

FROM COLLIOURE TO CADAQUÉS BY E-BIKE (OR GRAVEL)

Discover the Mediterranean coastline by electric bike

Discover an exceptional cycling route between France and Spain: pedal along the Mediterranean coast from Collioure to Cadaqués, between sea and mountains, vineyards and wild coves. All this while enjoying the comfort of carefully selected accommodations each night. This route combines quiet small roads and wide tracks to offer panoramas of the sea, mountains, vineyards, and maquis. Each stage provides an immersion in nature, opportunities to swim in secluded coves, local wine tastings, and nights in comfortable lodgings. Two versions are available to suit your fitness level and preferences. The perfect experience to combine adventure, relaxation, and cultural discovery, all while enjoying the Mediterranean climate and Catalan charm.



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

Level 1 route: 28 km, +525 m / -525 m elevation, 100% small roads.

Level 2 route: 38 km, +1070 m / -1070 m elevation, 70% small roads, 30% trail.

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
- Sunset sea-kayak outing from the beach of Banyuls-sur-Mer

Level 1 route: 26 km, +650 m / -650 m elevation, 70% small roads / 30% trail.

Level 2 route: 46 km, +1110 m / -1110 m elevation, 52% trail / 48% small roads..

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).

Level 1 route: 40 km, +780 m / -780 m elevation (if finishing in Llançà), 70% small roads / 30% trail.

Level 1' route: 46 km, +825 m / -825 m elevation (if finishing in Port de la Selva), 74% small roads / 26% trail.

Level 2 route: 34 km, +890 m / -890 m elevation (if finishing in Llançà), 60% trail / 40% small roads.

Level 2' route: 40 km, +890 m / -890 m elevation (if finishing in Port de la Selva), 65% trail / 35% small roads.

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.

Level 1 route: 20 km, +360 m / -375 m elevation, 65% small roads / 35% trail.

Level 2 route: 42 km, +940 m / -940 m elevation, 70% trail / 30% small roads.

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

Level 1 route: 31 km, +634 m / -634 m elevation, 50% trail / 50% small roads.

Level 2 route: 40 km, +850 m / -850 m elevation, 70% trail (including 5 km of technical singletrack) / 30% small roads.

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.

Note: The bikes are returned using the same taxi.

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Disclaimer

The stages and partner accommodations listed are the ones we prioritize.

Depending on your registration date, we may need to book another accommodation of the same category or adjust the stages.

For last-minute registrations, we may occasionally offer accommodations that are less comfortable and/or without a pool, especially during the high summer season.

We know all the available accommodation options for each stage inside out, and we will select the best option available at the time of your registration.

DATES & PRICES

We propose 2 ranges of accommodation for this stay:

Package	Double room 2 pers.	Twin room 2 pers.	Triple room 3 pers.	Single room 1 pers.
Essential range				
Low season 7 days / 6 nights	€830	€830	€790	€1,570
High season - July/August 7 days / 6 nights	€980	€980	€940	€1,720
Comfort range				
Low season 7 days / 6 nights	€940	€940	€890	€1,620
High season - July/August 7 days / 6 nights	€1,090	€1,090	€1,040	€1,770
Premium range				
Low season 7 days / 6 nights	€1,150	€1,150	€1,090	€2,190
High season - July/August 7 days / 6 nights	€1,300	€1,350	€1,250	€2,340

NB: prices shown are per person.

