

Technical sheet | Self-guided walking | Level 3/5    | 6-7 days of hike

Discovering in comfort the Pyrenees National Park through the GR10 : East part

Your hike :

- Self-guided hike, without a guide
- Quality accommodation: only hotels
- Logistics and routes adapted for hikes of an accessible level
- Walk with your family, your friends or as a couple
- Access to your main luggage between each stage depending on the option chosen
- Easy access and return via Cauterets and St Lary Soulan

Strong points :

- Part of the route in the Pyrenees National Park
- The discovery of the Néouvielle Nature Reserve and its countless mountain lakes
- A rich and varied fauna and flora
- The Gaube valley at the foot of the imposing North Face of the Vignemale
- Stops in « thermal resorts » villages : Cauterets, Barèges and St Lary Soulan



In the heart of the Central Pyrenees, this magnificent section of the Pyrenees crossing offers you to discover outstanding sites in the heart of the Pyrenees National Park. The first day of the hike will take you to the superb Gaube Valley, in the foothills of the Vignemale mountains and its majestic north face – a mecca for Pyreneism. You will then reach Barèges, walking through the Luz Saint Sauveur upper valley and the Riou pass, with an open view over some of the highest Pyrenean summits. Then, from Barèges to Saint Lary Soulan, the Nature is opening up to you. You will cross the Néouvielle Nature Reserve, with its remarkable and various turquoise lakes, in which the Néouvielle Peak granite ridges are plunging. Every evening, you will stop in villages renowned for their beneficial waters, with well-deserved relaxing moments in sight after a whole day hiking!

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

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•PROGRAM

Day 1 : Beginning of your holiday in Cauterets

Check-in at your accommodation in Cauterets, a mecca for balneology. Possibility to explore the town and its architectural heritage, the House of the National Park, or to go for a hike.

Turon des Oules and Plateau du Lisey

Hike in a forest habitat, until Turon des Oules, from where you will overlook Cauterets resort, or until Plateau du Lisey, a genuine hanging glacial valley, with the option to carry on until the pass that offers stunning views.

Chemin des Cascades

A very beautiful hike, lit up by the Jéret stream foaming waterfalls, on a path that will lead you from Cauterets to Pont d'Espagne. This section of the GR10 is avoided during your trip by a transfer from Cauterets to Pont d'Espagne. Your arrival day is therefore a great opportunity to hike this part if you have time ahead of you !

- Distance : 12km, duration : around 3h45, ascent : +785m, descent : -785m (turon des Oules and plateau du Lisey).
- Distance : 7,5km, duration : around 2h50, ascent : +785m, descent : -270m.

Day 2 : Gaube Valley and return climb to the Vignemale mountains (3298m)

At 8:00, short transfer to Pont d'Espagne. You will explore the sumptuous Gaube valley and its mountain lake, nestling among landscapes of great pureness. After the Gaube lake, an easy itinerary will lead you to Oulettes de Gaube and its guarded refuge, in the foothills of the impressive and magnificent north face of Vignemale (3298m). The way back to Pont d'Espagne follows the same itinerary, then you return to Cauterets with the public shuttle. Night in Cauterets.

- Distance : 16,5km, duration : around 5h45, ascent : +700m, descent : -700m

Day 3 : From Cauterets to Grust

Today's hike takes you to Grust, a well-known thermal resort, by crossing the Riou pass that separates the Cauterets and Luz valleys. From the pass, the panorama is vast: the Barèges valley, the Néouvielle mountains, the Troumouse cirque, and down your feet, the Luz-Ardiden ski resort. On Cauterets' side, you can catch a glimpse of the Lys Cirque, the Cabaliros Peak and the neighboring summits of the Marcadau Valley.

- Distance : 15,5km, duration : around 6h15, ascent : +1000m, descent : -900m

Day 4 : From Grust to Barèges

From Grust, the GR10 trail joins the village of Luz Saint Sauveur and then climbs towards the Couret d'Ousset mountains pastures, then through the woods until the Gué de Bolou at 1460m of altitude, before going down to Barèges through the Pla dets Plaas projecting ledge, then the Lumière and Artiguète projecting ledges. You will discover some specimens of the Pyrenean fauna such as izards and marmots, as you walk along the Lumière valley, offering a well-matched series of landscapes.

- Distance : 16km, duration : around 6h, ascent : +950m, descent : -700m

Day 5 : From Barèges to Orédon Lake

In the morning, transfer to Tournaboup car park. This section starts with the climb to the Madamète Pass, through the Aygue Cluse valley. After walking through the pass, you will enter the gorgeous Néouvielle Nature Reserve and admire charming landscapes meeting your eyes. The hike ends with some of the most beautiful lakes in the Pyrenees : Aumar, Aubert, les Laquettes and finally Orédon lake.

- Distance : 15,5km, duration : around 6h, ascent : +1065m, descent : -680m

Day 6 : From Oredon lake to Col du Portet

From the lake of Orédon, the itinerary goes up in direction of the pass of Estoudou from where it is possible to realize the ascent in round trip of the summit of the Soum of Montpelat. This one offers a large and magnificent panorama on the lakes and summits of the Néouvielle Reserve. Then you will go to the lake of Oule before going up to the Portet pass, new star of the Tour de France at 2215m of altitude. Transfer (30min) from the Portet pass to your accommodation in Saint Lary Soulan.

- Distance : 12km, duration : around 5h, ascent : +1000m, descent : -750m

Day 7 : From Col d'Azet to St Lary Soulan

Transfer from St Lary Soulan to Col d'Azet at the start of the hike. The beginning of this hike goes along the ridges of Azet separating two superb valleys of the Central Pyrenees: the Aure valley and the Louron valley. You will reach the Tuc de Labatiadère (1737m) and will enjoy a splendid panorama towards some of the high peaks of the Central Pyrenees. Then you will go down towards Saint Lary Soulan through beautiful mountain villages such as Azet, Estensan...

