

GUIDED HIKING

Throughout the year, local guides and mountain guides in the valley offer outings adapted to all levels and with very varied themes: the discovery and observation of flora and fauna; night outings under the stars; walks that take you off the beaten track; high-mountain walks and climbs up to mythical peaks...

Find the list of professionals on valleesdegavarnie.com.
A program of guided hikes is available at Tourist Information Points.

ADVICE & PRECAUTIONS

PERIODS OF ACCESSIBILITY
The routes presented in this document can be undertaken in summer conditions, that is to say in the absence of snow or ice. Some routes located at high altitude or on shady slopes may retain late snowfalls (until late spring, or even late summer for some routes). Before planning an itinerary, always check with the Tourist Information Points as to whether the walking routes are operational.

WEATHER AND EQUIPMENT
Bad weather conditions (fog, rain, wind, cold storm, etc) can also turn an easy course into a real ordeal. It is essential to check the weather forecast before departure and to adapt your outings to the daily conditions. Essential equipment: suitable shoes, warm clothes, windbreaker, headwear, sunglasses, sunscreen, water, a snack or a picnic.

RESPECT FOR OUTDOOR AREAS AND THEIR USERS

- Keep your dog on a lead.
- Stay away from herds.
- Park in dedicated spaces.
- Leave nothing behind (picnic leftovers; toilet paper; stone balancing, etc).

REGULATIONS IN PROTECTED ZONES















IN THE CORE ZONE OF THE PYRENEES NATIONAL PARK AND NEOUVELLE NATURAL RESERVE

A National Park is an exceptional territory open to all. In order to protect this outstanding heritage, the heart of the Pyrenees National Park and Neouvielle Naturel Reserve is protected by regulations:

- Dogs are not allowed in the heart of the park, even if they are kept on a leash.
- Gathering and collecting minerals or flora is forbidden.
- Noise and other disturbances are forbidden.
- Fires are strictly prohibited.
- Bivouacs are restricted.

 The core zone is announced at the start of the trails and is marked with specific signposts and painted markers.

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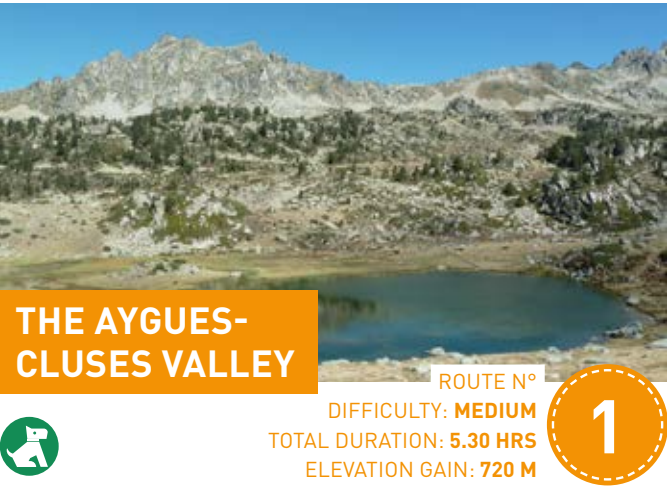
-  CAR PARK
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-  MOUNTAIN REFUGES AND SHEPHERD HUTS
-  PYRENEES NATIONAL PARK
-  NEOUVELLE NATURAL RESERVE

USEFUL NUMBERS

- **MAISON DE LA RÉSERVE NATURELLE (THE NATURAL RESERVE)**
+33 (0) 5 62 97 15 55
- **FRANCE HAUTES-PYRÉNÉES WEATHER**
0 899 71 02 65 (PAYABLE NUMBER)
- **EMERGENCY**
112
- **MOUNTAIN RESCUE**
+33 (0) 5 62 92 41 41

