

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

Guided GR10, Part 4 : From Gavarnie to Bagnères de Luchon

Your Tour brief

- Guided hike with a certified mountain leader, specialist of the region
- Itinerant tour
- Varied accommodations: Hotel, mountain chalet, mountain refuge
- Luggage transport between each stage, except for 2 nights in a refuge
- Two transfers planned to optimize the route
- Easy access and return via Gavarnie and Luchon
- Duration: 7 days / 6 nights

Strong points

- The GR10 as a guiding thread
- Part of the route within the Pyrenees National Park
- Exploring the Néouvielle Nature Reserve and its countless mountain lakes
- The three great Pyrenean Cirques: Gavarnie, Estaubé, Troumouse
- A rich and diverse fauna and flora
- The Luchonnais region and its lakes: Lac d'Oô, Espingo, Saussat...
- Beautiful mountain villages: Gavarnie, St-Lary-Soulan, Germ, Bagnères-de-Luchon...



www.respyrenees.com
www.maison-iputxainia.com

Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54

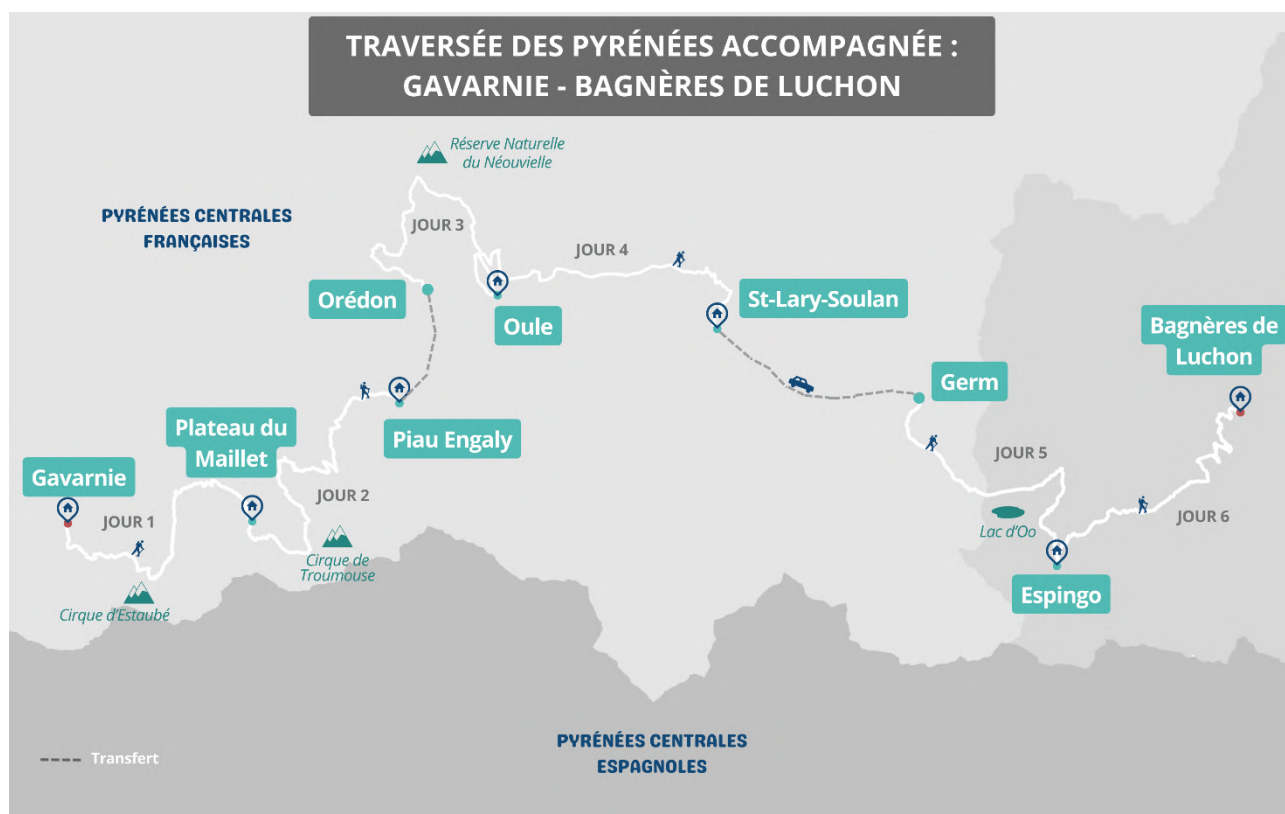
info@respyrenees.com

The fourth section of the Pyrenees Traverse, with the famous GR10 as its guiding thread, takes place in the heart of the Central Pyrenees and invites you to explore remarkable sites. The trails of the Pyrenees National Park will first lead you through the three great Pyrenean Cirques.

From the Cirque de Gavarnie, an impressive and vast natural limestone amphitheater known worldwide, you will cross the high-altitude meadows of the wild Cirque d'Estaubé before reaching the base of the steep cliffs of the Cirque de Troumouse. The route then leaves the National Park to enter another protected natural area: the Néouvielle Nature Reserve, a stunning region filled with breathtaking glacial lakes and ancient hook pine forests.

As you pass through mountain cols and small summits with extraordinary panoramas, you will enjoy magnificent views of these preserved landscapes, including famous peaks such as the Pic du Néouvielle (3,091m), the ruler of the area, with its striking granite ridges plunging into the waters of Lac d'Aubert.

