



RIDE EUROPE

ROUTE 1. STAGE 1. DAY 5.

LOURDES TO FOIX FRANCE

APPROXIMATELY 110 MILES (180KM)

Leaving Lourdes, head to Bagnères-de-Bigorre – a charming, historical thermal spa town brimming with architectural and cultural delights. Continuing on, you'll pass through Capvern on your way to Saint-Gaudens, before tackling the winding mountain roads past stunning alpine landscapes up to the Col de Portet d'Aspet at 1,069m, then on to Saint-Girons. This stretch is one of the toughest climbs in the Tour de France and best suited to experienced riders. There is a gentler, alternative route also finishing in Saint-Girons.

Saint Girons sits on the banks of the River Salat with tree-lined promenades, an area nestled in the heart of the Ariège Pyrenees Natural Park. The pretty town centre has cafés and restaurants offering traditional cuisine, but be aware that access to the town is pedestrianised in parts, so check signs for restrictions. Next, you'll continue through the Gorges de Ribaute, a stunning canyon ride that follows the Arac River. Along the way, the soaring rock walls offer many perfect places to stop for photos. The gorge will open up, taking you along sweeping switchbacks up to the Col de Port at 1,250m. This is a well-known pass linking the Couserans and Ariège valleys.

From the Col de Port, you'll make your way down into the Saurat valley to reach Tarascon-sur-Ariège, then ride along the valley to the historic town of Foix. Foix is perched where the Ariège and Arget rivers meet, boasting a charming centre with narrow streets and quaint squares, all overlooked by the impressive medieval fortress, Château de Foix.

WHERE TO STAY

Foix has over 40 hotels to suit every budget and there is a campsite very close by:

Camping Municipal de Cos – 2 miles (3.5km) from the centre of Foix.

HIGHLIGHTS

- Tour de France roads
- Gorges de Ribaute
- Col de Portet d'Aspet
- Ariège valleys
- Pyrenean panoramas
- Col de Port
- Château de Foix



ROUTE MAP



Scan the QR
code or click
here to view
the route

DEPART FROM LOURDES

	Road	Direction
Pick up and follow	D937	Bagnères de Bigorre
In Bagnères de Bigorre follow	D938	Lannemezan/St. Gaudens
Then follow	D825	St. Gaudens
As you pass around St. Gaudens follow	D905/D5	Rieucaze/Soueix
*For less experienced riders or if the pass is closed: Continue and follow	*D817 & D117	*St. Giron
In Soueix follow	D5/D618	Aspet/Col de Portet de Aspet
Then follow	D618	Orgibet/St. Giron
In St. Giron Lovely riverside town, a good stop		
In St. Giron follow	D618	Lacourt/Gorges de Ribaute/Col de Port/ Tarascon
*Easier route: follow	*D117	*Foix
In Tarascon follow	D618 or N20	Foix

Disclaimer: These are suggested routes only and we cannot be held responsible for the condition of the roads, the weight of traffic or any detours. Fuel stations can be few and far between in some rural areas of France and the Pyrenees. Make sure you start each day with a full tank and top up when you can.

IN CASE OF EMERGENCY **call 112** from any mobile phone