

TREKKING PASS ARAN



**Cross-border crossing of the
Pyrenees**



TABLE OF CONTENTS

1	Introduction	1
2	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	4
5.1	Included.....	4
5.2	Not included	4
5.3	Packing list.....	4
5.4	Observations	5
5.5	Insurance policy.....	5
5.6	Links of interest	7
5.7	Highlights.....	7
6	Contact.....	7

1 Introduction

We present the **Trekking Pass' Aran**. A cross-border circular tour that covers more than 70km in 5 days. We will climb peaks of almost 3.000m and cross beautiful beech forests a little more than 900m high. Each day we will have the opportunity to stay in isolated shelters both in Spain and in France.

We will begin our journey in the **Valley of Aran**, in the province of **Lleida**, but a large part of the route takes place in **France**.

On both sides of the border we find majestic lakes, peaks with icecaps and fauna from the high mountains. Undoubtedly, the perfect route to explore and get lost in this quiet corner of the Pyrenees.

2 Destination

The Aran Valley is located on the Atlantic side of the central Pyrenees, a fact that determines its climate, history and relationships with its neighbours. The **Garonne River** makes its way north by Aquitaine land, in France. In fact, and despite being administratively integrated in Spain, it was not until 1948, when the tunnel of **Vielha** was inaugurated, that the valley was communicated throughout the year by road with the rest of the country. All this has meant that its language and its Occitan culture have been preserved.

Another important aspect of the **Aran Valley**, besides its orientation, is that the 30% of the valley is above 2.000 meters in altitude.

Despite the great urban development that the valley has suffered in recent years, we can still enjoy its cultural heritage. Villages, churches, stately homes, churches, traditional public laundries and mills have lasted until our days. The village of Arties, with beautiful views of the **Montardo Mountain (2.833 m)**, and its Romanesque church of Santa María de Arties, are just one example

This productive land has contributed to a rich cuisine with local products such as garden vegetables, game meat, mushrooms, berries (cranberries, wild strawberries, currants and raspberries) and honey. Some of their traditional dishes are the “civet” made with wild pig, “olla aranesa” and “truhada”.

3 Basic information

Destination: Aran Valley (Spanish Pyrenees)

Activity: Trekking.

Difficulty: **

Length: 5 days of activity.

Season: From June to September.

Minimum-maximum group: 2-8 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

Observations. A good physical condition is required in order to face exigent climbs. You must be used to walking in the mountains regularly.

All itineraries are subject to changes depending on weather conditions, snow or participants physical conditions.

4 Programme

4.1 Programme outline

Day 1. Vielha. Meeting in Vielha. Accommodation in the Valley

Day 2. Pla De Beret - Amics De Montgarri Hut - Estagnous Hut (2.246 M).

Distance: 10Km. Elevation gain +1.250 m - 750 m. Time: 6-7h hours

Day 3. Estagnous Hut (2.246 M) - La Maison Du Valier (933 M).

Distance: 11Km. Elevation gain +300 m - 1.500 m. Time: 6 hours

Day 4. La Maison Du Valier (933 M) - Gite D'etape D'eylie (1.000 M).

Distance: 17Km. Elevation gain +1.650 m - 1.600 m. Time: 8-10 hours

Day 5. Gite D'etape D'eylie (1.000 M) - Araing Hut (1.965 M).

Distance: 9Km. Elevation gain +1.300 m - 311 m. Time: 5 hours

Day 6. Araing Hut (1.965 M) - Amics De Montgarri Hut - Pla De Beret.

Distance: 19Km. Elevation gain +890 m - 1.100 m. Time: 7-9 hours

4.2 Detailed programme

Day 1. Vielha. Meeting in Vielha. Accommodation in the Valley

Day 2. Pla De Beret - Amics De Montgarri Hut - Estagnous Hut (2.246 M).

From the Beret car park, we will access the Sanctuary of Montgarri (1648m) After a short break, we will go to the Pass of Barlonguera (2503m) to go down to the Estanh Redon and finally to the Estagnous Hut, where we will pass this first night.

Distance: 10Km. Elevation gain +1.250 m - 750 m. Time: 6-7h hours

Day 3. Estagnous Hut (2.246 M) - La Maison Du Valier (933 M).

After resting in the Estagnous Hut, we will go down to the valley. On our way we will find the Estanh of Milouga. We will continue the descent to the Maison du Valier where we will recharge our energies with a delicious dinner.

Distance: 11Km. Elevation gain +300 m - 1.500 m. Time: 6 hours

Day 4. La Maison Du Valier (933 M) - Gite D'etape D'eylie (1.000 M).

We leave from the Maison du Valier towards the Cap de l'Empailou. From here we will descend to the town of Eylié. This mid-mountain stage will take us through spectacular forests into deep French valleys.

Distance: 17Km. Elevation gain +1.650 m - 1.600 m. Time: 8-10 hours

Day 5. Gite D'etape D'eylie (1.000 M) - Araing Hut (1.965 M).

From Eylie we will go to Coll de Catauere (1706m) and from there to Estanh d'Aranh, visiting areas that were used for mining. At the end of the stage we will find the Araing Hut, the ideal place to rest and enjoy the landscape.

Distance: 9Km. Elevation gain +1.300 m - 311 m. Time: 5 hours

Day 6. Araing Hut (1.965 M) - Amics De Montgarri Hut - Pla De Beret.

From the Araing Hut we will walk to Pass d'Arbe towards the Valley of Estanh Long de Liut. We will descent to the Montgarri Valley and reach the Beret car park at the end of the route.

Distance: 19Km. Elevation gain +890 m - 1.100 m. Time: 7-9 hours

5 More information

Price. 450€

5.1 Included

- Professional Mountain guide.
- 4 half-board nights (breakfast and dinner).
- Kit Pass Aran (Official map, shirt, Buff, huts card, accident insurance.)
- Trip management.

5.2 Not included

- Flights (Muntania offers this service for an additional cost of 20€).
- Transfers to Vielha (please consult).
- First night accommodation.
- Drinks not included in the dinner menus.
- Any changes due to unexpected incidents (weather, etc.) that inquire in higher expenses than the ones budgeted for the client and the guide.

5.3 Packing list

It is important to carry a light backpack to walk comfortable, with light and indispensable equipment. If you don't have all the equipment you can rent it, please consult us.

- Backpack (between 30 - 40 litres).
- Trekking boots.
- Technical clothes:
 - Socks
 - Thermal t-shirt (base layer). An extra one for the hut.
 - Extra tights for the hut.
 - Fleece jacket or similar (second layer)
 - Gore-Tex or similar jacket and trousers (third layer)
 - Primaloft jacket or similar.
 - Neckie.
 - Light and thick gloves.
 - Woollen cap and Sun cap.
- Sunglasses, sunscreen and SPF lip balm

- Head lamp (extra batteries)
- Sheet-sleeping bad
- Canteen or camelback (minimum 1 litre)
- First aid kit and essential toiletries
- Camera

5.4 Observations

You do not have to be a super athlete, but you must be used to walking in the mountains or exercising regularly.

It does not present technical stages, but a good physical preparation is required to face the distances and the unevenness of each stage.

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.

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.montgarri.com/refugio/>
- <https://refuge-estagnous.com/>
- <http://www.maison-valier.fr/>
- <http://giteseylie.jimdo.com/>
- <http://www.refuge-araing.fr/>

5.7 Highlights

- Tour through the two faces of the Pyrenees.
- Ecosystems very well preserved, rich and varied.
- The tranquility of these mountains.

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).