

Cerdagne-Capcir, mountain lakes and hot springs

Your hike

- Self-guided hike without a guide
- Walk with your family, your friends or as a couple
- Loop tour
- Accomodation in hotels and guesthouse with heated swimming pool (3 nights) and wellness centre (1 night)
- Access to your main luggage every evening depending on option chosen
- 7 days / 6 nights

Highlights

- Hike in the Heart of the Catalan Regional Nature Park
- Gentle reliefs on the Cerdan High Plateau between 1300 and 2300m of altitude
- Discovering the region's hot springs, including a secret hot spring
- The countless altitude lakes of the Bouillouses Conservation Area
- Discovery of the Cerdan heritage through beautiful mountain villages



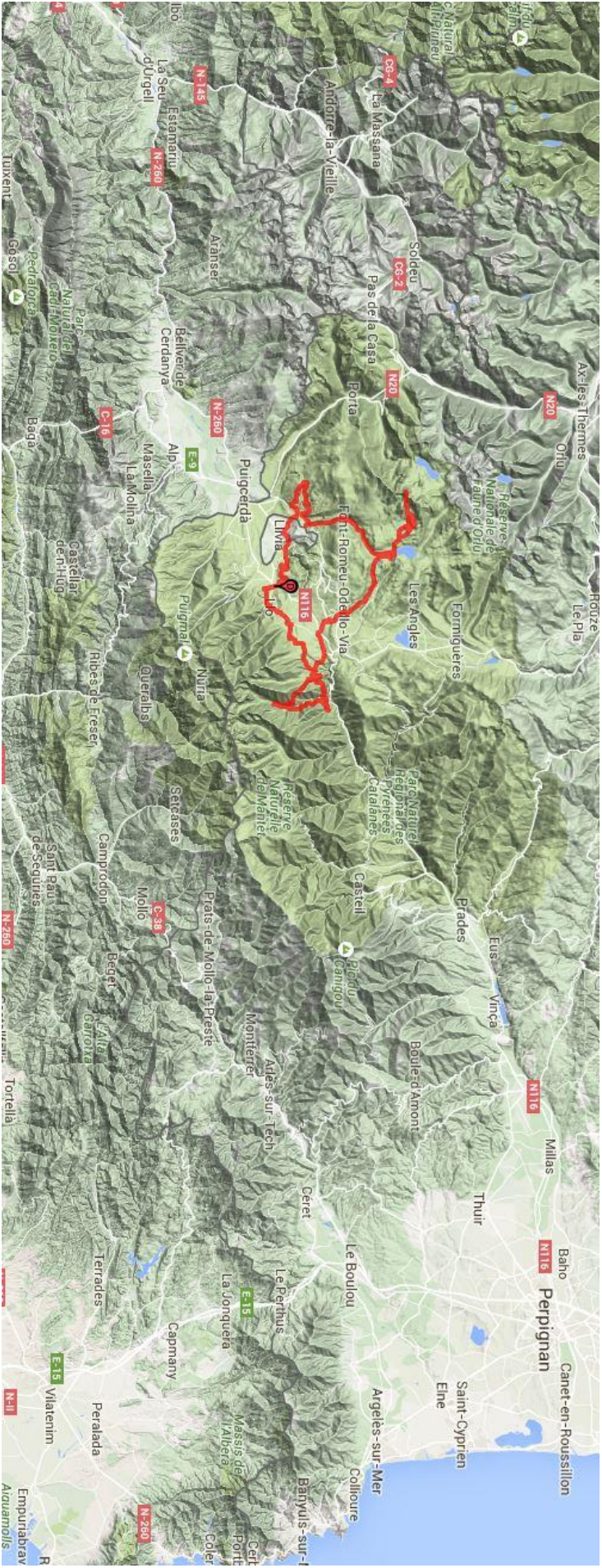
Nestling in the heart of the Catalan mountains, very close to Andorra and Spain, Cerdagne is all about superlatives : « Altiplano » with an unspoilt environment and privileged sunshine, unique altitude landscapes, especially in the Carlit mountains, where izards and mouflons peacefully live. The countless lakes are the gem of the region, while, near the villages, the sulphureous hot springs have always been a source of pleasure. You will get to experience it by yourselves in Dorres, Llo, Saint Thomas or Prats-Balaguer. We also have a surprise in store for you : natural outside baths, in the heart of the forest, with waterfalls, basins and thousand-year-old ponds built between the blocks. Here is a travelling program without any transfer by vehicle, that will have you walk through Cerdan villages of traditional architecture, including the Spanish enclave of Lliva, a historical curiosity of Cerdagne. Regarding your evenings, we have made a selection of the most welcoming and comfortable accommodations, to make sure that your trip on Catalan Lands is a true success.

