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> Hautes-Pyrénées

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> **Journalistes :** Roland JACOBS – N° +31 65 58 62 699 – jacobs.spee@gmail.com

Support/s : Fiets – tirage : 45 000 exemplaires

➔ *If you're going to be late for a meeting, we thank you for getting in touch with the partner and allow us to adapt the program if necessary.*

You come alone by car with your bike. we book a single room and each hôtel has a bike service. They know you are vegetarian.

We do not book for you a visit of the Pic du Midi – one of our famous site. – you could visit it on Tuesday afternoon – are you interested ??

Share your stay in Occitanie with **#voyageoccitanie #destinationpyrenees** and follow us on:

[@Tourisme en Occitanie](https://www.instagram.com/Tourisme_en_Occitanie)

[@hautespyrenees](https://www.instagram.com/hautespyrenees)

FROM 25TH TO 29TH JULY: MOUNTAIN PASSES RESERVED FOR CYCLISTS BETWEEN 9AM AND MIDDAY

www.pyrenees-trip.com/pyrenees-cycln-trip/

Between the 22th July and the 26th July follow in the footsteps of the Tour de France racers, cycling to your heart's content in complete safety on the cyclist-only mountain passes in the Hautes-Pyrénées! The legendary mountain passes will be closed to motorised traffic and reserved for cyclists in the morning, with no charges, no restrictions, no registration, no rankings and no start or finish. - 153 km of ascent 11 passes closed to cars.



CYCL'NTRIP ASSISTANCE

Personalised organisation and services for a made-to-measure cycling holiday. Our team is ready to advise and help you make the perfect plan for your route and holiday. Choose the number of days, the type of accommodation and the services you require, and everything is arranged to suit your needs. We book your accommodation, organise baggage transfer between stages, and suggest activities for your companions. Don't hesitate to contact us!

LA BOUTIQUE DES PYRÉNÉES + 33 (0) 5 62 56 70 00 - laboutique@ha-py.fr

Your contact for the programm :Anna Fontan - + 33 (0) 6 37 76 99 43 – anna.fontan@ha-py.fr

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Contact for your luggage – Philippe Jugie – + 33 (0) 6 40 65 52 53 - philippe.jugie@ha-py.fr

SUNDAY 24th JULY

Arrival in the Pyrénées with a private shuttle from Toulouse Airport

Dinner & Night in Arreau – Hôtel d'Angleterre

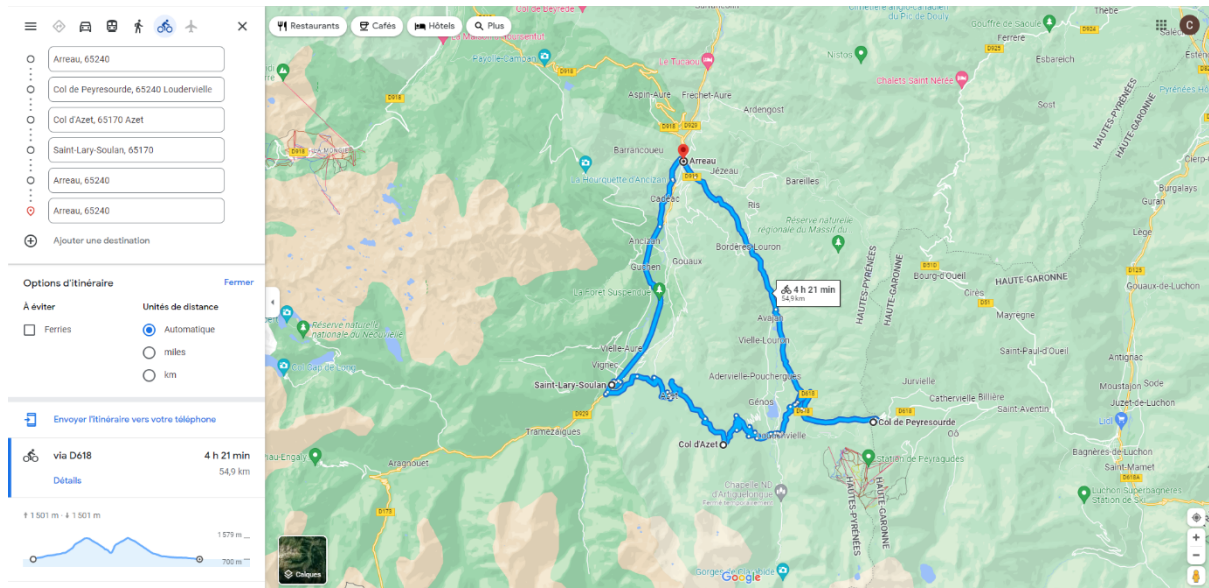
Hôtel d'Angleterre 3* - Route de Luchon 65240 Arreau 05 62 98 63 30 - www.hotel-angleterre-arreau.com