- Distance : 13km, duration : around 4h30, ascent : +215m, descent : -970m

This program 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 mid-June to mid-September.

Booking from 2 people (solo travelers : please contact us).

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

Prices with luggage transfer :

Price per person for a group of 2 persons	850€
Price per person for a group of 3 persons	775€
Price per person for a group of 4 persons	735€
Price per person for a group of 5 persons	710€
Price per person for a group of 6 persons	695€

Prices without luggage transfer :

Price per person for a group of 2 persons	690€
Price per person for a group of 3 persons	670€
Price per person for a group of 4 persons	655€
Price per person for a group of 5 persons	645€
Price per person for a group of 6 persons	640€

Extras :

- Single room extra : 270€/pers
- Transfer back from St Lary Soulan to Cauterets on a week day : 200€/transfer
- Transfer back from St Lary Soulan to Cauterets on a Sunday or Public holiday : 250€/transfer
- Extra night in Cauterets half board double room : 85€/pers
- Extra night in Cauterets half board single room : 135€/pers
- Extra night in Saint Lary Soulan Bed & Breakfast double room : 75€/pers
- Extra night in Saint Lary Soulan Bed & Breakfast single room : 135€/pers

The price includes :

- Half-board accommodation except on Day 6 (bed and breakfast)
- Luggage transport depending on the option chosen
- Transfers mentioned in the program
- Dossier containing maps, route notes (1 for 4 persons) sent at your first accommodation.
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Travel insurance

- Booking fees : 15€
- Additional transfers
- Dinner day 6
- Drinks and picnics

•TAILOR-MADE HOLIDAYS

The itineraries are given for information only. They can be adjusted depending on your goals and wishes. Our trips are always designed to offer the best quality for the fairest price.

Should you want to :

- upgrade your accommodation,
- adjust the duration of your trip,
- organize additional visits and activities,
- get a transfer to/from the airport,
- organize an extra night

Contact Gaëtan
Tél : 05 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 between the initial meeting time through to the departure point. We transport your bags between the accommodations depending on the option chosen. We also take care of your transfers mentioned in the program. We provide the maps and good walking route notes send on the first accommodation as well as 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 your holiday:

- Day 2 : At 8AM, short transfer (15min) from Cauterets to Pont d'Espagne with the public shuttle in July and August (out of this period, transfer organized by taxi from your accommodation)
- Day 2 : Return from Pont d'Espagne to Cauterets with the public shuttle in July and August at the following times : 12:30, 15:00, 17:00, 19:00 (out of this period : 12:30, 15:00, 17:00).
- Day 5 : At 8AM, short transfer (5min) from Barèges to Tournaboup car park to shorten a long and tiring section and to avoid an uninteresting section of the GR10.
- Day 6 : At 17PM, transfer (25min) from Col du Portet to Saint Lary Soulan to shorten a long and tiring section.
- Day 7 : At 8:45AM, transfer (20min) from Saint Lary Soulan to col d'Azet at the start of the hike.

•TECHNICAL INFORMATION

Level 3/5

Regular walker, in good physical condition with experience of mountain hiking. Hiking 6h-7h per day on average, altitude difference 700m-1000m on average, on fairly easy trails, 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 hike, without a guide

Carrying

You will need to carry a day backpack only. Our bag-moving service means you can travel light during your walks. 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 except on day 6 in bed and breakfast)

4 nights in hotel*** on Days 1, 2, 4 and 6

1 night in room on day 3

1 night in chalet/hotel mountain in room (bathroom shared) on day 5

Food

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

- Evening meals are often based on local specialties and include a starter, a main course and a dessert. For dinner in St Lary Soulan, many restaurants on spot.

- Picnics are not included. Possibility to buy one on spot.

- Drinks are not included

•PRACTICAL INFORMATION

Start : Day 1 at your accommodation in Cauterets (65), depending on your arrival time.

End : Day 7 in St Lary Soulan (65), after your hike.

How to get to Cauterets :

- **By air :** Lourdes-Tarbes Airport; Pau-Pyrénées Airport; Toulouse-Blagnac Airport
- **By train and bus :** Numerous TER trains from the main cities towards Lourdes (<https://www.oui.sncf>) then bus from Lourdes to Cauterets.
- **By car :** From Tarbes follow Lourdes, Argeles- Gazost, then Cauterets.

PARKING :

Parking in Cauterets :

Free : Bus station, Place de la gare, Thermes César (town centre).

Paid and guarded Parking : Underground Municipal Car Park, Rue de Belfort

Parking in St Lary Soulan :

Non guarded and free car parks : Car park at the foot of the cable car / Stadium car park

Should you leave your car during the whole length of your holiday, please get in touch with the Tourist Information Centre to know if some special events (fairs, markets...) are to be organised on your parking spot.

How to leave from St Lary :

Departure from St Lary by a SNCF bus towards Lannemezan, then train connections to Toulouse or Pau, Bordeaux, Paris.

How to get to Cauterets from Saint Lary Soulan :

Departures from St Lary Soulan bus station by SNCF buses to Lannemezan, then Intercités train connections from Lannemezan to Lourdes, from Lourdes, SNCF buses to Cauterets.

We strongly advise you to come by train for this holiday in order to avoid going back to the starting point of the trip to pick up your car. The routes can turn out to be very long with poor connections, or expensive if you choose to go back by taxi. Should you choose to come by car, we advise you to leave your car on the first day at the arrival point of the hike and then to reach the starting point of your holiday. This way, you will have time to do the journey and you will not be tired by your hiking week.

• 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 Sleeping

- 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.