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

www.maison-iputxainia.com

Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54

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•PROGRAM

Day 1 : Beginning of the holiday in Saillagouse

Check-in at your accommodation in Saillagouse. Depending on your arrival time, you have the possibility to go for a short hike.

Short hike from Saillagouse

This loop itinerary reminds of the leavings of herds and flocks that used to happen every year at the end of spring, when the shepherds gathered the livestock to count them and take them to the highest parts of the mountains. Coming back from the mountain pastures, the transhumance season used to end with the autumn fairs. Night in a hotel with swimming pool and wellness centre.

- Distance : 5,5km, duration : around 2h00, ascent : +210m, descent : -210m.

Day 2 : From Saillagouse to Planès

Crossing of the Cerdan villages of Llo and Eyne by the GR "Tour de la Cerdagne". In Llo, possibility to enjoy the sulphureous hot springs, but you also have the option to go and discover the beautiful Sègre gorges. The path then crosses the gorgeous Cambre d'Aze forests (2711m) until arriving in Planès, a beautiful village standing at the entrance of the Cerdagne Plateau. During your stay in Planès, make sure that you visit the Romanesque church and its clover structure, unique in Europe. Night in a quality guesthouse with heated swimming pool.

- Distance : 13,5km, duration : around 4h45, ascent : +635m, descent : -420m.
- Distance : 17,5km, duration : around 6h, ascent : +800m, descent : -590m (when hiking to the Sègre gorges)

Day 3 : Planès loop

Loop around Planès. The climb to Pla de Cédeilles, through the famous « GR10-transpyrénéen » offers a nice crossing of the Planès forest. The way down towards the Riberala valley, overlooking the surrounding landscapes, is just as beautiful as the climb. When reaching Prats-Balaguer, its Romanesque church and its castle, a beautiful surprise will await you : natural hot springs, nestling in the valley, surrounded by forests and blocks... Way back to Planès through Saint Thomas and its thermal baths (possibility to enjoy the sulphureous hot springs here as well). Night in a quality guesthouse with heated swimming pool.

- Distance : 16,5km, duration : around 6h30, ascent : +950m, descent : -950m.

Day 4 : From Planès to Bouillouses

The hike leads you today to Mont-Louis, a citadel fortified by Vauban under Louis XIV rule and listed as a UNESCO World Heritage. Further on, sometimes along the Têt river, sometimes overlooking the the Barrès pine forest, your itinerary leads you to the Bouillouses lakeside conservation area, also called « the small Pyrenean Canada » with its beautiful lakes, plateau and forests. Night in a mountain hotel (2050m) in a stunning setting.

- Distance : 19km, duration : around 6h30, ascent : +725m, descent : -240m.

Day 5 : Carlit Lakes and Carlit Peak

You will spend the day hiking on altitude paths and discovering the Carlit mountains and their various lakes. Several options : for experienced hikers, climb to the Carlit Peak (2921m) if the weather forecast permits, otherwise, hike from one lake to the other in the mountain pastures towards the Carlit, highest summit of the Catalan Pyrenees. Gorgeous viewpoints. On the path, for each altitude stage you reach, you will admire various glacial lakes, surrounded by a diverse and picturesque vegetation, full of different fragrances. Night in a mountain hotel (2050m) in a stunning setting.