MONDAY 25th JULY

Your itinerary begins from the hôtel

Arreau Col de Peyresourde, col de Val Louron Azet, col de Portet Arreau

55 km – 4h00 – 1879m denivelé



Peyresourde Altiport 007– 1569 m

VERSANT OUEST (point de départ Avajan)

Altitude : 1 569 m.

Dénivelé : 655 m.

Longueur : 9.8 km % moyen : 7% % maximal : 9.4% Itinéraire réservé depuis Estarvielle (7km)

Very large pass. Big view. Classic of the Tour de France – 48 times from 1947 with a special finish with the ascent of the altiport

If you want to follow, you arrive at the end in Saint Lary and can go on to Arreau.

Val Louron Azet– 1580 m

VERSANT EST (point de départ Génos)

Altitude : 1 580 m.

Dénivelé : 620 m.

Longueur : 7.5 km % moyen : 9% % maximal : 13.6%

Itinéraire réservé depuis Génos (7.5km)

Saint-Lary

Arreau

Dinner & Night in Arreau

Hôtel d'Angleterre 3* - Route de Luchon 65240 Arreau 05 62 98 63 30 - www.hotel-angleterre-arreau.com

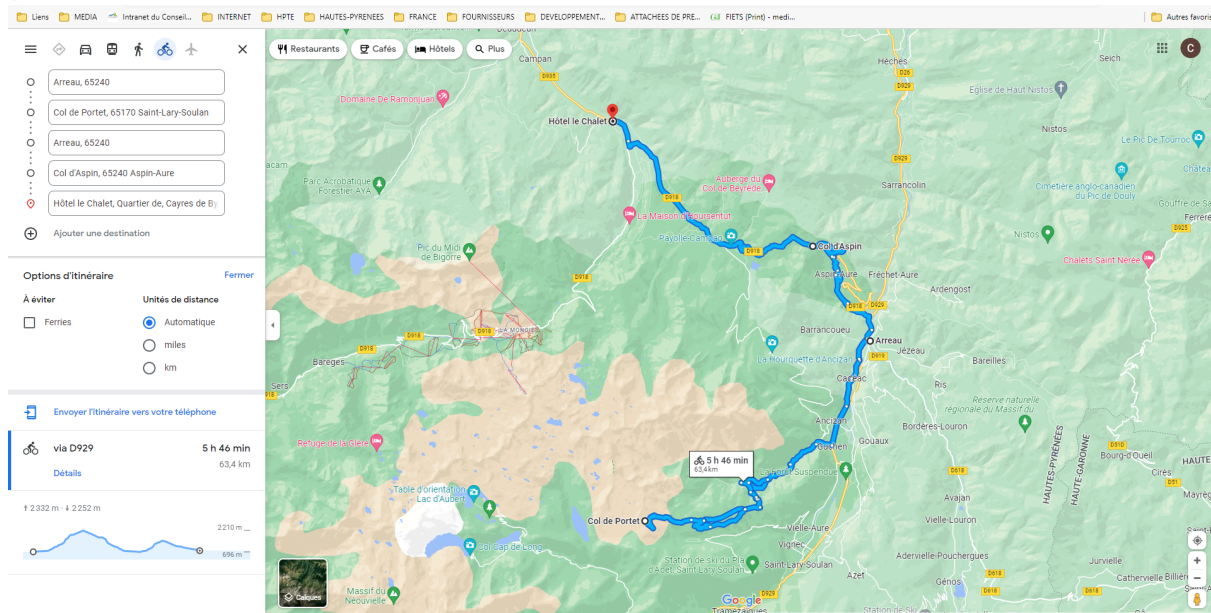
TUESDAY 26th JULY

Your itinerary beginning from the hôtel

Arreau Saint-Lary col de Portet Arreau Col d'Aspin Campan

