

Technical sheet | Guided hike | Level 2/5  | 5 Days of hiking

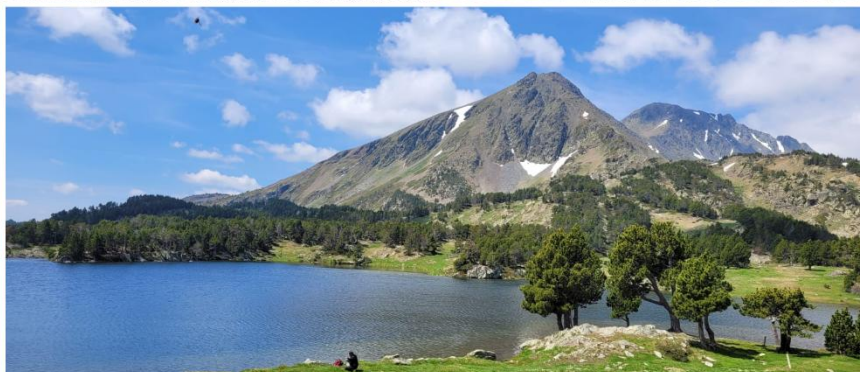
Catalan Pyrenees : mountains and lakes, well-being and local heritage

Your tour briefly

- Easy access to FOIX train station.
- Fairly easy hiking.
- **Focus on local flavours and products.**
- **Comfortable *** hotel accommodation with relaxation area, fitness centre, sauna and heated indoor swimming pool. Renowned for its gourmet cuisine.**

Highlights

- Hiking in the heart of the Catalan Pyrenees Regional Nature Park: between Cerdagne and Capcir
- The high altitude lakes of the Bouillouses listed site
- The Camporells ponds
- A trip to Spanish Catalonia
- A day at the Eyne Nature Reserve
- A varied itinerary: Gorges, forests, valleys, mountain pastures, lakes, sierra, summits...



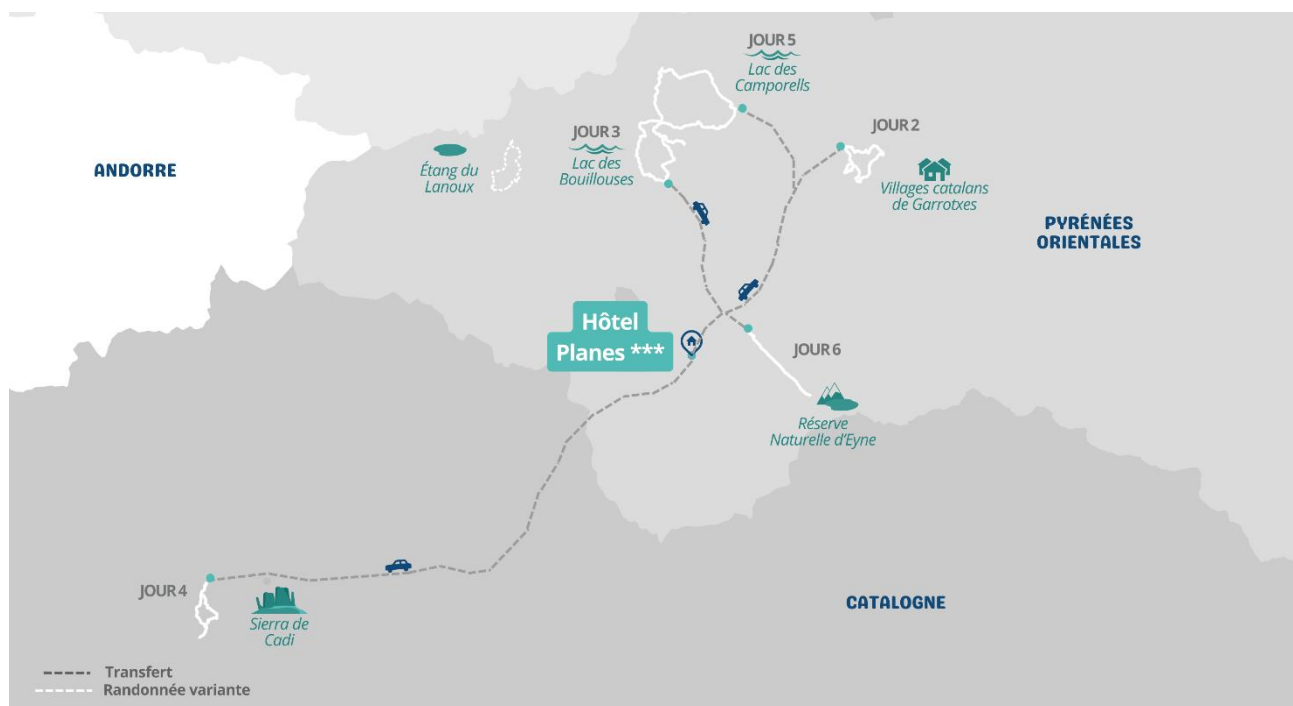
Nestled in the heart of the Catalan mountains, close to Andorra and Spain, the Regional Natural Park of the Catalan Pyrenees, between Cerdagne and Capcir, is a land of superlatives: a preserved "Altiplano" with exceptional sunshine, and unique high-altitude landscapes where mouflons and isards thrive.

