

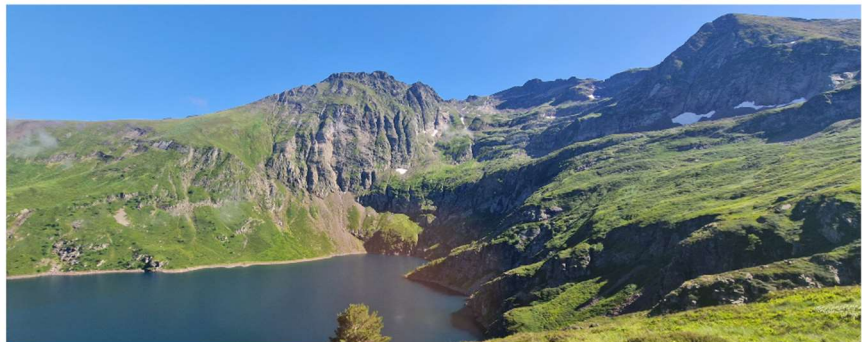
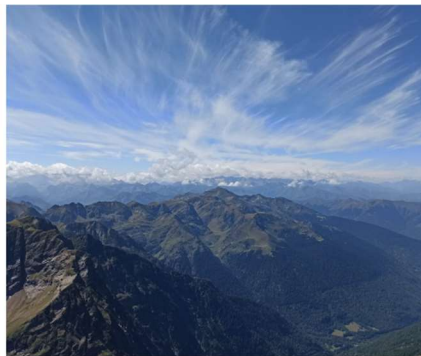
Guided GR10, Part 5 : From Bagnères de Luchon to Aulus les Bains

Your Tour briefly

- Guided hike with a certified mountain leader, specialist of the region
- Itinerant tour
- Accommodation in gîtes and mountain refuges
- Luggage transport between stages, except for one night in a refuge
- Easy access and return via Luchon and Saint-Girons
- Duration: 7 days / 6 nights

Highlights

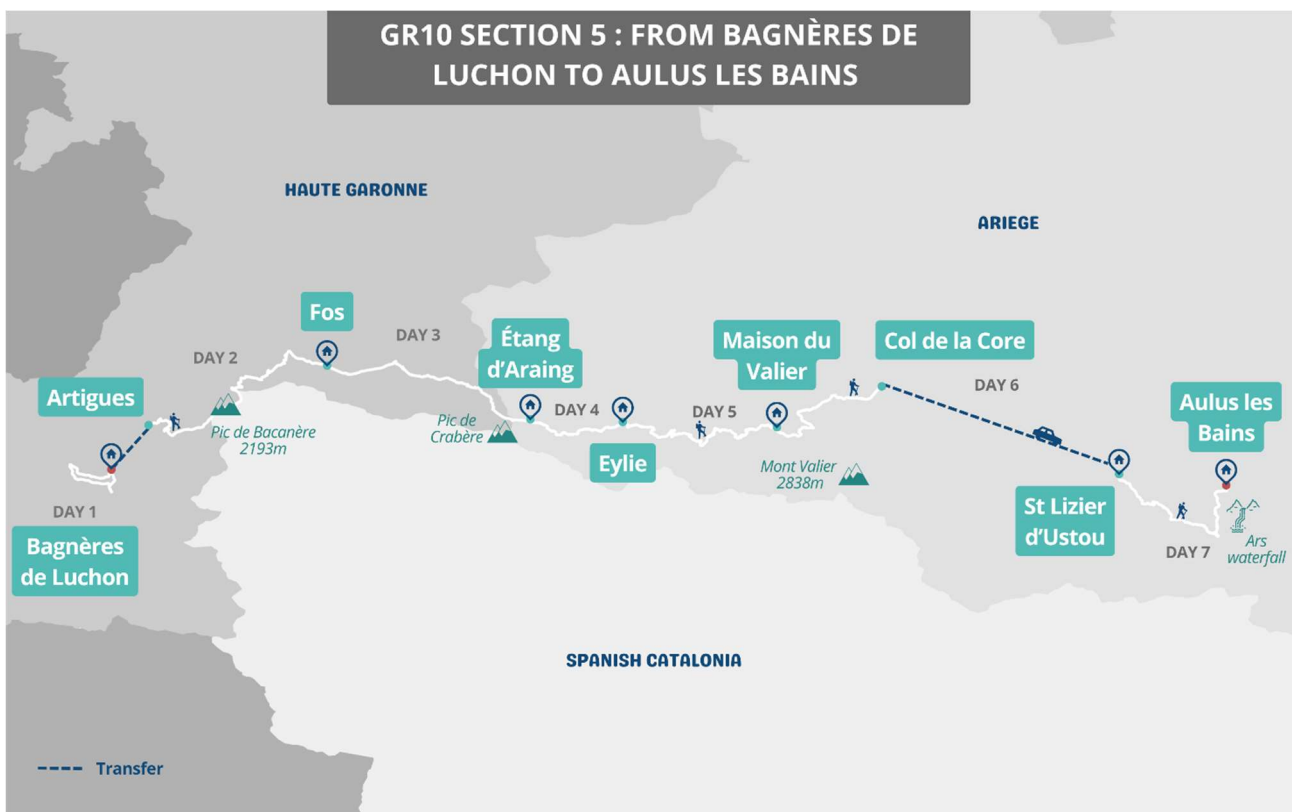
- Following the GR10 as a guiding thread
- A section of the route within the Pyrenees Ariégeoises Natural Park
- Stunning views of the high peaks of Luchonnais, the Encantats, and the Maladeta
- Charming, well-preserved mountain hamlets
- Hiking through the Couserans, the land of the bear
- The wild beauty of the Ariège region
- Crossing the Mont Valier Nature Reserve
- A route combining forests, pastures, and scenic viewpoints