REFERENCE MAPS & TOPOGUIDES

- This map does not replace a topographic map or a topographical guide. You will find opposite the references of the maps and topoguides covering this geographical area. On sale in shops and Tourist Information Points in the Gavarnie Valleys.
- TOPOGRAPHIC MAPS:**
- IGN 1/25000 1748 OT Gavarnie / Luz Saint-Sauveur
 - Rando Editions 1/50 000 n°4 Bigorre (Cauterets / Gavarnie / Saint-Lary)
- TOPOGRAPHIC GUIDE REFERENCES:**
- *Lacs et sommets du Pays Toy... à pied*, FFRandonnée
 - *Randonnées pittoresques en Pays Toy*, Comission Syndicale de la Vallée du Barèges
- PATRIMOINE EN BALADE (THE HERITAGE WALK):**
Via a free downloadable application, discover 15 easy audio-guided walks throughout the valley. Each walk has a theme, related to an historical event or to a specific place. Self -guided.



THE AYGUES-CLUSES VALLEY



ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 5.30 HRS
ELEVATION GAIN: 720 M

1

This is a fabulous route at the gateway to the Néouvielle massif. You won't be bored on this route: the landscapes and the views just keep coming, one after the other. Be it by the side of a stream amid the summer pastures, in a small pine forest, or even on a misty hillside. With each steep path, a new backdrop awaits you! When you arrive at the Coueyla Gran Lake and hut, the beautiful granite peaks so characteristic to the area are all around you. The more seasoned hiker can continue up to the Madamète lakes, at a higher altitude where rocks triumph over vegetation...

STARTING POINT: TOURNABOUP Car Park, at restaurant level.

ROUTE MARKERS: YELLOW SIGNS & GR10 MARKERS
Follow signs for "Cabane d'Aygues Cluses / Col de Madamète".



DETS COUBOUS LAKE



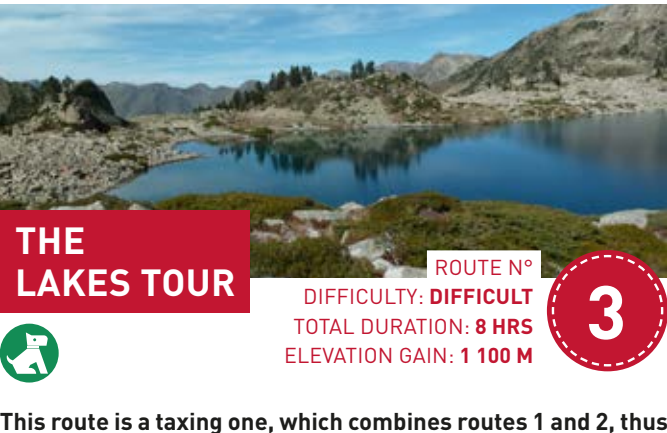
ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 3.45 HRS
ELEVATION GAIN: 600 M

2

The route begins in a beautiful open valley, close to the stream. Not long after starting, you come upon a much steeper slope which will allow you to reach the lake and hut at "Dets Coubous" dam fairly quickly. Higher up, the path continues and the landscape changes. The granite scree is more apparent, and the rhododendron moors and the mountain pine are well-suited to this rugged terrain. This natural environment is very typical of the Néouvielle massif.

STARTING POINT: TOURNABOUP CAR PARK at the restaurant level.

ROUTE MARKERS: YELLOW SIGNS.
Follow signs for "Cabane Dets Coubous".



THE LAKES TOUR



ROUTE N°
DIFFICULTY: **DIFFICULT**
TOTAL DURATION: 8 HRS
ELEVATION GAIN: 1 100 M

3

This route is a taxing one, which combines routes 1 and 2, thus making it possible to walk this whole loop in just one day. The route takes in the Néouvielle massif with its many lakes, nestled at the heart of this granite mountain. It will take you through two valleys with quite different profiles: the green and bucolic Aygues Cluses valley and the very rocky Dets Coubous Lake valley. The passing point between these two valleys is the Col de Tracens [2,463m] which affords incredible views of these two immense valleys.

STARTING POINT: TOURNABOUP CAR PARK, at the restaurant level.

