

FULL ITINERARY · GUERNSEY → BARCELONA

LA VUELTA A BARÇA

*Nine stages. Three countries. One team.
From the Channel Islands across France and over the
Pyrenees to the Mediterranean coast.*

THE OFFICIAL RIDER HANDBOOK.

ST MALO



BARCELONA

9

RIDING
STAGES

1,478

TOTAL KM

20,153

ELEVATION M

05

—

14

SEPT
2026

RIDER
HANDBOOK



READ THIS BEFORE YOU ROLL OUT.

A NOTE FROM THE ORGANISING TEAM

Please ensure that you have read and understood the following itinerary for **La Vuelta a Barca** in full. If you have any questions thereafter, please send them to wemoveasonecycling@gmail.com and we'll be sure to come back to you on them shortly thereafter.



DAILY SCHEDULE

WHAT EVERY DAY LOOKS LIKE, TOP TO BOTTOM

Each day will vary due to the different distances and arrival times/locations at the daily destination. Each day will however begin with an optional morning stretching session, before breakfast which will be supplied by the hotel.

On the **flatter days** (1, 2, 3, 4, and 9), the tour will travel for between 50 and 60 KM before stopping at the next checkpoint. On the **mountainous days** (5, 6, 7, and 8), the checkpoints will be at shorter distances and where suitable locations are available. In the vast majority of cases, food and water will be provided from the support vehicles at each checkpoint.

Upon arrival at the daily destination, riders are free to do as they wish in the evenings. A "**buddy system**" (as explained in section 05) will still however be in effect and at least one person should know where you are at all times. A wide selection of food will be available at all final daily destinations for both the evening meal and breakfast.

LIGHTS MANDATORY. On some days we will be departing before dawn and arriving at or shortly after dusk — it is therefore a mandatory requirement that all riders bring mounted front and rear lights.



DAILY STOPS & DISTANCES

THE ROUTE, STAGE BY STAGE

The route is as follows: white and blue rows mark the flatter stages, while white and red rows mark the high-mountain Pyrenean stages. Days 5, 6, and 7 have A/B route options; Day 8 is a single mountain stage.

DAY	START	FINISH	DISTANCE (KM)	ELEVATION (M)	DATE
1	St Malo	Rennes	82	653	05.09.26
2	Rennes	La Roche Sur Yon	177	1,482	06.09.26
3	La Roche Sur Yon	Lacanau	242	1,021	07.09.26
4	Lacanau	Sauvignon	233	1,572	08.09.26
5A	Sauvignon	Luz Saint Sauveur	138	3,500	09.09.26
5B	Sauvignon	Luz Saint Sauveur	108	2,448	09.09.26
6A	Luz Saint Sauveur	Saint Lary Soulon	107	3,677	10.09.26
6B	Luz Saint Sauveur	Saint Lary Soulon	73	2,241	10.09.26
7A	Saint Lary Soulon	Saint Lizier	143	3,375	11.09.26
7B	Saint Lary Soulon	Saint Lizier	121	2,506	11.09.26
8	Saint Lizier	Andorra	151	2,790	12.09.26
9	Andorra	Barcelona	205	2,083	13.09.26

N.B. On each of days 5, 6, and 7, each rider is to choose only one of the two options — either A or B.



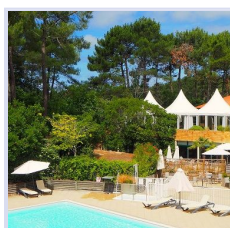
ACCOMMODATION

A BED FOR EVERY RIDER, EVERY NIGHT

Accommodation will be provided for every rider every night. In most instances the accommodation provided will be based on dual occupancy with 2 single beds (with the exception of those couples who have agreed to one shared double bed). However, in some locations twin-bedded accommodation is in short supply and it will be necessary on those occasions for some people to share a double bed. This situation will be kept to an absolute minimum and the inconvenience will be shared around from one night to the next. Couples will be given priority on double rooms.

While there will be some choice of who you share with, the final decision for room occupancy will be made by the La Vuelta a Barca Management Team. As much planning in advance as possible will take place to avoid confusion or issue come the time.

