

25th édition

SATURDAY, JUNE 29, 2019



➔
**CHALLENGE
OF THE
ARIÉGE
COLLARS.**



Col d'Agnès, Time Trial Climb.
Sunday, May 26.

**NOVELTY
2019!**



➔ Elles font l'Ariégeoise.com
"the challenge between girls"



ARIÉGEOISE XXL ⊕ ARIÉGEOISE ⊕ MOUNTAGNOLE XXL ⊕ MOUNTAGNOLE ⊕ PASSEJADE ⊕ PASSEJAD'ÉLECT
181 km 130 km 120 km 83 km 71 km 71 km

THE ARIÉGEOISE 3D - *The triathlon of the Ariégeoise*



➔ www.cycloport-ariégeoise.com



Challenge Occitanie





UNAVOIDABLE!

CAROLE DELGA
FORMER MINISTER
PRESIDENT OF THE REGION
OCCITANIE / PYRENEES-MEDITERRANEAN



Grolier Philippe - Région Occitanie

Classed among the 50 best events of its type worldwide, l'Ariégeoise is one of the pillars of the structure of European cycle-sports events.

Cyclists will be able to savour the superb circuits which cross famous cols, a unique chance to get a taste of the wild beauty of Ariège's mountains. As you know, the region is always mobilized to aid all types of sporting events across all its territory. We particularly support those like l'Ariégeoise which promote the Region, increase social contacts and have a bearing on the training of sports professionals.

Sport, and particularly, participating, represents effort, respecting other and a set of common values and rules and, also a sense of solidarity and team spirit. You can count on me both to promote sport and defend the values that it represents.

'Bravo and thank you' to the organisers and volunteers who, each year, devotedly work to ensure the event's success and safety.

I wish everyone: riders, spectators, organisers and volunteers, a very happy 2019 edition of l'Ariégeoise!

OCCITANIE / PYRENEES -
MEDITERRANEAN

THE ARIEGE / EARTH OF BIKE.

KAMEL CHIBLI
VICE PRESIDENT OF THE REGION
OCCITANIE / PYRENEES-MEDITERRANEAN

4 editions of the Ariégeoise XXL behind us with one crucial difference compared with the Ariégeoise: while the XXL finishes at a summit (Plateau de Beille one year and Goulier Neige the next), the finish line of the Ariégeoise is always at the foot of the last col.

There are therefore two clearly differentiated finishes, only possible because of our numerous, friendly and devoted volunteers! The only disappointment for us is that the public cannot be both below to welcome the cyclists from the Ariégeoise, Mountagnole, Passejade and above to acclaim the exploit of those who succeed in the XXL adventure!!!

This 25th edition returns to a single arrival for all circuits, but also the creation of a new format, a new challenge tailored for those who want to test their limits in a magical Pyrenean setting: # elles font l'ariégeoise.com le defi entre copines #

We look forward to seeing as many of you as possible for the Ariégeoise 2019.



Crédit photo : Région Occitanie



A WORD FROM THE ARIÈGE
DEPARTMENTAL COUNCIL PRESIDENT



L'ARIEGEOISE AND THE TOUR DE FRANCE: A MUST FOR OUR IMAGE!

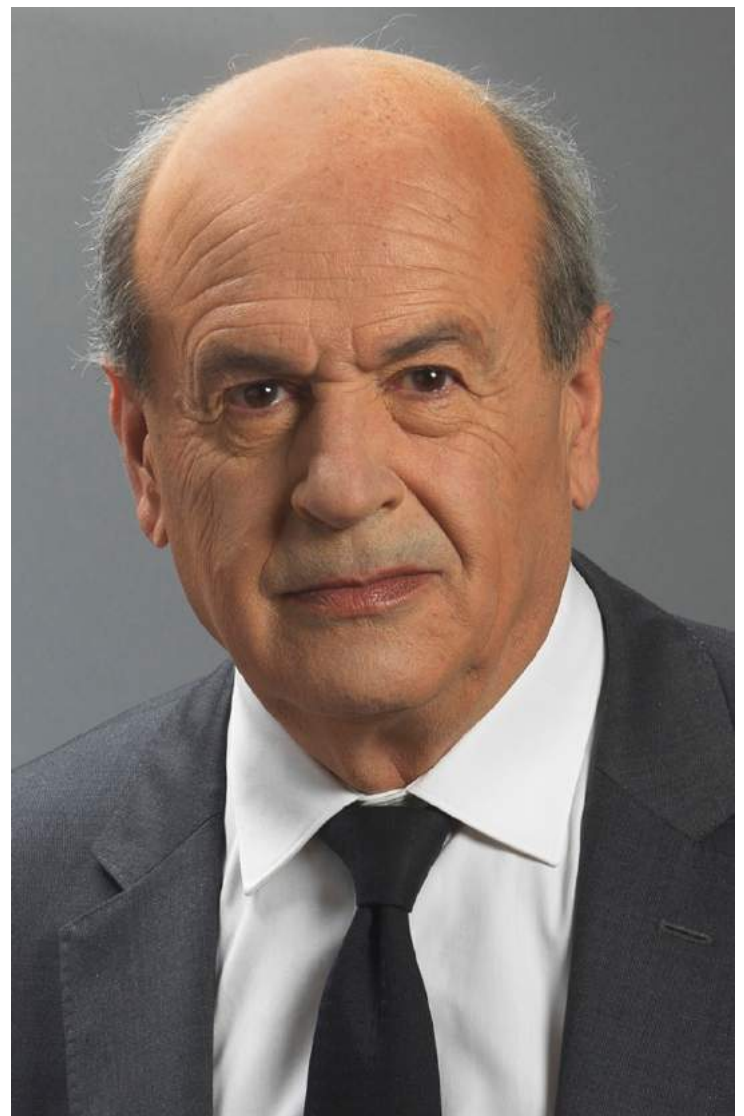
29 June 2019, the Ariège will be putting on the multi-coloured jerseys of the 25th Ariégeoise, a formidable event and a part of the cyclo-sportive aristocracy.

21st July 2019: the Ariège will once again be honoured by the Tour de France – and how! A Cathar stage, a serenade to the castle of Foix transformed, a genuinely unusual finish at Prat d'Albis, totally unspoiled, everything proudly stamped 'Ariège' ... as much as possible, 'Ariégeoise'.

Ah, the wonderful Ariégeoise, born in 1995 with 455 enthusiastic cyclists, in 2018 with 5064 competitors and which next June will be raising the pulse rate of lovers of mountains, cols and climbs, from the 71 km of the Passéjade to the impressive 181 km of the Ariégeoise XXL! A great event where each participant finds a circuit to suit including, since last year, one for e-bikes for those who like to climb fast without risking UCI sanctions: the 'chemists' of the peloton can be stopped, but not progress.

If you add the ascension of the Ariège cols and the col d'Agnès climb – the Sunday 26 May curtain raiser – it's highly likely that the Ariège will once again figure in the roadbooks of all lovers of cycling, the Ariégeoise plays its part too!

This is why, on behalf of all political representatives of the Department, as well as the tourism sector, I say "THANK YOU, THANK YOU, THANK YOU" to the totally professional organisers, the hundreds of very committed volunteers, the thousands of keen cyclists, who will show once again that the Ariège is truly one of the finest French departments in terms of cycling.



Crédit photo : CD 09

Henri Nayrou,
PRESIDENT OF THE ARIÈGE DEPARTMENTAL COUNCIL PRESIDENT

A WORD FROM THE PRÉSIDENT OF THE CYCLOSPORTIVE

RIDE IN A BEAUTIFUL LANDSCAPE!

PATRICE VIDAL
PRÉSIDENT OF THE CYCLOSPORTIVE L'ARIÉGEOISE.

More than 5000 participants of 20 different nationalities are going to take the start of THE ARIÉGEOISE 2019

We wait for you very numerous to reserve you our best welcome.
Come to discover from the Ariège Pyrenees, its mountains, villages, and its conviviality, by registering you on the circuit of your choice.

L'Ariégeoise : live the experience !



SUMMARY

Page 4 : L'Ariégeoise XXL.

Page 6 : L'Ariégeoise.

Page 9 : Map of the two Arieges & Estimation of passing times.

Page 10 : Mountagnole XXL.

Page 12 : Mountagnole.

Page 14 : Elles Font l'Ariégeoise / Novelty 2019.

Page 16 : Map of the two Mountagnoles & Estimation of passing times.

Page 18 : Passéjade & Passéjad'elect.

Page 20 : Map of the two Passejades & Estimation of passing times.

Page 22 : L'Ariégeoise en 3D.

Page 24 : The profiles of collars.

Page 26 : Ascent Timed by Agnès's Collar



THE ARIÉGEOISE XXL

2019 will be the year where there is once again a single finish for all circuits. All the participants will thus have the pleasure of the applause and respect of the spectators massed along the barriers of the last kilometer. Because, even if those taking part don't "do the Ariégeoise" just for that, the emotions arising from such a public welcome will always be remembered: **it is also a terrific feeling – it has to be admitted!!!**

The Ariégeoise XXL circuit is basically in the Couserans (as it is every two years) and there are 5 cols programmed. 4026 m altitude gain for 181 km distance with a new element: **descending the Mur de Péguère.**

Even so, the first 130 kilometers are not straightforward with the 28 km climb to Col de Péguère; beware of the one-two punch of the cols d'Agnès and Port de Lers that follow (preceded by the cols de Latrape and de la Core!); no respite, no salvation on the flat ... you'll need to have kept back enough energy and strength to have the rightful joy of crossing the finish line, just after the final descent, at Auzat!!



The Ariégeoise XXL circuit is basically in the Couserans (as it is every two years) and there are 5 cols programmed. 4026 m altitude gain for 181 km distance with a new element: descending the Mur de Péguère.

L'ARIÉGEOISE XXL



MyO



MyO, c'est bien plus que des graphismes uniques, des couleurs et des composants, c'est une collaboration entre collègues. C'est le point de rencontre entre vos désirs et notre savoir-faire, pour créer un vélo spécial, répondant à vos envies et à vos besoins de cycliste. Un vélo adapté à votre morphologie, à votre budget et à vos objectifs de performance, avec une bonne dose d'expression personnelle.

Nous pouvons vous proposer un Orbea différent de tous les autres, parce que nous ne sommes pas seulement un entrepôt de stockage de vélos assemblés : nous sommes des fabricants, des designers, des peintres, des techniciens et des mécaniciens qui accordent une attention méticuleuse à chaque étape donnant vie à votre Orbea.

Concevez votre façon de rouler.

