



 **LIFECYCLE
ADVENTURES**

Gascony and the Pyrenees

FRANCE

Planning

About the Area

Overnight Towns

On Tour FAQ



Use this Guidebook
with the On-Tour App
(see inside cover)

Inside this book

Planning Your Tour

- ➔ Where to stay before tour
- ➔ Getting there
- ➔ Things to book
- ➔ What to pack

About the Area

- ➔ Routes & highlights
- ➔ Geography & history
- ➔ Food & drink
- ➔ Essentials

Overnight Towns

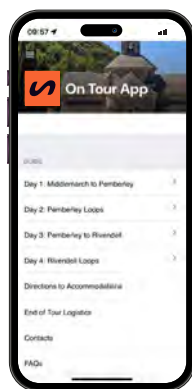
- ➔ Overviews
- ➔ Restaurants & bars
- ➔ Sights & activities
- ➔ Town plans

On Tour

- ➔ Using the On-Tour App
- ➔ Navigating the routes
- ➔ Our services
- ➔ Safety & enjoyment

On-Tour App for smartphones

You will be sent a link to download your On-Tour App a few weeks before the start of your tour.



The app includes everything you need to explore each day during your tour including:

- ➔ Ride options
- ➔ Places for lunch
- ➔ Points of interest
- ➔ Directions to accommodations
- ➔ End of tour logistics
- ➔ Contacts
- ➔ FAQs

See the *Using the On-Tour App* section of this guidebook for more details about this app.



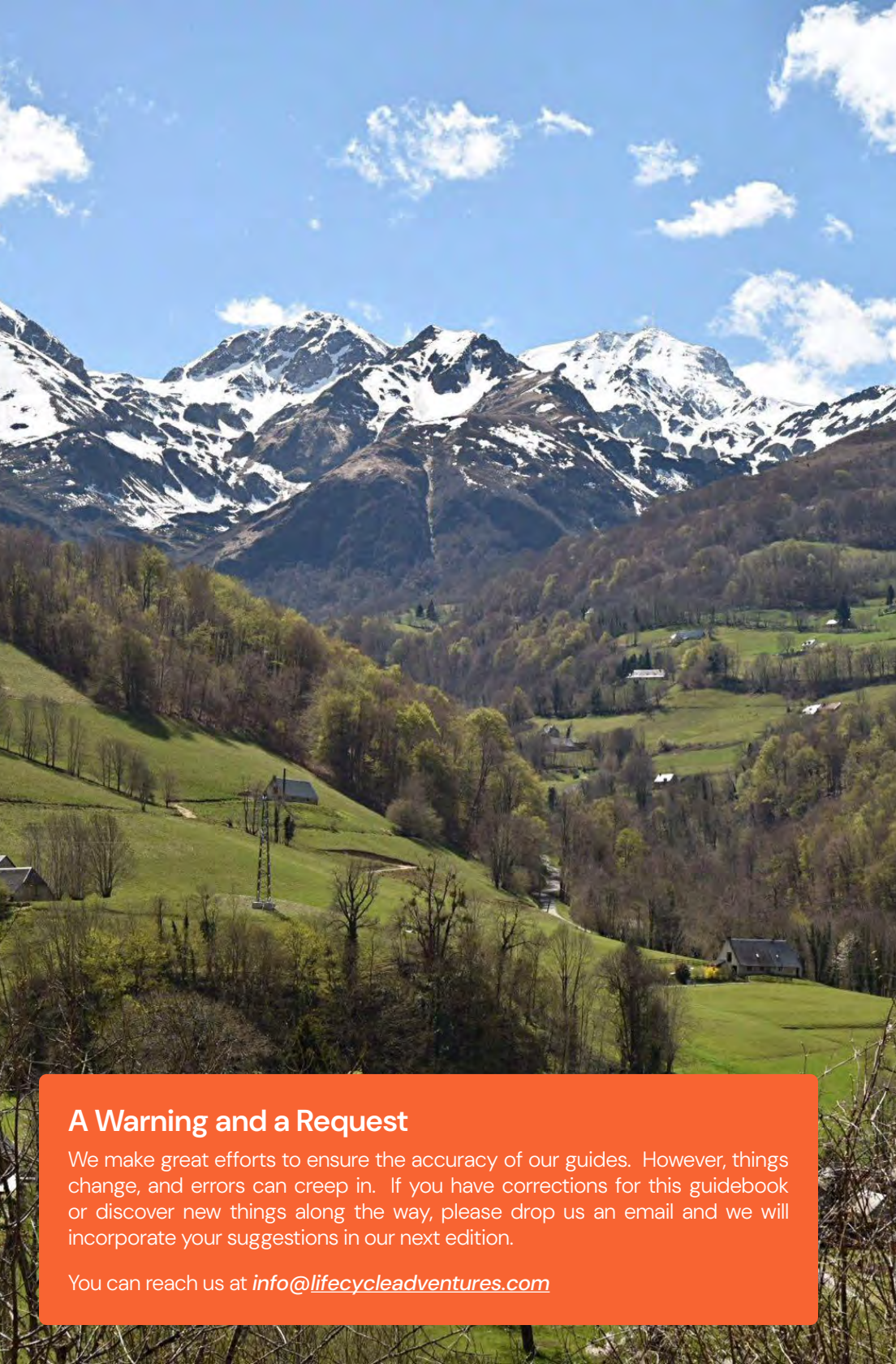
 **LIFECYCLE
ADVENTURES**

Gascony and the Pyrenees

FRANCE

Written & Researched by

Victoria Craig & Gregory Craig



A Warning and a Request

We make great efforts to ensure the accuracy of our guides. However, things change, and errors can creep in. If you have corrections for this guidebook or discover new things along the way, please drop us an email and we will incorporate your suggestions in our next edition.

You can reach us at [*info@lifecycleadventures.com*](mailto:info@lifecycleadventures.com)

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View of St Martin Church from Rue Jeanne d'Albret, Pau

GETTING THERE

Tours start in Pau. We can also collect you from Toulouse, Biarritz, San Sebastián, or Bordeaux as an optional extra.

Train to Pau

Pau Train Station has direct services to Paris Montparnasse that typically take 4 hours 30 minutes. From the TGV station, you can take a taxi or walk to the center of Pau.

Flying into Pau

Pau has a small airport (PAU – Pau Pyrénées Airport) with flights to Paris Charles de Gaulle Airport and Paris Orly. If we are not collecting you at the airport, the easiest way to get into Pau from the airport is by taxi (€40 / 25 minutes). There is also a bus (€2 / 30 minutes).

Booking Tickets

The following sites are helpful when booking travel within France:

- Rome to Rio: <https://www.rome2rio.com/>
- The Train Line: <https://www.thetrainline.com/en-us>
- Local train company: <https://www.sncf-connect.com/>

WHERE TO STAY BEFORE YOUR TOUR

Pau

Guests often stay in Pau before and/or after their trip. Pau is the best choice if you want the convenience of being at the location of the start of your tour. We have had good feedback for the following hotels and B&Bs.

Parc Beaumont Hotel & Spa Pau



1 Av. Edouard VII, 64000 Pau



+33 5 59 11 84 00



<https://mgallery.accor.com/en/hotels/>

Hôtel Bristol



3 Rue Gambetta, 64000 Pau



+33 5 59 27 72 98



<https://www.hotelbristol-pau.com/>

Other Start Locations

We can also arrange transfers to and from Biarritz, Bordeaux, San Sebastián (Spain), or Toulouse. All these cities add an extra dimension to your trip.

- Biarritz is an elegant Atlantic seaside resort.
- Bordeaux is known for its 18th-century architecture and world-class wines.
- San Sebastián is a great choice if you want to combine this tour with a visit to the Spanish Basque country with stunning beaches and exceptional cuisine.
- Toulouse is best for an airport with international connections.

Transfers from and to these cities must be booked well in advance of your tour.

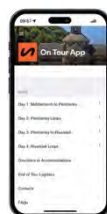
DOWNLOADS FOR YOUR PHONE

We recommend you download the following to your phone before you travel:

- On-Tour App (**essential**)
- eBook of this guidebook
- Google Maps for the area
- WhatsApp
- eSIM data plan

Downloading the On-Tour App

A few weeks before the start of your tour, we will send you an email with a link to download your On-Tour App. We recommend you download the app and familiarize yourself with its contents before you leave home. See the On Tour section of this guidebook for more details about this app.



Download an eBook of this Guidebook

We recommend downloading the eBook version of this guidebook. This will allow you to reference the guidebook from your phone or tablet as well as giving you the ability to zoom in on maps and click on website links and telephone numbers.

Scan this code with your phone/tablet's camera. Then follow the instructions below, depending on your device.



On an iPhone or an iPad

- Open the PDF using the above QR code (can take more than a minute)
- Tap Share (there can be a few seconds delay after tapping share)
- Tap *Books*

The PDF then opens automatically and saves into the Books app. Access it via the Library section of the Books app.

On Google Smartphones or Tablets

Set Settings

- On your device, open Google Play Books
- At the top right, tap your profile picture
- Tap Play Books settings
- Check the box next to Enable PDF uploading

Download the Book

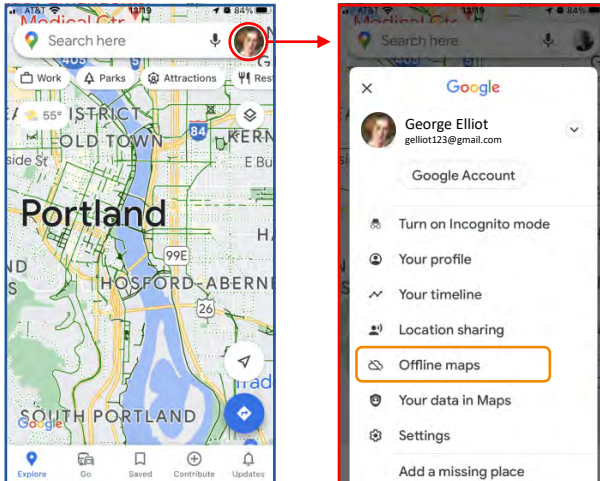
- Download the PDF file to your device using the above QR code
- Open your Downloads or Files app
- Find the file
- Tap More and then Open With and then Play Books or Upload to Play Books.
- To find uploaded files in the Play Books app, tap Library and then Uploads.

Downloading Google Maps

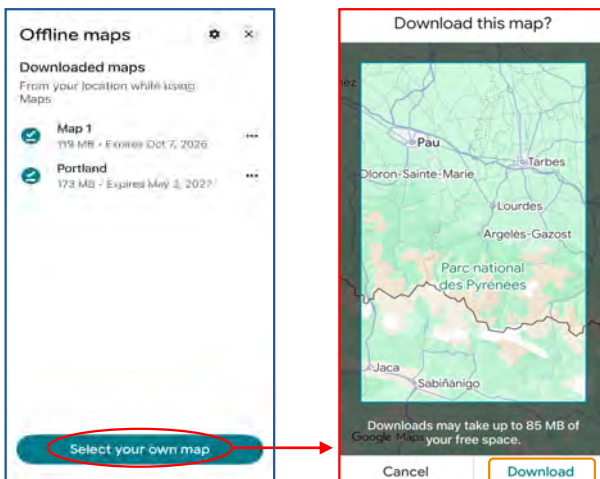
The On-Tour App includes many links to Google Maps. We recommend downloading the maps for this area in Google Maps before leaving home. You will need to be signed into your Google account to use this feature. Instructions are as follows.

In the Google Maps app:

- Tap on your profile picture (or letter) in the top right-hand corner
- Select Offline maps



- In Offline maps, zoom the maps to France to include Pau, Tarbes, Argelès-Gazost, and Bagnères-de-Bigorre. Then click "Download".



WhatsApp

Most of our guides like to use WhatsApp for staying in contact with you during your tour. If you have downloaded the app and set up an account, that would be helpful. If not, don't worry, we can also use texts and phone calls.

Phone Plans

Having access to cellular data while on tour will make it easier to navigate your routes and access information via our On-Tour App (though with a little forethought you can manage without).

If travelling abroad, you may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology, so it is best to check before leaving home.

THINGS TO BOOK BEFORE YOU TRAVEL

Transfers from Other Start or End Cities

Typically, we collect and drop off guests in Pau. We can also collect or drop off guests in Biarritz, Bordeaux, San Sebastián (Spain), or Toulouse, for which there is an extra charge. These transfers are only available on the first and last days of the tour and are subject to availability.

Transfers on Tour

Leisure Route from Pau to Argelès-Gazost

If you plan to ride the Leisure route from Pau to Argelès-Gazost, let your guide know at the start of the tour. This will allow them to organize your van transfer to Nay for that day.

Activities

If you want to add any of the following activities to your tour, we recommend booking them in advance. This is especially true during high season: July to September.

Thermal Spa Days

This area of the Pyrenees has had thermal spas dating back to the time of the Romans, who visited for the healing properties of the waters. The facilities at Argelès Gazost and Bagnères-de-Bigorre are extensive and historic. Let us know if you would like to know more or if we can help arrange a visit to one of these spa facilities. (See the *Overnight Towns* section of this guidebook for more details.)

Le Jardin des Bains – Argelès–Gazost

 27 Av. Adrien Hebrard, 65400 Argelès–Gazost

 +33 05 62 97 03 24

 <https://www.lejardindesbains.com/>

Aquensis – Bagnères–de–Bigorre

 5 Rue du Pont d'Arras, 65200 Bagnères–de–Bigorre

 +33 05 62 95 86 95

 <https://www.aquensis.fr/>

Restaurants

In high season, you may want to book your dinners in advance – especially if you plan to eat at the higher-end establishments. You can find details of the restaurants in the *Overnight Towns* section of this guidebook.

Restaurants that typically require reservations include the following:

In Pau

- Les Papilles Insolites
- Maynats
- La Fiancée du Désert

In Argelès–Gazost

- Le Viscos (located in Saint–Savin)
- La Table d'Ayzi

In Bagnères–de–Bigorre

- L'Assiette de Juliette
- Restaurant La Table du Cinq
- Le Jardin des Brouches

Wineries

Reservations for tasting can often be made while on tour and walk-ins are sometimes (though not always) welcome. However, if you would like to eat at a winery or take a winery tour, we recommend that you book in advance. You can find a list of wineries on this tour, with details of what route they are on, in the *About the Area* section of this guidebook.

WHAT TO PACK

What We Provide ... so you don't need to

We provide the following equipment:

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount to attach your phone to your handlebars
- ☐ Energy bars for each day

For guests renting one of our bikes, we also provide:

- ☐ Helmets (though we recommend you bring your own due to fit and knowledge of previous use)
- ☐ A hand pump, a spare tube, and equipment to change a flat tire
- ☐ A lightweight combination bike lock
- ☐ Rack bags or panniers are available on request¹. NOTE: some bikes, including those with carbon seat posts, cannot be fitted with rack bags or panniers. If they are not available, we recommend bringing a small backpack
- ☐ Rear lights are available on request¹
- ☐ Battery banks to recharge your phone en route are available on request¹ (subject to availability)

What You Should Bring

To help you prepare for the trip, below is a list of gear to consider bringing in addition to the usual clothes you would pack for any trip.

Gear For on the Bike

- ☐ Breathable brightly colored cycle jerseys or tops
- ☐ Hi-vis rain jacket and waterproof pants/trousers
- ☐ Cycling gloves. Consider long-fingered gloves for colder temperatures.
- ☐ Cycling shoes or stiff-soled, closed-toed shoes
- ☐ Helmet (see *What We Provide*, above)
- ☐ Fleece or warm sweater
- ☐ Padded cycling shorts (and possibly some chamois cream)
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Bandana (optional but good for protecting head or back of neck from the sun)
- ☐ Leg warmers and arm warmers (handy for changing temperatures)

¹ Items available "on request" should be requested on the Booking Form when you book the tour or via email at least two weeks before the start of your tour.

Other Essentials

- ☐ Emergency contact details and first aid kit
- ☐ Cell phone and charger
- ☐ Battery bank to recharge your phone en route (if you have one)
- ☐ Any required medication
- ☐ Insect repellent
- ☐ Medical & travel insurance

Good Things to Have

- ☐ Sandals or flip flops to pack in your day bag if wearing cycling shoes
- ☐ Rear light for daytime use
- ☐ Small backpack (see *What We Provide*, above)

If You are Renting One of Our Bikes

If you are renting one of our bikes, we would strongly suggest you consider bringing the following.

- ☐ Your own pedals if you typically ride with clipless pedals
- ☐ Your own saddle. The rental bikes have generic saddles, and many riders prefer to use a saddle with which they are familiar. This is even more true if you normally ride with a female specific saddle

If You are Bringing Your Own Bike

- ☐ Bar bag or seat-post bag
- ☐ Bike lock
- ☐ Spare inner tube and puncture repair key
- ☐ Hand pump
- ☐ Tools & spares for your make of bike
- ☐ Lubricant & solvent for maintaining chain

If you are bringing your own bike, we would also recommend that you have your bike tuned by a bike store before you travel. If something about your bike's set-up has been bothering you, your trip is a great excuse for sorting it out.

If shipping your bike to us before your tour, please be sure the bike is cleaned before being packed.



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Valley of Argelès-Gazost with the Pyrenees

INTRODUCTION

On this tour, you will be exploring a lesser-known corner of France. An area shaped by pastoral traditions, dramatic landscapes, and a deep connection to the countryside. Tours start in the elegant city of Pau, wind through the vineyard-covered hills of Gascony, and gradually climb towards the soaring peaks of the Pyrenees. Along the way, you'll pass Romanesque churches, lively weekly markets, and fields dotted with grazing sheep.

Leisure riders stay in the foothills and valleys, tracing quiet rivers and rolling farmland on peaceful back roads. Stronger riders can test themselves on legendary Tour de France climbs such as the Col du Tourmalet, Col d'Aspin, and Hautacam – names that echo through cycling history. Whichever routes you choose, you will enjoy sweeping mountain views, timeless villages, and a sense of space that feels increasingly rare.

Food and culture are deeply rooted in the region. Expect hearty mountain cuisine – rich garbure stews, duck specialties, local cheeses, and robust wines from nearby vineyards. Evenings are unhurried, often spent in small family-run inns where hospitality feels genuine and personal.

This is a region where life follows the rhythm of the seasons, and where traditions remain part of everyday life. Unspoiled landscapes, quiet roads, and an enduring sense of authenticity make Gascony and the Pyrenees feel far removed from the modern pace of life.

ROUTES & HIGHLIGHTS

The map on the following page shows the *intermediate* routes between the overnight towns (marked ). Easier and harder routes are also available. The map also shows some of the highlights in the area.

Each tour is customized to you, and your tour may not include all these routes and overnight towns. Typically, Bagnères-de-Bigorre is only included on longer tours. Your customized routes are provided in the On-Tour App that accompanies this guidebook. The app includes:

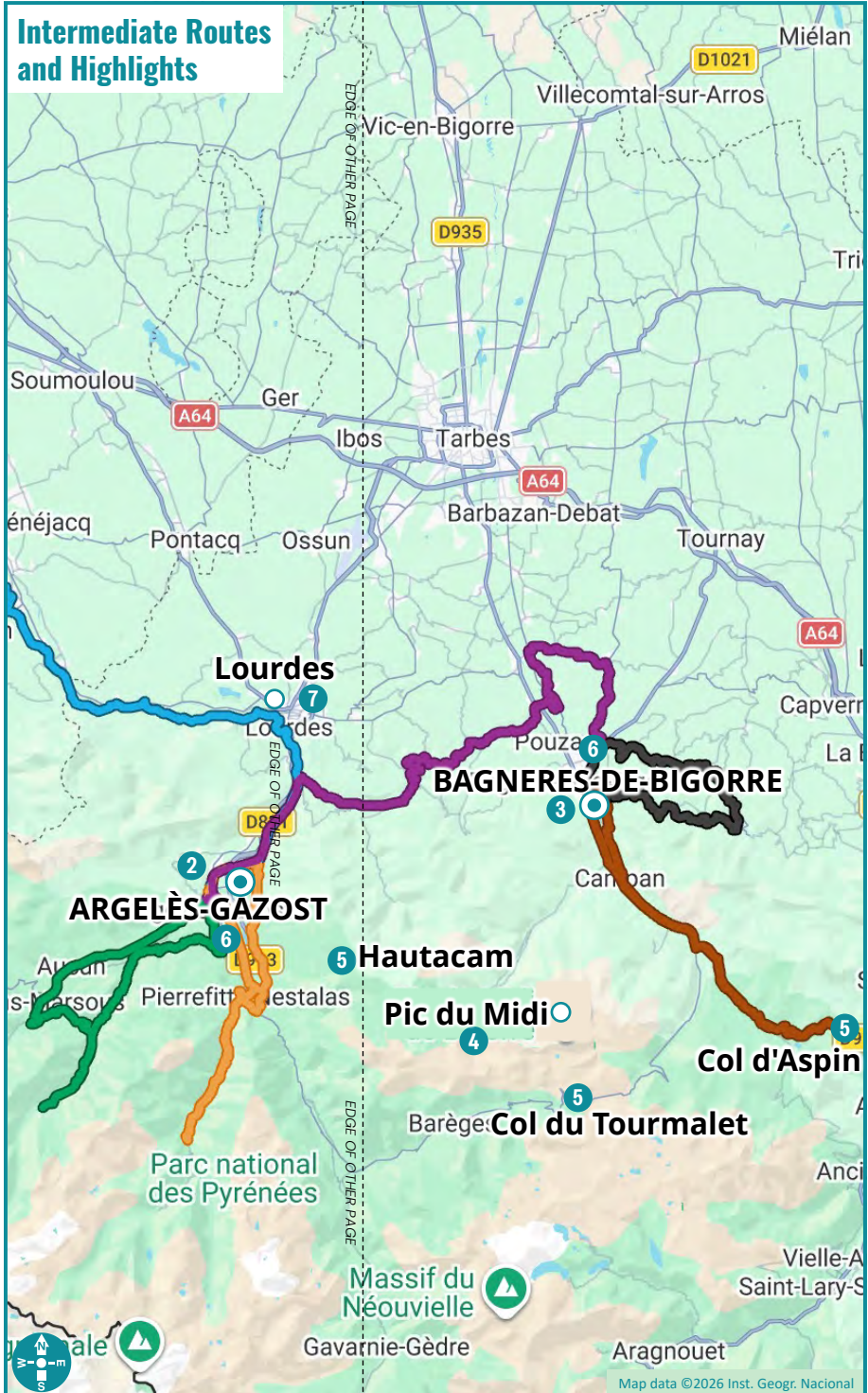
- Detailed maps
- Leisure, Intermediate, Challenge and Epic route options¹
- Places to have lunch along the routes
- Points of interest along the routes
- Wineries along the routes²

¹ Not all days have all levels of riding.

² Where applicable



Intermediate Routes and Highlights



1 Pau

A refined and lively city set on a ridge with sweeping views of the mountains, combining historic sites, Belle Époque architecture, and a relaxed southern atmosphere.



2 Argelès-Gazost

A quiet and welcoming town at the entrance to the high mountains, it provides a laid-back atmosphere, a charming center, and easy access to both scenic valley rides and major climbs.



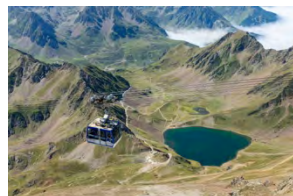
3 Bagnères-de-Bigorre

Nestled at the foot of the mountains, this town blends historic elegance with a strong thermal spa tradition. It has a lively market, pleasant streets, and proximity to iconic climbs like the Col du Tourmalet.



4 Pic du Midi

The Pic du Midi is a cable car that takes you from the part way up the Tourmalet climb to breathtaking panoramic views over the Pyrenees. There is also a historic observatory.



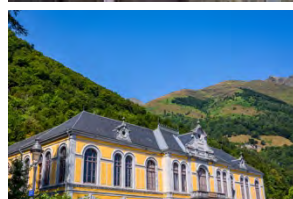
5 Legendary Cycling Climbs

Iconic Tour de France routes such as the Col du Tourmalet, Col d'Aspin, Col d'Aubisque, and Col du Soulor. Climbs have sweeping views and unforgettable ascents. Typically, on Challenge and Epic routes.



