

Factsheet | Self-guided walk | Level 4/5  | 6-7 walking days

GR10 Bagnères de Luchon - Aulus les bains : Wild Ariège

Your route in brief

- Self-guided walk without guide
- Walk with family, friends or as a couple
- Possibility of a comfort version with 4 nights in room
- Transport of your luggage between each stage (depending on the option chosen) except for 1 night in mountain refuge
- Access and return possible via Luchon and Aulus les Bains
- Duration 7 days / 6 nights

Strong points

- A part of the itinerary in the Natural Park of the Ariègean Pyrenees
- The magnificent views of the high peaks of the Luchonnais, the Encantats and the Maladeta
- The small preserved mountain hamlets
- Hiking through the Couserans, the territory of the Bear
- The wild beauty of the Ariège
- Crossing the Mont Valier Reserve
- An itinerary between forest, pasture and belvedere



From Luchon to Aulus-les-bains, the GR10 follows ancient passages that were used as a means of communication between the deep valleys. Here, the itinerary follows a rural and forestry trail around the Piemont villages of Artigue and Melles-en-Comminges and the hamlets of Eylie, Bouche, Aunac and Bidous before rejoining another thermal station, Aulus-les-bains. The walk between Comminges and Couserans will take you through some remarkable flora : Gispét (widespread grass that gets slippery when wet and thrives on high altitude terrain), rhododendron flowers, blueberries and majestic beech trees that share the forest with fir trees. In Couserans you discover more traces of the past when the trail takes you to various 'jasses', (an area where the shepherds would gather their sheep near to the river), old shepherd's cabins and cairns, all signs of an ancient presence.

www.gr10-liberte.com / www.respyrenees.com
www.maison-iputxainia.com

Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54

info@respyrenees.com



•PROGRAM

Day 1 : Start of holiday in Luchon

Installation at your accommodation in Luchon. Possibility to visit Luchon or go hiking.

The village of Cazarilh and Luchon valley

Walk in the surrounding countryside to the village of Cazarilh-Laspènes, a village with a remarkable church and architecture. Opportunity to walk to the hamlet of Trébons, then Saccourvielle before returning to Luchon.

Ascent of the pic de Céciré

From Superbagnères, reach the summit of the famous peak of Céciré (2403m), lookout on the 3000 of Luchonnais, and the summits of the border: offer yourself a view on the Maladeta and the massif of Aneto during this very pleasant walk.

- Distance : 9km, duration : around 3h, altitude gain : +465m, descent : -465m.
- Distance : 13,5km, duration : around 5h, altitude gain : +775m, descent : -775m.

Day 2 : from Artigue to Fos

Short transfer to Artigue. (It is possible to include the walk Luchon-Artigue in the tour, adding a night in Artigue : Contact us). From Artigue village, you cross a high col called the col de la Peyrahitta at an altitude of 1947m. Just after the col, if you are feeling up to it, you have the chance to climb the Pic de Bacanère, 2193m, this is a good variant and links up with the lake of Dessus. After having crossed Cigalères ridge (2093m) you pass one cabin after another before arriving at the village of Fos at an altitude of 544m.

- Distance : 20km, duration : around 7h45, altitude gain : +1000m, descent : -1675m.

Day 3 : from Labach de Melles to Araing lake

Short transfer to Labach de Melles (can be avoided, consult us). At Labach de Melles, at an altitude of 980m, the GR10 approaches the first foothills of the Ariège mountains. From the Col d'Auérans the GR10 heads to the Etang d'Araing, you can enjoy the large, open, wild spaces and airy views that are famed in this county. In good weather, it is possible to climb the Crabère (2629m). Superb panoramic view at the top, especially of the Maladeta massif.

- Distance : 9km, duration : around 4h30, altitude gain : +1285m, descent : -315m.
- Distance : 12,5km, duration : around 6h45, altitude gain : +1660m, descent : -690m (Crabère variant)

Day 4 : from Araing lake to Eylie

This section links Etang d'Araing to Eylie d'en Haut. It crosses the first part of Ariège by passing through a series of small mountain villages, the architecture and ambience are not to be missed. This stage being very short, it is possible to climb the Pic de l'Har (2424m), a remarkable viewpoint on the high peaks of the Couserans and the Pyrenean foothills.

- Distance : 8km, duration : around 4h15, altitude gain : +430m, descent : -1375m.
- Distance : 10km, duration : around 5h30, altitude gain : +580m, descent : -1525m (Pic de l'Har variant).

Day 5 : from Eylie to Maison du Valier

Starting from Eylie, this first sporting stage in the heart of the Couserans crosses the wild spaces typical of this part of the Pyrenees: beech forests, summer pastures, shepherds' huts, etc. As you reach the Arech and Clot du Lac passes, you will enjoy beautiful views of the surrounding mountains, rising above deep valleys. You will then reach the Pla de la Lau and the Maison du Valier.