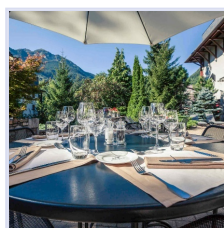
LOCATION	ACCOMMODATION	DATE
Rennes	<u>Brit Hotel Ker Lan</u>	05.09.26
La Roche Sur Yon	<u>Ibis Styles La Roche Sur Yon</u>	06.09.26
Lacanau	<u>VitalParc Spa and Resort</u>	07.09.26
Pau	<u>Brit Hotel Pau Lons</u>	08.09.26
Luz Saint Sauveur	<u>Hotel Montaigu</u>	09.09.26
Saint Lary Soulon	<u>Hotel Spa Mercure</u>	10.09.26
Saint Lizier	<u>Domaine du Palais</u>	11.09.26
Andorra	<u>Sercotel Andorra</u>	12.09.26
Barcelona	<u>Sercotel Capse Barcelona</u>	13.09.26



LACANAU

VitalParc Hotel & Spa

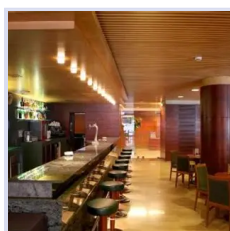
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SAINT LARY SOULON

Hotel Spa Mercure

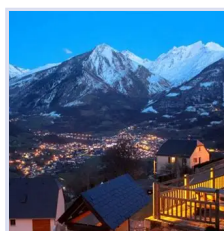
10.09.26



ANDORRA

Sercotel Andorra

12.09.26



LUZ SAINT SAUVEUR

Hotel Le Montaigu

09.09.26

04

KIT & PREPARATIONS — WHO PROVIDES WHAT

THE RIDER'S PACKING LIST

Please note that if you have a bike with bespoke parts then you are responsible for ensuring the spares required are supplied to the La Vuelta a Barca **at least 72 hours before the event**. An example of such bespoke parts would be disc brakes. For further advice, please contact We Move As One (wemoveasonecycling@gmail.com).

PROVIDED BY THE RIDER

CYCLING KIT	NON-CYCLING KIT	LUGGAGE	ON BIKE
- Tour jerseys - Cycling gilet / jacket - Black padded shorts × 2 - Cycling socks × 4 - Gloves - Helmet - Bottles to carry on bike × 2 - Undergarments × 2 - Cycling shoes - Speedo (mandatory if using the spa) - Glasses - Front and rear lights - A bell (recommended) - Supplements (gels, powders, etc.) - Phone (carried at all times) - Garmin / GPS	- Flip flops / comfortable footwear - T-shirts - Hoodie - Joggers × 2 - Underwear - Sports clothing - Light clothing - Evening wear - Washing powder	1 × 65 litre (MAX) rucksack or equivalent. NO over-sized luggage allowed! - Passport - EU Visa - Phone / charger / EU plug adaptor - La Vuelta a Barca Itinerary - Toiletries - Sun cream - Spare towel	- Inner tubes × 2 - Gas canisters × 2 - Gas canister adaptor - Small pump (optional) - Saddle bag - Tool kit - Tyre levers - Spare cleats



PROVIDED BY WE MOVE AS ONE

WHAT'S INCLUDED · WHAT'S NOT

We Move As One will have basic tool kits as well as some of the spares required, should a rider require these items. The supplies used by riders will be provided to them at cost price. Please note however, as per the above, that any bespoke parts should be supplied by the rider at least 72 hours in advance of the Tour departure.

NON-CYCLING ITEMS PROVIDED TO EACH RIDER AT NO CHARGE

Food and water provided from the support vehicles during the day.

Evening meal and breakfast (from the hotel), excluding alcoholic drinks.

General insurance as specified in section 07.

All group transportation (ferries, planes, support vehicles, etc.); **with the exception of:**

- ✗ transport to Guernsey harbour on 5th September
- ✗ transport from the Barcelona hotel to Barcelona airport on 14th September
- ✗ onward transport from Guernsey airport upon arrival on 14th September

N.B. Those staying on in Barcelona will need to arrange their own transportation back to Guernsey.

NOTES

Please be advised that **hand washing garments nightly** is recommended. Washing powder is to be supplied by the rider.

Your one bag will be **numbered to correspond with your rider URN** and transported securely for you for pick-up at each end of day destination. You will not have access to your baggage during the riding day.