6 Thermal Spas & Wellness Tradition

Dating back to Roman times, the region's thermal baths remain a highlight, with modern facilities providing relaxation and recovery after time in the mountains.



7 Lourdes

One of the world's most important Catholic pilgrimage sites, Lourdes draws millions each year to the Sanctuary of Our Lady of Lourdes: the site of apparitions in 1858 and the source of holy waters that continue to inspire faith and devotion among Catholics.



8 Wineries & Vineyards

The vineyards around Pau, particularly in Jurançon, produce distinctive wines from local grapes, with small, family-run estates creating authentic tasting experiences in beautiful hillside settings.



- Dramatic Mountain Landscapes

From rolling foothills to high alpine passes, the Pyrenees present constantly changing scenery, with sweeping views, quiet valleys, and snow-capped peaks forming a spectacular natural backdrop.



- Lively Local Markets

Weekly markets are central to life here, bringing together local producers selling cheeses, charcuterie, fruit, and regional specialties in a vibrant and social atmosphere.



CLIMATE & GEOGRAPHY

Overview

The Atlantic Ocean (just 80 miles away) is the main influence on the climate of the Hautes-Pyrénées. Summer weather is warm with daytime temperatures 70–85°F (20–30°C). Evenings, however, tend to be much cooler. It can rain on any day of the year so rain gear is essential.

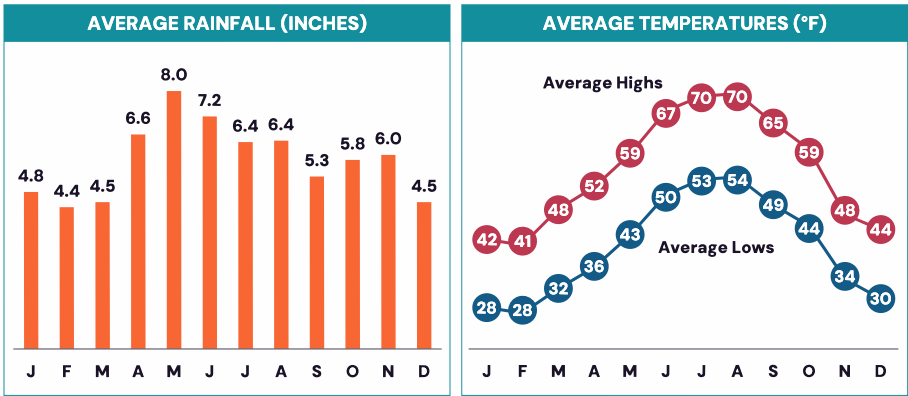
Altitude is another factor in determining the weather. Temperatures can drop by over 20°F between Pau at 650 feet and the high passes such as Tourmalet at nearly 7,000 feet.

When to Travel

Snow on the passes is the main limiter on when you can start cycling in the area, and the higher roads are not reliably open until the start of June. The season ends at the end of September.

Climate Charts

The charts below show the monthly average temperatures (in Fahrenheit) and rainfall (in inches) for Argelès-Gazost, a town at the center of our tours.



Data Source: www.intellicast.com

HISTORY

In Three Sentences

The Pyrenees have long formed a natural frontier between France and Spain, shaping centuries of conflict, culture, and trade. With prehistoric settlements, Roman rule, medieval kingdoms, and modern nation-states, the region has been defined as much by connection as by division. Today, it remains a place where distinct Basque, Gascon, and Catalan identities endure within a shared mountain landscape.

Key Dates

Prehistory (before 10,000 BCE)	Early human settlement in caves such as those at Gargas and Niaux.
1st century BCE	Roman conquest integrates the Pyrenees into the Roman Empire, with roads linking Spain and Gaul.
8th century	Muslim forces cross the Pyrenees into France; later halted by the Franks, helping define the region as a frontier.
778	Battle of Roncevaux Pass – Basque forces ambush Charlemagne's army (immortalized in legend).
11th–13th centuries	Rise of small mountain kingdoms and counties (Navarre, Aragon, Béarn).
1659	Treaty of the Pyrenees formally establishes the border between France and Spain.
19th century	Growth of spa culture and early tourism in towns like Bagnères-de-Bigorre and Cauterets.
Early 20th century	The Pyrenees gain fame as several of the region's iconic climbs feature in the Tour de France.
1936–1939	Spanish Civil War sees refugees crossing the mountains into France.
1939–1945	During World War II, the Pyrenees serve as escape routes for refugees, downed Allied airmen, and resistance networks moving between occupied France and neutral Spain.
Late 20th century–Present	Development of tourism, cycling, and protected natural parks across the range.

FOOD & DRINK

Pyrenean Food

Overview

Pyrenean cuisine is shaped by the mountains – hearty, rustic, and deeply tied to the land. Rooted in pastoral traditions, the food reflects a way of life built around livestock, seasonal produce, and simple preservation methods. Expect robust dishes designed to fuel long days outdoors: slow-cooked stews, cured meats, mountain cheeses, and locally grown vegetables.

While French culinary influence is ever-present, the region also draws on Basque and Gascon traditions, creating a rich and varied food culture. Meals are generous and unhurried, often accompanied by local wines from nearby regions such as Madiran, Jurançon, and the foothills of Gascony.

Mountain Cuisine

At the heart of Pyrenean cooking are warming, slow-cooked dishes. Garbure, a thick farmhouse soup made with cabbage, beans, and preserved meats (often duck or ham), is a staple. Other regional favorites include cassoulet in the western foothills and confit de canard – duck preserved in its own fat and crisped before serving. These dishes reflect a cuisine built for sustenance.



Cheese

Cheese is central to life in the Pyrenees. Produced in small mountain farms, varieties are typically made from sheep's milk, cow's milk, or a mix of both. Ossau-Iraty is the most famous, a firm, nutty sheep's cheese often enjoyed with black cherry jam – a classic Basque pairing. Tomme-style cheeses are also common, each valley producing its own subtle variation depending on pasture and season.



Cured Meats

Preserved meats are another cornerstone of the region. Jambon de Bayonne is the best-known, air-dried and delicately salted. Saucissons and other cured sausages are found everywhere, often served simply with bread and cheese. These traditions date back centuries, when curing was essential to survive long mountain winters.



Wines of Gascony and the Pyrenees

Overview

The foothills of the Pyrenees around Pau are home to one of Southwest France's most distinctive wine regions: the Jurançon. Set on sun-exposed hillsides with views of the mountains, these vineyards benefit from a unique microclimate – warm Atlantic air, mountain breezes, and long autumns that allow grapes to ripen slowly and develop intense character.



Wine production here is small-scale and deeply rooted in tradition. Most estates are family-run, often passed down through generations, with a strong emphasis on sustainable, organic, or biodynamic practices. The result is a collection of wines that feel authentic, expressive, and closely tied to the land.

The region is best known for its white wines made from petit manseng and gros manseng grapes. These varieties thrive on the steep slopes around Pau, producing both dry wines and the more famous late-harvest styles. Armagnac, France's oldest brandy, is also produced nearby and is often enjoyed as a digestif.

Local Character

What makes Pyrenean wine special is not scale or fame, but character. These are wines discovered rather than marketed – often tasted at the source, in small tasting rooms overlooking the vines. Many estates welcome visitors for informal tastings, with a chance to meet the winemakers and experience the landscape that shapes each bottle.

The wines of the Pyrenees may not be as globally recognized as those of Bordeaux or Burgundy, but they give something rarer: a sense of place, tradition, and quiet authenticity that perfectly complements the rhythm of life in the mountains.

Jurançon

Jurançon is the signature appellation of the Pyrenees. The wines range from crisp and mineral-driven dry whites (Jurançon Sec) to rich, golden sweet wines made from grapes harvested late in the season. These late-harvest wines develop naturally high sugar levels and are often aged for extended periods, creating complex flavors of honey, apricot, citrus peel, and spice.

Unlike many larger wine regions, production here remains intimate. Vineyards are often just a few hectares in size, perched on steep hillsides that require careful hand cultivation. Some estates have been producing wine for over a century, while others are newer, experimental producers focused on organic and biodynamic methods.

Petit Manseng & Gros Manseng

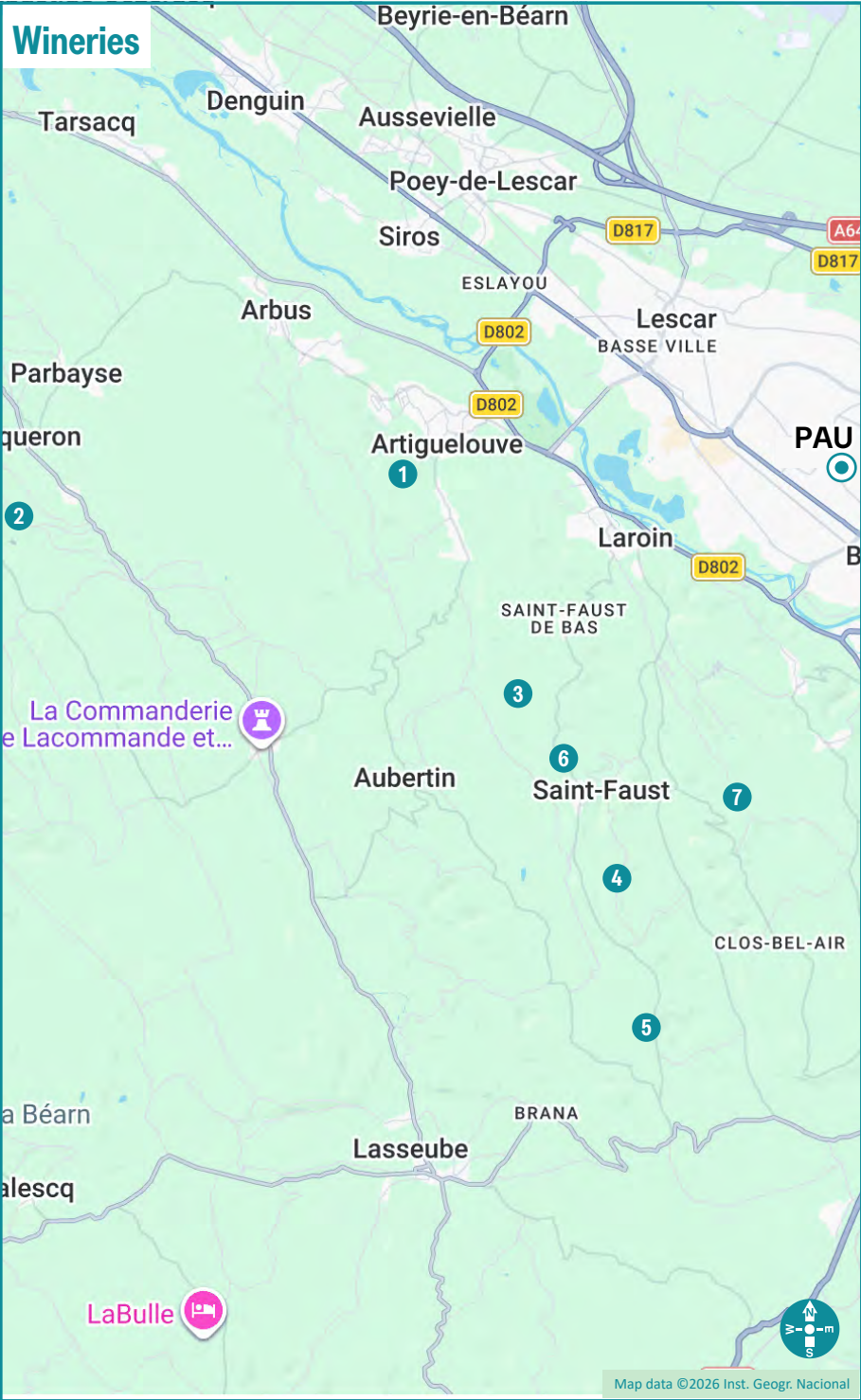
These two grape varieties define the wines of the region. Petit manseng is the star of the sweeter wines, known for its ability to retain acidity while developing concentrated sugars, resulting in balanced and aromatic wines. Gros manseng, by contrast, is typically used for fresher, drier styles with bright acidity and citrus notes. Together, they create wines that are both vibrant and expressive of the Pyrenean terroir.

WINERIES ON YOUR ROUTES

All the vineyards featured on this tour are in the rolling hills and sunlit slopes surrounding the city of Pau, at the gateway to the Pyrenees. The map and listings on the following pages show the main wineries in the area that are also close to our cycling routes.

The table that follows the map shows which wineries are accessible to which rides. Use this table and your itinerary to see which wineries you will pass on your customized tour. This will allow you to decide where it is practical to visit and where you might want to make reservations.

Detailed maps and directions to the wineries are provided in the On-Tour App that accompanies this guidebook.



The following table shows which wineries are on which routes (only the Pau Loop rides) and which level of ride – Leisure (L), Intermediate (I), Challenge (C), Epic (E), or Gravel (G).

Route	Winery		Level				
			L	I	C	E	G
Pau Loop	1	Domaine du Cinquau	✓				-
	2	Domaine Peyrette		✓	✓	✓	-
	3	Domaine Vignau (La Juscle)	✓				-
	4	Domaine Burgué-Séré	✓	✓	✓	✓	-
	5	Domaine Haugarot		✓	✓	✓	-
	6	Cru Larose	✓	✓	✓		-
	7	Clos Lapeyre (Jean-Bernard Larrieu)			✓	✓	-

The *Winery Listings* in the Appendices provide the following information about each winery:

- History and background
- Wines produced
- Food availability
- Tours and tastings available
- Reservations requirements
- Opening hours
- Contact details

FEATURED COLS OF THE PYRENEES

Many of the Pyrenees' most iconic climbs have been immortalised by the Tour de France. But even without this storied history, these cols are worthy of note. Their combination of length, rhythm, isolation, and raw beauty creates a uniquely rewarding challenge – long, steady ascents, dramatic scenery, and technical descents that demand focus all the way to the valley floor.

Below are the statistics and highlights for some of our favourite climbs featured on this tour.

Col de Marie–Blanque

A deceptive climb that saves its sting for the finale. The early kilometers are gentle, lulling riders into a rhythm before the final 4 km ramp up brutally to double-digit gradients. A true “sting in the tail” climb and a Tour de France regular.

- Approach: from Oloron–Sainte–Marie
- Distance: 9 km
- Climb: 700 m
- Summit: 1,035 m
- Average Grade: 7.7%
- Maximum Sustained Grade: 17% (final kilometers)
- Tour Day: Pau Loops

Hautacam (Col de Tramassel)

The climb to the Hautacam ski station is one of the toughest in the Pyrenees. First used in the Tour de France in 1994, it has since hosted several decisive mountain stages. Its unrelenting gradients and exposed upper slopes make it a true test of endurance.

- Approach: from Argelès–Gazost
- Distance: 13.6 km
- Climb: 1,130 m
- Summit: 1,616 m
- Average Grade: 7.8%
- Maximum Sustained Grade: 11%
- Tour Day: Argelès–Gazost Loop Day

Col d'Aubisque (Western Approach)

A classic Pyrenean giant, the Col d'Aubisque is renowned for its dramatic setting and sweeping mountain views. The road traverses cliffs and open slopes, making it one of the most scenic climbs in the range. A café at the summit is a popular stop for cyclists.

- Approach: from Laruns
- Distance: 16.6 km
- Climb: 1,190 m

- Summit: 1,709 m
- Average Grade: 7.2%
- Maximum Sustained Grade: 10%
- Tour Day: Pau to Argelès–Gazost

Col du Tourmalet (Western Approach)

A Hors Catégorie (HC) climb and the most frequently used mountain in Tour de France history, the Tourmalet is the defining Pyrenean ascent. It links the Vallée des Gaves with the Vallée de Campan and is the highest paved pass in the French Pyrenees. A monument to the race and a café awaits at the summit.

- Approach: From Luz–Saint–Sauveur
- Distance: 19 km
- Climb: 1,404 m
- Summit: 2,115 m
- Average Grade: 7.4%
- Maximum Sustained Grade: 10.2%
- Tour Day: Argelès–Gazost to Bagnères–de–Bigorre

Col d'Aspin

Often overshadowed by the Tourmalet, the Aspin is a more forgiving but still rewarding climb. Its steady gradients build gradually, with the final kilometers providing the main challenge. It plays a key role in linking several major Pyrenean cols.

- Approach: from Sainte–Marie–de–Campan
- Distance: 13 km
- Climb: 642 m
- Summit: 1,489 m
- Average Grade: 5.0%
- Maximum Sustained Grade: 9%
- Tour Day: Bagnères–de–Bigorre Loops – A

Hourquette d'Ancizan

A quieter, more pastoral climb than its famous neighbors, the Hourquette d'Ancizan is a beautiful and varied ascent through forest and open pasture. Lightly trafficked and scenic, it is a favorite among riders looking for a more tranquil Pyrenean experience.

- Approach: From Arreau
- Distance: 10.3 km
- Climb: 805 m
- Summit: 1,564 m
- Average Grade: 7.8%
- Maximum Sustained Grade: 11%
- Tour Day: Bagnères–de–Bigorre Loops – A

FUN FACTS (AND OTHER THINGS OF INTEREST)

The Pyrenees as a natural border

The Pyrenees form a dramatic natural barrier between France and Spain, stretching for over 400 km from the Atlantic Ocean to the Mediterranean Sea. For centuries, they have shaped not only geography but also culture, language, and identity. Yet rather than dividing the two countries, the mountains often feel like a shared region with deep cross-border connections.



Col du Tourmalet

One of the most famous climbs in cycling, the Col du Tourmalet has been a regular feature of the Tour de France since 1910. At 2,115 metres, it is one of the highest paved mountain passes in the Pyrenees. Riders tackling it today follow in the tracks of early pioneers who had to contend with rough gravel roads and primitive bicycles – sometimes walking sections of the climb.



Thermal Spa Culture

The Pyrenees are dotted with natural hot springs that have been used since Roman times. Towns such as Bagnères-de-Bigorre, Cauterets, and Argelès-Gazost developed around these waters, which were believed to have healing properties. Today, many of these historic *thermes* combine medical treatments with modern wellness facilities, allowing visitors to relax in warm mineral-rich waters.



Basque and Béarn Traditions

On the western side of the Pyrenees, strong regional identities remain. The Basque Country has a language – Euskara – unrelated to any other European language. Nearby Béarn also has a distinct dialect, cuisine, and traditions. These identities are still alive in festivals, food, and everyday life.



Sheep, Cheese, and Transhumance

Each summer, herds of sheep are driven high into the mountains in a tradition known as *transhumance*. This seasonal movement helps preserve alpine pastures and produces some of the region's most famous cheeses, such as Ossau-Iraty. You'll often see flocks grazing freely along quiet mountain roads – occasionally bringing cycling traffic to a standstill.



Wildlife in the Mountains

The Pyrenees are home to a surprising variety of wildlife, including marmots, chamois, griffon vultures, and even a small population of brown bears. While sightings are rare, the sense of wilderness adds to the region's appeal – especially in the quieter, less-travelled valleys.



Pilgrimage Routes

The Pyrenees are crossed by several routes of the Camino de Santiago (Way of St. James), the historic pilgrimage to Santiago de Compostela in northwest Spain. For centuries, pilgrims have traversed these mountains on foot, creating a network of paths, refuges, and traditions that still exist today.



Fortified History

The mountains have long been a strategic frontier, dotted with fortresses and watchtowers. In the 17th century, French military engineer Vauban designed a series of fortified towns and citadels along the border, some of which remain remarkably well preserved.



The Pyrenean Mountain Dog (Patou)

Also known as the *Patou*, the Pyrenean Mountain Dog has guarded flocks in these mountains for centuries. Bred to protect sheep from predators such as wolves and bears, these large, white dogs are highly independent and deeply loyal to their herd. You may encounter them while cycling or hiking in high pastures – often lying calmly



among the sheep but always alert. ***While generally not aggressive, they take their job seriously, so it's best to pass slowly, give them space, avoid startling the flock and never get between the dog and its sheep.***

ESSENTIALS

Hotel Services

Will hotels do laundry?

Yes, most hotels will do your laundry. Generally, it is better if you can put your clothes in on a day when you are spending two nights at an accommodation.

Please ask us if there is a question you have about a particular place you are staying.

Internet Access

Wi-Fi is common in hotels and restaurants (you might need to ask for the code) and is often free in tourist offices and other public places.

Can I use my charger and hair dryer in the Pyrenees?

Standard sockets in France, as in the rest of Europe, supply electricity at 220 volts alternating at a 50 cycles per second (vs. North America where 110 volts, alternating at 60 cycles per second is standard).

The sockets are also different from the North American sockets: Type F (also known as *Schuko*). This socket also works with Plugs C and E.

To use your North American appliances in France, you will need to check they are rated for use with 220 volts, and you will need a plug adapter.

Many phone chargers and PC chargers are rated for use at 220 volts however most North American hairdryers are not.



Money

The currency of France is the Euro (€).

Are credit cards widely accepted?

Yes, Visa and MasterCard are widely accepted in restaurants and hotels in the Pyrenees. However, credit cards tend not to be used for small payments (unlike the United States). American Express is not as widely accepted outside of the big hotels and car rental agencies.

Stores generally accept credit cards though some of the smaller food stores may not.

Ask your credit card company about foreign transaction fees before you travel. These can vary from zero to over 3%. NOTE: Credit card companies may decline your card if you have not notified them that you are travelling abroad.

Are there ATMs in all the overnight towns?

Yes, there is a good network of ATMs in the region, locally called DABs (distributeur automatique de billet). The coverage is similar to the United States and Canada with several ATM machines in each of the overnight towns we use as well as in many of the towns en route.

Typically, your bank will charge a fixed fee per transaction (around \$2) plus a variable fee of around 3%.

How many Euros should I bring/carry?

Cash is commonly used for everyday purchases throughout France. You will want to keep €100 to €200 on hand for cafés, smaller food stores, and taxis.

Communications

Is English widely spoken?

English is spoken, to some degree, in most hotels and restaurants and (much less so) in general stores. The further you get from the tourist centers; the less English is spoken. However, even in the remoter parts of France, people are used to dealing with people who do not speak French and are generally friendly and keen to help.

Will my cell phone work in France?

You may need to inform your cell phone company that you are traveling and request them to activate your account for use abroad. There are typically packages available to pre-purchase that reduce the cost of using your phone abroad.

Should I buy a French SIM card?

For longer trips – or if you need to make a lot of calls while abroad – this can be worthwhile. For shorter trips, where you will not be using the phone very much, it makes less sense – just go with an international package offered by your operator. If you are planning to buy a French SIM card, make sure your phone is unlocked

before you travel, or you will also need to purchase a local phone (around \$30 for a basic model).

Many of our guests choose to activate an eSIM card for travelling. This will give you access to cheap data plans (e.g. \$5 for 1 GB of data for a week) and do not require you to swap out your existing SIM card. Companies providing eSIMs include Airalo and Nomad. Plans can be purchased online and downloaded onto your phone. If you plan to use an eSIM, we strongly recommend you buy and set up the plan in advance of your trip. You can then activate it when you arrive at your destination. Note that not all devices support eSIM technology so it is best to check before leaving home.

How will you communicate with me during my trip?

At the start of your trip, your guide will ask you how you want us to keep in touch. For most people this is by phone. Due to inconsistent coverage in the countryside and smaller towns, SMS texts or WhatsApp messages are often the most secure way for guide and guest to stay in touch. For this reason, we strongly recommend you have a cellphone plan that allows you to communicate via phone. See *Will My cell phone work in France*, above.

Exploring

How is the traffic on the roads in the Pyrenees?

On all our routes, we do our best to keep you on low-traffic roads but at times it is necessary to ride on busier roads. The good news is that there are plenty of other riders on the roads, so drivers are typically used to navigating around cyclists.

The French are, generally, very respectful of cyclists. That said, this is a destination best suited to those that are comfortable riding in some traffic; very few roads have a shoulder, and vehicles are often quite close as they pass you.

Which routes can I ride with an eBike?