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

***The trip is available from April 1 to October 15, 2026, at the rates listed above (please contact us if you wish to depart outside these dates).**

*** Departure on the day of your choice (weekend departures possible)**

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, delivery and return
Transfers from your home to the meeting point and dispersal
Repatriation of your bike (50€/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	-€30
EQUIPMENT HIRE	
Comfort e-bike rental (including delivery to the start and its collection)	€350
Luxury E-bike rental (including delivery to the start and its collection)	€460
Gravel bike rental for the whole trip (delivery & return included)	€350
Hybrid bike rental (including delivery to the start and its collection)	€250
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Nuit supplémentaire Collioure Formule Petit Déjeuner Chambre individuelle Basse Saison	€125
Nuit supplémentaire Collioure Chambre individuelle Haute Saison	€150
Nuit supplémentaire Collioure Chambre double Basse Saison	€68
Nuit supplémentaire Collioure Chambre double Haute Saison	€83
Nuit supplémentaire Collioure Chambre triple Basse Saison	€75
Nuit supplémentaire Collioure Chambre triple Haute Saison	€84
Nuit supplémentaire Cadaques Chambre individuelle Basse Saison	€135
Nuit supplémentaire Cadaques Chambre individuelle Haute Saison	€170
Nuit supplémentaire Cadaques Chambre double Basse Saison	€80
Nuit supplémentaire Cadaques Chambre double Haute Saison	€98
Nuit supplémentaire Cadaques Chambre triple Basse Saison	€102
Nuit supplémentaire Cadaques Chambre triple Haute Saison	€115
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	-€30
EQUIPMENT HIRE	
Comfort e-bike rental (including delivery to the start and its collection)	€350
Luxury E-bike rental (including delivery to the start and its collection)	€460
Gravel bike rental for the whole trip (delivery & return included)	€350
Hybrid bike rental (including delivery to the start and its collection)	€250
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Nuit supplémentaire Collioure Formule Petit Déjeuner Chambre individuelle Basse Saison	€150
Nuit supplémentaire Collioure Chambre individuelle Haute Saison	€155
Nuit supplémentaire Collioure Chambre double Basse Saison	€75
Nuit supplémentaire Collioure Chambre double Haute Saison	€95
Nuit supplémentaire Collioure Chambre triple Basse Saison	€75
Nuit supplémentaire Collioure Chambre triple Haute Saison	€90
Nuit supplémentaire Cadaques Chambre individuelle Basse Saison	€145
Nuit supplémentaire Cadaques Chambre individuelle Haute Saison	€190
Nuit supplémentaire Cadaques Chambre double Basse Saison	€85

Nuit supplémentaire Cadaquès Chambre double Haute Saison	€110
Nuit supplémentaire Cadaquès Chambre triple Basse Saison	€105
Nuit supplémentaire Cadaquès Chambre triple Haute Saison	€115
TRANSFERS	
Arrival and dispersion in Perpignan (SNCF train station or airport)	€55
Repatriating your own bike	€50
PREMIUM RANGE	
REDUCTIONS	
Discount : groups of 4 or more	-€50
EQUIPMENT HIRE	
Comfort e-bike rental (including delivery to the start and its collection)	€350
Luxury E-bike rental (including delivery to the start and its collection)	€460
Gravel bike rental for the whole trip (delivery & return included)	€350
Hybrid bike rental (including delivery to the start and its collection)	€250
SUPPLEMENTARY NIGHTS AT THE BEGINNING OR END OF YOUR TRIP	
Nuit supplémentaire Collioure Formule Petit Déjeuner Chambre individuelle Basse Saison	€255
Nuit supplémentaire Collioure Chambre individuelle Haute Saison	€332
Nuit supplémentaire Collioure Chambre double Basse Saison	€138
Nuit supplémentaire Collioure Chambre double Haute Saison	€178
Nuit supplémentaire Collioure Chambre triple Basse Saison	€177
Nuit supplémentaire Collioure Chambre triple Haute Saison	€202
Nuit supplémentaire Cadaques Chambre individuelle Basse Saison	€198
Nuit supplémentaire Cadaquès Chambre individuelle Haute Saison	€298
Nuit supplémentaire Cadaques Chambre double Basse Saison	€100
Nuit supplémentaire Cadaquès Chambre double Haute Saison	€150
Nuit supplémentaire Cadaquès Chambre triple Basse Saison	€175
Nuit supplémentaire Cadaquès Chambre triple Haute Saison	€210
TRANSFERS	
Arrival and dispersion in Perpignan (SNCF train station or airport)	€55
Repatriating your own bike	€50

NB: prices are per person.

