

Technical Details | Guided hike | Level 3/5 | 5 days of walking

Cauterets-Gavarnie, UNESCO World Heritage Site

(Balneotherapy option)

Your tour in briefly

- Easy access from Lourdes station
- Star-shaped itinerary
- Guided hike with a mountain guide who is an expert on the region
- Accommodation **in a twin room** in the heart of the old village in a family-run guesthouse with Green Key certification: Working towards sustainable tourism
- Duration: 6 days/5 nights
- **Optional spa access after your hikes.**

Highlights

- Hiking in the heart of the Pyrenees National Park, in protected natural sites
- The Gaube and Marcadau valleys
- The impressive north face of the Vignemale massif (3,298 m)
- The Cirque de Gavarnie, a UNESCO World Heritage Site
- The villages of Cauterets and Gavarnie, the birthplaces of Pyrenean mountaineering!



This trip allows you to hike in the heart of the major sites of the Pyrenees National Park, while enjoying the comfort of a star-shaped trip: family accommodation in rooms, and hiking with a light backpack!

The Pyrenees National Park offers hikers the opportunity to explore magnificent sites and discover an exceptional natural heritage. The cradle of Pyrenean mountaineering, a paradise for mountaineers and lovers of nature with striking contrasts, this hiking circuit between Cauterets and Gavarnie can only be described in superlatives: home to the most illustrious Pyrenean guides, landscapes carved between medium and high mountains, vestiges of a past that is still present, the history of the men who forged this land of traditions and cultures remains anchored in the villages you pass through.

At the start of your stay, you will discover two magnificent valleys: the Gaube Valley and the impressive north face of the Vignemale, and the Marcadau Valley with its high mountain lakes. Then, after crossing into the Luz valley in the Pays Toy, the Estaubé and Gavarnie cirques will offer hikers eager for thrills panoramic views of unparalleled purity. Throughout your journey, izards, marmots and other birds of prey will accompany you with their gaze in the silence of these vast, unspoilt spaces.

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

• PROGRAM

Day 1: Start of your stay in Cauterets

Meet at 5.15 pm at Lourdes railway station and transfer to Cauterets (35 mins). Check into your accommodation in Cauterets, a renowned spa town. Opportunity to explore the town and its architectural heritage or visit the National Park Visitor Centre.

Day 2: The Lutour Valley and the Estom Refuge

A superb hike in the beautiful Lutour Valley, ideal for the first day of your trip, where you will enjoy a succession of breathtaking landscapes in the Pyrenees National Park! A gradual and easy climb, becoming a little steeper just before you reach the lake. Take the time to look at the slopes on your right as you climb, as many izards live in this reserve and can be seen.

- Distance: 12km, duration: 5h15, ascent: +500m, descent: -500m

Day 3: The Troumouse cirque

The Central Pyrenees have three superb cirques, the best known of which is Gavarnie. However, the other two, Troumouse and Estaubé, are also worth a visit. Troumouse, located furthest to the east, has beautiful walls that mark the border with Spain.

- Distance: 12km, duration: 5h15, ascent: +650m, descent: -650m

Day 4: The stunning glacial lakes of the Marcadau Valley

Still in the heart of the Pyrenees National Park, this hike takes you to the neighbouring Gaube Valley: the Marcadau Valley. A superb circular route allows you to discover numerous magnificent turquoise lakes at an altitude of over 2,400 metres: the lakes of Embarrat, Pourtet, Nère... Then you descend towards the Wallon mountain refuge on the banks of the Gave du Marcadau.

- Distance: 20km, duration: 7 hours, ascent: +985m, descent: -985m

Day 5: Cirque de Gavarnie, UNESCO World Heritage Site

Starting from the village of Gavarnie, a superb route with panoramic views awaits you! In the heart of high-altitude meadows inhabited by friendly marmots and numerous herds, we will never tire of admiring landscapes of incomparable mineral purity.

- Distance: 14.5 km, duration: 6h30, ascent: +900 m, descent: -900 m

Day 6: Gaube Valley and Vignemale Massif (3,298 m) from Pont d'Espagne

Discover the sumptuous Gaube Valley and its mountain lake nestled in the heart of pristine landscapes. After Lake Gaube, an easy, gently sloping route will take you to the Oulettes de Gaube site with its guarded refuge, at the foot of the imposing and magnificent north face of the Vignemale (3,298m).

