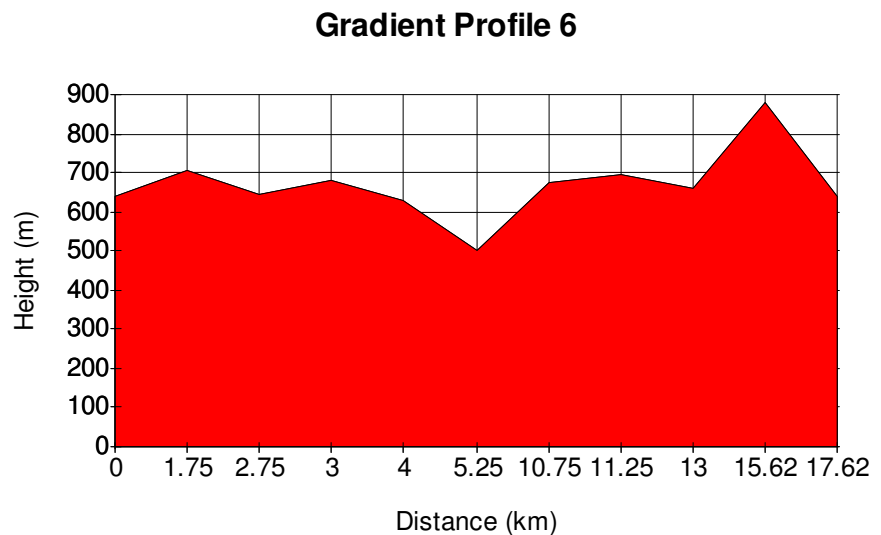


Route Six - "Medium"

This is an interesting course for the intermediate rider who wants everything from a ride. The trail is 18.25 km, having two main challenging uphill and two exhilarating downhills.

On the way out of Vernet you take road up on to the ridge giving you good views down both sides of the valley. Looking to the right from the top of here you can look right across Vernet and enjoy great photo opportunities of the Canigou.

After riding along the ridge you will arrive at a place called the Dolmen. At the dolmen you take a left down into Fuilla des Bains on a fast single track which should excite riders of all experiences. This brings you out at Le Pont, here you take a left on to the road and up the valley to Sahorre.



Through Sahorre and up a steady climbing road to the rock pools, here you can dip your feet in cold water to cool yourself down before a possible lunchbreak. Here is an ideal lunch stop due to the shade and picnic areas provided.

From here it's back down past Sahorre and up a dusty gravel track to the pylon above Vernet. At the pylon you have a great opportunity to take a photo of Vernet and the surrounding area. Then down the hill on a great gravel track which has some tricky corners but should be easily navigated before a short ride on the road back down into Vernet .