



Ride SAFE on the Pyrenean Route

BIKING ADVICE ON THE ROUTE DES COLS

www.pyrenees-cyclo.com

5 Tips to climb up a Mountain PASS

1 Maintain a steady pace

Try to maintain the same steady pace during the entire ascent. A regular ascent should be 80 or 90 revolutions per minute. If you find that your pedalling pace slows down when going uphill, shift to an easier gear and increase your pedalling rate.

2 Standing up or sitting down?

Studies have proven that you are more efficient if you sit on your saddle. You lose less energy and you are able to make a longer effort in an aerobic zone (moderate-intensity) in this position. The temptation to stand up can be significant when the climbs are extreme, but you will then empty your energy and glucose stocks faster in this position. However, studies show that the standing position is more efficient when the climb exceeds 10%. Standing up, you develop 30% more power and use other muscles in your legs. Just try to avoid bending your chest forward, you would then waste too much energy in this bad position.

3 Feed yourself

Climbing a mountain pass requires a lot of energy. During the climb, it's best not to eat too much as you won't see the benefit once you reach the summit. You should eat 15 or 20 minutes before starting the climb. The energy gel can be consumed during the climb, in addition to the bar.

4 Don't start until your bike is perfectly set up
Vérifiez que votre groupe transmission et vos vitesses fonctionnent correctement et que la pression de vos pneus est bien réglée. Sur un vélo, les changements de vitesse sont particulièrement dépendants du type de montée que vous réalisez. Un pédalier plus petit et une cassette à rapport plus large vous permettront d'augmenter la cadence de pédalage et de rendre l'ascension plus confortable.

5 Shifting gears at the right time

When shifting gears on your bike, timing is especially important. Most cyclists wait too long before shifting gears. It must be done before the need arises. You should do it when the pressure on the chain is low, ideally on a sharp turn or a hairpin turn.



ELECTRIC BIKES

No more clichés !

No! The electric bike is not a bike «for old people» : many people are reluctant to try it. Did you know that members of professional bike/mountain bike teams are training more and more on electricity to increase their training volume?!

No, the electric bike doesn't allow you to ride at top speed : the assistance cuts out if you exceed 25km/h. And today, electric bikes (those adapted to the mountains) are very easy to use: powerful, fluid and comfortable.

Yes, you can exercise on an electric bike. Some people think that you do not have to pedal or very little, but there are up to 4 levels of assistance and climbing a mountain pass just on the first ECO level is tough; in addition to that, the bike is heavier than a regular one.

An electric bike allows you to cycle with a family or friends and to erase the differences in levels with the management of the assistance.



Autonomy

In addition to the intrinsic capacity of the bikes, the autonomy will depend on several parameters: the total weight of the person equipped with the weight of the bike + the wind + the difference in altitude + the physical level of the persons who will use the assistance, more or less according to their needs + the management of the gears (whether you pedal in a flexible or powerful way, the battery charge will decrease + or - quickly) + the quality of the roads + if the tires are at the right pressure or not enough. Ask to your bike rental.

BE CAREFUL DURING THE DESCENT, BECAUSE YOU CAN EASILY CLIMB A PASS BUT IT IS NECESSARY TO MASTER THE TECHNI- CALITY OF THE DESCENT ON ROADS OR PATHS.

Our best bike rental/bike shops

Rent a suitable bike, make an ajustment on your bike after travelling, change the cassette of gear, find repair equipment, the bike rental and bike shop ALTAMONTA are the best check point of your safety. Meet them !



Lourdes

BIKE AND PY

16, Esplanade du Paradis
+33(0)5 62 41 44 26
www.bikeandpy.com

ROC ET TRAIL

46 avenue Alexandre Marqui
+33(0)5 62 37 66 31
www.roc-trail.com

CYCLES ARBES

10 avenue François Abadie
+33(0)5 62 94 05 51
www.cycles-arbes.com



Luz Saint-Sauveur

ARDIDEN VELO

3 Place du 8 mai
+33(0)6 09 55 31 02
www.ardidenvelos.com

GTBT - Olivier Jean

1 Place du Cotillon
+33(0)6 80 07 15 69
www.gtbt.fr

TOURMALET BIKE

18 Place du 8 mai
+33(0)6 28 52 41 47
www.tourmalet-bikes.com



Argeles-Gazost

L'ETAPE DES PYRENEES

12 avenue des Pyrénées
+33(0)5 62 92 29 31
www.pyrenees-bike.com

CYCL'IN PYRENEES

1 avenue Charles de Gaulle
+33(0)5 62 97 55 78
www.cyclinpyrenees.fr

Home-made cereal bar RECIPE



Using a blender or mixer, mix the almonds and cashew nuts until you get a powder with pieces (not too fine! you want nice chunks:)

Add the pitted dates, water, vanilla and cinnamon, mix a few more minutes until you get a compact paste.

