Technical sheet| Guided hike| Level 2/5 | 5 Days of walking

Catalan Pyrenees: Mountains and Lakes, Wellness & Local Flavors

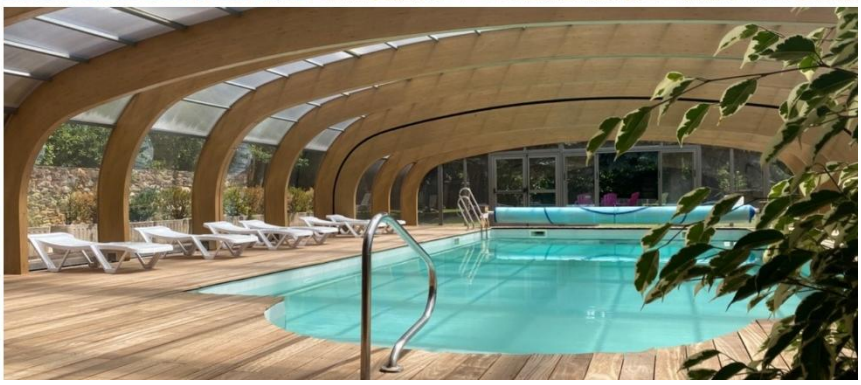
Your Tour briefly

- Easy access from FOIX train station (09)
- Séjour en étoile de niveau assez facile
- **The emphasis is on local flavors and products: gourmet table, local picnics, organic if possible**
- **Comfortable accommodation in a *** hotel with relaxation area, fitness, sauna and heated indoor pool. Establishment renowned for its gourmet table**

The highlights

- Hike in the heart of the Regional Natural Park of the Catalan Pyrenees: between Cerdagne and Capcir
- The high-altitude lakes of the classified site of Les Bouillouses
- The ponds of Camporells
- An incursion into Spanish Catalonia
- A day dedicated to the Eyne Nature Reserve
- A varied itinerary: gorges, forests, valley, mountain pastures, lakes, sierra, summits…



