



Pyrenees Highlights: Hiking in the French and Spanish National Parks

SELF-GUIDED ITINERARY





Itinerary

10 nights and 11 days in the French and Spanish Pyrenees hiking some of the best trails and taking in two National Parks and the famous Brèche de Roland and the magnificent Ordessa Canyon, both of which fall in an area registered by UNESCO as a World Heritage Site.

Day 1

Joining point at the hotel in Caunterets with a chance to have a look around the busy little town in the evening.

Day 2 and 3

Take either a shuttle bus or a taxi for the short ride up to the Pont d'Espagne (1460 m) the starting point for two hikes into the French Pyrénées National Park. One route ascends the Marcadau Valley renowned for its herds of wild "Isards" and reaches the Refuge Wallon. 18 km, 5 ½ hrs, ascent 410 m, descent 410 m, highest altitude 1865 m. The other route ascends, after a short chairlift ride, the Gaube Valley where it is possible to reach the Refuge des Oulettes at the base of the Vignemale, at 3219 m the highest mountain in the French Pyrénées. 12km, 4 ½ hrs, ascent 490 m, descent 490 m, highest altitude 2150 m. Both hikes can easily be lengthened or shortened.

Day 4

A taxi will take you from the hotel directly to the Cirque de Troumouse. From the drop off point at 2103 m there will be time to explore this magnificent 4 km diameter natural amphitheatre dominated by the Pic de la Munia (3133 m) and the Pic de Troumouse (3085 m). After exploring the area the route continues descending a trail past the Lac des Gloriettes to the small village of Gedre. 18km, 5 ½ hrs, ascent 340 m, descent 14000 m, highest altitude 2132 m.

Day 5

Gèdre to Gavarnie (1400 m). Heading south from the village we can approach Gavarnie via footpaths over grazing land with magnificent views. The full day hike is about 20 km, 6 hrs, ascent 930 m, descent 530 m, highest altitude 1881 m. The hike can be shortened to 13 km, 4 hrs, ascent 650 m, descent 250 m, highest altitude 1647 m.

Day 6

Rest day or day hike in Gavarnie to visit the Cirque de Gavarnie.



Day 7

A day in Gavarnie. With suitable weather and a taxi ride up to the Col des Tentes (2208m) it is possible reach, via a small glacier, the famous “Breche de Roland” - a huge natural doorway in the cliffs, which form the frontier between France and Spain. The return path to Gavarnie takes us over the “Plateau de Bellevue” with great views into the Cirque de Gavarnie. 16km, 6 ½ hrs, ascent 620 m, descent 1400 m, highest altitude 2807 m.

Important – for the next two nights in Spain baggage transfer is not included due to the very high cost of the 163 km route by road. Bags can be left at the hotel at Gavarnie and you will need to carry what you need with you.

Day 8

Again using a taxi up to the Col des Tentes (2208 m) to the start of the hike. The route soon passes a lake and the Col d’Epeçières (2344 m) into the Aragon region of Spain. A long, gentle and varied descent takes us over grassy meadows and woodland down to the delightful small town of Torla. 18 km, 5 ½ hrs, ascent 510 m, descent 1700 m, highest altitude 2344 m.

Day 9

A short shuttle bus ride up into a National Park and the Ordessa Canyon, a huge glacier carved-valley with side walls rising 1000 m above the valley floor. After a well graded ascent the route reaches the “Faja de Pelay” – an almost level 8 km balcony path with extraordinary views across the canyon towards the high frontier mountains. At the head of the valley a waterfall marks the return point along the valley floor. 19 km, 6 hrs, ascent 840 m, descent 840 m, highest altitude 1980m.

Day 10

The return from Torla to Gavarnie is shortened by using transport part of the way back up the valley to the Bujareulo Bridge. From there it is a 2 ½ hr ascent back to the border at the Col de Boucharo. From there the route follows the charming Pouey-Aspé valley which wends its way down to the village of Gavarnie. 13 km, 5 ¼ hrs, ascent 970 m, descent 900 m, highest altitude 2273 m.

Day 11

Leave Gavarnie.



