

Aure Valley and Néouvielle Nature Reserve

Your hike :

- Self-guided hike, without a guide
- Walk with your family, your friends or as a couple
- Comfortable accommodation in rooms, including 3 nights in altitude with the comfort of a private room
- Access to your main luggage every evening except on Day 4 for the night at the Oule Chalet
- Facilitated access via Saint Lary Soulan
- 7 days / 6 nights

Highlights :

- The most beautiful sites of the Aure Valley : the Géla Valley, the Barroude Wall, the Badet Valley
- The Pyrenees National Park and the Néouvielle Nature Reserve : magnificent wild areas
- Discovering a multitude of lakes all along the hike
- The charming mountain villages of the Aure Valley
- Stunning viewpoints over the Central Pyrenees



From Saint Lary Soulan and the Aure valley, you will discover some of the most beautiful hikes in this area, a little Pyrenean paradise. After climbing above the Aure valley, you will visit the Géla and Badet valleys in the Pyrenees National Park and the treasures they contain: Barroude wall and lake, Hourquette de Charmentas, Badet lake... Then you will head towards the Néouvielle Nature Reserve and its multitude of glacial lakes, each one more beautiful than the next. You will then hike in protected areas in the heart of superb scenery of lakes and hooked pines. As you pass through passes and small summits, you will enjoy grandiose views of these preserved landscapes and in particular of some famous high summits such as the Pic du Néouvielle (3091m), the lord of the place with its granite ridges that plunge into the Lac d'Aubert. During this stay, the Pyrenees National Park and the Néouvielle Nature Reserve, wild and natural spaces, sanctuaries of fauna and flora, are available to you.

www.gr10-liberte.com / www.respyrenees.com

www.maison-iptuxainia.com

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•PROGRAM

Day 1 : Beginning of your holiday in Saint Lary Soulan

Beginning of your holiday in St Lary Soulan, a mecca for Pyreneism and a mountain thermal resort situated at 836m of altitude. Depending on your arrival time, possibility to go for a hike to discover the charming Aure Valley.

Chemin de Caneilles

The Chemin de Caneilles, a short and beautiful path shaded by the box trees, is a discovery route of St Lary surroundings that will take you from St Lary to the village of Sailhan. This itinerary offers various viewpoints over St Lary and the Aure Valley.

- Distance : 6km, duration : around 2h, ascent : +205m, descent : -205m.

Day 2 : Cap de Pède and the Grascouéou Ridge

This loop itinerary from St Lary Soulan will lead you from the bottom of the valley to Cap de la Pède and its mountain pastures at 1634m of altitude. The hike then goes through the Grascouéou Ridge, by an easy pathway on a wide rounded hilltop offering a magnificent viewpoint: panoramic view of Saint Lary and the neighboring villages, the high summits of the Aure Valley, Louron and Luchonnais, as well as the nearby majestic Arbizon summit that overlooks Aulon village. The way down goes via the charming and harmonious barns of Grascouéou. Night in Saint Lary Soulan.

- Distance : 13,5km, duration : 5h30, ascent : +875m, descent : -875m.

Day 3 : The Barroude Wall and Lake

Transfer from Saint Lary Soulan to the Plan village where the hike starts. Today, you are going to discover one of the Pyrenees' wonders: the Barroude Wall and its lake (2355m), nestled in the foothills of impressive cliffs, with summits that are more than 3000m high. You will reach it by an easy and steady climb through the superb Géla valley, discovering its wildlife and its various pastures and herds. After strolling a bit around the beautiful shores of the Barroude lake, you will walk until the Badet valley and its lake, then to Piau Engaly via hourquette de Chermentas (2439m). Night in Piau Engaly.

- Distance : 18km, duration : around 7h, ascent : +1250m, descent : -850m.

Day 4: The Oule, Bastan and Port Bielh lakes

Transfer from Piau Engaly to the Artigusse car park. A magnificent day, from lake to lake, with grandiose views of the Néouvielle Nature Reserve awaits you. From the Artigusse car park, you quickly reach the Oule lake, which looks like an inland sea. You walk along the lake before heading up to the Bastan refuge (2250m) set in the middle of a superb setting of lakes and hooked pines. You will then discover the small and charming lakes of Bastanet before reaching the much larger one of Port Bielh (2285m), in the heart of a beautiful granite cirque. Then you will descend through the pine forest to the Oule lake. Night at the chalet de l'Oule on the edge of the lake.