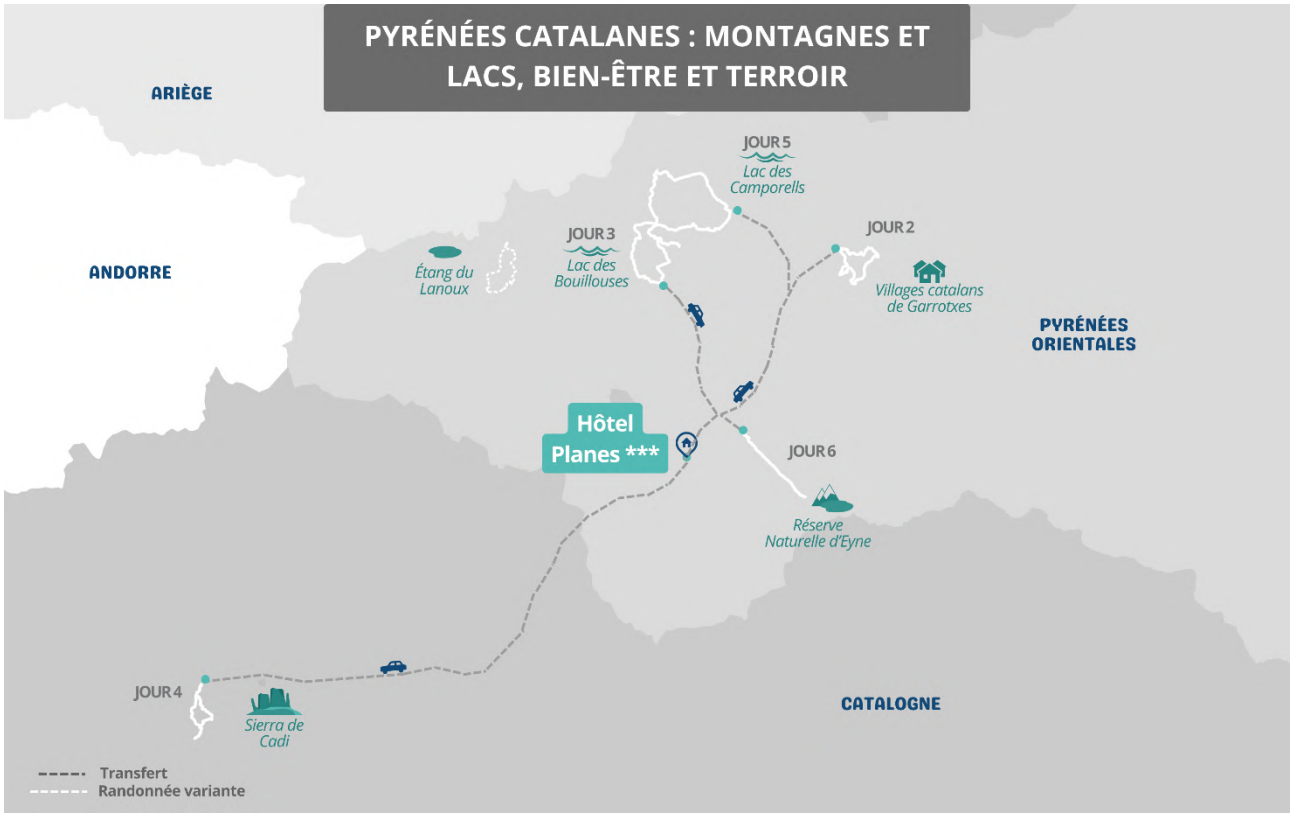



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Nestled in the heart of the Catalan mountains, close to Andorra and Spain, the Regional Natural Park of the Catalan Pyrenees, between Cerdagne and Capcir, unfolds in the superlative: a preserved "Altiplano" with exceptional sunlight, unique high-altitude landscapes where mouflon and chamois thrive.

The multitude of mountain lakes makes the beauty of the region, while near the villages, sulfurous hot springs have delighted people for centuries. For example, in Dorres, you will have the opportunity to enjoy its outdoor natural baths. An excursion into the Eyne Nature Reserve will allow you to glimpse a condensed version of all that the Pyrenees offer in terms of natural habitat diversity. Then, the inevitable sites of Les Bouillouses and Camporells, dotted with lakes in the heart of plateaus and high-altitude forests, will delight lovers of wide-open spaces. Meanwhile, a trip into Spanish Catalonia will enchant everyone with a completely different experience! In short, a varied stay where forests, mountain pastures, plateaus, lakes, gorges, valleys, and summits will mark your steps.

Finally, to make your stay in the Catalan land a true success, return each evening to the hotel ideally located in the village of Saillagouse, where you can enjoy a relaxation area, sauna, pool, and particularly delicious cuisine.



•PROGRAM

Day 1: Start of the stay in FOIX



Meeting at **3:30 PM at Foix train station (09)** and transfer to Saillagouse (1h45). Check-in at your accommodation in a *** hotel with relaxation area, fitness, sauna, and pool. Briefing on the stay.
NB: For those arriving by car, it is possible to go directly to the accommodation: **Hôtel Planes, Place de Cerdagne, Saillagouse (tel: 04.68.04.72.08).** **Please check in at reception at the Le Jardin hotel.**

Day 2: Tour of the old Catalan villages of Garrotxes



Five villages with typical stone houses dot the small territory of the **Garrotxes** (the rocky lands). A wild territory, but also a land of livestock… in short, a condensed version of the Regional Natural Park of the Catalan Pyrenees; one could not dream of a better introduction to this stay!

• **Distance: 12 km, duration: approximately 4h30, elevation gain: +500 m, elevation loss: -500 m, transfer: 20 min**

Day 3: Plateaus and ponds of the classified site of Les Bouillouses



In the heart of this vast area of glacial lakes and wild expanses, each of our **guides has their favorite route, their secret spot away from the busy trails**, their favorite pond… So, let's not reveal anything and keep the surprise of a tailor-made itinerary!