- Distance : 18km, duration : around 8h30, altitude gain : +1600m, descent : -1650m.

Day 6 : from Maison du Valier to Aunac

Second sportive stage on paths often in balcony, between high mountain and piedmont of Couserans. You will leave behind you the Mont Valier massif, the emblematic summit of the Couserans, while enjoying superb views of the latter as well as of the other high peaks of the area. The charming little pond of Ayes will also brighten up the route. You will then reach the Col de la Core to switch to the valley leading to Aunac. Long and difficult stage, possibility of organizing a transfer in the morning to shorten it (with extra cost, consult us).

- Distance : 22,5km, duration : around 8h30, altitude gain : +1400m, descent : -1600m.

Day 7 : from St Lizier d'Ustou to Aulus les bains

In the morning, transfer to Saint Lizier d'Ustou (It is also possible for you to do this section walking, adding a night in St Lizier d'Ustou, consult us). From the pretty hamlet of St Lizier d'Ustou, nestled in the heart of a very green valley, you reach the Escots pass. From the latter, there is a beautiful view of the last high peaks of the Couserans. Then you will head towards the spa village of Aulus les Bains via the Casérien cirque and the pretty Fouillet waterfall. A possible detour via Guzet and the Ars waterfall will allow you to admire one of the most beautiful waterfalls in the Pyrenees.

- Distance : 15 km, duration : around 6h30, altitude gain : +1100m, descent : -1100m.

This programme is an example of the itinerary we aim to adhere to. It may be necessary, if situations arise that are beyond our control, for the itinerary to be modified.

• DATES AND PRICES

Departures

Every days from the middle of June to the end of September.

Booking from 2 people (solitary traveller: consult us).

From 15/06/2023 to 30/09/2023 :

Prices with luggage transfer :

Price per person for a group of 2 persons	760€
Price per person for a group of 3 persons	695€
Price per person for a group of 4 persons	655€
Price per person for a group of 5 persons	630€
Price per person for a group of 6 persons	615€

Prices without luggage transfer :

Price per person for a group of 2 persons	625€
Price per person for a group of 3 persons	595€
Price per person for a group of 4 persons	580€
Price per person for a group of 5 persons	570€
Price per person for a group of 6 persons	565€

Extras :

- Comfort Version (4 nights in room) : 45€/pers
- Extra for a single room : 120€/pers
- Transfer back from Aulus les Bains to Luchon on a weekday: 170€/transfer
- Transfer back from Aulus les Bains to Luchon on a Sundays and public holidays: 190€/transfer
- Extra night in Luchon half board double room : 70€/pers
- Extra night in Luchon half board single room : 90€/pers
- Extra night in Aulus half board double room : 65€/pers
- Extra night in Aulus half board single room : 95€/pers
- Extra night in Aulus half board shared dormitory : 55€/pers

The price includes :

- Half board accommodation
- Transfers on days 2, 3 and 7
- Luggage transport depending on the option chosen except for the 1 night in a refuge on day 3
- Dossier containing maps, route notes (1 for 4 persons, given in 1st accommodation)
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Holiday and travel insurance
- 15€ for booking fees
- Showers in the mountain huts
- Additional transfers
- Entrance fees, additional activities
- Drinks and picnics

•TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to :

- increase the comfort of your accommodations,
- change the duration of your trip,
- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night,

Contact Gaetan

Tél : 0033 5 34 14 51 50

gaetan@respyrenees.com

•ORGANIZATION

We propose a self-guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We transport your bags between the accommodations (depending on the option chosen) except for 1 night in refuge on day 3 ; We organize transfer on days 2, 3 and 7. We provide you with the maps and good walking route notes sent to the first accommodation as well as an access to the detailed itinerary on the Mhikes GPS mobile application. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday. Moreover, our team will answer all your questions, and will provide all useful advice in order to make this holiday a success.

Your transfers during the walk :

- Day 2 : At 7.45am, short transfer (15mn) from Luchon to Artigues. This transfer has been planned to avoid a long walk on the road. It is possible to include the walk Luchon-Artigue in the tour, adding a night in Artigue : consult us.
- Day 3 : At 8.15am, short transfer (15mn) From Fos to Labach de Melles. This transfer has been planned, to avoid an unattractive section of road walking. Can be avoided, consult us.
- Day 7 : At 8am, short transfer (15mn) from Aunac to St Lizier d'Ustou. This transfer has been planned to shorten a too long and physical walk. It is possible to include the walk Aunac – St Lizier d'Ustou in the tour, adding a night in St Lizier d'Ustou : consult us.

