

Spanish Central Pyrenees | Guided hike | Level 3/5    | 6 days of walking

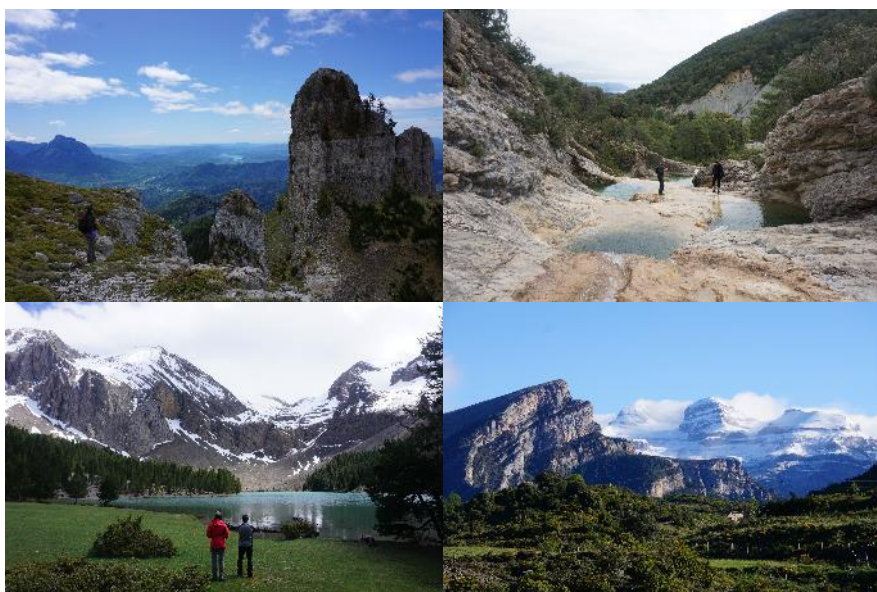
Upper Aragon, Ordesa and Monte Perdido: our comfort version

Your Tour briefly

- Discover Upper Aragon and the peaks and valleys surrounding the Monte Perdido National Park.
- Six hikes carefully selected by our guides to give you an overview of the region.
- Easy access from Lannemezan SNCF station (65), then transfer to Spain by minibus.

Highlights

- **THE** comfortable option for stays in Ordesa-Mont Perdu National Park: accommodation in double rooms
- **Small group of max 8 people** for an intimate, exotic and timeless stay
- **Spectacular landscapes and exotic surroundings on the Spanish side: canyons, lakes, stone villages, tapas, etc.**



After this trip, it is impossible not to fall under the spell of Upper Aragon, the mineral jewel of the Spanish Pyrenees! In these timeless places, where Romanesque churches overlook dry stone villages, hiking is the ideal way to discover magnificent landscapes where snow-capped 3,000-metre peaks dominate immense canyons and rivers. Discover the southern slopes of the Pyrenees, an inhospitable land, unsuitable for humans, yet one where people have settled. You will follow centuries-old paths, where you will discover abandoned villages, fascinating remnants of their occupation. A complete change of scenery guaranteed.

www.respyrenees.com
www.maison-iputxainia.com

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This sporting holiday will reveal a diversity of landscapes where birds of prey reign supreme: grassy high plateaus, mountain lakes, glacial valleys, balcony paths and canyons perfect for swimming. Your efforts will be rewarded by the discovery of two of the region's most legendary peaks and two of the largest canyons in the Pyrenees, both listed as UNESCO World Heritage Sites. The breathtaking panoramas will leave you with lasting memories of these wonders of nature! For the first two nights, we will stay in a small mountain hotel perched on a superb viewpoint in a wild valley. The other three nights will be spent in the heart of the magnificent medieval village of Ainsa. The superb square overlooking the village in the middle of the ramparts, its Romanesque church and the many buildings surrounding it will give us the impression of being transported back to the Middle Ages.

An unmissable holiday for all lovers of the Pyrenees!!!

•PROGRAM

Day 1: Start of your stay in Lannemezan – Pineta Valley

Meet at 9am at Lannemezan station, dressed for hiking. Heading south, after a transfer through the Aure Valley, we will discover the southern slope of the mountain range. The geology changes, with deciduous trees giving way to pines. Here, the smells and the sun have a different flavour. We will explore the bottom of the Pineta cirque and its many waterfalls. At the foot of Mont Perdu, in this immense glacial valley, you will feel very small in this incredible mineral world. In the evening, check into a small mountain hotel for two nights.

- Distance: 11 km, duration: approximately 4h30, ascent: +625 m, descent: -625 m.

Day 2: Puertolas Valley, Canyon and abandoned village

After a short 5-minute transfer, we will set off to explore the wild Puertolas Valley. We will walk along ancient balcony trails. In this wild valley, the bearded vulture reigns supreme, and we will surely have the chance to see its immense silhouette with a wingspan of almost 3 metres! After overlooking the Rio Yaga, we will be able to enjoy superb pools for a refreshing swim.

- Distance: 16 km, duration: approximately 6 hours, ascent: +1070m, descent: -1070m.

Day 3: Mondoto and Anisclo Canyon

Today's stage will take us to one of the most beautiful viewpoints in the region. The summit of Mondoto is well worth the effort, offering incredible views (over 1,000 metres) of the immense Anisclo Canyon (a UNESCO World Heritage Site). At the gateway to the Monte Perdido National Park, the view of the surrounding 3,000-metre peaks will make this day a memorable moment of your week. On the way back, we will make a short stop in a typical Aragonese village, then settle in Ainsa.

