

E-bike Trips



Val d'Aran



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Pyrenees - Val d'Aran

The Val d'Aran is in the center of the Pyrenees. This autonomous region of Catalonia has its own dialect derived from Occitan. This singular valley combines gastronomy, cultural richness and a high quality tourist and sport offer.

It is full of mountain bike routes in an unspoiled nature. You will discover landscapes peculiar to the Pyrenees and small authentic villages, each more attractive than the other.

Location & Access



You can reach the Val d'Aran by car, by train (Luchon) or by plane via Toulouse, Tarbes or Barcelona.

By road, the Val d'Aran is 2 hours from Toulouse, 1h.30 min. from Tarbes and 3h.30 h. from Barcelona.



Dates & Program

You can choose the date that suits you between June 28 and September 12.


The stays start on Sunday at the end of the day (arrival at the hotel) and end on Saturday morning after breakfast.
The typical program that we present can be adapted or modified according to your wishes.



Day 1: Panoramic tour of Montarto and Colomers

Reception of the E-bike and explanation of the different settings
Technical advice, warm up.

Exit to Arties with dinner at the Restaurant Cerer du Montadi.
Tour adjustable according to the level of the participants.

 **Ascent (D+):** 1'100m.

 **Distance:** 30km

 **Duration:** 3 to 5h.




Day 2: Heli Bike to the top of the Pincela and the top of Barrados

The objective is to go and eat in a high altitude hut

Easy tour with several possibilities for the descent

Possibility of recharging the batteries.

Tour adjustable according to the level of the participants.

 **D+:** 700m.

 **Distance:** 20 to 35km

 **Duration:** 5 to 6h.




Day 3: Panoramic tour of the Occitanie Luchonaise

Day of discovery of the Luchonese massif and its 3000m peaks

Dinner at the mythical Hospice de France, old national road to cross to Spain.

Visit of the city of Luchon and its thermal baths

Adjustable according to the level of the participants.

 **D+:** 800 to 1'200m.

 **Distance:** 25 to 30km

 **Duration:** 4 to 6h.




Day 4: Bike to the top of Montpius and Artiga de Lin

Easy tour with several possibilities according to the level.

Meal in a mountain hut with its specialties.

Adjustable according to the level of the participants.

 **D+:** 600m.

 **Distance:** 25 to 30km


 **Duration:** 4 to 6h.

Day 5: "Côte de boeuf" in the mountain pastures of Montgarri

The natural access from Val d'Aran to Spain

Meal at the refuge of Montgarri, a place with a lot of character and you will be able to taste the best meats of the valley

Adjustable according to the level of the participants.

 **D+:** 800m.

 **Distance:** 30 to 50km

 **Duration:** 5 to 6h.

Supervision

The guides of Pyrenees Guides are PMBIA (Professional Mountain Bike Instructor Association) certified. They will share with you their passion for mountain biking and for their region. They will help you discover the many facets and the traditional life of the Val d'Aran.

They will put their skills at your service. It is without worries and in a good mood that you will ride on the best routes of the region. There is no doubt that this will be an unforgettable discovery of the Pyrenees.



Accommodation

We have selected one of the best hotels in the valley for your stay.



Hôtel Casa Irene ****

The hotel is located in Arties, a small village in the heart of the Aran Valley. This small mountain family hotel is also one of the best restaurants in the valley. You will enjoy relaxing in the SPA, in the swimming pool or in the large shady garden of the hotel.

www.hotelcasairene.com

Your package includes accommodation in a double room with half board.

If you wish to stay in a single room, you will have to pay an extra € 90.00 per night, i.e. € 540.00 for the whole stay (6 nights).



Equipment

The rental of an E-Bike and a helmet is included in the price of your package.

For your comfort, we recommend that you arrive with the following equipment

- Sneakers suitable for walking in the mountains
- Cycling shorts or shorts with reinforcement
- Cycling gloves
- Sunglasses
- a small backpack to carry some clothes (against cold and rain) with Camelbak compartment
- A Camelbak should your backpack not have one



Price

Hotel **** : 2'600 €/pers.

These prices include:

- Accommodation in a double room with ½ board, 6 nights
- Rental of the electric mountain bike for 5 days
- Supervision by a mountain bike guide
- Transportation (lifts, bus, public transport, etc.)
- 2 heli-bike drops

These prices do not include:

- Drinks
- Lunches and dinners in the mountains (restaurants, mountain huts, alpine pastures, etc.)
- Accommodation in a single room (Details in "Accommodation")
- Personal expenses at the hotel (mini-bar, laundry, etc.)
- Your access travel to the Pyrenees (Val d'Aran)



Registration & Payment

In order to register, you must first inform us of the chosen date.

If the guide and the hotel you have chosen are available, we will send you by e-mail a registration form and the invoice for your stay. To confirm your reservation, you will have to send us back your registration form and proceed to the payment of the deposit (35% of the amount of the stay) .

Cancellation insurance:

A cancellation and repatriation insurance is mandatory. If you do not have insurance covering this risk, we can advise you of companies that offer this type of insurance:

Mondial assistance - Carnet voyage ETI from TCS - Axa,
Travel insurance - etc.

Payment method:

- 35% upon reservation
- 35% 60 day before your departure
- The balance 30 days before departure

Payments are made by bank transfer in Euro or CHF according to the chosen destination.

Cancellation:

In case of cancellation of your stay the deposit is not refunded. They will be carried over to a later reservation only if we have been able to resell your place.

In case of cancellation 60 days or less before your departure, the deposit and the balance of your stay will be refunded only if your place could be resold.

Contact

📍 E-bike.pro
CP 155
1936 Verbier

☎ +41 27 771 72 50
+41 78 671 72 50

Bank Details:

Turkey Heliski SA, CP 155, 1936 Verbier

Bank: UBS SA 1920 Martigny

Clearing: 0264

SWIFT(BIC): UBSWCHZH80A

IBAN account Euro : CH05 0026 4264 6415 7461 J

IBAN account CHF : CH96 0026 4264 6415 7401 G