

GR 10 : The Great Sites of the Pyrenees From Cauterets to Bagnères de Luchon

Self-guided circuit

7 Jours 6 nights with 7 Jours of hiking

Difficulty Level 3/5



You enter the realm of high peaks. Let yourself be guided by the brave mountaineers who first ascended the mountains of Vignemale and Gavarnie thus contributing to the most beautiful pages on 'Pyreneism'. Follow in their footsteps by climbing to the highest point of the GR10 on the Hourquette d'Ossoué mountain pass.

Your itinerary is punctuated by many highlights : thermal spa resorts of Cauterets, Barèges and Bagnères de Luchon; the riches of the Pyrenees National Park, the Néouvielle Nature Reserve and its sumptuous lakes.

You will traverse the most remote parts of the Pays de Toys, typical villages in the Vallée d'Aube with their Roman churches and remnants of the Bigorre pastoral traditions.

KEY POINTS :

- The Massif du Vignemale and the Cirque de Gavarnie which has been named as a world heritage site.
- The high-mountain landscapes and the highest point of the GR10 on the Hourquette d'Ossoué mountain pass.
- The thermal spa resorts of Cauterets, Barèges and Bagnères de Luchon

PROGRAMME

Day 1 : From Cauterets to the Refuge de Baysseance :

12km -5h- Altitude Difference : +1120m -130m

A short transfer to the remarkable Pont d'Espagne. You enter into the first stage - high in the mountains and rich in exceptional natural sites: the Lac de Gaube which has inspired numerous poets, the Massif du Vignemale which climbs to a height of 3298m and includes a number of mountain passes (Cols) of more than 2000m: Arraillé and Hourquette-Ossoué (2734m), the highest point of the GR10.

Night in the Refuge de Baysseance, the highest in the Pyrenees and the traditional departure point for climbing the Vignemale via the Ossoué glacier (you will not have your luggage for this night).

Day 2 : From the Refuge de Baysseance to Gavarnie :

18km -6h30- Altitude Difference : +300m -1400m

Take in the vertiginous panoramas in the heart of the Vallée d'Ossoué, following the caves of Bellevue. Descend towards Gavarnie, whose Cirque is class as a UNESCO world heritage site.

Night in a gite in Gavarnie.

Day 3 : From Barèges to Lac d'Orédon :

16km -6h- Altitude Difference : +950m – 650m

Pass over Barèges on the Pont de Gaubie (1538m).

Set off once again on beautiful steep trails to the Madamède Pass (2509m). As you enter the Néouvielle Nature Reserve, you can admire the centuries-old pine forest and the granite massif, dotted with glacial lakes...

Night in a gite overlooking Lac d'Orédon.

Day 4 : From Lac d'Orédon to St Lary Soulan :

21km -8h10- Altitude Difference : +760m –1670m

Profit from this gentler stage that takes you over the Portet Pass to discover the Lac de l'Oule and the manganese mines (option to visit the underground shafts).

In Saint-Lary, take a moment to relax in the Thermoludic Centre.

Night in a gite in St Lary.

Day 5 : From St Lary to Germ :

14km -5h- Altitude Difference : +1040m -580m

This stage is the perfect opportunity to visit a number of traditional villages - Bourisp, Azet, Loudenvielle, Germ and their Roman churches.

Night in Germ in a gite.

Day 6 : From Germ to the Refuge d'Espingo :

17,5km -8h30- Altitude Difference : +1580m -1011m

Your calf muscles are really going to be put to the test here but your efforts will certainly not be vain ! As you climb, you will marvel at the panorama sweeping over the Vallée du Louron and the high peaks before reaching the Lac Oô and its stunning waterfall. After a rather steep climb and a series of 'balconies', you are able to look out over the Vallée du Louron and all of its towering peaks.

Night in the Refuge d'Espingo (you will not have your luggage for this night).

Day 7 : From the Refuge d'Espingo to Bagnères de Luchon :

16km -7h10- Altitude Difference : +550m -1650m

Taking in the high mountain landscapes again, passing over mountain passes at more than 2000m before descending back into Bagnères de Luchon.

Don't hesitate to head straight to the thermal spa.

End of trip.

DURING YOUR STAY

KEY INFORMATION :

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix
Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com
RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –
N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

Self-guided formula :

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the Pyrenees have to say.

LUGGAGE:

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

ACCOMMODATION:

4 nights in a gite; 2 nights in a mountain refuge on a half-board basis.

Gites and refuges : Selected specifically for their warm welcome and friendly atmosphere. More often than not, you will share a dormitory of 4-6 beds. Sheets and towels are not provided.

HALF-BOARD (dinner, night stay and breakfast included)

FOOD:

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

Picnics (lunch) are not included.

NUMBER OF PARTICIPANTS:

From 2 people.

BEFORE YOUR DEPARTURE

PRICES:

See the price table on our website <http://www.larebenne.com>

REGISTER:

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At La Rébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every La Rébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tél +33(0)5 61 65 20 93 Ou +33(0)6 81 53 77 75
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Sales contract and deposit

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

Payment of outstanding balance :

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

Validation and confirmation :

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

Formalities

- A valid official ID.
- We recommend travel insurance with repatriation included.

DIFFICULTY LEVEL: 3.5/5

4 to 7.5 hours of hiking per day. Technical Difficulties: 1590m maximum positive altitude.

You are in good physical condition and you are prepared to hike for several days. You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

PERIOD :

From mid-June to the beginning of October

DEPARTURE AND MEETING POINT: You are advised to start your circuit on Sunday.

Free departure for those on a self-guided hike and for organised groups.

How to get there:

By car : A64 motorway : take the exit for Lourdes, then on to Cauterets

By train : Lourdes SNCF train station

by plane : Tarbes Airport

Return : It is advisable for you to take a train and/or bus back to the departure point. If you plan to arrive by car, it may be more comfortable to drop your car off at the point of arrival.

THE PRICE INCLUDES:

- Half-board accommodation
- Daily luggage transfers
- Group transfer indicated in the programme above
- Detailed digital roadbook

THE PRICE DOES NOT INCLUDE:

- Drinks
- Insurance

- Personal expenses
- Picnics
- Accommodation for the night before departure
- Visit to monuments
- Entry fees for thermoludic centres (spas)

OPTIONS :

Contact us directly about the following options:

- Accommodation for the night before departure or at the end of the trip
- Return on private minibus (contact us)
- Rental of a GPS device with saved tracks

INSURANCE:

In accordance with the regulations of our profession, LaRébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of baggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by ASSUREVER.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by ASSUREVER.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances):<http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

Your luggage

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

Your backpack

1 medium-sized backpack to carry the essentials for the day (55 litres).

To include in your backpack

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): double-skin dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

Shoes

- Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

Clothes

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

Sleeping (for nights in a ‘gite’ or dormitory):

- A sleeping bag or bedsheets
- Earplugs (you never know!)

Picnic

- An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- Cutlery (fork, folding knife, spoon).
- ‘Race food’ (energy bars, dried fruit etc.)

Extras

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a ‘shepherd’s stick’.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- Camera, binoculars
- A small toilet bag with a towel.
- A torch or head torch with spare batteries.
- Toilet paper.
- Mobile phone

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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