ROUTE MARKERS: YELLOW SIGNS. Follow signs for "Cabane d'Aygues Cluses / Col de Madamète"; then after the Madamète lakes, there are two options: - the quickest option is to follow signs for "Col de Tracens / Lac Nère"; then at Lake Nère follow signs for "Cabane Dets Coubous". If you extend the loop, (+40 min) you will be able to reach the Madamète pass and rejoin the Tracens pass on a trail marked with cairns.



THE GLÈRE LAKE AND REFUGE



ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 5 HRS
ELEVATION GAIN: 600 M

4

Glère lake is one of the gateways to the Pic Long and Néouvielle massifs. The route begins on a wide and sunny track, in the verdant Glère valley. Then it rises on a fairly steep path, passing through an open landscape of moors. As you ascend, the mountains come into view. Once you have crossed this boundary, you quickly arrive at the pretty little Glère Lake dominated by its refuge a few tens of metres higher up. You can head up higher towards the "Packe Refuge" and the many lakes in the valley.

STARTING POINT: LE LIENZ.

ROUTE MARKERS: YELLOW SIGNS. Follow signs for "La Glère".



THE "PLATEAU DE LUMIÈRE"



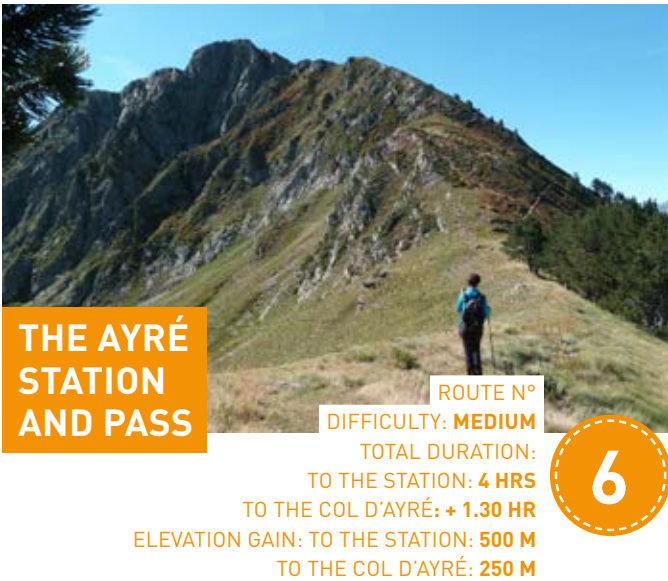
ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 2.15 HRS
ELEVATION GAIN: 300 M

5

This walk takes you into the peaceful shade of some tall beech trees, in a forest typically found on shady slopes. It ends in the very bucolic "barn neighbourhood" on the "Plateau Lumière". Flower-filled meadows, barns and stone walls lend this site a special charm, with the added bonus of a magnificent view over the entire Luz-Saint-Sauveur valley and the imposing Ardiden massif. You can return to Barèges via Le Lienz (+ 45 min). You can return to Luz-Saint-Sauveur on the GR10C (+ 3h30).

STARTING POINT: BARÈGES.
L'Hospitalet, above the thermal baths.

ROUTE MARKERS: YELLOW SIGNS.
Follow the GR10 (white and red markers) towards "Luz-St-Sauveur"; then at the Lumière plateau, take the wide track (l'Allée verte). At the next intersection, take a left towards "La pierre polonaise" and "Barèges".



THE AYRÉ STATION AND PASS



ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 4 HRS
TO THE COL D'AYRÉ: + 1.30 HR
ELEVATION GAIN: 500 M
TO THE COL D'AYRÉ: 250 M

6

Discover the Ayré forest which dominates the village of Barèges. You will pass through beautiful forests whose scenery changes as you ascend: first beech forest, then fir-beech forest, then up into luminous larch forest before reaching the upper station of the old funicular. Up here, the view over the valley and the surrounding peaks is fabulous. Those who are looking for a more demanding walk can leave the forest floor behind and head for the superb Ayré pass offering an even wider view.

STARTING POINT: LE LIENZ.

ROUTE MARKERS: YELLOW SIGNS & YELLOW MARKERS.
Follow signs for "Col d'Ayré".