The multitude of mountain lakes adds to the region's beauty, while near the villages, sulfurous hot springs have always brought joy to people. This is the case in Dorres, where you'll have the chance to relax in its natural open-air baths.

A foray into the Eyne Nature Reserve will offer you a glimpse of the incredible diversity of natural environments the Pyrenees have to offer. Then, the must-see sites of Bouillouses and Camporells, dotted with lakes amidst high-altitude plateaus and forests, will delight lovers of wide-open spaces. A trip into Spanish Catalonia will add an extra touch of adventure and cultural discovery!

In short, this is a diverse journey where forests, mountain pastures, plateaus, lakes, gorges, mountain valleys, and peaks will guide your steps.

To make your stay in Catalan land truly unforgettable, you'll return each evening to your hotel, ideally located in the village of Saillagouse, where you can enjoy a relaxation area, sauna, heated pool, and exceptionally delicious cuisine.



•PROGRAM

Day 1 : Start of the tour in FOIX



Meet at 3:30 PM at Foix (09) train station for a transfer to Saillagouse (1h45). Check-in at your *** hotel with a relaxation area, fitness center, sauna, and pool. Briefing about the tour.

Note: For those traveling by car, you can go directly to the accommodation: **Hôtel Planes**, Place de Cerdagne, Saillagouse (Phone: +33 4 68 04 72 08).

Day 2 : Tour of the old catalan villages of Garrotxes



Five villages with typical stone houses dot the small region of Garrotxes ("the rocky lands"). A wild landscape, yet also a land of livestock farming, a perfect summary of the Catalan Pyrenees Natural Park. There's no better introduction to your stay!

- **Distance: 12km, duration: 4h30, ascent: +500 m, descent: -500 m, transfer: 20 min**

Day 3 : Plateaus and lakes of the Bouillouses protected site



In the heart of this vast area of glacial lakes and wild expanses, each guide has a favorite route-a hidden gem away from the beaten paths, a favorite lake... So, we won't spoil the surprise-expect a tailor-made adventure!

- **Distance: 17km, duration: 6h, ascent: +500 m, descent: -500 m, transfer: 40 min**

Day 4 : Sierra de Cadí or Estans de Malniu in Spanish Catalonia



Known by enthusiasts as the "Catalan Rockies" or "Catalan Dolomites," this mountain range will charm you with its gentle trails and diverse flora, including the Ramonda, an endemic Pyrenean flower. The hike ends at the Prat de Cadí ("Cadí Meadow"), used for summer grazing, where we'll enjoy a friendly break with Catalan specialties.

