

HIKING JOURNEY

# Discover The Pyrenees

WALKING HOLIDAYS FROM THE MEDITERRANEAN TO THE ATLANTIC,  
FRANCE & SPAIN

14 DAYS



**WALKABOUT**  
GOURMET ADVENTURES

## Journey Overview

This is one of our favourite walks. It combines the breath-taking views in the Pyrenees, beautiful Mediterranean coastline with ancient villages, and a rich array of flora and fauna. The Pyrenees stretch for 430kms from the Atlantic to the Mediterranean.

Our walk begins in Collioure, a small fishing village, known as the jewel of the Cote Vermeille. Onto Ceret for lunch and a stroll around this pleasant, typical French town. It is most famous for its outstanding Musée d'Art Moderne with works from Matisse, Braque and especially Picasso.

We cross the border into Spain and the next day we walk in the fertile valley of Cerdanya. From our tiny village we have magnificent views across to the Cadi Moixero N.P. Our walk takes us into the fertile valley of Cerdanya where we discover ancient villages and picnic amidst magnificent alpine countryside.

Today we continue to one of the most beautiful National Parks in the Pyrenees - the Aigues Tortes and Lake St Maurici National Park. There are over 50 lakes and the most characteristic features of the Pyrenees are represented in this park. Here we base ourselves in the tiny village of Tavascan at the end of a remote valley.

After a day of mountain passes and spectacular scenery, we travel to the Ordesa National Park in the Aragon region of Spain. This marvellous mountain range is the natural border between Spain and France. The Ordesa valley is a tongue of green vegetation running for 15 kms between two imposing walls of bleached, calcareous rock. Right at the end is our Parador with its unique location just below the imposing Monte Perdido. The walk into the spectacular Circo de Pineta start directly at our hotel and takes us through some magnificent mountain scenery. Pyrenean chamois are plentiful and the lammergeyer has one of its major European strongholds in these mountains.

From here we traverse into France to the small town of Gavarnie in the Pyrenees National Park. In our small friendly hotel, we enjoy the typical cuisine of the region which our host, Bernard, prepares to perfection. Gavarnie is an ideal location for a walk into the surrounding mountains and of course to discover the amazing amphitheatre of the Cirque de Gavarnie. It can only be described as one of nature's wonders. There are over 1,500 species of wildflowers native to the Pyrenees and

wildlife is abundant i.e. Lynx, lizard, marmot, ptarmigan, bearded vultures, and golden eagles – there are even approximately 15 brown bears in the National Park.

Our final day takes us to Biarritz on the Atlantic coast, where the tour ends. With its colourful shops, picturesque restaurants and delightful old-fashioned tea rooms, it is a great place to finish this tour.

## Journey Schedule

### **DAY 1**

Montpellier – Fort St Elme – Collioure

### **DAY 2**

Collioure – Port Vendres – Cap Béar – Paulilles Cove

### **DAY 3**

Collioure – Ceret – Prullans

### **DAY 4**

Prullans – Bellver – Pi – Santa Eugenia – Prullans

### **DAY 5**

Prullans – Seo De Urgel – Andorra – Tavascan

### **DAY 6**

Tavascan – Graus – Noarre – Tavascan

### **DAY 7**

Tavascan – Espot – Lake St Maurici – Refuge D’arnitges – Lake Mitja – Espot

### **DAY 8**

Tavascan – Bagneres De Luchon – Arreau – Bielsa – Pineta Valley

### **DAY 9**

Pineta Valley – Llanos De La Larri – Parador

### **DAY 10**

Pineta Valley – Arreau – Col D’aspen – Col Du Tourmalet – Gavarnie

### **DAY 11**

Gavarnie – Cirque De Troumouse

### **DAY 12**

Gavarnie – Free Day

### **DAY 13**

Barrage D’ossoue – Vallee D’ossoue – Granges De Holle – Gavarnie

### **DAY 14**

Gavarnie – Lourdes – Biarritz

## Journey Itinerary



### DAY 1

#### Montpellier - Fort St Elme – Collioure

We meet at 10.00 am at:

**HOTEL MERCURE**

**Montpellier Antigone**

**285 Bd de L'Aéroport International Antigone**

**34000 Montpellier**

**T: +33 4 67 20 63 63**

**F +33 4 67 20 63 64**

It is a modern comfortable hotel, conveniently located approximately 1 km from the station and historic centre of town – please ensure that it is the Mercure Antigone as there is also Mercure Centre Comdie! Leaving the city, we travel along the mediterranean coastline to Perpignan.