Typically, you can ride the Leisure and Intermediate routes on an eBike but your eBike range may be insufficient for some harder routes. A lot depends on your riding style, the model of bike, and the topography of the route. Your guide will help you calibrate which routes are practical for you to ride on your eBike.

Is the guidebook in miles or kilometers?

Our guidebooks use kilometers. Kilometers are what the locals use and what are on the road signs. If you are bringing your own bike, we strongly recommend that you set your computer to measure in kilometers.

The good news is that there are 1.6 kilometers to the mile so what would be a 30-mile ride in the United States is a much more impressive 50-kilometer ride in France!

What general guidebook would you recommend?

This guidebook (with accompanying On-Tour App) is designed to help you navigate and enjoy your tour. Our objective is to tell you what you will see en route and help you understand your route options. As such, our guide does not have a detailed description of every potential sight you might visit en route – though we do try to list the major ones.

The remote nature of the Pyrenees means that the major guidebook publishers do not have guides dedicated to the region. Rather the area is included in their *France* editions. There are eBook extracts for both Lonely Planet and Rough Guide available on Amazon:

- Lonely Planet Montpellier, Toulouse & the Pyrenees
- The Rough Guide Snapshot France: The Pyrenees

For the areas we visit, we prefer the Lonely Planet edition; though don't expect a whole lot of detail. The eBooks are available on Amazon.com.

What map would you recommend?

If you want a good overview map for the area, we suggest:

- Michelin LOCAL France: Hautes-Pyrénées, Pyrénées Atlantiques Map 342
- Michelin LOCAL France: Ariège, Haute-Garonne Map 343.

Local Customs

What are local dress codes?

Pyrenean people tend to be relaxed and dress relatively casually. They are also used to having tourists from all parts of the world visit their towns and cities. It is quite acceptable and common to ride in Lycra or sportswear in The Pyrenees. Obviously, if you stop for lunch, this is what you will be wearing, and restaurants will have no issue with it.

In the more upscale restaurants, people tend to dress a little more formally for dinner. This does not need to mean a jacket and tie, but you will probably feel more comfortable if you avoid shorts and t-shirts at the dinner table.

During the day, you will see plenty of people in shorts, T-shirts, and summery tops. However, it is considered respectful to be a little more modest if visiting a church, for example, by covering shoulders and men removing hats.

What are typical opening hours?

As a very general rule, you can expect to see the following opening times:

- Museums, & monuments: 10:00 AM – 12:00 PM and 2:00 PM – 6:00 PM
- Churches: 10:00 AM – 7:00 PM
- Shops: 9:00 AM – 12:00 PM and 2:00 PM – 7:00 PM
- Restaurants for lunch: 12:00 PM – 2:30 PM
- Restaurants for dinner: 7:30 PM – 10:30 PM

- Other businesses: 9:00 AM – 6:00 PM

Many restaurants have at least one day a week when they are closed. This is noted, where relevant, in this guidebook.

Some tourist attractions are only open from Easter through to September or October.

When should I leave a tip?

Tipping in the Pyrenees is far less pervasive than in the United States; the French do tip, but modestly. Typically, a service charge is included in the price of the meal so a significant tip is not required – though a few Euros would be appreciated.

In the larger hotels, if someone has helped you with your bags it is common to tip a couple of Euros. In restaurants round up, or 5% to 10%. Taxi drivers are usually tipped 5% or 10%.

Safety and Annoyances

What number do I call in an emergency?

If you need emergency assistance, call 112. The operator will speak English.

The operator can often detect the location of the caller, but you should also be prepared to use your Ride with GPS app to help identify where you are.

Do we need to worry about theft or other crimes?

Petty theft from luggage, pockets, and launderettes is common in France and the larger cities. However, the countryside in the Pyrenees is relatively safe. That said, it is good practice to be discreet with your valuables – leave them in the hotel safe where possible – and **always lock up your bike if you cannot see it.**

Medical Services and Pharmacies

Your hotel's front desk is the best source of information about medical services and pharmacies. However, please call us if we can be of any help. There are pharmacies in all the overnight towns.

How do I contact my embassy?

Embassy of the United States of America

 2 Avenue Gabriel 75008 Paris

 Telephone: +33 (0)1 43 12 22 22

 <https://fr.usembassy.gov/>

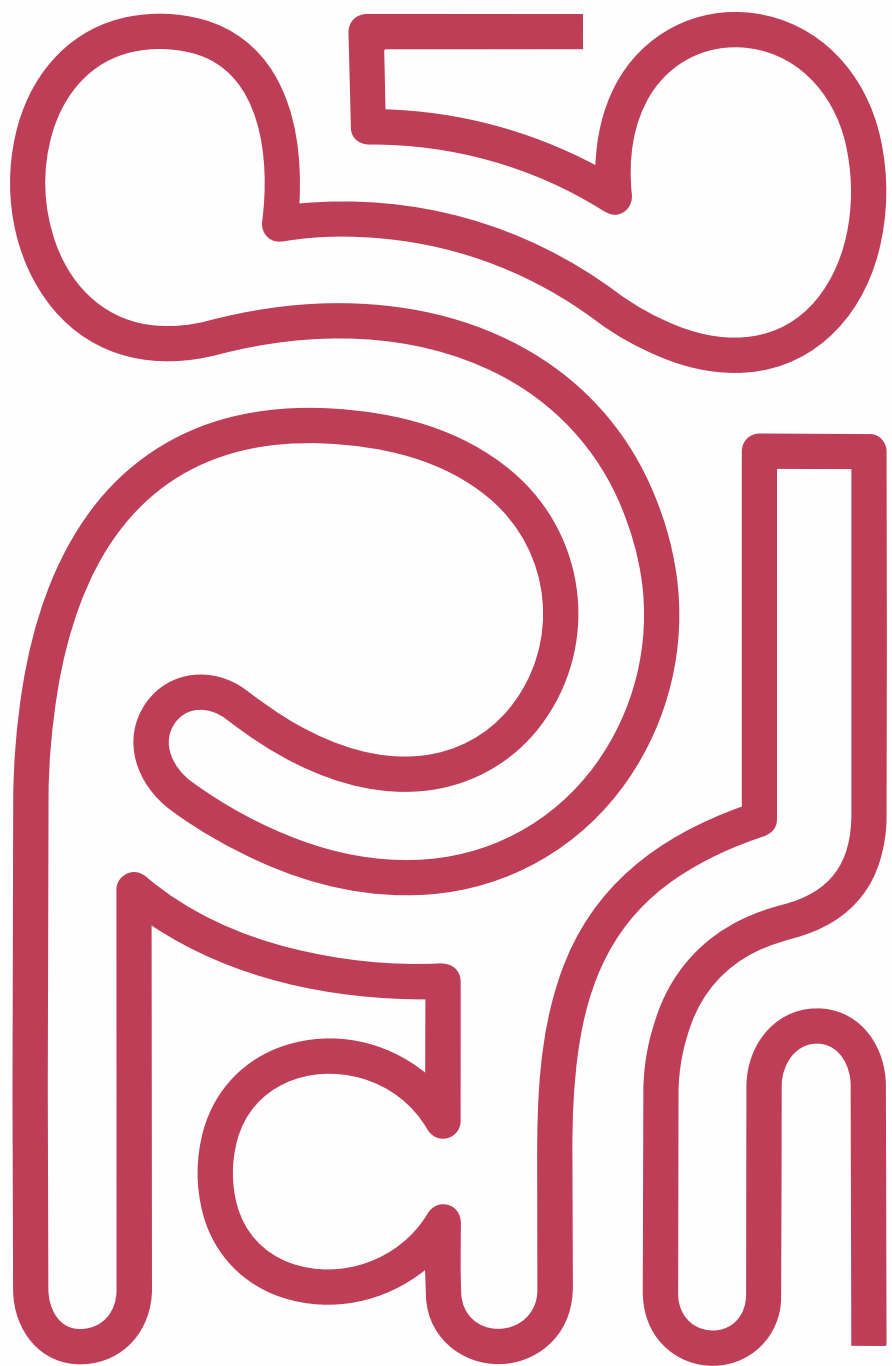
Embassy of Canada

 130 Rue du Faubourg Saint-Honoré, 75008 Paris

 Telephone: +33 (0)1 44 43 29 00

 <https://www.international.gc.ca/country-pays/france/paris.aspx?lang=eng>

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Chateau de Pau

PAU

Overview

Set on a ridge overlooking the Pyrenees, Pau is a town of quiet elegance and dramatic beauty. The city enjoys sweeping views across green foothills to snow-capped peaks – a setting that has drawn royalty and travelers for centuries – and is best appreciated from the famous Boulevard des Pyrénées. At around 200 meters above sea level, Pau benefits from a mild climate and a bright, open aspect toward the mountains, giving it a relaxed, southern feel.

The city has a rich and varied history, most notably as the birthplace of King Henry IV, whose château still stands proudly at its center. In the 19th century, Pau became a fashionable destination for British visitors seeking winter sunshine, and their influence can still be seen today in the city's elegant villas, palm-lined boulevards, gardens, and refined Belle Époque architecture. This heritage gives Pau a distinctive character – more polished than the surrounding mountain towns, yet still closely connected to them.

With a lively but manageable size, Pau provides a wide range of shops, cafés, and restaurants, as well as pleasant parks and pedestrian-friendly streets that make it easy to explore. Despite its urban feel, the pace of life remains unhurried, and the mountains are always in sight. As a key gateway to the Pyrenees and a regular feature of the Tour de France, Pau is also a major cycling hub.

Restaurants and Bars

Pau has a wide and varied dining scene, from traditional bistros and lively cafés to more refined restaurants, with options to suit many tastes and budgets.

Le Berry

A classic French brasserie, Le Berry is always busy and full of atmosphere. Known for its excellent meats and traditional specialties, it serves generous portions in a lively, relaxed setting. There are no reservations – simply arrive, add your name to the list, and wait to be called, which is all part of the experience. A great choice for an authentic and convivial French meal. Open daily from 11:45 AM – 2:00 PM, and from 7:00 PM – 10:30 PM.

 5 Pl. Georges Clemenceau, 64000 Pau

 +33 5 59 27 42 95

 <https://www.leberry-pau.com/>

Les Papilles Insolites

A unique and characterful spot, Les Papilles Insolites is both a wine shop and an intimate dinner experience. Run by an exceptionally knowledgeable sommelier with a passion for natural wines, the atmosphere is informal, energetic, and a little unconventional. The evening unfolds with a sense of spontaneity – best enjoyed by going with the flow and trusting the host's expertise. Open Wednesday and Thursday from 3:00 PM – 11:00 PM, and Saturday from 11:00 AM – 11:00 PM.

 5 Rue Alexander Taylor, 64000 Pau

 +33 5 59 71 43 79

 <https://www.facebook.com/lespapillesinsolites/>

Maynats

Awarded a Michelin Bib Gourmand, Maynats has creative and refined cuisine in a stylish yet welcoming setting. The menu highlights seasonal ingredients with inventive combinations, delivering a high-quality gastronomic experience without unnecessary formality. The name means “children” in the local language, reflecting a sense of creativity and playfulness in the kitchen. Reservations recommended and can be made online. Open Tuesday to Saturday from 12:00 PM – 2:00 PM, and 7:45 PM – 9:30 PM. Closed Sunday and Monday.

 24 Av. Gaston Lacoste, 64000 Pau

 +33 5 59 27 68 65

 <https://www.maynats.fr/>

La Fiancée du Désert

For a quick, affordable, and healthy alternative, La Fiancée du Désert serves excellent Lebanese and Armenian dishes in a simple, friendly setting. Expect fresh, flavorful food, generous portions, and a warm welcome, with mint tea (“thé à la

menthe”) a perfect accompaniment. Open Tuesday to Saturday from 12:00 PM – 2:00 PM, and 7:00 PM – 10:00 PM. Closed Sunday and Monday.

 21 Rue Tran, 64000 Pau

 +33 5 59 27 27 58

 <https://lafianceedudesert.eatbu.com/?lang=en>

Sights and Activities

Pau as a town

Pau is an attractive and lively city, combining historic architecture with a relaxed, southern feel. Its elevated position provides spectacular views of the Pyrenees, while its parks, cafés, and pedestrian streets make it an enjoyable place to explore.

Boulevard des Pyrénées

One of Pau’s defining features, this elegant promenade runs along the edge of the old town, providing uninterrupted panoramic views across the plains to the Pyrenees. On clear days, the entire mountain chain stretches across the horizon, with snow-capped peaks forming a dramatic backdrop. Lined with cafés, benches, and palm trees, it’s a perfect place for a leisurely stroll or to simply sit and take in the scenery. The light is particularly beautiful in the early morning and evening, when the mountains are often at their most striking. It’s also a central meeting point and a focal part of daily life in the city.

A nice detail to look out for: along the edge of the boulevard, small plaques (cartels) indicate the names of the visible peaks – use the chimney-like antenna below the boulevard as a reference point to help identify them.

Château de Pau (and National Museum)

Dominating the center of the city, the Château de Pau is one of the most important historic sites in the region and the birthplace of King Henry IV in 1553. Originally a medieval fortress, it was later transformed into a Renaissance palace and now houses a national museum. Inside, richly decorated rooms, tapestries, and period furnishings provide a fascinating glimpse into French royal life and history. The château is surrounded by attractive gardens with fine views over the surrounding landscape, making it both a cultural and scenic highlight of Pau. Open daily from 9:30 AM – 11:45 AM and from 2:00 PM – 5:00 PM.

 Rue du Château, 64000 Pau

 +33 5 59 82 38 00

 <https://chateau-pau.fr/>

Le Quartier du Château

The oldest part of Pau, this historic neighborhood surrounds the Château and retains much of its medieval character. Narrow streets, old stone buildings, and small squares give it a timeless feel, while a handful of bars and restaurants add a

lively touch. It's a pleasant area to wander, providing a glimpse into the city's past and a contrast to the more elegant boulevards nearby.

Parc Beaumont

Located in the heart of the town, Parc Beaumont is a beautifully maintained green space known for its wide lawns, mature trees, and elegant landscaping. The park features winding paths, ornamental fountains, and shaded areas, making it an ideal spot for a relaxed walk or a quiet break. It also gives lovely views toward the mountains and is home to the Palais Beaumont, a grand Belle Époque building used for events and exhibitions. Particularly pleasant in warmer weather, the park provides a calm and attractive contrast to the busier streets of the city.

 All. Paul Valéry, 64000 Pau

Funiculaire de Pau

The Funiculaire de Pau is a short but charming cable railway that links the lower part of the city near the train station with the Boulevard des Pyrénées above. Free to use, it is a quick and practical way to move between levels, avoiding a steep climb. The ride itself is brief but scenic, giving a unique perspective of the city as it ascends. First opened in the early 20th century, it has become a small but iconic feature of Pau, used by both locals and visitors.

 Les Sent. du Roy, 64000 Pau

Le Tour des Géants

A must-see for cycling enthusiasts, this interactive sculpture celebrates the history of the Tour de France – the world's most famous cycling race. Located in Pau, a regular host city for the race, it brings to life some of the event's greatest moments and riders. It's a fun and engaging stop, especially fitting given the region's deep connection to cycling and the nearby legendary climbs.

 64000 Av. Gaston Lacoste, 64000 Pau

 <https://www.pau.fr/le-tour-des-geants-un-musee-exceptionnel>

Halles de Pau

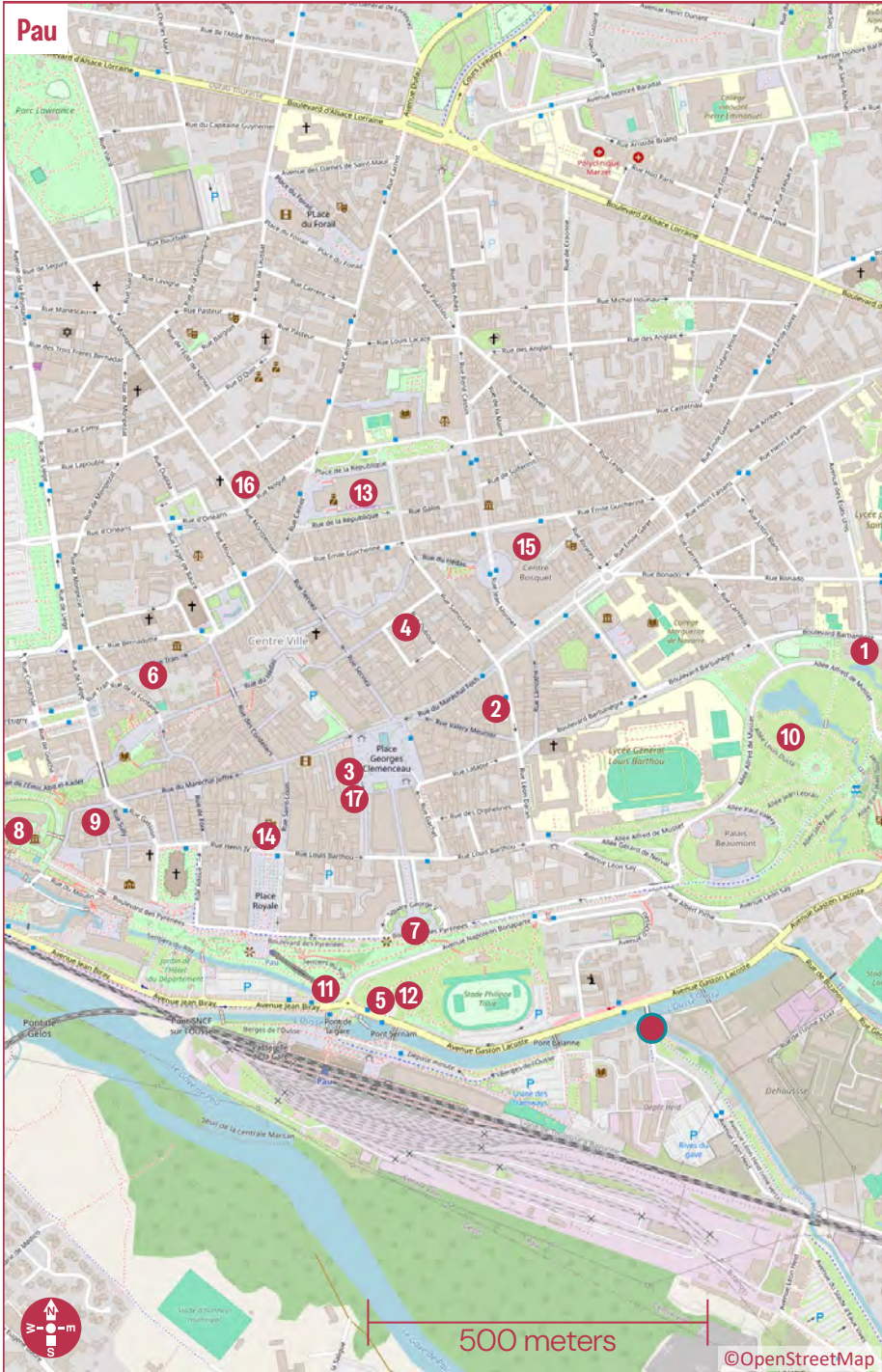
At the heart of the city, Les Halles is Pau's lively covered market and a true hub for locals. Arrive early in the morning to enjoy a coffee while watching the market come to life, as producers from the surrounding region set up stalls selling fresh vegetables, fruit, cheeses, and local specialties. The building itself is also worth a look, with its modern architecture contrasting nicely with the traditional atmosphere inside. A great place to experience the everyday rhythm of the city.

 8 Rue Carnot, 64000 Pau

 +33 5 59 98 56 90

 <http://www.hallesdepau.fr/>

Town Plan



Key

Hotels

1. Parc Beaumont (hotel)
2. Hôtel Bristol

Restaurants & Bars

3. Le Berry
4. Les Papilles Insolites
5. Maynats
6. La Fiancée du Désert

Points of Interest

7. Boulevard des Pyrénées
8. Château de Pau (and National Museum)

9. Le Quartier du Château

10. Parc Beaumont (park)
11. Funiculaire de Pau
12. Le Tour des Géants
13. Halles de Pau

Other Locations

14. Tourist Information
15. Carrefour City
16. Monoprix



Route Start / End

Other Useful Information

Tourist Information

Pau Pyrénées Tourisme (Tourist Information Office). A good stop for maps, local advice, and up-to-date information on sights and events around Pau. Open Monday to Saturday from 9:00 AM – 6:00 PM, and Sunday from 9:00 AM – 1:00 PM.



Pl. Royale, 64000 Pau (located in the Mairie de Pau)



+33 5 59 27 27 08



<https://www.tourismepau.com/>

Taxi

Taxi Rachid 64

A taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking.



67 Av. Copernic, 64000 Pau



+33 6 72 37 84 24



<https://taxi-64-pau.fr/>

Grocery Stores

There are a plenty of both large and small supermarkets including the following.

Carrefour Market

Located in the town center, this is a small supermarket, but you will find all your basics. Open Monday to Saturday from 8:30 AM – 7:30 PM. Closed on Sunday.

There are other Carrefour supermarkets in the town, usually called “Carrefour City”, most of these are open Sunday mornings.

 14 Cr Bosquet, 64000 Pau (located inside the Centre Commercial Pau Bosquet)
 +33 5 33 74 65 90
 <https://www.carrefour.fr/magasin/market-pau>

Sam' Market Du Bio & Du Local

A food supermarket selling organic and local produce. Open Tuesday to Saturday from 9:00 AM – 1:00 PM, and from 3:00 PM – 7:00 PM (2:00 PM – 7:00 PM on Saturday). Closed Sunday and Monday.

 16 Rue Montpensier, 64000 Pau
 +33 5 24 36 26 19
 No website

Monoprix

Another standard supermarket selling good products as well as clothing and household items. Open Monday to Saturday from 8:30 AM – 8:15 PM, and Sunday from 8:30 AM – 7:30 PM.

 5 Pl. Georges Clemenceau, 64000 Pau
 +33 5 59 13 15 88
 <https://www.monoprix.fr/2018.html>



Saint Saturnin d'Argelès-Gazost

ARGELÈS-GAZOST

Overview

At 460 meters (1,500 feet) above sea level and surrounded by mountains, Argelès-Gazost is one of the main gateway towns to the Pyrenees. Created in 1824 from the merger of the villages of Ourout and Vieuzac, it grew in prominence during the late 19th century as a spa destination, when thermal waters were piped in from the nearby village of Gazost. Today, traces of this heritage remain in the town's elegant feel, with well-kept streets, flower-filled squares, fountains, and panoramic terraces that take full advantage of its mountain setting.

With a population of under 4,000, Argelès-Gazost is compact and easy to explore on foot. The Tuesday morning market – the oldest in the valley – is a particular highlight, bringing the town to life with stalls selling local specialties such as sheep's cheese, honey, blueberries, and a wide range of charcuterie. It's an excellent place to experience the rhythms of local life and sample regional produce.

The town has a pleasant mix of amenities, including an attractive park, a small casino, and the Parc Animalier des Pyrénées at its southern edge, where native species such as marmots, wolves, ibex, and brown bears can be seen in a semi-natural environment. In summer, Argelès-Gazost has a lively, welcoming atmosphere, serving as a base for hikers, cyclists, and outdoor enthusiasts heading into the surrounding mountains.

Restaurants and Bars

A small but varied selection of relaxed, good-value restaurants, with a focus on hearty regional cuisine and informal dining.

Au Fond Du Gosier

A popular and lively spot known for its generous portions and relaxed atmosphere. The menu leans towards hearty, crowd-pleasing dishes – burgers, grilled meats, and local specialties – served in a friendly, informal setting. Service can be a little slow. Open Tuesday to Saturday from 12:00 PM – 1:00 PM, and Tuesday to Wednesday, and Friday to Saturday from 7:15 PM – 8:30 PM. Closed all day Sunday and Monday, and Thursday evening.

 7 rue du Capitaine Digoy, 65400 Argelès-Gazost

 +33 5 62 90 13 40

 <https://www.aufond dugosier.com/>

La Table d'Ayzi

A charming, family-run restaurant serving simple, beautifully prepared meals using much of their own farm produce. Expect honest, seasonal cooking, generous portions, and warm, friendly service in a relaxed setting. Open Monday to Saturday from 12:00 PM – 1:30 PM and Friday to Saturday from 7:30 PM – 9:00 PM. Closed on Sunday.