• **Distance: 17 km, duration: approximately 6h, elevation gain: +500 m, elevation loss: -500 m, transfer: 40 min**

Day 4: Sierra de Cadì or Estanys de Malniu in Spanish Catalonia



Defined by purists as the Catalan Rockies or Dolomites, this mountain range will enchant us with the gentleness of its trail and the diversity of its flora, including the Ramonda, an endemic flower of the Pyrenees. Arrival at the **"Prat de Cadì"** (the Cadì meadow), used as summer pasture for the valley's herds, will serve as a stop to share a friendly moment around Catalan specialties.

• **Distance: 10 km, duration: approximately 5h, elevation gain: +600 m, elevation loss: -600 m, transfer: 1h**

Day 5: Lakes of Camporells or Étang du Lanoux



A day on high-altitude trails exploring the stunning Camporells site with its many lakes. Experience some of the most beautiful mountain scenery in the Catalan Pyrenees Park, across the high plateaus of Cerdagne and Capcir. We'll bid farewell to this little paradise with one last breathtaking view from the Serra de Mauri.

- **Distance: 12km, duration: approximately 5h, elevation gain: +500m, elevation loss: -500m, transfer: 45min**

Day 6: The Eyne Nature Reserve



Let's explore the **Eyne Nature Reserve**, a preserved and protected area, a true mosaic of natural habitats. In the heart of the aptly named **"Valley of Flowers"**, your guide will introduce you to an incredibly varied flora and ever-changing landscapes: hooked pine forests, riverbanks, heathlands, meadows and high plateaus, scree…

• **Distance: 12 km, duration: approximately 5h, elevation gain: +600 m, elevation loss: -600 m, transfer: 15 min**

Day 7: End of the stay

Transfer from Saillagouse to Foix train station after breakfast (arrival at the station around 10:45 AM).

The programs have been prepared according to the latest information available at the time of writing: unforeseen events may always occur, and situations beyond our control may alter the schedule. On site, our guides are the best judges and may modify the itinerary depending on the weather or if the group's safety requires it.

•MEETING AND END OF THE STAY

Meeting:
Day 1 at 3:30 PM at Foix train station (09, Ariège) for transfer (1h45) to Saillagouse (66, Pyrénées-Orientales).
NB: For those arriving by car, it is possible to go directly to the accommodation: **Hôtel Planes-Hôtel le Jardin**, Place de Cerdagne, Saillagouse (tel: 04.68.04.72.08). **Please check in at reception at the Le Jardin hotel**.

End of the stay:
Day 7 after breakfast.
Transfer to Foix train station (arrival around 10:45 AM) for those arriving by train.

•DATES AND PRICES

Number of participants
Group of 4 to 14 people.

Departures
Departure guaranteed from 4 participants.

Sunday 02/05/2027 to Saturday 08/05/2027
Sunday 16/05/2027 to Saturday 22/05/2027
Sunday 30/05/2027 to Saturday 05/06/2027
Sunday 06/06/2027 to Saturday 12/06/2027
Sunday 20/06/2027 to Saturday 26/06/2027
Sunday 04/07/2027 to Saturday 10/07/2027
Sunday 11/07/2027 to Saturday 17/07/2027
Sunday 18/07/2027 to Saturday 24/07/2027
Sunday 25/07/2027 to Saturday 31/07/2027
Sunday 01/08/2027 to Saturday 07/08/2027
Sunday 08/08/2027 to Saturday 14/08/2027
Sunday 15/08/2027 to Saturday 21/08/2027
Sunday 22/08/2027 to Saturday 28/08/2027
Sunday 05/09/2027 to Saturday 11/09/2027
Sunday 12/09/2027 to Saturday 18/09/2027
Sunday 26/09/2027 to Saturday 02/10/2027

Price per person:

Price/person in May, June and September	**990€**
Price/person in July and August	**1055€**

Extras:
- Single room supplement: **€160/person**

The price includes:
- Accommodation on full board from dinner on Day 1 to breakfast on Day 7
- Transfers during the stay
- Supervision by an AMM specialist of the region

The price does not include:
- Insurance
- Meals not indicated in “the price includes”
- Transfers not included in the program
- Access to the Dorres baths
- Drinks
- €15 booking fees

•TECHNICAL INFORMATION

Type of terrain
Hikes on good trails; the terrain is varied but often rocky.

