

SENDA DE CAMILLE



**Trekking through the territory of
the last indigenous Pyrenean bear**



TABLE OF CONTENTS

1	Introduction	1
2	The destination	2
3	Basic information	2
3.1	Required physical condition and type of terrain.....	2
4	Programme	3
4.1	Programme outline	3
4.2	Detailed programme	3
5	More information	5
5.1	Included.....	5
5.2	Not included	6
5.3	Required equipment	6
5.4	Observations	6
5.5	Insurance policy.....	7
5.6	Links of interest	9
5.7	Highlights.....	9
6	Contact.....	9

1 Introduction

Senda de Camille is a six-stage trek with a circular itinerary of around 100 kilometres. The itinerary of the **Camille** Trail runs through the Natural Park of the Western Valleys (Aragon) and the National Park of the **Pyrenees** (French departments of the High Pyrenees and Atlantic Pyrenees). This mountainous land was once the home of the Camille bear, believed to be the last indigenous brown bear in the Pyrenees.

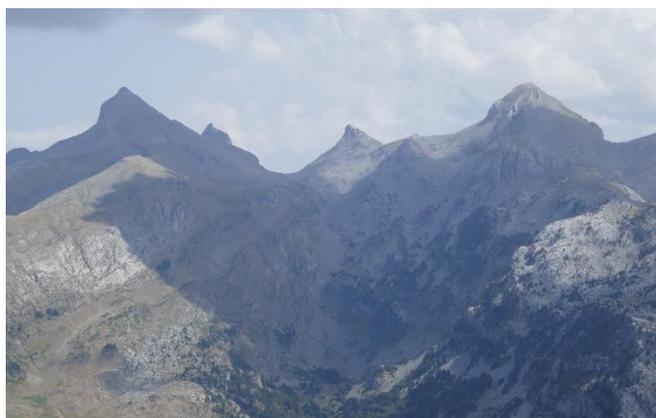
We will follow the pawprints of Camille, walking over some of the most beautiful and spectacular places of its territory. Where we find beeches and fir forests, subalpine and mountain pastures, slender peaks and dramatic valleys and *ibones* (mountain lakes) created by mighty bygone glaciers. Exploring Spain suggests a clockwise route, starting at the mountain pass of Somport, right on the border between Spain and France. By the end of our route we will have enjoyed sites as beautiful as the **Ibón de Estanés** and the **Valley of the Sarrios** and contemplated peaks as spectacular as the **Petrachema** and the **Needles of Ansabere**.

Camille is always in mountain huts, except one night of Lescún where we lodge in a *gite*.

2 The destination

The **Natural Park of the Western Valleys** covers one of the ecosystems better preserved and with less urban pressure of the **Pyrenees**. It presents to the traveller a great variety of habitats, flora and fauna. Beech forests, black pine forests, pine and fir forests, grasslands and high mountain areas. Regarding the fauna, the brown bear, bearded vultures, griffon vulture, some protected insects and several endemic plants stand out.

The massifs of **Bisaurín, Aspe, Mesa de los Tres Reyes** and **Peña Forca**, and their characteristic U-shaped valleys made by the erosion of the glacial ice, are the most important in the park.



3 Basic information

Destination: **Natural Park of Western Valleys (Spain)**.

Activity: Trekking.

Difficulty: **.

Length: 7 days of activity.

Season: From June to September.

Minimum-maximum group: 4-12 people.

3.1 Required physical condition and type of terrain

Physical level	Total elevation	Kms	Physical Condition
*	Up to 600 m	Up to 16 km	Normal: occasional sport practice
**	Up to 1200 m	Up to 23 km	Good: regular sport practice
***	Up to 1400 m	Over. 23 km	Very good: strict sport practice

Physical level category does not have to correspond exactly with given ascent and kilometers at the same time.

Type of terrain

- * Good conditioned forest tracks and trails
- ** Good conditioned trails. Presence of stones and roots on the way requiring attentive hike.
- *** Bumpy, stone loose tracks, including off trails

The fourth day is long but you can avoid some kilometres and meters of unevenness (consult).

4 Programme

4.1 Programme outline

Day 1. Trip to **Somport**. Group meeting in the Aysa Hostel (**Albergue Aysa**).

Day 2. Hostel Aysa in Somport (1.640 m) - Arlet Mountain Hut (1.986m)

Distance 19 km. + 1.150 m. ascent - 780 m. descent. Time: 6-7h

Day 3. Arlet Hut (1.986 m) - Lescun (Camping Lauzart, 830 m).