- Distance : 11km, duration : around 3h45, ascent : +365m, descent : -365m (Carlit lakes).
- Distance : 15km, duration : around 6h15, ascent : +900m, descent : -900m (Carlit lakes and Carlit Peak).

Day 6 : From Bouillouses to Angoustrine

With this transition section via the chemin des Ramades, you will leave the high mountains to reach the Cerdan plateau, walking on the heights or along a glacial valley where the Angoustrine steam runs : a paradise for anglers and a gathering place for herds. Arrival in Angoustrine after a short descent. Night in a family-run hotel.

- Distance : 13km, duration : around 4h, ascent : +175m, descent : -880m.

Day 7 : From Angoustrine to Saillagouse

Crossing Dorres (1458m) at the beginning of this section, you will discover a charming village overlooking the Coma Armada valley, well-known for its roman and medieval heritage and its thermal hot springs. Possibility to enjoy the sulphureous hot springs. Waking by the Santa Maria de Belloc chapel (1685m), you will slowly reach Saillagouse through villages and cultivated meadows. The itinerary crosses the Spanish enclave of Livia : a historical curiosity inherited from the 1659 Pyrenean treaty, this small town whose territory merely reaches 12 hectares is the only inland foreign enclave in France. This section offers various highlights, from cultural sites (the Belloc chapel, famous for its legend) to diverse landscapes with striking contrasts.

- Distance : 20km, duration : around 6h45, ascent : +635m, descent : -630m.

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-May to mid-October (depending on the snow situation and availabilities).

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

Price : From 15/05/2023 to 15/10/2023 :

Price per person with luggage transport in double room	695€
Price per person without luggage transport in double room	605€

Extras :

- Extra departure during high season (July/August): 15€
- Extra single room : 120€/pers
- Extra 6 picnics : 80€/pers
- Extra night in Saillagouse half board double room : 80€/pers
- Extra night in Saillagouse half board single room : 90€/pers
- Extra night in Saillagouse half board double room July/August : 90€/pers
- Extra night in Saillagouse half board single room July/August : 100€/pers

The price includes :

- Half-board accommodation
- Luggage transfers depending on the option chosen
- 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
- Booking fees: 15€
- Additional transfers
- Visits and access to thermal baths in Llo, St Thomas and Dorres
- 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 Gaetan

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 the hotels (depending on the option chosen), 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.

• 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 backpack only. Our bag-moving service means you can travel light during your walks. Your main luggage (that should please be easily transportable) will be transported by vehicle between the different night stops, unless you have chosen the version without luggage transport.

• ACCOMMODATION / FOOD

Accommodation

- 1 night in hotel*** in a room on Day 1 with heated swimming pool, sauna and wellness center
- 1 night in hotel** in a room on Day 6
- 2 nights in a mountain hotel in a room on Day 4 and 5
- 2 nights in an eco-guesthouse in a room on Day 2 and 3 with heated swimming pool

Food

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals are often based on Catalan specialties and include a starter, a main course and a dessert.
- Picnics are not included. Possibility to buy one on spot.
- Drinks are not included.

• PRACTICAL INFORMATION

Start : On Day 1 at your accommodation in Saillagouse (66), depending on your arrival time.

End : On Day 7 in Saillagouse (66) after your hike.

How to get to Saillagouse :

- By train :

From Toulouse to Latour-de-Carol, many trains (approximately 10 trains per day), 5 trains or SNCF buses on Sunday. From Latour-de-Carol, take the Yellow Train to Saillagouse : www.oui-sncf.com .

- By car :

A9 Motorway until Perpignan, then from Perpignan to Saillagouse by the N 116, 90km, towards Prades, then Bourg Madame, and Saillagouse.

From Toulouse, N 20 through Ax les Thermes and Col de Puymorens until Bourg Madame, then Saillagouse. From Toulouse to Col de Puymorens : 143km, from Col de Puymorens to Saillagouse : 29km.

• 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