Please note that medications or supplements, for example anti-inflammatories, energy powders, gels, etc., will **NOT** be provided by the La Vuelta a Barca Support Team or the We Move As One Management Team. Anyone wishing to use these must supply these themselves.



RIDER RESPONSIBILITIES

REPRESENTING GUERNSEY · WE MOVE AS ONE

Each rider, whilst participating in The Tour, will be a representative of Guernsey and We Move As One. This carries with it certain clearly defined responsibilities. Each rider and support team member therefore undertakes to comply with the following rules:

- 01** Behave in a suitable, responsible, and mature manner at all times.
- 02** Accept the decisions and directions of We Move As One.
- 03** Observe the road commands given by the Road Captains at all times. Decisions made by a Road Captain within your group are final.
- 04** Report illness or injury to a Road Captain and a member of the Support Team immediately as symptoms arise.
- 05** Carry a mobile phone with all contacts listed in section 8 saved on it.
- 06** Clean up litter or other waste products from each checkpoint and leave hotel rooms in a clean and tidy condition with any faults brought to the attention of the Support Team prior to check-out.
- 07** Be available and ready at the agreed departure time each morning and at each checkpoint.
- 08** Attach your URN tag to your travel bag and to your bike so that they can be stored in formation overnight and at each checkpoint.
- 09** Observe discipline and honesty in respect of cycling nutrition, alcohol consumption, etc.
- 10** Cycle in a safe and responsible manner observing the rules of the road. Refrain from dangerous or cavalier cycling at all times.
- 11** For security and accountability purposes observe a "**Buddy System**" when not cycling so that each rider has a designated partner at all times. **No one is to be alone at any time.**
- 12** Be helpful, kind, and generous to other riders and to the general public at all times.



RIDER OF THE DAY

ABOVE-AND-BEYOND BEHAVIOUR, EVERY STAGE

Each day there will be riders from each group receiving the Rider of the Day award. The pre-text states that we are looking for above and beyond behaviour around self-sacrifice, support, and character. The three criteria are:

01 · PUNCTUALITY

Behaviours around being on time, patience, understanding, and support for the staff.

02 · SPIRIT OF THE TOUR

Behaviours around honesty, supporting each other, representing Guernsey, We Move As One, and the event sponsors.

03 · CONTRIBUTION TO THE PELOTON / DRIVE

Behaviours around safety, communication, teamwork, style, motivation, determination, and reactions.



INSURANCE

COVER PROVIDED BY WE MOVE AS ONE LTD

We Move As One Ltd holds basic Public Liability Insurance which covers the La Vuelta a Barca event. This insurance does not however cover loss or damages to personal items, except when being transported by the La Vuelta a Barca Support Team (including the return transportation of your luggage and bikes). Please note that very minor "damages", such as a scuff, mark, or similar to your luggage or bike will not be covered. Loss, theft, or significant damage **is** covered.

As such, individual riders may wish to take additional personal cover for their person or possessions.

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ORGANISING TEAM, SUPPORT & ROAD CAPTAINS

CONTACTS TO SAVE BEFORE LEAVING GUERNSEY

MANDATORY CONTACTS. All riders should have the following saved in their phones. As a minimum: Leon Howard, Gary Hooks, Silvi Kovacic, plus one Road Captain from the group you are cycling with.

ROAD CAPTAINS	09	SUPPORT TEAM	04
Leon Howard	+44 7781 415803	TBA	—
LEAD ROAD CAPTAIN		SUPPORT TEAM — GROUP 1	
Gary Hooks	+44 7911 741536	John Walters	+44 7400 018450
LEAD ROAD CAPTAIN		SUPPORT TEAM — GROUP 2	
Michael Hutchinson	+44 7781 149770	TBA	—
LEAD ROAD CAPTAIN		SUPPORT TEAM — GROUP 3	
Daryn James	+44 7781 111488	Rob Beardwell	+44 7885 891707
LEAD ROAD CAPTAIN		SUPPORT — CATERING	
Sara James	+44 7781 401153	Silvi Kovacic	+44 7839 123664
ROAD CAPTAIN		SUPPORT — CATERING	
Dave Marley	+44 7781 123160	Chris Mounter	+44 7398 744618
ROAD CAPTAIN		SUPPORT — MEDIA	
Jarrad Knoetze	+44 7839 294935	Nathan Mifsud	+34 711 001669
ROAD CAPTAIN		SUPPORT — MEDIA	
Simon Rowe	+44 7781 110887		
ROAD CAPTAIN			
Merrick Bramley	+44 7911 719611		
ROAD CAPTAIN			

