

## FROM COLLIOURE TO CADAQUÈS BY BIKE

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 professional 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

V1 : 25km, 450m D+ ; V2 : 35km, 700m 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.

Suggestion (see options tab):

- Wine tasting and swimming in Paulilles Bay

#### DAY 3: BANYULS, CERBÈRE AND THE UNDERWATER TRAIL

V1 : 25km, 650m D+ ; V2 : 45km, 800m 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

V1 : 40km, 820m D+ ; V2 : 50km, 900m 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 Llançà).

#### DAY 5: FROM PORT DE LA SELVA TO CADAQUÉS

V1 : 18km, 350m D+ ; V2 : 35km, 600m 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

V1 : 27km, 550m D+ ; V2 : 42km, 800m 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 Dalí's house in Portlligat.

Dinner on your own and 2nd night in your hotel in Cadaqués.

Suggestions:

- Visit Dalí's house in Portlligat
- 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.

Suggestion:

- Shuttle with stopover in Figueres and visit to the Dali Museum. Arrival in Collioure or Perpignan at 3:00 pm (please specify when booking).

#### DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room <i>2 pers.</i>	Twin room <i>2 pers.</i>	Triple room <i>3 pers.</i>	Single room <i>1 pers.</i>
Essential range				
Standard <i>7 days / 6 nights</i>	€815	€825	€795	€1,320
Comfort range				
Standard <i>7 days / 6 nights</i>	€980	€990	€960	€1,535
Premium range				
Standard <i>7 days / 6 nights</i>	€1,330	€1,350	-	€1,945

NB: prices shown are per person.

Depending on availability at the time of booking, you may be charged a supplement for certain services.

- \* Stay possible all year round
- \* Departure on the day of your choice (weekend departures possible)
- \* 90€ discount from 4 participants
- \* July/August supplements (see "options" tab)

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:

6 nights in hotels  
 Breakfast  
 Luggage transfer (1 luggage per person)  
 The return transfer from Cadaqués to Collioure  
 7/7 telephone assistance  
 Registration fees  
 Tourist taxes  
 Your digital road-book on your smartphone  
 GPS guidance on our application  
 A highlighted 1/50000 map of your itinerary

#### OUR PRICE DOES NOT INCLUDE:

Bike rental (from €250, delivery and return included)  
 Transfers from your home to the meeting point and dispersal  
 Repatriation of your bike (40€/bike optional)  
 Parking space for your vehicle for the duration of your stay  
 Lunches and dinners  
 Personal expenses, drinks  
 Our bicycle insurance (for more information, [click here](#))  
 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:

ESSENTIAL RANGE	
REDUCTIONS	
Discount : groups of 4 or more	-€90
SUPPLEMENTS	
July/August	€150
EQUIPMENT HIRE	
Hire of an electric bike (e-bike) throughout the trip (delivery & repatriation included)	€350
Location d'un vélo à assistance électrique Luxe (VAE) pour tout le séjour (livraison & rapatriement inclus)	€460
Location d'un vélo Gravel Premium pour tout le séjour (livraison & rapatriement inclus)	€350
Bike hire throughout the trip (delivery & repatriation included)	€250
TRANSFERS	
Arrival and dispersion in Perpignan (SNCF train station or airport)	€55
Repatriating your own bike	€50
COMFORT RANGE	
REDUCTIONS	
Discount : groups of 4 or more	-€90
SUPPLEMENTS	
July/August	€200
EQUIPMENT HIRE	

Hire of an electric bike (e-bike) throughout the trip (delivery & repatriation included)	€350
Location d'un vélo à assistance électrique Luxe (VAE) pour tout le séjour (livraison & rapatriement inclus)	€460
Location d'un vélo Gravel Premium pour tout le séjour (livraison & rapatriement inclus)	€350
Bike hire throughout the trip (delivery & repatriation included)	€250
<b>TRANSFERS</b>	
Arrival and dispersion in Perpignan (SNCF train station or airport)	€55
Repatriating your own bike	€50
<b>PREMIUM RANGE</b>	
<b>REDUCTIONS</b>	
Discount : groups of 4 or more	-€90
<b>SUPPLEMENTS</b>	
July/August	€200
<b>EQUIPMENT HIRE</b>	
Hire of an electric bike (e-bike) throughout the trip (delivery & repatriation included)	€350
Location d'un vélo à assistance électrique Luxe (VAE) pour tout le séjour (livraison & rapatriement inclus)	€460
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Bike hire throughout the trip (delivery & repatriation included)	€250
<b>TRANSFERS</b>	
Arrival and dispersion in Perpignan (SNCF train station or airport)	€55
Repatriating your own bike	€50

NB: prices are per person.

## HOSTS

### Essential range

#### 3-STAR HOTEL IN COLLIOURE - DAY 1

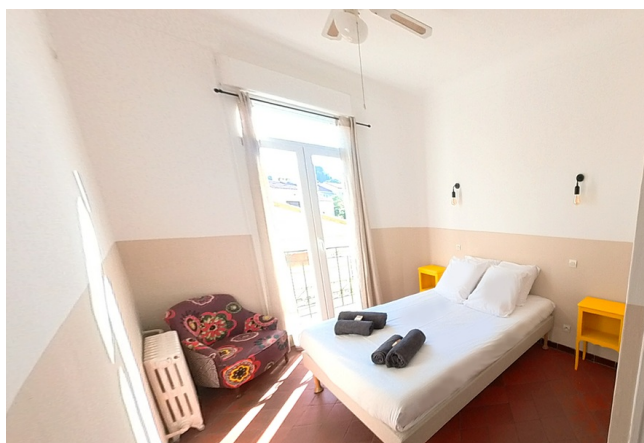
Simple and comfortable 3-star hotel in the center of the village. Restaurants nearby. Single, double and triple room available. Private bathrooms in the room.



