

BIENVENUE

26 Sept – 2 Oct 2026

Can't make these dates?
Other group immersions
are scheduled in 2027
[Contact us](#) to enroll!

Immersion "French & Bike"

FRENCH IMMERSION
IN BAGNERES-DE-BIGORRE (65)
LEARN - PRACTICE - IMPROVE

Bespoke French
lessons

Local exploration by
bike and activities

Complete immersion
Guaranteed progress

Bonjour!



If the most effective learning comes from a friendly and exploratory atmosphere, Bagnères-de-Bigorre is your next destination!

Nestled at the foot of the majestic Pyrenees, in the heart of Bagnères-de-Bigorre, our language immersion invites you to experience **authentic French daily life** in a setting made for **cycling enthusiasts and culture lovers** alike.

Improve your French not only through lessons, but also on the bike, on exceptional routes such as the **Tourmalet**, the **Col d'Aspin**, and legendary **Tour de France roads**, as well as through activities designed to help you **practise French** and **discover local culture**. Courses take place in Bagnères' iconic cycling venue, *Chez Octave*, the true temple of the bike in the town.

It is more than a stay — it is a unique experience **combining language, sport, and a deeply rooted art of living**.

Far from the crowds, join us for **5 days of guaranteed progress**, punctuated by expert instruction, cycling outings in outstanding landscapes, local discoveries and flavours, and the breathtaking scenery of the Pyrenees.

YOUR HOSTS



We are **Prisca and Nathalie**. Both of us are teachers of FLE (French as a Foreign Language), and we share over 15 years of passion for the French language and its culture.

After personal journeys filled with travel and enriching intercultural exchanges, **we had a shared idea: to offer immersion language stays.**

Having witnessed the effectiveness of learning languages in the context ourselves, this new venture felt like a necessity.

This is why we offer you our expertise to **accelerate your progress** and **guarantee you an intense, memorable, and profoundly authentic experience.**



CONTACT US

Phone : +33 624 972 655

Email : contact@frenchimmersions.com

YOUR PROGRAM

	Morning	Lunch	Afternoon	Evening
Sunday			From 5pm (approx.): arrival at the gîte and check-in to your room.	From 7pm: welcome apéro together to get to know each other!
Monday	9:30-11:30am : French class	12-1pm : lunch at Octave's	1-5pm : bike ride - let's discover <u>la Houquette d'Ancizan</u> 🚴	7-9pm : wine tasting at la "Cave à vin" with your teachers
Tuesday	9:30-11:30am : French class	12-1pm : lunch at Octave's	1-5pm : bike ride - let's discover <u>the Col d'Aspin</u> 🚴	
Wednesday	9:30-11:30am : French class	12-1pm : lunch at Octave's	1-5pm : bike ride - let's discover <u>the Baronnies</u> 🚴	5-8pm : gastronomie/ historique tour of the city with your teachers
Thursday	9-5pm : bike ride: " <u>Conquering the Tourmalet</u> " 🚴 Lunch at <u>the Tourmalet with your teacher</u> + French lesson before to go down			6-8pm : spa "Aquensis" to relax your muscles ;)
Friday	9:30-11:30am : French class	12-1pm : lunch at Octave's	1-5pm : bike ride - let's discover <u>Lourdes</u> 🚴	
Saturday	8am-1pm (option) : The excellentissime "Descent of the Géant du Tourmalet" for the winter season – program coming soon. Free to join!			

