wheels). Make sure they are not too big in order to avoid logistical problems (taking up too much room in transfer vehicles, for example). On holidays where you move from one hotel to another during your stay, try to keep the weight down to 10-12kg (the extra weight can make it difficult to get all the suitcases to certain hotels that are difficult to get to). Be certain not to leave any fragile or valuable objects in your main luggage.
- 1 rucksack (around 30-40 litres) with integrated water-bag (e.g. Camel-Back). These bags are more practical than carrying bottles. The rucksack should also have a waist belt and allow your back to be well ventilated for extra comfort. Keep the total weight of your rucksack plus belongings down to a maximum of 10kg.

CLOTHING

- 1 set of cycling clothes: cycling shorts, breathable T-shirt (long-sleeved or short-sleeved depending on the time of year)
- 1 other pair of shorts or trousers for cycling (padding essential)
- cycling shoes
- comfortable clothes and shoes for the evenings
- underwear
- spare long-sleeved breathable T-shirts (1 for every 2_3 days) and 1 or 2 short-sleeved T-shirts
- 1 warmer layer (a fleece or water-resistant "softshell"jacket). Or a "primaloft" jacket (warm and easily compacted down to fit into rucksacks).
- 1 breathable, windproof and waterproof out layer (e.g. Gore-Tex) with a hood

EQUIPMENT TO BRING

- 1 large plastic bag to be used as a rucksack liner for protecting your belongings from the rain and/or 1 waterproof rucksack cover
- 1 waterproof bag containing: travel insurance contract, ID or passport, health card, and all other documents mentioned in the "formalities" section.
- 1 pair of good quality sunglasses (protection factor 3) plus high-factor sun cream and sunscreen for your lips (should always be carried in your rucksack) • 1 folding pen-knife (Swiss Army knife or similar)
- For lunches: cutlery and 1 plastic/tupperware container (0.5 litres minimum). You may end up not using it but it is important to have it just in case
- washbag and 1 quick-drying towel (try to bring only essential items that don't take up too much space, biological soap...)
- 1 swimming costume / pair of swimming trunks
- ear plugs (to protect you from snoring neighbours or other annoying noises)
- 1 sleeping-bag liner if spending a night (or nights) in dormitory accommodation (hostels or refuge huts)
- handkerchiefs
- toilet paper
- 1 cigarette lighter (be careful not to provoke a fire - always use responsibly and not unless you have to)
- 1 torch or head-torch plus a survival blanket: always put this in your rucksack as set-backs due to accidents are always possible, even on easy rides
- spare glasses (if you wear glasses)
- camera, binoculars, paint brushes and canvas... (optional)

Depending on the characteristics of the holiday you are going on (if bike hire is included or not, or if you have indicated that you wish to bring your own bike anyway), it may be a good idea to bring some (or all) of the following cycling kit (please also check in the "bicycle hire" section to see what kit is already provided on the holiday you have chosen):

- cycling gloves (normal or fingerless depending on the time of year)
- 1 bike helmet (legal requirement in most countries)
- 1 or 2 cycling bottles or a hydration system such as a Camel-Back (1.5 litres), whichever you prefer
- 2 inner-tubes
- a few spare spokes (especially on mountain-bike tours)
- 1 spare derailleur
- 1 set of spare brake pads
- 1 spare cable for derailleurs or brakes

- 1 spare chain
- any other kit that you deem to be necessary...

You should try to be self-sufficient for all minor cycling breakdowns typical of these kinds of cycling tours (tyre-lever, puncture repair kit, multi-tool, quick-fix chain link...). If you have disk-brakes or high-tech bikes, be sure to bring the necessary kit for repairs.

FIRST AID KIT

Let us know about any illness, treatments or allergies that may complicate things should you have a problem or an accident and need taking to hospital during your stay.

- personal medication
- painkillers: preferably Paracetamol
- medication for indigestion
- throat tablets
- elasticated sticky bandage (e.g. Elastoplaste): 2.5m long and 5/8cm wide
- strip plasters (e.g. Steri-Strip)
- set of smaller sticky plasters plus some sterile compresses
- blister plasters (e.g. Compeed)
- hair tweezers (can also be used for extracting splinters and thorns)
- small scissors
- vitamin C tablets
- small bottle of bacterial hand-gel (e.g. Sterilium)

■ MORE INFORMATION

THE AREA

The cycling takes place at the Mediterranean end of the Pyrenees. The final mountains tumble down directly into the sea, but they are no longer anything like the high alpine pastures of the Central Pyrenees. Here, there are cacti and Mediterranean scrub and the weather is much more reliable. The wonderful smells of lavender, thyme and rosemary are never far away.

The most significant weather feature would be the strong "Tramontana" wind, which can sometimes be quite relentless.

Politically, this part of the Mediterranean is divided between France (department of the Pyrénées Orientales) and Spain (province of Girona). However, both parts form part of Catalonia and recently (2017) the part that is south of the border claimed independence from Spain. This independence has not been officially recognised by any other European nation, but many people will insist that they are now independent. The situation is likely to develop significantly over the coming years, but the subject can be quite a thorny one, so you should be aware that the opinions of local people should be respected whether you happen to agree with them or not.

