

Technical sheet | Guided snowshoe hike | Level 2/5   | 4 ½ days of walking

# Cauterets-Gavarnie: gems of the Central Pyrenees

## (Balneotherapy option)

### Your tour in brief

- Easy access from Lourdes train station
- A star-shaped tour
- Hiking in the Pyrenees National Park
- Accommodation in rooms of 2 in the heart of the old village in a family gite with the Green Key label: Acting for sustainable tourism

### Highlights of the tour

- Hiking in great classified sites of the Pyrenees: Gaube Valley, Gavarnie, Marcadau Valley...
- Gently sloping routes suitable for snowshoeing
- Balneo access optional after your hikes



This tour in the heart of the Central Pyrenees allows you to discover some of the most beautiful sites in the Pyrenean mountain range. From Cauterets, you will discover two magnificent valleys with a Canadian feel: the Gaube valley and the Marcadau valley. Snow-covered landscapes, pine groves, valleys, high peaks, waterfalls and frozen lakes are on the programme.

In the valley of Luz St Sauveur, you will climb two nice summits easy to access which will allow you to enjoy superb 360° panoramas on the main summits of more than 3000m of the region: Balaitous, Vignemale, Néouvielle, Pic du Midi de Bigorre, Taillon... and so many others!

Another highlight of the trip is the discovery of the famous Gavarnie cirque with its many peaks over 3000m frozen by winter. Home to the largest waterfall in Europe (423m), the Gavarnie cirque with its magnificent architecture cannot be described, it can only be contemplated and discovered. Listed as a UNESCO World Heritage Site, this natural glacial cirque impresses by its size and height, its walls reaching almost 1500m.

[www.gr10-liberte.com](http://www.gr10-liberte.com) / [www.respyrenees.com](http://www.respyrenees.com)

[www.maison-iputxainia.com](http://www.maison-iputxainia.com)

Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54

[info@respyrenees.com](mailto:info@respyrenees.com)

**In the wild and preserved setting of the Pyrenees National Park, you will follow routes with a gentle relief that are particularly well suited to snowshoeing.**

**After the hikes, the thermal complex Les Bains du rocher will allow you to enjoy a well-deserved moment of rest and relaxation (optional)!**

## • PROGRAMME

NB: the order of the hikes is subject to the decisions of our mountain leader, who is the sole judge according to the level of the participants and the weather.

### **Day 1 : Start of the stay in Lourdes**

Meeting at 6pm at Lourdes train station and transfer to Cauterets (35min). Check-in at your accommodation. Briefing on the trip.

### **Day 2 : The Hautacam peak, a fantastic viewpoint in the Central Pyrenees**

Transfer (45min). The Hautacam peak is one of the most beautiful and easily accessible viewpoints in winter. Its easy access from the Hautacam ski resort offers an exceptional 360° panorama over the plain and many peaks of the Central Pyrenees. From the Balaitous to the Pic du Midi de Bigorre via the Vignemale and the "3000" of Gavarnie, the view for a summit of this altitude (1746m) is incredible!

- Distance: 11km, length 4h00, altitude difference +280m, altitude difference -280m

### **Day 3 : The Riou pass and Pène Nère summit**

Transfer (50min). From the resort of Luz Ardiden, a gentle ascent leads to the Col de Riou, straddling the valley of Cauterets and the valley of Luz St Sauveur. 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, length 4h00, altitude difference +420m, altitude difference -420m

### **Day 4 : The Marcadau valley and refuge**

Short transfer (15min). 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 real "little Canada". Arriving at the large Wallon refuge, the view of the high border summits (Vignemale, Grande Fache, Cambalès...) will be the last highlight of the day!

- Distance: 16km, length 5h45, altitude difference +420m, altitude difference -420m.

### **Day 5 : Gavarnie Circus**

Today the objective is to explore the Gavarnie cirque from different points of view. First of all, we'll walk through the Saugué plateau which allows us to discover beautiful barns and above all a superb panorama on Gavarnie. This will be an opportunity to better understand the work of the glaciers that forged these landscapes, and that we see disappearing before our eyes today... Then, we will visit the village of Gavarnie and observe the heart of the cirque, its icy waterfalls and the immensity of its vertical walls.

- Distance: 14km, length 5h30, altitude difference +450m, altitude difference -450m.

### **Day 6 : Lake Gaube**

Short transfer (15min). Starting from the Pont d'Espagne, you walk through the famous and unmissable Gaube valley. After a forest crossing along the Gave, you arrive at the superb frozen lake of Gaube. In the distance, the majestic north face of the Vignemale, the highest peak in the French Pyrenees, appears. In the early afternoon, after your hike, transfer back to Lourdes station.

