

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 Luz Saint Sauveur and Luchon

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 Luchonnais region, its lakes and high peaks
- 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 invites you to discover some remarkable sites in the heart of the Pyrenees National Park. From Luz Saint Sauveur, you will gradually gain altitude as you leave the valley and approach the high mountains. From Barèges to Vielle Aure, nature opens its doors wide to you. You'll cross the Néouvielle Nature Reserve, with its many remarkable lakes of turquoise water into which the granite ridges of the lord of the place, the Pic du Néouvielle, plunge. Then, via the beautiful Aure and Louron valleys, you will reach the Haute Garonne via the splendid site of Lac d'Oô, dominated by the high peaks of the Luchonnais, at an altitude of over 3000m. Arrive in Bagnères de Luchon, the Queen of the Pyrenees. You'll be stopping off regularly in villages renowned for their beneficial waters, with well-deserved moments of relaxation after a day's hiking !

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

www.maison-iptuxainia.com

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•PROGRAM

Day 1 : Start of your tour in Luz Saint Sauveur

Installation at your accommodation, according your arrival time.

Day 2 : from Luz Saint Sauveur to Barèges

The GR10 path climbs to the Couret d'Ousset summer pastures, then through the woods to the Gué de Bolou, culminating at 1460m, before descending to Barèges, via the Pla dets Plaas and then the Lumière and Artiguète flats. Today's walk will allow you to discover the flora and fauna of the Pyrenees, such as the mountain izards and the playful marmots. The valley of light, 'vallée lumière' is a real joy for walkers.

- Distance : 12km, duration : around 5h00, altitude gain : +900m, descent : -400m

Day 3 : From Barèges to Orédon Lake

This section starts with the climb to the Madamète Pass, through the Aigue 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 : 19km, duration : around 7h30, ascent : +1250m, descent : -650m

Day 4 : 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 5 : From Vielle Aure to Germ

Day trip through two superb valleys of the central Pyrenees: the Aure valley and the Louron valley. From the heights of the Azet pass, the views of the high peaks of the Pyrenees are magnificent: Néouvielle, Campbieil, Arbizon, Estos, Lustou, Hourgade... Then back down to Loudenvielle and its lake before heading back up to Germ.

- Distance : 15km, duration : around 6h00, altitude gain : +1150m, descent : -650m

Day 6 : from Germ to Astau

Departure from the charming village of Germ in the Louron valley, where the daily life of the local population is punctuated by the activities of agropastoral life. Via the wild Val d'Aube, you will cross the Couret d'Esquierry in order to switch to the Luchonnais and reach the barns of Astau.

- Distance : 11,5km, duration : about 5h00, altitude gain : +850m, descent : -1050m.

Day 7 : from Astau to Superbagnères

The climb up to Lac d'Oô from Les Granges d'Astau is a great Pyrenean classic. You'll discover the famous Lac d'Oô and its large waterfall in the heart of a lush green landscape, before reaching the Hourquette des Hounts secs higher up, then the Col de la Coume de Bourg. You'll enjoy beautiful views of the high peaks of the Luchonnais before reaching the ski resort of Luchon (Superbagnères). You'll then take the ski resort's cable car to avoid the long descent to Luchon (€8/person; to be paid on site; not included in the price; only in July/August). Outside July/August, taxi transfer instead of cable car (included in the price).

- Distance : 17km, duration : around 7h30, altitude gain : +1550m, descent : -900m.

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 15/06/2024 to 30/09/2024

Prices with luggage transfer :

Price per person for a group of 2 persons	880€
Price per person for a group of 3 persons	805€
Price per person for a group of 4 persons	765€
Price per person for a group of 5 persons	740€
Price per person for a group of 6 persons	725€

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 : 175€/pers
- Extra 6 picnics : 65€/pers
- Transfer back from St Lary Soulan to Cauterets on a week day : 250€/transfer
- Transfer back from St Lary Soulan to Cauterets on a Sunday or Public holiday : 300€/transfer
- Extra night in Luz Saint Sauveur half board double room : 85€/pers
- Extra night in Luz Saint Sauveur half board single room : 125€/pers
- Extra night in Luchon half board double room : 70€/pers
- Extra night in Luchon half board single room : 90€/pers

The price includes :

- Half-board accommodation
- 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€
- Drinks and picnic

• 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 book your accommodation, 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 4 : At 17PM, transfer (25min) from Col du Portet to Vielle Aure to shorten a long and tiring section.
- Day 7 : Outside July and August, at 5.30pm, transfer (25min) from Superbagnères to Luchon.

• 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

- 1 night in hotel*** on days 2
- 2 nights in hotel** on days 1 and 5
- 1 night in chalet/hotel mountain in room (bathroom shared) on day 3
- 1 night in guest room on day 4
- 1 night in gite in room on day 6

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.
- Picnics not included. They can be reserved in advance (with extra). Or you can buy them directly at your accommodation or at the grocery stores, mini-markets and bakeries listed in the roadbook.
- Drinks are not included

• PRACTICAL INFORMATION

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

End : Day 7 in Luchon (31), after your descent in the cable car or after your transfer (outside July/August).

How to get to Luz Saint Sauveur :

- **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 Luz Saint Sauveur.
- **By car :** From Tarbes follow Lourdes, Argeles- Gazost, then Luz Saint Sauveur.

How to leave Luchon :

Bus from Luchon to Montréjeau. Then SNCF connections to many cities : Toulouse, Pau, Bordeaux...

How to get to Luz Saint Sauveur from Luchon :

Bus from Luchon to Montréjeau. TER train from Montréjeau to Lourdes. Bus from Lourdes to Luz Saint Sauveur.

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 (if package includes luggage transport between accommodations) :

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.