ORBEA



THE ARIÉGEOISE

The Ariégeoise format has changed for 1019: not for the altitude gain (3036 m) but for the distance (130 kms). Despite this shorter distance, the Ariégeoise 2019 is a concentrate of cols each as difficult as the other. This distance/altitude gain ratio is worthy of a serious mountain stage.

The cols; 4 for this 25th edition ... the 28 km of the first climb out of Foix will be long and wearing before arriving at the col de Péguère; "Normal" you tell me, "Just enough to take a physical toll before the attacks that will explode towards the finish!"

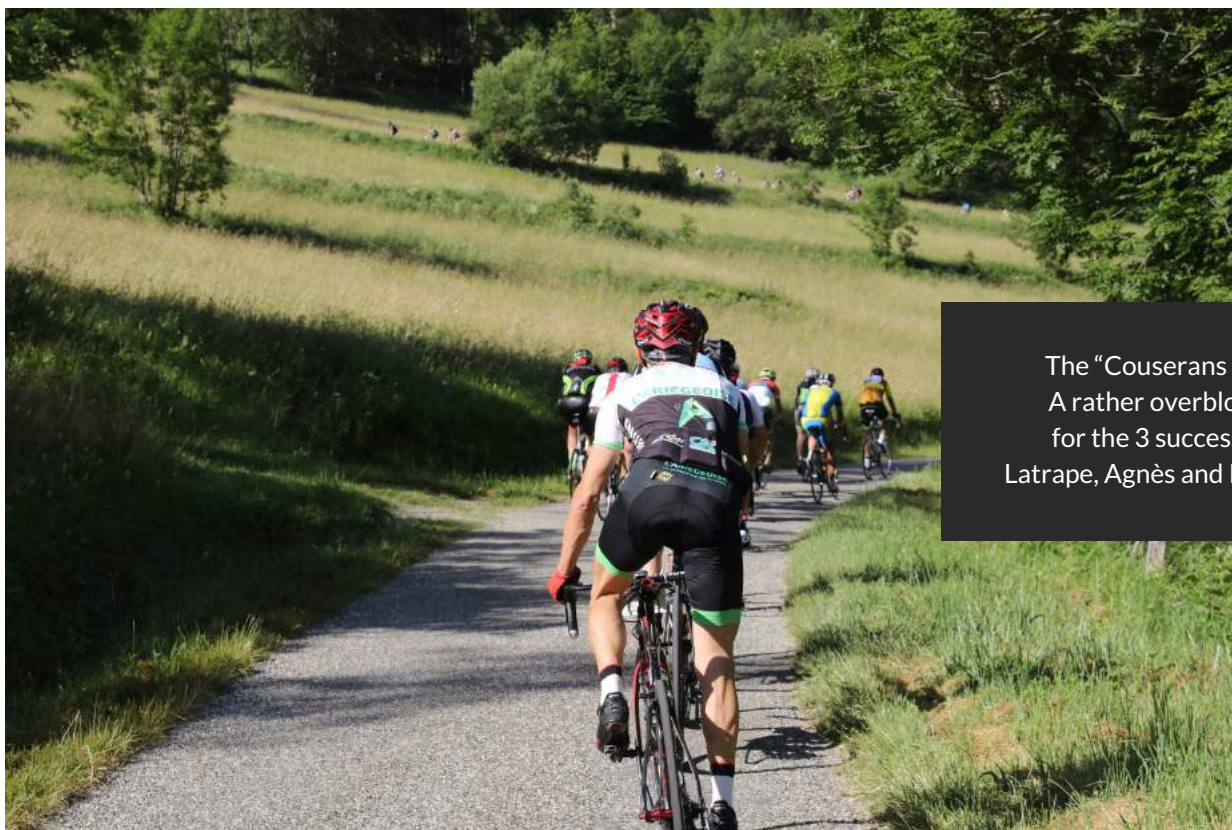
Then, make good use of the valley floor and the false flats for feeding and to get concentrated for what's coming up ... the "Couserans Triptych". A rather overblown name for the 3 successive cols: Latrape, Agnès and Port de Lers!! Climb, descend, climb, no respite for 31 km ...

This is the day's menu for the Ariégeoise and where the day's standings will be decided. All those who have burned too many matches from their matchbox of endurance and effort over the first 85 to 90 km will struggle damnably to make the 1517 m altitude summit at Port de Lers.

For others, it will be pure enchantment, such is the magnificence of the mountain scenery around Aulus!

What is there to say about the col d'Agnès? It's as difficult as it's beautiful!

I'm genuinely excited ... I'll be waiting for you at the finish and you can tell me what you think ... I'm certain you'll agree with me ... And you'll be back!!



The "Couserans Triptych".
A rather overblown name
for the 3 successive cols:
Latrape, Agnès and Port de Lers!!



LIBÉREZ VOTRE POTENTIEL, TENEZ LA DISTANCE !

Nouveau
GELS ÉNERGÉTIQUES



ARÔMES NATURELS

+ EFFICACES

Super-aliments,
vitamines & minéraux
Plus énergétiques

+ GOURMANDS

Nouveaux arômes naturels
Texture liquide

+ PRATIQUES

Format réduit

SANS
COLORANT

SANS
CONSERVATEUR

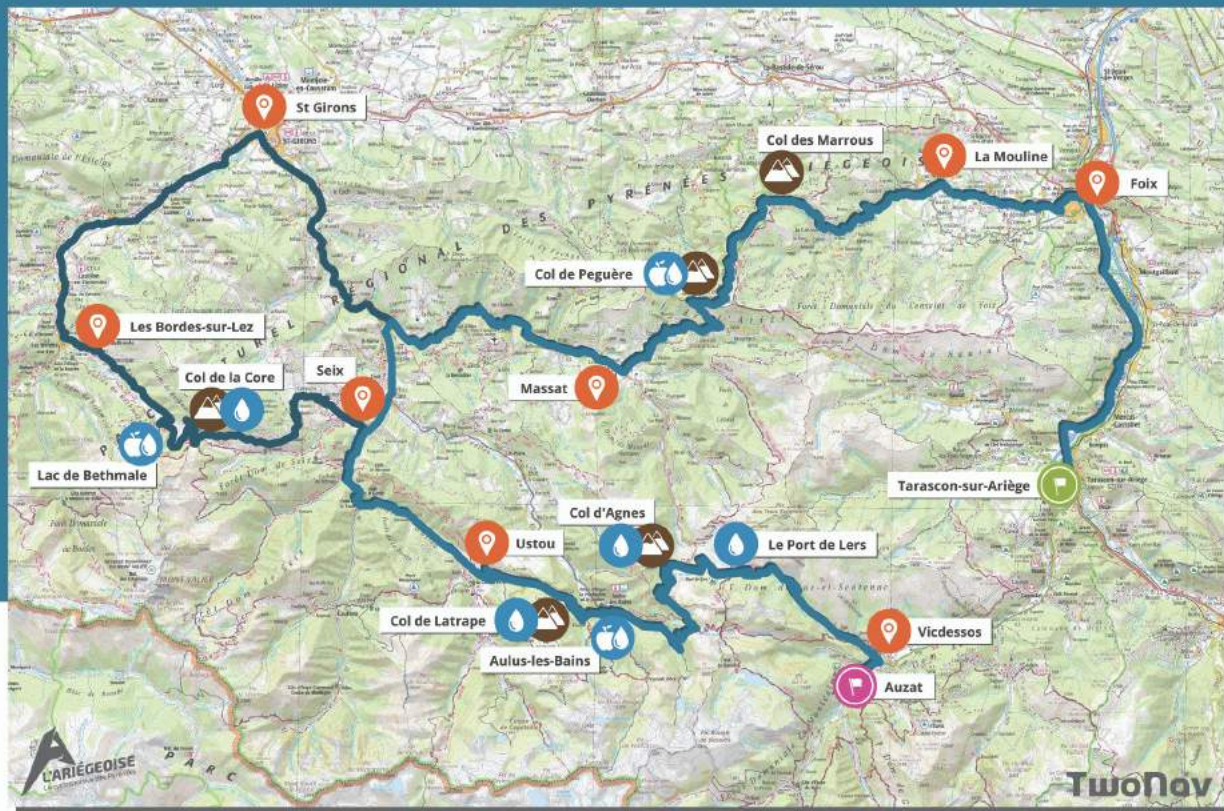
NATURELLEMENT
SANS GLUTEN

FABRIQUÉ EN
FRANCE

OVERSTIM-S
NUTRITION SPORTIVE À HAUTES PERFORMANCES

L'ARIÉGEOISE / L'ARIÉGEOISE XXL

130 Km - D+ 3036 m / 181 Km - D+ 4026 m



- Départ ● Arrivée ● Point d'intérêt ● Ravitaillement solide et liquide ● Ravitaillement liquide ● Col
— Ariègeoise — Ariègeoise XXL