THE SAINT-JUSTIN CROSS



ROUTE N°
DIFFICULTY: **EASY**
TOTAL DURATION: 2 HRS
ELEVATION GAIN: 40 M

7

This is a short walk, ideal for a stroll and to enjoy the lovely view over the valley. You begin the walk in the shady undergrowth, the path slowly rises up on this sunny natural balcony path. Once you arrive at the Croix Saint-Justin viewing point, there is an interesting view of the villages of Sers (accessible in 15 min), Viey, Betspouey, Viella, Luz-St-Sauveur and the Ardiden massif.

Landscape drawing stations: For those who wish to take a little more time, this trail is dotted with information boards that will teach how to draw the landscapes that surround you, so don't forget your pencils! You can return to Luz-Saint-Sauveur on the GR10 (+ 2hr).

STARTING POINT: BARÈGES.
Artigalas footbridge, behind the church.

ROUTE MARKERS: YELLOW SIGNS & GR10 ROUTE MARKERS.
Follow signs for "Saint-Justin / Sers".



MOUNTAIN IN BLOOM



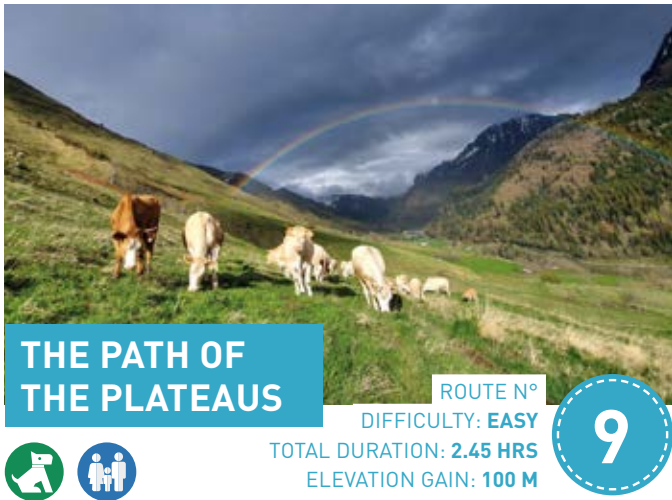
ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 4 HRS
ELEVATION GAIN: 730 M

8

This walking loop passes through many forests and will allow you to discover the very beautiful Capet forest and the aptly named "Mountain in bloom". The trail is a succession of switch-backs that take you up through a beautiful forest environment. Finally, the path brings you up onto the mountain ridges and the landscape opens up, offering you an absolutely exceptional panoramic view: the Ardiden massif, the Brèche de Roland gap and even the Néouvielle massif! In summer, the flora is an impressive mosaic of colours. The balcony path continues then gradually plunges back into the forest to return to the village.

STARTING POINT: BARÈGES.
Passerelle des Artigalas footbridge, behind the Church.

ROUTE MARKERS: YELLOW ROUTE MARKERS.
Follow signs for "Montagne fleurie".



THE PATH OF THE PLATEAUS



ROUTE N°
DIFFICULTY: **EASY**
TOTAL DURATION: 2.45 HRS
ELEVATION GAIN: 100 M

9

This bucolic and panoramic loop alternates between wooded areas, remarkable viewpoints and barn districts. Starting in the undergrowth of the forest and along the GR10, the path leads to the viewpoint of the "Croix de Saint-Justin". After having enjoyed the vast panorama, turn back to the intersection to take the path that rises and widens further on. This path will lead you to the Souriche barns area (and then the Transarrious one). You will notice the ingenious avalanche protection systems that have protected these barns for many decades. The "alats" are the barns that follow the slopes, and the "forts" are the ones protected by large stone walls. From the barns of Souriche return to Barèges via the GR10.

STARTING POINT: BARÈGES | Artigalas bridge, behind the Church.

ROUTE MARKERS: YELLOW SIGNS & GR10 MARKINGS
Follow directions "Saint-Justin" then "Les Plateaux".