Accommodations

Two star hotels, all rooms with shower or bath and WC.

Days 1 - 3.

Cauterets. Hotel Christian 2*. www.hotel-christian.fr.

Dinner, bed and breakfast. 3 nights.

Day 4.

Gedre. Hotel Des Pyrénées.2*. www.hotelspyrenees-paystoy.fr/hotel_pyrenees-hotel-des-pyrenees-24.htm

Dinner, bed and breakfast. 1 night.

Days 5 - 7.

Gavarnie. Hotel le Marboré 2*. www.lemarbore.com.

Dinner, bed and breakfast. 3 nights.

Days 8 – 9.

Torla. Hotel Edelweiss 2* www.edelweisshotelordesa.es

Bed and breakfast. 2 nights.

Day 10.

Gavarnie. Hotel le Marboré 2*. www.lemarbore.com.

Dinner, bed and breakfast. 1 night.

Transport Included

Day 4: Transfer clients from Cauterets to the Cirque de Troumouse with baggage drop at Gedre.

Day 5: Baggage transfer from Gedre to Gavarnie.

Detailed Route Notes Included

Detailed route notes can be supplied for all proposed hikes.

Maps to be Supplied

IGN 1:25000 Vignemale and Cauterets

IGN 1:25000 Gavarnie

Alpina 1:40000 Ordessa



Additional Transport to Be Arranged Locally by Clients with Hotel Owner and Paid For by Clients

- Day 2: Cauterets to Pont d'Espagne, there and back
- Day 3: Cauterets to Pont d'Espagne, there and back plus chairlift
- Day 7: Gavarnie to Col des Tentes for hike to Brèche de Roland. Return to Gavarnie on foot.
- Day 8: Gavarnie to Col des Tentes for hike into Spain.
- Day 9: Torla to Ordessa – regular shuttle bus there and back
- Day 10: Taxi from Torla to San Nicolas de Bujareulo for hike back to Gavarnie.

Additional Included Services

- 24 hour emergency contact - landline and mobile phone numbers
- Contact by phone first evening to make sure arrived OK
- Contact by phone last evening to make sure everything went OK.
- Arrival and departure transport information – buses and taxis
- All routes checked annually to assess accuracy of route descriptions
- Comprehensive Trip Planner with arrival and departure transport info, packing lists, route descriptions, reading lists, cultural/historic information
- Pre-trip email and telephone consultation as required

Not Included

- Additional transportation noted above
- Air travel
- Transport to Cauterets at start of trip
- Transport from Gavarnie at end of trip
- Lunches and snacks
- Dinners on days 8 and 9
- Beverages with dinner and non-included breakfast or dinner items
- Travel insurance
- Items of a personal nature
- Anything not included in the above "included in cost" list

Price

- Per person double occupancy: \$2093. Single supplement \$435.
- Group prices, per double occupancy:
 - Group of 4: \$2048
 - Group of 5: \$2018
 - Group of 6: \$1995
 - Group of 7: \$1980
 - Group of 8: \$1973



500/per person deposit payable by check or credit card through Paypal. Balance is due 90 days before departure by check.

Cancellation Policy

If it becomes necessary to cancel your trip, the following schedule applies and is determined by the day that we receive written notification:

- >90 days prior to the trip: you will be charged \$100/person plus any applicable credit card charges
- 90-61 days prior to the trip: you will be charged 25% of the trip price
- 60-46 days prior to the trip start: you will be charged 50% of the trip price
- 45-0 days prior to the trip start: you will be charged 100% of the trip price

We strongly recommend that you purchase Trip Cancellation and Interruption Insurance. Please go to our web site at <http://www.bredeson.com> and click on the “Trip Sign-Up” link for information on trip cancellation, interruption and health care insurance.

Questions and How to Sign Up

Contact Deborah Lewis at (866-533-4361 (toll free in the U.S.), 203-840-0295 or dlewis@bredeson.com for a sign-up form or if you have questions. You can also follow the steps identified on our sign-up page at <http://www.bredeson.com>: click on “Trip Sign-Up.”

We hope that you will join us on this grand adventure!