 5 Rue Pasteur, 65400 Argelès-Gazost

 +33 5 62 94 56 21

 <https://www.facebook.com/profile.php?id=100063763381355#>

La Forge

For French-style pizza, try La Forge near the center of town. The menu is simple and good value, with a pleasant terrace. Open Thursday to Monday from 12:00 PM – 2:00 PM and from 7:00 PM – 9:00 PM. Closed Tuesday and Wednesday.

 3 Pl. du Foirail, 65400 Argelès-Gazost

 +33 5 62 97 52 55

 <https://la-forge-argelles-gazost.eatbu.com/?lang=en>

Le Viscos Hotel

If you are staying here on a Sunday or Monday, it is important to confirm with the hotel which restaurant will be open. Very occasionally both may be closed, in which case you would need to head into the local town.

Hotel Restaurant

If you are staying at Le Viscos (and even if you are not), we would suggest eating at Le Viscos Restaurant on at least one night. Their restaurant is one of the best in the area. The aim of this family-owned-and-run restaurant is to help you discover the local products through traditional recipes served with modern flare. The food is exceptional and the service attentive. There is also a pleasant terrace with views of

the mountains. Reservations essential. Open Tuesday to Saturday from 12:00 PM – 1:30 PM and 7:00 PM – 8:30 PM, and on Sunday from 12:00 PM – 1:45 PM. Closed Sunday evening, all day Monday, and Thursday at lunchtime.

 1 Rue Lamarque, 65400 Saint-Savin

 +33 5 62 97 02 28

 https://www.hotel-leviscos.com/fr/?utm_source=MyBusiness

Le Bistrot de l'Abbaye

A more casual alternative to the main restaurant, serving simple, well-prepared dishes in a relaxed and friendly setting. Expect bistro classics, local ingredients, and good value, making it an easy option for a laid-back meal. If their *mousse au chocolat* is on the menu – don't miss it. Open Monday from 9:00 AM – 4:00 PM, from Tuesday to Saturday from 10:30 AM – 10:00 PM, and Sunday from 10:30 AM – 3:00 PM.

 18 Pl. du Trey, 65400 Saint-Savin

 +33 5 36 30 03 65

 <https://www.hotel-leviscos.com/fr/>

Sights and Activities

Parc Animalier des Pyrénées

Located just outside Argelès-Gazost, this well-regarded wildlife park focuses on the conservation and reintroduction of native Pyrenean species. Visitors can see animals such as marmots, wolves, bears, and ibex in spacious, semi-natural enclosures, making it both an enjoyable and educational visit. Entry price is €22 per adult (a slight discount if you purchase your tickets in advance online). Open daily from 9:30 AM to 6:00 PM (until 7:00 PM in July and August). Closed from November to April.

 60Bis Av. des Pyrénées, 65400 Ayzac-Ost

 +33 5 62 97 91 07

 <https://www.parc-animalier-pyrenees.com/>

Town Center & Parc Thermal

The center of Argelès-Gazost is pleasant and easy to explore, with leafy streets, cafés, and a relaxed, small-town feel. The Parc Thermal, an attractive English-style park with mature trees and open lawns, sits at its heart and is a great place for a stroll or a quiet break.

Église Saint-Saturnin

A simple but attractive church in the center of town, providing a quiet and peaceful contrast to the livelier streets and market areas nearby.

 8 Rue du Huit Mai 1945, 65400 Argelès-Gazost

Market Day

Held every Tuesday morning, the Argelès–Gazost market is the oldest in the valley and a highlight of the week. It's a lively place to pick up local specialties such as sheep's cheese, honey, blueberries, and charcuterie, as well as enjoy the atmosphere of a traditional Pyrenean market.

Spa Visits

Argelès–Gazost continues the Pyrenean spa tradition, with modern wellness facilities providing a relaxing way to unwind after a day in the mountains.

Le Jardin des Bains

A modern wellness center built as an extension to the historic thermal baths of Argelès–Gazost, Le Jardin des Bains is dedicated to relaxation and well-being. Facilities include indoor and outdoor pools, jacuzzies, hammams, and fitness areas, making it a great place to recover post-ride. Open Monday to Friday from 3:00 PM to 7:00 PM, and 10:30 AM to 1:00 PM / 3:00 PM to 8:00 PM on weekends.

 27 Av. Adrien Hebrard, 65400 Argelès–Gazost

 +33 5 62 97 03 24

 <https://www.lejardindesbains.com/>

Other Useful Information

Tourist Information

Office de Tourisme Argelès–Gazost (Tourist Information Office). A useful first stop for maps, local advice, and up-to-date information on routes, activities, and events in the area. Typically, open Monday to Saturday from 9:00 AM – 12:30 PM and 2:00 PM – 6:00 PM (hours may vary seasonally, with extended hours in summer).



Terrasse Jacques Chancel, 15 Pl. de la République, 65400 Argelès–Gazost



+33 5 62 97 00 25



<https://www.valleesdegavarnie.com/destination/vallee-argeles-gazost/>

Taxi

Unfortunately, there is not a taxi company in the area that we can recommend. There are companies in Lourdes, but they tend to refuse to travel far for a short fare.

Grocery Stores

There are a number of small supermarkets including the following.

Carrefour

There is a large *Carrefour* supermarket on the eastern side of town. Open Monday to Saturday from 8:30 AM – 8:00 PM and Sunday from 8:30 AM – 12:30 PM.



Rue du Stade, 65400 Argelès–Gazost

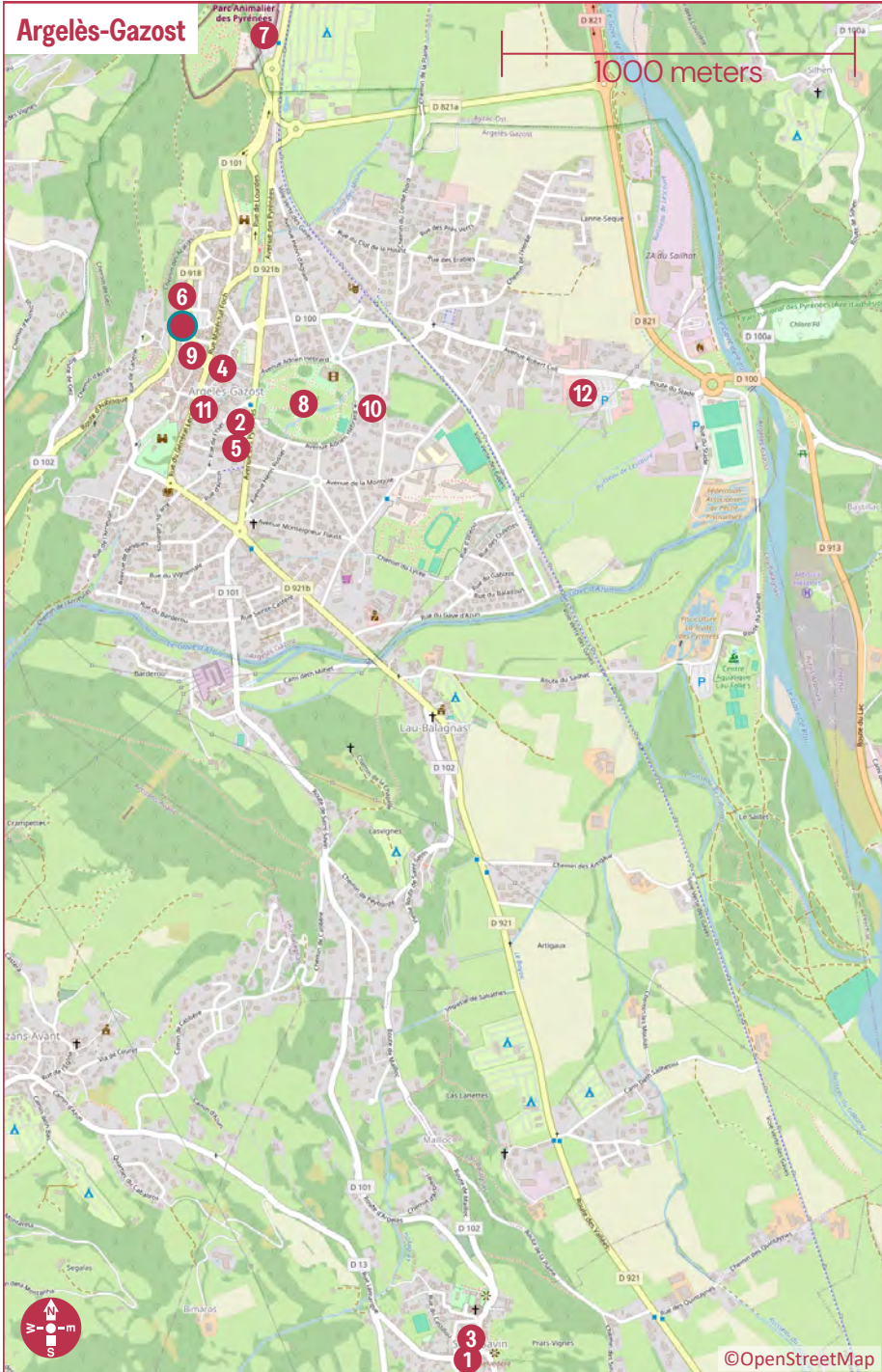


+33 5 62 97 21 89



<https://www.carrefour.fr/magasin/market-argeles-gazost>

Town Plan



Key

Hotels

1. Le Viscos
2. Le Miramont

Restaurants & Bars

1. Le Viscos
3. Le Bistrot de l'Abbaye
4. Au Fond Du Gosier
5. La Table d'Ayzi
6. La Forge

Points of Interest

7. Parc Animalier des Pyrénées
8. Parc Thermal
9. Église Saint-Saturnin
10. Le Jardin des Bains

Other Locations

11. Tourist Information
12. Carrefour Supermarket



Route Start / End



View over Bagnères-de-Bigorre

BAGNÈRES-DE-BIGORRE

Overview

Nestled at the foot of the Pyrenees, Bagnères-de-Bigorre is a classic spa town with a wellness tradition dating back to Roman times. Its very name – *Bagnères*, from the Latin *balnearia* – reflects its long association with thermal baths, which first attracted visitors here over 2,000 years ago.

The town flourished in the 19th century during the Belle Époque, when aristocrats and travellers came to “take the waters” and promenade along its broad, tree-lined boulevards. Much of this elegance remains today, with stately façades, leafy squares, and cafés that spill out onto shaded terraces, giving the town a lively yet relaxed atmosphere.

Situated at around 550 metres above sea level on the River Adour, at the entrance to the Campan Valley, Bagnères is perfectly placed between the high mountains and the plains. Despite a turbulent history – having endured invasions, fires, earthquakes, and periods of decline – the town has retained its charm and architectural heritage.

Thermalism remains central to life here. The modern Aquensis Spa, housed in a beautifully restored 19th-century building, combines historic surroundings with contemporary wellness facilities and continues the town’s long bathing tradition. Alongside it, the Thermes de Bagnères-de-Bigorre still provides medical thermal cures, maintaining the link to its therapeutic past.

The area is also known for its distinctive Campan marble, quarried in the nearby valley and widely used in prestigious buildings across France, including at Versailles. Its rich colours and veining can still be seen throughout the town's architecture.

Today, Bagnères-de-Bigorre blends history, wellness, and mountain culture, making it both a relaxing base and a gateway to some of the Pyrenees' most iconic climbs.

Restaurants and Bars

This town has a range of excellent dining options, from refined local cuisine and creative modern dishes to relaxed, good-value traditional restaurants and cozy spots catering to vegetarian and gluten-free diets.

L'Assiette de Juliette

In the center of town, L'Assiette de Juliette is a real treat serving beautifully cooked, local food at sensible prices. The service is great too. There is limited indoor space, so reservations recommended (can reserve online). Open Monday to Saturday from 12:00 PM – 1:30 PM, Sunday from 12:00 PM – 3:00 PM, and Tuesday to Sunday from 7:00 PM – 9:30 PM. Closed Monday evenings.

 22 Bd Carnot, 65200 Bagnères-de-Bigorre

 +33 5 62 91 97 16

 <https://assiette-de-juliette.fr/>

Les Tapas de Juliette

The team behind L'Assiette de Juliette opened this lively tapas spot in 2025, just across the road, and it has quickly become a popular addition to the town's dining scene. It is a more relaxed and sociable experience; the menu features creative small plates inspired by local ingredients. There are two seating options: a casual bar-style area perfect for a quick bite or drink, and a more traditional dining space for a longer, leisurely meal. Reservations are recommended, especially in peak season. Open Wednesday to Saturday from 12:00 PM – 1:30 PM and 7:00 PM – 11:00 PM. Closed Sunday to Tuesday.

 13 Bd Carnot, 65200 Bagnères-de-Bigorre

 +33 5 62 33 98 90

 <https://tapas-de-juliette.fr/>

Restaurant La Table du Cinq

A standout dining option, Table du Cinq serves refined, modern French cuisine with a creative twist. The menu showcases seasonal, locally sourced ingredients, beautifully presented in an intimate and stylish setting. Expect inventive flavor combinations, attentive service, and a more elevated dining experience. And never forget dessert. Reservations are recommended and can be made on their website. Open Thursday to Monday from 12:15 PM – 1:30 PM, and Thursday to Saturday from 7:15 PM – 9:00 PM. Closed Sunday and Monday evenings, and all day Tuesday and Wednesday.

 Le Clos du 5, 5 Rte de Toulouse, 65200 Bagnères-de-Bigorre
 +33 5 62 37 02 95
 <https://latableducing.com/en/>

Le Jardin des Brouches

The owners have done a great job creating delicious, innovative meals in a pleasant, intimate setting. Located in the center of town, close to the casino. Open Wednesday to Sunday from 11:45 AM – 1:30 PM, and Wednesday to Saturday from 7:00 PM – 8:30 PM. Closed all day Monday and Tuesday, and Sunday evenings.

 1 Bd de l'Hyperon, 65200 Bagnères-de-Bigorre
 +33 5 62 91 07 95
 No website

Chez Octave – Café

This bike-shop-come-café serves good coffee and light snacks. It is a hub for both local and visiting cyclists. Open Wednesday to Saturday from 12:00 PM – 2:00 PM. Closed Sunday to Tuesday. Reservations advised but they will take walk-ins if possible. See *Points of Interest* below for more details on the shop.

 1 Rue Emilien Frossard, 65200 Bagnères-de-Bigorre
 +33 5 62 36 32 78
 <https://chez-octave.com/en/>

L'Allée Fleurie

For traditional cooking and a good-value, fixed-price menu, head to L'Allee Fleurie. The outside terrace near the river gives this a nice ambiance but you are close to the main road. Located at on the D938 on the west side of the river. Open Tuesday to Sunday from 11:30 AM – 2:00 PM, and Tuesday to Saturday from 7:00 PM – 9:00 PM. Closed Sunday evening and all day Monday.

 25 All. Jean Jaurès, 65200 Bagnères-de-Bigorre
 +33 5 62 92 52 37
 No website

Mondays can be challenging for dining in France, but there are still a couple of good options in town, including:

Restaurant La Fontaine

A relaxed, welcoming spot in the center of Bagnères-de-Bigorre serving classic French dishes with a regional touch. Their burgers are especially good – don't miss the mushroom sauce – and the pizzas are also a solid choice. Open daily from 12:00 PM – 1:30 PM and from 7:00 PM – 9:30 PM.

 1 Rue de la Fontaine, 65200 Bagnères-de-Bigorre
 +33 5 62 91 16 83
 <https://lafontaine-b2b.fr/>

Madeleine – Pâtisserie & Bakery

A high-quality bakery known for its refined pastries, excellent breads, and a tempting selection of savory options. A great spot to pick up breakfast, a picnic lunch, or a sweet treat, with everything made to a consistently high standard. And they are open on Mondays and Sundays! Open Wednesday to Monday from 7:00 AM – 7:30 PM (6:00 PM on Sundays). Closed on Tuesday.

 Entrée, 1 Bd Carnot, Rue Victor Hugo, 65200 Bagnères-de-Bigorre

 +33 5 62 91 76 46

 <https://madeleine-bagneres.com/>

Sights and Activities

Chez Octave – Bike Shop

Part bike shop, part workshop, part café, Chez Octave has become a true hub for cycling in the Pyrenees. Named after Octave Lapize – the first rider to cross the Col du Tourmalet in the 1910 Tour de France (famously calling race officials “assassins” on the climb) – it blends cycling history with a modern, welcoming atmosphere. You’ll find quality gear, expert mechanics, and a great spot to stop for a coffee and chat with fellow riders. There is now also a second location at the Col du Tourmalet itself, making it an ideal stop at the summit. Open Tuesday to Saturday from 9:00 AM – 7:00 PM. Closed Sunday and Monday.

 1 Rue Emilien Frossard, 65200 Bagnères-de-Bigorre

 +33 5 62 36 32 78

 <https://chez-octave.com/en/>

Market Day

Held every Saturday morning in the town center, this is one of the best and busiest markets in the area and a highlight of the week for locals. The streets come alive with stalls selling regional specialties such as cheeses, charcuterie, fresh bread, seasonal produce, and pastries, alongside flowers, clothing, and artisan goods. It’s an excellent place to experience the rhythms of daily life in the Pyrenees, chat with local producers, and sample authentic flavors. Arrive early for the best selection or linger late with a coffee and enjoy the lively, convivial atmosphere.

Parc Les Vignaux

A small, pleasant park in the center of Bagnères-de-Bigorre, with shady benches and a quiet green setting – perfect for a short break in the heart of town.

 114 Pl. des Vignaux, 65200 Bagnères-de-Bigorre

Vallon de Salut (park)

The Vallon de Salut is a peaceful, wooded valley to the southwest of the town, known for its shaded walking paths, small streams, and tranquil atmosphere. Once a historic spa area, it remains a quiet retreat. Several hiking trails also begin from the

park, providing easy access into the surrounding hills. In summer, a small café along the main path serves cold drinks, crêpes, and ice creams.

 Chem. Bouget, 65200 Bagnères-de-Bigorre

Spa Visits

Bagnères-de-Bigorre is renowned for its thermal spa tradition, with Aquensis presenting a beautiful and relaxing setting to unwind after a day in the mountains.

Aquensis Spa

Housed in a striking historic building in the center of town, Aquensis is one of the highlights of Bagnères-de-Bigorre. There is a range of treatments alongside indoor and outdoor thermal pools, a cold plunge, jacuzzies, and traditional hammams – perfect for post-ride recovery. Typically open most days with extended afternoon hours (hours can vary seasonally), it's a relaxing and atmospheric place to unwind.

 5 Rue du Pont d'Arras, 65200 Bagnères-de-Bigorre

 +33 5 62 95 86 95

 <https://www.aquensis.fr/>

Festivals

Piano Pic Festival (July)

A distinctive classical music festival that blends culture with the dramatic landscapes of the Pyrenees. Concerts are held both in Bagnères-de-Bigorre and at unusual mountain venues, including high-altitude settings accessible by cable car. The program attracts internationally acclaimed pianists alongside emerging talent, resulting in an intimate and memorable musical experience. The combination of world-class performances and breathtaking scenery makes this one of the region's most unique cultural events, appealing to both music lovers and those looking for something a little different.

 <https://www.piano-pic.fr/>

Big Bag Festival (August)

Bag'Festival brings a more contemporary energy to Bagnères-de-Bigorre with a lineup of modern music performances. Featuring a mix of French and international artists, the festival spans genres such as pop, rock, and electronic music. Concerts are typically held in open-air venues, creating a relaxed, summery atmosphere that draws a younger crowd. While smaller than major city festivals, it adds a lively and modern dimension to the town's cultural calendar and is a fun option if your visit coincides with the event.

 <https://bigbagfestival.fr/>

Salon du Livre Pyrénéen (October)

The Salon du Livre Pyrénéen is a respected literary festival dedicated to the culture, history, and identity of the Pyrenees. Authors, historians, and publishers gather in Bagnères-de-Bigorre for talks, book signings, and panel discussions covering

topics from mountain life and exploration to regional traditions and heritage. It's a quieter, more reflective event than the summer festivals, attracting a thoughtful crowd with a strong interest in the region. For visitors, it gives a deeper insight into the Pyrenees beyond the landscapes and cycling routes.

 <https://www.salondulivre-pyreneen.fr/>

©OpenStreetMap



Key

Hotels

1. Le Berceau de la Source
2. Le Rêve d'Aghon

Restaurants & Bars

3. L'Assiette de Juliette
4. Les Tapas de Juliette
5. Restaurant La Table du Cinq
6. Le Jardin des Brouches
7. Chez Octave – Café
8. L'Allée fleurie
9. Restaurant La Fontaine
10. Madeleine – Pâtisserie & Bakery

Points of Interest

7. Chez Octave – Bike Shop
11. Parc Les Vignaux
12. Vallon de Salut (park)
13. Aquensis Spa

Other Locations

14. Tourist Information
15. Carrefour Supermarket
16. Biocoop Bric à Vrac



Route Start / End

Other Useful Information

Tourist Information

Office de tourisme Tourmalet Pic du Midi (Tourist Information Office). A useful stop for maps, local advice, and up-to-date information on cycling routes, activities, and events in the area. Open Monday to Saturday from 9:00 AM – 12:00 PM, and from 2:00 PM – 6:00 PM. Closed Thursday afternoon and all day Sunday.

 3 All. Tournefort, 65200 Bagnères-de-Bigorre

 +33 5 62 95 50 71

 <https://www.tourmaletpicdumidi.com/>

Taxi

Allo Taxi des Caps

A taxi service which can be useful to get to restaurants slightly further afield. Book by phone or email. We recommend getting a quote on booking allotaxidescaps@hotmail.com

 1 Rue René Cassin, 65200 Bagnères-de-Bigorre

 +33 6 75 60 17 54

 <https://allo-taxi-des-caps-67.websself.net/>

Grocery Stores

There are a number of supermarkets including the following.

Carrefour Supermarket

There is a large Carrefour Supermarket just north of the town center near Les Jardin des Vignaux. Open Monday to Saturday from 8:30 AM – 7:30 PM and Sunday from 9:00 AM – 12:30 PM.

 26 Av. Geruzet, 65200 Bagnères-de-Bigorre

 +33 5 62 91 02 62

 <https://www.carrefour.fr/magasin/market-bagneres-de-bigorre>

Biocoop Bric à Vrac

A medium-sized organic supermarket with a lot of choice. Open Monday to Saturday from 9:30 AM (9:00 on Saturday) – 7:00 PM. Closed on Sunday.

 9 bis Pl. du Foirail, 65200 Bagnères-de-Bigorre

 +33 5 62 95 03 43

 https://www.biocoopbricavrac.fr/?utm_source=google&utm_medium=Business-Profile&utm_campaign=Site-Web

Intentionally Blank



ON TOUR

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LIFECYCLE ADVENTURES SERVICES

Self-Guided Tours

If I need help, how fast will you get to me?

Once we receive your call, our target is to get to you within 90 minutes. However, if our route to you is on slow roads or our guides are completing another job it may take us longer to reach you. When you call, we will give you an estimated time of arrival.

If you are experiencing an emergency, please call 112 (Europe) or 911 (North America) – or ask a passerby to do so.

How do I arrange to shorten my day's riding?

If you are riding from hotel to hotel, we would be pleased to transfer you partway along the route to reduce the number of miles you need to travel. The more notice you give us the better able we are to meet your schedule. We need at least 24 hours' notice to accommodate these transfers.

As our guides are supporting a number of guests at any one time, we ask that you be flexible about this transfer time, but we will accommodate you as close to your ideal time as practical.

In Holland and the Engadin Valley our support services are managed slightly differently. In these areas, if you choose to not ride on any day, or want to shorten your route, we will advise on how to do this using local trains and then refund you the cost of your tickets.

What time do I need to leave my luggage on transfer days?

We ask that you leave your luggage with the front desk by 9:30 AM; making sure that a LifeCycle Adventures luggage label is attached to each bag. If this is not going to be possible, please let us know.

