From Luchon to Aulus-les-bains, the GR10 follows ancient passages that were used as a means of communication between the deep valleys. Here, the itinerary follows a rural and forestry trail around the Piemont villages of Artigue and Melles-en-Comminges and the hamlets of Eylie, Bouche, Aunac and Bidous before rejoining another thermal station, Aulus-les-bains.

The walk between Comminges and the Haute Ariège will take you through some remarkable flora: Gispet (widespread grass that gets slippery when wet and thrives on high altitude terrain), rhododendron flowers, blueberries and majestic beach trees that share the forest with fir trees.

In Vicdessos you discover more traces of the past when the trail takes you to various ‘jasses’, (an area where the shepherds would gather their sheep near to the river), old shepherd’s cabins and cairns, all signs of an ancient presence.

We can supply you with GPS tracks for the entire route, just ask us!

•PROGRAM

Day 1 : Start of holiday in Luchon
Your holiday starts at your accommodation in Luchon, you may decide to visit the thermal baths with the famous Allées d’Etigny.

The village of Cazarilh and Luchon valley
Walk in the surrounding countryside to the village of Cazaril-Laspènes, a village with a remarquable church and architecture. Opportunity to walk to the hamlet of Trébons, then Saccourvielle before returning to Luchon.

• Distance : 9km, duration : 3h, altitude gain : +540m, descent : -540m.

Day 2 : from Luchon to Fos
Short transfer (can be avoided, consult us). From Artigue village, you cross a high col called the col de la Peyrahitta at an altitude of 1947m. Just after the col, if you are feeling up to it, you have the chance to climb the Pic de Bacanère, 2193m, this is a good variant and links up with the lake of Dessus. After having crossed Cigalères ridge (2093m) you pass one cabin after another before arriving at the village of Fos at an altitude of 544m.

• Distance : 18km, duration : 7h00, altitude gain : +1100m, descent : -1750m.

Day 3 : from Fos to Araing lake
Short transfer (can be avoided, consult us). At Labach de Melles, at an altitude of 980m, the GR10 approaches the first foothills of the Ariège mountains. From the Col d’Auérane the GR10 heads to the Etang d’ Araing, you can enjoy the large, open, wild spaces and airy views that are famed in this county.

• Distance : 10km, duration : 4h30, altitude gain : +1250m, descent : -260m.

Day 4 : from Araing lake to Eylie
This section links Etang d’Araing to Eylie d’en Haut. It crosses the first part of Ariège by passing through a series of small mountain villages, the architecture and ambience are not to be missed.

• Distance : 9km, duration : 3h30, altitude gain : +350m, descent : -1330m.

Day 5 : from Eylie to Bonac Irazein
Wonderful walk in the heart of Couserans, in Ariège, through old villages with splendid views. Couserans is a traditional and natural pyrenean area.

• Distance : 16km, duration : 5h45, altitude gain : +800m, descent : -1070m.

Day 6 : from Bonac Irazein to Aunac
Short transfer (can be avoided, consult us). During the day’s walking you will gravitate between the high mountains and the foothills of the Couserans region. You can enjoy a real kaleidoscope of colour and the superb landscapes of the Pyrenees Ariégeoises. You will discover the Etang de Bethmale which is situated in an oasis of lush greenery, from the Port de la Core at an altitude of 1395m you have a great belvedere in the direction of the reserve natural of Mont Valier, without forgetting the mountain hamlets where time appears to have stood still.

• Distance : 20km, duration : 6h15m, altitude gain : +1040m, descent : -990m.

Day 7 : from Aunac to Aulus les bains
Short transfer (can be avoided, consult us). Last walk, beginning from Saint Lizier d’Ustou, that will lead you to the thermal city of Aulus les Bains. End of your walk.

• Distance : 14km, duration : 5h00, altitude gain : +1000m, descent : -1000m.

This programme 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 Sunday from the middle of June to the end of September. According to availabilities, booking from 2 people.
Departure on another day : extra 25 euros per person.
Consult us for group discounts.

Prices : From 15/06/2017 to 30/09/2017 :

| Price per person for a group of 2/3 persons | 620 € |
| Price per person for a group of 4/5 persons | 545 € |

Extras/Discounts :
- COMFORT VERSION : 3 nights in room (according to availabilities) and 3 night in dormitories : 60 €/pers.
- EXTRA departure out of a Sunday : 25 €/pers.
- EXTRA transfer back 1 to 4 pers from Aulus to Luchon (according to availabilities) : 190 €/transfer
- DISCOUNT « BAROUDEURS » : no luggage transfer : 150 €/booking

The price includes :
- Half board accommodation
- Transfers days 2, 3, 6 and 7
- Luggage transfers days 2, 4, 5, 6 and 7
- Dossier containing maps, route notes (1 for 4 persons, given in 1st accommodation)
- GPS tracks if you ask us