63.4 km – 5h45–2252m denivelé

Transfert of your car to Hotel in Campan Chalet hôtel in the afternoon– you let the keys at the reception



Col du Portet

Départ Vignec
 Altitude : 2 215 m.
 Dénivelé : 1405 m.
 Longueur : 17.8 km % moyen : 7.9% % maximal : 10%

Col d'Aspin 1489 m

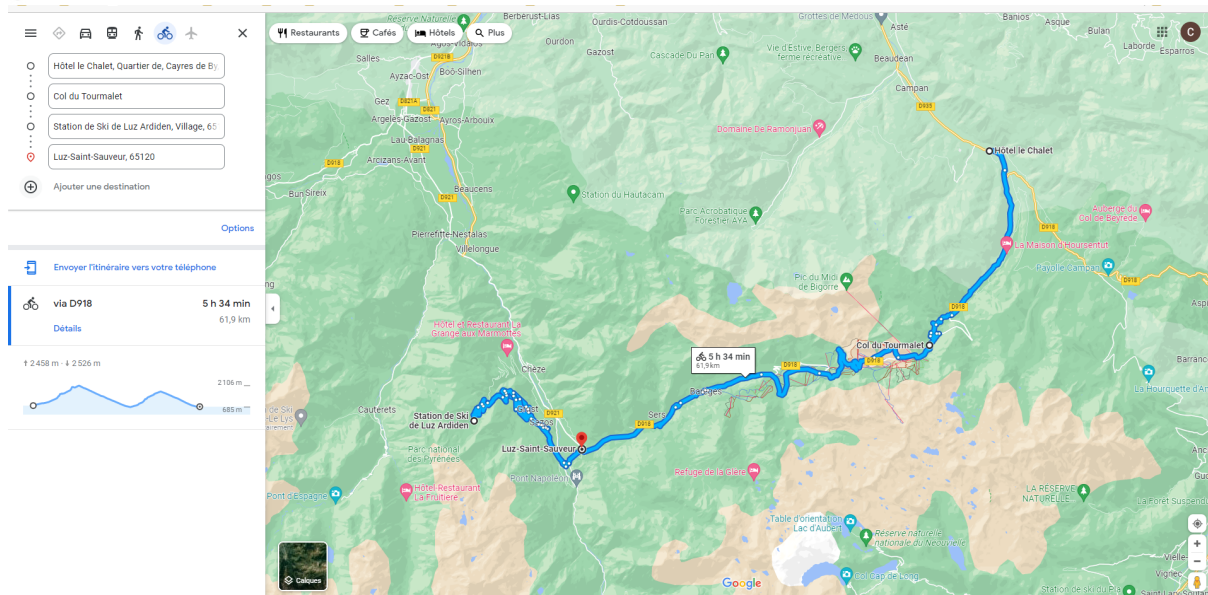
VERSANT EST (point de départ Arreau)
 Altitude : 1 489 m.
 Dénivelé : 785 m.
 Longueur : 12 km % moyen : 7% % maximal : 8.7%
 Itinéraire réservé depuis Arreau (12km)

Do you want to visit the Pic du midi in the afternoon. Necessary to take the cable car in La Mongie around 3.00 or 3.30 pm - <https://picdumidi.com/>

Dinner & Night Chalet Hôtel - 65710 Sainte Marie de Campan - Tél : 05 62 91 85 64
www.chalet-hotel-tourmalet.com/
 the owner is a high level cyclist

WEDNESDAY 27th JULY

Your itinerary beginning from the hôtel
Campan – Col du Tourmalet – Luz Ardiden - Luz Saint-Sauveur
61.9 km – 5h34–2527m denivelé



Transfert of your car to Hotel in Luz – you let the keys at the reception

Col du Tourmalet 2115 m

POINT DE DÉPART: Sainte-Marie de Campan

Altitude : 2 115 m.