- Distance: 5,5km, length 3h30, altitude difference +270m, altitude difference -270m

*The programmes have been drawn up according to the latest information available at the time of writing: imponderables are always possible and situations beyond our control may change the course of the programme. On site, our guides are the best judges, they may have to modify the itinerary depending on the weather or if the safety of the group requires it.*

## • APPOINTMENTS & END OF STAY

### Meeting:

On day 1 at 5:15 pm at Lourdes train station for a transfer (35min journey) to Cauterets (65, Hautes-Pyrénées). Or directly at the gîte le Beau soleil, 21 Rue du Maréchal Joffre in Cauterets (06.61.10.27.21).

**It is IMPERATIVE to inform us one week in advance by text message at +33 6 10 97 16 54**, of your arrival time and means (train at Lourdes station or car directly at Cauterets).

### End of stay:

On day 6 at about 3.35 pm, after your transfer to Lourdes train station.

## • DATES AND PRICES

### Number of participants

Groups of 4 to 12 people.

### Departures

Departure guaranteed from 4 people.

From Sunday 08/01/2023 to Friday 13/01/2023	price per person €740
From Sunday 15/01/2023 to Friday 20/01/2023	price per person €740
From Sunday 22/01/2023 to Friday 27/01/2023	price per person €740
From Sunday 05/02/2023 to Friday 10/02/2023	price per person €765
From Sunday 12/02/2023 to Friday 17/02/2023	price per person €765
From Sunday 19/02/2023 to Friday 24/02/2023	price per person €765
From Sunday 26/02/2023 to Friday 03/03/2023	price per person €765
From Sunday 05/03/2023 to Friday 10/03/2023	price per person €740

### Extras/Discounts:

- Balneo supplement: 5h pass (usable from Monday to Thursday) to access the balneo area (indoor and outdoor pools, sauna, hammam, salt stone rest room): €60/pers
- Additional night in B&B double room: €44/pers

### 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 sticks and avalanche transceiver
- Supervision by a mountain guide specialised in the area

### The price doesn't include :

- Insurances
- Access to balneotherapy and personalised balneotherapy treatments.
- Meals not included in the price
- Transfers not included in the programme
- Visits
- Drinks
- Booking fees (15€ per booking)

## •LEVEL

### Nature of the ground

Hiking in snowy mountains, on gentle slopes suitable for snowshoeing.

### Level 2

These trips are designed for those who are looking for an active holiday. A reasonable level of fitness is required. Count on 3h30 to 5h45 of walking per day. Climbing speed\* +300 m per hour.

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

## •ACCOMODATION / FOOD

### Accommodation

5 nights in a family gite with the Green Key label: Acting for sustainable tourism, full board. The Beau Soleil gite is a friendly, family-run accommodation, where a mountainous and friendly atmosphere prevails. Anouk will give you a warm welcome, and will cook us good food! The gîte is located in the heart of the old village, 350m from the Bains du rocher thermal baths.

### Food

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

## •PRACTICAL INFORMATION

### How to reach Lourdes or Cauterets:

- By air :  
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  
Respyrénées shuttle or bus from Lourdes to Cauterets
- By road :  
From Tarbes follow Lourdes, Argeles-Gazost, then Cauterets.  
Location: Paris 894km, Bordeaux 278km, Toulouse 204km, Nantes 602km

### Vehicle parking in Cauterets:

Free of charge:

Bus station, Place de la gare

Thermes César, behind the fronton (town centre).

- Paying and guarded car parks:  
Underground municipal 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 Information Office).

## •WHAT TO PACK IN YOUR LUGGAGE

### **Backpack**

A hiking backpack with a capacity of approximately 35 litres, which will be useful for carrying your personal belongings during the day. It should contain:

- Basic equipment (snow gear, warm clothing, spare T-shirt, sunglasses, sunscreen, first aid kit, picnic kit, personal items, etc.)
- Picnic lunch of the day (bring cutlery)
- Enough water (minimum 1.5 litre water bottle)

### **Shoes**

This is one of the most important elements. Above all, they must be comfortable, waterproof and breathing. Good ankle support is essential. If you have to buy a new pair of shoes, we recommend that you try them on before you start your trip. Don't take a size too small, as your feet will tend to swell. Beware of shoes that have been sitting in a wardrobe for too long. The life span of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

### **Specific clothing for hiking**

- A waterproof windproof jacket (Goretex type)
- Two fleeces or warm jackets
- Gloves and hat (two pairs if possible)
- Walking trousers suitable for snow (waterproof)
- T-shirts (preferably breathable materials)
- Change of clothes and personal linen
- **IMPORTANT: A swimming suit (swim trunks for men), bathing sandals and a bath sheet for the balneo option**

**If you have any doubts or questions about the right equipment for winter hiking in the mountains, don't hesitate to contact us!**

### **Picnic**

- Cutlery (fork, folding knife)
- Minimum 1.5 L water bottle or camel back, much more practical...

### **Small equipment**

- A pair of tennis shoes for the evening
- Sunglasses and sunscreen
- Camera...
- Your toiletry kit
- 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.

### **Collective pharmacy**

First aid kit under the responsibility of your guide

### **Equipment provided**

Snowshoes and walking sticks  
avalanche transceiver, shovel and probe