ESTIMATION OF PASSING TIMES ARIÉGEOISE XXL

L'ARIEGEOISE XXL 2019						08:00:00						
ITINERAIRE	VOIE	Kilometrage		Dénivelé +	Estimation des Horaires de Passage							
		Partiel	Cumulé		Altitude	17,0	32	29	26	23	20	19
					17,0	32 Km/h	29 Km/h	26 Km/h	23 Km/h	20 Km/h	19 Km/h	17,5 Km/h
Tarascon sur Ariège : départ	D 618			474		08:00	08:00	08:00	08:00	08:00	08:00	08:00
Arignac	D8b	3,0	3,0	498	24	08:05	08:06	08:06	08:07	08:08	08:08	08:09
Amplaing	D8b	4,0	7,0	501	27	08:11	08:12	08:14	08:16	08:18	08:19	08:21
Bosses d'Amplaing	D8b	1,3	8,3	539	65	08:14	08:15	08:17	08:19	08:22	08:23	08:25
Prayols	D8b	4,7	13,0	428	65	08:19	08:21	08:24	08:27	08:31	08:32	08:35
Foix centre	D17	4,0	17,0	388	65	08:24	08:27	08:30	08:34	08:39	08:41	08:45
St Pierre de Rivière	D17	5,0	22,0	450	127	08:33	08:37	08:41	08:46	08:53	08:56	09:01
La Mouline	D17	5,0	27,0	503	180	08:42	08:46	08:51	08:58	09:07	09:10	09:16
Col des Marrous	D17	9,0	36,0	991	668	09:06	09:13	09:21	09:32	09:46	09:51	10:01
Col de Jouels	D17	4,0	40,0	1247	924	09:19	09:27	09:37	09:49	10:06	10:12	10:24
Col de Peguère (ravitaillement solide et liquide)	D17	5,0	45,0	1375	1125	09:28	09:37	09:49	10:03	10:21	10:29	10:41
Col de Caougnous	D17/D618	4,0	49,0	947	1125	09:31	09:40	09:52	10:07	10:26	10:33	10:46
Massat	D618	5,5	54,5	630	1150	09:35	09:45	09:57	10:13	10:33	10:41	10:54
Soueix rond-point Kercabanac	D618	15,5	70,0	468	1170	09:56	10:08	10:23	10:41	11:05	11:15	11:32
St Giron	D618	12,0	82,0	393	1199	10:13	10:27	10:44	11:05	11:33	11:44	12:03
Engomer	D618	9,0	91,0	462	1220	10:28	10:43	11:02	11:26	11:57	12:09	12:30
Les Bordes sur Lez	D4/D17	7,0	98,0	557	1301	10:41	10:58	11:18	11:44	12:18	12:32	12:55
Lac de Bethmale (ravitaillement solide et liquide)	D17	9,0	107,0	1172	1814	11:06	11:25	11:49	12:19	12:58	13:14	13:40
Col de la Core (ravitaillement liquide)	D17	14,0	112,0	1395	2200	11:22	11:43	12:09	12:41	13:24	13:41	14:10
Seix	D17/D3	14,0	126,0	503	2200	11:33	11:55	12:22	12:56	13:40	13:58	14:29
Le pont de la Taule	D3/D8	4,0	130,0	567	2266	11:40	12:03	12:31	13:06	13:52	14:10	14:42
Ustou	D8	8,0	138,0	671	2366	11:54	12:18	12:48	13:25	14:14	14:34	15:08
Col de Latrape (ravitaillement liquide)	D8	7,0	145,0	1111	2837	12:15	12:42	13:14	13:55	14:48	15:10	15:47
Aulus-les-Bains (ravitaillement solide et liquide)	D8	5,0	150,0	734	2837	12:19	12:45	13:18	14:00	14:54	15:16	15:53
Col d'Agnes (ravitaillement liquide)	D8	10,0	160,0	1570	3633	13:04	13:35	14:14	15:02	16:06	16:31	17:15
Etang de Lers	D8/D18	5,0	165,0	1270	3633	13:07	13:39	14:18	15:08	16:12	16:38	17:22
Le Port de Lers (ravitaillement liquide)	D18	4,0	169,0	1517	3996	13:20	13:53	14:33	15:25	16:31	16:58	17:44
Vicdessos	D18/D8	11,0	180,0	722	3996	13:27	14:01	14:43	15:35	16:44	17:11	17:58
Auzat (Plaine des sports) : arrivée	D8	1,0	181,0	737	4026	13:29	14:03	14:45	15:38	16:46	17:14	18:02

ESTIMATION OF PASSING TIMES ARIÉGEOISE

Ariegeoise 2019					08:00:00								
ITINERAIRE	VOIE	Kilometrage			Dénivelé +	Estimation des Horaires de Passage							
		Partiel	Cumulé	Altitude		17,0	32	30	26	23	20	19	16
						32 Km/h	30 Km/h	26 Km/h	23 Km/h	20 Km/h	19 Km/h	16 Km/h	
Tarascon/Ariège - Départ	D 618			474		08:00	08:00	08:00	08:00	08:00	08:00	08:00	
Arignac	D8b	3,0	3,0	498	24	08:05	08:05	08:06	08:07	08:08	08:08	08:10	
Amplaing	D8b	4,0	7,0	501	27	08:11	08:12	08:14	08:16	08:18	08:19	08:23	
Bosses d'Amplaing	D8b	1,3	8,3	539	65	08:14	08:15	08:17	08:19	08:22	08:23	08:28	
Prayols	D8b	4,7	13,0	428	65	08:19	08:20	08:24	08:27	08:31	08:32	08:38	
Foix centre	D17	4,0	17,0	388	65	08:24	08:26	08:30	08:34	08:39	08:41	08:49	
St Pierre de Rivière	D17	5,0	22,0	450	127	08:33	08:35	08:41	08:46	08:53	08:56	09:06	
La Mouline	D17	5,0	27,0	503	180	08:42	08:44	08:51	08:58	09:07	09:10	09:23	
Col des Marrous	D17	9,0	36,0	991	668	09:06	09:10	09:21	09:32	09:46	09:51	10:12	
Col de Jouels	D17	4,0	40,0	1247	924	09:19	09:24	09:37	09:49	10:06	10:12	10:37	
Col de Peguère (ravitaillement solide et liquide)	D17	5,0	45,0	1375	1125	09:28	09:34	09:49	10:03	10:21	10:29	10:57	
Col de Caougnous	D17/D618	4,0	49,0	947	1125	09:31	09:37	09:52	10:07	10:26	10:33	11:02	
Massat	D618	5,5	54,5	630	1150	09:35	09:42	09:57	10:13	10:33	10:41	11:11	
Soueix Rond point Kercabanac	D618/D3	15,5	70,0	468	1170	09:56	10:04	10:23	10:41	11:05	11:15	11:52	
Seix	D3	5,0	75,0	503	1180	10:04	10:12	10:33	10:53	11:19	11:29	12:08	
Le pont de la Taule	D3/D8	4,0	79,0	567	1246	10:11	10:20	10:42	11:03	11:30	11:41	12:23	
Ustou	D8	8,0	87,0	671	1346	10:26	10:36	11:00	11:24	11:54	12:06	12:53	
Col de Latrape (ravitaillement liquide)	D8	7,0	94,0	1111	1817	10:48	10:59	11:26	11:53	12:28	12:43	13:35	
Aulus-les-Bains (ravitaillement solide et liquide)	D8	5,0	99,0	734	1817	10:51	11:03	11:31	11:58	12:34	12:48	13:42	
Col d'Agnes (ravitaillement liquide)	D8	10,0	109,0	1570	2643	11:36	11:50	12:26	13:01	13:46	14:04	15:12	
Etang de Lers	D8/D18	5,0	114,0	1270	2643	11:40	11:55	12:31	13:06	13:52	14:10	15:20	
Le Port de Lers (ravitaillement liquide)	D18	4,0	118,0	1517	3006	11:52	12:07	12:46	13:23	14:11	14:31	15:44	
Vicdessos	D18/D8	11,0	129,0	722	3006	12:00	12:16	12:55	13:34	14:24	14:44	15:59	
Auzat (Plaine des sports) - Arrivée	D8	1,0	130,0	737	3036	12:01	12:18	12:57	13:36	14:26	14:47	16:03	





THE MOUNTAGNOLE XXL

The Mountagnole once again has its XXL format: 120 km and 2629 m altitude gain.

It merits the name, as there are 37 km and 600 m altitude gain more than for its little sister. A trilogy of three classic Ariège cols are programmed: Péguère, Agnès and Port de Lers.

After a fast start to Foix, the first difficulty is the 28 km climb to col de Péguère. A quick 'refuel' and you need to be concentrated for the Mur de Péguère descent, a first for the Ariègeoise.

Then will be the time, on an easier section, to eat and drink again. Managing this transition phase will be one of the keys to your race.

The last 30 km with two cols one after the other will be difficult. *nchaînement des deux derniers cols seront très difficiles.*

Once through the village of Aulus, you attack the 10 km climb to arrive at 1570 m and the Col d'Agès. A short descent and then the next climb with steep percentages towards the Port de Lers. A configuration with potential for attacks if you've carefully managed your effort over the first part of the race.

If you're feeling under-par at this point, at least the superb landscape with views across the Pyrenean summits of the Ariège will be something of a consolation and, hopefully, an inspiration!

The final descent is at first winding and requires full concentration on your trajectories before becoming less technical but also very fast. You'll arrive at the village of Vicdessos and then push on to the finish line at the sports field of Auzat.



The Mountagnole once again has its XXL format: 120 km and 2629 m altitude gain. +.

MOUNTAGNOLE XXL



IN INVERSE

La marque de confiance pour vos
projets de tenues personnalisées.

Qualité et technologie

Fournisseur officiel de L'Ariégeoise depuis 2008



CUSTOM SPORTSWEAR



INVERSETEAMS.COM
INVERSESHOP.COM
INVERSETEAMS.CLUB
facebook.com/inverseteams
twitter.com/inverseteams
instagram.com/inverseteams
pinterest.com/inverseteams
youtube.com/inverseteams
linkedin.com/inverseteams



THE MOUNTAGNOLE

2048 m of altitude gain!!! The Mountagnole 2019 is a true mountain stage.

To lessen the difficulty of this altitude gain worthy of any serious competitor, we have shortened the distance and the 83 kms of this 2019 circuit will delight you with both superb landscapes and tough cols.

The first 17 km take you to FOIX; look up as you pass at its magnificent castle.

Then the Mountagnole really starts. No more on the flat, but a genuine mountain profile, 28 km of col with a difficult passage at the village of Burret; the Auberge des Myrtilles passed as you arrive at Col des Marrous; breathtaking scenery with towering pine trees as you enter the forest. You start to feel the mountain's grip tightening.

The summit of Col de Péguère approaches!!! Take a couple of minutes to admire one of the best views in the Pyrenees. A very technical descent follows, a rapid traverse of MASSAT and already the slopes of the col de l'Etang de l'Hers and the Port de l'Hers appear.

The Tour de France 2019 peloton will be taking this route in the other direction.

At 1517 m altitude, the summit of Port de l'Hers, you've arrived, done it!!! You're a true climber!!!
Take care on the descent.



2048 m of altitude gain!!! The Mountagnole 2019 is a true mountain stage.





ENGINEERS
OF ACTIVE
LAYERS
SINCE 1946*



* Expertise en textile technique depuis 1946



**VENEZ DÉCOUVRIR LA NOUVELLE COLLECTION ODLO DANS
VOTRE MAGASIN ET SUR LE VILLAGE DE L'ARIÉGOISE.**

Odlo, partenaire de Running Conseil et Cycles Passion
Zone du Chandelet, 09100 Pamiers - 05 61 60 14 05
www.cyclespassion.com

 **NOVETLY 2019 .**

“They’re going to be doing the Ariégeoise” this year, many more than in previous years!

This is because a new format has been created on the initiative of the President and his inner circle.

As can frequently be seen in other activities, for example: running, trail or gymnastics, women athletes often like to participate in groups of friends or colleagues.

Something that introduces the notion of challenge as well as solidarity, without losing sight of the competitive element.

So why not apply this principle to cycling through the “Ariégeoise” Gran Fondo? It only means creating a specific women’s circuit for the Ariège ... with, of course, a distance and altitude gain made to measure!