What time will my luggage arrive at the next hotel?

We plan to have your luggage at the next hotel by 4:00 PM. We will alert you if this will not be the case.

When can I check into my room?

As a rule, check-in time at hotels is between 3:00 PM and 6:00 PM. If you expect to arrive outside of these hours, please call ahead to the hotel, or call us, to make special arrangements. You will find contact details for your accommodation in the *Directions to Accommodations* section of the On Tour App.

What are the arrangements for the final day?

If you are riding on your final day, please leave your luggage with the front desk of your hotel. We will collect your bags before meeting you at the end of your ride (or at your hotel depending on your route choice).

Your guide will be waiting for you with your luggage as detailed in the *End of Tour Logistics* section of the On Tour App.

Please talk to your guide 24 hours in advance if you wish to make changes to these arrangements. Note that your guide is balancing multiple commitments in any one day so it is typically not possible to change your pickup location or collection time on the final day.

Can you help us with reservations?

This Guidebook has activity and eating suggestions for your overnight towns. The On Tour App has lunch suggestions and points of interest along your route. See these listings for details as to how to make reservations.

In non-English-speaking areas, we are very happy to help with restaurant or activity reservations – both before you arrive and while you are on your tour. Any reservations we have made on your behalf will be detailed in the *Meal & Activity Reservations* section of the On Tour App under the relevant day.

Where we make activity or meal reservations on your behalf, you will be responsible for payment for those services and any cancellation fees that may be incurred should you choose not to use those services. See the *Terms and Conditions* in your Itinerary for further details of these charges.

What do you suggest by way of gratuities?

Your guides take pride in going the extra mile to ensure you have an exceptional experience. Should you wish to recognize their above-and-beyond efforts, a gratuity to your guide would be most welcome. \$15 to \$30 per person per day is common in the industry.

Private Guided Tours

Service Levels

For Private Guided tours, you have a guide(s) and a van(s) dedicated to your group. Typically, the guide and van are available from 8:30 AM to 4:30 PM. The guide will communicate with you during the tour about rider support, luggage arrangements, check-in times, and end-of-tour transfers.

What do you suggest by way of gratuities?

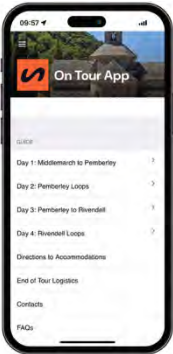
For Private Guided tours, a gratuity of \$25 to \$35 per person per day is common in the industry.

USING THE ON-TOUR APP

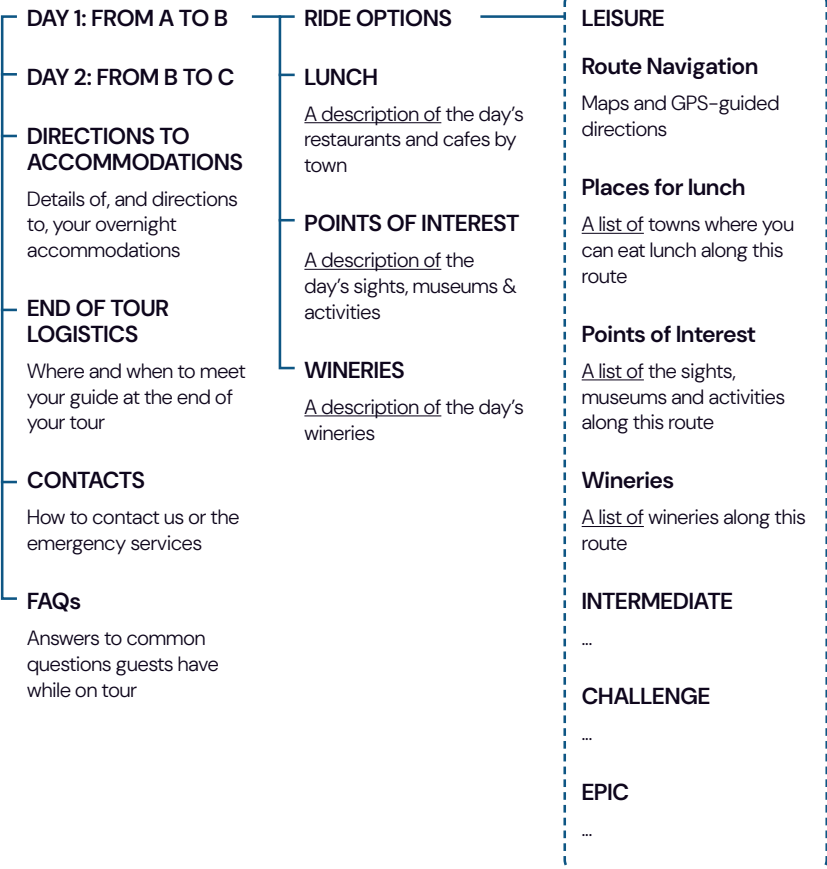
We have partnered with Ride with GPS (RWGPS) to create an app that has details about your routes, directions to your accommodations, and other useful information for your tour.

A link to download the app will be sent to you about thirty days before the start of your tour. We would encourage **all people on the tour to download the app before you travel** and familiarize yourself with the contents.

The app downloads to your phone and can be used with your data plan turned off. The diagram below is a quick reference for how the app is organized.



App Contents



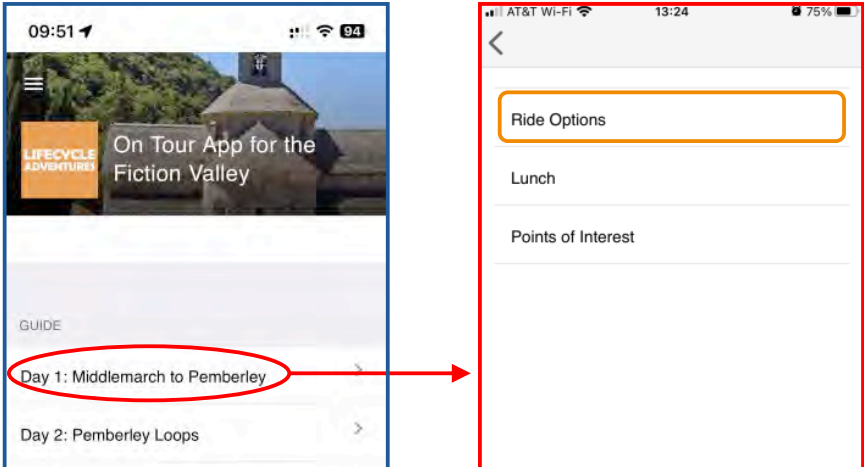
If you are taking a tablet with you on tour, **download the app to both your phone and your tablet**. The phone is great while out riding and the tablet is easier to use when back at your hotel.

The app helps you answer the following question while on tour.

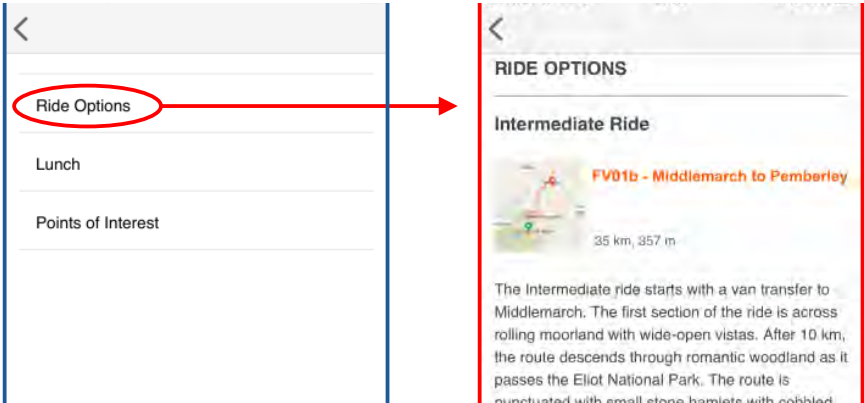
- For each day:
 - o **Which route** is best for me (leisure, intermediate, challenge or epic)?
 - o For my route, where is the **best place for lunch**?
 - o What **points of interest** are there along my chosen route?
 - o How do I **navigate my chosen route**?
- How do I navigate to my **overnight accommodation**?
- Where and when will I meet my guide at the **end of my tour**?
- How do I **contact my guide**, emergency services, and other key support?
- Answers to other **frequently asked questions** while on tour.

The On Tour App is designed to be intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to use the app to answer the questions listed above.

For each day, which route is best for me?



Select the relevant day on the main menu and then choose ride options. Clicking on the ride options will bring you to a description for each of the ride options. Typically these are Leisure, Intermediate, Challenge, and Epic.

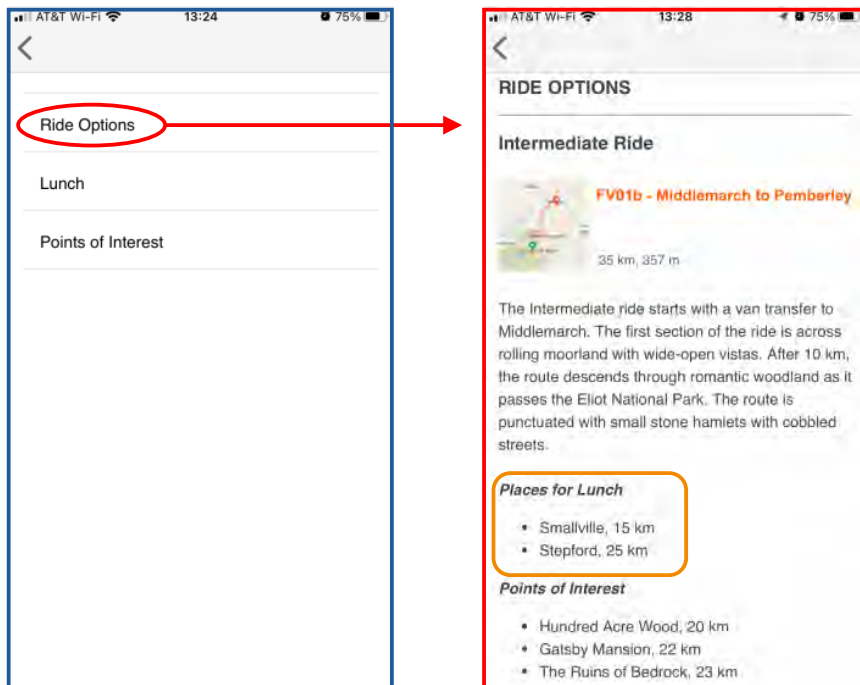


You can then choose your ride based on the description:

- Key stats – distance and climbing
- A brief overview
- A list of towns or villages where you can find lunch
- A list of places of interest along the route
- Wineries along the route (not all areas)

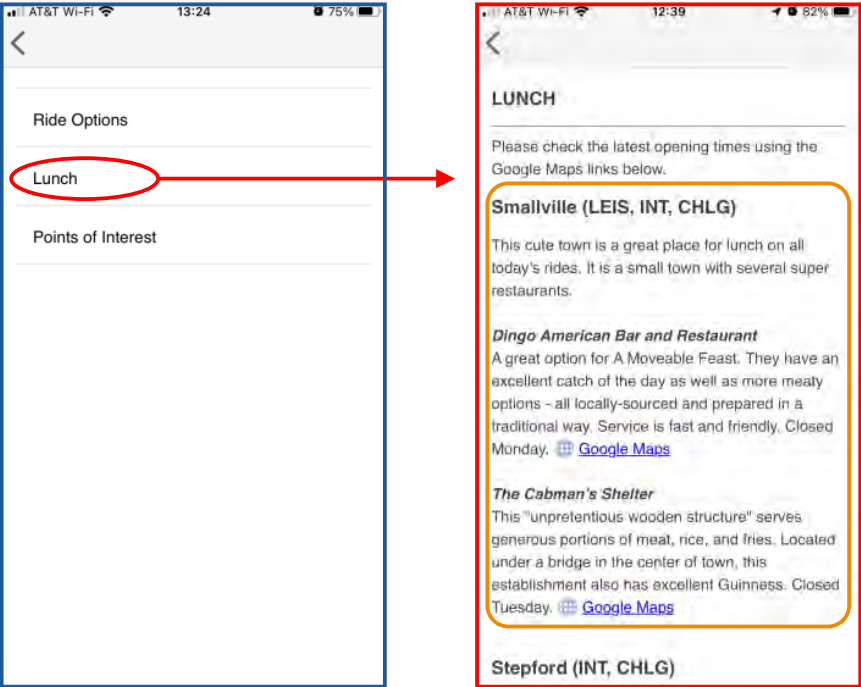
For my route, where is the best place for lunch?

This is a two-step process. First go to Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), choose which town you want to eat in. Here you are going to choose Smallville, which is 15 km into your route.

Then GO BACK to the previous menu and select *Lunch*.



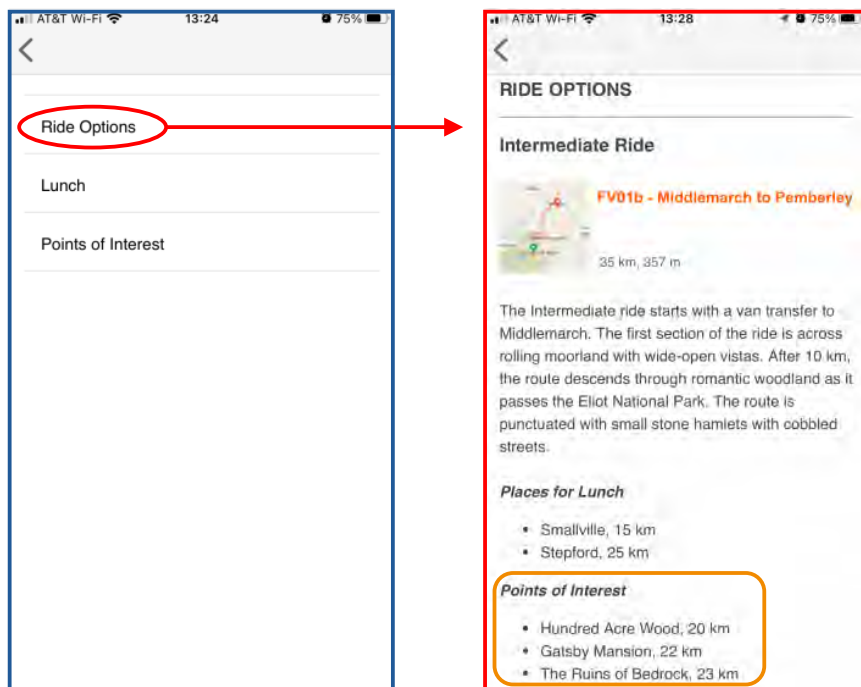
Having selected *Lunch*, you will see a list of all the places on today's routes organized by town. In this example, you are choosing to stop in Smallville and the Cabman's Shelter sounds perfect! (The abbreviations in parentheses tell you that Smallville is on the Leisure, Intermediate and Challenge rides.)

Restaurants are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below.

You can use the *Google Maps* link to check opening times and to confirm the location of the restaurant.

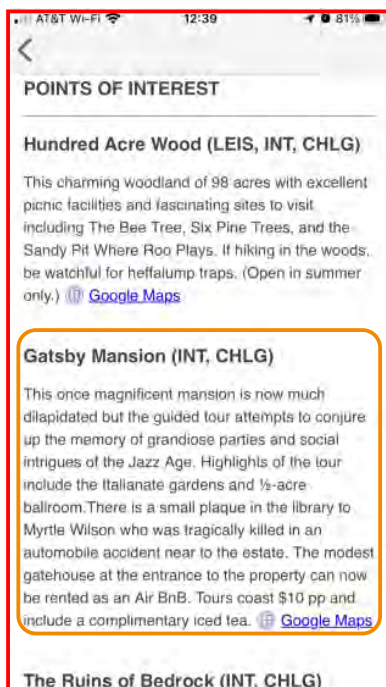
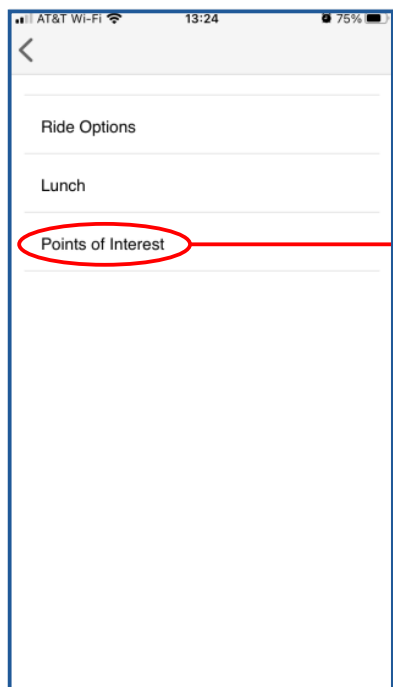
What points of interest are there along my chosen route?

This is a two-step process. First, go the Ride Options for the relevant day.



For your chosen ride (here you have chosen the Intermediate ride), see the list of Points of Interest that are on this route. In this example, The Gatsby Mansion, at 22 km) has caught your attention.

Then GO BACK to the previous menu and select Points of Interest.



Having selected *Points of Interest*, you can then read about the places you might want to visit along this route. In this example, you can learn all about the Gatsby Mansion. (The abbreviations in parentheses tell you that the Gatsby Mansion is on the Intermediate and Challenge rides.)

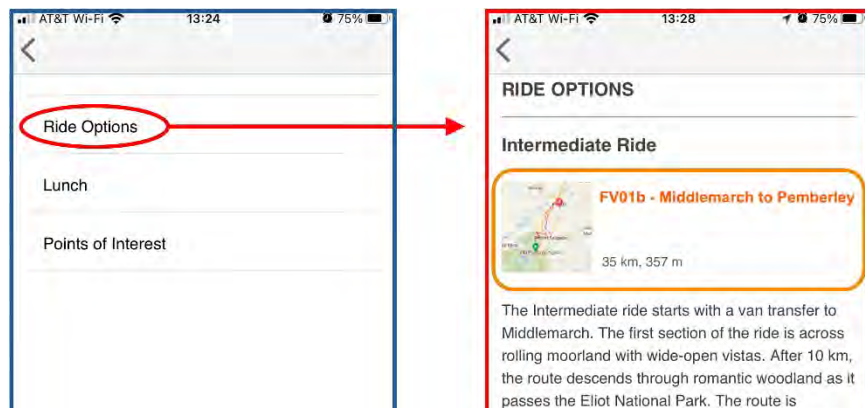
Points of Interest are shown as a  icon when you are navigating the routes. See the *Navigating the Routes* section below. We also list Viewpoints here. Viewpoints

are marked with a  on your routes.

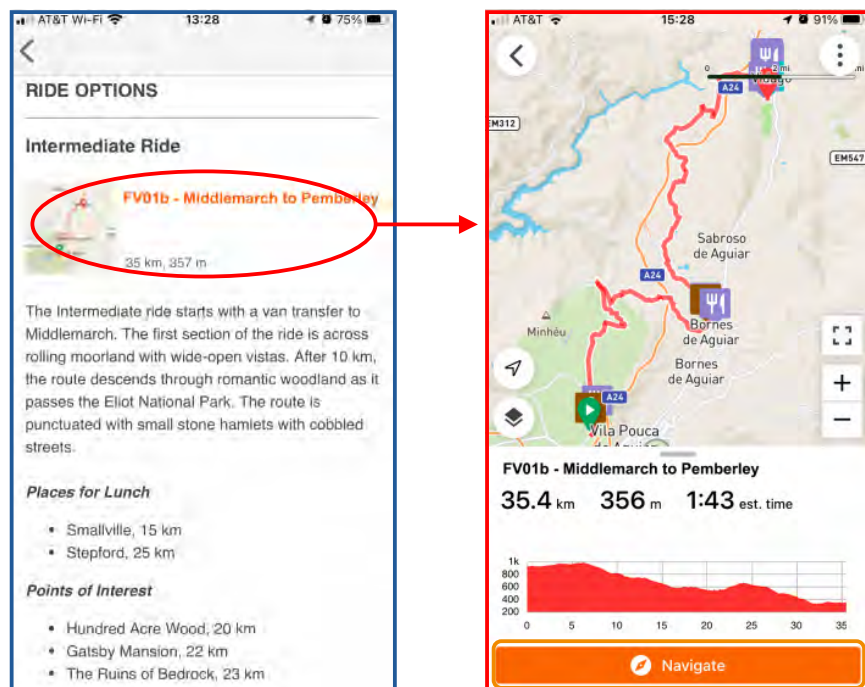
You can use the *Google Maps* link to check opening times and to confirm the location of the sites.

How do I navigate my chosen route?

Within *Ride Options* for your chosen day.



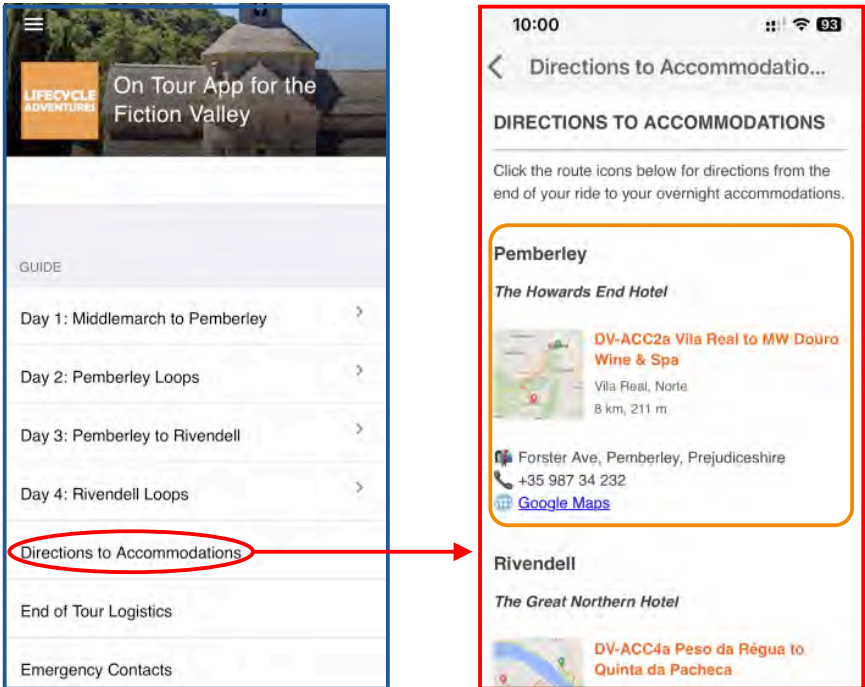
Tap on the map for the ride you have chosen. This takes you to route navigation within Ride with GPS. (Here you have chosen the Intermediate ride to Pemberley.)



Tap on *Navigate* to start directions for the route. See the *Navigating the Routes* section below for more details about the features available when navigating in Ride with GPS.

How do I navigate to my overnight accommodation?

Select *Directions to Accommodations* on the main menu.



