Factsheet | Self-guided walk | Level 3/5 | 6-7 walking days

GR10 from Cauterets to 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 except for 2 nights in refuges (normal version) or except 1 night in refuge (comfort version)
- Duration 7 days / 6 nights

Strong points

- Succession of lakes, passes, reaching more than 2000m altitude
- Discovery of some of the most emblematic sites in the Pyrenees: Néouvielle Nature Reserve, Lake Oô...
- Flagship villages such as Cauterets, St Lary Soulan, 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 glaciar 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 ».

Bayonne
Biarritz
Orthez
Donostia
Irun
Pau
Tarbes
Saint-Jean-Pied-de-Port
Oloron-Sainte-Marie
Lourdes
Saint-Gaudens
Pamiers
Carcassonne
Narbonne
Béziers
Parc Naturel Régional du Haut-Languedoc
Parc Naturel Régional de la Narbonnaise en...
Parc Naturel Régional des Pyrénées Ariégeoises
Larrau
Pamplona
Estella
Formigal
Bagnères-de-Luchon
Vielha
Foix
Ax-les-Thermes
Le Barcarès
Perpignan
Argelès-sur-Mer
Jaca
Sos del Rey Católico
Olite
Andorra la Vella
Sort
Parc Naturel Régional des Pyrénées Catalanes
Núria
Calahorra
Cadaqués
Roses
L'Escala
Ejea de los Caballeros
Huesca
Barbastro
Berga
Girona
Monzón
Vic
Cardona
Tarazona
A64
A61
A66
E9
A9
AP-15
E-804
E-07
E-15

•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 : 3h45, altitude gain : +785m, descent : -785m (Turon des Oules and Plateau du Lisey).
- Distance : 5km, duration : 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 : 25km, duration : 8h, altitude gain : +1235m, descent : -1470m (normal version).
- Distance : 22km, duration : 7h15, altitude gain : +1190m, descent : -1410m (comfort version).

Day 3 : from Luz Saint Sauveur to Barèges
Today's walk will allow you to discover the flora and fauna of the Pyrenees, such as the mountain isards and the playful marmottes. The valley of light, 'vallée lumière' is a real joy for walkers.

- Distance : 12km, duration : 4h30, altitude gain : +990m, descent : -470m (normal version).
- Distance : 15km, duration : 5h15, 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. After crossing the pass, you will enter the splendid Néouvielle Nature Reserve, where you can admire the enchanting landscapes that will be open to you. 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 : 19km, duration : 7h30, altitude gain : +1210m, descent : -840m (normal version with arrival at Lac de l'Oule).
- Distance : 15,5km, duration : 6h, altitude gain : +1065m, descent : -680m. (comfort version with arrival at Lac d'Oredon).

Day 5 : from Lac de l'Oule to Saint-Lary-Soulan
From the Oule refuge, you follow the lake and climb up to the Col de Portet, reaching a peak of 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 on to 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 : 19,5km, duration : 6h45, altitude gain : +515m, descent : -1520m (normal version with departure from Lac de l'Oule).
- Distance : 22km, duration : 8h00, altitude gain : +875m, descent : -1905m (normal version with departure from Lac d'Oredon).

Day 6 : from Germ to the Espingo refuge
Transfer to Germ (It is possible to include the walk St Lary-Germ in the tour, adding a night in Germ : Contact us).
From Germ you can enjoy some superb views of the French/Spanish summits. The mountain lifestyle and agricultural traditions reign heavily in this area. From the village the GR crosses the Pas de Couret at an altitude of 2131m, this passage takes you into the domaine of Luchon. The ascension towards Espingo lake, the Granges d'Astau and the Lac d'Oo make for scenery that is a pure marvel. *Possibility to divide this long stage in 2 by adding*

an extra night, please contact us.