The object is to have a larger female input into the cycling festival that l’Ariégeoise represents ... the other circuits are still available for those who prefer “out and out” competition, if I dare say it!



“They’re going to be doing the Ariégeoise”!”

So, we’re waiting for as many of you as possible next 29 June at Tarascon ... and will be soliciting your comments at the arrival, so as to improve the format for future years!



For the circuit: the first long ascension out to the col de Péguère is the same as in the other circuits ... but, arriving at Massat, you climb Port de Lers via Etang de Lers, before joining the Vicdessos valley to finish at Auzat like the rest!

2 “tough” cols to climb for 83 km and 2073 m altitude gain.

Individual motivation and group solidarity as well as the challenge among friends will all be tested, the route will make sure of that!





— PRÉSENTE —

elles font L'ARIÉGEOISE .COM



2048 M+
83KM

NJI: LE VÊTEMENT DE CYCLISME POUR LES FÉMININES

L'univers NJI, c'est de la couleur, du fun, du confort et de l'élégance pour valoriser toutes les féminines, afficher le partage des mêmes valeurs et favoriser ainsi leur présence dans le monde du cyclisme.

NJI S'ASSOCIE À L'ARIEGEOISE POUR UNE CYCLOSPORTIVE 100% FÉMININE !

C'est dans l'objectif de favoriser les cyclistes féminines que l'Ariégeoise et l'équipe NJI s'associent le temps d'une course. Nous souhaitons mettre en avant cet état d'esprit qui privilégie le plaisir du sport, du

dépassement de soi et du partage. Pour participer, un seul critère : être une femme ! Seule ou en équipe, venez participer à un rassemblement inoubliable de convivialité et de gaieté sur un magnifique parcours !

NJI OFFRE **20% DE REMISE** SUR L'ENSEMBLE DE SES COLLECTIONS À TOUTES LES FÉMININES INSCRITES À **ELLESFONTLARIEGEOISE.COM**

+ d'infos

WWW.LECYCLISMEAUFEMININ.COM



@lecyclismeaufeminin

WWW.ELLESFONTLARIEGEOISE.COM

MOUNTAGNOLE / MOUNTAGNOLE XXL

83 Km - D+ 2048 m / 120 Km - D+ 2629 m



- Départ
 - Arrivée
 - Point d'intérêt
 - Ravitaillement solide et liquide
 - Ravitaillement liquide
 - Col
- Mountagnole
 Mountagnole XXL

ESTIMATION OF PASSING TIMES MOUNTAGNOLE XXL.

La Mountagnole XXL 2019					08:30:00							
ITINERAIRE	VOIE	Kilometrage		Dénivelé +	Estimation des Horaires de Passage							
		Partiel	Cumulé		Altitude	Cumulé	32 Km/h	30 Km/h	25 Km/h	22 Km/h	19 Km/h	16 Km/h
Tarascon/Ariège - Départ	D 618			474		08:30	08:30	08:30	08:30	08:30	08:30	08:30
Arignac	D8b	3,0	3,0	498	24	08:35	08:35	08:36	08:37	08:38	08:40	08:41
Amplaing	D8b	4,0	7,0	501	27	08:41	08:42	08:44	08:46	08:49	08:53	08:56
Bosses d'Amplaing	D8b	1,3	8,3	539	65	08:44	08:45	08:48	08:50	08:53	08:58	09:02
Prayols	D8b	4,7	13,0	428	65	08:49	08:50	08:55	08:58	09:02	09:08	09:14
Foix centre	D17	4,0	17,0	388	65	08:55	08:56	09:01	09:06	09:11	09:19	09:26
St Pierre de Rivière	D17	5,0	22,0	450	127	09:03	09:05	09:12	09:17	09:25	09:35	09:45
La Mouline	D17	5,0	27,0	503	180	09:11	09:14	09:23	09:30	09:39	09:52	10:04
Col des Marrous	D17	9,0	36,0	991	668	09:36	09:40	09:54	10:06	10:21	10:41	11:00
Col de Jouels	D17	4,0	40,0	1247	924	09:48	09:54	10:10	10:24	10:42	11:07	11:29
Col de Peguère (ravitaillement solide et liquide)	D17	5,0	45,0	1375	1125	09:58	10:04	10:23	10:38	10:58	11:26	11:52
Col de Caougnous	D17/D618	4,0	49,0	947	1125	10:00	10:06	10:26	10:41	11:02	11:31	11:57
Massat	D618	5,5	54,5	630	1150	10:05	10:11	10:31	10:48	11:10	11:39	12:07
Soueix Rond point Kercabanac	D618/D3	15,5	70,0	468	1170	10:25	10:33	10:58	11:18	11:44	12:21	12:54
Oust rond-point Roquemaurel	D3/D32	2,0	72,0	478	1180	10:29	10:36	11:02	11:22	11:50	12:27	13:01
Aulus-les-Bains (ravitaillement solide et liquide)	D32/D8	17,0	89,0	734	1410	10:59	11:09	11:40	12:06	12:40	13:27	14:10
Col d'Agnes (ravitaillement liquide)	D8	10,0	99,0	1570	2236	11:45	11:58	12:39	13:13	13:58	14:59	15:55
Etang de Lers	D8/D18	5,0	104,0	1270	2236	11:49	12:02	12:44	13:19	14:04	15:07	16:04
Le Port de Lers (ravitaillement liquide)	D18	4,0	108,0	1517	2599	12:01	12:15	13:00	13:37	14:25	15:32	16:32
Vicdessos	D18/D8	11,0	119,0	722	2599	12:08	12:23	13:10	13:48	14:38	15:47	16:49
Auzat (Plaine des sports) - Arrivée	D8	1,0	120,0	737	2629	12:10	12:25	13:12	13:50	14:41	15:51	16:53

ESTIMATION OF PASSING TIMES MOUNTAGNOLE.

La Mountagnole						08:30:00						
ITINERAIRE	VOIE	Kilometrage		Altitude	Dénivelé +	Estimation des Horaires de Passage						
		Partiel	Cumulé		17,0	33	31	29	25	22	19	15
					Cumulé	33 Km/h	31 Km/h	29 Km/h	25 Km/h	22 Km/h	19 Km/h	15 Km/h
Tarascon/Ariège - Départ	D 618			474		08:30	08:30	08:30	08:30	08:30	08:30	08:30
Arignac	D8b	3,0	3,0	498	24	08:35	08:35	08:35	08:36	08:37	08:38	08:41
Amplaing	D8b	4,0	7,0	501	27	08:41	08:42	08:42	08:44	08:46	08:49	08:54
Bosses d'Amplaing	D8b	1,3	8,3	539	65	08:43	08:44	08:45	08:48	08:50	08:53	08:59
Prayols	D8b	4,7	13,0	428	65	08:48	08:50	08:51	08:54	08:58	09:02	09:11
Foix centre	D17	4,0	17,0	388	65	08:54	08:55	08:57	09:01	09:05	09:11	09:22
St Pierre de Rivière	D17	9,0	22,0	450	87	09:08	09:10	09:13	09:20	09:26	09:35	09:53
La Mouline	D17	5,0	27,0	503	140	09:16	09:19	09:22	09:30	09:39	09:49	10:11
Col des Marrous	D17	9,0	36,0	991	628	09:38	09:42	09:47	09:59	10:12	10:28	10:59
Col de Jouels	D17	4,0	40,0	1247	884	09:49	09:54	10:00	10:14	10:28	10:47	11:23
Col de Peguère (ravitaillement solide et liquide)	D17	5,0	45,0	1375	1125	09:58	10:04	10:10	10:26	10:42	11:03	11:43
Col de Caougous	D17/D618	4,0	49,0	947	1125	10:00	10:06	10:12	10:29	10:45	11:06	11:48
Massat	D618/D18	5,5	54,5	630	1150	10:04	10:10	10:17	10:34	10:51	11:14	11:57
Le Port	D18	3,5	58,0	468	1190	10:07	10:13	10:21	10:38	10:56	11:19	12:04
Etang de Lers	D8/D18	9,0	67,0	1270	1655	10:43	10:52	11:02	11:26	11:50	12:22	13:24
Le Port de Lers (ravitaillement liquide)	D18	4,0	71,0	1517	2018	10:54	11:03	11:14	11:40	12:06	12:40	13:47
Vicdessos	D18/D8	11,0	82,0	722	2018	11:02	11:11	11:23	11:50	12:17	12:53	14:04
Auzat (Plaine des sports) Arrivée	D8	1,0	83,0	737	2048	11:03	11:13	11:24	11:52	12:20	12:56	14:07



THE COLLECTION JERSEYS OF THE ARIÉGEOISE FOR 21 YEARS.



THE PASSÉJADE AND PASSEJAD' ÉLEC

This is the moment to participate in the annual Gran Fondo that the Ariégeoise has become over the past 24 editions, even if your fitness level is not quite up to a Mountagnole or a classic Ariégeoise.

The Passéjade is for everyone. The circuit is a chance to grasp the essentials of cycling. Managing the start and the effort over a distance, riding in a group, descending safely and taking advantage of the scenery...

All this is part of it and doubtless in the future you'll signing up for a Mountagnole and, in the long term, why not an Ariégeoise XXL!!

The circuit is the same as the others up to the hamlet of La Mouline. There it turns up to the superb villages of Brassac and Ganac, nestling under the pastures of Rocher de Batail and Prat d'Albis and bringing you to Foix ... a return to Tarascon, passing by the water sports site at Mercus (no water-skiing today!) ... there follows a long rising false flat to the finish at Auzat after 71 km (and 798 m of altitude gain!)



The Passéjade is for everyone. The circuit is a chance to grasp the essentials of cycling.



The circuit is the same as the others up to the hamlet of La Mouline. There it turns up to the superb villages of Brassac and Ganac, nestling under the pastures of Rocher de Batail and Prat d'Albis and bringing you to Foix ... a return to Tarascon, passing by the water sports site at Mercus (no water-skiing today!) ... there follows a long rising false flat to the finish at Auzat after 71 km (and 798 m of altitude gain!)

The same circuit is also for e-bikes, being perfectly adapted to this new discipline. This "assisted" bike enables many (including me!) to ride alongside much stronger friends rather than being left out! So why not, for example, accompany a grandson in his first Gran Fondo participation?

But remember, we're only talking about "assistance", you still must pedal and make efforts, so as not to risk being stranded on the roadside with a flat battery!!










Velo

Nouvel écran capacitif
pour une meilleure
visibilité en plein soleil !



