



free

# Aqui que l'as

The Gavarnie Valleys  
and Lourdes area

*There you  
have it!*

TOURIST MAGAZINE #4



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**Exploring  
and feeling  
out of place**

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**A taste  
of the  
Pyrenees**

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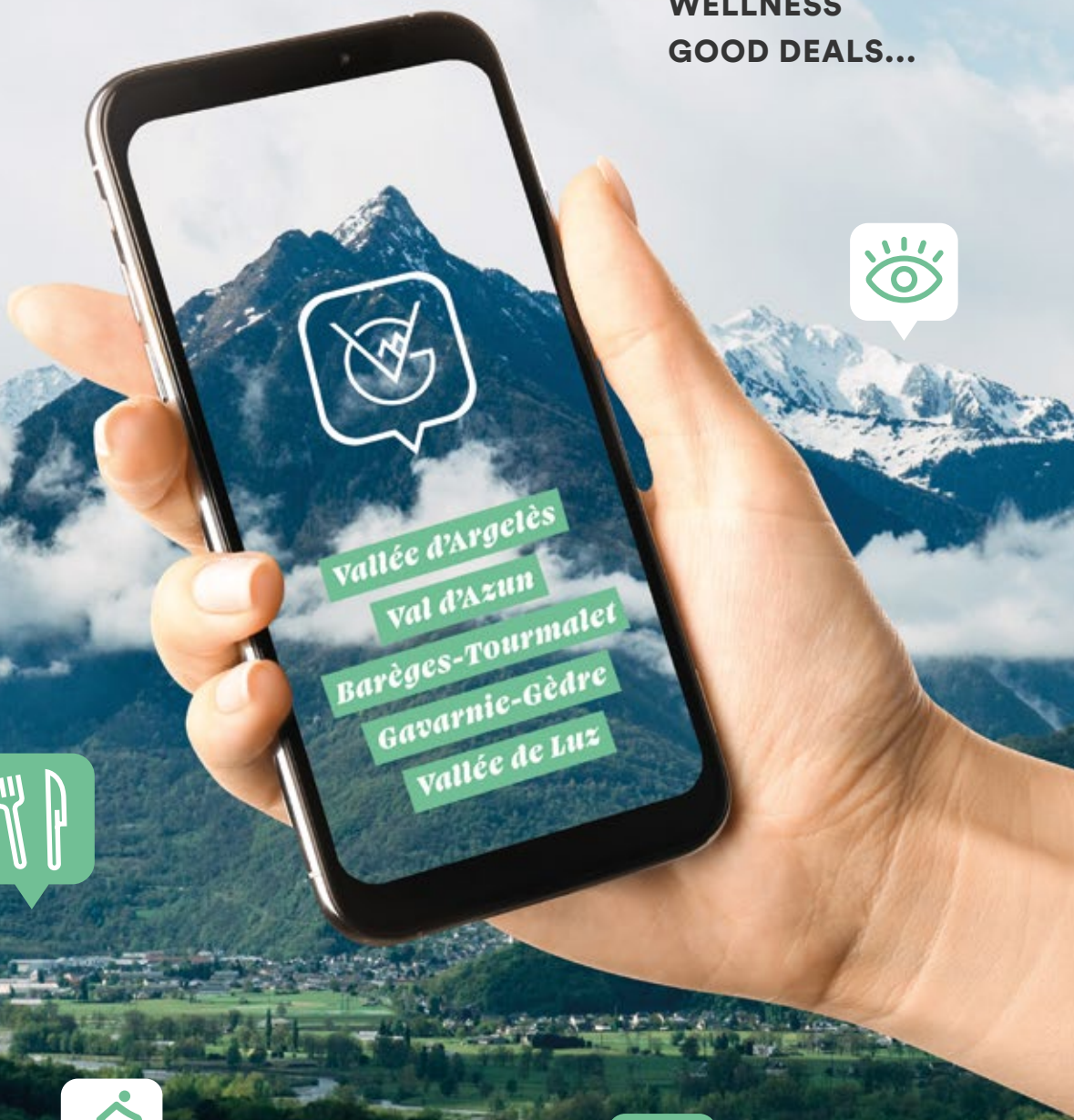
**Meeting  
local  
people**



# The valleys at your fingertips

valleesdegavarnie.com ✨

LOCAL LIFE  
ACTIVITIES  
VISITS  
RESTAURANTS  
LEISURE  
WELLNESS  
GOOD DEALS...








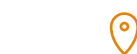
## The Gavarnie Valleys and Lourdes area

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disabled access	to do with toddlers	itinerary can be found on the site rando.valleesdegavarnie.com	all weather activities	dogs allowed on a lead



#### Protected areas

Pyrenees national Park  
Pibeste-Aoulhet Regional  
Nature Reserve Néouvielle  
Nature Reserve  
14 Natura 2000 sites



#### Pyrénées-Mont Perdu UNESCO World Heritage Site

With the 3 glacial cirques:  
Gavarnie, Troumouse, Estaubé



#### RICE

International  
Dark Sky Reserve of  
the Pic du Midi de Bigorre



#### Highest peak

Vignemale 3,298 m

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VALLÉES DE GAVARNIE  
PYRÉNÉES



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## editorial

*Your adventure in our valleys begins here. In the following pages, we hope to share with you the unconditional love that we have for our region. Proud as we are to share with you this rich and diversified area, we want to help you experience all those things that make the Hautes-Pyrénées so beautiful. From its lakes to its peaks, passing through its charming villages and cultural monuments, there is no end to the surprises that our mountains have in store for you. They have an extraordinary way of changing the way that you live and see the world. When you come here, be prepared to experience striking landscapes, enjoy gourmet food and drink, high octane activities but also and above all, a passionate welcome from the men and women who bring life and vibrancy to our pretty corner of the Pyrenees.*

*So, from Lourdes to Gavarnie, we welcome you to our beautiful area!*

### How to get here ?



#### By plane

Tarbes-Lourdes-Pyrénées airport, 10 minutes from Lourdes. Shuttles from the airport to Lourdes and the ski resorts.



#### By train

Lourdes railway station, then public transport to all the valleys.



#### By car

from Toulouse via A64/ Bordeaux via A65.

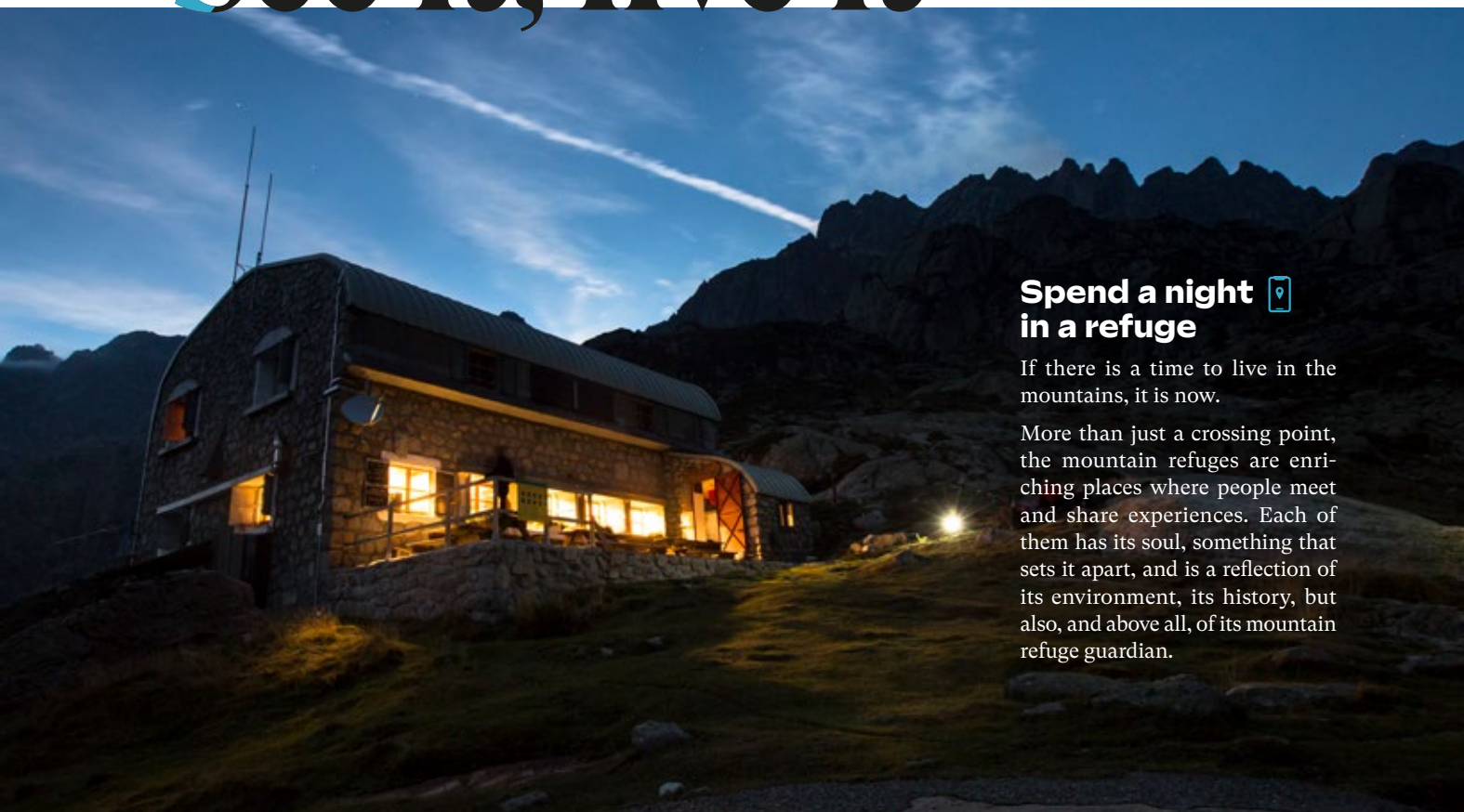


#### By bus

from Tarbes and Lourdes train station or the airport on bus number 965.



# • See it, live it



## Spend a night in a refuge

If there is a time to live in the mountains, it is now.

More than just a crossing point, the mountain refuges are enriching places where people meet and share experiences. Each of them has its soul, something that sets it apart, and is a reflection of its environment, its history, but also, and above all, of its mountain refuge guardian.



## Shopping

Full immersion into local life: the markets are an invitation to travel back in time enjoying traditions and local culture. Touch, smell and taste the delicious flavours of the Pyrenees.



## Take your first bungee jump

Let go and take the plunge from Napoleon's bridge in Luz. This exceptional spot is the ideal place to experience your leap into the void in the heart of the Pyrenees...



## Rafting down the Gave river

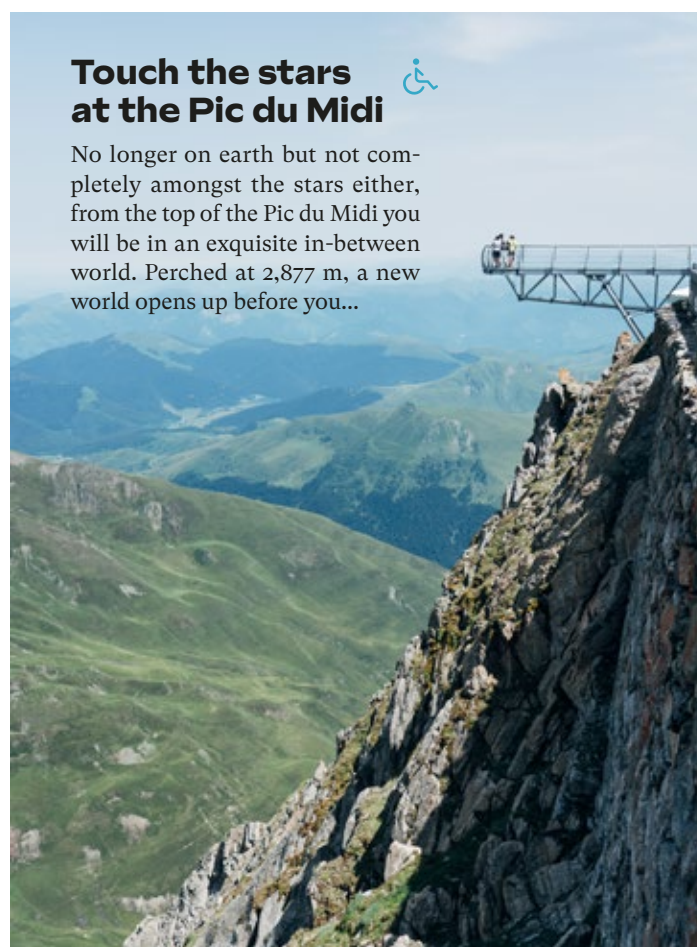
Be it a peaceful or a more sporty ride down the rapids, the Gave (river) is an ideal playground for rafting. Set off alongside experienced instructors and let yourself be carried away to discover the valleys from a different perspective.



## Touch the stars at the Pic du Midi



No longer on earth but not completely amongst the stars either, from the top of the Pic du Midi you will be in an exquisite in-between world. Perched at 2,877 m, a new world opens up before you...



## Take part in a torchlight procession



Every evening from April to October take part in this unmissable moment. Walk, torch in hand, along the esplanade of the "Sanctuary of Our Lady of Lourdes" and add your light to those of the thousands of other people around you.

Find all the activities in the area and contact numbers in the Tourist Offices, contact p°66.





**Walking with llamas**

No, you're not dreaming, you can walk with a llama in the Pyrenees! Gilles, a mountain guide, shows you the area accompanied by his adorable traveling companions. Ideal for motivating little hikers!



**Let off steam on a MTB in the Bike Parks**

Be it in the Barèges forests, on the slopes of the Pic du Jer in Lourdes or on Cauterets' "crêtes du Lys" ridge, take to your mountain bike and enjoy the Bike Parks during the summer. Great for all levels and ages, just get on your bike!



**Explore the hidden side of the Pyrenees**

A true cornerstone of our mountains, the underground world does not need light to shine. On the contrary, it is in the darkness that its greatest beauty lies. No matter the weather, you can enjoy a caving trip and discover this rich heritage of chambers, stalactites, concretions and underground rivers.



• **From one valley to the next**



Lourdes



Several times a day, the candlemaker recovers paraffin from melted candles in order to make new ones.

*If Lourdes had to be summed up in...*

1 lake

**Lourdes lake**, a green setting at the entrance to the town.



*“...I was born in Lourdes, I grew up there and I got into cycling because it's really great to ride here! The terrain is really varied, whether it is the Pic du Jer, le Béout or the river banks heading towards the Argelès valley. But the Pic du Jer really changed me as a rider: like its trails, I changed at the same time as it did... Not only that, Lourdes is in the foothills, which means you can go mountain biking in summer as well as in winter...”*

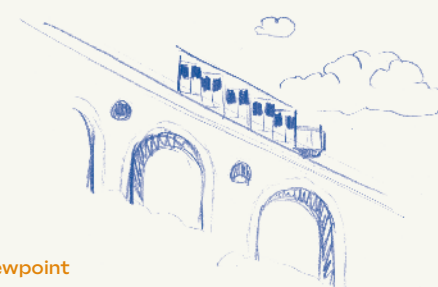
Irénée Menjou  
**Professional Enduro mountain biker**



*The Lourdaise cow*

1 animal

a local and authentic breed with lyre-shaped horns.



1 viewpoint

**The “Pic du Jer”**  
accessible by funicular, is where you take your most beautiful photos. 

1 place

**Lourdes castle and the centenary Pyrenean museum** perched on its rocky peak from where it overlooks the city and offers breathtaking views.



1 hike

**The Béout**, a family hike retracing the story of the extraction of the sarcophagus in Lourdes.

Easy, 2hr30 round trip. 10 km, +400m.



1 highlight

**Les Estivales de Lourdes**, an entertainment program of events from 21 June to the end of September 2023, for everyone to enjoy !