The price does not include :
- Holiday and travel insurance
- Showers in the mountain huts
- Additional transfers
- Entrance fees, additional activities
- Drinks and picnics

TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to :
• increase the comfort of your accommodations,
• change the duration of your trip,
• organize additional activities or visits,
• get a transfer from/to an airport,
• organize an extra night,

ORGANIZATION

We propose a self guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We transport your bags between the accommodations (you will have it on days 2, 4, 5, 6 and 7); We organize transfers on days 2, 3, 6 and 7; we provide the maps and detailed walking route notes sent on the first accommodation. 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 the walk: *Even if you choose our DISCOUNT « BAROUDEURS » and carry your gear all along the walk.*
- Day 2: At 7.30am, short transfer (15mn) From Luchon to Artigues. (Can be avoided, consult us).
- Day 3: At 7.30am, short transfer (15mn) From Fos to Labach de Melles. (Can be avoided, consult us).
- Day 6: At 7.30am, short transfer from Bonac to Bouche. (Can be avoided, consult us).
- Day 7: At 8am, short transfer from Aunac to St Lizier d'Ustou. This transfer is to avoid part of the walk. (Can be avoided, consult us).
- Day 7: At 4pm, for those who are not doing the walk from Aulus to Mérens, transfer organized from in front of the tourist office in Aulus-les-Bains to Saint-Girons, by taxi.

We ask that you arrive on time for these transfers so not to cause a delay for yourselves or other passengers using the same transfer.

**DISCOUNT « BAROUDEURS » no luggage transfers**
We can offer you a reduced fee that does not include luggage transfers. It is therefore your responsibility to carry your own luggage from one stopover to the next. You are only permitted to use the people transfers and not the luggage transfer service with this option. The reduction is only available if everyone on the reservation has asked for this option.

### TECHNICAL INFORMATION

**Some information**
- **Maximum ascent**: +1250 m
- **Global denivelation**: 13020 m
- **Global ascents**: + 6080 m
- **Global descents**: - 6940 m
- **Highest point of the section**: 2221 m

**Nature of the walk**
Sportive. Walks on mostly waymarked paths, but some technical difficulties are possible.

**Level 3**
The walks are on good footpaths and trails, the terrain is varied but often rocky. You need to have a good level of endurance due to its long walks and inclines. You need to be used to walking and take regular exercise to enjoy this holiday.

**Detailed walking schedule**

<table>
<thead>
<tr>
<th>Detail</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ascent</td>
<td>+540m or +760m</td>
<td>+1100m</td>
<td>+1250m</td>
<td>+350m</td>
<td>+800m</td>
<td>+1040m</td>
<td>+1000m</td>
</tr>
<tr>
<td>Descent</td>
<td>-540m or -760m</td>
<td>-1750m</td>
<td>-260m</td>
<td>-1330m</td>
<td>-1070m</td>
<td>-990m</td>
<td>-1000m</td>
</tr>
<tr>
<td>Walking duration*</td>
<td>3h00 or 3h30</td>
<td>7h00</td>
<td>4h30</td>
<td>3h30</td>
<td>5h45</td>
<td>6h15</td>
<td>5h00</td>
</tr>
<tr>
<td>Distance</td>
<td>9 or 12 km</td>
<td>18km</td>
<td>10km</td>
<td>9km</td>
<td>16km</td>
<td>20km</td>
<td>14km</td>
</tr>
</tbody>
</table>

*Be advised*: the walking duration is given to help you in your choice, but this is an average, not including the stops during the walk, and overall walking duration is just an indication, but can be different between walkers.

**Bibliography**
Pyrénées Magazine, GR10, nos plus belles étapes, n°92 mars-avril
Guide vert Pyrénées Aquitaine, éd. Micheli
Guide Bleu, éd. Hachette
Chemins du Piémont n 1 G. Véron
Guide
Self-guided walking, without guide.

Carrying
You will need to carry a day sack only, with your water bottle, camera, picnic and gortex jacket. Our bag-moving service means you can travel light during your walks (except for the night in mountain shelters, D3, where you have to carry your necessary personal belongings for the night, including a lightweight sleeping bag or liner, change of clothes, toiletries). Your main luggage will be transported by vehicle between the different night stops, which you will take places on days 2, 4, 5, 6 and 7, unless you have chosen our DISCOUNT « BAROUDEURS ». In this case you are responsible for carrying your bags between stopovers and are only permitted to use the people transfers. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the porters. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday. (Consult with us for left luggage facilities).

ACCOMMODATION/FOOD

Accommodation
5 nights in gites (in communal dormitories), 1 night in a mountain shelter, half-board. Bring a light-weight sleeping bag or a liner (blankets are provided).
COMFORT VERSION : 3 nights in rooms, according to availabilities and with an extra cost : 60€/person. Please inform us when booking.