-  Léger et compact (110g)
-  Plus de 120 champs de données
-  Compatible avec capteurs ANT+/BLE
-  Synchronisation avec GO, Strava, TrainingPeaks
-  Retransmission en direct avec SeeMe



#FreedomToDiscover

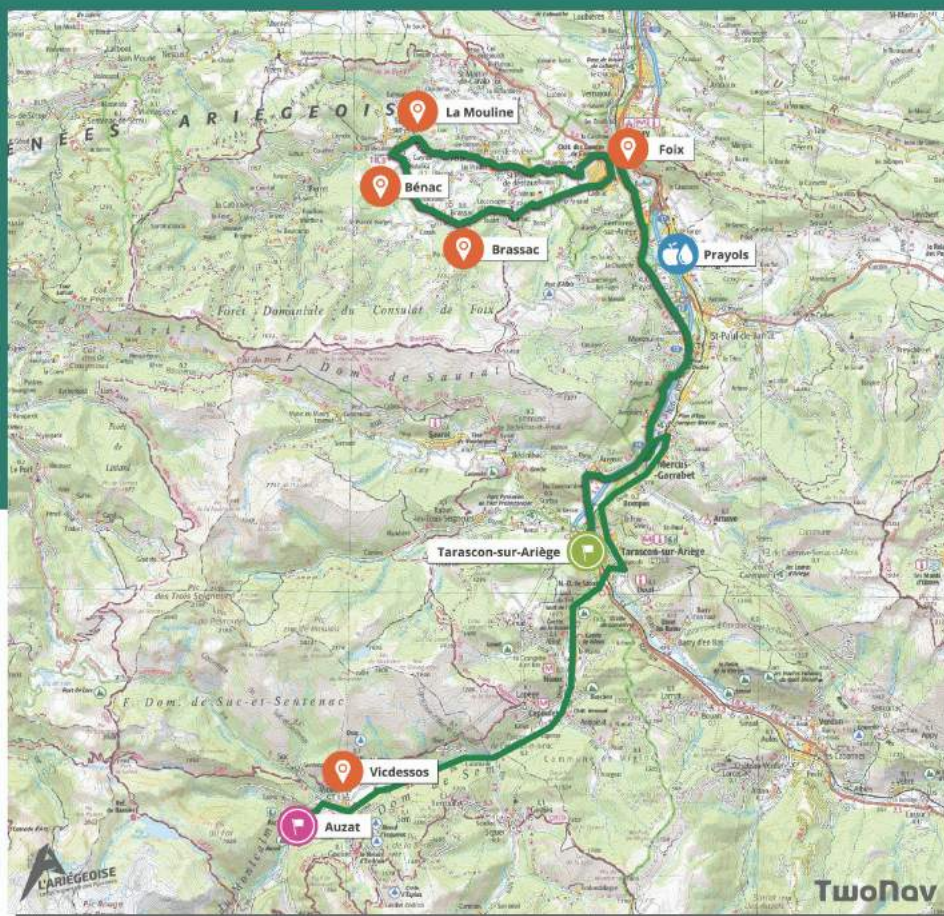
TwoNav

twonav.com/fr/pedaler

ESTIMATION OF PASSING TIMES PASSEJADE AND PASSEJAD' ÉLEC

LA PASSEJADE 2019					09:00:00								
ITINÉRAIRE	VOIE	Kilométrage		Altitude	Dénivelé +	Estimation des Horaires de Passage							
		Partiel	Cumulé			5	34	31	28	25	23,3	19	16
Tarascon/Ariège - Départ	D 618			474			09:00	09:00	09:00	09:00	09:00	09:00	09:00
Arignac	D8b	3,0	3,0	498	24		09:06	09:06	09:07	09:08	09:08	09:10	09:12
Amplaing	D8b	4,0	7,0	501	27		09:13	09:14	09:15	09:17	09:18	09:23	09:27
Bosses d'Amplaing	D8b	1,3	8,3	539	65		09:15	09:17	09:19	09:21	09:22	09:27	09:33
Prayols	D8b	4,7	13,0	428	65		09:21	09:23	09:25	09:28	09:30	09:37	09:44
Foix centre	D17	3,0	16,0	388	96		09:25	09:27	09:30	09:33	09:36	09:44	09:52
St Pierre de Rivière	D17	8,0	21,0	450	127		09:39	09:43	09:47	09:53	09:57	10:10	10:23
La Mouline	D17/D21	4,0	25,0	503	180		09:46	09:51	09:56	10:03	10:08	10:23	10:39
Bénac (la Pougé)		2,1	27,0										
Brassac	D21	1,5	28,6	587	264		09:50	09:55	10:01	10:08	10:13	10:30	10:47
Foix (centre Universtaire - rue Henri)	D21/D17	7,4	36,0	388	264		09:58	10:04	10:11	10:19	10:25	10:44	11:03
Prayols (ravitaillement solide et liquide)	D8b	5,0	41,0	428	344		10:07	10:14	10:22	10:32	10:38	11:00	11:23
Bosses d'Amplaing	D8b	4,5	45,5	539	452		10:16	10:24	10:33	10:44	10:52	11:17	11:42
Mercus	D20A/D618	4,5	50,0	498	479		10:23	10:31	10:41	10:53	11:01	11:28	11:56
Bompas	D618	1,8	51,8	472	479		10:25	10:34	10:44	10:56	11:04	11:33	12:01
Tarascon (côte du foirail)	D723	4,2	56,0	504	513		10:33	10:42	10:53	11:06	11:16	11:46	12:18
Tarascon Pré Lombard	D123	1,0	57,0	475	513		10:34	10:43	10:54	11:08	11:17	11:48	12:20
Tarascon rond-point Sabart	D8	1,0	58,0	490	522		10:36	10:45	10:56	11:10	11:20	11:52	12:24
Vicdessos	D8	11,4	69,4	708	768		10:58	11:10	11:24	11:41	11:53	12:32	13:12
Auzat (Plaine des sports) - Arrivée	D8	1,6	71,0	737	798		11:01	11:13	11:28	11:45	11:57	12:37	13:18

LA PASSÉJADE ET PASSÉJAD' ÉLEC 71 Km - D+ 798 m



● Départ
 ● Arrivée
 ● Point d'intérêt
 ● Ravitaillement solide et liquide

THE FAITHFUL PARTNERS OF THE INHABITANT OF ARIÉGEOISE.



THE ARIÉGEOISE 3D, THE KNOWN WORLD IS NOT ENOUGH! ACT 2

THE ARIÉGEOISE 3D, THE KNOWN WORLD IS NOT ENOUGH! ACT 2

THE ARIÉGEOISE 3D IS 3 CHALLENGES FOR ONE EVENT AND ONE TIMING.

Man has never stopped discovering new horizons, going beyond the known to find fresh perspectives. **The Ariégeoise 3D is the sort of event that offers the chance to break out of the usual round and to explore a whole new sporting experience.**

After the first edition's success, the Ariégeoise 3D is already a benchmark. The programme: a swimming prologue in the pool on Friday, the 120 km of the Mountagnole XXL for the cycling followed by 11 km running on the Saturday.

First challenge, the swimming: 1200 m in the 27°C water of the Tarascon swimming pool in groups of six competitors; Show what you can do in the heightened atmosphere of a race. Seething water and excitement guaranteed!!

The second challenge, the Mountagnole XXL. Experience the Pyrenees in wide-screen in the heart of the peloton. Participation in the 3D gives a classification in the Mountagnole XXL ... 2 events for the price of one! One piece of advice: leave your aero wheels at home and fit a 34 x 28 gearing ratio ... it could be useful! The circuit is simply superb, with 3 cols and 2629 m altitude gain and with a 10 km climb towards col d'Agnès. A route which is equally majestic and demanding. Effort management and courage are the key elements in making the most of the inspiring natural environment you'll be in.

Third challenge, once off the bike, an 11 km on rolling tracks with 150 m altitude gain at the feet of the giants that finish at over 3000 m altitude!



The Ariégeoise 3D is the sort of event that offers the chance to break out of the usual round and to explore a whole new sporting experience.



The running section takes place in the setting of the secret Pyrenean valley of Vicdessos. Two rounds of 4.7 km on tracks bordering the river and on the woodland edge with a 360° panorama across the Pyrenean summits and a final worthy of a major event with 1000 m on the track in the stadium; the acclaim from the public will push you across the finishing line, perhaps breathless from the effort and certainly from the emotional effect of the Ariégeoise 3D ...

The Ariégeoise 3D is a treasure, a rare asset ... for a small circle of explorers, athletes both ambitious and lovers of that which the known world lacks a little!

Come on, tune in to the rhythm of the Pyrenees!