Aquitaine l'as / • From one valley to the next



## The Sanctuary



The Sanctuary of Our Lady of Lourdes, known worldwide for its spiritual side, is also a historic site with many treasures. The site built around the “Grotte de Massabielle” grotto brings together decades of history. Each basilica and building is intimately linked to the vast architectural composition of the Sanctuary of our Lady of Lourdes. On your arrival, from the Rosary Esplanade, you will see the Basilica of the same name which harbours splendid chapels covered with mosaics. It is connected by arcades to the Basilica of the Immaculate Conception which invites contemplation. You will find this basilica, known as the upper basilica, built in stone and magnified by stained glass windows retracing the history of the Apparitions. But above all, you need to dive into the intimacy of the crypt, the first place of worship built after the apparitions. To complete your discovery, an architectural feat: the Basilica of Saint Pie X, ellipsoidal in shape, entirely built underground for the centenary of the apparitions and its 3 sets of gemstone paintings. Pilgrims from all walks of life and the simply curious are brought together by the array of emotions. This is where the beauty and power of this unique place can be found and must be seen at least once in a lifetime!



## Starting point for outdoor activities

As well as being renowned for its historical heritage, Lourdes also offers great possibilities for cycling. In 2022 Lourdes hosts 7 major events such as the downhill mountain biking world cup for the 4th time, the Tour de France, and the women's “Tour de France féminin International des Pyrénées”. Whether you are experienced or a beginner, alone or with your family, there are 100 km of mountain bike trails in Lourdes and the surrounding area, 22 mountain bike routes, a bike park and a children's bike park. You can also head to the Gavarnie valleys, by taking the “Voie Verte des Gaves”, awarded the “Tourism & Disability” label.



# Saint-Pé-de-Bigorre

For more information, see  
saintpedebigorre-tourisme.com



“...What seduced me was the setting of this small town in the middle of some extremely verdant mountains with nature very much present in the Pibeste-Aoulhet massif. This wild nature is also a treasure trove of heritage, with an arcaded square, an old abbey church and all the private houses dating from the 16th to the 19th century... In 2022, Saint-Pé celebrated the 1000th anniversary of the foundation of its abbey. Historically, it is much older since evidence from prehistoric times has been found in the massif.”

Thibaut de Rouvray – **Historian**



## 1 animal

Prevalent in the mossy forest of Saint-Pé, curious and observant hikers will be able to see it during the day, after a heavy rainfall.



## 1 lieu

**The Saint-Pierre abbey**, an historically classified monument, was founded at the beginning of the 11th century. It houses the key of Saint-Pierre, a relic venerated by pilgrims on the Camino de Santiago (St. James' way).



## Saint-Pé-de-Bigorre

*If Saint-Pé had to be summed up in...*

### 1 body of water

In Trescrouts forest, discover **the “Génies” streams** which flow peacefully through the lush vegetation giving the place an enchanted atmosphere.

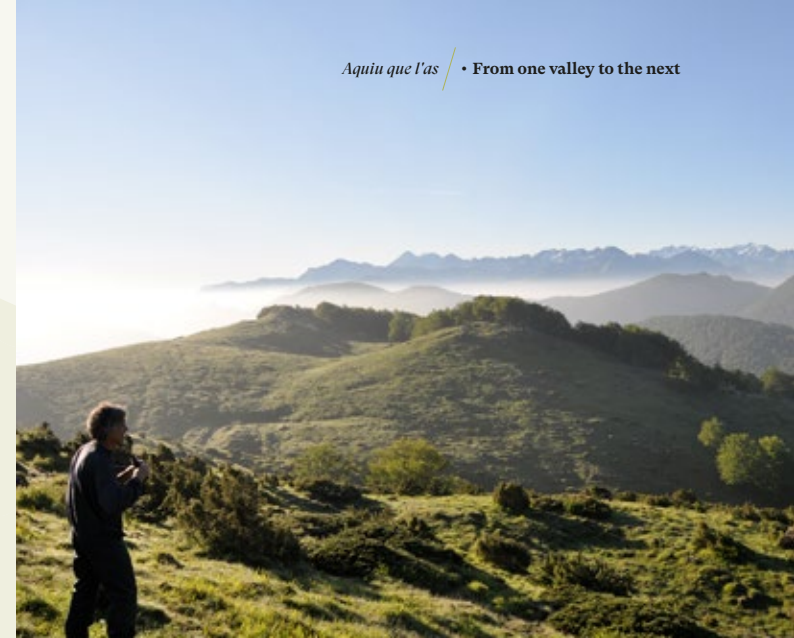
### 1 hike

Take **the karstic path** and discover cracked limestone landscapes eroded by water, filled with caves and chasms as well as remarkable fauna and flora.

### 1 viewpoint

**The “plateau du Mousqué”**, accessible by car or on foot via a marked path, offers a magnificent panorama over the massif to the south and as far as the town of Pau to the north.

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## 1 highlight

**“Côtelettes étoilées”** evenings, guided hikes, aperitif, local meal (cutlet), sunset and back to the headlamp...

All in a friendly atmosphere !



The karstic massif of Saint-Pé-de-Bigorre is like Swiss cheese with **more than 1 800 listed caves !**



## Local gastronomy under a star shower

During the summer, our mountain guide invites you to join him for an unusual experience: a nocturnal hike with local culinary flavours. At 7pm you will meet your guide at the “Place des Arcades” in Saint-Pé-de-Bigorre before heading for the hills. After an hour of easy walking, during which time the guide shares his best anecdotes with you, you will arrive at Le Mousqué. This place is dotted with hundred-year-old oaks and is a magnificent spot to prepare your fire and share a good meal filled with local flavours: cutlets, sausages, local cheeses, Pyrenean cake... After this convivial meal, let your gaze wander towards sunset over the Pau plain. This striking landscape slowly changes to gradually reveal the moon and the first stars. A truly magical moment...

## In Saint-Pé, one world can hide another...



On the surface, the valley of Saint-Pé-de-Bigorre is full of natural and cultural treasures and is resplendent with its picturesque atmosphere. When you stroll along its peaceful paths, you are totally unaware that another world exists under your feet... However, there are more than 1,800 cavities that run through the bowels of this massif. A real paradise for caving trips. If you wish to explore the area without a wetsuit, Les grottes de Bétharram is a good option. Discovered in 1819, Léon Ross installed electric lighting in them a few years later so as to open them to the general public while allowing the surrounding population to benefit from this new comfort: electric lighting. What is even more unusual is that you can enjoy part of the visit on a boat, sailing between stalactites and stalagmites on the “lac des grottes” lake. Continue the visit for 700m on a “little train” which is spacious and silent, with rubber wheels and open-air benches. A moment of underground discovery accessible to all whatever the weather!



## If the Argelès valley had to be summed up in...

### 1 hike

**The Col d'Andorre** with its unobstructed view of the Bergons valley and the watershed at Argelès-Gazost.

Easy, departure point: Bergons piste. 3hr30 round trip. 8.2 km, +410m.



### 1 viewpoint

**Pic du Pibeste** offers a plunging panorama over the city of Lourdes and the peaks of the Gavarnie Valleys.

Medium. From Ouzous, 5hr round trip. 6.1 km, +800m



### 1 place

**The "Belvédère de la nuit"** at Hautacam where an information board explains the constellations and there is space to lie down and to dive into the stars...



Argelès-Gazost



*"...Living here is a joy. Everything seduces me in this valley, its history, its landscapes, the richness of its wildlife, the diversity of its flora and of course all the footprints, left behind by humans for centuries, which teach us so much today..."*

Gilles Tosca – **Walking guide with llamas**

### 1 highlight

**The Pyrenean Dog Festival from 15 to 17 September 2023**, an unmissable event with international resonance in Argelès-Gazost, birthplace of the breed. A real plunge into local life and traditions.



### 1 lake

The heart-shaped **Ourrec lake** easily accessible from Hautacam.

Medium, 4hr25m round trip, 9.67 km, +566m.



The greenway linking Lourdes to Pierrefitte-Nestalas was at the origin a railway.



The Pyrenean  
Patou

### 1 animal

This imposing-looking white dog is a major asset for Pyrenean shepherds who entrust them with their flock on the summer pastures.



## The Argelès-Gazost Valley

Like a key, the Argelès-Gazost valley opens the doors to all the other valleys. It is the meeting point of many points of interest such as the Grands Sites (major sites) of Occitanie, and is not only a stop off point, it has many hidden gems. Indeed, this typical Pyrénéan town is full of life and traditions; like its local market which brings in the crowds in summer and winter. Its small surrounding villages are rich in heritage and viewpoints and give this pretty corner of the Pyrenees its charm. The medieval village of Saint-Savin with its abbey church is the perfect example. The valley is also home to a thermal spa and a year round resort, Hautacam, which can be discovered in winter and summer. Here, you will find something to satisfy your desire for discovery and nature, especially in the Pibeste-Aoulhet Reserve. This area is full of hiking trails, to undertake on foot or in snowshoes, and head up high where you can appreciate the area in its entirety. You can also meet the local fauna by visiting the "Parc Animalier des Pyrénées" (Pyrenean Animal Park) or the "Donjon des Aigles" (Raptor Park). And, throughout the year, take advantage of the unmissable events offered by this radiant city such as the Pyrenean dog festival, the transhumance festival and many more!



## Fun all year long in Hautacam

It may be that Hautacam is renowned for its ascent on the Tour de France route, however, it is also famous for its accessibility and its unobstructed view of the valleys. Ideal for families, this all season resort offers activities throughout the year. In summer, board the Mountain Luge, a secure rail luge that descends down the Hautacam with you controlling its speed (from 10 to 45 km/h). There are also Segways, scooters, go-karts, mountain bikes, fatbikes as well as hiking trails to discover these peaks in all their glory. In winter, when the slopes are adorned with snow, a new world opens up. Along with the Mountain Luge and fatbike options you can add skiing, snowshoeing and sledding to your program! As you might have gathered by now, boredom is not allowed at the Hautacam. As soon as you arrive, you will immediately be caught up in its 1,001 activities...



# Argelès-Gazost valley – Hautacam



# Val d'Azun

For more information, see  
valleesdegavarnie.com



*If the Val d'Azun had to be summed up in...*

## 1 lake

The pretty **Plaa de Prat lake**, in the heart of the Pyrenees national Park.

Departure point: Estaing lake, 4hrs round trip. Medium, 12km, +505m.

## 1 viewpoint

**The Pic de Bazès** from the Col de Couradue. This small summit in the Val d'Azun offers a panoramic view.

Medium, 3 hrs round trip. 6.5km, +509m.



## 1 place

**"Maison des Arts"**, Abbey church in Arras. This former presbytery has been restored and has become "La Maison des Arts". A media library and two exhibition halls welcome visitors throughout the year.



## 1 animal

This Mediterranean bird with its blue-grey plumage was recently observed in the Val d'Azun.



The remains of an ancient pastoral site have been discovered in **Liantran**, in the Val d'Azun, at an altitude of 1,820 metres.



## 1 highlight

**Festival of the sky at the Col de Couradue**, from 9 to 10 September 2023. During this weekend, all eyes are on the sky where they can observe nature, birds of prey, hot air balloons or take part in workshops, stands and conferences...



## 1 rando

The hike to the **refuge du Larribet**, perched on its rocky promontory in a striking rocky setting where you may be lucky enough to spot izards. Departure point: plan d'aste car park, 4hr30 round trip. Medium, 9.94 km, +579m.

*"...Fell into the magic pot of Val d'Azun 25 years ago, ensnared by its mountains... What attracts me is this valley with its beautiful personalities in all its villages. It feels as if the people from this place are anchored here and cling to that, but it also feels as if people from everywhere else come here and seem to belong here, I really like the mix..."*

Karine Depeyre – **Owner of the Bistro-bookstore Le Kairn in Arras-en-Lavedan**

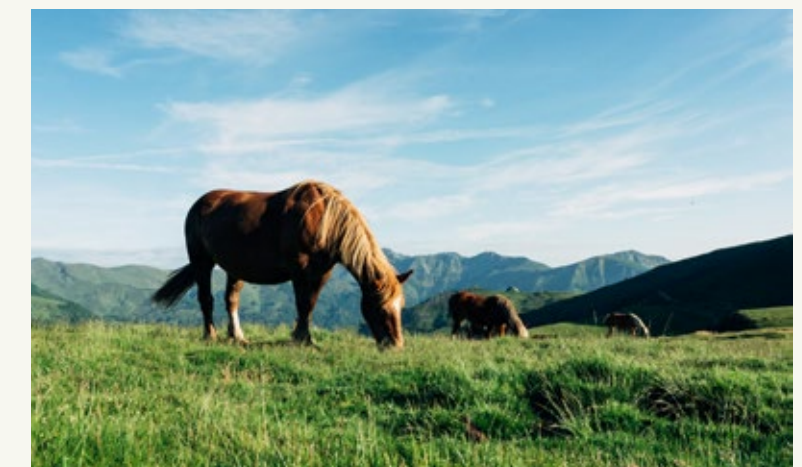


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## The great outdoors at its heart

It is impossible to sum up the Val d'Azun as its diversity of landscapes offers so many possibilities to all outdoor activities. Naturally, hikers will feel at home here, but trail runners and cyclists will not feel left out either! For cyclists, the Soulor, Couradue and Aubisque passes are all exhilarating challenges, where they can follow in the footsteps of the biggest names in Tour cycling. For runners, the many trails range from slight inclines to near vertical, and are an opportunity to push oneself to the limit in an exceptional setting. On foot, choose between lakes with a thousand reflections, forests, plateaus or peaks and meet the most beautiful paths in the Pyrenees National Park. Last, but not least, be sure to discover the Val d'Azun in new and unusual ways; such as electric scooters tours and zip-line descents on the Soulor pass!



## A land filled with tradition

Pastoral traditions are fervently preserved in this valley. Amongst the mountains, forests and meadows of the Val d'Azun, shepherding has been passed from one generation to the next for hundreds of years. Here, time almost stands still. The seasons pass, the years pass, but the traditions and know-how of these shepherds remain. In summer, the herds leave for the summer pastures in the high mountains while the breeders cultivate the plateaus of the Val d'Azun so they may harvest the sweet grass. When the weather becomes cooler, the animals return to the warm stables to taste the hay valiantly harvested all summer long and give way to the Nordic activities that take place on these snowy expanses. By taking care of the herds, the shepherds are assured the highest quality products for which the valley is famous. The delicious "Val d'Azun - Pyrénées" cheese is a perfect example of this!



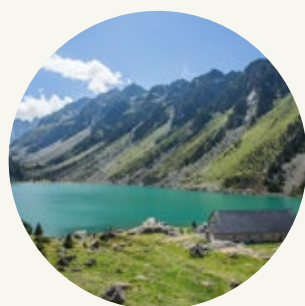
If Cauterets had to be summed up in...

#### 1 viewpoint

**The Belvédère d'Aoumède**, in Cauterets. Accessible on foot from the centre of Cauterets. It is a viewing point with a breathtaking panorama of the village and the surrounding peaks. 📍 🧑🏿 🐾

#### 1 highlight:

**The Trail des Balcons** an organized run on 1st July 2023 has 3 options: a 10 km, 20 km or 47 km loop around Cauterets.



#### 1 lake

**The Gaube lake** with its emerald waters, looking towards the Vignemale.

Easy to access in summer by ski lift, or in a 1.5 hour walk from the Puntas car park at Pont d'Espagne. Easy, 3.5 hrs round trip. 4.9 km, +296 m. 📍 🧑🏿 🐾



#### 1 animal

This emblem of Cauterets inhabits the mountains in protected areas in the National Park. It is possible to see them during summer, basking on the sunny mountain slopes in the early morning.