French is the main language north of the border (with some Catalan spoken), but south of the border you are likely to hear more Catalan spoken than Spanish. Most place names are in Catalan, and both "northerners" and "southerners" are united by a common Catalan culture.

On the French side of the border, the towns of Banyuls and Collioure cannot be missed - Banyuls is famous for its terraced vineyards overlooking the Med (feel free to taste the local wine!), and Collioure for its picturesque harbour and lighthouse, inspiration to great artists from the fauvism movement such as Matisse or Derain.

From the coast, you will notice one mountain standing out from the rest as you look inland - the mighty Canigou (2784m). Purely Pyrenees also runs trips to climb this mountain!

The easternmost point of the Pyrenean range can be found in this region: Cap de Creus, in Spanish Catalonia (a headland that also happens to be the most easterly point of the whole of the Iberian Peninsula). This is a wonderful place to explore on foot to observe some of the incredible rock formations and bizarre landscapes that inspired Salvador Dali in some of his most famous surrealist paintings.

For fans of Dali, it is also possible to visit a museum dedicated to him in Port Lligat near Cadaqués.

There are some gorgeous landscapes in this part of the world, which can also change several times in the same day. The transition between the seaside and the mountains is immediate - you just have to climb up a little and contemplate this tortured coastline with the plains of Roussillon to the North and the Empordà to the South. Not to mention the fantastic sunrises over the Med!

Architecture speaking, the castle in Collioure (with the sea lapping at its outer walls) and the magnificent Romanesque mountain monastery of Sant Père de Rodes are not to be missed.

If eating is your thing, then there is paella, grilled sardines, fresh anchovies, Catalan sausages or crema catalana just to name a few specialities. They also love to eat toasted bread with tomato and olive oil for breakfast. You can also try Cava (the Catalan answer to Champagne) or Cremat, a drink based on burnt rum and coffee.

■ INSURANCE

According to the regulation of our profession, Purely Pyrenees is covered by a Civil Professional Liability. However, each client must hold an individual civil liability as well as an individual multi risk guarantee in order to protect themselves from incidents or accidents that may occur before or during their hiking trip.

We remind you that a credit card covers, in general, only assistance in repatriation and not the cancellation of your trip, and this only provided you use the card to pay for the total of the trip.

We offer a choice of three insurance options which you can purchase at the time of booking.

Package 1 : simple cancellation insurance at 2.5%

This insurance provides reimbursement of the amount incurred (excluding fees and the cost of insurance) in case of cancellation due to one of the following causes: serious accident, illness or death of insured, spouse or person accompanying them, and certain family members.

Package 2 : simple cancellation insurance and assistance / repatriation at 3.7%

This insurance allows, in addition to the benefits described in the plan No. 1; - To benefit from assistance in case of illness or injury during the trip and covers your return home if necessary. - A reimbursement paid on a pro rata basis (excluding transportation costs and with a waiting period) in the case of an interruption of your trip following an accident, the death of a loved one or other specified accidents.

Package 3 : Package "super multi-risk": 4.8%

This insurance offers, in addition to the benefits described in the packages No. 1 and No. 2, - A wider cancellation insurance with the repayment of amounts incurred (net of deductible) in case of cancellation for any justifiable reason including an exceptional and unexpected event. - The management of some of the costs incurred at the time in case of return not linked to an exceptional and unexpected event. - Compensation (capped) for loss, theft or destruction of baggage. - Payment of compensation for delayed baggage delivery of more than 48 hours.

The rapatriation is not valid for all countries, please check with us before subscribing the insurance.

You will receive with the confirmation of your booking an extract of the general conditions of contract chosen (in french). Take this document with you on your journey. The validity of all guarantees corresponds with the travel dates indicated on the invoice and applies only to services sold. For departures and returns postponed, please contact us. Warning: If you buy only the contract No. 1 (simple cancellation insurance), this means that you need to have your own insurance, repatriation assistance (related notably to certain credit cards). We advise you to check your contract and cover guaranteed. In this case, we ask you to tell us when you book the name of your insurance company and your policy number. You will assume, therefore, the responsibility of certain risks, especially in the advance payments of certain costs.

Important: If you must use the assistance during the trip, you must obtain the prior consent of Europe Assistance before taking any action or incur any expenditure by telephoning: 33 1 41 85 85 85 and quoting the number of contract: 58662860

■ ACTING FOR RESPONSIBLE TOURISM

Purely Pyrenees is a founding member of Action for Responsible Tourism. The label "Action for Responsible Tourism" was awarded Purely Pyrenees in 2009. It is controlled, every year, by ECOCERT. Based on common values of respect, solidarity and quality, ATR aims to harmonize professional practices of its members. To win the confidence of customers, it focuses on four key commitments, which arise from many activities in the field and at home.

- Clear information and awareness of responsible tourism given to the traveller.

- Selection of providers in the spirit of responsible tourism.
- Setting up of a transfer of competencies to the providers.
- Commitment in relation to the tour operator's own structure.

More information on the label ATR on : www.tourisme-responsable.org

■ CONTACT US

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Purely Pyrenees is a mark from La Balaguere SAS.

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■ NOTES