Dénivelé : 1 275 m.

Longueur : 17.2 km % moyen : 7.4% % maximal : 10.2%

Luz Ardiden 1720 m

POINT DE DÉPART: LUZ-SAINT-SAUVEUR

Altitude : 1 720 m.

Dénivelé : 1 010 m.

Longueur : 14.5 km % moyen : 7% % maximal : 10%

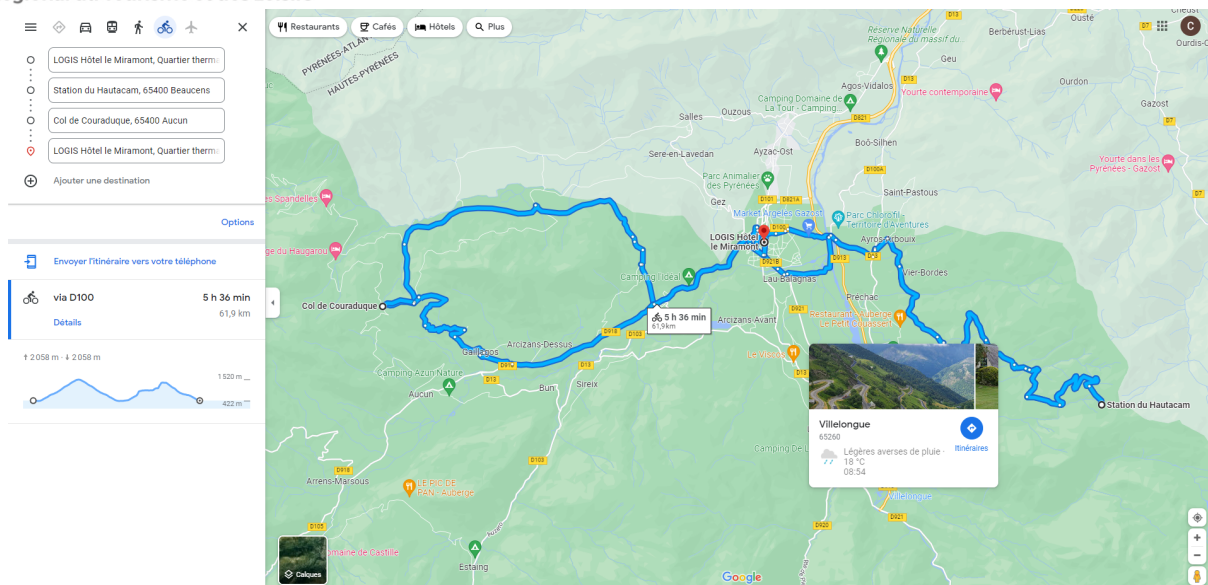
Dinner & Night

Hôtel le Tourmalet 3* - 8 rue du Pont de Luz – 65120 Luz Saint-Sauveur - Tél. : 05 62 92 80 09 -

www.hoteltourmalet.fr

THURSDAY 28th JULY

We suggest you to drive until your hotel Miramont in Argelès-Gazost and begin the climb here
Argelès-Gazost – Hautacam- Argelès-Gazost - col de Couraduque Argelès-Gazost - 35 km - 3h15
60 km – 5h40–1520m denivelé



Ascension du Hautacam 1635 m

POINT DE DÉPART: ARGELÈS-GAZOST

Altitude : 1 635 m.

Dénivelé : 1 211 m.

Longueur : 17.2 km % moyen : 7.4% % maximal : 10%

Itinéraire réservé depuis Ayros-Arbouix (7km)

Col de Couraduque 1367 m

POINT DE DÉPART : ARGELES-GAZOST

Altitude : 1 367 m.

Dénivelé : 912 m.