09

SECTORS WITHOUT SUPPORT VEHICLES

We Move As One have gone to great lengths to ensure the riders are accompanied by the support vehicles as consistently as possible. There are however certain sectors in which this is either not possible or it is preferential to use dedicated cycling infrastructure. While the Support Vehicles will not be with you throughout certain times, they will be in **constant contact with the Road Captains** and will be available at highly regular checkpoints in which the cycle routes intersect the road network. The Support Team and designated Navigation Road Captain will also have software allowing for pin-point locations to be exchanged, so a vehicle can be on hand as quickly as feasibly possible in the unlikely event of an incident.

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DEPARTURE DAY

Riders will be required to "Register" for the La Vuelta a Barca on the morning of **5th September 2026**. Due to the very early departure, this will take place at the Condor pen immediately after check-in. This is **MANDATORY** and all riders and staff must be present at least **90 minutes** before departure.

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BAGGAGE, CHECK-IN/OUT

All baggage will be tagged with your URN. The support vehicles will transport all personal possessions other than those that need to be kept about the person during the day. It will be available at Registration for loading and next at the accommodation that evening, then every morning at an appointed time for loading at each hotel. Your bag should be loaded into a support vehicle immediately after check-out — this is your responsibility. After loading there is **absolutely no access** to bags until arrival at the daily destination.

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EVENT COSTS & PAYMENT

REFER ALSO TO T&C DOCUMENT

For full details, please see the *La Vuelta a Barca 2026 — Terms and Conditions* document. As you know from the T&C's you agreed to when registering for La Vuelta, We Move As One Ltd will meet the costs of La Vuelta a Barca 2026 for each rider, in advance of the full funds being provided by the rider. Each rider is however responsible for ensuring the balance is paid no later than 3 months in advance of departure — **deadline date: 7th June**.

Please note that any rider who fails to meet their financial obligations will not be able to participate in La Vuelta a Barca and **will not receive any refunds**. Riders and staff members who have outstanding bills for any items ordered ahead of the departure of the La Vuelta a Barca will be required to make full payment for this ahead of departure. This includes but is not exclusive to: jerseys, t-shirts, gilets, other kit, etc.



ROUTE FILES

DOWNLOAD TO YOUR GARMIN OR SMARTPHONE · RIDE WITH GPS

The route has been created with the greatest attention to detail. You are able to download these routes onto your Garmin (or similar) or your smartphone. Please however be advised your group's support vehicle and designated Navigation Road Captain will be guiding you throughout the La Vuelta a Barca event.

Please however do feel free to download the routes for information.

Day 1  ST MALO → RENNES	Day 2  RENNES → LA ROCHE SUR YON	Day 3  LA ROCHE → LACANAU
Day 4  LACANAU → PAU	Day 5A  PAU → LUZ SAINT SAUVEUR	Day 5B  PAU → LUZ SAINT SAUVEUR
Day 6A  LUZ → SAINT LARY SOULON	Day 6B  LUZ → SAINT LARY SOULON	Day 7A  SAINT LARY → SAINT LIZIER
Day 7B  SAINT LARY → SAINT LIZIER	Day 8  SAINT LIZIER → ANDORRA	Day 9  ANDORRA → BARCELONA

ABOUT THE ROUTE

Putting together La Vuelta a Barca 2026 route has presented some unique technical challenges, utilising various road types, dedicated cycling infrastructure, and navigating through some cities.

The route has been designed to give a blend of the best scenery, minimum distance, additional climbs (optional), interesting places to visit, quiet traffic / dedicated cycling infrastructure, quality road surface, and ease of navigation. It's never possible to get the best of all these worlds, especially with the distances we need to cover, but huge attention to detail has gone into balancing all the factors noted above.

All times are stated in the local time zone for that location, all distances are in kilometres, and all elevations are in metres.