LAKE ONCET & PIC DU MIDI



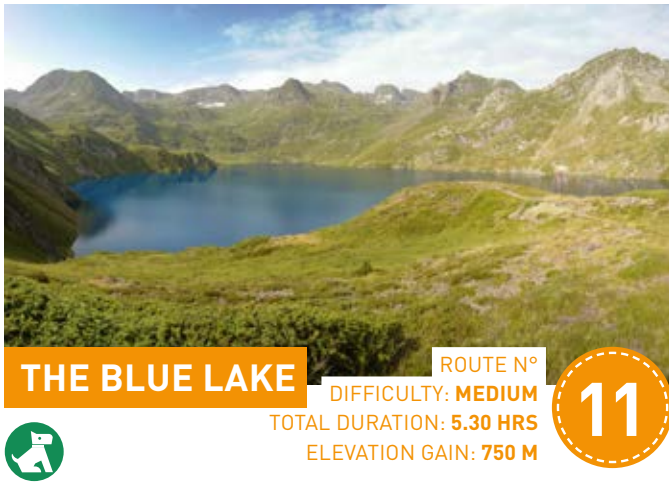
ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 2.30 HRS
LAKE: 2.30 HRS
PIC DU MIDI: 5.30 HRS
ELEVATION GAIN: 930 M

10

The Pic du Midi de Bigorre, at a height of 2,876m, is one of the most emblematic peaks of the Haute-Bigorre. The walk up to the lake allows the most novice hiker to get as close as possible to the foothills of this giant. The route up is a pleasant one, in the heart of a pretty little valley that brings you to Lake Oncet just below the Peak! More seasoned hikers can continue up to the Pic, joining the track which overlooks the lake. The track will take you onto a stony path that winds up to the final ridge. A grandiose panorama awaits you.

STARTING POINT: TOUE CAR PARK.
Route du Col du Tourmalet - Hairpin bend located 1km from the pass - Barèges side.

ROUTE MARKERS: YELLOW SIGNS & YELLOW MARKERS.
Follow signs for "Lac d'Oncet / Pic du Midi".



THE BLUE LAKE



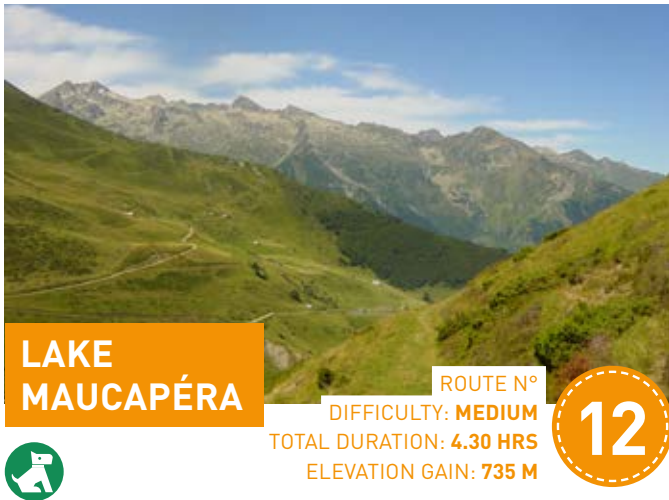
ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 5.30 HRS
ELEVATION GAIN: 750 M

11

Lovers of wide open spaces, this route is for you. The walk begins on the slopes of the beautiful "Aoube" summer pastures, before tackling the steeper and stony slopes up to the Col d'Aoube at a height of 2 369 m. From the pass, the highest point on the route, you have an absolutely fabulous view of the valley which is home to the small "lac vert" (green lake) and the immense "lac bleu" (blue lake). From here, you begin an easy descent into this calm and peaceful valley where these two lakes are located. Note: the return journey is uphill. Make sure you save some energy for the ascent!

STARTING POINT: TOUE CAR PARK.
Route du Col du Tourmalet. Hairpin bend located 1km from the pass - Barèges side.

ROUTE MARKERS: YELLOW SIGNS & YELLOW MARKERS.
Follow signs for "Col d'Aoube / Lac Bleu".



