

TREK THE PYRENEES



ITINERARY – OUTLINE FOR BESPOKE TRIPS

The Pyrenees is a perfect setting for a trekking challenge, with superb views at every stage. We cover a very wide range of terrain from forest walks, to high rocky mountain paths and gentle, grassy valley routes. There is an incredible feeling of remoteness on the route as we pass over the two mountain ranges, making it a challenge never to forget!

DAY 1 LES CAUTERETS

We fly to Pau/Toulouse and transfer 90mins to the beautiful mountain village of Les Cauterets in the Vallee du Marcadau. Tonight we have a briefing and dinner before a good nights sleep.

DAY 2 ROUTE DES CASCADES 12 KM

After breakfast, we set off walking on a broad forest track past La Raillère, an old spa station, where we take a rocky mountain path that follows the river, the Route des Cascades. The path climbs constantly, passing waterfalls and fantastic views of high mountains rising above the river. We stop for lunch at the Refuge de Clot and then begin our walk up to the Wallon Refuge along the huge flat-bottomed Marcadau Valley surrounded by mountains. Our refuge 1,864m is in a spectacular setting and we relax exhausted with a cool beer.

DAY 3 COL D'ARRATILLE 14KM

Today is a real highlight of this trek. After breakfast, we start early, as it's a long trek that takes us over a high mountain pass to Spain. We climb past beautiful, crystal-clear lakes, over rocky terrain and arrive at the border pass, the Col d'Arratille. Views of the enormous Vignemale and Ara Valley are immediately in front of us, which we spend the rest of the day descending. Lunch is at the bottom of a steep descent and in the afternoon there are about 5hrs before we arrive at the small hamlet of Bujaruelo where we find a beer waiting for us and our mountain refuge in the lovely Ordessa National Park.

DAY 4 GAVARNIE 15KM

An early start at Bujaruelo as we make the crossing of the Port de Boucharo. The walk is straightforward but quite strenuous as it gains altitude consistently on rocky paths and scree slopes. For the last hour, we trek below the enormous snow-covered peaks of El Tallon and from the pass we have magnificent views of the Vallée de Pouey Aspée, which leads down into Gavarnie and the enormous peaks surrounding the Brèche de Roland. We are met just below the pass on the French side and transferred to the town of Gavarnie for lunch. There will be a celebratory meal at an excellent Pyrenean restaurant and after lunch we take our transfer back to Pau/Toulouse. The evening will be free for participants to discover the town.

DAY 5 RETURN UK

For our last day we transfer to the airport for the return flight.



LOGISTICS



COSTS OF CHALLENGE

From £1395 per person

For groups with less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Transfers to and from Pau/Toulouse Airport

2 nights accommodation in Hotels

2 nights in Mountain Refuge

Pre-trip briefing by Action Challenge staff

International flights – subject to availability

Taxes and Fuel surcharges

Action Challenge representative / Medic

English-speaking local guides

Luggage transfer

All accommodation

All meals, except in free time

3 litres of water provided daily

NOT INCLUDED

Sleeping bag (where needed)

Travel insurance

Visas

Local departure tax (if applicable)

Tips for staff

FLIGHTS

This event is based on scheduled and low cost airlines.

There are daily flights to/from London.

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

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RATING & FITNESS

This is a moderate challenge and requires a good level of fitness.

ACCOMMODATION

The first and last night in Cauterets and Pau will be in hotels, the second and third night, while on trek, will be in the Wallon and Bujaruelo mountain refuges. There are blankets provided in the refuge but it is recommended that participants take with them fleece sheet sleeping bags.

FOOD

All breakfasts, lunches and evening meals are included apart from last evening meal in Pau. We will try to provide you with appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. Three meals are provided throughout the challenge days apart from during free time.

WEATHER

If the preceding winter has been very snowy, the high passes can be snow covered into July, in which case walking poles are useful as a precaution.

TOTAL DISTANCE TREKKED

Approximately 50km – crossing the Pyrenees twice!