Longueur : 15.8 km % moyen : 5.7% % maximal : 9.5%

Dinner & night in **Hôtel Miramont *****

44 avenue des Pyrénées – 65400 Argelès-Gazost

05 62 97 01 26 - hotel-miramont@sudfr.com

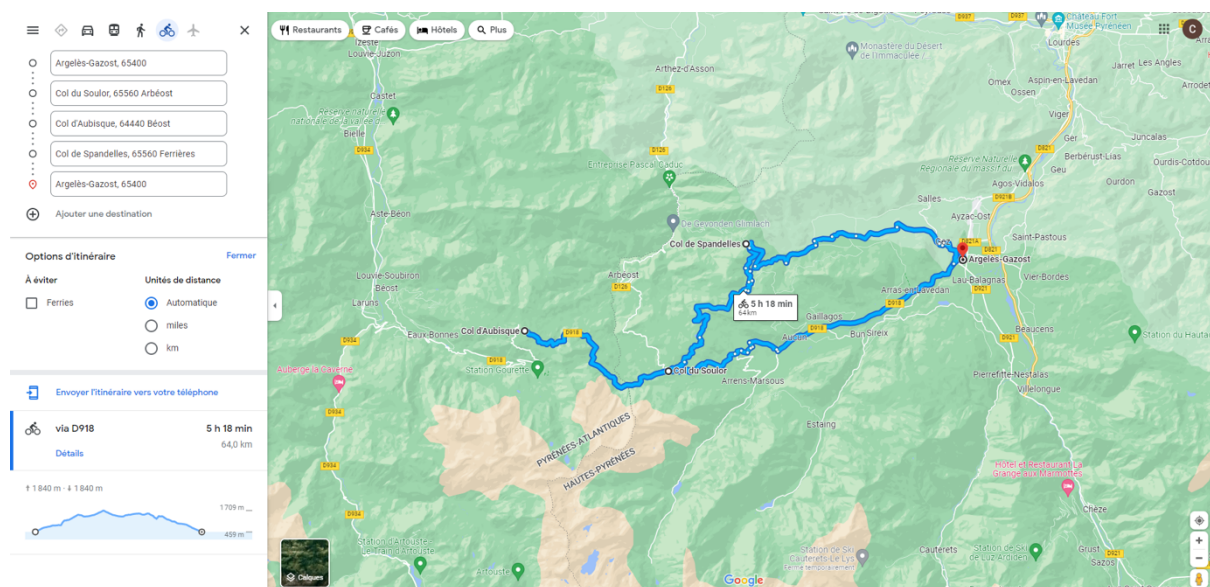
www.hotelmiramont.com

FRIDAY 29th JULY

Your itinerary beginning from your hôtel

Argelès-Gazost – col du Soulor – Col d'Aubisque – Col de Spandelles Argelès-Gazost

64 km – 5h18–1840m denivelé



Cols du Soulor & Aubisque –

POINT DE DÉPART : ARGELÈS-GAZOST

Altitude : 1 378 m.

Dénivelé : 925 m.

Longueur : 15.5 km % moyen : 5.9% % maximal : 13%

Itinéraire réservé depuis Gez (13km)

Col de Spandelles 1378 m

A new climb in savage nature

POINT DE DÉPART : ARGELÈS-GAZOST

Altitude : 1 378 m.

Dénivelé : 925 m.

Longueur : 15.5 km % moyen : 5.9% % maximal : 13%

Itinéraire réservé depuis Gez (13km)

Dinner & night in Hôtel **Miramont** ***

44 avenue des Pyrénées – 65400 Argelès-Gazost

05 62 97 01 26 hotel-miramont@sudfr.com

www.hotelmiramont.com

SATURDAY 30th JULY

Departure

We hope you enjoyed your stay!

This press trip was organized in partnership with Occitanie Tourism Board and Destination Hautes-Pyrénées, we will appreciate if you mention our websites in your future article(s) :

Destination Occitanie : www.tourisme-occitanie.com

Destination Hautes-Pyrénées : www.pyrenees-holiday.com

Pyrénées Cycl'n trip : www.pyrenees-holiday.com/Treks-and-Thrills/Cycling