•TECHNICAL INFORMATION**Level 4/5**

Trained hiker, in good physical condition with a experience of mountain hiking. Hiking of 7h-8h per day on average, altitude difference of 1000m-1300m on average, on accessible trails but also in rough terrain, with some small technical difficulties. The walking times mentioned are given as an indication, they are average times that only take into account the duration of the actual walking without counting the break times. Depending on the weather conditions, the walking pace can also vary, ranging from +300m to +500m of climb per hour.

Guide

Self-guided walking, without guide.

Carrying

You will need to carry a day backpack only. Our bag-moving service means you can travel light during your walks (except for the night in mountain shelters, D3, where you have to carry your necessary personal belongings for the night, including a lightweight sleeping bag or liner, change of clothes, toiletries). Your main luggage (that should please be easily transportable) will be transported by vehicle between the different night stops, unless you have chosen the version without luggage transport.

•ACCOMMODATION/FOOD

Accommodation

Half board

1 night in a shared dormitory in mountain refuge on day 3. Bring a sleeping bag liner (blankets provided)

5 nights in a shared dormitory in gite on days 1, 2, 4, 5 and 6. Bring a sleeping bag liner (blankets provided)

COMFORT VERSION (with extra cost) :

1 night in room in hotel** on day 1

3 nights in room in gite on days 2, 5 and 6.

1 nights in shared dormitory in gites on day 4. Bring a sleeping bag liner (blankets provided).

1 night in shared dormitory in mountain refuge on day 3. Bring a sleeping bag liner (blankets provided)

Food

- Continental breakfast (tea, coffee, milk, butter, jam)

- Evening meals in gites, often based on local specialities, include a starter, a main course and a dessert.

- Pic-nics and drinks not included.

•PRACTICAL INFORMATION

Starting : Day 1 at your accommodation in Luchon (31), according to your time of arrival.

Ending : Day 7 in Saint-Girons (09) bus station around 16h45 after your transfer.

How to get to Luchon :

- **By air** : Airport of Lourdes-Tarbes; Airport of Toulouse-Blagnac
- **By train and bus** : TER trains from the main cities towards Montréjeau (<https://www.oui.sncf>) then bus from Montréjeau to Luchon.
- **By car** : From Paris 825km, via Limoges, Toulouse, Saint-Gaudens / From Lyon 663km, via Narbonne, Toulouse, Saint-Gaudens / From Marseille 520km / From Bordeaux 314km, via Agen, Auch / From Toulouse 140km, via Montréjeau

PARKING :

Parking in Luchon :

Free : Behind the post office, from the phone box, in front of the train station, Luchon exit.

How to leave Aulus les Bains :

Bus from Aulus les Bains to St Girons bus station. Bus from Saint Girons to Boussens train station. Then SNCF connections to many cities: Toulouse, Pau, Bordeaux...

How to reach Luchon from St Girons:

Bus from Aulus les Bains to St Girons bus station. Bus from Saint Girons to Boussens SNCF station. Train TER from Boussens to Montréjeau. Bus from Montréjeau to Luchon.

We recommend to arrive by train to avoid returns to departure to recover your car, because itineraries can be very long and badly served and very expensive if you take a taxi. If you insist to come with your car, we recommend you to leave your car on the arrival point the first day and to do the run to the departure point because the first day you have plenty of time to do the run and you will not be tired by a week walking.

•WHAT TO BRING AND PACK

Your main luggage:

For logistical reasons, we ask you not to bring more than one item/person. Its weight should not exceed 12kg - 15kg.

Your day backpack

The size of your bag varies upon the type of activity.

For a walk without portage : 30L minimum

For a walk with partial portage : 50L minimum

For a walk with portage : 60L minimum

Whatever activity you participate in, you should always carry in your rucksack:

- Rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic kit, personal items, etc.)
- Picnic lunch of the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

Walking Boots

The type of boot depends upon the activities you take part in however they are one of your most important items. They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots.

We recommend our young walkers to wear flexible walking boots with a good sole and back.

For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.

If you need to buy a new pair of boots, we advise you wear them in before the start of your holiday. Don't wear boots that are too small because feet have a tendency to swell up. Be careful with your shoes that have been left in the wardrobe for too long. The lifespan of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

Clothes:

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts as well as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR10 walks at altitude.

For Sleeping

- Sleeping bag liner for all nights spent in the gites and mountain shelters (blankets are provided)
- Earplugs

For Picnics

- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1,5L minimum flask

Small equipment

- A pair of tennis shoes, or sandals for the evening
- A pair of telescopic poles (optional)
- Sunglasses and sun cream
- Hat, cap or bob
- Camera...
- A small toilet bag, with towel
- Torch or headlamp
- Toilet paper
- A mini-pharmacy: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin in case of minor injuries, a survival blanket.