From here it is a short drive south to the Cote Vermeille and Collioure where we stop for lunch. It is a delightful mediterranean fishing village and known as the “jewel of the Cote Vermeille”. It has been a French National Monument since 1922 and has the oldest anchovy fleet in France.

We receive a charming welcome in our hotel in Collioure. Our delightful Catalan residence is a real gem. It is set in lush garden surroundings, right in the centre of Collioure.

After lunch we walk out of the town and up into the terraced vineyards. From Fort St Elme, which has been part of the coastal defences but is now privately owned, we appreciate panoramic views with spectacular scenery in all directions.

Our path back to Collioure steadily traverses the hill and very soon we are skirting a newly planted vineyard. This soon gives way to the reclaimed olive grove of Collioure, where proudly stands the faithfully restored and renovated (2001) windmill. It was built during the XIV century and is one of the oldest mills of the Roussillon.

From here we follow the path through the olive trees to the Musee d’Art Moderne of Collioure, housing exceptional art exhibitions and also a permanent collection.

We have selected two different restaurants to enjoy some of the Catalan specialities. Naturally fresh anchovies and a wide range of other seafood are the most popular dishes. Make sure you try some of the local Collioure wine, especially if you like a smooth rich red. However, the range of Languedoc–Roussillon wines is enormous and there will surely be one on the list to satisfy your taste buds. “Banyuls”, a very popular sort of liquorish wine is also produced in the area. It’s a good suggestion as a pre-dinner drink, perhaps sitting at one of the many café terraces along the sea front.

Tonight, we eat in a delightful restaurant in the old town.

 **1 HOUR**

 **COLLIOURE, FRANCE**

## DAY 2

### Collioure - Port Vendres - Cap Béar - Paulilles Cove

Today we start with a boat excursion to Port Vendres where we stop for a short visit. After skirting around the commercial port, we follow the coastal path along the promontory to Cap Béar. Our trail takes us through scrubland and along the coast, with beautiful views of the mediterranean. Smugglers and those who tried to catch them once used this path.

At the Béar Lighthouse we stop for lunch. It was commissioned in 1905 and took over from a fixed light located at the top of Bear Hill from 1836. From here we descend through the hamlet and our path hugs the shoreline close to the water. We have wonderful sea views as our track winds its way to the superb Paulilles cove, which really is a gem. The site has never been developed because it has been a former dynamite factory site that used to employ between 300 and 400 people. It was built far enough from town as not to take too many lives in the event of an explosion.

In 2005 the General Council of the Pyrénées-Orientales demolished nearly 70 buildings, cleaned it all up and turned the bay into a protected area... a truly ideal spot for a swim.

Just tucked around the corner are the cellars of Les Clos de Paulilles where we will taste the popular Banyuls. A fruity, rich fortified wine from the far south of France, Banyuls is made similarly to well-known fortified wines like port - by adding grape brandy to the red wine from grenache grapes. The end result is a lusciously sweet wine that is bursting with rich dark fruits.

Here we re-join our minibuses, return to the hotel and have time to relax before we meet for another delicious dinner in the old town.

 **5 HOURS**

 **COLLIORE, FRANCE**

## DAY 3

### Collioure - Ceret - Prullans

This morning we drive to Ceret, the cherry capital of France. Pablo Picasso was a regular visitor and the town is now famous for its modern art museum. We allow time to have a stroll around, visit the Museum for those who wish and have lunch at one of the lovely outdoor cafes.

We resume our journey and soon stop in Villefranche to have a look around this picturesque fortified town. Our route continues past Mont Louis, the gate to the Cerdanya Valley and Puigcerda where we cross the border into Spain. We travel through the Cerdanya Valley until we come to the lovely village of Prullans on the northern slopes of Lleida. From our hotel we have glorious views across the valley to the Parc National de Cadi-Moixero. Flora and fauna in the area are of exceptional interest. Red deer have been successfully re-introduced.

In addition to the natural beauty of the rugged mountain scenery, the tiny, remote villages have an important historical background. Many still have their medieval walls, towers and fortifications. Other primitive hamlets are of such simple construction that it is sometimes hard to imagine that they are still habitable. It was in this area in 1906 that Picasso painted various beautiful works, which are now famous, the world over.