*"...What I like about Cauterets is that you can find everything in the Pyrenees here, all concentrated in one valley. We have magnificent primary forests which have remained intact amongst a superb granite massif filled with waterfalls and lakes - all thanks to the conservation of the Pyrenees National Park. When we get closer to the high mountains, we have the Vignemale which is the highest alpine massif in the Pyrenees with its 900m high vertical wall, a glacial dimension and its limestone cliffs..."*

Pierre Meyer – **Photographer**

Cauterets



## A village committed to preserving nature

Nestled in the mountains, Cauterets is a lively little village that blends perfectly into the Pyrenean landscape. From the earth to the sky, from the flowers to stars, every natural element is cherished and respected here. Nature is king and the people of Cauterets are the guardians of this rich and fragile heritage. If it is to remain, and for its splendor to be the ultimate legacy that we can give to our children, it must be protected. This is why the International Dark Sky Reserve was created, to protect and preserve the night sky and the Pyrenees National Park. The latter is home to a diverse fauna and flora with which locals and visitors live in harmony. It is here that Isards, ibexes, marmots and even bearded vultures have found a refuge where they can evolve peacefully. The "Maison du Parc" in Cauterets is a temple dedicated to this natural area and will help you better understand this territory and its resources so that you, in turn, partake in its preservation.



#### 1 place

**The wooden train station** in Cauterets.

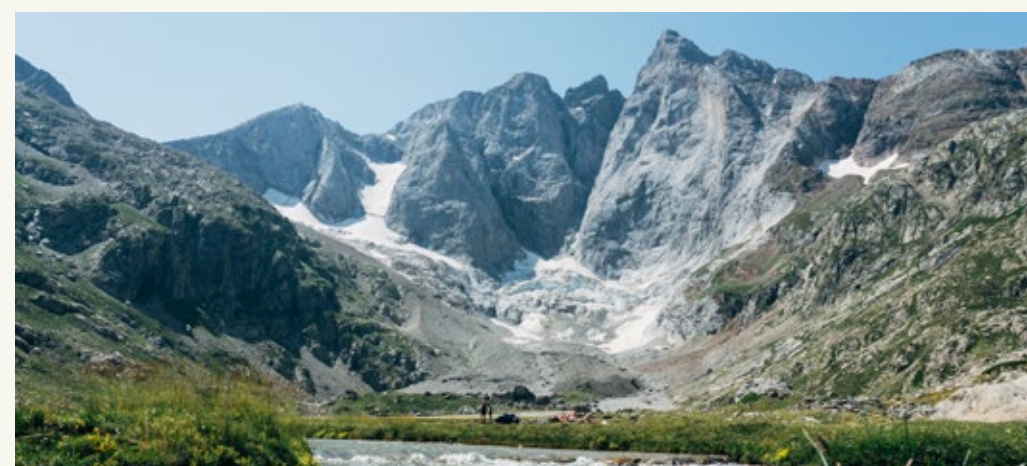
Built in 1898 to bring travelers and thermal spa visitors to Cauterets by train. The train came right into the village. Today it is a bus station and theatre.



#### 1 hike

**The Ilhéou lake**, in summer from the "crêtes du Lys" (via gondola + chairlift) is an accessible family walk or from the "Cambasque".

Easy, 3.5hr round trip. 9.1 km, +630m.



## Amazing experiences 📍

If it is true that Cauterets is the perfect place to stroll through pretty streets filled with rich heritage and to relax in the thermal waters of the "Bains du Rocher " however, it is also a destination offering amazing experiences. On foot, or in snowshoes during the winter, enjoy a beautiful hike, discovering the Gaube lake and its panoramic view of the Vignemale mountain, the unmissable "Pont d'Espagne" or the "Fruitière". In summer or winter, these landscapes are the perfect "muse" in the beautiful photos you'll take during hikes with a professional photographer. You should also take the time to taste the local flavours of Cauterets - delicious local products found in the food halls or bought directly from the producers. And what better picnic spot to honour these tasty treats than at a via ferrata climbing wall?

Finally, at nightfall, let yourself be tempted by the warm appeal of an evening in an igloo... Cauterets offers these activities and many more, whatever the season!







## If Barèges had to be summed up in...

### 1 lake

It is impossible to choose just one. Do the **tour des lacs** hike which skirts around the Néouvielle Reserve and offers 1,001 shades of blue.

Departure point: Tournaboup. Difficult, 7hr30 Loop. 17.4 km, +1146m.



### 1 viewpoint

**The walk to the belvédère de Saint-Justin** from Barèges. This very accessible walk takes you to a remarkable viewpoint over the valley.

Very easy, 2hr15 loop. 4.9 km, +307m.



### 1 highlight

Discover **the Barèges Bike Park** and its tracks for all levels, winding through the forests of La Laquette, le Lienz and l'Ayré. 📍



Barèges once hosted French ski championships and international competitions. At the Ayré, there were slopes served by a funicular as well as a springboard for the practice of ski jumping.



*“...Barèges is a spa resort, it's my village and it's very small but very pretty. The soul of Barèges is the old village: a ski resort in winter with its famous slopes which have welcomed champions like Annie Famese and in summer, there are hiking trails accessible to many families; lakes, climbing and the Pic du Midi which dominates the large valley...”*

Louissette – **Restaurateur at the Auberge “Chez Louissette” in Barèges**



### 1 hike

**The Montagne Fleurie hike**, from Barèges. This bucolic walk offers an unobstructed view of the Bastan valley all the way to Gavarnie.

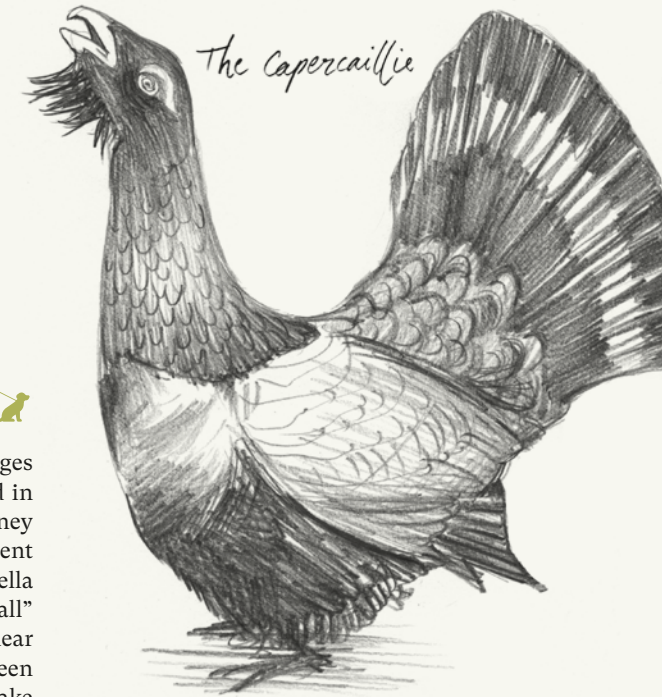
Medium, 4 hrs Loop. 11.4 km, +781m.



## The hanging villages in the Barèges Valley



Clinging to the mountainside, the villages of Labatsus punctuate the Barèges valley and dress the mountainside with their charming old stones steeped in history. To discover them and their rich heritage, you must begin your journey in Esterre, where you can find the ruins of Château Sainte-Marie, a magnificent vestige to the history of the “Pays Toy” (Toy country). Then, continue on to Viella with its remarkable shepherd's fountain with the beautiful “Jeantoy waterfall” as its backdrop. When you arrive at the small village of Betpouey, you will hear the gentle chimes of the bells on the sheep grazing peacefully on the vast green expanses. Then, continue on to Sers, a pretty sunny town, where you can make a detour to the Saint-Justin oratory located up above the village. The view here is sublime. Finally, pass through Viey with its beautiful wash house in front of which you can take a photo stop before reaching Esterre. This heritage hike is a full immersion into local life...



### 1 animal

The Capercaillie which finds its refuge in the Ayré forest.



## Pic du Midi, gateway to the International Starry Sky Reserve

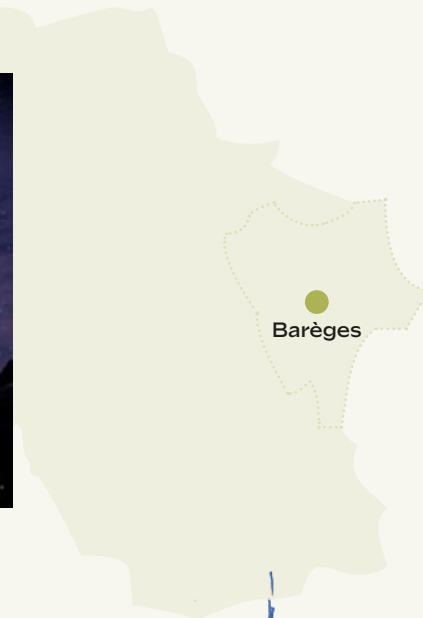


Eternal guardian of the skies, the Pic du Midi is proof that the wildest of dreams can come true provided that we give ourselves the means to achieve them. Witness to the extraordinary epic of Man conquering the stars, it is today at the centre of the International Starry Sky Reserve (RICE) and hosts the highest planetarium in Europe with its observatory and museum. The show begins as soon as you get into the cable car. Climb to an altitude of 2,877 meters and gradually discover this other world that appears before you as you ascend. Once at the top, let your eyes wander and take in the 360° panorama of the Pyrenean peaks from the 600m² terrace or from the viewing pontoon perched above the void below. The experience is exhilarating. To take full advantage of this unique place, treat yourself to a gourmet break in the restaurant and, perhaps even a night with your head in the stars...



### 1 place

**The Pic du Midi**, its observatory and its museum retracing the extraordinary epic of Man conquering the stars.





*If Luz-Saint-Sauveur had to be summed up in...*

1 lake

**The Bastampe lake** and its island of hooked pine trees can be discovered from Luz.

Difficult, 6hr15 round trip. 13 km, +1,189m.



1 hike

**The Col de Riou** from Luz Ardiden with its panoramic view of Luz-Saint-Sauveur and the mythical surrounding peaks.

Departure point: the Bédéret car park. Medium, 1 hour. +269m. 269 d+.



1 lieu culturel

**The Hang'Art**, contemporary art museum offering exhibitions, workshops, conferences and meetings...



1 highlight

**Jazz in Luz from 12 to 15 July 2023**, creative, high altitude festival with a mix of contemporary jazz and improvised and current music.



The word **"TOY"**, meaning "small" in Gascon, was a nickname, formerly used to describe the inhabitants of the high Pyrenean valleys.



*"...The Luz Valley still has an interesting cultural heritage, whether in terms of history, singing or heritage. For example, I am in a group with a few friends. We enjoy passing down these old songs left to us by our ancestors, in French or in Patois. It helps to convey this traditional and festive side of our valley that is so intrinsic to it."*

Matthieu Cumia

**Shepherd and pyrenean singer**



**Luz-Saint-Sauveur, from one alleyway to another**



At the crossroads of the valleys, Luz-Saint-Sauveur is a warm and lively bubble that is great to discover in any season. What makes this pretty town so charming is above all the astonishing contrast between the Napoleonic architecture and the heritage from great historical events during medieval times. Let yourself be transported by the call of ancient stones, artistic ironmongery, noble marble masonry and the gentle sound of the washhouses, which all recount the story of the Luz of yesteryear. During a stroll between the historic heart and the spa district, you will take in the fortified church of Saint-André known as "the Templars", the charming Solférino chapel, the "Luzéa" thermal baths, the majestic thermal hall and the imposing Napoleon's Bridge.

**Villages in the Luz valley**



Here, the villages pop up one after another but no two are alike. Each of them is a new reflection of the surrounding mountains. Throughout the season, these villages are transformed and rediscovered again and again. Each stone and each slate is a fragment of history, that of the people who shaped these places and who contributed to their wealth. Enjoy the view from Sainte-Marie castle, take a guided tour of the Sazos mills, contemplate religious monuments, stroll through the flowery alleyways of Viscos... Esterre, Esquièze-Sère, Vizos, Viscos, Saligos, Sazos, Chèze, Grust or Sassis: local villages from the area that are worth the detour! You see, each of these small villages is an invitation to discover a new facet of the Pyrenees, the opportunity to take part in the local cultural life and to appreciate its charms and its joviality.



1 viewpoint

**The Chapelle Solférino** above the village, in the footsteps of Napoleon III and the Empress Eugénie.



Luz-Saint-Sauveur

1 animal

The sheep is an emblem of the important agricultural and pastoral activity of the valley which is under the protection of the Barèges-Gavarnie PDO.

*the sheep*







*If Gavarnie had to be summed up in...*


#### 1 lake

**The lac de Cestrède**, in the discrete vallon de Bué valley. Departure point: Bué barns.

Medium, 4hr15 round trip. 7 km, +525m.  

#### 1 hike

Hike to the Gavarnie Cirque via **the plateau de Bellevue**. Departure point: Gavarnie village.

Medium, 3hr loop. 8.1 km, +390m. 

#### 1 viewpoint

See the Gavarnie Cirque from a different aspect, **the Pic de la Pahule** is ideal and easily accessible from the Col des Tentés.

1hr30 return. 4.1 km, +235 m.  



*"I'm the refuge guardian at the "Grange de Holle" barn in Gavarnie and my job is to welcome mountaineers, from the most novice to the most experienced, in the summer when they generally go from refuge to refuge and in the winter, depending on snow conditions, when they take on the surrounding areas of the Gavarnie Cirque either by ice climbing, snowshoeing, ski touring or downhill skiing. Gavarnie is a shrine to Pyreneism which borders Spain and which combines two other cirques: Troumouse and Estaubé..."*

Philippe Cordier – **Refuge guardian**



#### 1 animal

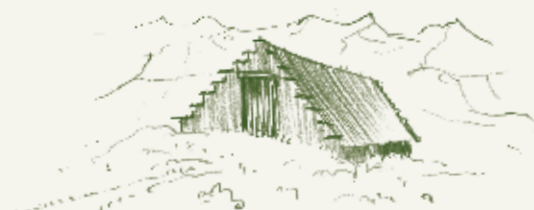
Among the largest raptor in Europe, the bearded vulture is easily recognizable thanks to the orange plumage on its belly. Look up around Gavarnie, you may be lucky enough to see one!

**To read**  
Henri Beraldi, One Hundred Years in the Pyrenees, 1898-1904, rééd. Friends of the Pyrenean Book, Pau, 1977.

**Further reading**  
[www.patrimoines-lourdes-gavarnie.fr](http://www.patrimoines-lourdes-gavarnie.fr)

#### Must see

Millaris, which presents the history and heritage as well as the pastoralism of this land of cirques in an educational and cultural way from June to September. For more information, see [valleesdegavarnie.com](http://valleesdegavarnie.com)



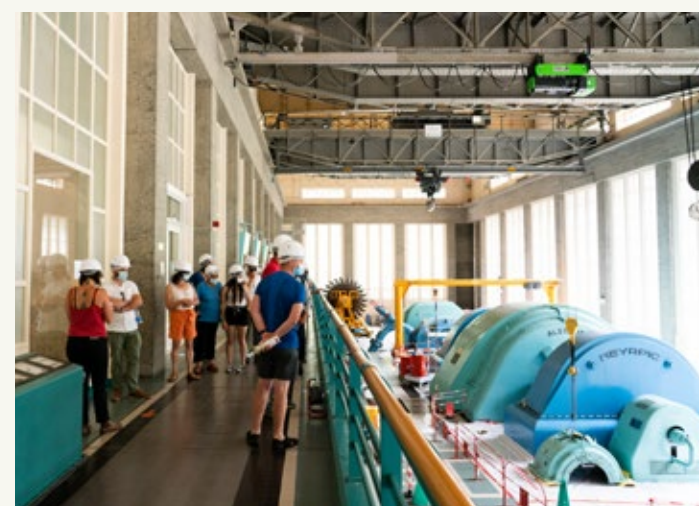
#### 1 place

**The plateau de Sangué** is an extraordinary example of a hay meadow. You will be able to see many irrigation canals, still clearly visible today. They were often used, long ago, to supply water to each of the plots and thus promote the growth of hay meadows.