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DAILY SCHEDULES

STAGE BY STAGE · TIMINGS, CLIMBS, BEDS

The pages that follow contain the full breakdown for every stage of the Tour. Each day-page carries the same anatomy: a stage badge, the route from/to, the day's four key stats (distance, elevation, checkpoints, estimated time), a short route summary, the full schedule for the day, and a link to the night's accommodation.

On **Days 5, 6 and 7** two options are presented — option A is the full, mountain-route version and option B is the shorter variant. Each rider is to choose only one of the two.

After Day 9 (Andorra → Barcelona) the tour concludes and the final pages cover the two return-travel paths: riders flying out with the tour, and the support-vehicle convoy.

TIMES ARE LOCAL. All times are stated in the local time zone for that location. All distances are in kilometres, all elevations in metres.



STAGE
1
SATURDAY

SATURDAY 5 SEPTEMBER 2026

GUERNSEY & ST MALO → RENNES

ST MALO → RENNES

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
82 km	653 m	1	4 HRS

Day One begins with a gentle introduction to the Tour as we travel from Guernsey to St Malo before setting off on a scenic and largely flat ride toward Rennes. After disembarking, the route leads south along quiet country roads, offering a calm and picturesque start to the adventure. Riders settle into an easy rhythm as we move away from the coast and into rural Brittany, stopping in Tinténia for the day's single checkpoint. The final stretch continues through open farmland and peaceful villages before reaching our accommodation in Rennes, where a well-deserved refuel sets everyone up for the challenges ahead. It is a relaxed and enjoyable opening stage, designed to ease riders into the journey with confidence and excitement.

NOTE. Ensure your cycling shoes are attached to your bike **BEFORE** boarding Condor. Your trainers will be placed in the vehicles; you will not have access to your bags to find cycling shoes.

SCHEDULE

06:00	Arrive in Condor pen
06:00	Registration opens <i>Registration comprises signing in, tagging, loading bags into the baggage van, distribution of travel documents, etc.</i>
06:30	All riders and support staff remain with vehicle or bike. No-one will be classified as a foot passenger — each person will either have a bike or be a passenger in a support vehicle.
07:30	Condor departs for St Malo
10:00	Team briefing on board — suggest everyone eats something
↻ CHANGE TO CET (ONE HOUR AHEAD OF BST)	
14:00	Condor arrives St Malo
15:00	Cyclists commence
16:45	Break — Tinténia
19:00	Cyclists arrive overnight accommodation
20:30	Dinner

Tonight: [Brit Hotel Ker Lan, Rennes](#)

STAGE
2
SUNDAY

SUNDAY 6 SEPTEMBER 2026

RENNES → LA ROCHE SUR YON

RENNES → LA ROCHE

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
177 km	1,482 m	3	11.5 HRS

Day Two brings the first real test of the Tour as we leave Rennes and head south through the rolling landscapes of Normandy. The morning features a series of steady climbs and gentle descents as we make our way toward Grand Fougeray for the first break of the day. From there, the route continues through quiet countryside lanes before reaching Héric for lunch. The afternoon gradually softens as the terrain flattens, allowing riders to settle into a smooth rhythm on the final stretch toward Geneston for the last checkpoint. The day concludes with an easy run into La Roche Sur Yon, where a well-deserved rest and dinner await after a rewarding and varied day on the bike.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
09:15	Break — Grand Fougeray
12:15	Lunch — Héric
16:00	Break — Geneston
18:30	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: [Ibis Styles La Roche Sur Yon](#)

STAGE
3
MONDAY

MONDAY 7 SEPTEMBER 2026

LA ROCHE SUR YON → LACANAU

LA ROCHE → LACANAU

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
242 km	1,021 m	4	12.5 HRS

Today marks another demanding stage of the tour as we leave La Roche Sur Yon and follow the most direct route south toward the Atlantic coast. The first part of the day includes stretches of busier roads mixed with quieter countryside, creating a steady rhythm as we make progress toward Champagne les Marais for the morning break. From there, we continue toward Rochefort before reaching Royan, where timing becomes essential as we board the ferry to cross the Gironde Estuary. Lunch is served during the crossing, offering a welcome pause before the final eighty kilometres through the peaceful forests of the Médoc National Park. The day concludes at the tranquil Vitalparc Spa and Resort in Lacanau, a serene setting that provides the perfect end to a long and varied day on the bike.

