Nature Occitane
VOYAGES SPORTS & NATURE
05 61 57 15 61



FROM COLLIOURE TO CADAQUÉS BY BIKE (GUIDED)

Discover the Mediterranean coastline by electric bike
From Collioure, set off by bike to discover the Mediterranean coast and the mountains plunging into the sea on your way to Spain!

Using small roads and wide balcony paths, this itinerary is designed to be accessible. Each day, you pedal through vineyards, cork oak forests and scrubland. With the help of electric assistance (or without for the more athletic), you'll climb with minimal effort to find magnificent panoramas from the mountains overlooking the sea. At the end of each stage, we suggest you take advantage of the nuggets of our region: wine tastings at our favorite winemakers, swimming in wild creeks, snorkeling, cultural visits and tapas on the terrace...

ITINERARY

DAY 1: ARRIVAL IN COLLIOURE OR IN PERPIGNAN

Visit of Collioure, wine tasting and briefing by a local cycling instructor

Welcome to Collioure, the charming Catalan village that inspired the famous painters Matisse and Derain. Lined with vineyard terraces plunging in staircases from the mountains to the sea, you'll enjoy panoramic views, interwoven cobbled streets, art galleries and beaches.
Wine tasting available at our partner Sylvain.
Handover of bikes and advice from a local cycling instructor at the end of the afternoon.
Dinner on your own and overnight in a hotel*** in Collioure.

Suggestions (see options tab):
- Pick-up at Perpignan train station or airport and transfer to Collioure.
- Additional night(s) in Collioure
- Catalan wine tasting at Sylvain, our partner wine merchant / art gallery

DAY 2: FROM COLLIOURE TO BANYULS

23km, 470m D+

This first day of cycling is a gentle mix of mountains, vineyards and crystal-clear creeks... You head for the mountains, sheltered from tourists,

which smell of ubiquitous Mediterranean flora. You overlook ancient vineyard terraces, plunging down a staircase to the coves of the Côte Vermeille.
This cycling stage takes you right up close to nature, in a sublime setting where Catalans have been developing the resources of their land since the Middle Ages.
At the end of the day, we invite you to taste their wine in the bay of Paulilles, before taking a dip in the clear waters of the sea below.
Arrival in Banyuls. Dinner on your own and overnight in a hotel in Banyuls.

DAY 3: BANYULS, CERBÈRE AND THE UNDERWATER TRAIL

27km, 600m D+

The colorful ambience of the holiday is gradually taking hold of you, as the day promises to be radiant! A cool climb up to the mountains, where you may notice small cactus-like shrubs growing small, colorful fruits... And yes, the prickly pear joins the landscape, heralding your descent southwards.
You pedal towards the ridges that form a natural border between France and Spain, where you'll be tomorrow. Pass Cerbères, the last small French port. Known for its exceptional nature reserve, we suggest you round off your day with a snorkeling trip along the underwater trail. During this fun outing, you'll swim along a signposted path to discover the beauty of underwater life.
On arrival in Banyuls, we'll treat you to a tasting with our friends Vincent, Augustin and Martin. These brothers have taken over from their father Marc, who passed on to them his peasant vision of wine.
Dinner on your own and 2nd night in a hotel in Banyuls.

Suggestions :
- Snorkeling on the underwater trail of the Banyuls reserve
- Tasting of dry Collioure wines and sweet Banyuls wines on a family estate.

DAY 4: FROM BANYULS TO PORT DE LA SELVA

37km, 850m D+

Off to Spain for another day. Hidden away from the touristy Costa Brava by Cap de Creus, you enter Spanish lands that have remained timeless. Passing through the small Benedictine abbey of Saint Quirze, lost in the heart of the Albères mountains. Finally, you descend through fields of olive trees, holm oaks, arbutus, cysts... where the scents of thyme and rosemary gradually mingle with sea spray.
Arrive at the small Spanish fishing port of Puerto de la Selva, where you can enjoy some tapas by the sea.
Dinner and overnight in your hotel in Puerto de la Selva (or Llança).

DAY 5: FROM PORT DE LA SELVA TO CADAQUÉS

18km, 550m D+

Leaving Puerto de la Selva, you pedal towards the Cap del Creus nature park along ancestral paths bordered by attractive dry-stone walls. Founded in 1998, the national park contrasts with the coast to the south, as it is the largest uninhabited coastal area in Spain. The landscape has therefore remained untouched, almost unchanged since the creation of the surrounding villages by the Greeks and Romans. Arrive in Cadaqués, where the crystal-clear waters of the sea are reflected in the beautiful white houses.

Dinner at your own and overnight in your hotel in Cadaqués.