- Distance : 17km, duration : 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 do 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 that will capture your regard. The descent towards Luchon passes by 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 : 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 Sunday from the middle of June to the end of September.
Booking from 2 people (solitary traveller: consult us).
Departure on another day : extra 25 euros per person.
Consult us for group discounts

Prices : From 15/06/2020 to 30/09/2020 :

Price per person for a group of 2/3 persons	**655 €**
Price per person for a group of 4/5 persons	**595 €**

Extras/Discounts :
- Comfort version : 5 nights in room : 125€/pers.
- Extra for a single room (not possible in Oredon) : 55€/pers
- Extra departure out of a Sunday : 25 €/pers.
- Transfer back 1 to 4 pers from Luchon to Cauterets : 245€/transfer
- Discount “Baroudeurs”: no luggage transfer : 110 €/booking
- Extra night in half board shared dormitory in Cauterets : 45€/pers
- Extra night in half board double room in Cauterets : 50€/pers
- Extra night in half board single room in Cauterets : 60€/pers
- Extra night in half board shared dormitory in Luchon : 41€/pers
- Extra night in half board double room in Luchon : 63€/pers
- Extra night in half board single room in Luchon : 83€/pers

The price include :
- Half-board accommodation
- Transfers days 4 and 6
- Luggage transport except for 2 nights in refuges on days 4 and 6 (normal version)
- Luggage transport 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
-10€ 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 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 the maps and good walking route notes send 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 the walk : ***Even if you choose our DISCOUNT « BAROUDEURS » and carry your gear all along the walk.***

- Day 4 : At 7h30 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 7h30 AM, short transfer (30 min) from Saint Lary to Germ. This transfer aims at shortening a long and strenuous walk. It is possible to include the walk St Lary-Germ in the tour, adding a night in Germ : contact us).

We ask that you arrive on time for these transfers so not to cause a delay for yourselves or other passengers using the same transfer.

DISCOUNT « BAROUDEURS » no luggage transfers
We can offer you a reduced fee that does not include luggage transfers. It is therefore your responsibility to carry your own luggage from one stopover to the next. You are only permitted to use the people transfers and not the luggage transfer service with this option. The reduction is only available if everyone on the reservation has asked for this option.

•TECHNICAL INFORMATION

Some information (without day 1)
Maximum ascent : +1680m
Global ascents : + 6275m
Global descents : - 7335m
Highest point of the section : 2509m

Nature of the walk
The walks are on good footpaths and trails, the terrain is varied but often rocky. Walks on mostly waymarked paths, but some technical difficulties are possible.

Level 3
For walkers in good physical condition, already experienced in mountain hiking. 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. Be aware that there are 2 challenging stages with a climb of 1200m/1700m. You need to be used to walking and take regular exercise to enjoy this holiday.

Detailed walking schedule

Detail	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ascent	+300m or +785m	+1235m	+990m	+1210m	+515m	+1680m	+645m
Descent	-300m or -785m	-1470m	-470m	-840m	-1520m	-1065m	-1970m
Walking duration*	1h45 or 3h45	8h	4h30	7h30	6h45	8h00	7h40
Distance	5km or 12km	25km	12km	19km	19,5km	17km	19,5km

*__Be advised__ : the walking duration is given to help you in your choice, but this is an average, not including the stops during the walk, and overall walking duration is just an indication, but can be different between walkers.

Bibliography
Guide vert Pyrénées Aquitaine, éd. Micheli
Guide Bleu, éd. Hachette
Chemins du Piémont n 1 G. Véron
L'épopée des Cimes, Bellefon, Ed. Alpes Pyrénées
Rough Guide the Pyrenees - Marc Dubin 2004

Guide
Self-guided walking, without guide.

Carrying
You will need to carry a day sack only, with your water bottle, camera, picnic and gortex jacket. Our bag-moving service means you can travel light during your walks (except for the night in mountain refuge, D4 and D6 or just D6 for comfort version), where you have to carry your necessary personal belongings for the night, including a lightweight sleeping bag or liner, change of clothes, toiletries). Unless you have chosen our DISCOUNT « BAROUDEURS ». In this case you are responsible for carrying your bags between stopovers and are only permitted to use the people transfers. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the porters. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday. (Consult with us for left luggage facilities).