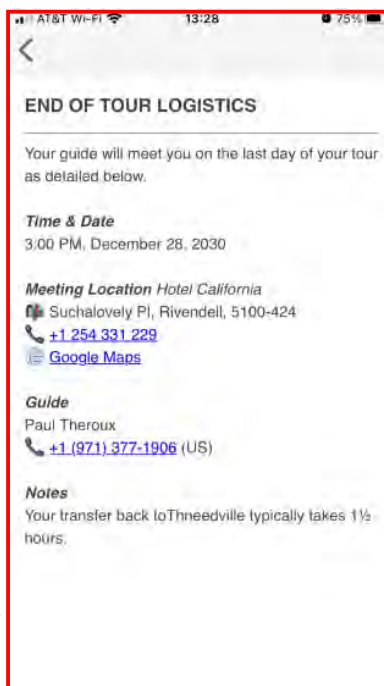
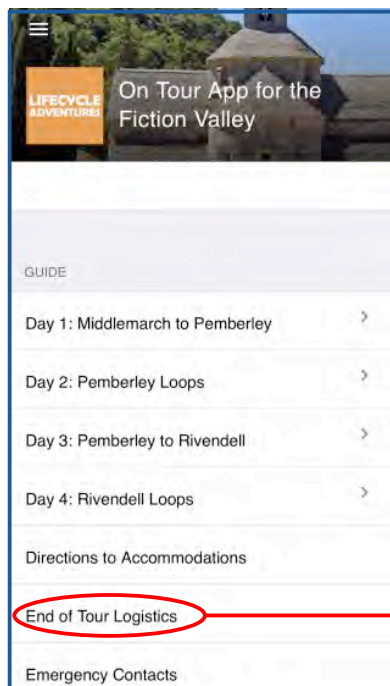
For the relevant overnight town (in this case you have just arrived in Pemberley), click on the map and this will take you into RWGPS navigation that will direct you to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

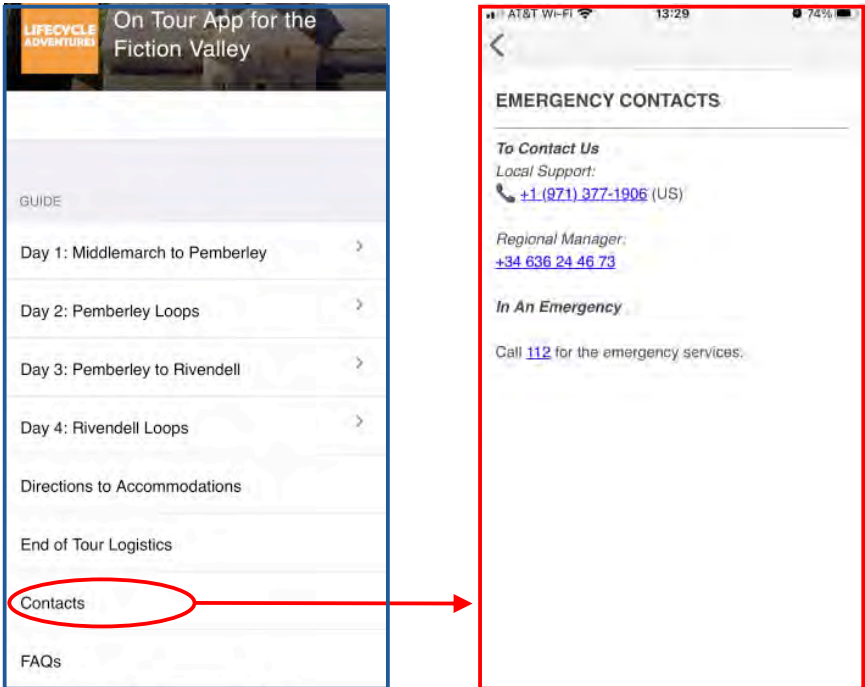
Where and when will I meet my guide at the end of my tour?

Select *End of Tour Logistics* from the main menu.



How do I contact my guide or the emergency services?

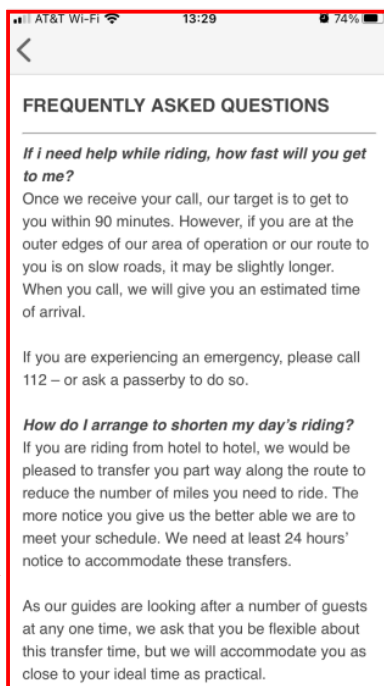
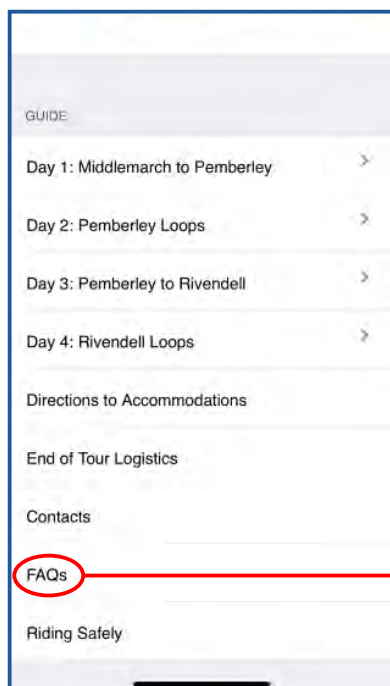
Select *Contacts* on the main menu.



You will see how to contact your guide, our regional manager, and the emergency services.

Answers to other frequently asked questions while on tour

Select *FAQs* on the main menu.

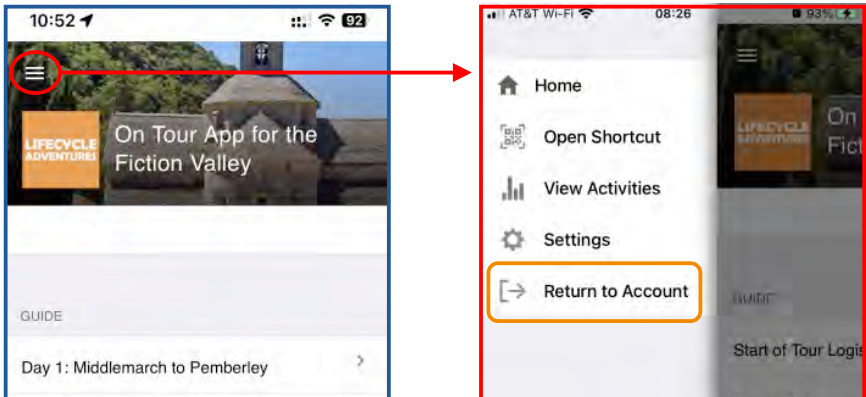


You will then see a list of questions with answers for some of the more common questions guests have while on tour.

There are also tips for *Riding Safely* on the main menu.

How do I get to the main RWGPS menu?

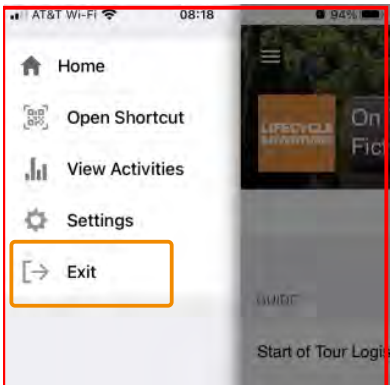
Tap the three horizontal lines at the top left-hand corner of the app.



You will then see options to:

- Open another RWGPS experience (Open Shortcut),
- View your rides (View Activities),
- Change your settings, or
- Exit the On Tour App and go to the main RWGPS page.

Note that if you do not have a RWGPS account, the last option will be to *Exit* to the main RWGPS home page rather than Returning to Account.



We do not recommend selecting *Exit* as you will need to reload the app by rescanning the QR code we sent you.

NAVIGATING THE ROUTES

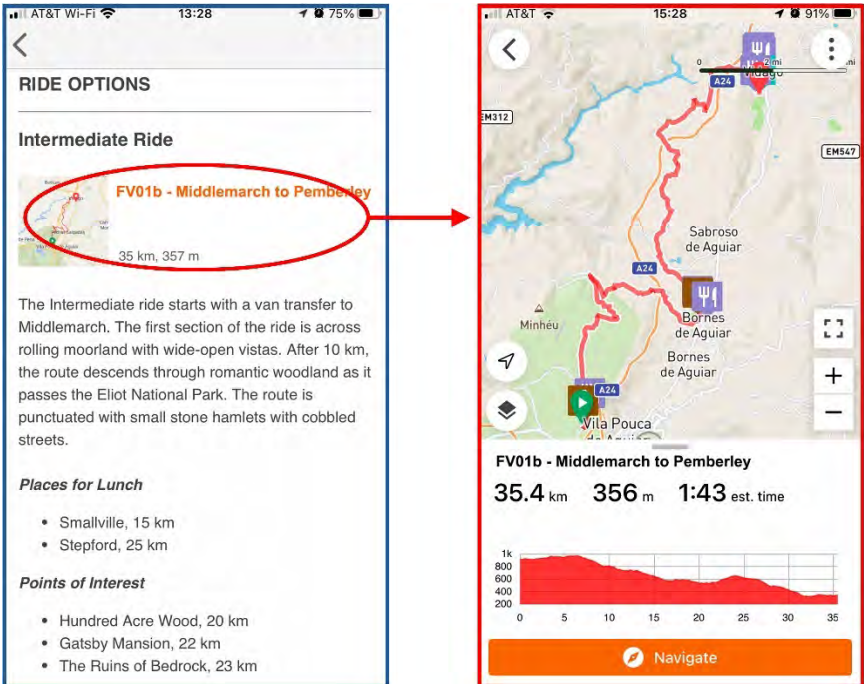
This section describes how to get the most of the RWGPS navigation. Specifically, it answers the questions:

- How do I start directions for my route?
- How do I get to the start of the route?
- How do I find restaurants and points of interest?
- How do I pause my route (e.g. when I go to lunch)?
- What do I do if I go off course?
- What do I do when I get to my destination?
- Where can I see my ride?
- Other top tips
- What settings do you recommend / can I change?

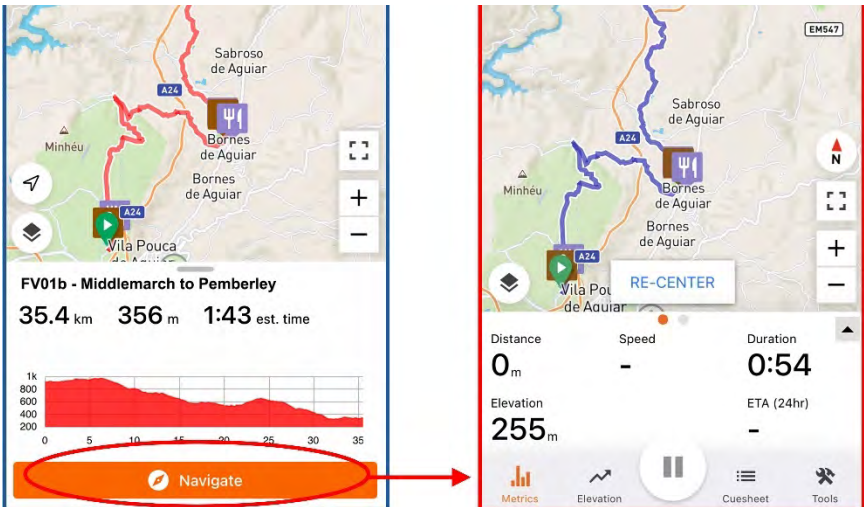
Ride with GPS navigation is intuitive to use and requires little learning. However, **as a backup**, the following section explains in detail how to answer the questions listed above.

How do I start directions for my route?

In *Ride Options* for the relevant day, tap on the route map of your chosen ride (here you have chosen the Intermediate route).



You then tap navigate to start your turn-by-turn directions.



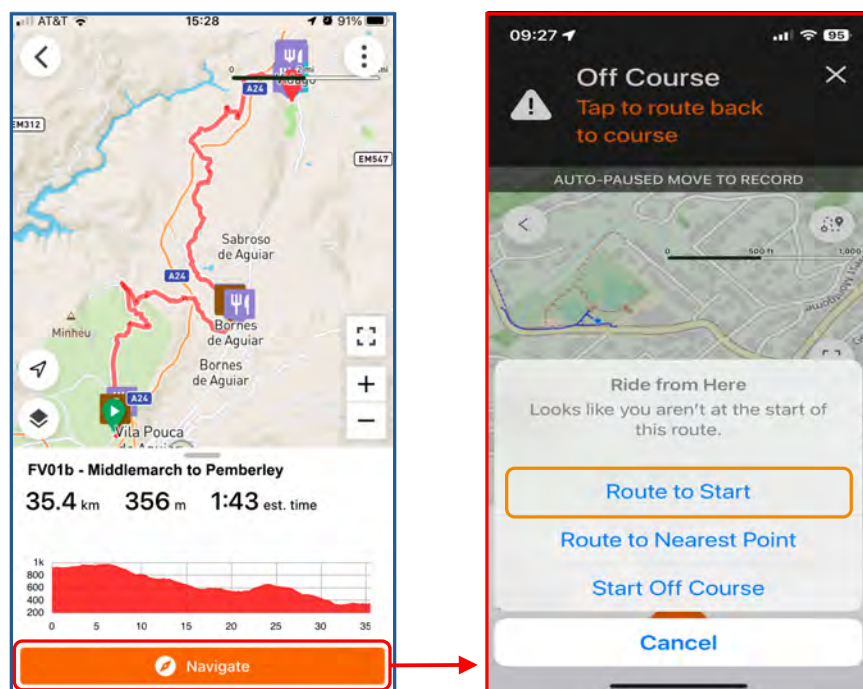
You will get both audible and screen-prompt cues for your ride.

How do I get to the start of the route?

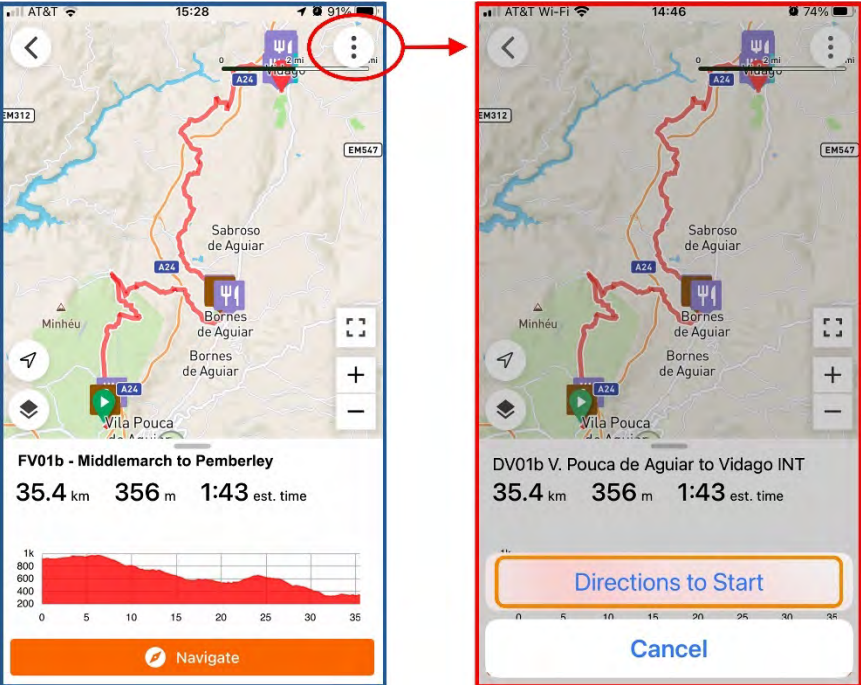
Typically, your route starts close to where your ride ended the night before. Open your selected route and tap **Navigate**. If you are not at the start of the ride, you will be presented with three options:

- **Route to Start** (RWGPS will calculate a route to the start of your ride)
- **Route to Nearest Point** (RWGPS will calculate a route to intercept your ride, sometimes cutting off the start of the ride)
- **Start Off Course** (you navigate yourself to the start of the ride)

Be careful when using *Route to Nearest Point* on a loop ride as the nearest point may be towards the end of the ride!



If you are not presented with the options above, exit navigation and tap the three-dot menu circle and select *Directions to Start*. Your phone will then launch your mapping app (e.g. Google Maps or Apple Maps) and load a route to the start point. You can typically select *Cycle* as a mode of transport (not available in all areas).



We recommend you load the directions in your hotel while on Wi-Fi if you want to avoid using your phone's data plan.

How do I find restaurants and other things of interest?

Restaurants, points of interest, viewpoints, wineries, and accommodations are shown on your route with the following icons.



... Accommodation



... Restaurant



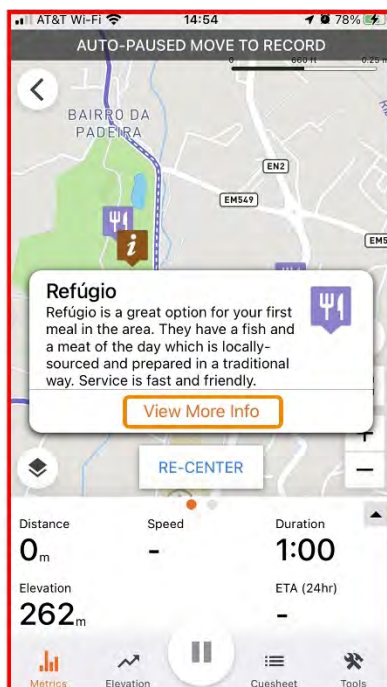
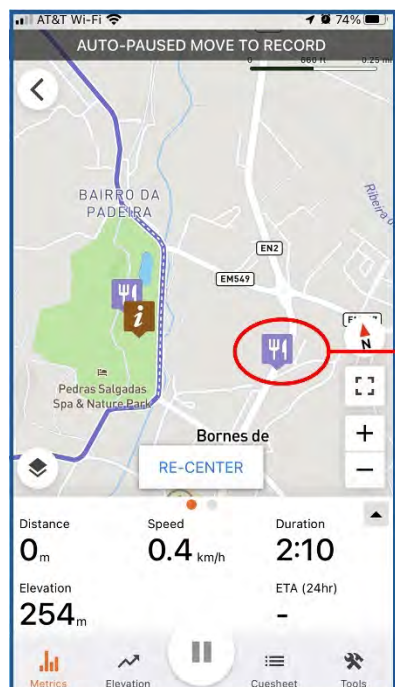
... Point of interest



... Viewpoint



... Winery (not all areas)

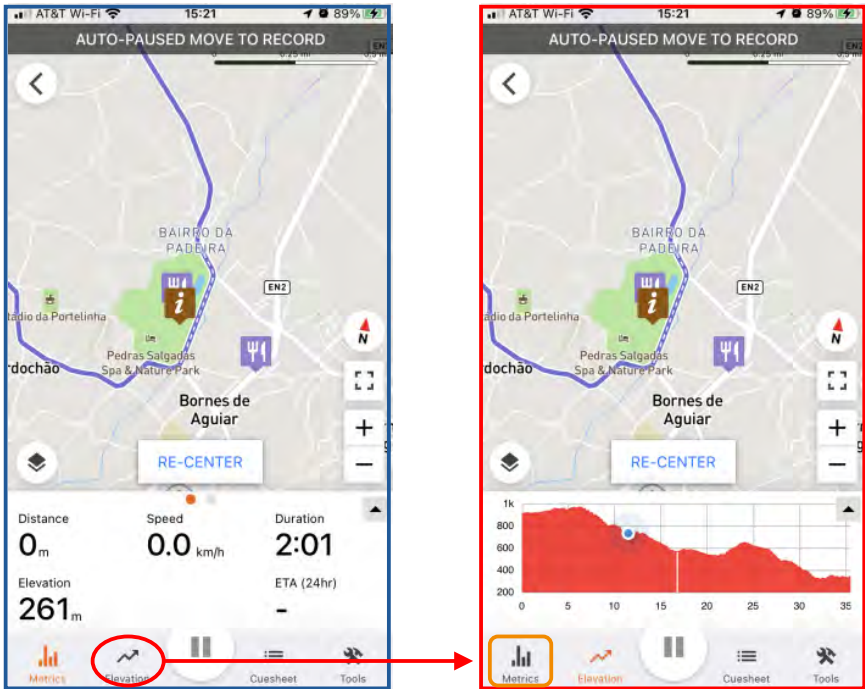


To learn more, tap the icon. This will bring up a short description. Tapping *View More Info* will expand the text and show a link to Google Maps.

You can also learn more about these places in the main On Tour App under the Lunch, Points of Interest, and Wineries sections for each day.

How do I see how much I have left to climb?

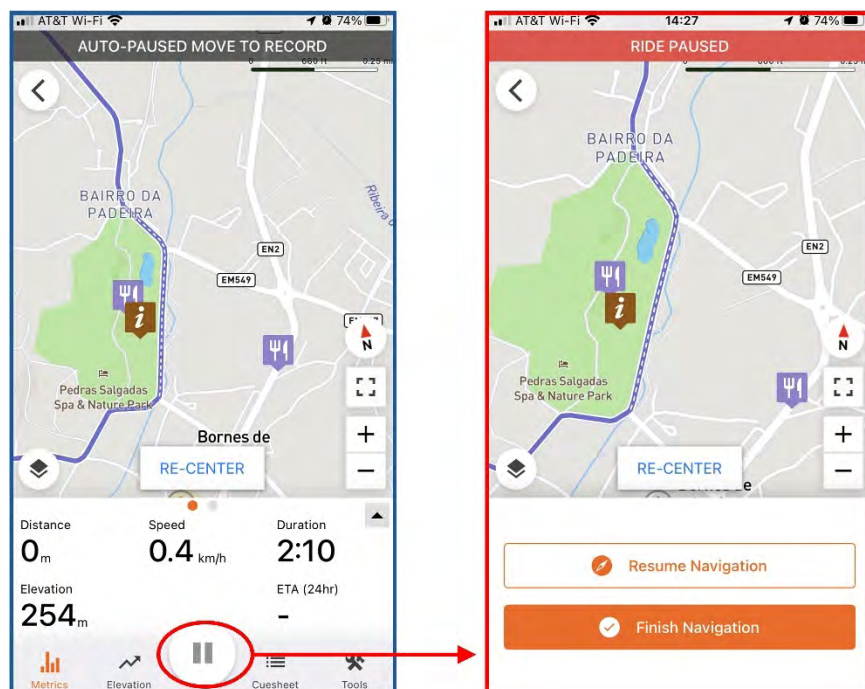
To see where you are on a hill, tap the *Elevation* icon.



To return to the key statistics view, tap the *Metrics* icon.

How do I pause my route (e.g., when I go to lunch)?

Press and hold the *Pause* button.

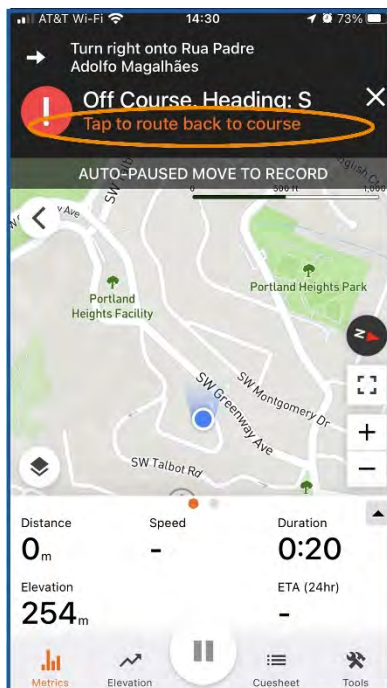


When you are ready to restart your ride, just return to the app and press *Resume Navigation*.

What do I do if I go off course?