## Welcome to the land of cirques and Pyreneism

Once upon a time, 3 glacial cirques were created by Mother nature and Father time... Estaubé, whose small size gave it its charm and beauty, the vast and peaceful Troumouse and finally the most famous of all: Gavarnie. There is no other site like this in the world; with its Spanish side made up of large canyons and the Ordesa National Park, together they form "Pyrenees - Mont Perdu" listed by Unesco as a World Heritage Site. These stone giants combined with the entire Pyrenean chain are the basis of "Pyreneism". For Henri Beraldi, this movement is a philosophy of life, which translates into 3 words: ascend, feel, write. In other words, it is a question of searching out these peaks, knowing how to recognize their beauty and listening to the emotions it arouses in us so that we may transcribe them in our writings. Like Victor Hugo who, during one of his trips to the Pyrenees, wrote about the Gavarnie Cirque : "it is a mountain and a wall all at the same time; it is the most mysterious edifice by the most mysterious of architects; it is the Colosseum of nature; it is Gavarnie."



## A look at...Pragnères hydroelectric power station

Here, in the heart of the Gavarnie valleys, Pyrenean water is still the talk of the town... Its power is such that it is at the centre of a fascinating system: hydroelectricity. Commissioned in 1954, the EDF hydroelectric power plant in Pragnères has 40 km of galleries, 4 dams including the Cap de Long dam, 30 water inlets, a production plant and two pumping stations! It is the most striking example of water harvesting in the Pyrenees. So, how about a visit to this technical feat that has revolutionized the life of Mankind? This original visit is suitable for all ages and combines a guided tour and virtual reality to help you to understand the production of this renewable energy...



**The Mont Perdu massif**, rich in its exceptional geological heritage, is the highest limestone mountain in Western Europe.



# Gavarnie-Gèdre

For more information, see [valleesdegavarnie.com](http://valleesdegavarnie.com)



# • Timeless moments



## Stroll through Cauterets' narrow streets



After a good hike, head back down to the village of Cauterets and lose yourself in the narrow streets amongst the buildings whose architecture dates back to the 19th century. Stop at the local shops to discover local products and buy the traditional Pyrenean tart, a real delight...

*If there is one thing we are convinced of in the Pyrenees mountains, it is that there is nothing more beautiful than simplicity.*

*From the landscapes to the villages and their inhabitants, everything here is authentic - as nature intended. These are values which we are proud of and which we are keen to share with you: the simple things in life. Here are some timeless moments to help you immerse yourself in this way of life, they can be experienced alone or in good company and will help you go with the flow - of the seasons...*



## Take a breath of fresh air at Saint-Justin



Easily accessible, the Saint-Justin oratory is an ideal place to enjoy an unobstructed view of the valley. After a few minutes' walk, you will be able to look down over the valley, perched high above the villages of the "Pays Toy". An ideal place to recharge your batteries and top up on pure fresh air.



## Back to nature on the Pibeste

After a warm winter, it is good to make the most of spring, to go out and see nature being reborn...

Even though some areas are still covered in snow, the Pibeste-Aoulhet Regional Nature Reserve is an ideal place to enjoy a hike without getting your feet wet. You will be able to see the first buds of spring, the birds singing, the trees turning green. A dose of rebirth instantly boosts the morale!

## Spring Prima



## Crossing the valleys by bike

Also called the "green river" by the locals, the "Voie Verte" stretches from Lourdes to Pierrefitte-Nestalas. This old railway line, converted into a cycle path, allows you to enjoy the scenery while pedaling gently and taking advantage of the fresh spring air.

# Summer Estiu

## Fishing in the "Genies" streams

On the outskirts of Saint-Pé-de-Bigorre, in the Très-crouts forest, the "Genies" (streams) offer great fishing opportunities. Upstream or downstream, the Génie Braque and the Génie Longue take their source from the heart of the Pibeste-Aoulhet Regional Nature Reserve and there is a good chance of fishing some lovely catches in this rejuvenating picturesque setting.



## Let time stand still on Lourdes Lake



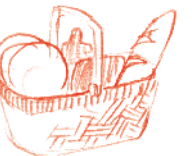
Lourdes Lake is a calm and soothing place, where you can kick back and relax. Under the warm summer sun, take your paddle and let yourself float away on this peaceful expanse of water...



## Picnic by the River Bastan



When the summer season is in full swing, there's nothing like a little picnic on the banks of the River Bastan, in Luz. This mineral and lunar landscape that was flooded in 2013, is today a peaceful place to enjoy a quiet moment with the family. Reflections in the water, play and picnic areas, hammocks and even a fun wooden bike circuit for young and old alike.



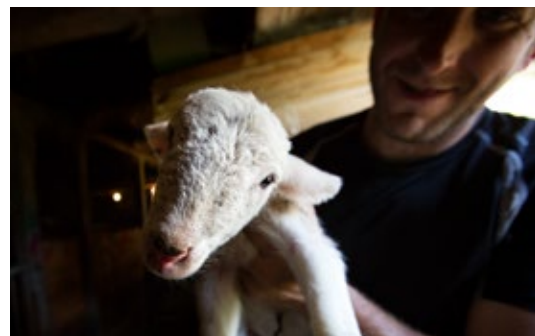
## Meet the herds



Pastoral life in the valleys follows the seasons. At the beginning of summer, the herds move up to the high mountain pastures until autumn. This is called the summer pasture. During your hikes in the mountains, you can see them (keep your distance) enjoying the delicious sweet grass. Cows, goats, horses and sheep can be seen roaming freely on the slopes of the Val d'Azun valley. On the Col du Soulor, you will see them enjoying the delicious Pyrenean grass.







## Visit a farm

Even if you are used to tasting good cheese or even good milk, it is not always easy for everyone to understand the process of making farm products. Time for a visit to discover daily life on the farm, you will then be able to see the work that goes into making each local delicacy. At the end of this visit, you will look at these products in a different way. Not only will they appear more beautiful, but above all they will be even tastier!



## Escape to the Lienz

In autumn, when the mountains turn red and the leaves dance on the wind, take a walk in the heart of the Lienz forest in Barèges. Let your eyes drown in the array of warm colours, and your nose be intoxicated by the smell of autumn leaves. A serene moment in a soft and comforting setting.



## Mushroom picking in the Argelès valley

Here, we take mushroom picking very seriously! It is a precious heritage: the hidden areas where they grow are communicated from one generation to the next and are the greatest of secrets. If you're lucky, one of the locals might be willing to let you in on the secret? Otherwise, at the start of autumn, take a walk in the woods in the Argelès valley, keep your eyes open, and arm yourself with a little patience and you will surely be lucky enough to find some. Please note that foraging is not allowed in the Pyrenees national Park.

## Listen to a love song in the valleys

Autumn is also the season of love in the Val d'Azun or Hautacam! And it is the season for observing deer and listening to their mating calls. Take advantage of the mild September nights to take a nocturnal stroll, taking care to remain discreet in case you meet the King of the forest...



# Autumn Abòr



## Meet one of the most beautiful birds of prey in the Pyrenees

The Gavarnie Cirque is in the heart of the Pyrenees national Park. The latter is home to an ecosystem, as rich as it is fragile, in which hundreds of species are evolving. One of them, the bearded vulture, has found refuge in the cliffs around the Cirque. During a walk, raise your eyes to the sky and try to catch a glimpse of this magnificent bird of prey, easily recognizable thanks to its orange belly.

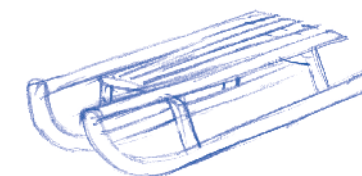


## Explore the snow-covered Pont d'Espagne

The Pont d'Espagne is a must whatever the season. But, in winter, its frozen waterfalls and snow covered fir trees lend it a slightly magical atmosphere. Equipped with a pair of snowshoes, follow the winding paths and let yourself be overwhelmed by the tranquility of this stunning location.

## Find your inner child in Gavarnie

If there is a must-do experience to enjoy during your holiday in the mountains, then this is it. Sledding may be a great classic, but it is also the best way to share a carefree moment filled with laughter. Get the family together and climb onto your sledges and escape the daily grind in a unique setting, Gavarnie.



# Winter Ivern



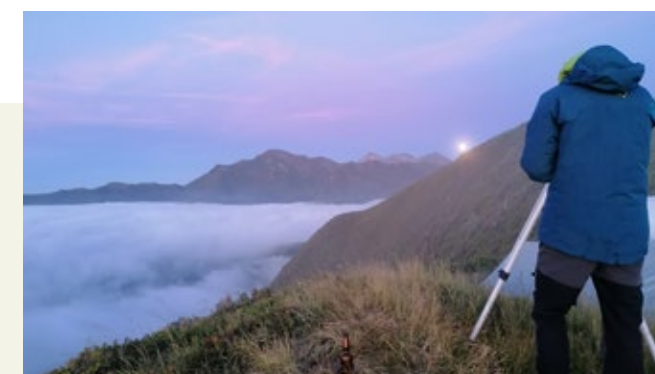
## Feel young again in Lourdes

Winter makes us want to look for warm and cozy places where we can enjoy a good hot chocolate and some sweet treats. So, why not awaken your inner child and relax in a comfortable café in Lourdes and enjoy the moment whilst watching the snow fall...



## Snowshoe to Counques hut

Don your snowshoes and depart from Béderet towards the heights of Luz Ardiden where you will find the pretty Counques hut. With its refreshing walk and its heart-warming viewing point, this beautiful walk is the epitome of all that is gentle during the winter frenzy in the mountains.



## Dive head on into the stars

Far from any sort of light pollution, immerse yourself into the sea of stars above the Pyrenees. Be it at the Saugué plateau, the night time Belvédère at Hautacam or the Pic du Midi and its surrounding villages, you are spoilt for choice when it comes to finding the perfect place to stargaze and observe this celestial vault...



## Watch the sun go down

Whatever the season, there is an event that will never disappoint: the sunset over the Pyrenees. In summer, take advantage of the mild evenings to picnic under the fading light of day. In winter, the colours of the sky are more intense and contrast wonderfully with the whiteness of the peaks.

# All year round

Do not hesitate to contact one of our Tourist Offices to assist you in your discovery of our area whatever the season.



# • Amongst Nature!

## The Pyrenees national Park

*There are places that make people feel humility, modesty and deep admiration. When face to face with the greatness of nature, one then realizes that one is only a tiny part of a whole, that is larger than oneself and on which one is entirely dependent. The Pyrenees National Park is one of these places.*

### What is the Pyrenees national Park ?

The Pyrenees National Park was created in 1967 and is rich in its very diverse natural, cultural and topographic heritage. Above all, it plays a role in preserving these heritage sites, by welcoming and raising awareness amongst all audiences as well as by supporting municipalities in sustainable development. Within this ecosystem, more than 2,500 plant species coexist and are responsible for the area's beauty and charm. Many animal species also live here, they are the guardians of the Park and ensure its natural balance. In summer, when the herds are moved to the mountain pastures, they join this workforce.

### Where is it ?

Composed of a so-called "central" zone and an "outlying area", the National Park extends over 100 kilometers and takes in 6 valleys and two departments, Pyrénées-Atlantiques and Hautes-Pyrénées. In the Gavarnie Valleys, you can access it via Val d'Azun, Cauterets and Gavarnie.

### Why and how ?

To preserve the richness and biodiversity of this mountain national park, the central area of it is protected by specific regulations. For example, dogs, even on a leash, are not allowed. Due to lack of good practice, certain unacceptable behaviour endangers the harmony of the area and has an impact on the fauna and flora. To learn more about the regulations in the area as well as good practices in mountain areas which contributes to the preservation of these areas, do not hesitate to consult the website: [pyrenees-parcnational.fr](http://pyrenees-parcnational.fr).

In the "outlying area", the National Park is a local partner and acts as a permanent support network for local life by working together with all stakeholders to implement sustainable development in these areas. This involves, for example, the promotion of local agriculture and its products, the conservation of cultural heritage, town planning and raising awareness in local populations, etc.

### Houses of the Park (Maisons du Parc)

The Pyrenees national Park welcomes you to discover this vast and interesting territory at its information centres and info points throughout the valleys. These spaces are a mine of information to help better understand this extraordinary heritage and the workings of this unique ecosystem in a fun way. Meetings with park rangers are also excellent sources of information and give rise to exchanges between nature enthusiasts and passionate professionals, all in a setting of infinite beauty.

**GAVARNIE**  
Village center. +33 (0)5 62 92 42 48

**LUZ-SAINT-SAUVEUR**  
24 place Saint-Clément. +33 (0)5 62 92 38 38

**CAUTERETS**  
Place de la gare. +33 (0)5 62 92 52 56

**ARRENS-MARSOUS**  
Val d'Azun house. +33 (0)5 62 97 49 49

**PLAN D'ASTE IN VAL D'AZUN**  
Open July-August. Nature trail around bodies of water, rocky areas and forest, great for families; Tourism and Handicap certified. Duration: 1 hour.

A complete program of walks with local wardens is available free of charge at Tourist Offices.



The **Esprit Parc national - Pyrenees** brand brings together passionate men and women united by a common goal: to preserve and promote this exceptional territory. The brand, which is spread across various services and products (accommodation, catering, crafts, guided outings, etc.) it also carries a message of solidarity by supporting the local economy.

## Wild portraits

Here are some wild gems that you may encounter during your visit...



### Iris of the Pyrenees

*Iris latifolia*

**Size**  
30-70 cm

**In flower**  
july > august



### Isard

*Rupicapra pyrenaica*

**Size**  
about 70cm tall

**Weight**  
20 to 35 kg

**Habitat**  
The Isard lives mainly above the tree line, in scree zones and grasslands



### Bearded Vulture

*Gypaetus barbatus*

**Wingspan**  
up to 3 meters

**Weight**  
5 to 7 kg

**Habitat**  
High mountains, on cliffs and rocky outcrops, between 700 and 2,300 m altitude



### Ramonde of the Pyrenees

*Ramonda myconi*

**Size**  
8-20 cm

**In flower**  
june > august



### Pyrenean lily

*Lilium pyrenaicum*

**Height**  
40-120 cm

**In flower**  
may > july



### Pyrenean Desman

*Galemys pyrenaicus*

**Size**  
24-29 cm

**Weight**  
50 to 60 gr

**Habitat**  
It is mainly found in small and medium sized streams in the high mountain and foothills.





### Belvédère des Artigalas (viewpoint) - Barèges


The Artigalas Belvedere (lookout), wheelchair accessible, offers an unobstructed view of the Labatsus valley and the Ardiden massif.

30 mins / Very Easy / +5m / 250m    



### Pic du Bergons - Luz valley

This walk in the Pays Toy (Toy country) to the top of the Bergons allows you to enjoy a wide panorama extending from the Pibeste massif, to the foothills and the Gavarnie Cirque. Start from the Estibe pastoral track, at an intersection turn right and park at a small car park in a bend.

3 hours / Medium/ +620 m / 6 km 

# Step by step

*Whatever the season, escape from it all on one of the many paths that zigzag the peaks. With just a topographic guide or the RandoValleesdeGavarnie portal, or with a mountain guide, get to know the valleys step by step. The most difficult part will be choosing which route to head off along. But remember one thing, here, choosing does not mean discounting others walks, but rather finding new hiking opportunities for your next visit to the Pyrenees...*



### Marcadau valley Walloon refuge - Cauterets

The walk begins at the Pont d'Espagne waterfalls and the Cayan plateau, in "Little Canada" with its fir trees and streams, then heads to the Marcadau valley. Enjoy the pine forests before reaching an open valley with streams and high peaks like those of "la Grande Fâche".