NOTE. If you wish to use the spa, men must wear a Speedo and women a bikini. The accommodation will not bend on this rule.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
09:15	Break — Champagne-les-Marais (extra short)
12:30	Break — Rochefort (extra short)
14:30	Ferry — Royan (must arrive on time!)
14:30	Lunch — served on the ferry (or in the pen)
18:30	Break — Carcans
19:30	Cyclists arrive overnight accommodation
20:30	Dinner

Tonight: Hôtel VitalParc, Lacanau

STAGE
4
TUESDAY

TUESDAY 8 SEPTEMBER 2026

LACANAU
→ **PAU**

LACANAU → **PAU**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
233 km	1,572 m	3	13 HRS

This is another long but largely flat day as we continue riding through the peaceful landscapes of the Médoc National Park during the first half of the stage. The morning offers quiet countryside roads and steady progress before we reach Le Barp for the initial break. The route then carries us south toward Saint Sever for lunch, where the terrain begins to rise gently but remains manageable throughout the afternoon. As we approach Pau, the final sector includes some inner-city riding, during which cyclists will be guided by their support vehicle all the way to the hotel. It is a calm and steady day on the bike, offering a welcome opportunity to settle into a rhythm before the Pyrenees rise ahead of us.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
09:45	Break — Le Barp
13:00	Lunch — Sabre
16:30	Break — Saint Sever
20:00	Cyclists arrive overnight accommodation
20:30	Dinner (at nearby restaurant)

Tonight: [Brit Hotel Pau-Lons](#) · [Planète Délice \(dinner\)](#)

STAGE
5A
WEDNESDAY

WEDNESDAY 9 SEPTEMBER 2026

PAU
→ **LUZ SAINT SAUVEUR**

PYRENEES · OPTION A (FULL CLIMB)

PAU → **LUZ ST SAUVEUR**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
138 km	3,500 m	5	12 HRS

Welcome to the Pyrenees! While today's distance is shorter than the stages behind us, the route is filled with iconic climbs and spectacular mountain scenery. We begin with the ascent to the Col d'Aubisque, where we take our first break before continuing along the ridge to the Col du Soulor for lunch. The afternoon leads us toward Saint Lary Soulon, marking our third checkpoint of the day, before we take on the final climb to Luz Ardiden. From the first pedal stroke to the final summit, the scenery is breathtaking, and we are excited for you to experience one of the most beautiful days of the entire tour.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
11:00	Break — Col d'Aubisque
12:15	Lunch — Col du Soulor
15:00	Break — Saint Lary Soulon
17:45	Break — Luz Ardiden
19:00	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: Hôtel Le Montaigu, Luz-Saint-Sauveur

STAGE

5B

WEDNESDAY

WEDNESDAY 9 SEPTEMBER 2026

PAU
→ **LUZ SAINT SAUVEUR**

PYRENEES · OPTION B (SHORTER VARIANT)

PAU → **LUZ ST SAUVEUR**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
108 km	2,448 m	2	8 HRS

Welcome to the Pyrenees. While today's distance is shorter than the stages behind us, the route is filled with iconic climbs and spectacular mountain scenery. We begin with the ascent to the Col d'Aubisque, where we take our first break before continuing along the ridge to the Col du Soulor for lunch. From here, the route descends into the valley and follows a gentle run toward Luz Saint Sauveur, where the day concludes without the final climb featured in the longer variant. The scenery remains breathtaking throughout, offering a memorable introduction to the high mountains while keeping the afternoon manageable ahead of the challenges still to come.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
11:00	Break — Col d'Aubisque
12:15	Lunch — Col du Soulor
15:00	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: Hôtel Le Montaigu, Luz-Saint-Sauveur

STAGE
6A
THURSDAY

THURSDAY 10 SEPTEMBER 2026

LUZ SAINT SAUVEUR → SAINT LARY SOULON

PYRENEES · OPTION A (FULL CLIMB)

LUZ ST SAUVEUR → **ST LARY SOULON**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
107 km	3,677 m	4	12 HRS