DAY 6: DISCOVER THE CAP DEL CREUS NATURE PARK - CADAQUÉS

27km, 550m D+

This morning, you'll set off from Cadaqués in the heart of the Cap del Creus nature park to discover coves, ancestral paths and, of course, the cape, which looks like the end of the world. Lunch is available at the lighthouse restaurant, with its stunning sea views. In the afternoon, we recommend our favorite coves, where you can swim in the heart of nature.
Back to the "white village", where we warmly recommend a visit to Dali's house in Portligat.
Dinner on your own and 2nd night in your hotel in Cadaqués.

Suggestions :
- Visit Dali's house in Portligat
- Lunch at the Cap del Creus lighthouse
- Swimming in wild coves

DAY 7: ARRIVAL IN COLLIOURE OR IN PERPIGNAN

1h15 of transfer

Breakfast in Cadaqués. Departure at 10am for your private transfer to Collioure or Perpignan, arriving late morning.
Arrival in Collioure or Perpignan at 3:00 pm (please specify when booking).

DATES & PRICES

No departure for now

For "last minute" bookings (less than 15 days before the departure date), supplements relating to the transport/transfer of your luggage may apply depending on the number of people and the number of stops on the tour.

OUR PRICE INCLUDES :

Supervision by a state-certified cycling instructor for the entire trip
6 nights' accommodation in *** hotels in double rooms
Full board from dinner on day 1 to breakfast on day 7
Transfers mentioned in the program
Luggage transfer (1 bag per person)
Admission to Dali's house in Port Lligat on day 5
Admission to the Dali Museum in
Figueres on day 7
Wine tastings on days 2 and 3

OUR PRICE DOES NOT INCLUDE :

Bike rental, delivery and return
Single room supplement (390€)
Transfers from your home to the meeting point and dispersal
Lunch on your own on Day 7
Personal expenses, drinks
Our Europassistance cancellation / interruption / assistance & repatriation insurance (6% of the price of your stay, including COVID 19, to be taken out when you register).
In general, everything not mentioned in "Our price includes".

OPTIONS

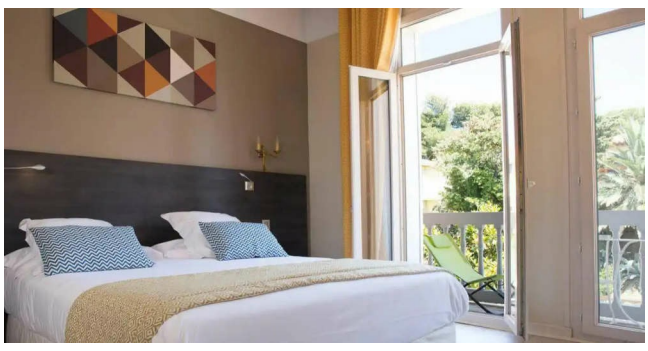
OPTIONS, SUPPLEMENTS AND REDUCTIONS:

EQUIPMENT HIRE	
Hire of an electric bike (e-bike) throughout the trip (delivery & repatriation included)	€350
Hire of a hybrid bike throughout the trip (delivery & repatriation included)	€250
SUPERIOR CATEGORY OF ACCOMMODATION	
Single room supplement	€390

NB: prices are per person.

HOSTS

OUR SELECTION OF 3* HOTELS
Here is our selection of 3* partner hotels.
NB: These are our preferred accommodations.
Depending on your registration date, we may be able to book other accommodation of the same category for you.



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**NB: this is our preferred accommodation. Depending on your registration date, we may be able to reserve other accommodation of the same category for you.*

PRACTICAL INFO

APPOINTMENT / DISPERSAL

To limit your CO2 emissions, we encourage you to take the train.
Direct Paris/Collioure night trains. Many connections available to Collioure or Perpignan SNCF stations.

APPOINTMENT ON DAY 1 :
at 3:30 pm at Perpignan station.

DISPERSION ON DAY 7 :
Around 2pm, Perpignan train station.
In July and August, traffic conditions may cause delays to the end-of-stay schedule. It's best to plan your return train from 3pm onwards.
You can also plan a return train from Figueres-Vilafant (TGV station) or even from Figueres ("classic" station), for a departure from midday (beware of the time spent visiting the Dali museum). If you wish, your guide can drop you off at either of these 2 stations before continuing on to Perpignan.

LEVEL AND NATURE OF THE TERRAIN

Stages of between 18 and 37km per day, with gradients ranging from 470 to 1000m.
The stages take in little-traveled roads, tracks and paths with small obstacles (stones, ruts, etc.) but no real difficulties. Some ascents and descents can be steep, requiring good physical condition and occasional cycling experience.

