



## **Mountain Biking Week in the Pyrenees**

### **Day 1: Transfer from Toulouse to Ax**

Transfer from Toulouse airport to our tour start point at Ax-les-Thermes. Assemble bikes and go for a few beers in town. Dinner tonight is not included due to the late arrival times of the group

### **Day 2: Domaine de Chioula**

This is one of the largest x-country skiing areas in the Pyrenees and consequently it has a vast network of tracks which cross the plateau; perfect for us bikers. We could spend all week here, however today we enjoy the highlights. Naturally, the day ends with a wicked single track descent into Ax

### **Day 3: Andorra**

We transfer 40 minutes into Andorra and the giddy heights of 2400m. We will have time to enjoy some duty free shopping before embarking on 'the ride'. The route back to Ax, is a classic, involving ski runs, avalanche chutes and ancient smugglers trails. You will love it!

**Day 4: Valley of Ax:** The ultimate valley ride! The many villages on the southern flanks of the Ax valley are overlooked by the picturesque "**Route Des Corniches**". From most of the villages there is an ancient trail heading into the valley 500m below. Today we wind our way down, then back up the valley enjoying endless world class descents and lung busting climbs (there is the option of a transfer for most of these!).

### **Day 5: Free Day**

Today will be a day to do as you please. Ax is a pleasant town to relax in, and indeed the thermal baths with massage service may help you do so. Those wanting a little culture could take the train to Foix (30 minutes); a medieval town dominated by a triple-towered castle. Those needing even more action could try canyoning, canoeing, rock climbing, paragliding or even some more biking!

### **Day 6: Ax Bonascre**

With a cable car which lifts us up 1600m from Ax, it's going to be a memorable day! We should be able to fit in 3 or 4 downhill runs. You will love the corkscrew!

**Day 7: Prades:** A short climb onto a limestone plateau is rewarded with a roller coaster descent into the gorge of Frau. From here we climb again onto the most northerly ridge in the Pyrenean range. The views over the plain of the Cathar homeland are totally breathtaking. Some fast forest tracks bring us back to the edge of the Ax valley for another epic descent.

### **Day 8: Transfer to Toulouse**

Time to leave. After breakfast we transfer back to Toulouse trying to plan when you can come back for more!!