Distance 19,5 km. + 520 m. ascent - 1.640 m. descent. Time: 7-8h

Day 4. Lescun (Camping Lauzart, 830 m) - Linza Muntain Hut (1.340 m).

Distance 17 km. + 1.290 m. ascent - 790 m. descent. Time: 7h

Day 5. Linza Hut (1.340 m) - Gabardito Hut (1.280 m).

Distance 23 km. + 1.640m. Ascent- 1.600 m. descent. Time: 10h

Day 6. Refugio de Gabardito (1.280 m)- Refugio de Lizara (1.520 m). Optional ascent to **Bisaurín Peak (2.669 m)**.

Distance 10 km. + 700m. ascent – 546 m. descent. Time: 3-4h. +- 700m if we ascent the Bisaurin.

Day 7. Refugio de Lizara (1.520 m) - Somport (1.640 m).

Distance 17 km. + 1.060m. ascent -960 m. descent. Time: 6-7h

4.2 Detailed programme

Day 1. Trip to **Somport**. Group meeting in the Aysa Hostel (**Albergue Aysa**).

Day 2. Hostel Aysa in Somport (1.640 m) - Arlet Mountain Hut (1.986m)

During this first day we will already feel the wilderness that will accompany us in the next few days. The north face of the **Pyrenees** stands out due to a greater presence of forest mass. We will visit a beautiful beech forest with calcareous peaks such as **Aspe Peak (2,645 m)** and **Llena del Bozo Peak (2,566 m)**.

Walking always along the French slope and in North West direction we will gain in altitude until reaching Arlet Refuge (1,986 m). In the afternoon we will enjoy looking at a hill next to the mountain hut overlooking the famous valley of **Aguas Tuertas** with its tortuous river that in this area forms sinuous and abundant meanders. We will finish the day with the views of the **Midi d'Ossau** during sunset.

Distance 19 km. + 1.150 m. ascent - 780 m. descent. Time: 6-7h

Day 3. Arlet Hut (1.986 m) - Lescun (Camping Lauzart, 830 m).

We will cross part of the dividing axis between the two countries. We will have to surpass two hills, first the **Col de Saoubathou** (1,949 m) and the Pass of Palo, also known as the **Col de Pau** (1,942 m). From here we will separate from the border and the high peaks to descend to the green valley where Lescún is located, a beautiful and traditional French village. We will have the opportunity to taste the local French cheese of this valley.

People who worked on both sides of the border as well as those fleeing the war, passed through these lands, where the fraternity of the inhabitants of both countries helped many of them.

Distance 19,5 km. + 520 m. ascent - 1.640 m. descent. Time: 7-8h



Day 4. Lescun (Camping Lauzart, 830 m) - Linza Mountain Hut (1.340 m).

We will cross the border again to return to Spanish territory by the Cuello de Petrechema (2.082 m). The landscape that will accompany us on our ascent will offer us great views of the majestic **Cirque of Lescun** formed by large rocky masses such as the **Petrechema**, **Needles of Ansabere** and the **Table of the Three Kings**.

The way down to **Linza** is quite relaxing as we will walk through bucolic meadows.

Distance 17 km. + 1.290 m. ascent - 790 m. descent. Time: 7h

Day 5. Linza Hut (1.340 m) - Gabardito Hut (1.280 m).

This is the key stage of the trekking, and undoubtedly the longest in kilometres and the biggest climb.

The first kilometres are made fast by a comfortable terrain until reaching **Zuriza** (option to travel 5 km in vehicle, please consult). From Zuriza we will take the lower valley that goes parallel to the mountainous axis of **Sierra**

de Alano also through a comfortable forest track. We will face greater slope to reach the **Pass of the Achar d'Alano** arriving at the Rincón de Alano Hut (1.925 m). From here, heading East we will travel the **Rincón d'Alano** by a beautiful forest as we lose height. Once again, we will climb to the **Neck of Lenito Baixo** (1.708 m) to return down to the bottom of the valley crossing the river Aragon Subordan. We will finish climbing once in Gabardito hut, where we will spend the night and we will recover some energy. There is the option to make this last ascent by vehicle for those who need it (please consult).

Distance 23 km. + 1.640m. Ascent– 1.600 m. descent. Time: 10h

Day 6. Refugio de Gabardito (1.280 m)- Refugio de Lizara (1.520 m). Optional ascent to **Bisaurín Peak (2.669 m)**.

