Technical details | Guided snowshoe hike | Level 2/5 | 4½ days of walking

Cauterets-Gavarnie: jewels of the Central Pyrenees

(Balneotherapy option)

Your tour briefly

- Easy access from Lourdes station
- Star-shaped itinerary
- Hiking in the Pyrenees National Park
- Accommodation in a family-run guesthouse with **two rooms** in the heart of the old village
- **Optional spa access after your hikes**

Highlights

- **Hikes in the Pyrenees' major listed sites: Gaube Valley, Gavarnie, Marcadau Valley, etc.**
- Gentle terrain suitable for snowshoeing

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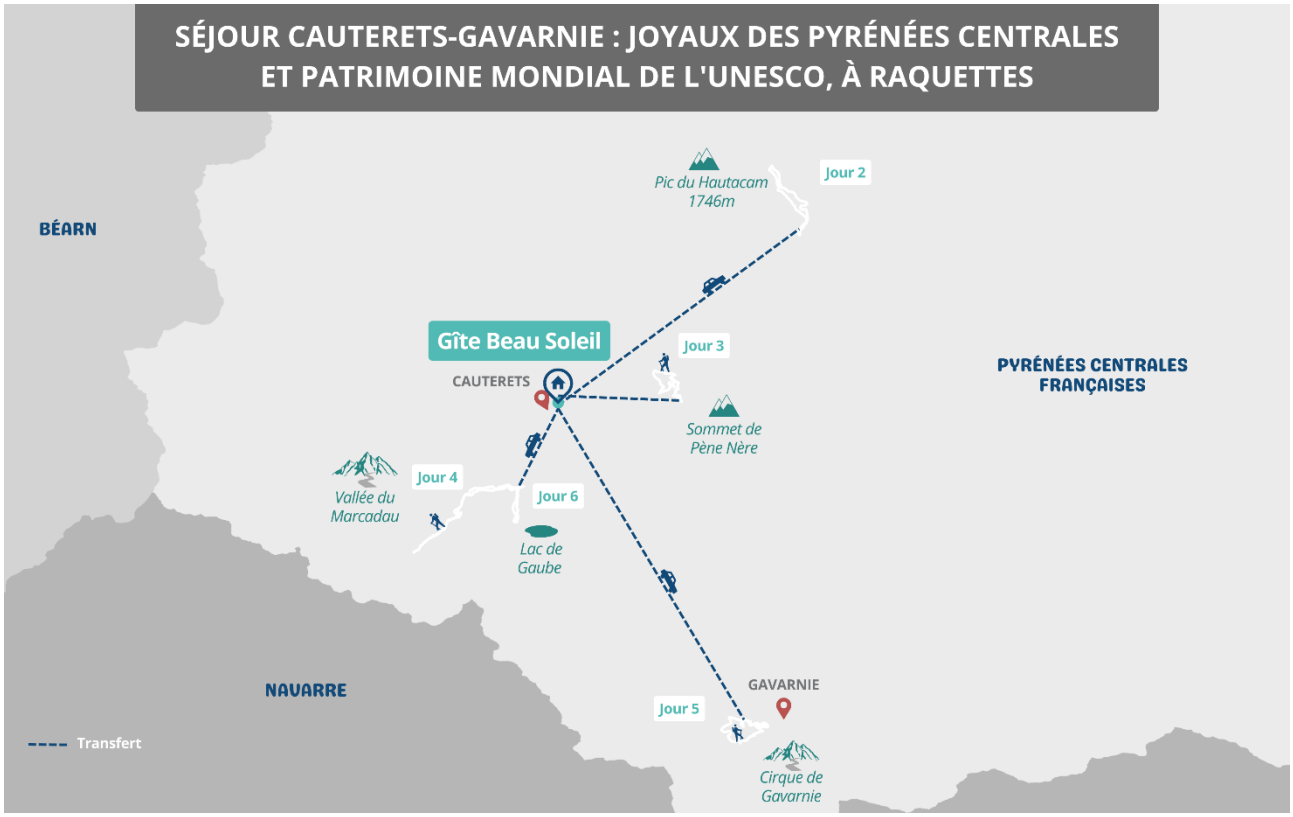
This trip to the heart of the Central Pyrenees allows you to discover some of the most beautiful sites in the Pyrenean mountain range. Starting from Cauterets, you will explore two magnificent valleys reminiscent of Canada: the Gaube Valley and the Marcadau Valley. Immaculate snow-covered landscapes, pine groves, valleys, high peaks, waterfalls and frozen lakes are all on the agenda.