HOSTS

Essential range

HOTEL*** IN COLLIOURE

Hotel located in the heart of Collioure, one of the most beautiful villages in France, just a short walk from the port and the beaches. The rooms are modern and comfortable, in a calm and relaxing atmosphere.

Friendly welcome and an ideal location to explore the town. A perfect first stop to discover Catalonia and begin your cycling adventure.



Double Room - Essential range

FAMILY HOTEL IN BANYULS

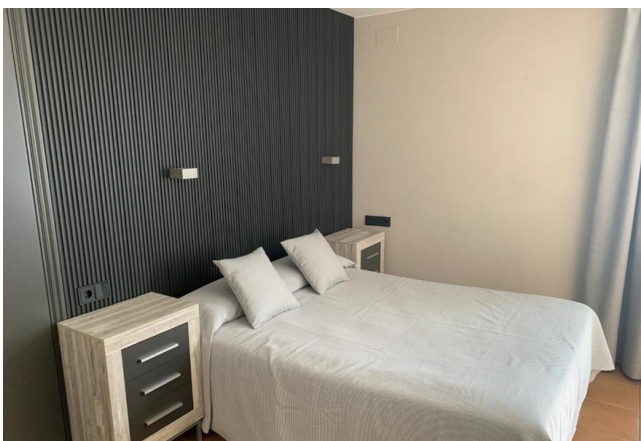
This accommodation is a friendly, family-run hotel-restaurant located in the heart of Banyuls-sur-Mer, just a short walk from the beach. Warm atmosphere, local cuisine, and attentive service. A homely, welcoming vibe with Mediterranean dishes prepared from fresh, local ingredients. Convenient for cycling travelers thanks to its central location and relaxed ambiance.



Double Room - Essential range

HOTEL* IN PUERTO DE LA SELVA

This accommodation is a family-run hotel located by the sea, in the heart of Port de la Selva. Its beachfront location provides a peaceful atmosphere typical of the Costa Brava. The rooms are simple, comfortable, and often feature a balcony with a view. The hotel restaurant serves local fish dishes in a warm and welcoming setting. A great choice for cycling or walking travelers wishing to explore the Cap de Creus.



Double Room - Essential range

HOTEL** IN CADAQUES

The hotel is located in the heart of Cadaqués, close to the beach and the port. The property features décor inspired by Dalí, creating an artistic and warm atmosphere. The rooms are comfortable, some offering beautiful views of the bay. The ambiance is calm and welcoming, perfect for resting after a day of exploration. A great choice for cycling travelers wishing to enjoy the unique charm of Cadaqués.

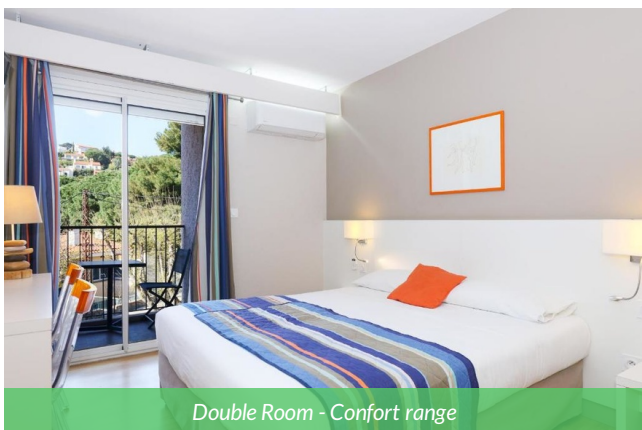


Double Room - Essential range

Comfort range

HOTEL *** IN COLLIOURE

The hotel is just a short walk from the center and beaches of Collioure, making it ideal for enjoying the village. The rooms are bright and comfortable, some with a balcony to enjoy the view. A garden and terrace provide a pleasant space to relax. The hotel offers a garage and a secure bike storage area, convenient for cyclists. Friendly atmosphere, perfect for a relaxing or active stay in Collioure.