YOUR LESSONS



1st step

Upon registration, you will receive **a written evaluation test.**

This will allow us to determine your level and your expectations.
(level A1+ min. needed)



2nd step

Next, we will meet online to determine **your oral proficiency**



3rd step

Finally, we will make sure to include elements you need and/or want to work on in the program for your immersion such as **grammar points, situational speaking practice, phonetics...**



We value your input. If you have **any specific requests**, feel free to share them with us. *For example: I would like to study the conditional.*



In total, your program features **10 hours of core class time**, plus **guided activities with your teachers** and shared meals, totaling **a minimum of 50 hours of French practice.**

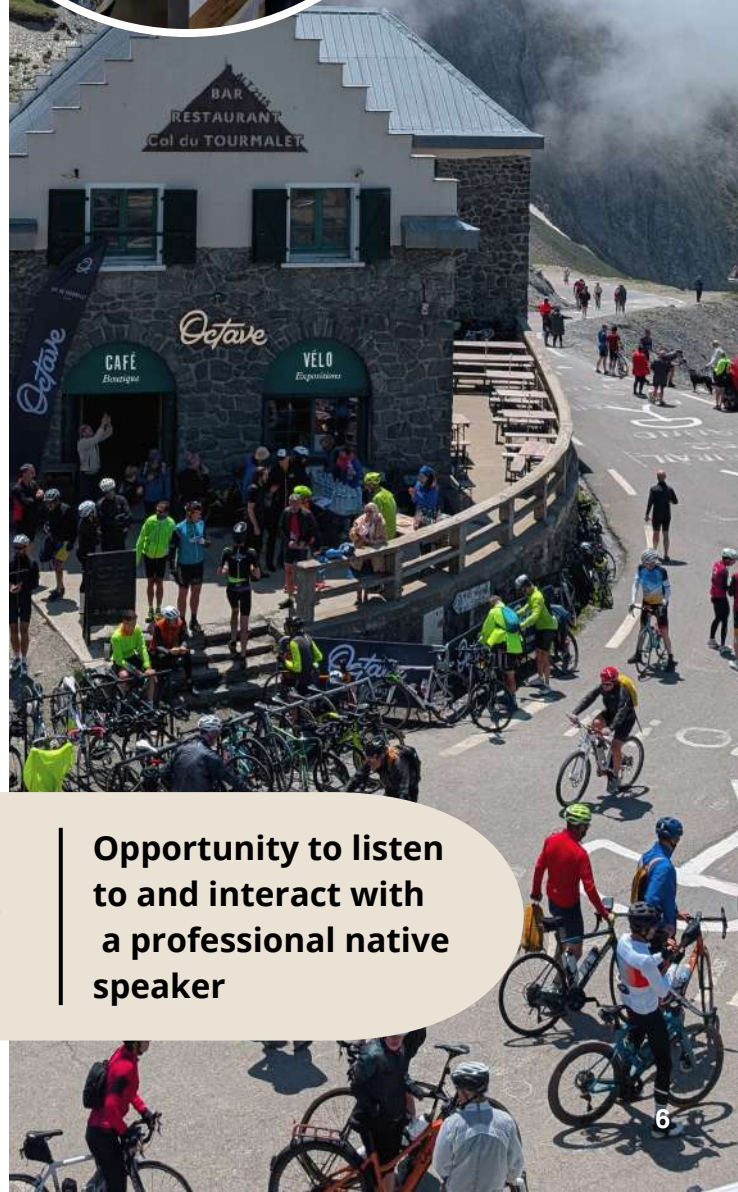
ABOUT THE ACTIVITIES

Your program includes **three activities** :

- 2-hour **spa session** to relax your muscles,
- **Food tour** : a convivial tasting experience that highlights regional products and traditions, while naturally practicing French in real-life situations,
- **Curated wine tasting experience** that brings together exceptional local and French wines, selected with the expert guidance of Maxime

The two last activities are **supervised by a professional** and **supported by your teachers**.

If you prefer to stay quiet at your accommodation or follow your own program, that is absolutely possible!



Acquisition of
specialized
vocabulary

Spontaneous oral
practice and listening
in a real-life context

Opportunity to listen
to and interact with
a professional native
speaker

ABOUT ACCOMMODATION

In the event that the initial villa is fully booked at the time of registration, accommodation of an equivalent standard will be arranged.



Steeped in history and quiet elegance, **Villa Bonvouloir** offers a truly unique place to stay in Bagnères-de-Bigorre.