3-star hotel in Collioure

#### FAMILY HOTEL IN BANYULS - DAYS 2 & 3

Family hotel run by a group of friends from the village of Banyuls. Ideal location 100m from the beach. Shared toilets and showers. Sink in the bedroom. No air conditioning (ceiling fans).



3-star hotel in Banyuls

#### HOTEL 2-STAR IN PUERTO DE LA SELVA - DAY 4

Simple hotel located in the village of Puerto de la Selva, 5' walk from the port and restaurants. Private bathrooms in the room.



2-star hotel in Puerto de la Selva

#### 2-STAR HOTEL IN CADAQUES - DAY 5 & 6

Hotel ideally located in the heart of Cadaques, a stone's throw from the beach. Private bathrooms in the room.



2-star Hotel in Cadaque

Comfort range

#### 3-STAR HOTEL IN COLLIOURE - DAY 1

Charming hotel with rooms overlooking a small, preserved and green garden in the center of the village of Collioure.





*3-star hotel in Collioure*

### **FAMILY HOTEL IN BANYULS - DAY 2 & 3**

Family hotel run by a group of friends from the village of Banyuls, who smell like travel :)  
Ideal location 100m from the beach.  
Private toilets and showers. No air conditioning (ceiling fans).  
On-site catering using fresh produce.



*Family hotel in Banyuls*

### **3-STAR HOTEL IN PUERTO DE LA SELVA - DAY 4**

3-star hotel with large Mediterranean garden, perfect for recharging your batteries by the pool after your day of cycling  
Catering possible on site.



*3-star hotel in Puerto de la Selva*

### **3-STAR HOTEL IN CADAQUES - DAY 5 & 6**

Ideal location overlooking the bay, 5 minutes walk from the beach and the village center.  
Pool.



3-star hotel in Cadaques

#### Premium range

#### 4-STAR HOTEL IN COLLIOURE - DAY 1

4\* hotel in a bourgeois house located in the heart of Collioure, a stone's throw from the beach and the alleys which inspired the great Fauvist masters Matisse and Dérain. Pool.



4-star hotel in Collioure

#### 4-STAR HOTEL IN BANYULS - DAY 2&3

4-star hotel nestled between sea and mountains, perched on the heights, overlooking the village and bay of Banyuls-sur-Mer. This hotel offers a thalassotherapy section for you to relax at the end of the day.



4-star hotel in Banyuls sur mer

#### 4-STAR HÔTEL IN PUERTO DE LA SELVA - JOUR 4

4-star hotel located a stone's throw from the beach, restaurants and the port of the village of Puerto de la Selva. Spa service, massages and beauty treatments.



4-star hôtel in Puerto de la Selva

#### 4-STAR HOTEL IN CADAQUES - DAY 5 & 6

4-star hotel with swimming pool located 150m from the center, facing the sea. Swimming pool in a large garden of olive trees and pine trees.



4-star hotel in Cadaques

NB: these accommodations are those that we favor.

Depending on your registration date and availability, we may reserve another 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:

- day 1 from 1pm at your hotel in Collioure
- day 1 before 6pm at Perpignan train station or airport (optional)

NB: if you arrive in Collioure by night train. You can leave your luggage at the hotel to enjoy the day.

#### DISPERSION ON DAY 7:

- day 7 at 11:30 am in Collioure
- day 7 at 11:30 a.m. in Perpignan (optional)

If you have chosen the optional stop at the Dali Museum in Figueras :

- day 7 at 3pm in Collioure
- day 7 at 3pm in Perpignan (optional)

→ **IF COMING BY TRAIN:** Collioure or Perpignan SNCF stations.

→ **IF YOU ARE COMING BY PLANE:** Perpignan airport.

→ **IF YOU COME BY CAR:** Address of accommodation provided in your departure file.

Parking your vehicle in Collioure during your stay: Paid parking available to customers at a rate of €16 per day (limited space available, booking strongly recommended).



## LEVEL AND NATURE OF THE TERRAIN

We offer two route options each day, with two different difficulty levels.

### Level 1:

Daily stages range from 20 to 40 km, with elevation gains between 360 and 780 meters. Average surface: 70% small roads / 30% wide trails

### Level 2:

Daily stages range from 40 to 50 km, with elevation gains between 850 and 1110 meters. Average surface: 44% small roads / 56% wide trails

## NATURE OF THE TERRAIN

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.

Our Level 2 tracks emphasize off-road practice.

For these reasons, **we recommend an All road e-bike or an electric mountain bike for intermediate-level riders on this trip.**

These options provide comfort and safety.

Urban-style electric bikes are not permitted.

The ideal bike for this trip for an **experienced and athletic rider is a gravel bike.**

## A WILD ROUTE

**PLEASE NOTE: this route takes paths and small roads that are sometimes wild.**

You will have to be independent in order to repair a puncture or a broken chain if necessary. A professional will come and give you the bikes and your repair kit in Collioure and will tell you what to do.

## 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

**JEAN-PHILIPPE - POSTED ON AUGUST 5, 2023**



**Travel from 07/29 to 08/04/2023**

Hello, Here is a debrief of our week. Generally speaking, we appreciated the very quiet roads and paths, ideal for cycling. Evening stops in the heart of the seaside villages: very nice to end with swimming in the sea. Everything is doable by electric bike. In classic cycling, good physical condition is necessary and you must enjoy climbing passes.

In conclusion, we validate and recommend !

## 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.