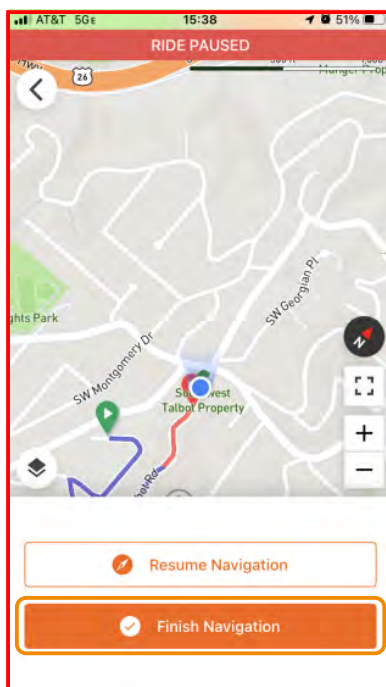
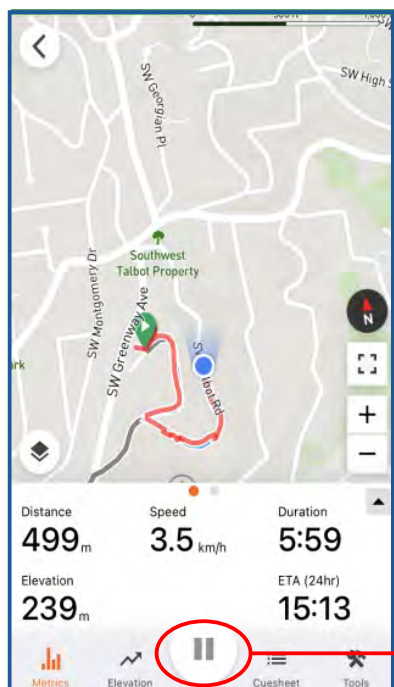
If you find yourself off the main route (e.g. if you have taken a wrong turn or visited a restaurant for lunch), the app will alert you with an audible alert and a cue card stating that you are *Off Course*. To get back to the course, press *Tap to route back to course*. RWGPS will then direct you back to the route. Note that this feature can have complications:

- This feature does not work reliably without cellular data (i.e.. does not always work if you are in Airplane Mode). In these circumstances, use the map to guide yourself back to the route.
- Typically, you are directed to the closest point of your route. If you are a long way off course, the app may direct you to backtrack the way that you went off course rather than further along the route. We suggest you zoom out on the map to check you are being guided along a route you want to follow.
- If you are on an in-and-out ride, double check that you are being directed in the direction you want along the route.
- If you choose not to receive directions back to your route, the app will continue to notify you every two minutes that you are off course. If you intentionally go off course and no longer want these alerts, you can stop them by tapping the X in the corner of the cue card. You could also tap and hold the pause button to temporarily pause your ride.

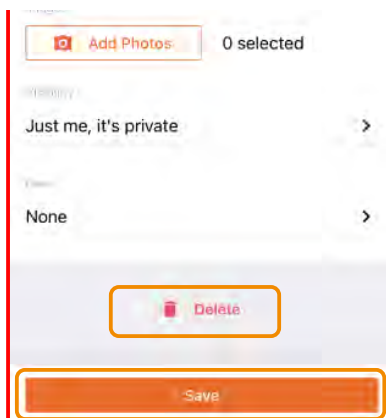
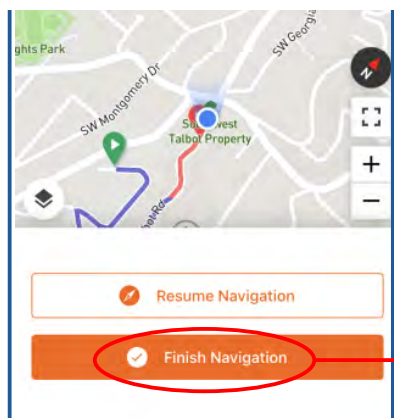


What do I do when I get to my destination?

When you finish a route, you'll get one final chime notification and you will see on the map that you have reached the end of the ride (shown by a red icon). Then tap-and-hold the pause button.

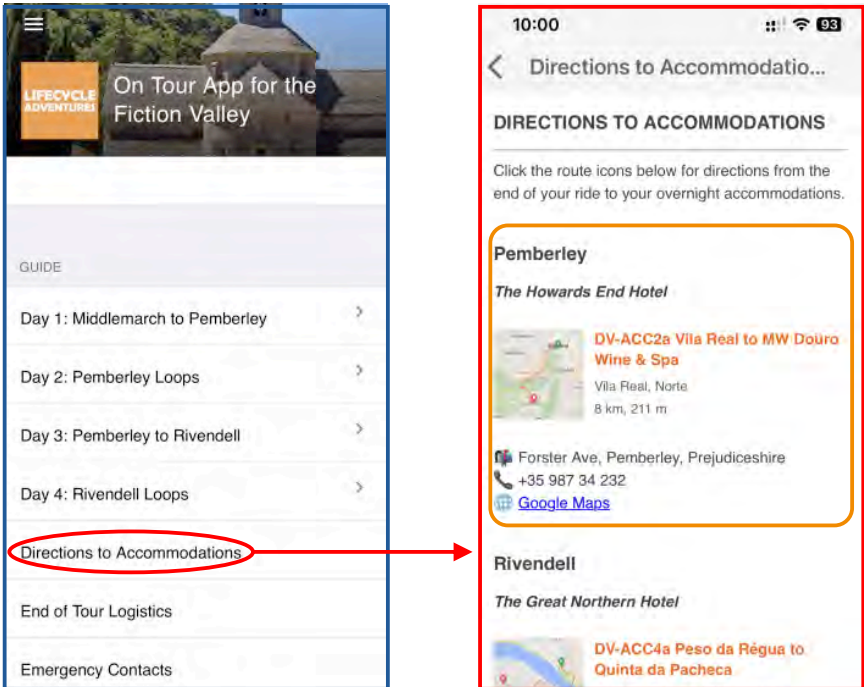


Follow the prompt to either save or delete the ride.



Tap *Save* if you want to be able to review your statistics for the ride at a later date. Tap *Delete* (and then OK) if you do not want to save your ride. Note that you may need to scroll down to find the *Delete* button.

After saving (or deleting) the ride, you will be returned to the main menu of the app. Scroll down and tap *Directions to Accommodations*.



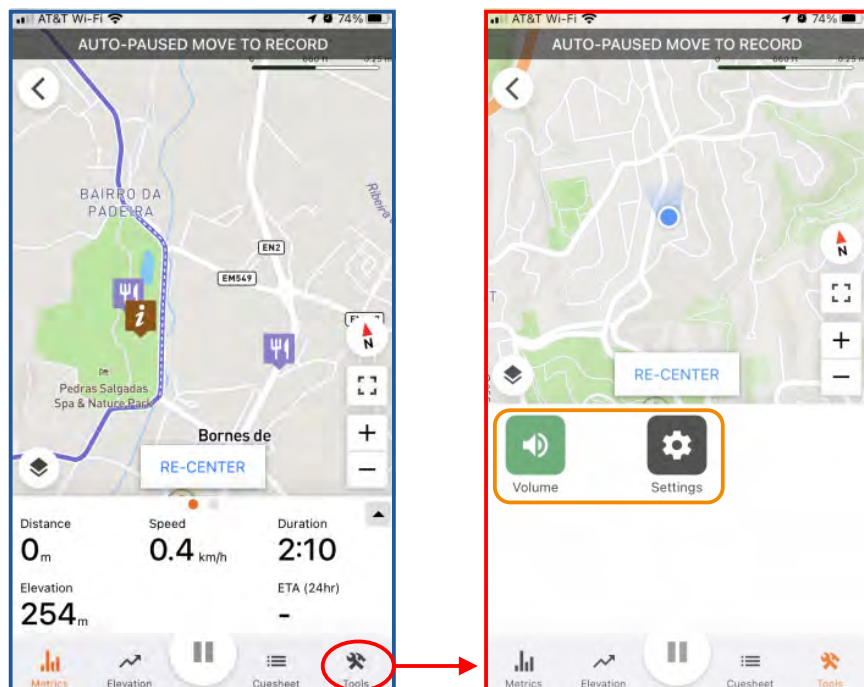
Select the map under the hotel for the town you are in (in this case you have just arrived in Pemberley and are staying in the Howards End Hotel). You will then be taken to RWGPS directions to get you from the end of the ride to your hotel.

Accommodations are shown on your route with the following icon 

You can also find the hotel using the *Google Maps* link.

Tools when navigating

Tapping the Tools when navigating will allow you to select Volume or Settings.



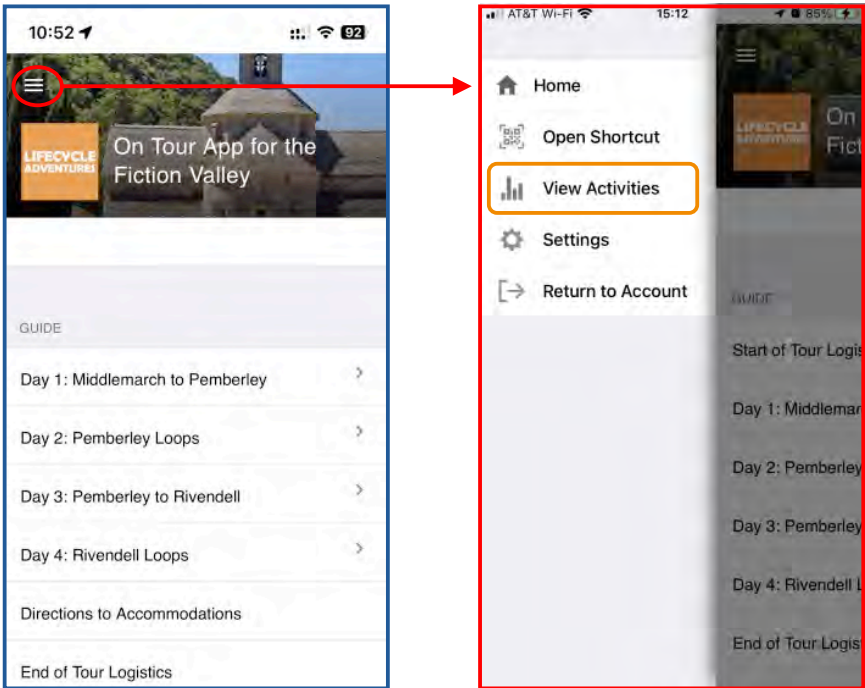
Volume allows you to turn off audible alerts or adjust the volume.

Settings allows you to change various settings. Examples of what can be changed includes:

- Get alerts earlier.
- Under Handlebar Mode: keep the screen on while navigating. Note, this will rundown your battery faster.
- Under Handlebar Mode: lock the navigation view in your preferred orientation.

Where can I see my rides?

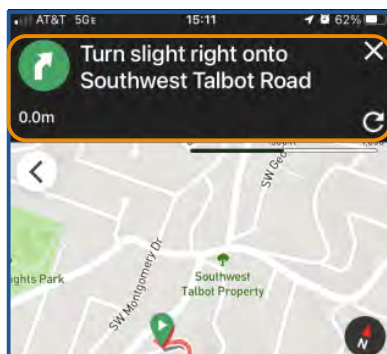
Select menu (three lines in top lefthand corner) then *View Activities* to see your saved rides.



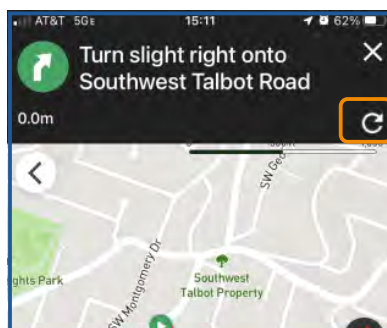
You can select a ride and review the route you took as well as the ride data such as ride time and average speed.

Other top tips

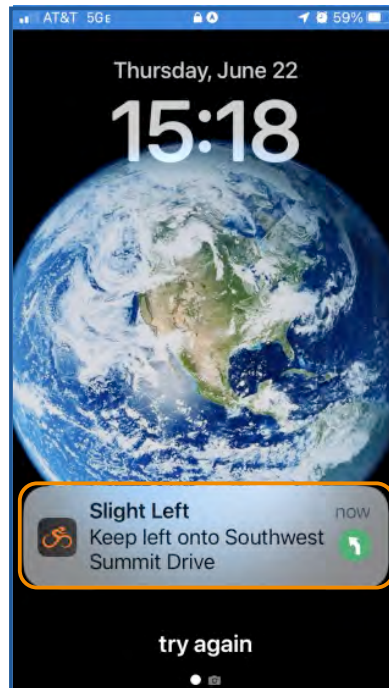
- You must be recording a ride to use navigation. After you are finished riding you may opt to delete the ride or save it.
- The app may take a moment to find your exact position. Once your location is found, your location will show on the map as a blue dot, and navigation will begin.
- When you are within 10–15 seconds from your first turn, you'll get your first turn notification at the top of your screen.



- If you missed the voice announcement, you can replay it by pressing the replay icon in the bottom right corner of the notification.



- The cue can be dismissed by swiping it, or it will go away automatically after you have passed the cue.
- While navigating a route with the screen locked, the app can flash the cues over the lock screen with text and voice for upcoming cue. For this function to work, you need to allow Ride with GPS to send push notifications to your phone. This means that for the most part you can ride with your phone screen locked (preserving battery life). You will still have voice and on-screen navigation prompts.



- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on.
- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We strongly recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone.

TROUBLESHOOTING THE APP

This section describes how to get resolve the following issues and questions:

- The App Will Not Download to My Phone or Tablet
- How do I get to the On Tour App from the main RWGPS menu?
- The On Tour App is freezing
- The app is causing me to exceed my data plan (or drain my battery)

The App Will Not Download to My Phone or Tablet

About thirty days before the start of your tour, we will send you a QR code and instructions to download the app. Simply scan that QR code with your camera and follow the instructions.

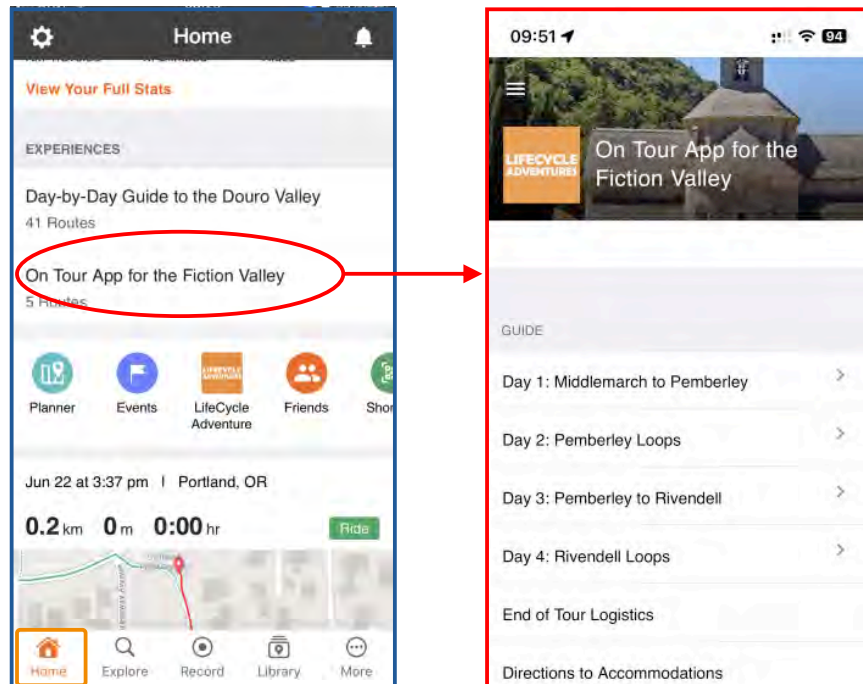
If this does not work, contact us and we can send you a *Use Code* as an alternative way to download the app. This sometimes works better if you are already a RWGPS user.

How do I get to the On Tour App from the main RWGPS menu?

If you have exited the app, and want to get back to the On Tour App.

If you have a RWGPS account

You will see the On Tour App listed under your *Experiences* on your home menu.



If you do not have a RWGPS account

If you select *Exit* after tapping the three menu lines at the top right-hand corner of the app, you will be returned to a generic RWGPS home screen. To get back into the app from here, you will need to tap *Open Shortcut* from the home menu and type in the Shortcut Code we sent you (or scan the QR image we sent you).

The On Tour App is freezing

If the On Tour App has frozen or become unpredictable, try turning your device off and on. If this does not work, reload the app by scanning the QR code we sent you. Note that the On Tour App is relatively large and requires a lot of bandwidth. Ideally, it is best downloaded when you have access to Wi-Fi.

The app is causing me to exceed my data plan (or drain my battery)

The app downloads to your phone and can be used with your data plan turned off.

- If you want to conserve your battery or avoid data roaming charges, set your phone to flight mode before you leave your hotel.
- Adjusting your locked screen time on your phone (settings) to around 5 minutes means that you can have map displayed for tricky sections or towns along the route without it being permanently on and draining your battery.
- Further battery saving tips can be found at <https://ridewithgps.com/help/battery-saving-tips>
- General Ride with GPS mobile application help and advice can be found at <https://ridewithgps.com/help/mobile/>
- We recommend bringing a battery bank with you on your tour so that in the event your phone runs out of battery you are able to charge it and continue using it for navigation.
- For the same reason, if you are riding as a couple, we strongly recommend that both riders have the On Tour App downloaded to their phone. If only one of the phones is used to navigate, and you then have problems with that phone (or you run out of battery), you have a backup phone ready to go.

SAFETY & ENJOYMENT

Riding Safely

Rules of the Road

We have a few simple rules we ask you to follow:

1. Always wear a cycle helmet fastened securely while cycling.
2. Wear highly-visibility clothing and/or a fluorescent safety triangle.
3. Do not ride at night or in the dim light of dawn or dusk.
4. Ride in single file and with the direction of traffic.
5. When riding, stay as close as is safe to the right-hand side (left in Ireland) of the road while avoiding grit or broken pavement.
6. Carry identification, emergency contact, and your medical/travel insurance.

Daily Bike Checks

Your rental bikes are checked and tuned before every trip. However, it is useful to do some regular checks just to keep things running smoothly. If you're in any doubt or have any concerns, give us a call and we'll have a guide come out to you.

1. Brakes. Do both brake levers engage the brakes smoothly?
2. Handlebars & stem. Check alignment. If there is lateral movement or rocking when the front brake is engaged, the headset may need adjusting.
3. Gear changing. Do all gears engage/change smoothly?
4. Chain. If you've been riding in rain or on wet roads, you may want to wipe off your chain and apply a little lube the night before. In the morning, run a clean rag over the chain to remove any excess oil.
5. Wheels & tires. Inflate front & back tires to the correct tire pressure (written on the side of the tire). Check wheels for wobbles, spokes for breakages and tires for wear. Ensure the quick-release mechanisms are secure.
6. Frame. Check for cracks and alignment in the frame especially if you accidentally dropped the bike.

Riding Efficiently

Tips for When Riding

As well as having a safe tour, we are keen for you to enjoy cycling and leave with a real sense of accomplishment. This is likely to include riding within your limits and not exhausting yourself before lunch. Here are some thoughts on how to stay happy on your bike.

1. *Eat before you are hungry.* Even moderate cycling burns around 300 calories per hour so eat snacks such as power bars as needed – giving

your body enough time to process the food before the fuel gauge reaches empty.

2. *Drink before you are thirsty.* As you sweat, you will lose both water and essential salts. You will not notice the effects until it is too late. Drink plenty of water before you start to ride and then take regular sips while riding. A good target is to drink either water or sports drink every 30 minutes.
3. *Ride at a pace that feels comfortable.* Even when climbing hills, ride at a pace that allows you to keep a conversation going without being out of breath. This means changing down to a low gear, keeping your cadence high and taking things easy.
4. The sun can get very intense, especially in the middle of the day so *keep your shirt on and use a high factor sunscreen.* Be aware of being burned through the gaps in your cycle helmet. A bandana under the helmet can make all the difference.
5. *Relax and change your hand position regularly.* This helps avoid shoulder cricks or back aches. Drop handlebars are better for being able to do this than straight handlebars.
6. *Check your bike.* A sticking brake or skipping gear stops you relaxing and can be dangerous. If you are unsure, talk to your guide, who will be happy to help you check things out if you have a concern.
7. *Smile, you are on vacation!*

Seat Height Adjustment

Seat height adjustment is more craft than science. The most important thing is that you feel safe and confident on the bike. However, getting your saddle to the right height will also help you stay comfortable on longer rides, avoid saddle sores, and conserve your energy while you pedal.

Bike fitters can spend hours getting your fit just right, but here are some simple rules of thumb.

- While seated on your bike, prop yourself up against a wall.
- Position the pedals so the pedal cranks are vertical (one pedal at 12 o'clock and one pedal at 6 o'clock).
- Place your feet on the pedals and move your foot so that your heel is on the pedal at 6 o'clock.
- When your seat is at the correct height, your leg (of the foot at 6 o'clock) should be straight but your knee shouldn't be locked.

If your seat is too low, it will make it harder to pedal and you may get knee pain at the front of the knee. Too high and your hips will go from side to side which will make you tend to ride in too high a gear and you may develop pain at the back of your knees.

Avoiding Saddle Sores

Saddle sores are the great unmentioned subject of cycling. However, if you have not been riding much recently and start doing a lot of miles on a bike, you may well become just a little too familiar with them.

To prevent sores, it's helpful to know what they are. A saddle sore is a skin ailment on the buttocks due to, or exacerbated by, riding on a bicycle saddle. It often develops in three stages: skin abrasion, folliculitis (inflammation of the hair follicles) and, finally, abscess. If it's not obvious from the definition, it is better to stop the sores in the early stages than try and treat it in the final stage.

The best cure of all is to not get them in the first place. Gradually build up your riding mileage and get used to your bike seat. Some training rides before you go on tour will help. Other good preventative measures include:

- Reducing the friction due to bobbing or swinging motion while pedaling, by setting the appropriate saddle height – see above.
- If you have a favorite saddle, bring it along and we will fit it to your rental bike.
- Wear good-quality cycling shorts, with a high-quality chamois insert.
- Use petroleum jelly, chamois cream, or lubricating gel on the chamois to further reduce friction.
- Do not sit around in damp bike shorts after your ride and thoroughly wash and dry the affected area.

There are pharmacies in all the main towns you'll stay in if you need medical treatment. Our primary message would be, if you think you have them, don't ignore them.

FIXING A FLAT

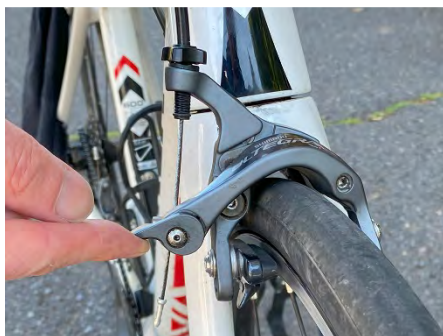
To make this basic repair, you will need tire levers, a pump (or CO₂ canister), and a spare tube (or patch kit). If you have a thru axle (see below) you will also need a hex wrench (Allen key). Before working on your bike, ensure you are well away from the road and in no danger from the traffic.

There are five basic steps to fixing a flat.

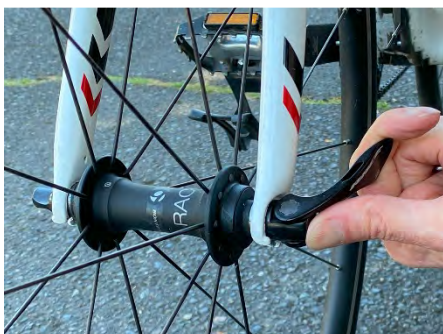
1. Remove the wheel
2. Deflate and remove the tube
3. Remove what caused the flat
4. Replace tube and inflate
5. Refit the wheel

Remove the Wheel

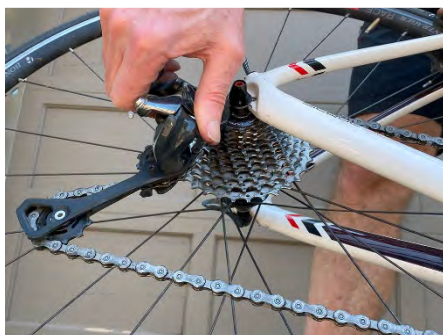
If you have rim brakes, release the brakes. How you do this depends on the type of brakes. Two examples are shown below.



If you are **removing the front wheel**, open the quick-release lever and unscrew the nut on the other side of the skewer. The wheel should then drop out of the fork.



If you are **removing the rear wheel**, put the chain on the smallest cog of the rear cassette. Open the quick release lever. You will then need to push the derailleur back to allow space for the wheel to get past the chain as you pull the wheel out.



If you have disc brakes, avoid touching the rotors or the disc pads. The rotors can be hot and grease or other contaminants on these parts will make the brakes ineffective. Also avoid squeezing the brake levers when the wheel is removed as this will close the pads and make it very difficult to reinsert the disk when refitting the wheel.



If you have a thru axle (pictured above on RHS) on either a front or rear wheel, you will need to unscrew and remove the axle using a hex wrench before you can remove the wheel. Avoid getting any dirt on the axle after it is removed.

Deflate and Remove the Tube

Having removed the wheel, fully deflate the tube. If you have a thick Schrader valve, press down on the small pin at the center of the valve. If you have a thin Presta valve, loosen the small valve at the top of the valve stem and press down.