In the Luz St Sauveur valley, you will climb two beautiful, easily accessible peaks, offering superb 360° panoramic views of the region's main peaks over 3,000 metres high: Balaïtous, Vignemale, Néouvielle, Pic du Midi de Bigorre, Taillon... and many more!

Another highlight of the trip is the famous Cirque de Gavarnie with its many peaks over 3,000 metres high, frozen in winter. Home to the largest waterfall in Europe (423 metres), the Cirque de Gavarnie with its magnificent architecture cannot be described, it must be contemplated and discovered. Listed as a UNESCO World Heritage Site, this natural glacial cirque impresses with its size and height, its walls reaching nearly 1,500 metres.

In the unspoilt and wild setting of the Pyrenees National Park, you will follow gentle trails that are particularly suitable for snowshoeing.
<u>After your hikes, the Les Bains du Rocher spa complex will allow you to enjoy a well-deserved moment of rest and relaxation (optional) !</u>



•PROGRAM

NB: The order of the hikes is subject to the decisions of our mountain guide, who is the sole judge based on the level of the participants and the weather.

Day 1: Start of your stay in Lourdes
Meet at 5.45 pm at Lourdes station and transfer to Cauterets (35 mins). Check into your accommodation. Briefing about your stay.

Day 2: Pic de Hautacam, a fantastic viewpoint over the Central Pyrenees

Transfer (45 min). Among the most beautiful viewpoints that are easily accessible in winter, the Hautacam peak deserves a place of honour. Easily accessible from the Hautacam ski resort, it offers an exceptional 360° panorama of the plain and many peaks of the Central Pyrenees. From Balaïtous to Pic du Midi de Bigorre via Vignemale and the "3000" peaks of Gavarnie, the view from a summit of this altitude (1,746m) is incredible!

• **Distance: 11km, duration 4 hours, ascent: +280m, descent: -280m.**

Day 3: The Col de Riou and the summit of Pène Nère

Transfer (50 min). Starting from the Luz Ardiden resort, a gentle climb takes you to the Col de Riou, straddling the Cauterets valley and the Luz St Sauveur valley. The route then follows a superb ridge to the summit of Pène Nère. Magnificent views of the Néouvielle massif and the Troumouse cirque, as well as the peaks overlooking Cauterets.

• **Distance: 9km, duration 4 hours, ascent: +420m, descent: -420m.**

Day 4: The Marcadau Valley and Refuge

Short transfer (15 min). A little corner of paradise, the Marcadau Valley is one of the most beautiful valleys in the Pyrenees. The route, punctuated by the magnificent Cayan plateau, waterfalls and forests, makes this site a veritable 'little Canada'. Arrival at the Grand Refuge Wallon, the view of the high border peaks (Vignemale, Grande Fache, Cambalès...) will be the last highlight of the day!

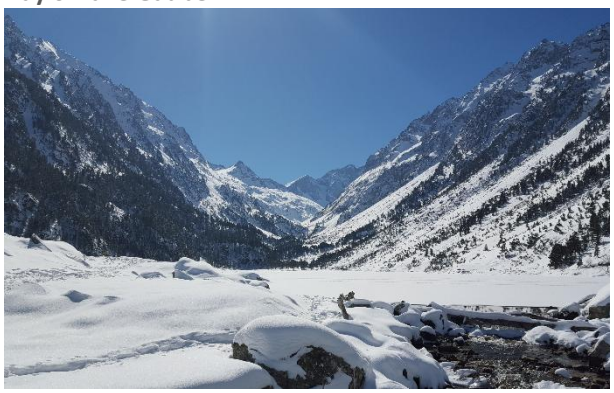
• **Distance: 16km, duration 5h45, ascent : +420m, descent : -420m.**

Day 5: The Cirque de Gavarnie

Transfer (55 min). Today's goal is to discover the Cirque de Gavarnie from different viewpoints. First, we will travel across the Peyrenère plateau, with its gentle slopes offering superb views of Gavarnie. This will be an opportunity to better understand the work of the glaciers that shaped these landscapes, which we now see disappearing before our eyes... Then, we will explore the village of Gavarnie and observe the heart of the cirque, its icy waterfalls and the immensity of its vertical walls.