- Distance : 18km, duration : around 6h30, ascent : +915m, descent : -7150m.

Day 5: Néouvielle Nature Reserve, from the Oule lake to the Orédon lake

This new day's hike takes you to the heart of the Néouvielle Nature Reserve. From the Oule hut, you first visit the secret Estibère valley and its lakes, intimate, wild and rarely visited. Then you reach the col d'Aumar (2380m) in order to switch to the lac d'Aumar facing the Néouvielle and its granite ridges. Via a pretty balcony route through the pine forest, the route leads to the Estoudou pass (2260m) from where the ascent of the Soum du Montpelat (2474m) will allow you to enjoy one of the most beautiful panoramas of the reserve. Finally, a last descent leads you to the edge of the Orédon lake. Night at the chalet /refuge of Orédon on the shore of the lake.

- Distance : 14km, duration : around 5h45, ascent : +945m, descent : -905m.

Day 6: Néouvielle Nature Reserve, Madamète loop

From Orédon, you climb towards the Aubert Lake (2148m) via the magnificent Laquette path which runs alongside a tumultuous torrent and its waterfalls. The itinerary then weaves its way between the Aubert and Aumar lakes to start its ascent in the direction of the very beautiful and small Gourg de Rabas lake in order to reach the Hourquette de Madamète (2509m) and then the Madamète peak (2657m): another very beautiful view from this summit. Via the Col de Tracens (2463m), you then descend into the Ets Coubous valley and its lakes. Last climb to the hourquette d'Aubert

(2488m) to return to the car park of the lake of Aubert. Return shuttle to Orédon in July/August (3€/pers, not included in the price). Night at the chalet /refuge of Orédon on the edge of the lake.

- Distance : 14,5km, duration : around 6h, ascent : +1100m, descent: -800m.

Day 7 : End of your holiday in Saint Lary Soulan

In the morning, transfer from Orédon to St Lary Soulan. End of the trip.

This program is an example of the itinerary we aim to adhere to. It may be necessary, if situations arise that are beyond our control, for the itinerary to be modified.

• DATES AND PRICES

Departures

Every day from mid-June to end of September (depending on the snow situation)

Booking from 2 people (solo travelers : please contact us).

Price : From 15/06/2023 to 30/09/2023 :

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| Price per person for a group of 2 persons | 660€ |
| Price per person for a group of 3 persons | 615€ |
| Price per person for a group of 4 persons | 595€ |
| Price per person for a group of 5 persons | 580€ |
| Price per person for a group of 6 persons | 570€ |

Extras :

- Single room extra : 240€/pers
- Extra night in St Lary Soulan Bed & Breakfast double room : 45€/pers
- Extra night in St Lary Soulan Bed & Breakfast single room : 65€/pers

The price includes :

- Half-board except days 1 and 2 in Bed & Breakfast
- Luggage transfers except for the night of Day 4
- Transfers mentioned in the program
- Dossier containing maps, route notes (1 for 4 persons, given in 1st accommodation)
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Travel insurance
- Additional transfers
- Diners days 1 and 2
- Booking fees : 15€
- Drinks and picnics

•TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to :

- increase the comfort of your accommodations,
- change the duration of your trip,
- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night,

Contact Gaëtan
Tél : 0033 5 34 14 51 50
gaetan@respyrenees.com

• ORGANIZATION

We propose a self-guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We transport your bags between accommodations (except for the night on day 4 at l'Oule) and we organize your transfers mentioned in the program ; we provide the maps and detailed walking route notes sent on the first accommodation as well as access to the detailed itinerary on the Mhikes GPS mobile application. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday. Moreover, our team will answer all your questions, and will provide all useful advice in order to make this holiday a success.

Your transfers during your holiday:

Day 3 : at 8:00, transfer (20min) from your accommodation in St Lary Soulan to the village of Plan at the start of your hike, by taxi.