Form balls that you roll in coconut, spread thinly on 1/2cm of baking paper, and cut into bars!

The bars can be kept in the fridge for several days.

Tips Altamonta

Ingredients

150 g whole almonds

75 g cashew nuts or other nuts such as hazelnuts, pecans, brazil nuts, ...

150 g dates
2 tablespoons water

1 tablespoon vanilla extract

1 teaspoon cinnamon



helmet

An approved helmet attached and properly positioned

water – food

Plenty of water: climbing a pass requires a lot of physical effort. Remember that a 2% loss of water is equivalent to a 20% loss in effort. Drink regularly during the effort, even if you are not thirsty.

Energy products or snacks to compensate for any energy slump

repair kit

A repair kit and pump

A mobile phone in the event of an accident:

18 – fire service
17 – police or gendarmerie
15 – samu (ambulance)
112 – emergency department

mobile phone

gloves

A pair of bike gloves protects against jolts and optimizes comfort, but will be very useful in case of a fall to avoid scratching the palm of your hand. Similarly, goggles can protect you from the sun, but also protect your eyes from splashes or insects while you cycle.

light

A fixed red front/rear light (a front light and a fixed red rear light are compulsory for cycling at night). On mountain roads, it is advisable to be seen even in broad daylight.



EQUIPMENT



GOOD...

Obey traffic regulations and other road users ;

Control your speed ;

Respect the environment and do not throw anything on the road sides. Take your gel tubes with you ;

Don't overestimate yourself: climbing a mountain pass on a bike is not an easy task if you are not used to cycling or physical activity. Start off gently and keep some gas left in the tank as they say !

Study your route carefully and be aware of the difficulties ;

Be aware of the weather conditions
Inform your family and friends of your itinerary or where you will be staying ;



BEHAVIOUR

Know when to give up: on a bike as well as in the mountains, if the weather is bad, if you are not in good physical condition, know how to turn back or change your route ;

Bring a card with contact detail, medical treatments or allergies ;

If you see cyclist on the side of the road, ask if you can help them ;

Be careful on the descent: Avoid blowing up the Strava segments during the descent.

Slow down when crossing villages ;

Be careful on the road to the passes since most of the year, the mountain area is a pastoral zone and livestock can be in large numbers on the roads ;

Cycling in group

Cycling in pairs is allowed, but single file passage is required: when a vehicle wants to pass you or when traffic conditions require it, such as on narrow mountain roads at nightfall or when visibility is poor.

If your peloton is too large, consider splitting into groups to make traffic flow smoother and make it easier for motor vehicles to pass.
Behave in a gentle manner, always thinking of the cyclist behind you. Indicate obstacles by pointing at them. (stone, hole...).

To indicate a narrowing of the road, make a quick hand gesture to the cyclist behind you. Relay the information systematically. Pay attention to the sound information given by the cyclists at the head of the peloton.

Support cars

If you are driving a support car for one or several cyclists, choose to park on regular appropriate spaces Pull over to the side of the road, then continue on your way. The support car following cyclists may create traffic jams that are difficult to manage on mountain roads and does not contribute to the positive image of cycling on our roads.

SENSITIVE AREAS

TOURMALET

RD 921 Roundabout Villelongue/Pont de la Reine : gorges de Luz

SOULOR/AUBISQUE

RD 918 Argelès-Gazost / Arras En Lavedan

CAUTERETS

RD 920 Pierrefitte Nestalas / Cauterets Calypso and Cauterets / Pont d' Espagne

LOURDES-BAGNERES DE BIGORRE

RD 937 Exit Lourdes / village of Arcizac

COL DE SPANDELLES

Road of Bergons downwards to Col Spandelles/ Gez-Argeles

Be informed of the current works on the main roads on the website <http://inforoute.ha-py.fr/>



Some road sections require all your attention, in summer especially.

- Opt for less busy hours, if you can ;
- Don't ride head on ;
- Be visible with a flashing light on visible clothes

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