• **Distance: 14km, duration 5.5 hours, ascent: +450m, descent: -450m.**

Day 6: Lake Gaube



Short transfer (15 min). Starting from Pont d'Espagne, you will walk through the famous and unmissable Gaube Valley. After crossing the forest along the Gave river, you will come to the beautiful frozen Lake Gaube. In the distance, the majestic north face of Vignemale, the highest peak in the French Pyrenees, comes into view. In the early afternoon, after your hike, return to your accommodation to freshen up, then transfer back to Lourdes station.

• **Distance: 5.5km, duration 3.5 hours, ascent: +270m, descent: -270m.**

The programmes have been drawn up based on the latest information available at the time of writing: unforeseen circumstances are always possible and situations beyond our control may affect the course of the trip. Once on site, our guides are the best judges and may decide to change the itinerary depending on the weather or if the safety of the group requires it.

• MEETING POINT AND END OF STAY

Meeting point:
Day 1 at 5:45 p.m. at Lourdes train station for a transfer (35-minute journey) to Cauterets (65, Hautes-Pyrénées). Or directly on site, at the Beau Soleil guesthouse, 21 Rue du Maréchal Joffre in Cauterets (06.61.10.27.21).

End of stay:
Day 6 around 4.15 p.m., after your transfer to Lourdes station.

•DATES AND PRICES

Number of participants
Groups of 4 to 12 people.

Departures
Departure guaranteed for groups of 4 or more people.

From Sunday 03/01/2027 to Friday 08/01/2027	**price per person 860 €**
From Sunday 10/01/2027 to Friday 15/01/2027	**price per person 860 €**
From Sunday 17/01/2027 to Friday 22/01/2027	**price per person 860 €**
From Sunday 24/01/2027 to Friday 29/01/2027	**price per person 860 €**
From Sunday 31/01/2027 to Friday 05/02/2027	**price per person 860 €**
From Sunday 07/02/2027 to Friday 12/02/2027	**price per person 890 €**
From Sunday 14/02/2026 to Friday 19/02/2027	**price per person 890 €**

From Sunday 21/02/2027 to Friday 26/02/2027	**price per person 890 €**
From Sunday 28/02/2027 to Friday 05/03/2027	**price per person 890 €**
From Sunday 07/03/2027 to Friday 12/03/2027	**price per person 860 €**

Extras/discounts:
- Balneotherapy supplement: 5-hour pass (valid from Monday to Thursday) for access to the balneotherapy area (indoor and outdoor pools, sauna, steam room, salt stone relaxation room): 50 € per person
- Additional night in a double room with breakfast: 46 € per person

The price includes:
- Full board accommodation from dinner on day 1 to breakfast and picnic on day 6
- Transfers during the stay
- Equipment provided: snowshoes, walking poles, avalanche transceiver and hiking crampons
- Supervision by a BE AMM specialist in the region

The price does not include:
- Insurance
- Access to the spa and personalised balneotherapy treatments.
- Meals not mentioned in « the price includes »
- Transfers not included in the programme
- Visits
- Drinks
- Administration fees (15 € per file)

•LEVEL

Terrain

Hikes in snow-covered mountains, on gentle slopes suitable for snowshoeing.

Level 2

These trips are designed for those looking for an active holiday. A reasonable level of physical fitness is required. Expect to walk between 3½ and 5¼ hours per day. Ascent speed* +300 m per hour.

**Please note that walking times are average times that only take into account the actual walking time without including breaks.*

•ACCOMMODATION / FOOD

Accommodation

5 nights **in a room for up to 2 people**, with private bathroom and toilet. The Beau Soleil guesthouse is a friendly, family-run establishment with a warm, mountain atmosphere. Our friend Anouk brings her sense of hospitality to life here. She will give you a warm welcome and cook up delicious **meals using organic** and locally sourced produce! The gîte is located in the heart of the old village, 350 metres from the Bains du Rocher thermal baths.