•ACCOMMODATION/FOOD

Accommodation
Half board
2 nights in a shared dormitory in mountain refuges on days 4 and 6. Bring a sack sheet (blankets provided)
3 nights in a shared dormitory in gite on days 1, 2 and 3.
1 night in hotel** in room on day 5

COMFORT VERSION : with extra (125€/pers), please inform us when booking (according to availability) :
1 night in room in gite on day 1
2 nights in room in hotel** on days 2 and 5
1 night in room in hotel*** on day 3
1 night in room in a chalet/mountain hotel on day 4
1 night in shared dormitory in mountain refuge on day 6. Bring a sack sheet (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 (35km) : Tel : 0033 562329222
Pau-Pyrénées airport (80km) : Tel : 0033 559333300
Toulouse-Blagnac airport (204km) : Tel : 0033 561424400 ; links to Toulouse Matabiau train station by navette every 20mn.

- By train :
Train from Bordeaux or Toulouse to Lourdes. Lourdes station : Tel : 0033 562425562.
Bus SNCF from Lourdes to Cauterets (departures from in front of Lourdes station) : Allow 1h travel time.
Cauterets bus station : Tel : 0033 562925370, open from 9h to 12h30 and from 15h to 18h.
Return to bus station in Luz St Sauveur to Lourdes - arrival in Lourdes.

- By car :
From Tarbes follow Lourdes, Argeles- Gazost, then Cauterets.
Location : Paris 894km, Bordeaux 278km, Toulouse 204km, Nantes 602km.
PARKING :
Parking in Cauterets :
- Free : Bus station, Place de la gare, Thermes César (town centre).
- Parking : Parking Municipal souterrain, Rue de Belfort - Tel : 0033 562925557, or 0033 562925034 (Mairie), or 0033 562925050 (tourist office)

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

How to leave Luchon :
From Luchon train station by bus SNCF or TER direction Montréjeau ; then train conections to Toulouse or Pau, Bordeaux, Paris.

How to get to Cauterets from Luchon :
Train (or SNCF bus) from Luchon train station to Montréjeau ; then T.E.R train from Montréjeau to Lourdes, line Toulouse to Irun) ; from Lourdes, SNCF bus to Cauterets.
Leave d'Espingo as early as possible
www.ter-sncf.com to confirm timetable.

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.

Public transports
Informations SNCF: https://uk.voyages-sncf.com/en

Practical information
- Pyrenean National Park :
At Pau, 59 route de Pau, 65000 Pau - Tel : 0033 562443660
At Cauterets, Park office - Tel : 0033 562925256

- Cauterets tourist office - Tel : 0033 562925050 - www.cauterets.com
- Luchon tourist office : Tel : 0033 561792121 - Fax : 0033 561791123 - www.luchon.com
- Luchon train station : Tel : 0033 561790336
- Information SNCF : www.ter-sncf.com
- Local weather: 0033 892680265 (Bigorre) or 0033 892680231 (Luchonnais)

•WHAT TO BRING AND PACK

Bags :
A small day pack for your water bottle, camera, picnic and waterproof.
A bag, rucksack or suitcase for your main luggage weighing a maximum of 12kg per person.
The size of your bag varies upon the type of activity.
For a walker without portage : 30L minimum
For a walker with partial portage : 50L minimum
For a walker with portage : 60L minimum

Day Bag
Whatever activity you participate in, you should always carry in your rucksack waterproof clothing, a picnic, a bottle of water aswell as a small first aid kit and personal belongings, a camera, a hat, binoculars etc.

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 confortable, waterproof and breatheable. 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 tendance to swell up.

Clothes:
- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts.. aswell as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR20 walks at altitude.

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

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

For Walking :
- Good walking shoes or boots with a good grip sole
- Walking socks.
- Warm fleece
- Shorts and T shirts.
- Swimming costume or trunks
- Towel
- 2 Walking poles (optional)
- Water bottle (one litre minimum)
- Personal first aid kit with good blister protection
- Sunglasses and sun cream
- Sun hat
- Wind and waterproof jacket (Gore-tex style)

Other little things

- A pair of trainers or sandals for a night
- Glasses and suncream
- Walking poles
- Hats
- Camera
- Small toiletry bag and towel
- Torch or headlight
- A first aid kit with personal medication, blister plasters (compeed), aspirin and survival blanket.