The itinerary for this 5th section of the Pyrenees crossing, with the famous GR10 as its guiding thread, gradually leaves the Central Pyrenees behind to enter the Ariège Pyrenees and the wild Couserans region. From Luchon, located at the southern tip of Haute-Garonne, a stunning first stage awaits you, offering panoramic views from the Bacanère ridge along the border. In the distance, the Maladeta range and its shimmering glaciers, crowned by Aneto (3,404m), the highest peak in the Pyrenees, will undoubtedly catch your eye.

After passing through the village of Fos, you will enter the Pyrenees Ariégeoises Natural Park and discover the beautiful site of Etang d'Araing, dominated by the Crabère peak. From there, the breathtaking panorama will give you a true sense of the vast wilderness and deep valleys you will explore in the coming days. The route then leads toward the Mont Valier Nature Reserve, home to the emblematic Mont Valier peak and a territory of the Pyrenean brown bear.

Finally, you will arrive at the thermal village of Aulus-les-Bains, but not before taking the time to admire the Ars waterfall—considered by many Pyrenean hikers to be the most beautiful waterfall in the Pyrenees.



•PROGRAM

Day 1: From Artigue to Fos



Meeting with your guide in the morning at 8 AM in Luchon for a transfer to the village of Artigue, the starting point of the hike (15 min). From the village of Artigue, you will begin an ascent to the Peyrahitte Pass. Shortly after the pass, a stunning route along the border ridge leading to the Pic de Bacanère (2,193m) will offer you a fantastic panorama, stretching from the peaks of Ariège to those of the Hautes-Pyrénées, passing through Luchonnais, Aneto (the highest peak in the Pyrenees), the Encantats, and many more. This breathtaking panoramic view will accompany you throughout a 3 km ridge walk, dotted with small scenic peaks. The descent then takes you from one mountain hut to

another, through a forested area, leading to the village of Fos.

- **Distance: 20 km, Duration: 7h45, Ascent: +1000m, Descent: -1650m**

Day 2: From Fos to Etang d'Araing



From the village of Fos in the Comminges region, a long ascent takes you over the Col d'Auهران (2176m), marking your entrance into Ariège and the Couserans region. From the pass, you will catch sight of the beautiful setting of the Araing Refuge, your destination for the day, located near the lake of the same name beneath the cliffs of Crabère Peak. The landscapes traversed already hint at the vast, wild expanses characteristic of this part of the Pyrenees.

- **Distance: 16km, Duration 7h, Ascent: +1700m, Descent: -300m**

Day 3: From Etang d'Araing to Eylie



Today's route connects the Araing Refuge to the small village of Eylie d'en Haut, at the gateway to Haute-Ariège and the untamed Couserans. This shorter stage allows for recovery from previous days and provides an opportunity to prepare for the long hike ahead. If the group is up for it, your guide may offer an optional morning exploration of hidden scenic spots around the Araing Lake and Refuge.

- **Distance: 8km, Duration: 4h15, Ascent: +400m, Descent: -1350m**

Day 4: From Eylie to Maison du Valier



Departing from Eylie, this demanding stage in the heart of the Couserans region takes you through the wild landscapes typical of this part of the Pyrenees: beech forests, mountain pastures, and shepherds' huts. Crossing the Cols de l'Arch and Clot du Lac, you will enjoy stunning 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: 8h30, Ascent: +1550m, Descent: -1600m**

Day 5: From Maison du Valier to Col de la Core



A day of hiking along scenic balcony trails between the high mountains and the foothills of the Couserans. You will leave behind the Mont Valier massif, the emblematic peak of the Couserans, while enjoying superb views of this summit and other high peaks in the area. The charming Etang d'Ayes will add beauty to your route before reaching the Col de la Core. At the end of the hike, a transfer from Col de la Core to St Lizier d'Ustou avoids a section of the GR10 with no accommodation.

- **Distance: 13.5km, Duration: 6h30, Ascent: +1250m, Descent: -800m**

Day 6: From St Lizier d'Ustou to Aulus-les-Bains



This stage marks the transition from the Couserans to Haute-Ariège. Departing from the picturesque hamlet of St Lizier d'Ustou, nestled in a lush valley, you will ascend to the Col d'Escots. From the pass, a beautiful view opens up over the last high border peaks of the Couserans. You will then descend toward the thermal village of Aulus-les-Bains via the Cirque Casérien and the scenic Fouillet waterfall. If the group is feeling strong, a longer detour via the Guzet Lake and the Ars waterfall will allow you to admire one of the most beautiful waterfalls in the Pyrenees.

