

# Pyrenean Group Holidays

4 Chemin du Luz, 65200 Argelès Bagnères, Hautes Pyrénées, France  
Tel: 00.33.562.912.445 Email: gregory.malcolm@wanadoo.fr  
Internet: pghols.com

## **Pyrenees – Gavarnie & Torla** Guided Hiking in the French and Spanish National Parks and World Heritage Site

### **Summary**

- Trip begins and ends in Gavarnie, France
- 7 nights and 8 days
- Half board (breakfast and dinner)
- Authentic and charming two star hotels with private bathroom

### **Hike Rating**

This trip is rated moderate-challenging. There are 5 ½ -6 ½ hours hiking per day, not counting breaks. The hikes range in length from 14 - 20 kilometres. The highest altitude is 2807 metres. The greatest total daily ascent is 1020 metres, and the greatest total daily descent is 1500 metres. 850 metres altitude gain or loss is a typical daily average. The terrain is rolling or mountainous with some steep ascents/descents and uneven trails. There are some sections on a couple of the walks where there is some exposure. These sections are on well-defined and popular trails so most people would find them no problem but they are not suitable for people who suffer from vertigo. Loose stones are fairly common on trails in the Pyrenees.

### **Outline Itinerary**

#### **Day 1: Gavarnie**

Our joining point is the hotel in Gavarnie with a chance to have a look around the busy little town in the evening. Please plan on arriving there by 5:00 p.m. at the latest.

Arrival. The nearest major airport is Toulouse [www.toulouse.aeroport.fr](http://www.toulouse.aeroport.fr) and the nearest railway station is at Lourdes.

A shuttle bus operates at Toulouse between the airport and railway station and there are regular trains to Lourdes which take about 2 hours.

There are occasional buses from Lourdes to Gavarnie or a minibus or taxi can be arranged.

Transport direct from the airport can be arranged.

Other small regional airports which may be useful are at Pau [www.pau.aeroport.fr](http://www.pau.aeroport.fr) and Lourdes [www.tlp.aeroport.fr/voyageur](http://www.tlp.aeroport.fr/voyageur) . These have flights to Paris and could reduce travel time.

## Day 2: At Gavarnie

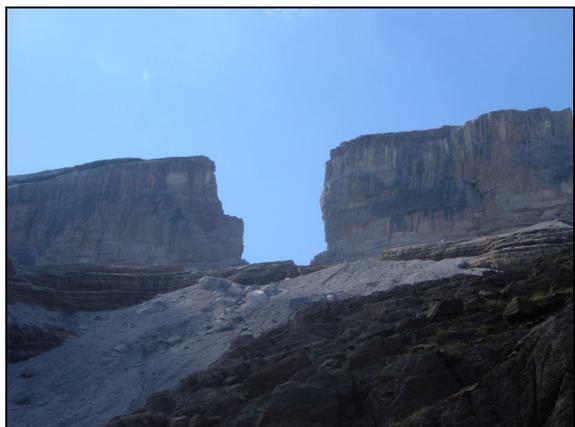
A circular walk from Gavarnie taking in the Pateau de Bellevue (great views), the Grande Cascade in the Cirque de Gavarnie (422 metre drop) and the Cabane d'Alans (views to Vignemale, the highest mountain in the French Pyrennes). 17 km, 6h00, ascent 930m, descent 930 m, highest altitude 1905m.



*Cirque de Gavarnie*

## Day 3: At Gavarnie.

We use minibuses to take us up to the Col des Tentes (2208m) we can then reach, if snow conditions allow, the famous "Breche de Roland" - a huge natural doorway in the cliffs which form the frontier between France & Spain. The return path to Gavarnie takes us over the "Plateau de Bellevue" with great views into the Cirque de Gavarnie. 16km, 6 ½ hrs, ascent 620 m, descent 1400 m, highest altitude 2807 m.



*Brèche de Roland*

## Day 4: Gavarnie to Torla, Spain



*En route to Torla*

Again we use minibuses up to the Col des Tentes (2208 m) where we set off. We soon pass a lake and the Col d'Epcières (2344 m) into the Aragon region of Spain. A long, gentle and varied descent takes us over grassy meadows and woodland down to the delightful small town of Torla. 17 km, 5 ½ hrs, ascent 400 m, descent 1500 m, highest altitude 2344 m.

## Day 5: Ordessa Canyon



*Ordessa Canyon*

A short shuttle bus ride takes us up into the National Park and the Ordessa Canyon, a huge glacier carved-valley with side walls rising 1000 m above the valley floor. After a well graded ascent we reach the “Faja de Pelay” - an almost level 8 km balcony path with extraordinary views across the canyon towards the high frontier mountains. At the head of the valley we return along the valley. 20 km, 6 hrs, ascent 870 m, descent 870 m, highest altitude 1960m.

## Day 6: Torla to Gavarnie



*Pouey-Aspé valley*

The return from Torla to Gavarnie is shortened by using transport part of the way back up the valley to the Bujareulo bridge. From there it is a 2 ½ hr ascent back to the border at the Col de Boucharo. From there we take the charming Pouey-Aspé valley which wends its way down to the village of Gavarnie. 14 km, 5 1/2 hrs, ascent 1020 m, descent 940 m, highest altitude 2273 m.

## Day 7: Cirque d'Estaubé to Gavarnie.

Using minibuses to take us around to the Cirque de Troumouse we cross high pasture land to the Lac Des Gloriettes before climbing the valley into the Cirque d'Estaubé and over the Hourquette d'Alans (2490m). From there we descend the path which leads us to Gavarnie village. 17 kms, 6 ¼ hrs, ascent 900 m, descent 1300 m, highest altitude 2490 m.



*Estaubé Valley*

## Day 8: Departure from Gavarnie

### Accommodation

Days 1 - 3. Gavarnie. 2\* hotel. En-suite rooms. Evening meal, bed & breakfast. 3 nights.

Days 4 - 5. Torla. 2\* hotel. En-suite rooms. Bed & breakfast. 2 nights. Dinner in nearby restaurant.

Days 6 - 7. Gavarnie. 2\* hotel. En-suite rooms. Evening meal, bed & breakfast. 2 nights.

### Baggage transfers

**Important** - for the two nights in Spain baggage transfer is not included due to the very high cost of the 163 km route by road. Bags can be left at the hotel at Gavarnie and you will have to carry what you need with you.

### Local transport included

There are a few days when transport will be organised to take us to the start of the walk and also on one day at the end of the walk.

The following transport of the group is included in the holiday price:

- Day 3. Gavarnie to start of walk at Col des Tentes
- Day 4: Gavarnie to start of walk into Spain from Col des Tentes
- Day 5: Shuttle bus between Torla and Ordessa Canyon
- Day 6: Torla to Bujareulo bridge.
- Day 7: Gavarnie to start of walk in the Cirque de Troumouse.

### What is not included

- Getting to and from the hotel at Gavarnie at the beginning and end of the trip.
- Lunches. It will be possible to buy food in all the villages/towns where we stay.
- Medical & travel insurance.
- Personal expenses including drinks at the hotel.
- Entrance fees (if any)