Continuing through the beautiful Aure and Louron valleys, you will reach the equally spectacular sites of Lac d'Oô and Espingo before arriving at Bagnères-de-Luchon, the "Queen of the Pyrenees."



• PROGRAM

Day 1: From Gavarnie to the Maillet Plateau



Meet your guide at 8:00 AM in Gavarnie, at the starting point of the hike. From Gavarnie, you will ascend toward the stunning viewpoint of Hourquette d'Alans (2,430m). This ridge straddles both the Cirque de Gavarnie and the Cirque d'Estaubé, which you will then enter. Surrounded by high-altitude meadows inhabited by friendly marmots and numerous grazing herds, you will continue to the Estaubé Valley near the Lac des Gloriettes. Then, you will ascend toward the Maillet Plateau and the Cirque de Troumouse. Three of the greatest cirques in the Pyrenees, all in one day!

• **Distance: 18 km, duration: 7h15, ascent : +1300m, descent: -850m**

Day 2: From the Maillet Plateau to Piau Engaly



From the Maillet inn, you will quickly reach the heart of the Cirque de Troumouse, which you will cross via a vast high-altitude plateau. Following a balcony trail, you will descend into the Héas Valley and reach the Hourquette d'Héas. From there, the view is breathtaking, especially toward Mont Perdu and its glacier. The hike continues with a descent into the beautiful Badet Valley, finishing lower at the Piau Engaly ski resort.

• **Distance: 20.5 km, duration: 7h45, ascent: +1100m, descent: -1100m**

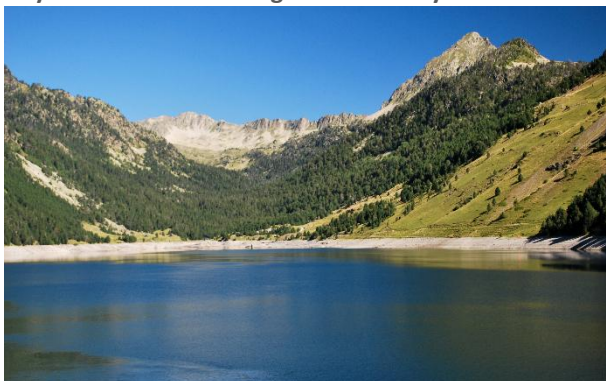
Day 3: From Lac d'Orédon to l'Oule Refuge



In the morning, transfer from Piau Engaly to Lac d'Orédon at the start of the hike (30 min). The day is dedicated to exploring the Néouvielle Nature Reserve and its surroundings. From Orédon, crossing charming mountain passes with magnificent views of the reserve will lead you to L'Oule Refuge. During this day, you will discover small and large glacial lakes with ever-changing reflections and crystal-clear waters.