Unseat the tire from the rim. Place a tire lever under the bead of the tire and lever it over the edge of the wheel (avoid doing this near to the valve). Repeat this procedure with a second tire lever. Slide the second tire lever around the rim to free the tire. Pull the valve stem out of the wheel and remove the rest of the tube.



Remove What Caused the Flat

Inspect the tire for the cause of the puncture. Remove any thorns or pieces of glass that could puncture the new tube. *Carefully*, run your fingers around the inside of the tire to check for sharp debris.

Replace and Inflate the Tube

Put a little air into the replacement tube – just enough to give it some shape – and insert the valve into the wheel.



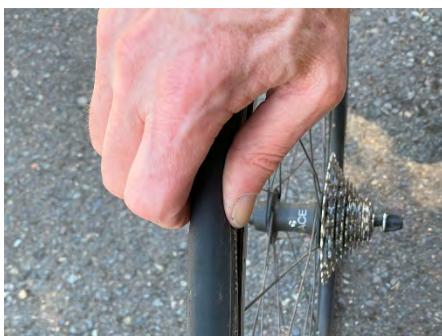
Carefully put the rest of the tube inside the tire. Beginning at the valve, push the tire bead back inside the rim of the wheel. Continue around the rim in both directions.



If the tire is tight, pinch both sides of the tire bead into the center of the rim – this will make it easier for the tire to clear the rim. If necessary, use tire levers to force the final part of the tire bead over the wheel rim – being careful not to pinch the tube and cause another flat.



Inflate the tube. As you inflate the tube, check regularly that the tube isn't caught in the rim and that there is no bulging. When the tube is a little inflated, go around the wheel pinching the tire to the center of the rim to help release where the tube might be trapped. Inflate the tube to the recommended pressure printed on the tire.



If you don't have a pump with a pressure gauge, inflate until the tire is hard to depress with your fingers and check your tire pressure as soon as you have access to a pump with a gauge.

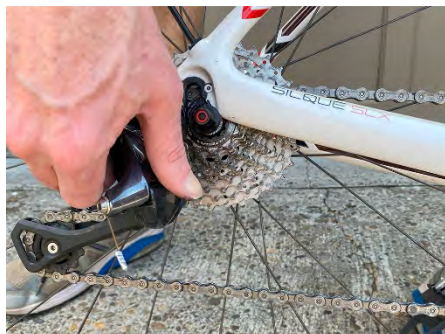
Refit the Wheel

Refitting the wheel is the reverse of removing it.

If you are **refitting the front wheel**, open the quick-release lever and place the wheel in the dropouts. Tighten the nut opposite the lever and close the lever to tighten onto the frame. If you have overtightened the nut, it will not be possible to close the lever. If the lever closes too easily, tighten the nut more and try again.

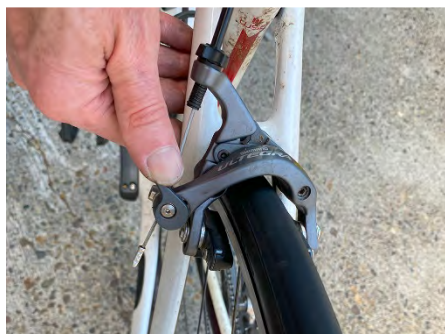


If you are **refitting the rear wheel**, align the wheel so the chain is on the smallest cog of the cassette. Pull back the derailleur to allow space for the wheel to drop into the dropouts. Close the lever and check it is tight and not touching the frame. If the lever closes too easily, tighten the nut and try again.



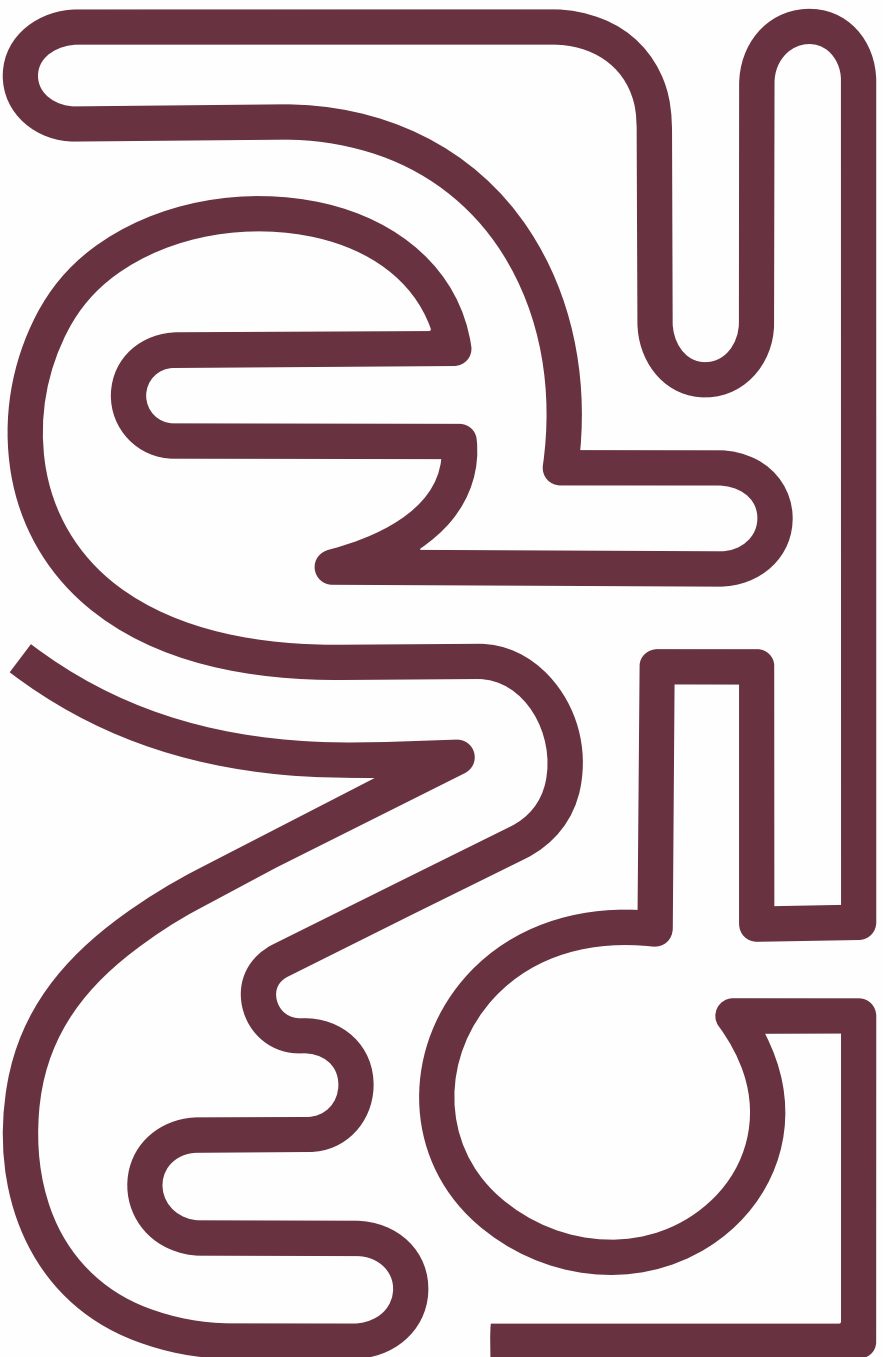
If you have a thru axle (pictured above on RHS) on either a front or a rear wheel, place the wheel in the dropouts, as described above. Then reinsert the axle. If you cannot insert the axle or it fails to engage on the thread smoothly as you turn it clockwise, remove the wheel and reinsert it, checking the alignment. Tighten the axle using a hex wrench.

If you have rim brakes, reconnect the brakes and check they are functioning OK.



Video

For a more dynamic description of fixing a flat, check out the following video:
https://youtu.be/qLO_HOOKEjs.



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APPENDIX 1 – WINERY LISTINGS

The following listings provide details about each winery along the routes. The numbers cross reference with the maps and tables in the *About the Area – Wineries on Your Route* section of this guidebook.

1 *Domaine du Cinquau*

Set on a gentle hillside just outside Pau, Domaine du Cinquau is a family-run estate known for its refined Jurançon wines and welcoming atmosphere. The domaine has been in the same family for generations, combining traditional methods with careful modern techniques. Its panoramic terrace overlooking the Pyrenees makes it a particularly memorable place to linger over a tasting.

Wines	Jurançon Sec, Jurançon Moelleux, Petit Manseng, Gros Manseng and blends.
Food	No
Tours & Tastings	Free tasting of 3 wines (up to 4 people) Discovery Tour, 1 hour: €12 per person. Immersive Tour, 1 hour 30 minutes, €18 per person. More options available on their website.
Reservations	Not required for tastings up to 4 people. Required for Tours. Bookings can be made directly through their website.
Hours	Monday to Friday from 9:00 AM – 12:30 PM, and 2:00 PM – 5:00 PM, Saturday from 10:00 AM – 12:30 PM, and 2:00 PM – 6:00 PM. Sunday and holidays by appointment only.
Contact	 Chem. du Cinquau, 64230 Artiguelouve  +33 5 59 83 10 41  https://www.cinquau.fr/

2 *Domaine Peyrette*

A 7.5-hectare family estate perched on a southwest-facing hillside above Cuqueron, Domaine Peyrette enjoys sweeping panoramic views over the valley. Patrick Peyrette continues a multi-generational winemaking tradition here, combining vineyards with cereal crops and cattle farming in a thoughtful, nature-conscious approach. The traditional Béarnaise stone farmhouse adds a wonderfully authentic, rustic charm.

Wines	Jurançon Sec, Jurançon Moelleux, artisanal small-batch wines.
Food	No
Tours & Tastings	Intimate tastings: €5–€10 per person with visits often hosted by the winemaker.
Reservations	Essential
Hours	By appointment; limited open hours.

Contact

 123 Chem. des Vignes, 64360 Cuqueron
 +33 5 59 21 31 10
 No website but can contact by phone or email
domaine.peyrette@orange.fr

3 **Domaine Vignau (La Juscle)**

A charming, family-operated estate in Aubertin, Domaine Vignau (La Juscle) is particularly renowned for its expertise in late-harvest wines. These wines are produced to exacting standards, with a minimum natural sugar level of 17°, at least 18 months of aging, and no chaptalization – resulting in rich, expressive wines that remain beautifully balanced. Antonin Valton continues the family winemaking tradition here, working with certified organic farming practices. The domaine has earned notable recognition, including a *Coup de Cœur* and two stars in the 2023 *Guide Hachette des Vins*, marking it as a benchmark producer in Jurançon.

Wines	Jurançon Sec, Jurançon Moelleux, late-harvest wines, Petit Manseng and Gros Manseng.
Food	No
Tours & Tastings	Standard tastings: €5 – €10 per person. Winery visits available with prior arrangement.
Reservations	Essential
Hours	By appointment; limited open hours. Appointments can be made by email contact@domainevignau.com
Contact	 364 Chem. dit de Pau, 64290 Aubertin  +33 6 58 99 64 88  https://www.domainevignau.com/

4 **Domaine Burgué-Séré**

On the hillsides of Saint-Faust, just outside Pau, Domaine Burgué-Séré spans 20 hectares of vineyards cultivated by the Séré family for several generations. The estate enjoys an extraordinary view of the Pyrenees. Alongside the region's classic grape varieties – Petit and Gros Manseng and Petit Courbu – the domaine also grows Tannat and Cabernet, producing a distinctive range that includes original reds and rosés in addition to traditional Jurançon wines. Committed to sustainable practices, the estate is certified Terra Vitis and HVE3.

Wines	Jurançon Sec, Jurançon Moelleux, Petit Manseng, Gros Manseng, Petit Courbu, plus reds and rosés from Tannat and Cabernet.
Food	No
Tours & Tastings	Free tastings available. Group visits and more in-depth tours by appointment.

Reservations	Recommended for group visits and to call ahead to make sure they are on site. Reservations can be made by email jeannot.sere@orange.fr
Hours	Daily from 9:00 AM – 5:30 PM.
Contact	 157 Côte Labiste et Bassot, 64110 Saint-Faust  +33 6 79 97 89 05  https://www.domaineburguesere.com/

5 **Domaine Haugarot**

Founded in 2004 by Jean-Pierre Proharam – a passionate winemaker and keen cyclist – Domaine Haugarot is a small, 6-hectare estate set on the slopes of Saint-Faust. The vineyards are farmed entirely according to the biodynamic lunar calendar, reflecting a meticulous, nature-driven philosophy. Petit and Gros Manseng thrive here, producing expressive wines that capture the character of the terroir. The modern tasting room, which opens directly onto the vines, creates a seamless connection between the landscape and the wines in the glass.

Wines	Jurançon Sec, Juranton Moelleux, Petit Manseng, Gros Manseng.
Food	No
Tours & Tastings	Guided tastings: €8 – €12 per person. Visits to the vineyards and cellar available by appointment.
Reservations	Recommended
Hours	Open Monday to Saturday from 8:30 AM – 7:00 PM. Open Sundays by appointment.
Contact	 672 Chem. des Crêtes, 64110 Saint-Faust  +33 6 80 40 87 00  https://haugarot.fr/

6 **Cru Larose**

A small, family-run estate nestled on the hillsides of Saint-Faust, Cru Larose combines scenic beauty with a warm, welcoming atmosphere. The domaine is particularly known for its late-harvest wines, which are widely praised for their richness and balance.

Wines	Jurançon Sec, Juranton Moelleux, late-harvest wines.
Food	No
Tours & Tastings	Guided tastings: €8–€12 per person. Panoramic vineyard tours available.
Reservations	Recommended, especially in peak season.
Hours	Open daily but call ahead to make sure they are on site. Usually close over lunch from 12:00 PM – 2:00 PM.
Contact	 245 Chem. des Crêtes, 64110 Saint-Faust

+33 5 59 83 12 06
<https://www.cruarose.com/>

7 Clos Lapeyre (Jean-Bernard Larrieu)

One of the standout producers in Jurançon, Clos Lapeyre is a small, family-run estate led by Jean-Bernard Larrieu. Located in the hills above Jurançon in La Chapelle de Rousse, the vineyards benefit from excellent exposure and a unique microclimate shaped by Atlantic and Pyrenean influences. The estate is known for its meticulous vineyard work, with organic and biodynamic practices that emphasize soil health and low intervention. The resulting wines are precise, expressive, and widely regarded as some of the finest in the appellation.

Wines	Jurançon Sec, Jurançon Moelleux, Petit Manseng, Gros Manseng, late-harvest wines.
Food	With a longer tour and tasting (local cheeses and charcuterie)
Tours & Tastings	Adishatz complimentary 30-minute wine tasting. Planvienguts wine tour: tasting of 6 wines, 1 hour, €7 per person. L'apéritif béarnais wine tour: walk of vineyards, history presentation, tasting of 6 wines, aperitif, 1 hour 30 minutes. Minimum 4 people.
Reservations	Required for groups of 4 or more and for longer tours/tastings.
Hours	Monday to Friday from 10:00 AM – 12:00 PM and from 2:00 PM – 5:30 PM, Saturday from 2:30 PM – 6:00 PM. Sundays, public holidays and special hours by appointment.
Contact	 257 Chemin de Couday, La Chapelle de Rousse, 64110 Jurançon  +33 5 59 21 50 80  https://www.jurancon-lapeyre.fr/en/clos-lapeyre-jurancon-wines/

APPENDIX 2 – QUIZ QUESTIONS

For a little fun, here is a quiz to test what you have learned in this guidebook. For those who just want to relax on vacation or who want to test their riding partners, skip ahead to the answers at the end of the section.

Planning Your Tour

1. *What is the most useful tool to help you navigate your tour?*

- ☐ A piece of string and a loadstone
- ☐ LifeCycle Adventures On-Tour App
- ☐ Garmin GMR xHD2 Open Array Radar
- ☐ All of the above

2. *The LifeCycle Adventures On-Tour App can be downloaded to:*

- ☐ Your smartphone
- ☐ Your tablet
- ☐ All of the above

3. *It can be helpful to download Google Maps for the area for use offline:*

- ☐ True
- ☐ False

4. *Companies that provide cheap data plans via eSIMs are:*

- ☐ Snowman and Pharoh
- ☐ Nomad and Airalo
- ☐ Roman and Hairglo
- ☐ None of the above

5. *Things to consider booking before you travel include:*

- ☐ Wine tours
- ☐ Airport transfers
- ☐ Hard-to-book restaurants
- ☐ All of the above

6. *Useful things to pack include:*

- ☐ Floor pump
- ☐ Your bike helmet
- ☐ Kitchen sink
- ☐ DeWalt 20V brushless cordless 2-inch magnetic drill press
- ☐ All of the above

7. *We provide the following equipment:*

- ☐ Two LifeCycle Adventures water bottles
- ☐ Floor pump that travels with your luggage
- ☐ Phone mount for your phone
- ☐ All of the above

About the Area

8. *What mountain range forms a natural frontier between France and Spain?*

- ☐ The Alps
- ☐ The Pyrenees
- ☐ The Pekingese
- ☐ The Dolomite
- ☐ The Andes

9. *Which city is the usual starting point for this tour?*

- ☐ Toulouse
- ☐ Pau
- ☐ Paris
- ☐ Bordeaux

10. *Which pilgrimage town is associated with apparitions in 1858?*

- ☐ Rocamadour
- ☐ Saint-Jean-Pied-de-Port
- ☐ Gavarnie
- ☐ Lourdes

11. *Which of the following climbs is the highest paved pass in the French Pyrenees?*

- ☐ Col d'Aspin
- ☐ Col d'Asprin
- ☐ Col du Soulor
- ☐ Hautacam
- ☐ Col du Tourmalet

12. *Which two grape varieties define the wines of Jurançon?*

- ☐ Merlot and Cabernet Sauvignon
- ☐ Chardonnay and Pinot Noir
- ☐ Petit Manseng and Gros Manseng
- ☐ Syrah and Grenache

13. *What is "garbure"?*

- ☐ A type of cheese
- ☐ A traditional mountain soup
- ☐ A local wine
- ☐ The Basque term for trash
- ☐ A cycling race

14. *What is the seasonal movement of livestock into the mountains called?*

- ☐ Migration
- ☐ Transhumance
- ☐ Déplacement-saisonnier-du-bétail-vers-les-montagnes
- ☐ Elevation
- ☐ Pasturage

15. *Which animal is commonly used to guard sheep flocks in the Pyrenees?*

- ☐ Border Collie
- ☐ German Shepherd
- ☐ Pyrenean Mountain Dog (Patou)
- ☐ Miniature Pekingese
- ☐ Bernese Mountain Dog

Overnight Towns

16. *Which town is known as a key gateway to the Pyrenees and a regular host of the Tour de France?*

- ☐ Argelès-Gazost
- ☐ Pau
- ☐ Bagnères-de-Bigorre
- ☐ Lourdes

17. *What is Pau most famous for historically?*

- ☐ Being a Roman spa town
- ☐ Being the birthplace of King Henry IV
- ☐ Being the first city on the first Tour de France
- ☐ Being the birthplace of Coco Chanel
- ☐ Being a medieval fortress city

18. *Which feature in Pau offers panoramic views of the mountains?*

- ☐ Parc Beaumont
- ☐ Château de Pau
- ☐ Boulevard des Pyrénées
- ☐ Carrefour Supermarket Parking Lot

19. *Argelès-Gazost originally developed as what type of destination in the 19th century?*

- ☐ A spa town
- ☐ A military base
- ☐ A trading hub
- ☐ A pilgrimage center

20. What is a highlight of Argelès-Gazost's weekly life?

- ☐ A Friday night music festival
- ☐ A Tuesday morning market
- ☐ A daily wine fair
- ☐ A Sunday night nude bike ride

21. Which town is most closely associated with a long thermal spa tradition dating back to Roman times?

- ☐ Argelès-Gazost
- ☐ Pau
- ☐ Lourdes
- ☐ Bagnères-de-Bigorre

22. What is the name of the modern spa facility in Bagnères-de-Bigorre?

- ☐ Thermes du Midi
- ☐ Aquensis
- ☐ Les Bains de Pau
- ☐ Spa des Pyrénées
- ☐ The "Mes Jambes Sont Complètement Détruites." Recovery Center

On Tour

23. List all the works of fiction mentioned or alluded to in the section Using the On-Tour App

APPENDIX 3 – QUIZ ANSWERS

Planning Your Tour

1. LifeCycle Adventures On-Tour App
2. All of the above
3. True
4. Nomad and Airalo
5. All of the above
6. Your bike helmet (we provide a floor pump, so you can leave that at home with the kitchen sink and the magnetic drill press)
7. All of the above

About the Area

8. The Pyrenees
9. Pau (though we can collect you from Bordeaux or Toulouse)
10. Lourdes
11. Col du Tourmalet
12. Petit Manseng and Gros Manseng
13. A traditional mountain soup
14. Transhumance
15. Pyrenean Mountain Dog (Patou)

Overnight Towns

16. Pau
17. Being the birthplace of King Henry IV
18. Boulevard des Pyrénées
19. A spa town
20. A Tuesday morning market
21. Bagnères-de-Bigorre
22. Aquensis

On Tour (Qu. 23)

- Middlemarch by George Eliot
- Pride and Prejudice by Jane Austen (Pemberley)
- Smallville (Superman), TV series
- Stepford Wives, movie
- Winnie-the-Pooh, by A.A. Milne (Hundred Acre Wood)
- The Great Gatsby by F. Scott Fitzgerald (Gatsby Mansion)
- The Flintstones, TV series (The Ruins of Bedrock)
- A Moveable Feast, by Ernest Hemingway (Dingo American Bar)
- Ulysses by James Joyce (the Cabman's Shelter)
- Hotel California by The Eagles
- Lord of the Rings by J. R. R. Tolkien (Rivendell)
- Twin Peaks, TV series (The Great Northern Hotel)

Your Score

There were 23 questions in total. How did you do?

- 10 well done.
- 15 brilliant!
- 20 genius!!
- 23 really!?

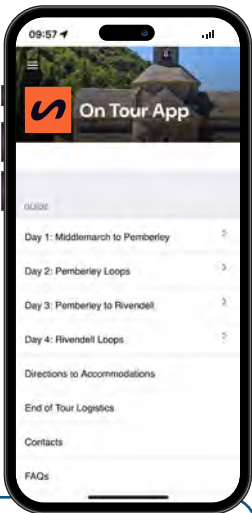
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On-Tour App

We have partnered with *Ride with GPS* to create an app that has all the details you need to explore each day.

You will receive a link to the app a few weeks before the start of your tour. Please download the app before you travel and familiarize yourself with the contents.

Here is a quick overview of how the app is organized.



App Contents

DAY 1: FROM A TO B

DAY 2: FROM B TO C

DIRECTIONS TO ACCOMMODATIONS

Details of, and directions to, your overnight accommodations

END OF TOUR LOGISTICS

Where and when to meet your guide at the end of your tour

CONTACTS

How to contact us or the emergency services

FAQs

Answers to common questions guests have while on tour

RIDE OPTIONS

LUNCH

A description of the day's restaurants and cafes by town

POINTS OF INTEREST

A description of the day's sights, museums & activities

WINERIES

A description of the day's wineries

LEISURE

Route Navigation

Maps and GPS-guided directions

Places for lunch

A list of towns where you can eat lunch along this route

Points of Interest

A list of the sights, museums and activities along this route

Wineries

A list of wineries along this route

INTERMEDIATE

...

CHALLENGE

...

EPIC

...

Explore the world by bike, on your own terms.

NORTH AMERICA

Santa Barbara, California

Big Island, Hawaii

Mount Hood, Oregon

Willamette Valley,
Oregon

San Juan Islands,
Washington

EUROPE

Istrian Peninsula, Croatia

Denmark & Sweden

Loire Valley, France

Provence, France

Gascony and the Pyrenees,
France

Southwest Ireland

Puglia, Italy

Tuscany, Italy

Holland, Netherlands

Douro Valley, Portugal

Catalonia, Spain

Engadin Valley, Switzerland



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version of this guidebook**

See page 8 for details

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