LAKE MAUCAPÉRA



ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 4.30 HRS
ELEVATION GAIN: 735 M

12

The trail begins at the end of the long track that heads up to the Yse valley. Here you are on the summer pastures, these high mountain pastures which during summer welcome herds of sheep and cattle. The trail rises gradually, passing close to the old huts used during hydroelectric projects in the 1940s. This is the marmots territory. As you head up, the view to the north opens up even more and you can see for miles, to the rounded Piedmont peaks. The trail ends at Lake Maucapéra which is located inside a small, rocky cirque.

STARTING POINT: AT THE END OF THE ESTIBE TRAIL (variable track condition). Follow signs for "Les Astès", after Luz-Saint-Sauveur school.

ROUTE MARKERS: YELLOW SIGNS.
Follow signs for "Lac de Maucapéra".



THE BERNAZAU TRAIL



ROUTE N°
DIFFICULTY: **EASY**
TOTAL DURATION: 2.15 HRS
ELEVATION GAIN: 390 M

13

If you like cool sheltered paths, sweet smelling green meadows and the ringing of cow bells, then you will love climbing the Bernazau slopes (which is pronounced Bernazaou) with water being the common theme throughout. Your efforts will be rewarded with sensational views over the Luz Valley: do not forget to bring your paper and pencils, a landscape drawing station awaits you at the highest point on the walk.

STARTING POINT: SAZOS VILLAGE.
"Belvédère" (viewpoint) or "Lavoir" (wash house) car park.

ROUTE MARKERS: YELLOW SIGNS.
Follow signs with a silhouette of a man wearing a beret.



THE THREE VILLAGES PATH



ROUTE N°
DIFFICULTY: **MEDIUM**
TOTAL DURATION: 3.15 HRS
ELEVATION GAIN: 280 M

14

Take the old trails that cling to the mountainsides between the three villages of Grust, Sazos and Viscos. You will love the cool shady paths on this walk, the fabulous views over the Luz valley and discovering these three villages with their rich, well-preserved architectural heritage.

STARTING POINT: SAZOS VILLAGE, the town hall.

ROUTE MARKERS: YELLOW SIGNS & YELLOW MARKERS.
Follow signs for the villages indicated.



THE VISCOS PEAK



ROUTE N°
DIFFICULTY: **DIFFICULT**
TOTAL DURATION: 5 HRS
ELEVATION GAIN: 450 M

15

The Viscos peak is an emblematic summit that can be recognized from afar thanks to its pyramid shape. Starting at Luz-Ardiden ski resort, the route quickly brings you to the Col de Riou. Then it runs along the sometimes wide, sometimes narrow and tapering ridges (a few short aerial passages), separating the Luz valley from that of Cauterets. The climb to the top is via a very steep and sometimes slippery path. Once at the top, perhaps in the company of goats or sheep, you will enjoy an extraordinary 360° view! The return can be done via the trails that lead to the peaceful Conques mountain hut.

STARTING POINT: LUZ ARDIDEN STATION
at the Bederet Car Park.

ROUTE MARKERS: GR10 MARKERS until you reach the Col de Riou. Then at the pass, follow the path to the right that goes under the crest line (yellow painted markers up to the Pic de Viscos). Return possible via the "Cabane de Conques".



BARÈGES TOURMALET



ROUTE N°
DIFFICULTY: **EASY**
TOTAL DURATION: 2.15 HRS
ELEVATION GAIN: 390 M

16

If you like cool sheltered paths, sweet smelling green meadows and the ringing of cow bells, then you will love climbing the Bernazau slopes (which is pronounced Bernazaou) with water being the common theme throughout. Your efforts will be rewarded with sensational views over the Luz Valley: do not forget to bring your paper and pencils, a landscape drawing station awaits you at the highest point on the walk.

STARTING POINT: SAZOS VILLAGE.
"Belvédère" (viewpoint) or "Lavoir" (wash house) car park.

ROUTE MARKERS: YELLOW SIGNS.
Follow signs with a silhouette of a man wearing a beret.

TOURIST INFORMATION POINTS
BARÈGES TOURMALET +33(0)5 62 92 16 00

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