5 hours round trip / Easy / +475 m / 15,9 km  



### Chemin de Saint-Jacques (St James way)

The Pyrenean foothills (GR78), from Bagnères to Saint-Pé-de-Bigorre

Take part in the legendary route to Santiago de Compostela by following the GR78. The route along the Pyrenean foothills is still a well kept secret, and will enchant you with its serene landscapes and beautiful churches, abbeys and small villages.

Balise : white and red / done in 2 to 3 stages / 42 km



### The Hautacam ridges - Argelès-Gazost valley

This walk along the heights of the Hautacam is ideal for families. You can enjoy remarkable views of the valleys and even the Brèche de Roland (Roland's gap) on a clear day.

2.5 hours / Very Easy / 6.8 km loop   



### Piméné-Gavarnie loop

Ideal for trying out trail hiking, this route, with its very varied atmospheres, will take you to the Piméné summit (2,801m) where you will discover the Gavarnie Cirque, the mountain pastures of the Espuguettes sector, the Vignemale Belvedere (lookout) and the "Brèche de Roland" gap.

2 days / Medium / 1,639 m / 20,9 km loop 



### A great idea

If you want to motivate your little hikers, why not try a walk accompanied by our four-legged friends: horses, donkeys, dog (canine-hiking) and even llamas!

More information in the Tourist Offices.

 **rando. valleesdegavarnie.com**



Find all these routes and many more on [rando.valleesdegavarnie.com](https://rando.valleesdegavarnie.com)!

The routes described on this web portal are only accessible in summer, i.e. in the absence of snow, ice, etc.

### Guidebooks

Guidebooks and hiking maps are essential tools for hiking and discovering the mountain world, find them in our Tourist Offices !

### Approved guides and guides

Find a list of approved guides and guides as well as a program of guided walks in our Tourist Offices.

#### PRACTICAL INFORMATION



##### WEATHER

Tél : 0 899 710 265 (1,35 €/ appel + 0,34€/mm) [www.meteofrance.com](https://www.meteofrance.com)



##### EMERGENCY

Emergency number: 112 / Mountain rescue: +33 (0)5 62 92 41 41 (your mobile phone can be useful, be careful, network coverage is not available in all areas)



##### SAFETY TIPS BEFORE DEPARTURE

- Equip yourself with good walking shoes and clothing suitable for the weather conditions.
- To avoid sunburn, cover up and protect yourself with sunscreen. Bring sunglasses.
- In order not to avoid dehydration, take water and drink it regularly.
- In the event of a storm, do not park under trees, on rocky ridges and ledges, stay away from all metal objects.
- Take a detailed topographical map with you: minimum 1/50,000, 1/25,000 off track.
- If you are walking alone, always let somebody know your route or leave a note in your vehicle or at the place you are staying.



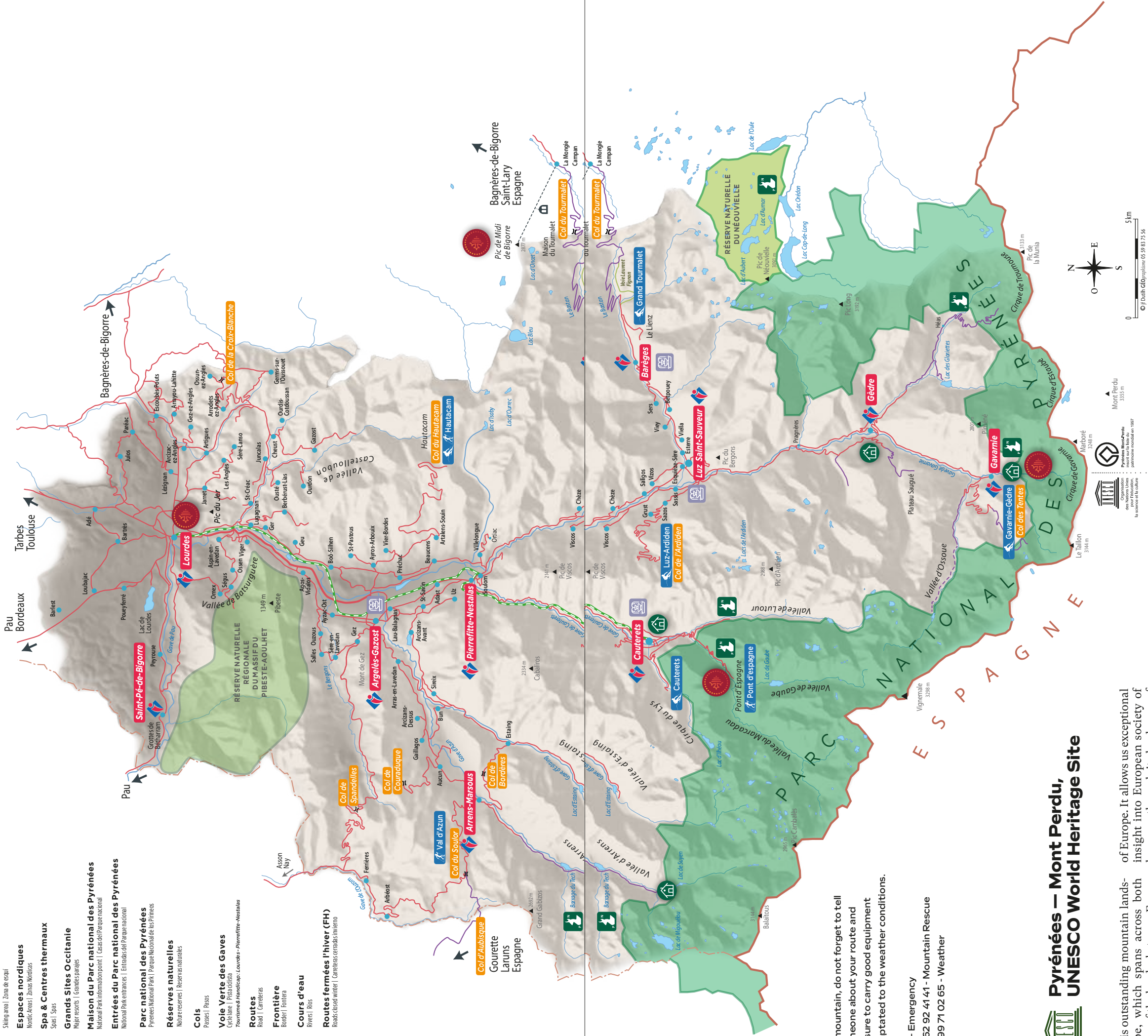
##### RESPECT THE ENVIRONMENT

Do not drop litter in the countryside.



# From Lourdes to Gavarnie

- Communes  
Town / Municipio
- Domaines skiables  
Skiing area / Zona de esquí
- Espaces nordiques  
Nordic areas / Zonas Nordicas
- Spa & Centres thermaux  
Spas / Spas
- Grands Sites Occitanie  
Major resorts / Grandes parais
- Maison du Parc national des Pyrénées  
National Park Information point / Casas del Parque nacional
- Entrées du Parc national des Pyrénées  
National Park entrances / Entradas del Parque nacional
- Parc national des Pyrénées  
Pyrénées National Park / Parque Nacional de los Pirineos
- Réserves naturelles  
Nature reserves / Reservas naturales
- Cols  
Passes / Pases
- Voie Verte des Gaves  
Cyclable / Pista ciclista
- Routes  
Road / Carreteras
- Frontière  
Border / frontera
- Cours d'eau  
Rivers / Rios
- Routes fermées l'hiver (FH)  
Roads closed winter / Carreteras cerradas invierno



En mountain, do not forget to tell someone about your route and be sure to carry good equipment adapted to the weather conditions.

112 - Emergency  
05 62 92 41 41 - Mountain Rescue  
08 99 71 02 65 - Weather

## Pyrénées – Mont Perdu, UNESCO World Heritage Site

This outstanding mountain landscape, which spans across both sides of the border between France and Spain, is centered on the peak of Mont Perdu, a limestone massif that rises to 3,352 m. The site includes two of the largest and deepest canyons in Europe on the Spanish side and three spectacular cirques on the French side : Gavarnie, Eostaubé, Troumouse. This site also represents a pastoral landscape which reflects the agricultural way of life that was once widespread in the mountainous regions

of Europe. It allows us exceptional insight into European society of long ago through its landscape of villages, farms, fields, mountain pastures and mountain roads. The Gavarnie/Mont Perdu area offers an exceptional, cultural landscape and combines scenic beauty with a socio-economic structure that has its roots in the past. It illustrates a way of life in the mountains that has become rare in Europe.

[www.valleesdegavarnie.com](http://www.valleesdegavarnie.com)



## The International Dark Sky Reserve of the Pic du Midi

The Pays de Lourdes and the Gaves Valleys are home to many protected natural spaces, and grand sights such as Lourdes and Gavarnie. But this is not all, they also boast one of France's, and even Europe's, most beautiful night skies. The purity of the Pyrenean night sky is now protected by the Pic du Midi IDSR (International Dark Sky Reserve), the largest

and most beautiful in the world, certified since December 2013. So after an enjoyable day, just wait for the sun to set so that you can witness the magic of the Pyrenees by night ! Pic du Midi International Dark Sky Reserve.

[www.picdumidi.com/rice](http://www.picdumidi.com/rice)





# On two-wheels



ALTAMONTA

## What is Altamonta ?

It is a brand that guarantees that our area is perfectly equipped to welcome cyclists and mountain bikers. Cycling enthusiasts, in the broadest sense, will find all the necessary services: secure bike stores, cycling gear washing and drying points, equipment repair, sport menus, etc...

More information on [www.pyrenees-cyclo.com](http://www.pyrenees-cyclo.com)

## The Pyrenees, legendary passes

Climbing the Pyrenees is not just about cycling. Amateur cyclists in search of a challenge and wanting to push themselves, will find an area that offers a welcome worthy of their ambition... They will be able to take on these stone giants who have seen the birth of cycling legends over the years. From the Hautacam to the mythical Col du Tourmalet via the Soulor, the Aubisque or the Ardiden, each of them offers a new challenge in this frantic race to conquer the Pyrenees. Once at the top, make the most of your recovery time by enjoying the views, you will then realize that the Pyrenees give back much more than the time and effort they take from you. You will leave with your energy stores depleted but filled with humility and pride. This is what climbing the Pyrenees is all about.

For the not so athletic, the electric bike is a good compromise, thanks to its electric assistance, you can take part in this adventure and embark on these mythical climbs!

Otherwise, the "Voie Verte" from Lourdes to Pierrefitte is ideal for gently exploring the valleys.

## The valleys on mountain bike

If you are more dirt than tarmac and are looking for freedom and wide open spaces, mountain biking is an excellent outlet! On your own or with others, with a guide or alone, head into the valleys for stunning rides or more challenging routes. The most adventurous will appreciate being able to get their adrenaline pumping in the Bike Parks where varied trails are on offer to suit the complete novice or the most experienced.

Rider, who set off onto the DH (downhill) tracks of the Pic du Jer - be ready for some serious thrills! A new track means beginners can also take advantage of this spot whilst learning downhill mountain biking.

In Arrens, the pumptrack with its different courses and levels, allows you to have fun between consecutive bumps and banked turns.

And if you long for the joys of mountain biking without the effort, the electric mountain bike is a good compromise. Available at many rental points in the valleys, it is an excellent way to explore the area.



## Gravel biking, the ideal middle ground

Take the best part of road biking and the best part of MTB and then mix them together. You have Gravel biking! No more limits, all areas are accessible. Its notched tyres and robust materials combined with its road bike looks mean you can discover a new way of biking in the Pyrenees. There are lots of routes in the valleys to indulge you in this practice amidst magnificent landscapes: all you have to do is take the plunge !



## Rando Vallées de Gavarnie

Discover the most beautiful routes in the valleys thanks to an intuitive and interactive site dedicated to hiking activities :

[www.rando.valleesdegavarnie.com](http://www.rando.valleesdegavarnie.com)

The routes described on this web portal are only practicable in summer conditions, i.e. in the absence of snow, ice, etc.

More information in our Tourist Offices, contact p.66.

Bike Parks and ski lifts :

**BARÈGES FAMILY BIKE PARK**  
**CAUTERETS BIKE PARK**  
**PEAK OF JER IN LOURDES**  
**PIC DU MIDI - BARÈGES**  
**MARKED CIRCUITS AT HAUTACAM**  
**VAL D'AZUN PUMPTRACK**  
**SINGLE PARK PAYS DE LOURDES**

All information on :



## Fatbike

In winter, get on a Fatbike (mountain bike with oversized wheels) and set off to explore the peaks. Suitable on all types of terrain, you can head out on your own or on a guided ride in a rich and wild setting.

Col d'Aspin

1,489 m

Col du Tourmalet

2,115 m

Hautacam

1,520 m

Luz Ardiden

1,715 m

Pont d'Espagne

1,496 m

Col du Soulor

1,474 m

Col d'Aubisque

1,709 m

Col de Spandelles

1,378 m



# By the water



## Fish to be found in the valleys

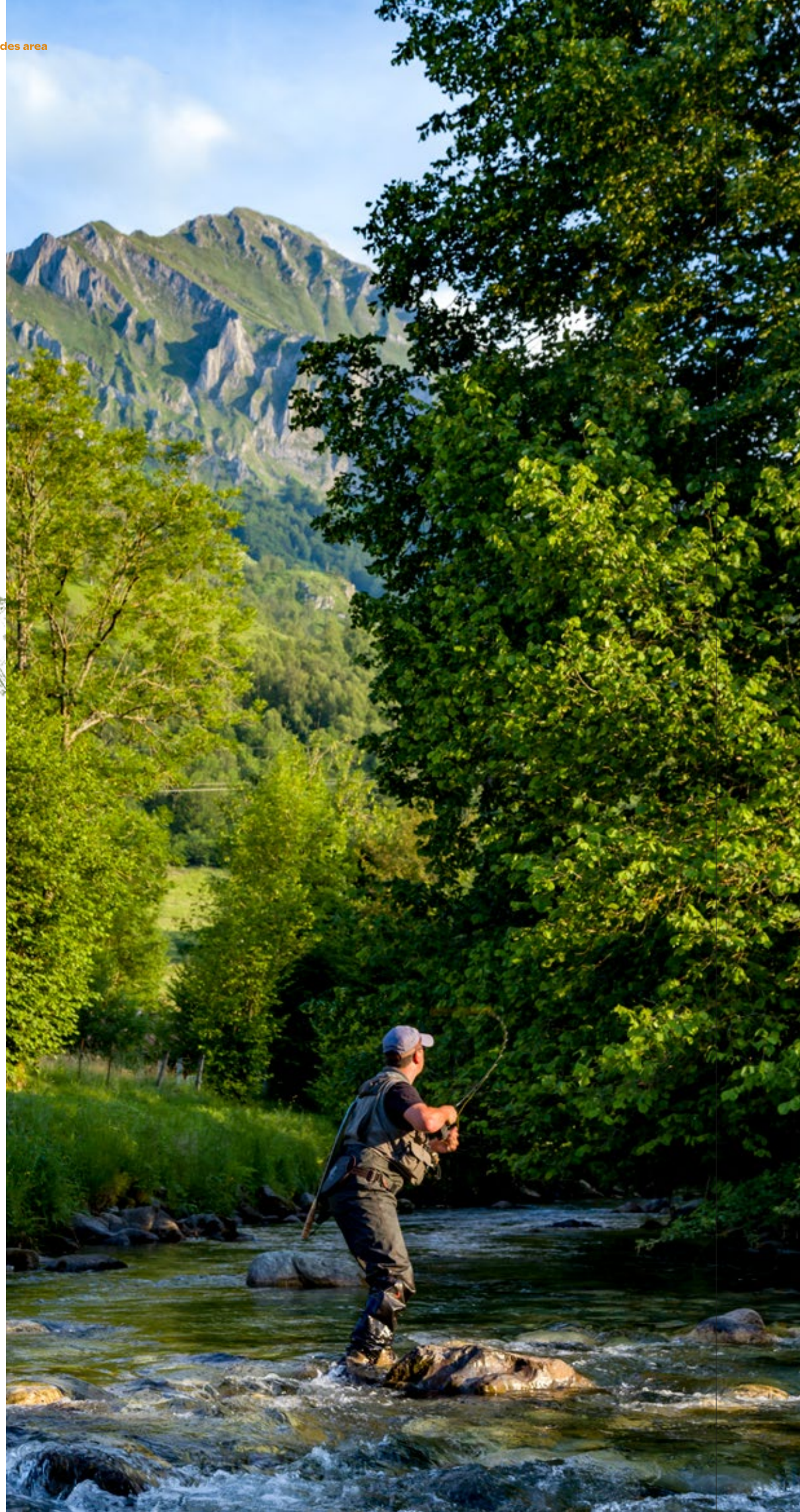
The Brown Trout found in the valley rivers.