- Distance: 16.5 km, duration: 5h45, ascent: +700 m, descent: -700 m

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 how they unfold.

• MEETING POINT AND END OF STAY

Meeting point:

Day 1 at 5:15 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 5.15 p.m., after your transfer to Lourdes station.

• DATES AND PRICES

Number of participants

Groups of 4 to 8 people.

Departures

Departure guaranteed for groups of 4 or more people.

From Sunday 01/06/2025 to Friday 06/06/2025

From Sunday 22/06/2025 to Friday 27/06/2025

From Sunday 13/07/2025 to Friday 18/07/2025

From Sunday 27/07/2025 to Friday 01/08/2025

From Sunday 03/08/2025 to Friday 08/08/2025

From Sunday 17/08/2025 to Friday 22/08/2025

From Sunday 31/08/2025 to Friday 05/09/2025

From Sunday 07/09/2025 to Friday 12/09/2025

From Sunday 14/09/2025 to Friday 19/09/2025

Price per person:

845 €

Supplements/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/person
- Additional night in a double room with breakfast: €46/person

The price includes:

- Full board accommodation from dinner on day 1 to breakfast and picnic on day 6
- Transfers during the stay
- Supervision by a BE AMM specialist in the region

The price does not include:

- Insurance
- Meals not mentioned in "The price includes"
- Transfers not included in the programme
- Visits
- Drinks
- Administration fees (€15 per file)

•TECHNICAL INFORMATION

Level 3/5

Regular walker, in good physical condition with experience of mountain hiking. Hiking for 6-7 hours per day on average, with an average elevation gain of 700m-1000m, on fairly easy trails with a few minor technical difficulties. The walking times mentioned are given as a guide only; they are average times that only take into account the actual walking time without including breaks. Depending on weather conditions, the walking pace may also vary, ranging from +300m to +500m of ascent per hour.

Luggage

Only your personal belongings for the day and your picnic. Your luggage will be transported by vehicle. Please bring a piece of luggage that is easy to transport (see our advice on equipment).

•ACCOMMODATION / FOOD

Accommodation

5 nights in a Green Key-certified family guesthouse: Acting for sustainable tourism, full board. The Beau Soleil guesthouse is a friendly, family-run accommodation with a warm, mountain atmosphere. Anouk will give you a warm welcome and cook up some delicious meals! 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

•LES BAINS DU ROCHER



Photo credits: P.Franchini (2 and 4), Bains du Rocher (3), Cauterets (1)

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, with its whirlpools, bubble beds and water currents, gives 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 gently on the surface of the water.

• 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).

• WHAT TO PACK IN YOUR LUGGAGE

Luggage

• A hiking rucksack with a capacity of approximately 35 litres, which will be useful for carrying your personal belongings during the day.

Clothing

- 1 sun hat or cap

• T-shirts (1 for every 2 or 3 days of walking). Avoid cotton, which takes a long time to dry; opt for short-sleeved T-shirts (breathable fabric) in Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo), etc.

- 1 undershirt (same as above) or long-sleeved shirt

- 1 fleece jacket

- 1 pair of trekking trousers

- 1 pair of comfortable trousers for the evening

- 1 simple, lightweight Gore-Tex style jacket

• 1 swimsuit, 1 swimming cap, bathing sandals and a bath towel to access the Cauterets balneotherapy centre.

- Warm underwear

- Walking socks (1 pair for 2 to 3 days of walking) . Avoid cotton socks, which take a long time to dry and increase the risk of blisters; opt for Coolmax socks, for example.

- 1 pair of waterproof hiking boots with good ankle support (Vibram-type soles)

- 1 pair of comfortable shoes for the evening

The clothing list should be adapted to the season.

Small equipment

- 1 pair of high-quality sunglasses
- 1 water bottle (minimum 1 litre)
- 1 pocket knife (to be placed in checked luggage)
- Toiletries
- Toilet paper, sun cream + lip balm
- For picnics: cutlery

Personal first aid kit

- Your usual medication
- Vitamin C or multivitamins
- Pain relief medication: paracetamol preferred
- Elastic adhesive bandage (Elastoplast type, 6 cm wide)
- Adhesive bandages + disinfectant wipes
- Blister plasters (Spenco brand SOS Ampoules, available in sports shops, chemists, drugstores, etc.)

Group first aid kit

- First aid kit under the responsibility of your tour leader