

Dublin Easy Wheelers Pyrenees cycle tour 2024



Wednesday 4th September

Flight to Toulouse, then train to Foix where we pick up our bikes for the week

Day 1 Thursday

54km. 510m climb.

Foix to st giron.

Our first day of cycling, 10km of which is on a cycle greenway.



Foix

Day 2 Friday

62 km. 730m climb.

St giron to St Bertrand-de Comminges



St Bertrand-de Comminges

Day 3 Saturday.

41 km.390m climb

St Bertrand-de Comminges to Arreau.

A nice handy day which will give us some time in the small riverside village of Arreau.



Arreau

Day 4 Sunday.

37 km. 790m climb

Arreau to st Bagnères de Bigorre



Today we climb the [Col du aspin](#). Gradual and without any long sections over 9%, Aspin is a nice even climb with some beautiful scenery .

This climb has been used 71 times in the Tour de France, behind only its near-neighbour the Tourmalet. It is often included as one of the four climbs in the famous “Circle of Death”: the Aubisque, Tourmalet, Aspin and Peyresourde.

The ascent is 12 km long. Over this distance, the elevation gain is 779 meters. The average percentage is 6.5 %

Day 5 Monday

46 km. 400m climb

Bagnères to Argelès-Gazost.

Overnight Argelès-Gazost.

This a a handy day with a large section on the traffic free [Gaves greenway](#)

Day 6 Tuesday

We have an early for start Col de Aubisque , we then return to Argelès-Gazost and then cycle to Lourdes. 75km.

The most difficult day of the trip and not for the faint hearted, the col d'Aubisque is a very tough climb usually seen on the tour de france circuit .

1434m altitude gain over 29km with an average gradient of 4.7%. The top is 1711m above sea level(be prepared as it may be quite cold at the top).

With a bit of training we all should be able to do it and a nice early start will give us plenty of time. We can go light and leave any luggage at the hotel in Argelès-Gazost and collect on the way back.

For those who want to give this climb a miss after five days of cycling, there are plenty of things to do nearby, the Funiculaire du Pic du Jer in Lourdes is one I would recommend.



Col d'Aubisque

Day 7 Wednesday.

Early train to Toulouse and 3pm flight home.