Level 2/5
For hikers with previous hiking experience, in fairly good physical condition. Expect 4 to 6 hours of walking per day. The walking times indicated are for guidance only; they are average times and account only for the actual walking duration, not breaks. Depending on weather conditions, the walking pace may also vary.

Guiding
Hikes are led by a BE Mountain Guide specialist of the region.

Carrying
Only personal items for the day, your picnic, and sufficient water.

•ACCOMODATION / MEALS

Accommodation
6 nights in a *** hotel with relaxation area, fitness facilities, sauna, and heated indoor pool. Gourmet restaurant highlighting Catalan and Southern cuisine with skill.



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

•PRACTICAL INFORMATION

How to get to Foix (09):

- By plane:
  Toulouse-Blagnac Airport (204 km) – Tel: 0 825 38 00 00

- By train and bus:
  TER train from Toulouse: https://www.oui.sncf

- By car:
  From Toulouse, follow signs to Montpellier, Foix.
  Distances: Paris 765 km, Bordeaux 330 km, Toulouse 85 km, Nantes 602 kmPar la route :

How to get directly to Saillagouse:

- By train:

From Toulouse to Foix; many trains (about 10 per day), 5 trains or buses on Sunday. From Latour-de-Carol, take the Train Jaune to Saillagouse: https://www.oui.sncf

- Par la route :

Autoroute A9 jusqu'à Perpignan, puis de Perpignan à Saillagouse par la N 116, 90km, direction Prades, puis Bourg Madame, et Saillagouse.

- By car :

A9 motorway to Perpignan, then from Perpignan to Saillagouse via N116, 90 km, direction Prades, then Bourg-Madame, then Saillagouse.

From Toulouse, N20 via Ax-les-Thermes and Col **de Puymorens** to Bourg-Madame, then Saillagouse; Toulouse to Col de Puymorens: 143 km; Col de Puymorens to Saillagouse: 29 km

•TO BRING IN YOUR LUGGAGE

Backpack

The size of the backpack is very important and can vary depending on the type of trip:

- For a hike without carrying luggage: minimum 30L
- For a hike with light or partial carrying: minimum 50L
- For a hike with full carrying: minimum 60L

It should contain:

- Bottom of the bag (rainwear, warm clothing, spare t-shirt, sunglasses, sunscreen, first aid kit, picnic necessities, personal items, etc.)
- Picnic lunch of the day (bring a plastic container)
- Sufficient water (minimum 1.5 L bottle)

Footwear

One of the most important elements. Shoes must be comfortable, waterproof, and breathable, with good ankle support. If buying a new pair, try them before your trip. Do not choose too small a size, as your feet tend to swell. For short hikes: flexible trekking shoes with a good sole and heel support. For mountain hikes over 4 hours: high-cut shoes with a fairly rigid sole. Shoes that have been stored too long may be compromised; lifespan is 2–5 years. Soles may detach and seams may tear over time.

Specific clothing for hiking

• Waterproof windbreaker (e.g., Gore-Tex)
• Fleece jacket or sweater
• Hiking pants, shorts, t-shirts (prefer breathable materials)
• Spare clothes and personal laundry
• Swimsuit and towel
• Early and late season: thin gloves and a hat for high-altitude hikes

Sleeping

-Earplugs

Picnic

• Cutlery (fork, folding knife)
• Minimum 1.5 L water bottle or CamelBak (more practical)

Small equipment
• 1 pair of high-quality sunglasses
• 1 water bottle (minimum 1 liter)
• 1 pocket knife (to be packed in checked luggage)
• Toiletries
• Toilet paper, sunscreen, and lip balm
• For picnics: cutlery

Small equipment
• Pair of sneakers or sandals for the evening
• Telescopic hiking poles (optional)
• Sunglasses and sunscreen
• Hat, cap, or sun hat
• Camera
• Small toiletry kit with towel
• Flashlight or headlamp
• Toilet paper
• Mini first-aid kit: personal medication, Compeed for blisters, adhesive bandages, gauze, disinfectant, arnica granules, aspirin for minor injuries, survival blanket