Double Room - Confort range

HOTEL *** IN BANYULS

The hotel overlooks Banyuls-sur-Mer and offers stunning views of the bay. Calm and comfortable, it features bright rooms with balconies, perfect for enjoying the scenery. Two swimming pools and a wellness area provide relaxation after an active day. The restaurant serves simple and flavorful Mediterranean cuisine. A great choice for a restful stay, including for cycling travelers.



Swimming Pool - Confort Range

HOTEL *** IN LLANÇÀ

The hotel is located just minutes from the beach and port of Llançà, in the heart of the Costa Brava. It features gardens, a large swimming pool, and spaces for relaxation or activities. The rooms are comfortable, bright, and equipped with balconies. The restaurant serves flavorful local cuisine in a friendly atmosphere. An ideal spot for cycling stays along the coast.



Swimming Pool - Confort Range

HOTEL*** IN CADAQUES

The hotel in Cadaqués is a charming property situated on the heights of the village, offering breathtaking sea views. The comfortable rooms feature private bathrooms and, for some, a panoramic balcony. The hotel offers a hearty breakfast, a solarium with a swimming pool, and free Wi-Fi. Its peaceful location allows guests to enjoy both tranquility and proximity to the town center and the beach. An ideal spot for a relaxing stay in the heart of Cadaqués to conclude your trip.



Double Room - Confort Range

Premium range

HOTEL**** IN COLLIOURE

The hotel is a beautiful historic residence located in the historic center of Collioure, full of charm and character. Each room features unique décor, often rustic or in a “manor house” style, making every stay a different experience. The peaceful garden and heated pool provide a relaxing setting, perfect for unwinding after a day of sightseeing. The breakfast is carefully prepared, and the attentive service adds to a friendly and welcoming atmosphere.



Double Room - Privilège Range

HOTEL**** L IN BANYULS

The hotel is perched on the heights of Banyuls-sur-Mer, offering stunning views of the Mediterranean Sea and the bay. It features comfortable rooms, all with a terrace or balcony, most of which have sea views. A major highlight is the on-site wellness center, including a marine spa, heated indoor seawater pool (and outdoor pool in season), sauna, hammam, jacuzzi, and thalassotherapy treatments. The panoramic restaurant with terrace serves homemade cuisine, perfect after a relaxing session.



Double Room - Privilege Range

HOTEL **** IN PUERTO DE LA SELVA

The hotel is a renovated former wine cellar located just 30 m from the beach, blending historic charm with modern comfort. The spacious, well-decorated rooms often feature a jacuzzi or whirlpool bathtub, and some have a terrace or sea view for a relaxing setting. The property offers a full wellness area with a spa, sauna, massages, and treatments—perfect for unwinding after a day of cycling. A buffet breakfast, Wi-Fi, and private parking are available, all just steps from the village center.



Double Room - Privilege Range

HOTEL **** IN CADAQUES

The hotel is located on the seafront in Cadaqués, with a beach just a few steps away and only a few minutes' walk from the town center. The rooms are bright and comfortable, most offering a balcony or terrace with views of the sea or the garden. The hotel features a large garden with olive and pine trees, a heated outdoor pool (seasonal), a jacuzzi under the trees, and a spa-style relaxation area. There is also a bar, a cozy lounge, pleasant common areas, and a hearty buffet breakfast.



Swimming Pool - Privilege Range

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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 DAY 7:

- Day 7 at 11:30 a.m. 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).

Village public car parks: A 7-day holiday parking pass is available at the ticket office of the Glacis car park (the one located next to Collioure's Royal Castle, by the seaside). You will then park your car in the Douy car park or the Gare car park. Price: €50 for the week. Here is the map of Collioure showing the relevant car parks.