- Distance: 16 km, duration: approximately 5h30, ascent: +960m, descent: -960m.

Day 4: Pena Montanesa

Anyone travelling through the Cinca Valley will notice the massive mountain that dominates the town of Ainsa. This imposing limestone mass, the Peña Montañesa, is the sacred mountain of Sobrarbe (the name of this region). Thanks to its remote location, the summit offers one of the most comprehensive views of the southern slopes of the Pyrenees.

The return journey will follow the same route but will also use the Faja 'Toro' for part of the descent. This ledge allows you to walk between 'heaven and earth' in complete safety.

- Distance: 12km, duration: approximately 5 hours, ascent: +1200m, descent: -1200m.

Day 5: Balcony trail and Castillo de Samitier

Today will be a more relaxed day. We will head south to admire the immensity of the lakes, dominated by the village of Ainsa, and take a step back to view the Pyrenees mountain range. We will climb up a gorge along a beautiful balcony

path before gaining altitude to reach the military-religious complex of Samitier, which has stood on the edge of the cliff since the 11th century. In the evening, we will enjoy our last night dining at a local restaurant.

- Distance: 11km, duration 5 hours, ascent +630m, descent :-630m.

Day 6: Lake Ibon de Plan

To end the week on a high note, we will make a detour on the way back to admire one of the most beautiful lakes in the Pyrenees. This site offers a striking contrast, with steep limestone walls on one side and a landscape of lush green grasslands and coniferous forests on the other. A legendary lake in the Pyrenees!

- Distance: 8 km, duration: approximately 4 hours, ascent: +520 m, descent: -520 m.

Return to Lannemezan train station at 5 p.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 the itinerary. Our guides are the best judges on site and may modify 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 9:00 am at Lannemezan station (65 - Hautes Pyrénées).

Accommodation the night before or on the last day: see our Accommodation section

End of stay:

Day 6 around 5pm at Lannemezan train 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 24/05/2026 to Friday 29/05/2026

From Sunday 07/06/2026 to Friday 12/06/2026

From Sunday 14/06/2026 to Friday 19/06/2026

From Sunday 21/06/2026 to Friday 26/06/2026

From Sunday 05/07/2026 to Friday 10/07/2026

From Sunday 19/07/2026 to Friday 24/07/2026

From Monday 17/08/2026 to Saturday 22/08/2026

From Sunday 23/08/2026 to Friday 28/08/2026

From Sunday 06/09/2026 to Friday 11/09/2026

From Sunday 20/09/2026 to Friday 25/09/2026

Price per person: 945 €

Supplements/discounts:

- Single room supplement: 190 €/person

The price includes:

- Full board accommodation from the picnic on day 1 to the picnic on day 6
- Transfers during the stay
- Guidance from a BE AMM specialist in the region

The price does not include:

- Insurance
- Meals not listed in "the price includes"
- Transfers not included in the program
- Drinks
- Visits
- Booking fees (€15)

•TECHNICAL INFORMATION**Level 3/5**

These trips are designed for those looking for an active vacation. Regular walkers in good physical condition with experience hiking in the mountains. Hikes averaging 6-7 hours per day, with an average elevation gain of 700-1000m, on fairly easy trails with a few minor technical difficulties.

Supervision

Hikes are supervised by a certified mountain guide who is a specialist in the region.

Luggage transport

During the hike, you will only need to carry your personal belongings for the day, your picnic, and sufficient water.

•ACCOMMODATION / FOOD**Accommodation**

5 nights in a 2 or 3-star hotel, based on double occupancy.

Single rooms available on request, subject to availability and at an additional cost.

Meals

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

Accommodation before or after your stay:

Hôtel Orédon

6, Route Cap de Long

65170 Saint Lary Soulan

Tel: +33 (0)5 62 39 40 04

www.saint-lary-hotel.com

To travel from Lannemezan to St Lary Soulan, you can take bus line 963. Timetables are available here: <https://storage.googleapis.com/is-wp-90-prod/uploads-prod/2025/08/65-FH-963-092025.pdf>

•PRACTICAL INFORMATION**How to get to Lannemezan:**

- By plane: Lourdes/Tarbes Airport (30km): daily flights to Paris
- By train: Numerous TER trains to Lannemezan, departing from major cities.
- By road: From Tarbes via the A65, follow signs for Lannemezan, or from Toulouse via the A64, follow signs for St Gau-dens, Montréjeau, then Lannemezan. Location: Paris 794km, Bordeaux 282km, Toulouse 204km, Lyon 654km, Nantes 624km, Montpellier 361km, Toulouse 122km.

- Euskadi Tourism: www.turismo.euskadi.eus

- Hendaye Tourist Office: 67 bis, Boulevard de la Mer - 64700 HENDAYE - tel 05 59 20 00 34 Website: www.hendaye-tourisme.fr

- SNCF information: 3635, or www.ter-sncf.com

- Local weather: www.tameteo.com
- Emergency services: 112

•TO TAKE WITH YOU IN YOUR LUGGAGE

Luggage

- A hiking backpack with a capacity of approximately 35 liters, 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 pants
- 1 pair of comfortable pants for the evening
- 1 simple, lightweight Gore-tex style jacket
- 1 swimsuit and a bath towel
- Warm underwear
- Hiking 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 liter)
- 1 pocket knife (to be placed in checked baggage)
- Toiletries
- Toilet paper, sunscreen + lip balm
- For picnics: cutlery

Personal first aid kit

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

Group first aid kit

- First aid kit under the responsibility of your guide