- **Distance: 10km, duration: 5h, ascent: +600 m, descent: -600 m, transfer: 1h**

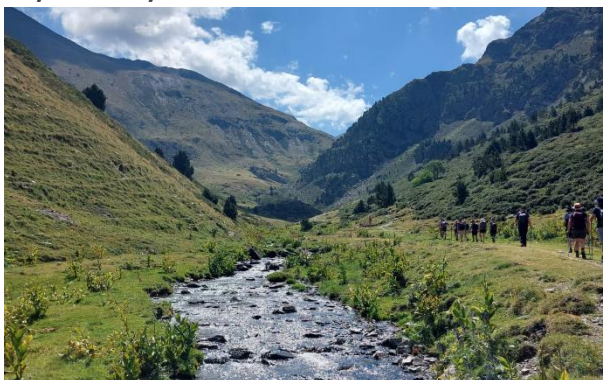
Day 5 : The lakes of Camporells or Lanoux lake



A day on high-altitude trails exploring the stunning Camporells site with its many lakes. Experience some of the most beautiful mountain scenery in the Catalan Pyrenees Park, across the high plateaus of Cerdagne and Capcir. We'll bid farewell to this little paradise with one last breathtaking view from the Serra de Mauri.

- **Distance: 12km, duration: 5h, ascent: +500 m, descent: -500 m, transfer: 45 min**

Day 6 : The Eyne nature reserve



Let's explore the Eyne Nature Reserve, a preserved and protected area, a true mosaic of natural environments. In the aptly named "Valley of Flowers," your guide will introduce you to an incredible variety of flora and diverse landscapes: pine forests, riverbanks, heathlands, mountain pastures, high plateaus, and rocky screes.

- **Distance: 12km, duration: 5h, ascent: +600 m, descent: -600 m, transfer: 15 min**

Day 7 : End of the trip

Transfer from Saillagouse to Foix train station after breakfast (arrival at the station around 10:45 AM).

The program has been designed based on the latest available information. Unforeseen circumstances may arise, and situations beyond our control could lead to changes. On-site, our guides are the best judges and may modify the itinerary for weather conditions or group safety if necessary.

• MEETING POINT AND END OF STAY

Meeting point:

On Day 1 at 3:30 PM at Foix train station (09) for a transfer (1h45) to Saillagouse (66).

IMPORTANT : Please inform Respyrénées by SMS at +33 6 10 97 16 54 at least one week in advance of your arrival time and mode of transport at Foix station.

Note: For those traveling by car, you can go directly to the accommodation: Hôtel Planes, Place de Cerdagne, Saillagouse (Phone: +33 4 68 04 72 08).

End of stay:

On Day 7 after breakfast.

Transfer to Foix train station (arrival around 10:45 AM) for those who arrived by train.

• DATES AND PRICES

Number of participants

Group of 4 to 14 people.

Departures

Departure guaranteed from 4 people.

From sunday 25/05/2025 to saturday 31/05/2025

From sunday 08/06/2025 to saturday 14/06/2025

From sunday 22/06/2025 to saturday 28/06/2025

From sunday 29/06/2025 to saturday 05/07/2025

From sunday 13/07/2025 to saturday 19/07/2025

From sunday 20/07/2025 to saturday 26/07/2025

From sunday 27/07/2025 to saturday 02/08/2025

From sunday 03/08/2025 to saturday 09/08/2025

From sunday 10/08/2025 to saturday 16/08/2025

From sunday 17/08/2025 to saturday 23/08/2025

From sunday 07/09/2025 to saturday 13/09/2025

From sunday 14/09/2025 to saturday 20/09/2025

Price per person:

Price per person in May, June & September	930€
Price per person in July/August	990€

Supplements:

- Single room supplement: 155€ per person

Discounts:

- 50€ discount per person for using a personal vehicle

Price includes:

- Full-board accommodation from dinner on Day 1 to breakfast on Day 7
- Transfers during the tour
- Supervision by a certified mountain guide (AMM) specialized in the region

Price doesn't include:

- Insurance
- Meals not specified in "Price Includes"
- Transfers not included in the program
- Entry to the Dorres baths
- Beverages
- 15€ booking fee

• TECHNICAL INFORMATION

Terrain type

Randonnées sur bons sentiers, le terrain est varié mais souvent rocheux.