#### PRULLANS, SPAIN



## DAY 4

### Prullans - Bellver - Pi - Santa Eugenia - Prullans

Our walk today will take us through the beautiful Cerdanya Valley. We start directly at our hotel and follow the Segre River to Bellver. Close to the village is the hamlet of Talló, with a grand church named Santa Maria de Talló. Known for its large size, it also has the well-deserved nickname of the Cathedral of the Cerdanya. Its current foundations date from the 12th century, though there are traces of earlier elements. Built in the Romanesque style, it was declared a site of national cultural interest 20 years ago. Inside we will find a wood carved image of the Virgin Mary dating from the 13th century, one of the few original examples of Romanesque art to be found in its original location.

From here we walk between pastures, cattle and farms to the beautiful village of Pi with its Santa Eulàlia church from the XI century. After lunch we continue through fields of flowers to Santa Eugènia de Nerellà with a church that holds the only Romanesque bell tower of the whole Cerdanya. It is popularly known as the Tower of Pisa Cerdanya due to its leaning tower.

The final stretch to Martinet becomes very easy and for the last 2 or 3 kms we follow the Segre River.

In Martinet we rejoin our minibuses and time permitting you may like a swim or perhaps just a glass of wine in the garden.

 **6 HOURS**

 **PRULLANS, SPAIN**



## DAY 5

### Prullans - Seo De Urgel - Andorra – Tavascan

Departing from Prullans, we drive to Seo de Urgel, one of the largest towns in the region. From here we pass the turnoff into the tiny principality of Andorra. A circle of mountains surrounds the capital of Andorra-la-Vella. Tourism, in the form of duty-free shopping, is Andorra's number one industry. In winter the principality turns itself into one large ski resort.

After lunch in Andorra, our route continues towards Sort. This small town is one of the white-water rafting capitals of Europe. Along the way we stop for a break and admire the views towards the peaks of the approaching High Pyrenees. We are now at the bottom of the valley and we follow the Nogeura River until we reach the confluence of the Cardos River.

At Llavorsi we turn off the main road and travel beside the river through quite small farming settlements until we reach Tavascan – our base for the next two days. The small village has managed to maintain its mountain character over the years.

The church and Romanesque bridge and the stone houses with their slate roofs still have the same appearance that they have had for centuries. The village is located in the Cardos Valley near one of the Pyrenees' most beautiful national parks – Aigues Tortes and Lake St Maurici. The most characteristic features of the Pyrenees are represented in the magnificent geological formations and the plant and animal life of the national park. Here are some of the best examples of glacial erosion in the Pyrenees. The real beauty, however, lies in the magnificent lakes – over 50 altogether, linked by a multitude of streams and marshes.

After checking into our cosy hotel, we shall have a short orientation walk around the village and time permitting we can follow a delightful path beside the river up the valley for a "birds eye" view of Tavascan and the Lacs de Cardos.

This evening we shall meet for a pre-dinner drink in the lounge of our hotel and afterwards we shall enjoy our first delicious dinner prepared by Celi and her wonderful team at Hotel Estanys Blaus.

#### TAVASCAN, SPAIN

## DAY 6

### Tavascan - Graus - Noarre – Tavascan

Today we start our walk directly from our hotel and follow the Tavascan River to the tiny settlement of Graus. Our mountain path is full of history and was used to reach higher altitudes to cut the grass or tend livestock. In the past, some people only went down to the village in winter when the snow forced them to abandon their *bordes* (rural outposts associated with agricultural activities in otherwise unpopulated areas) in Graus and Noarre.

Our path in the early days was also well-known to smugglers who used to follow it from the Port de Tavascan onto France to stock up with sacks of flour and other essential ingredients which they needed for their survival.

Our path winds its way up the hillside until we reach the tree line. This is an ideal spot for morning tea – we have superb views back down the valley towards Graus with its large hydro-power dam and up to the surrounding mountain peaks. Del Port – a delightful alpine lake, which is nestled just below the Port de Tavascan and the French/Spanish border. After our leisurely lunch in the alpine meadows beside the lake we retrace our steps down the hillside until we reach a trail which leads to the remote settlement of Noarre.

The rural outposts of Noarre, with its country dwellings, can only be reached on foot but it is still relatively well conserved. This and the other rural outposts, which are almost always unoccupied, are now only used as holiday homes in the summer.

From Noarre we make our way down through the meadows and farmland until we reach the river and our awaiting bus. From here it is only a short drive back to our hotel in Tavascan.