Day 5 : at 8:00, transfer (25min) from your accommodation in Piau Engaly to the Artigusse car park at the start of your hike, by taxi.

Day 7 : at 9:00, transfer (30min) from your accommodation at the Orédon Lake to St Lary Soulan.

• TECHNICAL INFORMATION

Level 3/5

Regular walker, in good physical condition with experience of mountain hiking. Hiking 6h-7h per day on average, altitude difference 700m-1000m on average, on fairly easy trails, with some small technical difficulties. The walking times mentioned are given as an indication, they are average times that only take into account the duration of the actual walking without counting the break times. Depending on the weather conditions, the walking pace can also vary, ranging from +300m to +500m of climb per hour.

Guide

Self-guided hike, without a guide

Carrying

You will need to carry a day pack only (personal equipment needed during the day, water, picnic...). Your main luggage will be transferred by car between the different accommodations, except for the night at the Oule chalet on Day 4, for which you will have to carry your personal belongings needed for the night (clothes, toiletries...). We kindly ask you to make sure that your main luggage is easily transportable (please see below our recommendations regarding the equipment).

• ACCOMMODATION / FOOD

Accommodation

Half-board except days 1 and 2 in Bed and Breakfast, in a double room :

2 nights in hotel** on Day 1 and Day 2 / room with shower and toilet

1 night in hotel*** on Day 3 / room with shower and toilet

3 nights in a mountain chalet/refuge on Days 4, 5 and 6 / room with shared bathroom

Food

- Continental breakfast (tea, coffee, milk, bread, butter, jam)

- Evening meals are often based on local specialties and include a starter, a main course and a dessert. For dinners at St Lary Soulan, numerous restaurants available.

- Picnics are not included. Possibility to buy one on spot.

- Drinks are not included

• PRACTICAL INFORMATION

Start : On Day 1, depending on your arrival time in St Lary Soulan (65).

End : On Day 7 in the morning, after your transfer to Saint Lary Soulan (65).

How to get to Saint Lary :

- By train :

Trains from Bordeaux or Toulouse to Lannemezan then connection by a SNCF bus to Saint Lary.

<https://www.oui.sncf>

- By car :

A10 Motorway : Paris-Bordeaux-Agen then RN21 by Auch until Lannemezan and RD929 until ST Lary.

A20 Motorway : Paris-Cahors-Montauban-Toulouse, ; then St Gaudens (A64) until Lannemezan ; exit 16 then RD929 until ST Lary.

- By plane :

Lourdes-Tarbes Airport

Pau-Pyrénées Airport

Toulouse-Blagnac Airport ; connections to Toulouse Matabiau Train Station by a shuttle every 20mn.

CAR PARKS :

Non guarded and free car parks :

Car park at the foot of the cable car

Stadium car park

• WHAT TO BRING AND PACK

Your main luggage:

For logistical reasons, we ask you not to bring more than one item/person. Its weight should not exceed 12kg - 15kg.

Your day backpack

The size of your bag varies upon the type of activity.

For a walk without portage : 30L minimum

For a walk with partial portage : 50L minimum

For a walk with portage : 60L minimum

Whatever activity you participate in, you should always carry in your rucksack:

- Rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic kit, personal items, etc.)
- Picnic lunch of the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

Walking Boots

The type of boot depends upon the activities you take part in however they are one of your most important items. They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots.

We recommend our young walkers to wear flexible walking boots with a good sole and back.

For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.

If you need to buy a new pair of boots, we advise you wear them in before the start of your holiday. Don't wear boots that are too small because feet have a tendency to swell up. Be careful with your shoes that have been left in the wardrobe for too long. The lifespan of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

Clothes:

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts as well as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR10 walks at altitude.

For Sleeping

- Sleeping bag liner for all nights spent in the gites and mountain shelters (blankets are provided)
- Earplugs

For Picnics

- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1,5L minimum flask

Small equipment

- A pair of tennis shoes, or sandals for the evening
- A pair of telescopic poles (optional)
- Sunglasses and sun cream
- Hat, cap or bob
- Camera...
- A small toilet bag, with towel
- Torch or headlamp
- Toilet paper
- A mini-pharmacy: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin in case of minor injuries, a survival blanket.