Level 2/5

Pour randonneurs ayant déjà une expérience de la randonnée, en assez bonne condition physique. Compter de 4h à 6h de marche par jour. Les temps de marche mentionnés sont donnés à titre indicatif, ce sont des horaires moyens qui ne prennent en compte que la durée de la marche effective sans comptabiliser les temps de pause. En fonction des conditions climatiques, le rythme de marche peut également varier.

Supervision

Randonnée encadrée par un BE Accompagnateur montagne spécialiste de la région.

Luggage

Uniquement les affaires personnelles de la journée, de votre pique-nique et d'eau en quantité suffisante.

• ACCOMMODATION / FOOD

Accommodation

6 nights in a *** hotel with a relaxation area, fitness center, sauna, and heated indoor pool. The gourmet restaurant showcases Catalan and Southern cuisine with great skill.



Meals

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals often featuring local specialties, including a starter, main course, and dessert
- Picnics included
- Drinks not included

• PRACTICAL INFORMATION

How to get to/from Foix (09):

- By plane:
Toulouse-Blagnac Airport (204km) : Tel : 0 825 38 00 00
- By train:
TER train from Toulouse : <https://www.oui.sncf>
- By car:
From Toulouse, follow signs for Montpellier and Foix.
Location: Paris 765km, Bordeaux 330km, Toulouse 85km, Nantes 602km

How to get directly to Saillagouse :

- By train:
From Toulouse to Foix: numerous trains (around 10 a day), 5 trains or SNCF buses on Sundays. From Latour de Carol, take the Yellow Train to Saillagouse: <https://www.oui.sncf/>
- By car:
A9 motorway to Perpignan, then from Perpignan to Saillagouse on the N116, 90km, towards Prades, then Bourg Madame, and Saillagouse.
From Toulouse, N20 via Ax les Thermes and Col de Puymorens to Bourg Madame, then Saillagouse; from Toulouse to Col de Puymorens: 143km; from Col de Puymorens to Saillagouse: 29km.

•TO BRING IN YOUR LUGGAGE

Luggage

- A hiking backpack of about 35 liters capacity, which will be useful for carrying your personal belongings during the day.

Clothing

- 1 sun hat or cap
- T-shirts (1 for every 2 or 3 days of walking). Avoid cotton, as it takes a long time to dry; prefer short-sleeve t-shirts made of breathable materials like Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo), etc.
- 1 base layer (same recommendations as above) or long-sleeve shirt
- 1 fleece jacket
- 1 pair of trekking pants
- 1 comfortable pair of pants for the evening
- 1 light, simple Gore-tex style jacket
- 1 swimsuit and a towel for access to the pool and spa
- Warm underwear
- Hiking socks (1 pair for every 2 to 3 days of walking). Avoid "tennis" socks (cotton), as they take a long time to dry and pose a high risk of blisters; prefer socks made of Coolmax, for example
- 1 pair of waterproof hiking shoes that provide ankle support (with Vibram soles)
- 1 pair of casual shoes for the evening

The clothing list should be adapted according to the season you choose.

Small Equipment

- 1 pair of high-quality sunglasses
- 1 water bottle (minimum 1.5 liters)
- 1 pocket knife (to be placed in the checked luggage)
- Toiletries
- Toilet paper, sunscreen, and lip balm
- For the picnic: utensils (containers provided)

Personal Pharmacy

- Your usual medications
- Vitamin C or multivitamins
- Pain relief medications: preferably paracetamol
- Elastic adhesive bandage (like Elastoplast, 6 cm wide)
- Adhesive bandages + disinfecting wipes
- Blister protection (such as Spenco Second Skin, available in sports stores, pharmacies, etc.)

Group Pharmacy

- First aid kit under the responsibility of your guide