

Factsheet | Self-guided walk | Level 4/5  | 6-7 walking days

GR10 Cauterets – Bagnères de Luchon : Lakes and summits of the High Pyrenees

Your route in brief

- Self-guided walk without guide
- Walk with family, friends or as a couple
- Possibility of a comfort version with 5 nights in room
- Transport of your luggage between each stage (depending on the option chosen) except for 2 nights in refuges (normal version) or except 1 night in refuge (comfort version)
- Access and return possible via Cauterets and Luchon
- Duration 7 days / 6 nights

Strong points

- A part of the itinerary in the Pyrenees National Park
- The discovery of the Natural Reserve of Néouvielle and its mountain lakes
- A rich and varied fauna and flora
- The Luchonnais region and its lakes : Lac d'Oô, Espingo, Saussat...
- Beautiful mountain villages : Cauterets, Barèges, St Lary Soulan, Germ, Bagnères de Luchon...



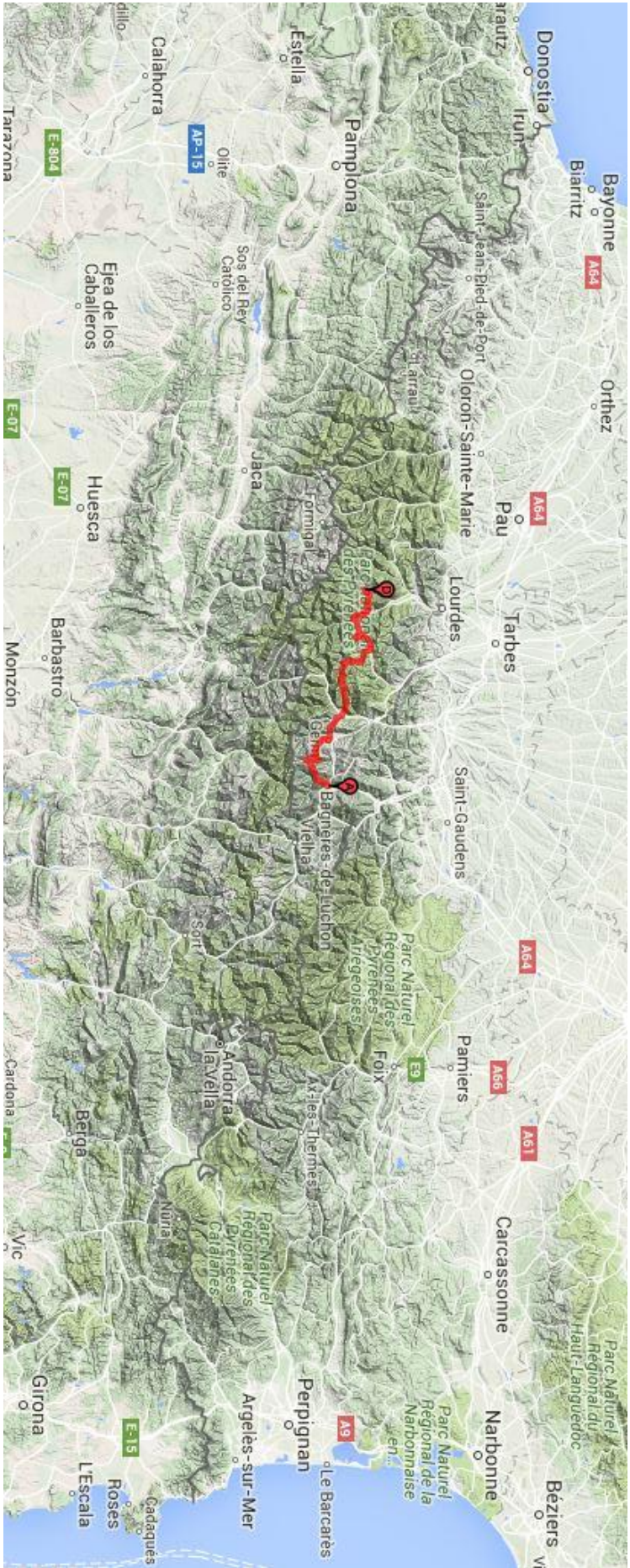
This section of the GR10 takes you to the heart of the Pyrenees. It crosses the Pyrenees from Cauterets to Bagnères-de-Luchon and can be described in two parts. The first part of the itinerary takes place in Pays Toy. The word 'Toy', formerly Thôys, means : child or small and refers to the youthfulness of the villages. From Cauterets to Barèges, via the high valley of Luz-Saint-Sauveur and the col de Riou, where there is a splendid panoramic view, you will visit villages renowned for the benefits of their thermal waters. In the second part, from Barèges to Bagnères-de-Luchon, the itinerary makes its way through a succession of lakes, mountain passes, at more than 2000m altitude, and mountain villages. You will cross the Natural Reserve in Néouvielle and its remarkable glacial lakes, before reaching the villages of Saint-Lary-Soulan and Germ, the famous Espingo lake refuge and finally Bagnères-de-Luchon, the « belle of the Pyrenees ».