Meals
- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals often based on local specialities, including a starter, main course and dessert
- Picnics included
- Drinks not included

OTHER ACCOMMODATION OPTIONS
On certain dates, the size and distribution of the group according to room type means that we work with another accommodation partner in Cauterets. If this is the case, you will be informed before your registration is confirmed, so that you can make your own decision.

• THE ROCK BATHS (BALNEOTHERAPY SUPPLEMENT)

In a refined mineral setting, made of stone and noble materials, in a cosy and intimate atmosphere, the Les Bains du Rocher thermal spa offers a programme of relaxation, well-being and aquatic fitness.
Bubble beds, swan necks, indoor pools, hammam, sauna, salt stone relaxation room...

The world of Les Bains du Rocher allows you to enjoy the benefits of thermal water. The outdoor pool, its whirlpools, bubble beds and water currents give you the opportunity to enjoy the landscape and the mountains in all seasons.

Immersing yourself in its 33°C waters will be an unforgettable moment of relaxation after your hikes.
The + : the outdoor pool under the snow, when the flakes swirl and settle delicately on the surface of the water.

Crédits photos : P.Franchini (2 et 4), Bains du Rocher (3), Cauterets (1)

• PRACTICAL INFORMATION

How to get to Lourdes or Cauterets:

- By plane:

Lourdes-Tarbes Airport (35km): Tel: 05 62 32 92 22

Pau-Pyrénées Airport (80km): Tel: 05 59 33 33 00
Toulouse-Blagnac Airport (204km): Tel: 0 825 38 00 00

- By train and bus:

Train from Bordeaux
Train from Pau
Train from Toulouse
Respyrenees shuttle or bus from Lourdes to Cauterets

- By road:

From Tarbes, follow signs for Lourdes, Argeles-Gazost, then Cauterets.
Location: Paris 894km, Bordeaux 278km, Toulouse 204km, Nantes 602km

Car parking in Cauterets:

- Free:

Bus station, Place de la Gare
Thermes César, behind the fronton (town centre).

- Secure paid parking:

Municipal underground car park, Rue de Belfort - Tel: 05 62 92 55 57, or 05 62 9250 34 (Town Hall), or 05 62 92 50 50 (Tourist Office).

• TAKE WITH YOU IN YOUR LUGGAGE

Backpack
A hiking backpack with a capacity of approximately 35 litres will be useful for carrying your personal belongings during the day. It should contain:
- Base layer (snow gear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic essentials, personal items, etc.)
- Picnic lunch for the day (bring cutlery)
- Sufficient water (minimum 1.5 litre water bottle)

Footwear
This is one of the most important items. Above all, your shoes must be comfortable, waterproof and breathable. Good ankle support is essential. If you need to buy a new pair, we recommend trying them on before you start your trip. Do not choose a size that is too small, as your feet will tend to swell. Be careful with shoes that have been stored in a cupboard for too long. The lifespan of a shoe is 2 to 5 years. After a certain amount of time, the soles will start to come apart and the seams may tear.

Specific clothing for hiking
- A waterproof windbreaker jacket (Gore-Tex type)
- Two fleece or warm jackets
- Gloves and hat (two pairs if possible)
- Walking trousers suitable for snow (waterproof)
- T-shirts (preferably made from breathable materials)
- Change of clothes and personal laundry
- **IMPORTANT: Swimming costume (briefs for men), bathing sandals and a bath towel for the spa option**

If you have any doubts or questions about the right equipment for winter hiking in the mountains, please do not hesitate to contact us!

Picnic
- Cutlery (fork, folding knife)
- Water bottle (minimum 1.5 litres) or a much more practical camelback...

Small items
- A pair of trainers for the evening
- Sunglasses and sun cream
- Camera...

- Your toiletries bag
- A torch or head torch
- Toilet paper
- A mini first aid kit: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin for minor injuries... a survival blanket.

Communal first aid kit
First aid kit under the responsibility of your guide

Equipment provided
- Snowshoes and walking poles
- Avalanche transceiver, shovel and probe
- Hiking crampons