- **Distance: 15km, Duration: 6h30, Ascent: +1100m, Descent: -1100m**

Day 7: End of the trip in Saint-Girons

After breakfast, transfer (35 min) to Saint-Girons, marking the end of the trip. Here, you can visit the Saint-Girons market, ranked among the most beautiful markets in France. Set along the Salat River, this lively market offers a wide variety of local products, including vegetables, cured meats, poultry, bread, millas, cheeses, honey, jams, pastries, and other farm-fresh goods.

This itinerary was created based on the most recent information available at the time of writing. Unexpected circumstances may arise, and situations beyond our control could alter the schedule. On-site, our guides are the best judges of conditions and may modify the route based on weather conditions or group safety needs.

• MEETING POINT & END OF TRIP

Meeting Point:

On Day 1 at 8 AM in Bagnères-de-Luchon with your guide. You will receive a briefing on the trip, your packed lunch for the day, and a transfer to the village of Artigue, the starting point of the hike. Your guide will contact you a few days before the trip to confirm the exact meeting location.

End of Trip:

On Day 7 in Saint-Girons after the transfer from Aulus-les-Bains.

• DATES AND PRICES**Number of Participants**

Group of 4 to 11 people.

Departure

Guaranteed departure with a minimum of 4 participants.

- Sunday, July 13, 2025, to Saturday, July 19, 2025
- Sunday, August 3, 2025, to Saturday, August 9, 2025

Price: €960 per person**Additional Costs:**

- Return transfer from Saint-Girons to Bagnères-de-Luchon: €70 per person
- Extra night in Luchon and/or Aulus-les-Bains: Price upon request

Price Includes:

- Full-board accommodation from the picnic on Day 1 to breakfast on Day 7
- Luggage transport between accommodations (except for 1 night in a refuge on Day 2)
- Transfers mentioned in the program
- Guidance by a certified mountain leader (BE AMM) specialized in the region

Price Does Not Include:

- Travel insurance
- Transfers not included in the program
- Entrance fees for visits
- €15 booking fee
- Drinks

• TECHNICAL INFORMATION**Terrain Type**

Hiking on well-maintained trails, with varied but often rocky terrain.

Level: 4

For experienced hikers in good physical condition who already have solid mountain trekking experience. Hikes average 7 to 8 hours per day, with elevation gains of 1,000 to 1,300 meters. Trails are generally accessible but may include rough terrain (scree, boulder fields) and occasionally unmarked paths.

Note: The walking times provided are estimates based on average pace and do not include breaks. Depending on weather conditions, the ascent rate may vary between +300m to +500m per hour.

Guiding

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

Luggage & Carrying

During the hike, you will only need to carry your personal belongings for the day, including your picnic and a sufficient water supply.

Exception: On Day 2, you will need to carry your overnight essentials (sleeping bag liner, change of clothes, toiletries) for the night in the refuge. A transportable follow-up bag is recommended (see our gear advice).

•ACCOMMODATION/FOOD

Accommodation

Full board (overnight stay + dinner + breakfast + picnic)

5 nights in gîte-style accommodations with shared dormitories (Days 1, 3, 4, 5, and 6)

1 night in a mountain refuge with a shared dormitory (Day 2)

Private Room Option: Rooms for 2 to 3 people available.

Meals

- Breakfast: Continental style (tea, coffee, milk, bread, butter, jam).

- Dinner: Typically features local specialties, including a starter, main course, and dessert.

- Picnics included.

- Drinks not included.

•PRACTICAL INFORMATION

How to Reach Luchon:

- By Air: Lourdes-Tarbes Airport; Toulouse-Blagnac Airport
- By Train and Bus: TER trains from major cities to Montréjeau (<https://www.oui.sncf>), then a bus from Montréjeau to Luchon.
- By Car: From Paris: 825 km, via Limoges, Toulouse, Saint-Gaudens / From Lyon: 663 km, via Narbonne, Toulouse, Saint-Gaudens / From Marseille: 520 km / From Bordeaux: 314 km, via Agen, Auch / From Toulouse: 140 km, via Montréjeau

Vehicle Parking:

Free parking in Luchon: behind the Post Office, at the cable car station, in front of the SNCF train station, and at the Luchon exit. If you plan to leave your vehicle for the entire duration of your stay, please check with the tourist office to see if any events (festivals, markets, etc.) are being held in your parking area.

How to Leave Saint Girons:

Bus from Saint Girons to Boussens, then SNCF connections to many cities: Toulouse, Pau, Bordeaux, etc.

How to Reach Luchon from Saint Girons:

Bus from Saint Girons to Boussens, then TER train from Boussens to Montréjeau, followed by a bus from Montréjeau to Luchon.

Option to Book a Return Shuttle to Luchon: €70 per person

•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 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.