L'Ariégeoise 3D Course à Pied 10km 200m D+



PUSH HARDER

POUR
LES
TOTAL
SWIMMER

orca sonar



THE
ORCA
SWIM
SCALE

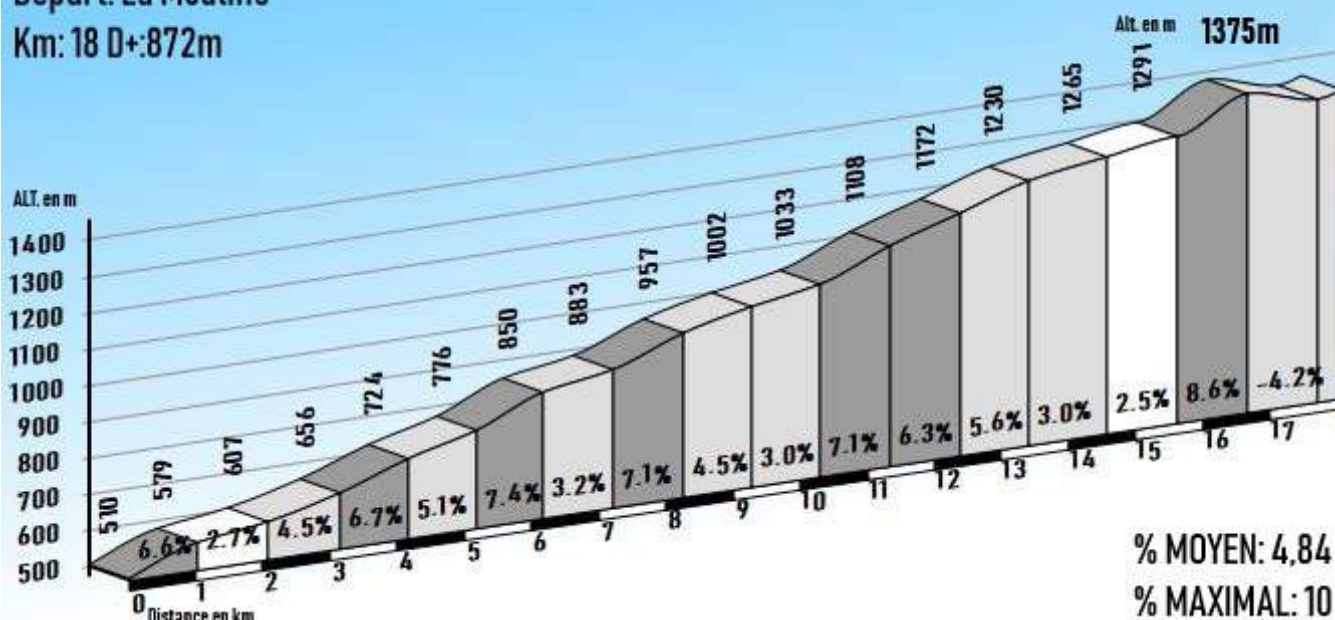
Discover more at orca.com

PROFILES OF COLLARS

Le Col de Péguère 1375m

Départ: La Mouline

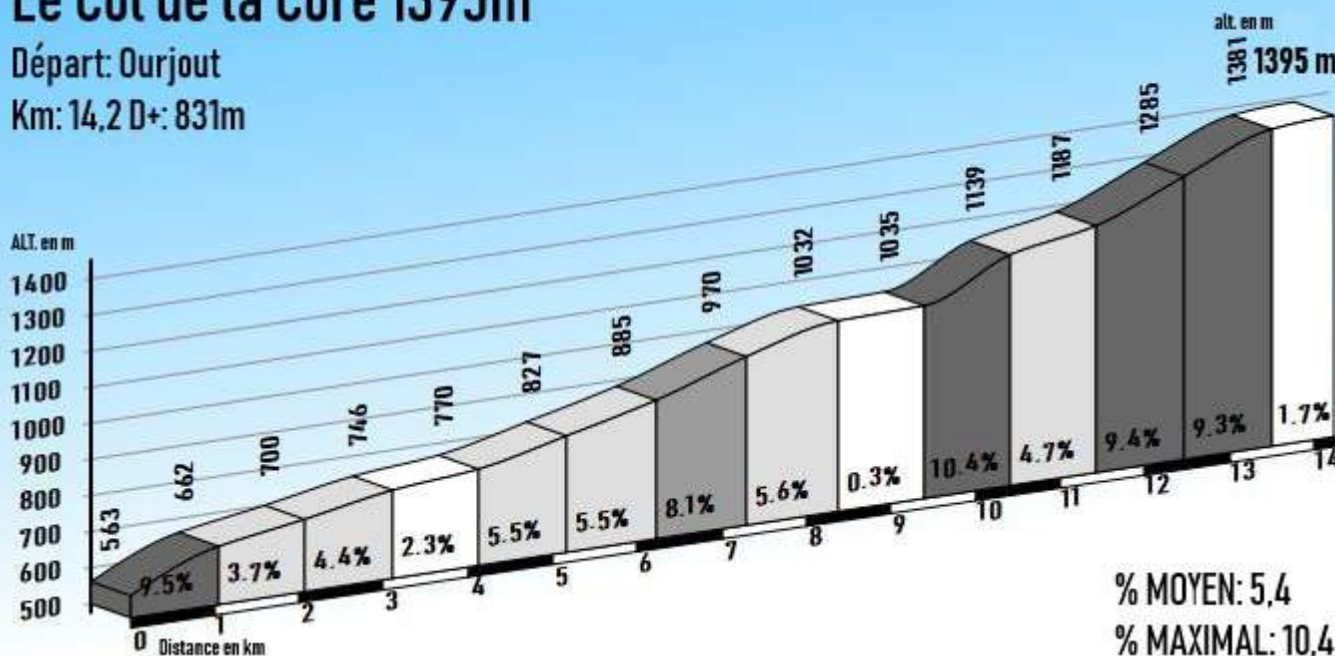
Km: 18 D+:872m



Le Col de la Core 1395m

Départ: Ourjout

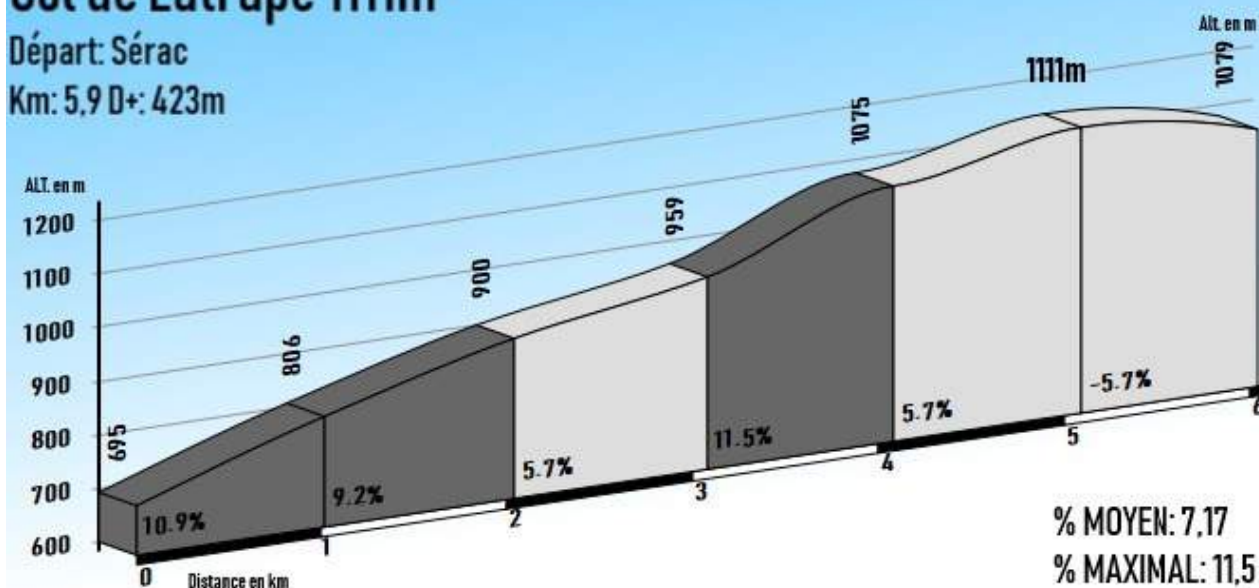
Km: 14,2 D+: 831m



Col de Latrape 1111m

Départ: Sérac

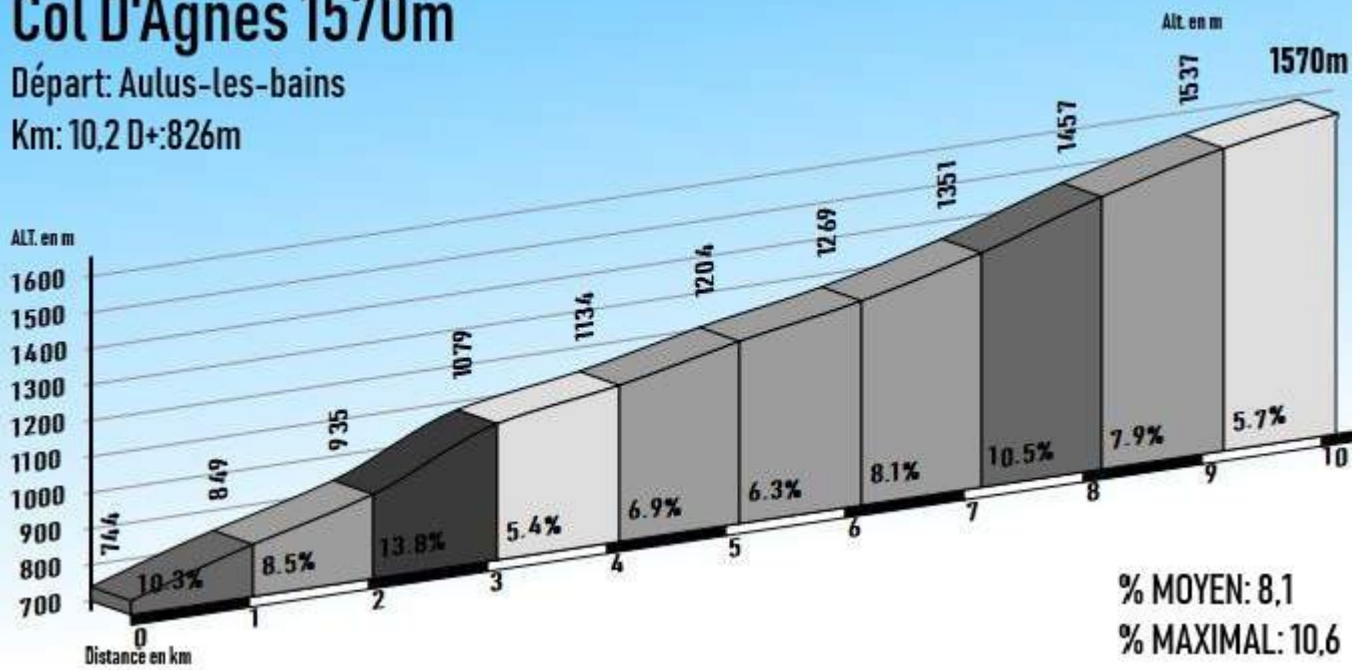
Km: 5,9 D+: 423m



Col D'Agnes 1570m

Départ: Aulus-les-bains

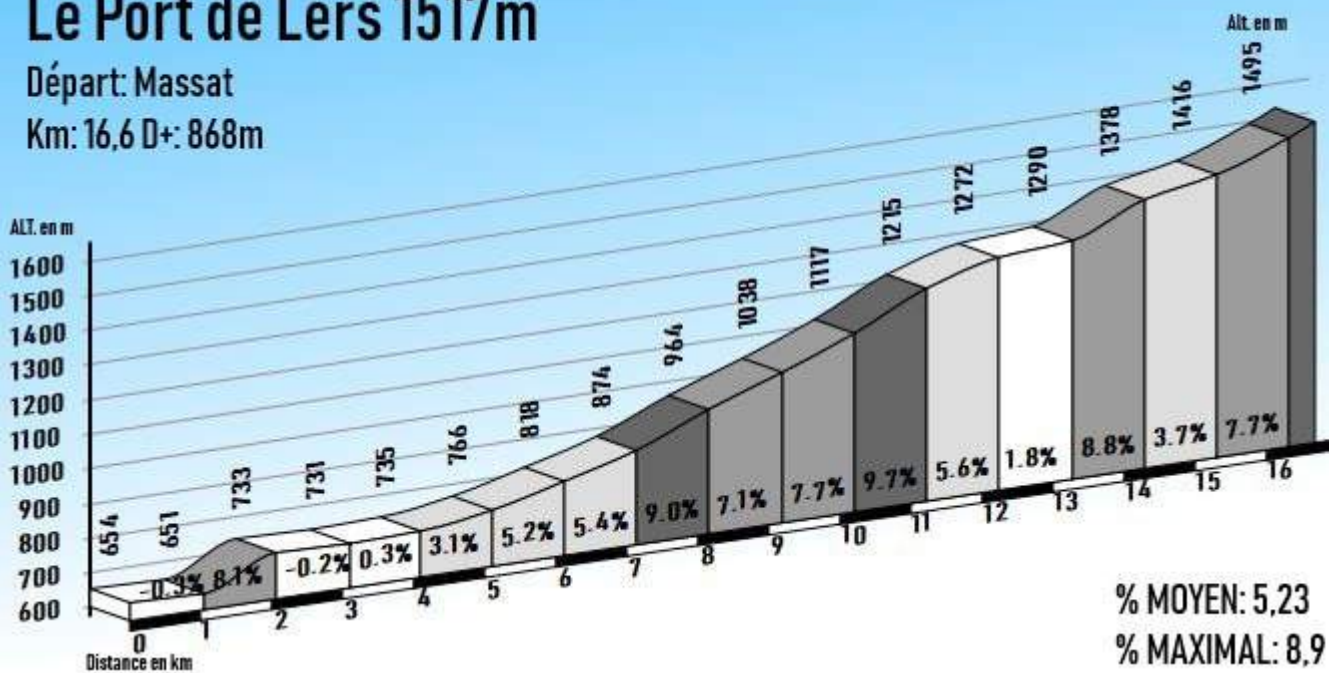
Km: 10,2 D+:826m



Le Port de Lers 1517m

Départ: Massat

Km: 16,6 D+: 868m





COL D'AGNÈS TIME TRIAL CLIMB

In the most recent edition of the Ariégeoise a new course was created, the Plateau de Beille Challenge!

This was timed climb up to the Plateau de Beille, a month before the Ariégeoise. This was foretaste for some of the final of the Ariégeoise or Mountagnole XXL 2018, and, for others to test themselves against this ferocious climb or, just simply, to make a timed ascension. It was very popular ... and demanded anew!!

However, the Plateau de Beille had to be replaced by an equivalent "lofty passage"! Not easy, you say?

Well, in 2019, the col d'Agnès is programmed for the Ariégeoise (Classic or XXL and the Mountagnole XXL) ... Western slope: shortest but toughest! In fact, the highlight of this edition, because this climb will certainly decide the victory.

The climb in the late June heat may well cause problems to physiques already stressed by crossing previous cols! The choice was quickly made: "Col d'Agnès,

Time Trial 26 May 2019", one month before the queen stage!

A time trial but with grouped starts so that the ascension is either an individual challenge or one between friends.