Once the residence of Count Henry de Bonvouloir, a renowned 19th-century entomologist who welcomed leading scientists of his time, the villa retains **the spirit of a refined retreat** dedicated to curiosity, nature, and discovery.

Each accommodation option invites you to unwind in a serene setting, **immersed in the greenery and Pyrenean charm of Bagnères-de-Bigorre**. Blending **comfort, simplicity, and a warm sense of hospitality**, they provide the perfect place to relax after a day of cycling and cultural exploration, offering an authentic experience where well-being and local character come together.

The villa offers **fully comfortable studios** (1 double bed) and **apartments** (two bedrooms with double beds).

Don't hesitate to ask us for a quote if you wish to come as a couple or with friends.



**all the convenience
of shops and
restaurants nearby**

**terrace
car park
wifi**

**a large garden
design
nature / city**



ABOUT THE FOOD

Students will have **lunch** in the elegant and inspiring atmosphere of **Café Ravito**, a place that pays tribute to cycling culture and the art of living in the Pyrenees. French classes will also take place there, in a comfortable setting that is ideal for learning. Between sessions, students will be able to relax with **coffee, tea, or light treats**, for an experience that is both educational and convivial.

Breakfast will be served each day, depending on the chosen accommodation, while evenings will be free for exploring Bagnères-de-Bigorre's restaurants.

At certain times, special activities with food options will also be included, such as **wine tastings** or a **guided food tour**, to showcase the local flavors



**Catered lunches
made by a chef**

**Full board
High-quality local
products**

**Discovery of
local specialities
and flavours**

PRICES

THE DIFFERENT OPTIONS



OPTION 1

PROGRAM

+ ACCOMMODATION

(you bring your own bike)

STARTING FROM

1800€



- 50h of French practice (French lessons + homework + activities),
- 4 half-days + one full day to discover the legendary Tour de France routes and the surrounding area with an experienced guide.
- your accommodation (studio or apartment at the villa Bonvouloir)
- half-board : breakfasts + 5 lunches included (prepared by "Maison Octave")
- 2 pedagogical activities included : Local cultural/food tour of the city, Wine & local products tasting + 1 entry to the Spa "Aquensis"
- Getting to and from the activities,
- A flexibility and adaptation to your needs and objectives,
- Administration & organization fees,
- Tea, coffee and "petit gâteaux"!



STARTING FROM

2200€

OPTION 2

PROGRAM

+ ACCOMMODATION

+ BIKE



THE SCHEDULE

ARRIVAL & DEPARTURE

ARRIVAL :
Sunday,
September 27th

STARTING FROM

4pm

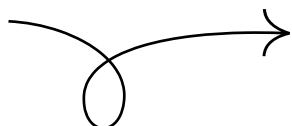


For guests traveling internationally, your journey will usually begin at a major international airport.

We strongly recommend choosing one of the **Paris airports (CDG or Orly)**, where you will have access to a good range of direct flights to **Lourdes-Tarbes Airport**.

From Lourdes-Tarbes Airport & Lourdes/Tarbes train station, you can:

- rent a car and drive directly to Bagnères-de-Bigorre,
- take a bus or taxi to Bagnères-de-Bigorre,



There are also **direct trains to Lourdes & Tarbes from Paris and several major French cities**.



Upon request and at an additional cost, **we can arrange a private shuttle service to pick you up from Lourdes-Tarbes airport or Lourdes/Tarbes's train station and take you directly to Bagnères-de-Bigorre.**



DEPARTURE :

Saturday,
October 3rd

BETWEEN

9am&4pm

For further details, please contact us
we'll be happy to give you more info.



Looking for more?

An extension of this program is available for an even more intensive experience!

Get in touch with us to learn more!

CONTACT



Email

contact@frenchimmersions.com



Website

<https://www.frenchimmersions.com/>



Instagram & Facebook

Instagram : [French immersions](#)

Facebook : [French immersions](#)



Phone

0033 624 972 655

À bientôt!

DO YOU HAVE A QUESTION?



We're here to help!
Get in touch.