Food
- Continental breakfast (tea, coffee, milk, butter, jam)
- Evening meals in gites, often based on local specialities, include a starter, a main course and a dessert.
- Pic-nics and drinks not included.

PRACTICAL INFORMATION

Starting : Day 1 at your accomodation in Luchon (31), according to your time of arrival.
Ending : Day 7 in Saint-Girons (09) bus station around 16h45, or at your accomodation in Aulus (09), if you are walking the 6th section.

How to get to Luchon :

- By air :
Airports : Lourdes-Tarbes (110km) - tel : 0033 562329222
Toulouse-Blagnac (140km) ; tel 0033 561424400 ; train connections to Toulouse-Matabiau by navette every 20mn.

- By train :
TER trains from Toulouse Matabiau station to Montréjeau ; Toulouse-Montréjeau line, or Toulouse–Irun line, stops in Montréjeau ; then Montréjeau-Luchon by bus, departures in front of Montréjeau station.
(40mn journey time between Toulouse and Montréjeau and around 1h between Montréjeau and Luchon, 4 to 5 departures on Sunday)
Contact SNCF (www.ter-sncf.com) to confirm the timetable.

- By car :
  From Paris 825km, via Limoges, Toulouse, Saint-Gaudens
  From Lyon 663km, via Narbonne, Toulouse, Saint-Gaudens
  From Marseille 520km
  From Bordeaux 314km, via Agen, Auch
  From Toulouse 140km, via Montréjeau

PARKING :
Parking in Luchon :
Free : Behind the post office, from the phone box, in front of the train station, Luchon exit.

How to leave Aulus les bains :
At 4pm, 30mn transfer by taxi from the tourist office, organised by a local taxi, from Aulus-les-bains to Saint-Girons bus station.
Departures from Saint-Girons bus station by bus, at 5.40pm to Boussens.
From Boussens, trains to Toulouse, Pau, Bordeaux, Paris... (connections)

How to leave St Girons to Luchon :
Departures from Saint-Girons bus station by bus, to Boussens.
From Boussens take a train to Montréjeau and a bus to Luchon.
SNCF to confirm timetable.

We recommend to arrive by train to avoid returns to departure to recover your car, because itineraries can be very long and badly served and very expensive if you take a taxi. If you insist to come with your car, we recommend you to leave your car on the arrival point the first day and to do the run to the departure point because the first day you have plenty of time to do the run and you will not be tired by a week walking.

Public transports
Informations SNCF: https://uk.voyages-sncf.com/en

Practical information
- Ariège Pyrénées tourism committee BP 143 09004 Foix Cedex tel 0033 561023070 ; fax 0033 561651734
- Haute Garonne tourism committee, 14, rue Bayard, BP 845 tel 0033 561994400 ; fax 0033 561994419 ; www.cdt-haute-garonne.fr
- Luchon tourist office, tel : 0033 561792121 ; www.luchon.com; Email :luchon@luchon.com
- Haut Couserans tourist office, tel/Fax : 0033 561960001 ; www.haut-couserans.com ; Email : tourisme@haut-couserans.com
- Train information : www.ter-sncf.com
- Local weather : 0892680231 (Luchon) or 0892680209 (Ariège)
- High mountain police, Luchon, tel 0562924141

•WHAT TO BRING AND PACK

Bags :
A small day pack for your water bottle, camera, picnic and waterproof.
A bag, rucksack or suitcase for your main luggage weighing a maximum of 12kg per person.
The size of your bag varies upon the type of activity.
For a walker without portage : 30L minimum
For a walker with partial portage : 50L minimum
For a walker with portage : 60L minimum

Day Bag
Whatever activity you participate in, you should always carry in your rucksack waterproof clothing, a picnic, a bottle of water aswell as a small first aid kit and personal belongings, a camera, a hat, binoculars etc.
**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.

**Clothes:**
- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts... aswell as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR20 walks at altitude.

**For Sleeping**
- Sleeping bag for all nights spent in the gites and mountain shelters (sheets are provided)
- Earplugs

**For Picnics**
- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1L minimum flask

**For Walking :**
- Good walking shoes or boots with a good grip sole
- Walking socks.
- Warm fleece
- Shorts and T shirts.
- Swimming costume or trunks
- Towel
- 2 Walking poles (optional)
- Water bottle (one litre minimum)
- Personal first aid kit with good blister protection
- Sunglasses and sun cream
- Sun hat
- Wind and waterproof jacket (Gore-tex style)

**Other little things**
- A pair of trainers or sandals for a night
- Glasses and suncream
- Walking poles
- Hats
- Camera
- Small toiletry bag and towel
- Torch or headlight
- A first aid kit with personal medication, blister plasters (compeed), aspirin and survival blanket.