• **Distance: 14.5 km, duration: approximately 6h30, ascent: +1300 m, descent: -900 m**

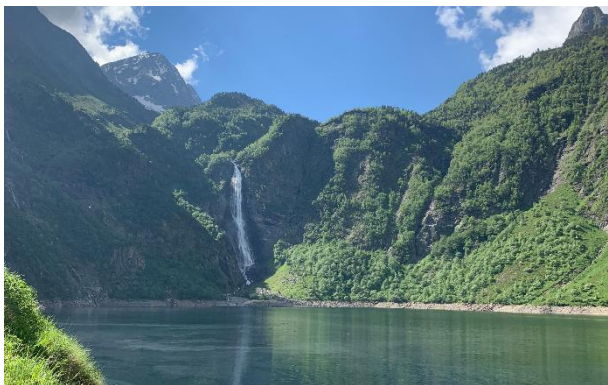
Day 4: From L'Oule Refuge to Saint-Lary-Soulan



From l'Oule Refuge, you will cross the vast and pleasant pastures overlooking the vast eponymous lake. You will then reach the Col du Portet, a new highlight of the Tour de France. You will leave the Néouvielle Nature Reserve to begin a long descent via the ridges of Cap de Pède, offering beautiful open views of the Grande Vallée d'Aure and its high peaks. Further down, you will spot your destination, St Lary Soulan, a charming mountain village in the heart of the Pyrenees.

• **Distance: 18 km, duration: approximately 7h, ascent: +500 m, descent: -1550 m**

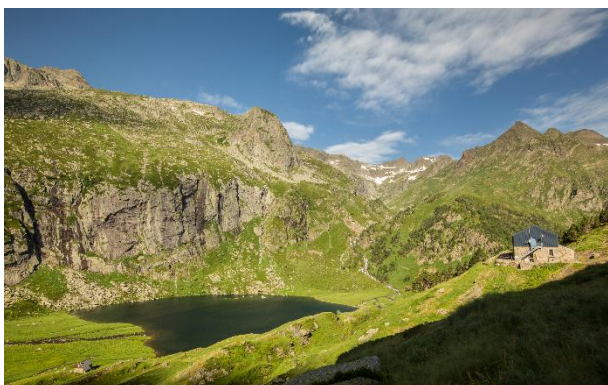
Day 5: From Germ to the Espingo Refuge



Transfer from Saint-Lary-Soulan to Germ (30 minutes). Departing from the charming village of Germ in the Louron Valley, where daily life is still closely tied to traditional pastoral activities, you will hike through the wild Val d'Aube. Crossing the Couret d'Esquierry pass, you will enter the Luchonnais region and reach the Astau barns. From there, a classic Pyrenean ascent awaits you, leading to the famous Lac d'Oô and its impressive waterfall, set in a lush green landscape. The hike continues to the more remote Espingo site, with its lakes and mountain refuge.

• **Distance: 17 km, duration: 7h45, ascent: +1650m, descent -1050m**

Day 6: From the Espingo Refuge to Luchon



After enjoying the early morning light on the Espingo and Saussat lakes, the day's stage heads toward Luchon. You will first cross the Hourquette des Hounts Secs and then the wide Col de la Coume de Bourg. From there, the view opens up to the Maladeta Massif and its receding glaciers, as well as the high peaks of the Luchonnais, including the Crabioules, Lézat, and Quayrat. A long descent follows, leading to Luchon via the Superbagnères ski resort. For those who prefer, an optional cable car ride can shorten the descent (not included in the price).

• **Distance: 19.5 km, duration: 7h30, ascent: +650m, descent: -1950m**

• **Distance: 11.5 km, duration: 5h, ascent: +650m, descent: -800m (with cable car)**

Day 7: End of the Trip in Bagnères-de-Luchon

The trip concludes after breakfast.

This itinerary has been carefully planned based on the latest available information at the time of writing. However, unforeseen circumstances and factors beyond our control may lead to changes. Our guides are the best judges on the ground and may adjust the route for weather conditions or group safety.