The 2004 Tour de France took this ... genuinely vicious ... slope; it's a climb to the height of the col after the first 3 kilometers at over 10% ... afterwards it's a mountain road whose surface seems to drag you back, tiring over percentages still between 8 and 9% until km 7 ... luckily, if the first 4.5 kilometers are painfully straight, or nearly so, the first "S" of Agneserre (starting point for some beautiful walks towards the mountain lakes of Garbet or Bleu) makes you realize that you're really climbing, giving your morale a boost; **how important that is in the noble sport of cycling!!**

At km 8 finally salvation in a false flat ;;; not very long ... Now is the moment to eat and drink one last time, before once again slopes over 9% ... km 10 ... the long hoped-for summit!!

The average percentage to reach it is 8.2% ... Remember Sylvain Chavanel, who led at this point during the 2011 Tour de France St Gaudens/Plateau de Beille stage ...

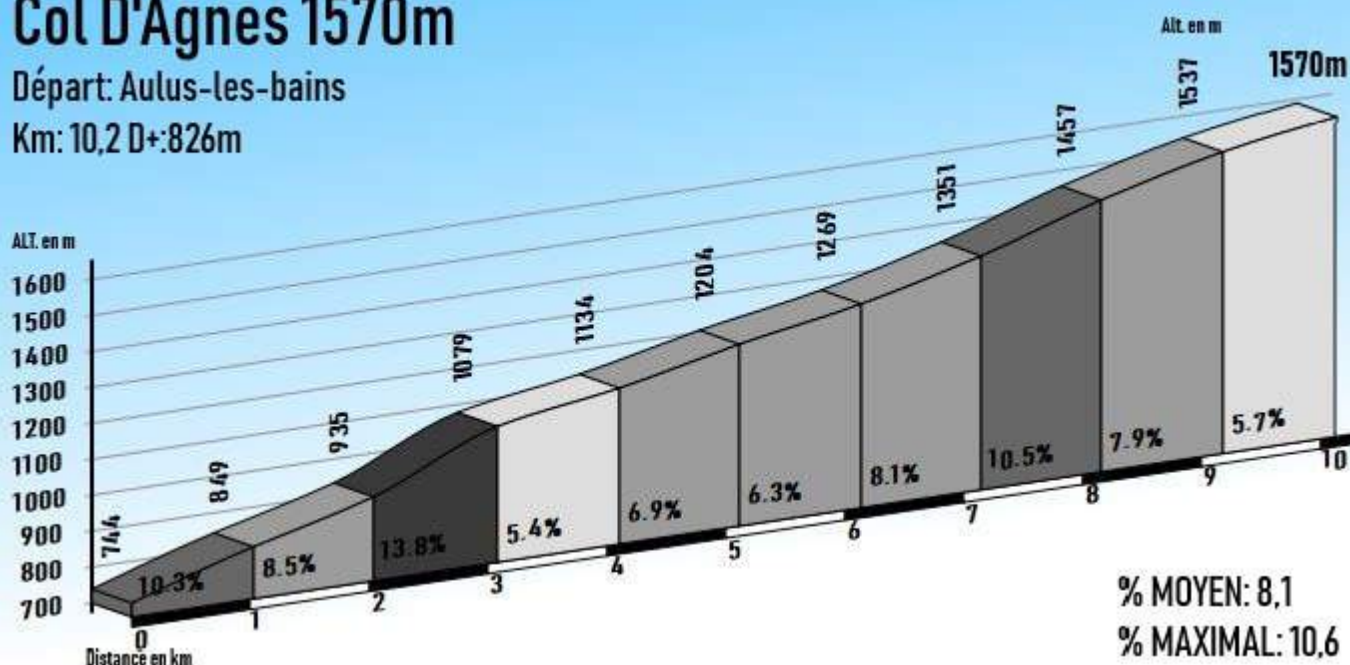
Or again, Alberto Contador who likewise in the 100% Ariège stage of the 2017 Tour. A reference time: Warren Barguil in 29' 44" in 2017 !!! Pour repère Warren Barguil a mis 29'44.



Col D'Agnes 1570m

Départ: Aulus-les-bains

Km: 10,2 D+:826m



OTAKAM

Vos performances cyclosporives
et celles de votre peloton sont sur
www.otakam.fr

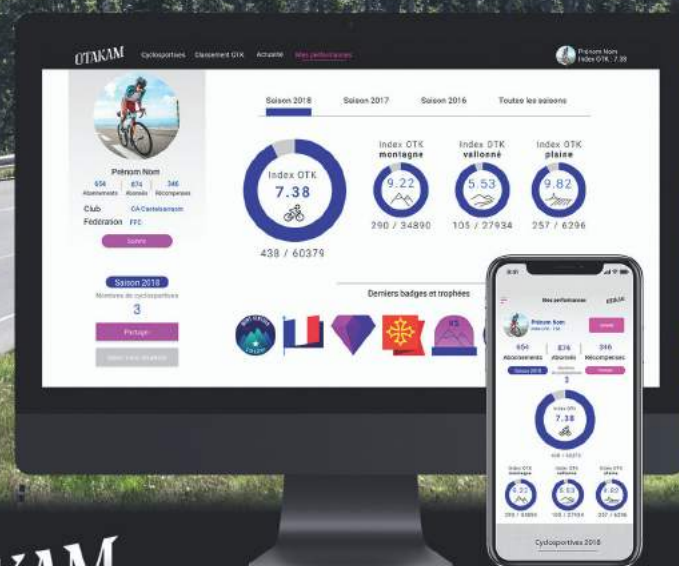
Connectez-vous gratuitement sur www.otakam.fr

- Accédez à votre palmarès
cyclosporiv depuis 2015.

- Découvrez vos performances OTK,
votre Index OTK et votre
classement cyclosporiv.

- Comparez vos exploits à ceux de
vos amis et des champions.

- Partagez vos trophées et les plus
beaux moments sur les réseaux
sociaux.