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

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•PROGRAM

Day 1 : Start of holiday in Cauterets

This week's walking starts at Cauterets. Situated at 950m altitude, Cauterets has an authentic, Pyrenean mountain charm and is well known for its thermal spas. Time to discover and enjoy the town.

The Turon des Oules and the plateau du Lisey

Possibility of doing a forest walk in the direction of Turon des Oules 1380m, this is a high altitude thermal station with old hotels that date from the turn of the last century, it's possible to continue to the Plateau du Lisey.

The Gaube lake from the pont d'Espagne

From Cauterets, take the shuttle from the pont d'Espagne and hike to the magnificent Gaube lake.

- Distance : 12km, duration : around 3h45, altitude gain : +785m, descent : -785m (Turon des Oules and Plateau du Lisey).
- Distance : 5km, duration : around 1h45, altitude gain : +300m, descent : -300m (Gaube lake).

Day 2 : from Cauterets to Luz Saint Sauveur

From Cauterets, the walk will lead you to Luz-Saint-Sauveur, another well-known thermal spa spot. You will pass the col de Riou, that separates the valley of Cauterets and the valley of Luz. From the col, the panorama is immense: there are views across the valley of Barèges, Néouvielle massif, the cirque of Troumouse and at your feet, you have Luz Ardiden ski station.

- Distance : 19km, duration : around 7h30, altitude gain : +1100m, descent : -1300m (normal version).
- Distance : 22km, duration : around 8h15, altitude gain : +1190m, descent : -1410m (comfort version).

Day 3 : from Luz Saint Sauveur to Barèges

The GR10 path climbs to the Couret d'Ousset summer pastures, then through the woods to the Gué de Bolou, culminating at 1460m, before descending to Barèges, via the Pla dets Plaas and then the Lumière and Artiguète flats. Today's walk will allow you to discover the flora and fauna of the Pyrenees, such as the mountain izards and the playful marmots. The valley of light, 'vallée lumière' is a real joy for walkers.

- Distance : 12km, duration : around 5h00, altitude gain : +990m, descent : -470m (normal version).
- Distance : 15km, duration : around 5h45, altitude gain : +1010m, descent : -495m (comfort version).

Day 4 : from Tournaboup to lac de l'Oule

Short transfer to the parking de Tournaboup (can be avoided, consult us). From Tournaboup, you will start an ascent to the Col de Madamète via the beautiful Aygues Cluses valley and its lakes. After crossing the pass, you will enter the splendid Néouvielle Nature Reserve, where you can admire the enchanting landscapes. The walk ends with the lakes of Aumar, Aubert, the Estoudou pass and finally the lake of Oule. For the comfort version, the walk ends at Lake Orédon.

- Distance : 18km, duration : around 7h30, altitude gain : +1210m, descent : -840m (normal version with arrival at Lac de l'Oule).
- Distance : 15,5km, duration : around 6h, altitude gain : +1065m, descent : -680m. (comfort version with arrival at Lac d'Oredon).

Day 5 : from Lac de l'Oule to Vielle Aure

From the Oule refuge, you follow the lake and climb up to the Col de Portet, culminating at 2215m. From the col, the trail passes via the ski resort of Saint Lary. It makes its way across high altitude pastures before descending to the village of Vieille-Aure and the site of its manganese mine near Saint-Lary-Soulan. Longer itinerary for the comfort version from Lake Orédon (possibility to organize a transfer without supplement to shorten the walk, contact us).

- Distance : 17,5km, duration : around 6h45, altitude gain : +515m, descent : -1520m (normal version with departure from Lac de l'Oule).
- Distance : 20km, duration : around 8h00, altitude gain : +875m, descent : -1905m (normal version with departure from Lac d'Oredon).

Day 6 : from Germ to the Espingo refuge

In the morning, transfer to Germ (It is possible to include the walk from St Lary to Germ in the tour, adding a night in Germ : Contact us). From Germ you can enjoy some superb views over the French/Spanish summits. The mountain

lifestyle and agricultural traditions reign in this area. From the village, the GR crosses the Pas de Couret at an altitude of 2131m, this passage takes you into the “Luchonnais” (area of Bagnères de Luchon). The ascension towards Espingo lake, through the Granges d’Astau and the Lac d’Oo, is a pure wonder. Possibility to divide this long stage in 2 by adding an extra night, please contact us.

- Distance : 17km, duration : around 8h00, altitude gain : +1680m, descent : -1065m.

Day 7 : from the Espingo Refuge to Luchon

The walk to Luchon will plunge you into a high mountain decor. You will traverse the Hourquette des Hounts at a high altitude of 2275m, before crossing the mountain pass, the Col de la Coume de Bourg at 2272m. From here you can choose to follow the variant that is off the GR10, the ascension of the Pic de Céciré. This magnificent summit offers stunning views in the direction of Maladetta massif and the Spigeoles. The descent towards Luchon passes through the ski resort of Superbagnères. In July and August, it is possible to take the cable car of the ski resort to avoid a long descent (not included in the price).

- Distance : 19,5km, duration : around 7h40, altitude gain : +645m, descent : -1970m.