E-BIKE (ELECTRIC-ASSIST BICYCLE)



Quality Cube model specially chosen for our itinerary and the profile of our travelers.
Ideal for multi-day bike tours.
Battery: 504 Wh
Max. range 120 km.
Weight: 23.5 kg
A bike to suit you (available in sizes S, M, L and XL).

The CUBE Touring Hybrid One 500 electric travel bike is an incredibly versatile model.

Robust and easy to handle, it's ideal for touring and daily commuting.
Fully equipped with mudguards, kickstand, front and rear lights, you'll be able to get around town safely at any time of day.It has a sturdy, elegant luggage rack to carry all your gear.
The Bosch Performance line engine offers exceptional power delivery, while remaining very quiet, with a maximum torque of 65 Nm.

It is characterized by high power output, even at low pedaling speeds, making it easy to get going.
With the Powertube 500 Wh battery, you'll enjoy great autonomy.
This superb electric bike is also equipped with a 100 mm SR Suntour suspension fork (steel spring) with lockout, powerful hydraulic disc brakes for precise, reliable braking in all weathers, and a versatile Shimano 9-speed transmission that lets you tackle all types of terrain and climbs with ease.

HYBRID BIKE (ALL PATH BIKE)



Features of our touring bikes
The CubeTouring is the ultimate all-round bike. With the legendary smoothness and reliability of its Shimano Deore 3x10-speed drivetrain (plus powerful hydraulic disc brakes), it's ideally equipped to take you on any type of ride or exceptional adventure. Its Suntour suspension fork (with handlebar locking system) enables it to absorb the bumps and other irregularities of modern roads. It has a luggage rack for all your essentials. Integral mudguards keep you dry. Finally, its dynamo-powered lighting system lets you see and be seen. Where will your next bike tour take you?

Frame and equipment
The soul of the Touring is its ultra-light, high-quality, double-layer aluminum frame. Designed with Efficient Comfort Geometry technology to ensure maximum comfort during long days in the saddle, its agility and responsiveness are sure to surprise.

Who is the Cube Touring suitable for?
For touring cyclists and mile-hikers. These top-of-the-range trekking bikes, optimized by high-quality weight components that optimize their agility, are worthy of their reputation as endurance bikes. These trekking bikes are ideal for long distances in adverse conditions. Of course, this doesn't mean you can't enjoy a leisurely ride at the weekend.

ALL YOUR EQUIPMENT IS INCLUDED

Waterproof rear bag
Repair kit
Optional helmet available on request (please ask when you register).

NATURE OCCITANE THEFT AND ASSISTANCE INSURANCE INSURES YOU FOR 1€50 PER DAY AND PER BIKE AND/OR EQUIPMENT

AT YOUR EXPENSE IN THE EVENT OF THEFT OF THE BICYCLE OR EQUIPMENT :

Deductible: No insurance
Travel bike: €924
Electric travel bike: €2275
Rate for repairs in the event of breakage

Deductible: With insurance
Premium travel bike: €92
Premium electric travel bike: €228
10% of repairs in case of breakage

NB: In both cases, you must provide Nature Occitane with a theft report from the police station within 48 hours of the event.

At your expense in the event of theft or loss of equipment :
Rear pannier: €50
Anti-theft device: €75

Multi-tool or pump: €15
Helmet: €50

RECOMMENDED EQUIPMENT

Pack a travel bag or suitcase for a change of clothes for the week. Transported by vehicle, you'll find it in your accommodation each evening.

Clothing :

- 1 sun hat or cap (helmet supplied on request when you register)
- 1 scarf
- Breathable T-shirts

Avoid cotton, which takes a long time to dry; prefer short-sleeved T-shirts (breathable material).

- 1 fleece jacket
- 1 waterproof, breathable Gore-tex jacket
- 2 cycling shorts (short or long), preferably padded for greater comfort on the bike

NB: Shorts must be worn next to the skin.

- 1 pair of comfortable evening pants
- Underwear
- Socks. Avoid tennis socks (cotton), which take a long time to dry.
- 1 bathing suit

Shoes :

- 1 pair of multi-activity shoes for cycling and walking
- Tennis shoes or sandals for the evening

Equipment :

- 1 pair of sunglasses
- 1 pocket knife (to be packed in checked baggage if flying)
- Toiletries
- Toilet paper
- Sun cream
- Soothing anti-chafing cream

REVIEWS

OUR PARTNER TOUR OPERATOR

We are a local incoming travel agency: we co-design our partner tour operators' trips, then welcome their customers to our region.

2022 Travelers' Choice™ Tripadvisor