The Cristivomer found in mountain lakes.

The Brook trout and Arctic char found in mountain lakes.

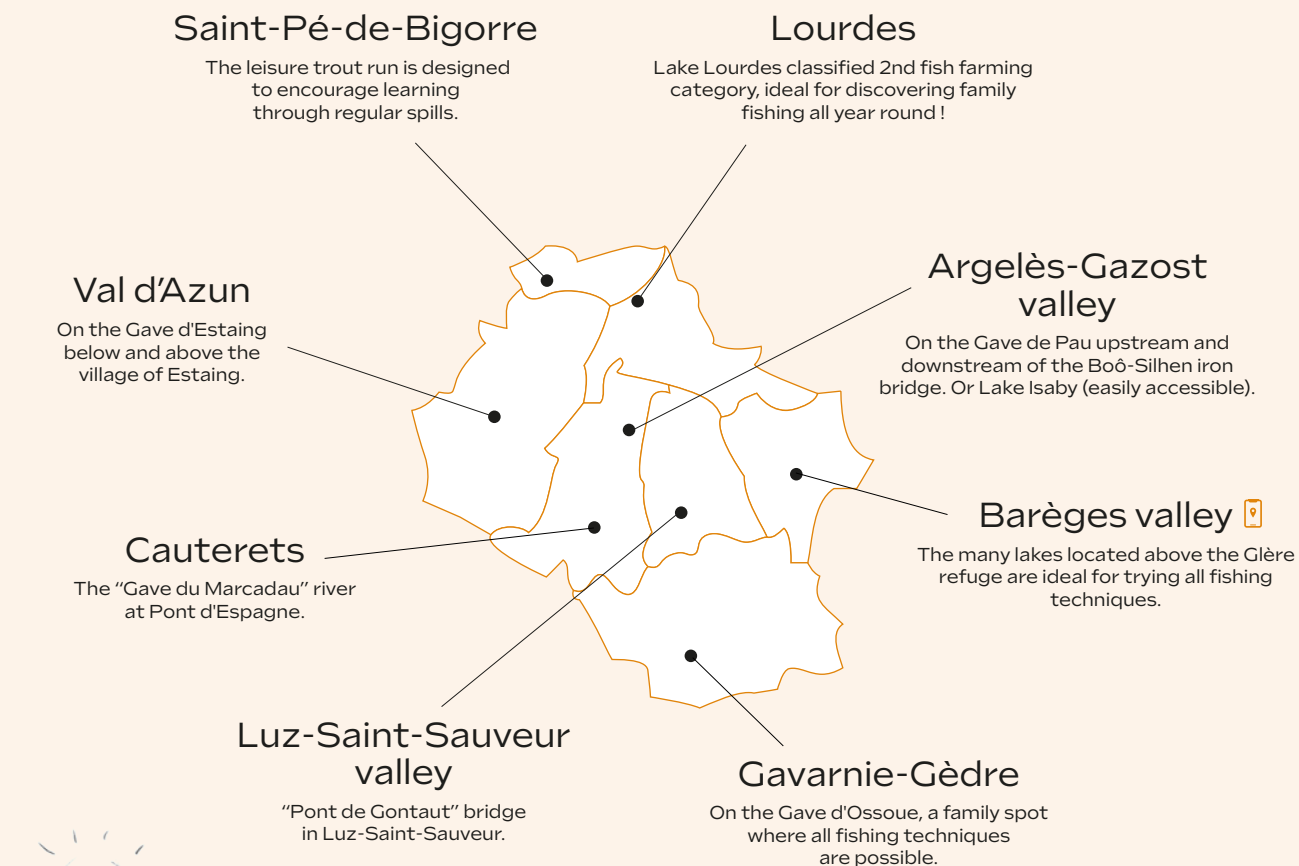
The Atlantic salmon is gradually returning to the Gave de Pau river, however it is illegal to fish it.

The Minnow very small and ideal for children. It can be found in calm rivers as well as in some mountain lakes.



## The best fishing spots

Find the interactive map for no kill zones on [www.peche65.fr](http://www.peche65.fr)



## The good idea 🧑🧑🧑

Pierre-Adrien Gineste, Clément Latapie and Thierry Borderolle, our fishing guides, take out the most novice fishermen to the most experienced for fishing trips to the best spots in the valleys !

## Little fishermen 🧑🧑🧑

Meet at "La Truite des Pyrénées" fish farm in Lau-Balagnas or at the Chili Leisure Park in Luz-Saint-Sauveur to learn about the joys of fishing without a license on one of the courses.

Day and holiday fishing permits on sale at our Information Points and on the Internet. To find out all about fishing in our valleys and about the regulations in force, go to [www.peche65.fr](http://www.peche65.fr).  
Fishing equipment can be found in several shops in the valleys, information and contacts at Tourist Offices.



*"This area offers a magnificent diversity both in terms of fishing and landscapes, there is something for everyone. From the banks of the Gave de Pau with its deep-sea fishing, to streams and torrents and the calm and translucent waters of mountain lakes. Each of these environments are home to sumptuous fish and allow you to practice a large number of different fishing techniques. It is a real pleasure for me to share and teach my passion in such places. The beauty of these valleys forces me to endorse a respect for nature and these environments on each of the courses I offer."*

Clément Latapie – **Fishing guide**



# • On the move

## On the ground

### Via Ferrata

Try out life in the vertical world on one of the via ferratas circuits in the valleys. Independently, for the more seasoned climbers, or with a guide, move along rock walls and down zip lines and across rope bridges. In Cauterets, you can even enjoy your picnic in comfort on one of the picnic tables attached to the walls !



### Grass scooters

To discover the mountain a different way: hurtle down the slopes on a grass scooter. Alone, with family or with friends, ride down from the resort of Luz Ardiden to the village and enjoy magnificent landscapes en route. This activity can also be done in winter, weather conditions permitting.



## In the water

### Canyoning

Accompanied by a high mountain guide or qualified instructor, experience a refreshing outing in the heart of the canyons. Suitable for all the family (children must know how to swim), these outings, ranging from around 1,5 hours to 3 hours, are an original and sensational way to discover the valleys from a different angle. From jumps to natural slides and abseiling, all the elements are there to make this an unforgettable moment !

### Rafting

Bring the temperature down a notch and get the adrenaline pumping on a rafting trip. Switch between calm courses discovering the valleys and more turbulent courses through rapids just for the thrill of it. In between splashes and bursts of laughter, these outings are like a breath of fresh air that warm... the cockles of your heart !

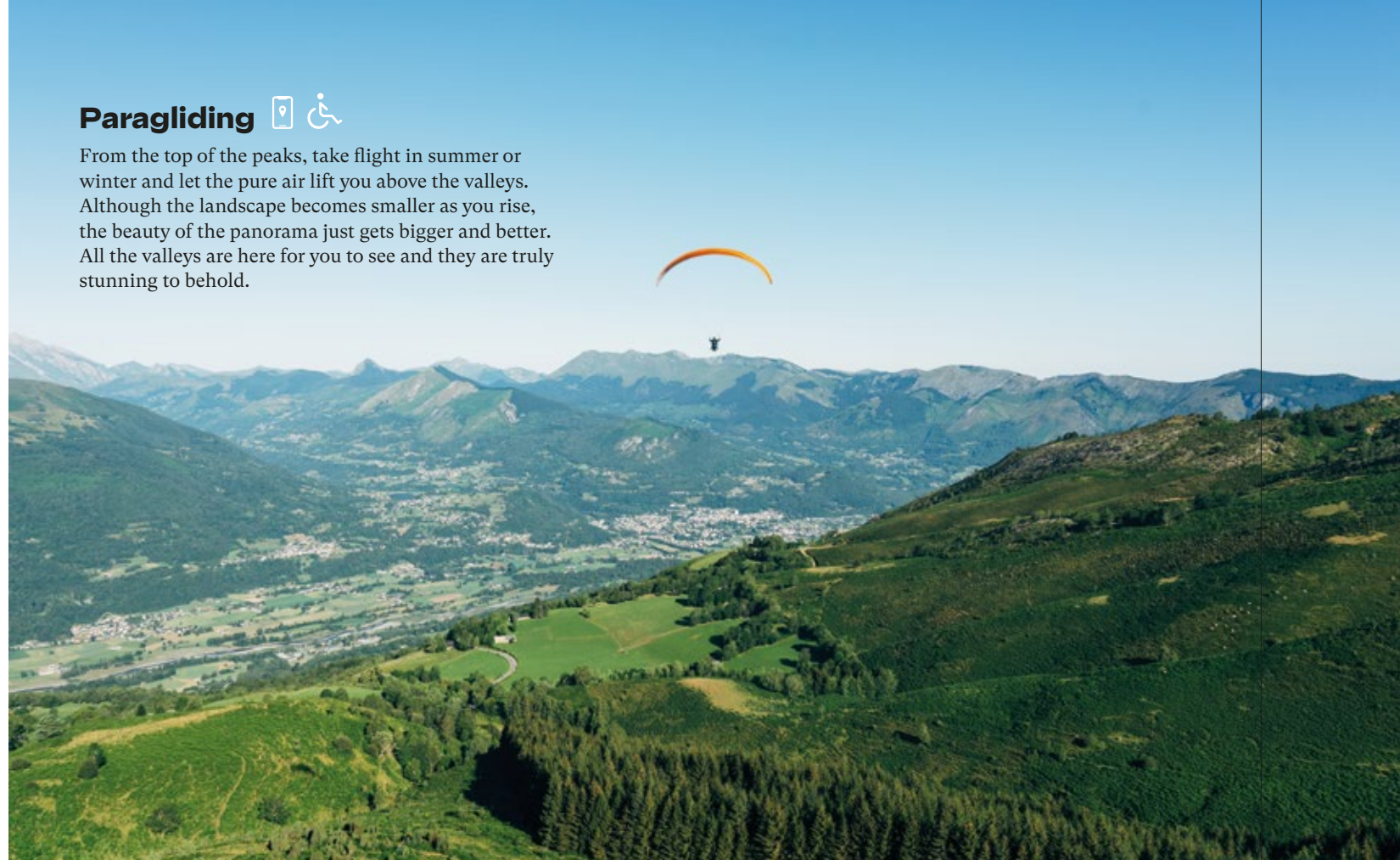


Find a list of all the activities to do in the area at the Tourist Offices, contacts p°66.



## Paragliding

From the top of the peaks, take flight in summer or winter and let the pure air lift you above the valleys. Although the landscape becomes smaller as you rise, the beauty of the panorama just gets bigger and better. All the valleys are here for you to see and they are truly stunning to behold.



## Ferme du Bon'Air (Farm)

On the outskirts of Lourdes wood, in a green and calm setting, you will find a park filled with farm and barnyard animals (ponies, goats, rabbits, guinea pigs, poultry, etc.)



## Donjon des Aigles (Raptor park)

Perched on its rocky outcrop, the Château de Beaucens houses, within its walls, a prestigious collection of birds of prey from all over the world. Every afternoon, encounter these impressive birds flying free above you. They are joined by beautiful, colourful parrots which enrich this awe inspiring show !



## Bungee jumping

How about jumping into the void and back in time, all at the same time? 65 metres up, on the magnificent high Napoleon's Bridge, built, on the orders of Napoleon himself, in 1863. Throw yourself into the void and feel the infinite freedom that surges through your body. This exceptional spot is ideal for getting an adrenaline hit in the heart of the Pyrenees...

## Tree climbing

Here, high up, amongst the trees, you can throw yourself headlong into the void and enjoy the adrenaline that surges through you... At the other end of the line, new adventures await you. The magic of treetop adventures, zip wires and high rope swings: each course is an invitation to discover new thrills. Circuits accessible for 2 year olds and over.

# In the air

# With the animals



## Parc Animalier des Pyrénées

At the Pyrenean Animal Park , you will meet both the furry and feathered inhabitants of the Pyrenees. From wolves to marmots, bears and even chamois, you can see these emblematic animals of our valleys living in semi-freedom. The younger children (7 years +) can become an animal carer for a day and join in daily life with our team. Daily tasks include: preparing meals and caring for the animals, once in a lifetime encounters with certain animals, etc...





# • In discovery

## The heritage as the crow flies

From up above, between peaks and clouds, the Lammergeyer takes flight above the Gavarnie Cirque. A fervent defender of its territory and its riches, it flies several kilometres a day and majestically surveys its valleys. Follow in its footsteps and explore the main monuments that give these mountains their soul and recount wonderful stories...



### **The Arcizans-Dessus mills**

Several small watermills are erected along the waterways and bear testimony to the intense activity formerly in these places.

### **Saint-Pé-de-Bigorre**



### **The church of Saint-Pé-de-Bigorre**

The church of Saint-Pé-de-Bigorre is classified as a Historic Monument. It is the former abbey of a Benedictine monastery founded in the early 11th century by Duke Sanche V of Gascony. It houses an important piece of furniture including the Key of Saint Peter, a relic venerated by pilgrims on their way to Compostela.

### **Val d'Azun**

### **Arras, village of Artitude**

In Arras-en-Lavedan, contemporary works of art guide you as you stroll through the narrow streets, paths and meadows of this village. With just 500 souls, it is typically Pyrenean and located on sunny slopes. The exhibition highlights the gentleness and the poetry of the landscape.

### **Argelès-Gazost valley**



### **Saint-Savin Abbey**

This was once an influential Benedictine monastery in the valley up until the French Revolution. Today it is a parish church. Listed as a Historic Monument since 1840, it is characterized by a very rich furniture collection.

### **Pouey Aspé Chapel in Uz**

Chapel built in the 19th century on the site of the Saint-Savin hermitage.

### **Chapel in Piétat Saint-Savin**

Of Romanesque origin, it essentially dates from the 18th century. Inside it has a superb painted wooden vault called the "bird vault". At the back of the chapel, enjoy the magnificent panorama over the valley and the villages below.

### **The pyrenean Museum Lourdes fortified castle**

Dating back more than a thousand years, this large stone vessel, suspended in the heart of the city, invites you to travel back in time.



### **Lourdes**

### **The Boly Mill (Moulin de Boly)**

Birthplace of Sainte-Bernadette, where we find her room and the mill as she knew it.

### **The Old Presbytery**

Bernadette came to this presbytery in 1858 to talk to Father Peyramale, parish priest of Lourdes, to pass on the word of the Virgin Mary to him.

### **Dungeon**

A prison until 1824, the dungeon is a solitary, dark and cold room and the lodgings of the Soubirous family from 1856 to 1858.

### **Parish Church of the Sacred Heart (Église paroissiale du sacré coeur)**

The current parish church was built between 1875 and 1903. Bernadette's baptismal fonts and the tomb of Father Peyramale.

### **Sainte-Bernadette Hospice**

Where Bernadette took her first communion in 1858.

### **The Garnavie Tower Lourdes**

The Tower of Guigne also known as The Garnavie Tower is the last of a dozen towers and gate towers which once protected the area during the 17th century.

### **City hall of Lourdes**

The city hall composed of three bourgeois houses from the beginning of the 20th century: the "Villa Roques", "the Villa Gazagne" and the "Villa Rachel".