This programme 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 days from the middle of June to the end of September.
Booking from 2 people (solitary traveller: consult us).

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

Prices with luggage transfer :

Price per person for a group of 2 persons	690€
Price per person for a group of 3 persons	620€
Price per person for a group of 4 persons	590€
Price per person for a group of 5 persons	570€
Price per person for a group of 6 persons	555€

Prices without luggage transfer :

Price per person for a group of 2 persons	530€
Price per person for a group of 3 persons	515€
Price per person for a group of 4 persons	505€
Price per person for a group of 5 persons	500€
Price per person for a group of 6 persons	495€

Extras :

- Comfort version (5 nights in room) : 125€/pers
- Extra for a single room: 140€/pers
- Transfer from Luchon to Cauterets on a week day : 245€
- Transfer from Luchon to Cauterets on Sundays and public holidays : 300€
- Extra night in Cauterets half board double room : 55€/pers
- Extra night in Cauterets half board single room : 65€/pers
- Extra night in Cauterets half board shared dormitory : 50€/pers
- Extra night in Luchon half board double room : 70€/pers

- Extra night in Luchon half board single room : 90€/pers

The price include :

- Half-board accommodation
- Transfers days 4 and 6
- Luggage transport depending on the option chosen except for 2 nights in refuges on days 4 and 6 (normal version)
- Luggage transport depending on the option chosen except for 1 night in a refuge on day 6 (comfort version)
- Dossier containing maps, route notes (1 for 4 persons) sent at your first accommodation.
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Holiday and travel insurance
- 15€ for booking fees
- Showers in the mountain huts
- Additional transfers
- Entrance fees, additional activities
- 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 between the initial meeting time through to the departure point. We transport your bags between the accommodations (depending on the option chosen) except for 2 nights in refuges on days 4 and 6 (normal version) or for 1 night in refuges on day 6 (comfort version). We also take care of your transfers from D4 and D6. We provide you with the maps and good walking route notes sent to the first accommodation as well as an 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 the walk :

- Day 4 : At 8h AM, short transfer (5 min) from Barèges to Parking de Tournaboup (can be avoided, consult us). This transfer aims at shortening a long and strenuous walk.
- Day 6 : At 7h45 AM, short transfer (30 min) from Vielle Aure to Germ. This transfer aims at shortening a long and strenuous walk. It is possible to include the walk Vielle Aure-Germ in the tour, adding a night in Germ : contact us).

•TECHNICAL INFORMATION

Level 4/5

Trained hiker, in good physical condition with a experience of mountain hiking. Hiking of 7h-8h per day on average, altitude difference of 1000m-1300m on average, on accessible trails but also in rough terrain, 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 walking, without guide.

Carrying

You will need to carry a day backpack only. Our bag-moving service means you can travel light during your walks except for 2 nights in refuges on days 4 and 6 (normal version) or for 1 night in refuges on day 6 (comfort version). 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

Half board

2 nights in a shared dormitory in mountain refuges on days 4 and 6. Bring a sleeping bag liner (blankets provided)

3 nights in a shared dormitory in gite on days 1, 2 and 3. Bring a sleeping bag liner (blankets provided)

1 night in a room, in a guest house, on day 5

COMFORT VERSION (with extra price) :

1 night in room in gite on day 1

1 night in room in hotel** on day 2

1 night in room in hotel*** on day 3

1 night in room in a chalet/mountain hotel on day 4

1 night in a guest house on day 5

1 night in shared dormitory in mountain refuge on day 6. Bring a sleeping bag liner (blankets provided)

Food

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

- Evening meals in gites, often based on local specialities, include a starter, a main course and a dessert.

- Pic-nics and drinks not included.

•PRACTICAL INFORMATION

Starting : Day 1 at your accommodation in Cauterets (65), according to your time of arrival.

Ending : Day 7 in Luchon (31), after your walk.

How to get to Cauterets :

- **By air :** Lourdes-Tarbes Airport; Pau-Pyrénées Airport; Toulouse-Blagnac Airport
- **By train and bus :** Numerous TER trains from the main cities towards Lourdes (<https://www.oui.sncf>) then bus from Lourdes to Cauterets.
- **By car :** From Tarbes follow Lourdes, Argeles- Gazost, then Cauterets.

PARKING :

Parking in Cauterets :

- Free : Bus station, Place de la gare, Thermes César (town centre).

- Parking : Parking Municipal souterrain, Rue de Belfort

Parking in Luchon :

Free : Behind the post office, from the phone box, in front of the train station, Luchon exit.

How to leave Luchon :

Bus from Luchon to Montréjeau. Then SNCF connections to many cities : Toulouse, Pau, Bordeaux...

How to get to Cauterets from Luchon :

Bus from Luchon to Montréjeau. TER train from Montréjeau to Lourdes. Bus from Lourdes to Cauterets.

We recommend to arrive by train to avoid returns to departure to recover your car, because itineraries can be very long and badly served and very expensive if you take a taxi. If you insist to come with your car, we recommend you to leave your car on the arrival point the first day and to do the run to the departure point because the first day you have plenty of time to do the run and you will not be tired by a week walking.

•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.