

SLH Pyrenees 2007

A group from SLH, Nigel, Chris, Harvey, Sandy, Rob, Parky, Francis, Lorraine and Jeff, spent a week in the mid Pyrenees.

A few drove and some of us flew from Gatwick to Toulouse. At Toulouse Airport we realised that we had too much baggage, which included bike bags for the hired MPV. Rob Parkey and Francis volunteered to catch the train from Toulouse to Montrejeau, where they were collected by Nigel. Montrejeau train station is only 10 miles from the accommodation, which means you could easily not worry about hiring a car, as the hosts will arrange to pick you up.

The accommodation was a beautifully converted farmhouse with outbuildings forming an enclosed courtyard. (See photos) The main approach to the farmhouse went over a small stream where Sandy lost her footing and landed head first with her bike on top of her!! This did not deter Sandy's enthusiasm for climbing Col D'Aspin and swimming in the lake.

Lee and Julie, a young couple both qualified BTA coaches who are very much into their cycling, running and triathlons served as excellent hosts. They provided us with Cycling and running routes, advice about different climbs etc etc, they also provided us with superb evening meals consisting of a starter, a large main course and 2 puddings!!! Plus free wine all for 15 euros' each. A real bargain!

Nigel's itinerary included brick sessions, several cycle rides including cols, lake swims and a team triathlon. The winning team was Chris, Harvey and Jeff. In the evenings we played cards, boules and waited patiently for our refuelling culinary meal. We discussed the day's events and normally went to bed exhausted by 10:30 pm.

There was a local lake within cycling distance of the accommodation, which was ideal for swimming. On returning from one of our early morning swims a French Citroen driver cut the corner of a bend and crashed into us. Trying to converse was difficult because he couldn't speak English and we couldn't speak French! We were amazed at the gathering of locals the accident had attracted, and a phone call went out to an English lady who came a long and acted as our interpreter. No one was hurt and it did not upset the plans for the rest of our holiday.

It was unanimously agreed that it was an excellent weeks holiday so much so, that Nigel is considering arranging a similar one next year. I would like to put my name down now before the rush! They have an excellent web site www.velopyrenees.com

A special thanks to Nigel for organising a great holiday and for getting the French bread cheese ham, beer etc from shoppi every morning.

Lorraine