### **The Ukrainian Catholic Church**

The Ukrainian Catholic Church was consecrated in 1982. Built in a neo-Byzantine style by Ukrainian architect Myroslav Nimciv, she is recognizable by its five golden domes.



## Pont d'Espagne

Is as striking as it is refreshing, its waterfalls are a must see.

## Cauterets train station

Built between 1895 and 1896 and renovated in 1994, this station is made entirely from wood and has a remarkably decorated facade which gives it a certain charm.

## Cauterets

## Saint-André Church (Eglise Des Templiers)

Built at the end of the 12th century, it is one of the few fortified churches in France. The church also houses the Musée du Trésor (Treasury museum), an exhibition of sacred art objects.

## Chapel of Héas in Gèdre

Full of stories and legends, destroyed and reconstructed three times, this chapel with its particular charm fits perfectly into the Pyrenean landscape.

## Gèdre-Dessus Mills

These water mills exuding rural and mountain authenticity, can be found in the hamlet of Gèdre-Dessus, at Moules Dera, on the Campbieil River.

## Luz-Saint-Sauveur valley

## Solférino Chapel

The Solférino Chapel was built by the Emperor during his stay on the site of an old hermitage, in memory of the victims of the battle of Solférino.

## Napoléon's Bridge

The Pont Napoléon (Napoléon's Bridge) is a monumental structure 63m in height, erected by Napoleon III, connecting the spa district to the Gavarnie road, as a thank-you to the people of Luz for their hospitality to his wife Eugénie when she came take the waters.

## Sainte-Marie castle

Dating from the 10th century and restored in the 1980s it is one of the most significant vestiges in the history of the Toy Country. At mid August, the local Medieval Society reenacts chivalrous battles from the troubadour's era here.

## "Luz et Coutumes"

This museum-restaurant allows you to travel back in time thanks to its exhibition of tools and other ancient objects lending the place a warm and authentic atmosphere..

## The Oratoire of Saint-Justin

During your visit to the "Toy country", take the opportunity to discover this magnificent view of the surrounding valleys.

## Pic du Midi

Gateway between men and the stars, this Major Occitanie site is a must in the Pyrenees! Its observatory and its panorama largely contribute to its fame and it is sure to be an emotional journey.

## The 3 cirques

Troumouse which is the largest, Estaubé and of course Gavarnie, inscribed on the UNESCO World Heritage List.

## Gavarnie-Gèdre



## "PATRIMOINE EN BALADE"

### A journey through space and time

Plug in your headphones, start the "Patrimoine en balade" app and set off! Stroll through the valleys and discover architectural riches and their stories through the fascinating tales told to you by the locals. All kinds of anecdotes, memories and narratives will punctuate your visit and turn your walk into a unique moment totally immersed in the local life of these villages and bring you closer to those who were the lifeblood of them.



# Our valleys have talent



Richard Mathis

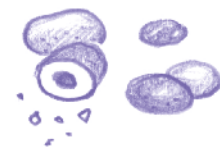
## Wood sculptor

"In a stone barn nestled in a small clearing in the Agnouède forest, above the Saint-Sauveur spa district, I practice my profession as a wood sculptor. It is more than just my job, it is my passion that was passed down to me by my grandfather, alongside whom I learned everything.

Furthermore, It is in his workshop, in front of a wooden workbench covered in tools, files, knives and scissors, that I draw, sculpt, paint... In particular, I create authentic wooden signs commissioned by my customers but also various decorative objects: chandeliers, armchairs... As well as linden and larch, I also use slate and mirror in my creations."



Alain Bourdet



## Confectioner of the "cailloux du Gave"

"I have been making sweets since 1992 and I settled here in 2004. I am a trained cook and a native of Lau-Balagnas. I fell into confectionery a bit by chance... Why sweets? Because creating something from scratch is very rewarding and there are very few "real" confectioners left in the South West.

La Confiserie des Gaves is a creation, a skill that is passed on because there is no specific school to learn how to make cailloux de Lourdes (Lourdes pebbles).

The origins of this pebble are not well documented, its manufacture dates back approximately to after the Apparitions, around the 1860s. They are part of the sugar coated sweet family: these are sweets whose interior, heart, must be made first and then be "jellied" and afterwards "coated". They take about three days to manufacture. It is the "varnishing" stage that gives it its final color and it is from this that it takes its name, simply because it does indeed resemble a pebble !"



Pascal Flurin

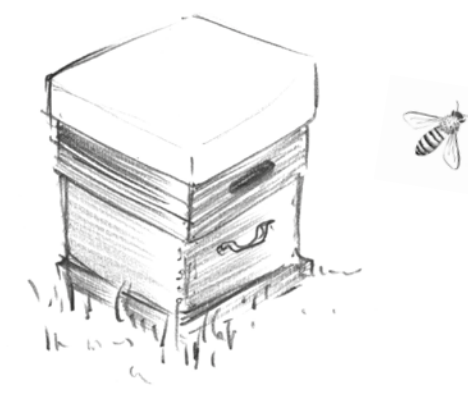
## Beekeeper at the "Pavillon des Abeilles"

"The Ballot-Flurin family comes from a long line of doctors who have used thermal water and natural medicines in Cauterets for 6 generations. After 40 years, my sister and I ventured into organic beekeeping, primarily to respect the bees more and today we have gone further by creating gentle beekeeping, which is our trademark and which is based on the bee language. We realized that bees were very sensitive to our emotions, to what we emitted. It is primarily our state of mind and our emotional state that is essential to our ability to approach the bees.

So we practice yoga before going to see the hives, which means we do not disturb them, do not need to smoke them or to protect ourselves, because we don't need to protect ourselves against our best ally on earth.

So, thanks to bee yoga, we are in symbiosis with them, we open the hive, take them in our hand, without fear, without aggressiveness. We are really relaxed and as one.

And that is the beekeeping of tomorrow. We save time and we respect the bees."



Aude et Damien Lafond-Puyo

## Weavers at "La Carde"

"Working sheep's wool. Our family has been doing this job for 5 generations. Aude, my sister, and I are the proud heirs. When we took over "La Carde" less than 10 years ago, we had a strong desire to continue the "made in France" tradition. I had another life before taking over the business. But I always said to myself that I would come back here. Continuing the 100% Pyrenees adventure is important to us.

We put our stamp on the business. Younger, more diverse. Today we offer a range of clothing, decorative pieces, accessories. Everything is made of pure local wool and we only sell it in small quantities.

Wool is an extraordinary fiber that we can use indefinitely. Felt, brushed, canvas... We also want to develop undyed lines, ecru and brown, the color of sheep."



To discover the many other talents that abound in our valleys and for more information, head to the Tourist Offices !



# Tasting time

## In one mouthful

### Country Markets

- LUZ-SAINT-SAUVEUR > Monday morning
- ARGELÈS-GAZOST > Tuesday morning
- BARÈGES > Wednesday morning (May to October)
- SAINT-PÉ-DE-BIGORRE > Wednesday morning
- LOURDES > Thursday and Saturday morning
- CAUTERETS > Friday morning (July to October)
- PIERREFITTE-NESTALAS > Saturday morning
- ARRENS-MARSOUS > Sunday morning (June-August)

### Farmers' Markets

- ARGELÈS-GAZOST  
Every Saturday from 08.00 - 12.00
- ARRENS-MARSOUS  
Every Wednesday from 16.00-20.00  
> mid-June to mid-September
- SAINT-PÉ-DE-BIGORRE  
Saturdays 29 July and 19 August 2023  
> evenings
- LAU-BALAGNAS - Every Monday from 16.30 - 19.30
- LUZ-SAINT-SAUVEUR  
Every Friday from 17.00 - 22.00 > July-August
- GÈDRE  
Gourmet and craft market - Thursday afternoon:  
from 13 July to 31 August 2023 > 15.00

### Night Markets

- ARGELÈS-GAZOST  
Sundays 29 July and 13 August 2023 > 17.00

### Halls

- HALLES DE LOURDES  
> open every morning from 7.00 -13.00  
(except Sundays from November to March)
- HALLES DE CAUTERETS  
> open every day 8.00 -13.00 / 16.00 - 19.00  
(closed in November)



### Our ideas picnic spot

#### CAUTERETS

la Fruitière and its bucolic atmosphere.

#### LUZ-SAINT-SAUVEUR

the promenade beside the Bastan River.

#### LOURDES

in the Lourdes wood, peaceful setting, range of walks and playgrounds. Handicap accessible.

#### SAINT-PÉ

on the Mousqué plateau, a picnic area (with barbecues), amidst 100 year old oaks, with a magnificent panorama over the mountains to Pau.

#### BARÈGES

at the chapel (Camp Rollot) above the Lienz plateau.

#### GAVARNIE-GÈDRE

opposite the "Hôtel de la Brèche de Roland", go to the car park on the other side of the road and take the stairs down to the banks of the Gave. Picnic tables and small natural water basins to soak your feet in.

#### VAL D'AZUN

the Mont de Gez from Arras with a pretty view of the Argelès valley.

#### VALLÉE D'ARGELÈS-GAZOST

le Cap de Bentails above the village of Saint-Pastous.

► Informations in Tourists Offices



## Gourmet itinerary

Although there is a certain pleasure in tasting our culinary treasures with the mouth, it is just as satisfying to taste them with the eyes and appreciate, during a visit, the work done by the producers.



### Pyrenean jam

Enter the "Gourmandises des Pyrénées" shop in Argelès or the "Atelier du confiturier" in Arrens-Marsous to watch the preparation of delicious local jams and take the opportunity to stock up on jars to take home !



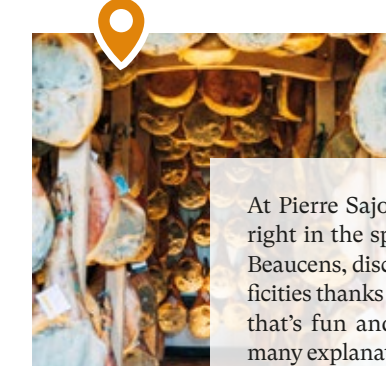
### The berlingots sweet factory

In Cauterets, the berlingot sweet is a tradition. Its artisanal production is linked to hydrotherapy and has made the city famous among gourmets. There are more than 40 flavours. Blueberry, genepi, Scots pine, lemon, strawberry... There are many shops in the village that give demonstrations to visitors: at Reine Margot, Chez Marinette, Aux Délices...



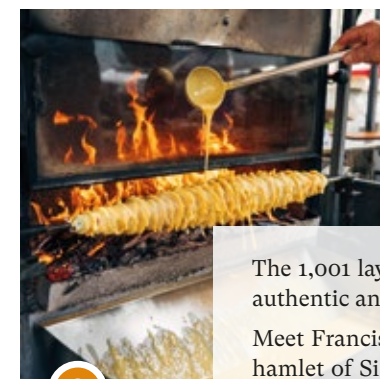
### Honey farms

Although they may impress many, bees are nevertheless one of the keystones of our ecosystem. Very brave, they work all year round to provide delicious honey thanks to the pollen collected in the flowers of our valleys. Meet the producers who will explain the work of the harvest and the key steps from the hive to the nice honey jar !



### Atelier Pierre Sajous

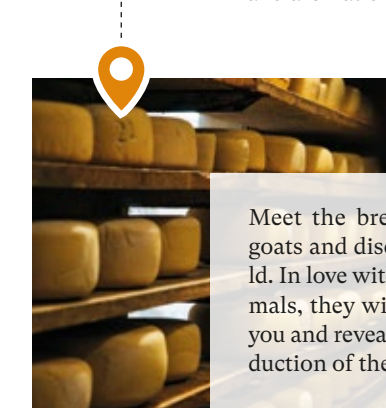
At Pierre Sajous, the Bigorre black pig is right in the spotlight. In his workshop in Beaucens, discover this breed and its specificities thanks to the outdoor discovery trail that's fun and educational and contains many explanatory panels. You will also discover information regarding the endemic and aromatic flora of our region.



### The skewer cake from Sia

The 1,001 layers reflect its history: rich, authentic and unique.

Meet Francis in his barn located in the hamlet of Sia, between Luz-Saint-Sauveur and Gavarnie, and watch him prepare this cake that is as beautiful as it is delicious !



### The Pyrenean farms

Meet the breeders of cows, sheep and goats and discover their fascinating world. In love with their terroir and their animals, they will share their daily life with you and reveal the behind-the-scenes production of their delicious cheeses.

### La Truite des Pyrénées

To discover the joys of fishing, head for the "Truite des Pyrénées" to make a few casts in a bucolic setting! The equipment is lent to you for free and you only pay the trout you caught, that is weighed at the end of the tour. You will also have access to a free exhibition as well as to the shop to leave with delicious trout delicacies.



### Breweries and cider house

Fancy a little tour to a brewery or a cider house to discover how one of these two delicious beverages is made ?

If so, head to the Brasserie du Pays Toy in Sassis, the Brasserie Aouits in Lourdes or the artisanal cider house of Jean-Baptiste in Arcizans-dessus !



# Time to eat!

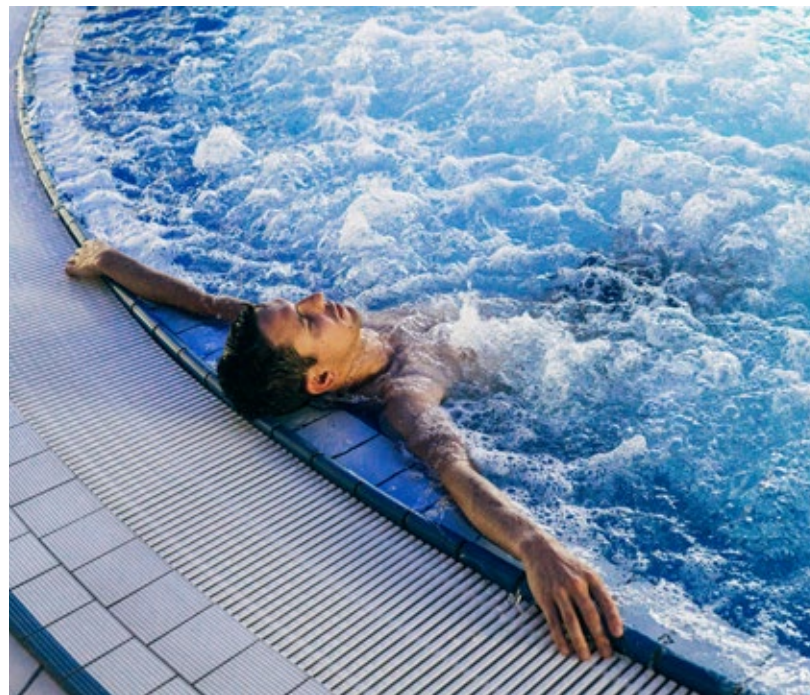
## The typical pyrenean products





# Take it easy

## In a bubble



### Cieléo – BARÈGES

In winter, after skiing or in the summer after hiking, what better way to indulge yourself in the pleasure of bubbles and whirlpools than in this stunning spa with its views of the surrounding landscape? Located at the foot of the Pic du Midi of Bigorre, this haven of relaxation is sheltered under its star studded illuminated dome – relax under the Milky Way! On site: Spa treatments, massages, aquabike, aquaphobia, cardi'eau, soft gym, laughing yoga, water aerobics.

+33 (0)5 62 92 68 02 - [cieleo-bareges.com](http://cieleo-bareges.com)

#### Must test

*The "Baregine" balm with its so anti-inflammatory and healing properties.*



### Les Bains du Rocher

#### – CAUTERETS

The décor is pure mineral, a cocooning atmosphere conducive to relaxation and aquatic work-outs. In Cauterets, you can soak in warm thermal waters 33°C in the indoor and outdoor pools whilst your eyes feast on the captivating mountains. A stray snowflake sets the scene - paradise guaranteed! Well-being area with facials and massages.

