

Pedal for Progress 2025 – Montpellier to Barcelona

Aims

- Remember and pay homage to Albert-Guifré Antona Elias
- Contribute to the research and investigation of Neurofibromatosis Type 2 (NF2)
- Support charities that aim help those affected by NF2
- Raise awareness of NF2

Objectives

- Have fun
- Complete the route

Summary

- **Participate in a planned 457km cycle route from Montpellier in the south of France to Barcelona, Spain**
 - The actual distance covered will likely be closer to 500km after accounting for detours to reach accommodation and any improvised route changes
- **The challenge will occur over 5 days and we will cover an average of 100km per day**
 - On days that involve more hills we will do closer to 80km and likewise on days involving more flats we will cycle closer to 120km
 - This ensures that the intensity and duration of each day remains reasonably similar
- The route hugs the Mediterranean coastline and there are sections that follow coastal roads
 - This will help mitigate part of the July heat as we will have the coastal breeze
- On the route there will be the opportunity for sightseeing as we stop in Narbonne, Perpignan, Portbou, Lloret de Mar, Mataró and of course Barcelona where we will have some amazing views from the top of the Tibidabo mountain
- **Bikes can either be brought from home and checked in onto the flight into Montpellier or can be hired in Montpellier and then returned by our support vehicle after we reach Barcelona**
- The support vehicle will be able to carry all items that we will not require whilst we are cycling (e.g. bike check-in boxes / clothes for the rest of the trip) - please keep in mind that there is limited space in the support vehicle
- Items that are required during the cycle (e.g. water and snacks) must be carried as it is not guaranteed that we will meet the support vehicle before the end of the day
 - Where possible we will try to arrange checkpoints with the support vehicle to allow water refills, but we cannot rely on this
- **This challenge is designed to be physically and mentally demanding and we recommend that you practice ensuring that you can cycle comfortably at 20km/h for an extended period of time**
- The grouping as we cycle is flexible and will depend on the number of participants; there is the option to have one faster and one slower group to ensure that no one feels overwhelmed
- Additionally if there are any issues (e.g. injuries, broken bike, heat stroke) the support vehicle can take anyone to the end point of that day

- Each participant will be required to have the adequate safety attire including a helmet, front lights and back lights additionally we strongly encourage that participants come with gloves and padded trousers
- **We will stop to sleep overnight in 4 locations along the route (roughly 100km apart) and 1 night in Montpellier – before we start**
- Accommodation will be booked separately, and we will advise you which towns / hotels we will be staying in
- We advise that you arrive in Montpellier by 15:00 (at the latest) the day before – this will ensure we have time to pick up hired bikes and ensure our bikes are working correctly before the shops close
- The following day we will be setting off at 06:00 so it is imperative that we are prepared the day prior
- It is likely that the temperatures on parts of the route that are further from the coast to be over 35° so it is very important that you are physically prepared not just to cycle but also to endure the summer heat

Dates

- The dates are not confirmed but can be adjusted to fit everyone's availability but an example is shown below of the breakdown if we completed it between 27/07/25 and 01/08/25

Breakdown of the days

27/07/25	Arrival in Montpellier before 15:00 (French time)
28/07/25	Cycle Montpellier – Narbonne Distance ≈ 100km, Duration ≈ 4hr 15min, Elevation: fairly flat
29/07/25	Narbonne –Port Vendres Distance ≈ 100km, Duration ≈ 4hr 15min, Elevation: flat
30/07/25	Port Vendres - Roses Distance ≈ 75km, Duration ≈ 3hr 30min, Elevation: very hilly
31/07/25	Roses – Tossa de Mar Distance ≈ 100km, Duration ≈ 4hr 15min, Elevation: fairly flat
01/08/25	Tossa de Mar - Barcelona Distance ≈ 90km, Duration ≈ 4hr 30min, Elevation: flat until the end

Register interest

If you are interested in participating, please fill out the google form to show your interest so we have an idea on the number of participants.

https://docs.google.com/forms/d/e/1FAIpQLScpc6Tpyi3Xdp_grtzkC1UiwT4B-xT3d_S44YzWIKAUjNMMVA/viewform?usp=sharing

More information

More information on the exact route with access to elevation profiles can be found at:

https://www.komoot.com/tour/1845563492?share_token=aj2sibN0Btvo4BNBN2mW7XqXqw6iCEfQOVwyBZ0u6DimiSUK8e&ref=



Get in contact

If you have any queries, please send us an email at: mario.antona@outlook.com or call us at: (+44) 7311 694999

Route map