OTAKAM

www.otakam.fr

Première plate-forme dédiée aux cyclosporifs

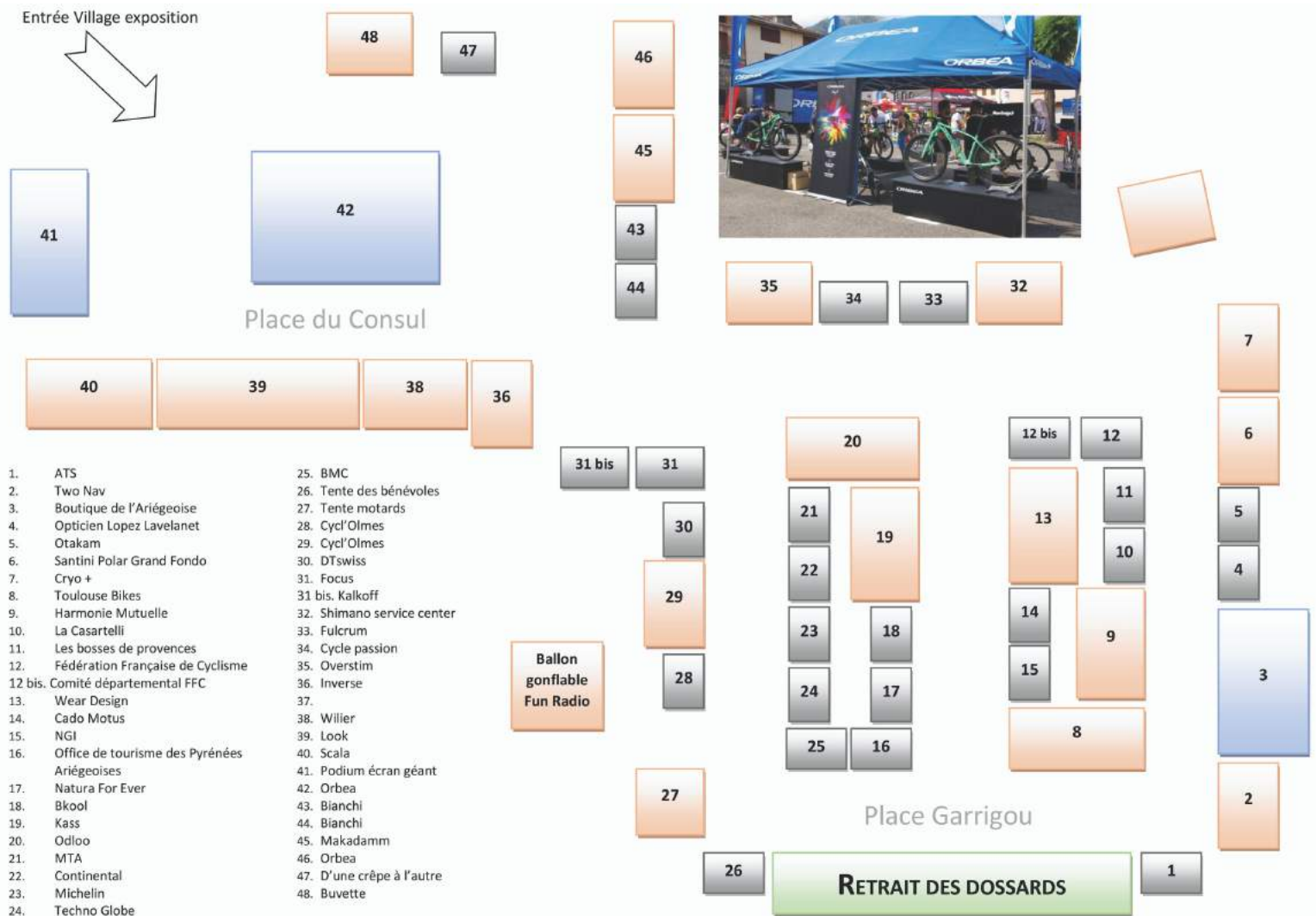


PARTNER ACCOMMODATIONS.

HÔTELLERIE			
Le Manoir d'Agnès ***	Tarascon (0 ; 17 km)	05 61 02 32 81	www.manoiragnes.com
Hostellerie de la Poste **	Tarascon (0 ; 17 km)	05 61 05 60 41	www.ihostellerieposte.com
Hôtel Confort **	Tarascon (0 ; 17 km)	05 61 05 61 90	www.hotel-tarascon-sur-ariege.com
Le Terra Nostra ***	Tarascon (0 ; 17 km)	05 61 05 52 06	www.terranostra-ariege.com
Hôtel Lons ***	Foix (18 ; 33 km)	05 34 09 28 00	www.hotel-lons-foix.com
Hôtel les Balladins **	Foix (18 ; 33 km)	05 61 05 36 10	www.hotel-balladins-foix.com
Auberge du Montcalm	Auzat (17 ; 0 km)	05 61 05 89 25	www.aubergedemontcalm.com
Hôtel Pyrène ***	Foix (18 ; 33 km)	05 61 65 48 66	www.hotel-pyrene-foix.fr
HÔTELLERIE DE PLEIN AIR (camping)			
Yellow village Le Pré Lombard ****	Tarascon (0 ; 17 km)	05 61 05 61 94	www.prelombard.com
Camping Le Sédour ***	Surba (4 ; 19 km)	05 61 05 87 28	www.lesedour.com
Camping des Grottes ****	Alliat (6 ; 13 km)	05 61 05 88 21	www.campingdesgrottes.com
Camping du Lac ***	Mercus (7 ; 18 km)	05 61 05 90 61	www.campinglac.com
Camping La Bexanelle ***	Vicdessos (15 ; 2 km)	05 61 64 82 22	www.labexanelle.com
Camping du Lac VPA ***	Foix (18 ; 33 km)	05 61 65 11 58	www.vap-camping.fr
Camping du Castella *	Luzenac (18 ; 30 km)	09 70 35 00 38	www.campingcastella.fr
Camping la Vernière **	Auzat (17 ; 0 km)	05 61 64 84 46	www.laverniere.eu
Pas de l'Ours ***	Aston (12 ; 26 km)	05 61 64 90 33	www.lepasdelours.fr
VILLAGE ET CENTRE DE VACANCES			
Le Léo de Foix	Foix (17 ; 33 km)	05 61 65 09 04	www.leodefoix.com
Gîte Les Oustalous	Les Cabannes (11 ; 25 km)	05 61 64 95 40	www.les-cabannes.com
VVF Les Cabannes	Les Cabannes (15 ; 25 km)	05 61 64 77 67	www.vvfvillages.fr
Point Soleil	Ornolac-Ussat-Les-Bains (5 ; 19 km)	05 32 42 95 10	www.point-soleil.com
Les Chalets d'Arignac	Arignac (4 ; 19km)	06 33 81 49 62	www.giteariegepyrenees.com
Les Granges de Léo	Aston (12 ; 26 km)	05 6102 95 86	www.lesgrangesdeleo.fr
CHAMBRES D'HÔTES & GÎTES			
Hameau de la Courbière	Tarascon (0 ; 17 km)	06 60 43 36 79	www.location-tarascon-ariege.fr
Les Terrasses de Castelmerle	Niaux (5 ; 12 km)	05 61 05 09 09	www.les-terrasses-de-castelmerle.fr
Cycle Pyrénées	Vernajoul (25 ; 41 km)	05 61 64 90 65	www.cyclepyrenees.com
Zéro Neuf Cycling	Gaudiès (47 ; 63 km)	05 34 01 77 54	www.zeroneufcycling.cc
Les Châtaigniers de Florac	Surba (4 ; 19 km)	05 61 03 53 49	www.les-chataigniers-de-florac.com
RESTAURANTS ET CAFES			
Les Saveurs du Manoir	Tarascon (0 ; 17 km)	05 61 64 76 93	www.manoiragnes.com
Pizzeria la Mandoline	Tarascon (0 ; 17 km)	05 61 05 15 75	
Hostellerie de la poste	Tarascon (0 ; 17 km)	05 61 05 60 41	www.ihostellerieposte.com
Le Bellevue	Tarascon (0 ; 17 km)	05 61 05 52 06	www.terranostra-ariege.com
Maison Lacube	Les Cabannes (11 ; 25 km)	05 34 09 09 09	www.lamaisonlacube.fr
Restaurant Lons	Foix (17 ; 33 km)	05 34 09 28 00	www.hotel-lons-foix.com
La table du Léo	Foix (17 ; 33 km)	05 61 65 09 04	www.leodefoix.com
L'Abeille Gourmande	Les Cabannes (15 ; 25 km)	05 61 65 10 80	http://www.beille.fr
Auberge du Montcalm	Auzat (17 ; 0 km)	05 61 05 89 25	www.aubergedemontcalm.com
Le Vieux Carré	Tarascon (0 ; 17 km)	05 61 05 08 30	www.levieuxcarre.fr
RESTAURATION RAPIDE			
La Mie Dorée	Tarascon (0 ; 17 km)	05 61 01 08 48	
TRAITEUR			
Maison Dumas	Surba (4 ; 19 km)	05 61 05 95 10	www.maison-dumas.com



MAP OF THE VILLAGE



The list of exhibitors is not exhaustive and the establishment of the stands is likely to evolve according to the number of exhibitors

Votre vélo mérite le meilleur.

SHIMANO SERVICE CENTER Ceux qui connaissent le mieux votre vélo.

Trouvez votre Shimano Service Center le plus proche sur shimanoservicecenter.com



**L'OFFICE DE TOURISME, LE CONSEILLER DE
VOTRE SÉJOUR "ARIÉGEOISE", CONTACTEZ-NOUS!**

Une offre d'hébergement pour tous les goûts et de qualité

Un parc locatif varié et de qualité : meublés de tourisme, gîtes ruraux, hôtels, chambres d'hôtes, camping et location de chalets... L'office de tourisme vous aide dans vos recherches.

Une offre d'activités sportives et culturelles diversifiées

Randonnée, escalade, canyoning, canoë-kayak, parcours aventure, etc... Grottes, Parc de la Préhistoire, châteaux... L'office de tourisme vous propose un programme d'incontournables à voir avant ou après les courses.

Une offre de Bien Être et de détente en eau thermale

A Ax-les-Thermes ou à Ussat-les-Bains, pour vous-même après les efforts de la course ou pour vos proches venus vous accompagner.



**PYRÉNÉES
ARIÉGEOISES**
TOURISME



OFFICE DE TOURISME DES PYRÉNÉES ARIÉGEOISES

Donezan - Vallées d'Ax - Tarascon Vicdessos

www.pyrenees-ariegeoises.com

Point Information Tarascon - Ussat
Tél. : 05 61 05 94 94

Point Information Auzat - Vicdessos
Tél. : 05 61 64 87 53

**Point Information Ax les Thermes
Ax 3 Domaines - Luzenac - Les Cabannes**
Tél. : 05 61 64 60 60

Points Information Le Pla en Donezan
Tél. : 04 68 20 41 37





LE PRÉ LOMBARD

CAMPING VILLAGE ARIÈGE-PYRÉNÉES



Partenaire de
l'Ariégeoise

*Venez vous entraîner toute l'année !
Come and train all the year !*



400m du départ

de tous les parcours de l'Ariégeoise

400m from the start

of all cycling routes



Tracés GPS 2019

sur place, téléchargez tous les parcours

Tracks GPS 2019

at the campsite download all courses



Atelier vélo

Technicien sur place

Bike stand

Technician at the campsite

Nos Plus



Tarifs Groupes

avec demi ou pension complète

Group rates

with half and full board



Mais aussi



WIFI
Dans tout
le camping



Piscine chauffée
et SPA de Mai à
Septembre



Animations et
clubs enfants ouverts
de Mai à Septembre



Pizza/snack/ restaurant
ouverts
de Mai à Septembre

BP 90148 - 09400 TARASCON SUR ARIÈGE

Tél : +33 (0)5 61 05 61 94

contact@prelombard.com

Camping Le Pré Lombard Yelloh!Village



Besoin de plus d'infos ? Rendez-vous sur www.prelombard.com