Today's ride takes us deep into the heart of the Pyrenees, with a sequence of legendary climbs that define this region. We roll out from Luz Saint Sauveur and begin our ascent of the mighty Col du Tourmalet, where we'll pause to regroup before descending toward the valley. From there, the road rises again to the Col d'Aspin for lunch with sweeping mountain views. The afternoon carries us through Saint-Lary-Soulon before the final challenge of the day: the summit push to the Col du Portet. After conquering this iconic climb, riders will descend to our overnight accommodation to unwind before dinner and reflect on an unforgettable day in the high mountains at the luxury accommodation, Hotel and Spa Mercure.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
10:00	Break — Col du Tourmalet
12:30	Lunch — Col d'Aspin
15:00	Break — Saint Lary Soulon
18:15	Break — Col du Portet
19:00	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: [Mercure Saint Lary](#)

STAGE

6B

THURSDAY

THURSDAY 10 SEPTEMBER 2026

**LUZ SAINT SAUVEUR
→ SAINT LARY SOULON**

PYRENEES · OPTION B (SHORTER VARIANT)

LUZ ST SAUVEUR → ST LARY SOULON

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
73 km	2,241 m	2	8 HRS

Today's ride takes us deep into the heart of the Pyrenees, with a sequence of legendary climbs that define this region. We roll out from Luz Saint Sauveur and begin our ascent of the mighty Col du Tourmalet, where we pause to regroup before descending into the valley. From there, the road rises again toward the Col d'Aspin for lunch, surrounded by sweeping mountain views. In this shorter variant of the stage, the day concludes after the descent into Saint Lary Soulon, offering a gentler finish without the final climb to the Col du Portet. It remains a spectacular day in the high mountains, delivering iconic Pyrenean scenery and a rewarding sense of achievement before riders settle into the comfort of the Hotel and Spa Mercure.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
10:00	Break — Col du Tourmalet
12:30	Lunch — Col d'Aspin
15:00	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: Mercure Saint Lary

STAGE
7A
FRIDAY

FRIDAY 11 SEPTEMBER 2026

SAINT LARY SOULON → SAINT LIZIER

PYRENEES · OPTION A (FULL CLIMB)

ST LARY SOULON → **SAINT LIZIER**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
143 km	3,375 m	4	11.5 HRS

Today's stage carries us deeper into the Pyrenean heartland, with a sequence of climbs that define the character of this region. We begin our morning in Saint Lizier before heading toward the ascent of Pla d'Adet, where we take our first break and enjoy the early mountain light. The route then leads us to the Col de Peyresourde for a well-earned pause before continuing on to the Col de Mente, where lunch awaits with sweeping views across the valley. The afternoon brings one final challenge as we climb the Col de Portet d'Aspet, a pass rich in cycling history and atmosphere. From there, a gentle run-in takes us to our overnight accommodation, where a warm dinner and a well-deserved rest bring the day to a close. The scenery throughout is magnificent, and this stage offers a perfect blend of challenge, rhythm, and mountain beauty.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
08:30	Break — Pla d'Adet
11:15	Break — Col de Peyresourde
14:30	Lunch — Col de Mente
17:00	Break — Col de Portet d'Aspet
18:30	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: Domaine du Palais, Saint-Lizier

STAGE
7B
FRIDAY

FRIDAY 11 SEPTEMBER 2026

SAINT LARY SOULON → SAINT LIZIER

PYRENEES · OPTION B (SHORTER VARIANT)

ST LARY SOULON → **SAINT LIZIER**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
121 km	2,506 m	4	9.5 HRS

Today's stage carries us deeper into the Pyrenean heartland, with a sequence of climbs that define the character of this region. We begin our morning in Saint Lizier and head straight toward the ascent of the Col de Peyresourde, where we take our first break and enjoy the early mountain air. The route then continues to the Col de Mente for lunch, surrounded by sweeping views across the valley. The afternoon brings one final challenge as we climb the Col de Portet d'Aspet, a pass rich in cycling history and atmosphere. From there, a gentle run-in leads us to our overnight accommodation, where a warm dinner and a well-deserved rest bring the day to a close. The scenery throughout is magnificent, and this shorter variant still offers a perfect blend of challenge, rhythm and mountain beauty.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:30	Depart — strict time keeping!
09:45	Break — Col de Peyresourde
13:00	Lunch — Col de Mente
15:30	Break — Col de Portet d'Aspet
17:00	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: Domaine du Palais, Saint-Lizier