This short and comfortable stage will give us a break to regain strength. But for those who still have some energy left, there is an opportunity to ascend to **Bisaurín Peak**. We will walk a comfortable path through meadows to **Foratón Col (2.032 m)**. From here we will see the Bisaurín and also the descent to the **Lizara Hut**.

Magnificent views during the descent of the **Massif of Bernera**, a geological site of enormous interest where you can see rocky materials displaced by the huge collision of the tectonic plates when forming the Pyrenees.

Distance 10 km. + 700m. ascent – 546 m. descent. Time: 3-4h. +- 700m if we ascent the Bisaurin.

Day 7. Refugio de Lizara (1.520 m) - Somport (1.640 m).

Last stage of our trip. To finish this circular trek, we still have to walk beautiful paths in a varied landscape. We will enter a valley between the calcareous masses of the Bisaurín and **Massif of Bernera** to reach the **Pass of Bernera** before **Valley of the Sarrios**. Then we will reach the **Ibón of Estanés** (Mountain Lake) where we can refresh ourselves and continue along the Beech Forest that we could already admire on the first day.

Distance 17 km. + 1.060m. ascent -960 m. descent. Time: 6-7h

5 More information

Price. **545 euros**. Minimum 4 people.

5.1 Included

- Qualified mountain guide during the tour.
- 5 Nights in half board accommodation in Mountain Huts (breakfast and dinner).
- 1 night in a hut or hostel with breakfast (Night before the start of the trekking in Somport). There is the option of double or individual room in a hotel, please consult.
- Senda de Camille official material (a map and route notes, the Senda de Camille card which is stamped after each stage, a sheet sleeping bag and, on completion of the route, an exclusive gift).
- Travel management

5.2 Not included

- Flights (Muntania offers this service for an additional cost of 15€)
- Transport to the starting point in Somport. (Please consult)
- Lunches.
- Any drinks not included in the menus (dinner and breakfast).
- Any changes that may occur during the trip due to any incidents (meteorology, etc.) and that involve a higher expenditure than the budget of the client and the guide.

5.3 Required equipment

It is important to carry a light backpack (6-8 Kg), so it is recommended to carry just the required clothes and equipment. If you do not have all the equipment you can rent it, please consult us.

- Backpack (between 30-40 liters).
- Trekking boots or sneakers.
- Telescopic poles.
- Technical clothes:
 - Socks.
 - Long and light trekking pants.
 - Thermal t-shirt (base layer). A spare one.
 - Fleece jacket or similar (second layer).
 - Gore-Tex or similar jacket and pants (third layer).
 - Primaloft jacket or similar.
 - Light and thick gloves.
 - Woollen cap and sun cap.
- Sunglasses.
- Head lamp (extra batteries)
- Sheet-sleeping bag
- Canteen or camelback (minimum 1 litre).
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Camera

In the event there is snow crampons and ice axes should be necessary.

5.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Plane tickets (if applicable)

If case you wish us to handle you plane ticket, please contact us with airport arrival and departure details and number of needed luggage. Before issuing any ticket, Price and details Will be send to the client for its approval.

Muntania fee for plane ticket management is 20€ per person.

If, otherwise, you handle your plane tickets, please coordinate with us before hand to check on arrival and departure information.

Please take into consideration getting with you on your carry-on luggage some set of clothing in case of checked luggage lose.

Trekking Backpack

Very important to carry out just indispensable material and clothing to walk at ease. You would not need to take food supplies and clothing can be hand-wash daily. We recommend backpack weight between 6 to 10 kg.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancelation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancelation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancelation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancelation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancelation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any

case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- <http://www.albergueaysa.com/>
- <http://www.refugiodelizara.com/>
- <http://www.lospirineos.info/refugios/gabardito.htm>
- <http://www.refugiodelinza.com/>
- <http://camping-lescun.com/>
- <http://sites.google.com/site/refugearlet/>
- <http://www.parc-ours.fr/>

5.7 Highlights

- You will get to know both sides of the Pyrenees, Spanish and French.
- Ecosystems very well preserved, rich and varied.
- Tranquillity of the area.

6 Contact

EXPLORING SPAIN - Muntania Outdoors, S.L. CICMA: 2608

+34 629 379 894 info@exploring-spain.com www.exploring-spain.com

c/ Las Cruces Nº 1, portal 2, 2º C, 28491 Navacerrada (España).