+33 (0)5 62 92 14 20 - [bains-rocher.fr](http://bains-rocher.fr)

#### Must test

*The "Cocooning de la Ruche" (Beehive) body treatment with organic honey from Cauterets!*



### Le Jardin des Bains

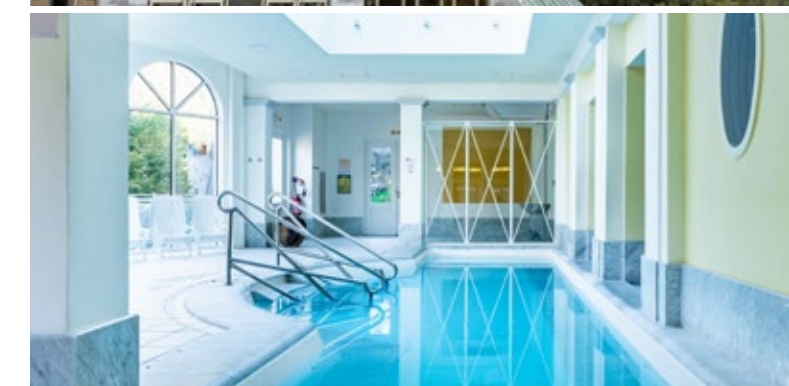
#### – ARGELÈS-GAZOST

Located next to the Thermal Park in Argelès Gazost is the Inca style "Garden of baths". Large statues and ancient ruins frame the grandiose canopy of an exotic and lush garden. You will be transported to various relaxation zones at the Jardin des Bains where you travel from the Emerald forest to the hanging gardens of Babylon. From Turkish baths to open-air Jacuzzis, the spa area is intimate and offers three pools for absolute relaxation. Activities include: gym, water board, water aerobics, baby swim sessions.

+33 (0)5 62 97 03 24 - [lejardindesbains.com](http://lejardindesbains.com)

#### Must test

*The candle massage with its relaxing and nourishing properties.*



### Luzéa – LUZ-SAINT-SAUVEUR

With its mix of neoclassical architecture and contemporary treatment spaces, Luzéa combines marble, glass and mosaics. The perfect mix of 19th century elegance with the modernity of mountain spas, all nestled in one of the most beautiful valleys of the Pyrenees. Swimming pool, jacuzzi, sauna, hammam, massages, face and body treatments, hydrotherapy, half-day or multi-day packages are offered throughout the year.

+33 (0)5 62 92 81 58 - [luzea.fr](http://luzea.fr)

#### Must test

*The new "Mineral Signature" body treatment with Dead Sea plants.*



# A breath of fresh air...

*To help you to relax and enjoy the fresh Pyrenean air, here is a selection of some of the activities to be found in all four corners of our valleys.*

## In Lourdes

**A Yog(a)museum session at the Lourdes castle - pyrenean Museum:** In the heart of Lourdes castle/Lourdes Pyrenean Museum, gently disconnect from daily life so that you can find yourself and tune into your inner senses.

[www.lourdes-infotourisme.com](http://www.lourdes-infotourisme.com)

## In Luz

To relax and take a breather in the mountains, opt for an outdoor yoga session in Luz!

Improve your flexibility, your balance, your concentration and enjoy the many other benefits that this practice allows.

In winter, you can enjoy the classes directly at the foot of the ski slopes!

[www.luz.org](http://www.luz.org)

## In Cauterets

**Healing Dance & Watsu in Cauterets :** The Healing Dance and Watsu in Cauterets will Immerse you in a well-being bubble.

Just let yourself float in the 33°C water whilst your muscles relax and you enter into a deep state of relaxation.

Thanks to Valérie, you will feel the physical, mental and emotional benefits as you let go and body and mind become one!

[www.cauterets.com](http://www.cauterets.com)



## In the Gavarnie Valleys

**Taï chi / Qi Gong in the Argelès Valley :** With Sylvain, your well-being is a priority. With 20 years teaching experience, he will introduce you to the practice of Taï Chi and Qi Gong, for which he was awarded a medal at the French level. You will really be able to get away from it all in his "eco-village" with its view of the mountain peaks !

[www.valleesdegavarnie.com](http://www.valleesdegavarnie.com)

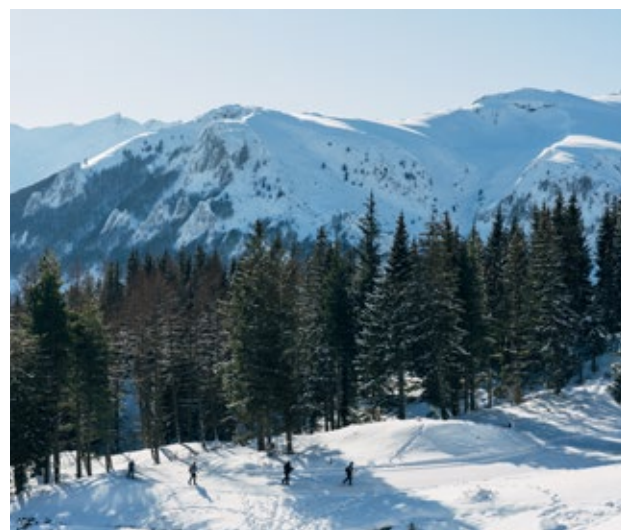
Head to the Tourist Offices to discover all the wellness activities and get more information.





# • In winter

## On the slopes



### Val d'Azun Nordic Area

#### Nordic ski area

This area that stretches out between the Col du Soulor and the Col de Couradue is entirely dedicated to Nordic activities. As a family skiing together or on your own, aiming to challenge yourself, you can reconnect with nature and the great outdoors in the heart of these snowy fir forests.

+33 (0)5 62 97 42 18  
[www.station-valdazun.com](http://www.station-valdazun.com)

#### THE +

- + Digital biathlon
- + "Aventure Kid's": life-size game board with Nature theme
- + Igloo building



### Hautacam

#### Alpine + Nordic ski area

This resort, on a human scale, offers beautiful unobstructed views of the valleys. Whether you are downhill or cross-country skiing, snowshoeing or even mountain sledding, take in the snowy panoramas and the feeling of freedom !

+33 (0)5 62 97 10 16 - [www.hautacam.com](http://www.hautacam.com)

#### THE +

- + Toboggan run with carpet
- + Mountain Luge
- + 15 km of Nordic skiing and snowshoeing tracks
- + 4 groomed and marked ski touring routes near the slopes, for all levels
- + Hautacam Discovery ride by dog sled



### Gavarnie-Gèdre

#### Alpine skiing

What makes this resort so appealing? Its exceptional setting! As you ski down the 6 km green run - the longest run in the French Pyrenees - enjoy exceptional views. A joy for people of all ages and all skiing levels.

+33 (0)5 62 92 43 91 - [www.ski-gavarnie.com](http://www.ski-gavarnie.com)

#### THE +

- + 1 toboggan run, accessible to all, at the foot of the slopes (free of charge)
- + 7.5 km of Nordic trails (free of charge)
- + 1 marked snowshoe circuit with free access
- + 5 snowshoe circuits around the villages of Gavarnie and Gèdre
- + Free access to snowshoe circuits at the foot of the Gavarnie Cirque
- + 3 ski touring routes groomed and marked out near the slopes, for beginners up to advanced



### Cauterets Pont d'Espagne – Cirque du Lys

#### Alpine + Nordic ski area

Cauterets is a resort of two very different areas that complement each other very well: the "Cirque du Lys" downhill ski area has good snow conditions thanks to its exposure and the Pont d'Espagne is great for Nordic skiing and snowshoeing in the heart of the Pyrenees national Park.

+33 (0)5 62 92 13 08 - [www.cauterets.com](http://www.cauterets.com)

Nordic skiing and snowshoeing. 36 km of cross-country skiing - 4 downhill ski runs - 1 toboggan run - a 6km long snowshoe trail

#### THE +

- + 1 beginner's area - yeti park
- + 1 snow park
- + 1 toboggan run
- + 1 ski touring circuit



### Grand Tourmalet

#### Alpine skiing

The largest alpine ski area in the French Pyrenees extends out from the foot of the Pic du Midi and the Col du Tourmalet. What makes this ski resort so attractive is its diverse terrain. One moment you are amongst the fir trees, the next you are on wide open pistes...

+33 (0)5 62 91 90 84 - [www.n-py.com/grand-tourmalet](http://www.n-py.com/grand-tourmalet)

#### THE +

- + 2 Childrens beginner areas
- + 2 Beginner areas
- + 2 Evolution spaces
- + 5 N'PY Moov play areas
- + 5 children's snow creches
- + 1 freestyle area
- + 1 freeride area at the Pic du Midi
- + 2 toboggan areas
- + 8 snowshoe trails in Barèges with free access
- + 3 secured ski touring routes - 1 in Barèges / 2 in La Mongie (free of charge)



### Luz Ardiden

#### Alpine skiing

The ski area of Luz Ardiden, with its varied slopes is a firm favourite, suitable for beginners and experts alike. For off-piste enthusiasts, the Bernazaou descent (1,250 m drop) is a must - not to be missed !

+33 (0)5 62 92 80 64 - [www.luz.org](http://www.luz.org)

#### THE +

- + 1 beginner area with: 5 runs, 2 ski lifts, 2 magic carpets, 1 snow creche with 1 magic carpet and 1 toboggan area
- + 1 snowpark / 1 approved slalom stadium / 1 marked beginners ski touring circuit near the slopes in the Béderet area / 5 km of walking and snowshoe trails / 1 snowshoe trail accessible from the ski lifts on the mountain peaks of the resort



# Winter fun



## Motorized Escapade

How about a thrilling getaway? Aboard a snowmobile, criss-cross the snowy landscape and appreciate its beauty. From a relaxing ride to a more sporting outing, there is something for everyone! And for winter sports enthusiasts, why not go behind the scenes of the ski resorts after dark? Aboard a piste basher driven by a professional, take to the slopes and on your way enjoy the surprising views. As different as they are original, these outings will help you attune you to the rhythm of the Gavarnie Valleys.

## Aim for the target

Playful, biathlon improves your concentration and stress management whilst allowing you to enjoy the pleasure of success and skiing. The goal is to learn the practice of cross-country skiing, shooting is secondary, a means to relax after such huge physical effort. This is the chance, for a few hours, to channel your inner Martin Fourcade (French Biathlon Olympic champion)!

At Pont d'Espagne, Hautacam or Val d'Azun, take advantage of your trip to the Pyrenees to experience this original sport. No need to be an expert in cross-country skiing or even in shooting, the aim of the taster is to teach you the basics and help you progress smoothly. So what are you waiting for?

For more information on the winter activities in our area, head to our Tourist Offices.

## Hiking offers a mountain of possibilities

On foot or snowshoeing, when snow has fallen, set off to explore the emblematic sites in the valleys. At your own pace, move between mountains and forests as you wish. The frozen silence that reigns in these places is conducive to healing and contemplation.

Take advantage of the various ski areas and their marked and secured routes to explore the summits on cross-country skis and enjoy beautiful descents in the heart of the ski areas.

For those of you who want to leave their own tracks; discover snow-covered places that until recently remained unexplored; be guided by their own desires and head off all by themselves; then ski touring and freerando are made for you! After an ascent on skis or via a ski lift, the breath-taking landscapes and the virgin slopes are completely untouched. Accessible to any alpine skier comfortable on red slopes and off-piste, everyone is free to choose steeper or shallower gradients for outings adapted to their own level. A pure moment of escape in the heart of the snow-capped mountains.

All information on snowshoeing, cross-country skiing, ski touring and freerando on: [www.valleesdegavarnie.com](http://www.valleesdegavarnie.com).  
Route map available free of charge at Tourist Offices.



## Unusual adventures amongst the peaks

At dusk, when the last rays of sun disappear from the peaks, discover expanses of sparkling snow in the moonlight. Put on your snowshoes and stride through the valleys under a starry sky, the only sound: the crunch of snow beneath your feet. At the end of your nocturnal excursion, a warm igloo welcomes you to continue your voyage of discovery - this time, it is a discovery of taste: an invigorating aperitif with local flavours!

Do you enjoy fun moments when you laugh until your sides split? Then try the snow buoy of Gavarnie ! You are a child once again... as you head off at full speed down the snowy pistes. As soon as you set off, your buoy is rolling all over the place: you can't control it and nor can anyone else - everyone is in fits of laughter.... young and old alike.

For groups looking for a great family outing together - dog sledding is a must! More than a ride, it is a real learning experience as you learn to drive a sled pulled by dogs! On the Lienz plateau above Barèges, a whole Nordic universe awaits you!

Finally, for the more adventurous, try ice climbing on these unmissable sites Pic du Midi or on the Gavarnie cirque. Accompanied by an experienced instructor, anyone from a novice to an experienced climber can climb the frozen waterfall on this unmissable site. The less courageous can admire the climbers from the footbridge perched above the void below. An awe inspiring sight!





# • Passing on to the next generation

*Our valleys are as beautiful as they are fragile.  
Let's enjoy the landscapes without altering their diversity.*



*When you go hiking, keep to the marked trails and remember that you are walking in a natural habitat, home to many species. Therefore, be sure to respect it and do not disturb the surrounding wildlife.*



*Here, just like everywhere else, water is a commodity, limit your consumption.*



*Favour reusable water bottles to plastic bottles.*



*To protect the exceptional heritage of the Pyrenees national Park, be sure to comply with the regulations that apply in its core area.*

*Go to [pyrenees-parcnational.fr](https://pyrenees-parcnational.fr) to prepare for your outing!*



*During your ski outings, use local shuttle buses to access the ski resorts.*



*During your nature walks, please take a paper bag with you so that you can contribute to the preservation of our mountains by picking up any waste that you spot along the way.*



*Smokers, please consider using a pocket ashtray to store your cigarette butts in and do not discard them. Don't hesitate to pick one up in one of our information offices in the Gavarnie valleys !*



*Support local trade by favouring local products.*

**Give this magazine a second life !**

*After you have read it, do not hesitate to pass it on, so as to reduce its impact on the environment.*



# • Meet us



## AGENCE TOURISTIQUE DES VALLÉES DE GAVARNIE

infotourisme@valleesdegavarnie.com  
www.valleesdegavarnie.com

### 6 Information Points:

#### ARGELÈS-GAZOST

15, place de la République  
65400 Argelès-Gazost  
+33 (0)5 62 97 00 25

#### BARÈGES - TOURMALET

Place Urbain Cazaux  
65120 Barèges  
+33 (0)5 62 92 16 00

#### GAVARNIE

Village  
65120 Gavarnie  
+33 (0)5 62 92 49 10

#### GÈDRE

Place de la Bergère  
65120 Gèdre  
+33 (0)5 62 92 48 05

#### PIERREFITTE-NESTALAS

45 av. Jean Moulin  
65260 Pierrefitte-Nestalas  
+33 (0)5 62 92 71 31

#### VAL D'AZUN

Place du Val d'Azun  
65400 Arrens-Marsous  
+33 (0)5 62 97 49 49

#### LOURDES

Place du Champ Commun  
65100 Lourdes  
+33 (0) 5 62 42 77 40  
www.lourdes-infotourisme.com  
info@lourdes-infotourisme.com

#### LUZ-SAINT-SAUVEUR

20 Place du 8 Mai  
65120 Luz-Saint-Sauveur  
+33 (0)5 62 92 30 30  
www.luz.org  
ot@luz.org

#### CAUTERETS

Place Maréchal Foch  
65110 Cauterets  
+33 (0)5 62 92 50 50  
www.cauterets.com  
infos@cauterets.com

#### SAINT-PÉ-DE-BIGORRE

13 Place des Arcades  
65270 Saint-Pé-de-Bigorre  
+33 (0) 5 62 41 88 10  
www.saintpedebigorre-tourisme.com  
ot.saintpedebigorre@gmail.com





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\* Base famille :  
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tu l'as !*

MAGAZINE TOURISTIQUE #4