STAGE

8

SATURDAY

SATURDAY 12 SEPTEMBER 2026

SAINT LIZIER → ANDORRA

CROSSING TO ANDORRA

SAINT LIZIER → **ANDORRA**

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
151 km	2,790 m	4	11.5 HRS

Today's ride takes us from Saint Lizier toward the high mountains of Andorra, a day that blends steady progress with some of the most dramatic scenery of the entire journey. Our morning leads us to Foix for the first break before we continue deeper into the Ariège valley and reach Ax les Thermes for the second checkpoint. After a well-earned lunch in L'Hospitalet près l'Andorre, the road begins to rise toward the border as we take on the long ascent to the Col d'Envalira, the highest paved pass in the Pyrenees. From the summit, a sweeping descent carries us into Andorra and onward to our overnight accommodation. With a full day of varied terrain, historic towns and high mountain views, this stage offers a memorable transition into the heart of the principality.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
09:00	Break — Foix
11:30	Break — Ax-les-Thermes
14:00	Lunch — L'Hospitalet-près-l'Andorre
17:00	Break — Col d'Envalira
18:30	Cyclists arrive overnight accommodation
19:30	Dinner

Tonight: [Sercotel Delfos Andorra](#)

STAGE
9
SUNDAY

SUNDAY 13 SEPTEMBER 2026

ANDORRA → BARCELONA

FINAL STAGE · TO THE FINISH LINE

ANDORRA → BARCELONA

DISTANCE	ELEVATION	CHECKPOINTS	EST. TIME
205 km	2,083 m	4	11.5 HRS

The profile for the day might deceive you into thinking there's some climbing to be done, but rest assured this is nothing compared to what you will have already achieved. We're out in open countryside again for most of this day and while there are no major landmarks compared to days gone by, it is a beautiful cycling day we know you'll all enjoy.

SCHEDULE

06:00	Breakfast
06:45	Assemble outside the hotel
07:00	Depart — strict time keeping!
10:30	Break — Oliana
14:00	Lunch — Suria
17:00	Break and re-group for escort! - Moulins de Rei
18:45	FINISH LINE! - La Sagrada Familia
19:30	Cyclists arrive overnight accommodation (bikes into secure 'meeting' room)

No evening meal provided on this day.

Tonight: [Sercotel Caspe, Barcelona](#)



RETURN TRAVEL

DEPARTURE DAY ONWARDS

DAY 10 · MON 14 SEP 2026 — TOUR-ORGANISED FLIGHTS

06:00	Breakfast
07:00	Riders flying out with the Tour depart the hotel (organise own travel to the airport)
07:30	Arrive at Barcelona–El Prat Airport (BCN)
10:05	Flight departs for Birmingham
⌚ CHANGE TO BST (ONE HOUR BEHIND CET)	
11:30	Flight arrives at Birmingham (BHX)
14:45	Flight departs from BHX
16:00	Flight arrives at Guernsey (GCI)
16:30	Return home (organise own travel from the airport)

DAY 10 · MON 14 SEP 2026 — SUPPORT VEHICLES

06:00	Breakfast
09:00	Load vehicles
10:00	Depart
16:00	Arrive in Bordeaux

DAY 11 · TUE 15 SEP 2026 — RETURN TRAVEL (CONTINUED)

09:00	Depart
15:00	Arrive in St Malo

DAY 12 · WED 16 SEP 2026 — RETURN TRAVEL (CONTINUED)

08:00	Depart St Malo
⌚ CHANGE TO BST (ONE HOUR BEHIND CET)	
09:00	Arrive in Guernsey
09:30	Riders collect bikes and luggage from North Beach car park

Reminder. Those staying on in Barcelona will need to arrange their own onward transportation back to Guernsey. Transport from the Barcelona hotel to the airport on 14th September, and onward transport from Guernsey airport on arrival, are not provided by We Move As One.

END OF ITINERARY

WE MOVE AS ONE.

Questions, edits, or anything we've missed — drop us a line. We'll come back to you as soon as we can.

wemoveasonecycling@gmail.com