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.

PREMIUM E-ALL-ROAD BIKE (ELECTRIC ASSISTED ALL-ROAD BIKE)



Our Sunn All Road is perfect for this cycling trip between sea and mountains, taking small roads and dirt tracks.

Its powerful motor provides smooth assistance, and its MTB-style tires ensure safety on the roughest sections.

With a battery offering up to 80 km of range, it will accompany you confidently throughout your journey.

The dynamic frame and integrated battery provide excellent stability, while hydraulic disc brakes guarantee optimal safety.

We love:

- Its riding position, which balances comfort and responsiveness for great bike control
- powerful 80 Nm motor and integrated 460 Wh battery for long autonomy
- Its geometry and MTB-style tires for dirt tracks
- strong braking system

LUXURY E-ALL-ROAD BIKE (ELECTRIC ASSISTED ALL-ROAD BIKE)



For us, this is the perfect bike—the “Rolls-Royce” for a cycling trip between sea and mountains along the Côte Vermeille.

It devours tarmac for breakfast and nibbles on dirt tracks for an afternoon snack :)

It is the “big brother” of the Over model described above. Its motor is smoother, the components are high-end, and it will take you on an adventure without limits.

In short, we love it and recommend it to experienced riders who want the very best for their cycling holiday.

We love:

- Touring geometry, which distributes your body weight between the saddle and handlebars.
- This allows you to feel “one with the bike” and relieves lower back strain.
- Bosch motor and integrated 500 Wh battery for long range
- Low standover height
- 100 mm front suspension
- High-end components

E-MTB (ELECTRIC MOUNTAIN BIKE)



High-quality Cube model, specially selected for the route of our itinerary and the profile of our travelers.

Your bike will be equipped with a rear rack, a pannier, and a bottle cage for your comfort. Ideal for multi-day cycling tours.

Battery: 625 Wh Motor power: 75 Nm

Maximum range: 120 km

Weight: 23.2 kg

Available in sizes S, M, L, and XL

The Cube Reaction Hybrid Performance electric touring bike is an incredibly versatile model.

The robust and highly adaptable Reaction Hybrid Performance is built around a Bosch Performance Line motor that is both quiet and powerful, offering 75 Nm of torque. It features the Bosch Smart System and can be equipped with a battery of up to 625 Wh for longer, hassle-free rides. It includes a clever Flat-Mount for an optional kickstand, can accommodate a frame lock, and has mounting points for a multi-tool or lock under the top tube. We even integrated a tool into the seat clamp. Internal cable routing and a new speed sensor provide sleek lines and reduced maintenance. Finally, the SizeSplit system ensures you will find the perfect model for your needs.

GRAVEL SUNN VENTURE S1



The Sunn Venture S1 is a versatile gravel bike, designed to provide comfort and performance on varied terrain.

This model is ideal for riders looking for a sporty bike, capable of tackling both the roads and trails of this cycling route along the Côte Vermeille, from the Pyrénées-Orientales to Spain via the Albères mountains.

It offers a smooth ride and excellent efficiency.

We love:

- Its versatility and sporty character, perfect for exploring all types of terrain
- Lightweight aluminum frame and carbon fork
- Powerful braking system (hydraulic disc brakes)
- Shimano 11-speed single-chainring drivetrain
- Ergonomic handlebars

MUSCLE-POWERED MTB – KONA (NON-ELECTRIC MOUNTAIN BIKE)



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 2€ PER DAY AND PER BIKE AND/OR EQUIPMENT AND 3€ PER DAY PER E-BIKE

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
- Water bottle (2l minimum per person)
- 1 pocket knife (to be packed in checked baggage if flying)
- Toiletries
- Toilet paper
- Sun cream
- Soothing anti-chafing cream
- Mask and snorkel

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.