• MEETING POINT/ END OF THE TRIP

Meeting Point:

On Day 1 at 8:00 AM in Gavarnie at the starting point of the hike with your guide. Briefing about the trip, distribution of your picnic for the day, and drop-off of your luggage with the transporter. The guide will contact you a few days before the trip to confirm the exact meeting location.

End of the Trip:

On Day 7 at your accommodation in Bagnères-de-Luchon after breakfast.

• DATES AND PRICES

Number of Participants

Group of 4 to 11 people.

Departure

Guaranteed departure with a minimum of 4 participants.

From Sunday 05/07/2026 to Saturday 11/07/2026
From Sunday 26/07/2026 to Saturday 01/08/2026
From Sunday 16/08/2026 to Saturday 22/08/2026
From Sunday 06/09/2026 to Saturday 12/09/2026

Price: €995 per person

Supplements:

- Return transfer from Bagnères-de-Luchon to Gavarnie: €85 per person
- Additional night in Gavarnie and/or Luchon: Contact us for details

The price includes:

- Full-board accommodation from the picnic on Day 1 to breakfast on Day 7
- Luggage transport between accommodations, except for 2 nights in mountain refuges (Days 3 and 5)
- Transfers mentioned in the itinerary
- Guidance by a certified BE AMM mountain leader specializing in the region

The price does not include:

- Insurance
- Transfers not included in the itinerary
- Entrance fees for visits
- €15 booking fee
- Drinks
- Superbagnères cable car

• TECHNICAL INFORMATION

Terrain Type

Hikes on well-marked trails, with varied but often rocky terrain.

Level 4

For experienced hikers in good physical condition, with prior mountain hiking experience. Expect hikes of 7 to 8 hours per day on average, with elevation gains of 1,000 to 1,300 meters. Trails are generally accessible but can include rough terrain (scree, boulder fields...) and occasionally unmarked paths.

Note: The indicated hiking times are approximate and reflect only the actual walking time, excluding breaks. Depending on weather conditions, the hiking pace may vary, ranging from +300m to +500m of ascent per hour.

Guidance

The hike is led by a certified mountain guide (BE AMM) specializing in the region.

Luggage Transport

During the hike, you will only carry your personal belongings for the day, including your picnic and a sufficient water supply. However, for nights in mountain refuges (Days 3 and 5), you will need to carry your overnight essentials (sleeping bag liner, change of clothes, toiletries). A follow-up bag should be easily transportable (see our equipment recommendations).

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge an extra fee at the end of the hike if the luggage is too heavy or too numerous.

•ACCOMMODATION / FOOD

Accommodation

Full board (night + dinner + breakfast + picnic)

1 night in a ** hotel room on day 6

1 night in a *** hotel room on day 2

1 night in guest rooms on day 4

1 night in a mountain inn/chalet in a shared dormitory on day 1

2 nights in a mountain refuge in a shared dormitory on days 3 and 5

For the nights in rooms: rooms for 2 to 3 people

Meals

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

•PRACTICAL INFORMATION

How to get to Gavarnie:

- By plane: Pau Airport; Tarbes-Lourdes Airport; Toulouse Airport
- By train and bus: Many TER trains depart from major cities to Lourdes, then take a bus from Lourdes to Gavarnie (Line 965)
- By road: From Tarbes, follow the directions to Lourdes, Argeles-Gazost, then Gavarnie.

Vehicle parking:

- Parking in Gavarnie:
Paid parking at the entrance to the village: 8€/day
- Parking in Luchon:
Free parking: behind the Post Office, at the cable car departure, in front of the SNCF train station, and at the exit of Luchon.

How to leave Luchon:

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

How to get to Gavarnie from Luchon:

Bus from Luchon to Montréjeau. TER train from Montréjeau to Lourdes. Bus from Lourdes to Gavarnie (Line 965).

Option to book a return shuttle to Gavarnie: 85€/person.

•WHAT TO BRING AND PACK

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge an extra fee at the end of the hike if the luggage is too heavy or too numerous.

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