**5 HOURS**



**TAVASCAN, SPAIN**

## DAY 7

### Tavascan - Espot - Lake St Maurici - Refuge D'amtiges - Lake Mitja – Espot

We first drive about 45 minutes to Espot at the gate of the St Maurici National Park. From the village of Espot, a short transfer by local 4wd taxi, takes us to the beginning of the walking track.

The predominant trees are pines and firs. Silver birch and beech are also common, especially on the northern slopes. The fauna is typical of the high mountains - the Pyrenees' chamois called "izard" are particularly abundant. The golden eagle and black woodpecker may also be seen. Our walk will take us along the edge of Lake St Maurici and then further up to Lake Ratera.

Near the Refuge d'Amitges at 2,400 metres (8,000 ft) we break for lunch. The granite geology has resulted in spectacular sharp peaks all around near the 3,000-metre altitude line. The refuge itself has an atmosphere of its own. It stays open all along the cold winter months when the mountains are under a thick blanket of snow. We explore the surroundings up to another series of glacial lakes, slightly above the refuge, before starting our descent back to Espot. Along the way we admire an impressive waterfall just up from St Maurici Lake.

Dinner tonight is at your own leisure. Try the delicious homemade mountain soup and the sizzling grilled lamb on the "hot slate slabs" a specialty of Celi and Xavier - they are not to be missed!

 **6 HOURS**

 **TAVASCAN, SPAIN**

## DAY 8

### Tavascan - Bagneres De Luchon - Arreau - Bielsa - Pineta Valley

From Tavascan we make our way to Bagneres-de-Luchon in France where we stop for lunch and a stroll through this revived thermal bath town. It was originally built by the Roman emperor Tiberius. Luchon has always been one of the main centres for Pyrenean explorers.

From Luchon we pass the Col de Peyresourde and descend to Arreau. Before we cross the Bielsa tunnel and return to Spain, we stop in the pretty village of St Lary Soulan. From here it is not far to Bielsa. We follow the 14 km long valley of Pineta which was formed by a glacier. The road continues along the river through a forest of pine, fir and beech trees until we arrive at the National Parador, next to the hermitage of the Virgin of Pineta and our base for the next 2 days.

#### PARADOR, PINETA VALLEY, SPAIN



## DAY 9

### Pineta Valley - Llanos De La Larri – Parador

After a substantial breakfast we leave our parador and follow a wide stony track that climbs gently away from the river towards the massive peaks of the cirque at the head of Pineta Valley and waterfalls tumble from huge cliff faces.

After about 20 minutes, the track meets up with the river and we cross the first bridge. Here we have a wonderful view of the river rushing through water-carved rocks down into the wooded valley framed by high mountain peaks. Shortly after we pass a narrower path on the left that climbs up to Cascada del Cinca and Lago de Marbore but we continue straight ahead on the wide track to Llanos de la Larri.

Our trail moves away from the river again and climbs a little more steeply through trees for 15 minutes. Shortly before the second bridge we pass the Camino de la Cascadas which descends to the right. We continue to follow the main path over the bridge and pass a powerful cascade rushing through rust-coloured, carved rocks. Ten minutes further on, the gradient lessens once more to a gentle climb. It is just a few more minutes before we reach Llanos (literally flat ground) de la Larri, a wide meadow surrounded by high cliffs. Behind us, Monte Perdido rises majestically. We wander through the meadow towards the cliffs ahead where we have a steep climb before coming out on a magnificent meadow with another breathtaking view towards Mont Perdido and the Pineta Valley - definitely worth the climb!

In the afternoon we follow the same route back to the bridge and descend via the winding trail back to our comfortable parador.

 **5 HOURS**

 **PARADOR, PINETA VALLEY, SPAIN**

## DAY 10

### Pineta Valley - Arreau - Col D'aspen - Col Du Tourmalet – Gavarnie

Today we leave our cosy parador and retrace our route to Bielsa, the Bielsa tunnel and to Arreau in France. From here we drive up over the Col d'Aspen. Our next mountain pass is the Col du Tourmalet where you have wonderful views of the French Pyrénées. The most striking peak is that of Pic du Midi. The mountain stands alone, towering over the lush green pastoral countryside. Le Tourmalet is a legendary climb of the "Tour de France" and the café at the top displays many memories of the race. Following the valley road, we drive south towards the Cirque de Gavarnie, our base for the next three days (four nights). At the end of the valley the snow-capped vertical rock walls of the Cirque de Gavarnie rise to a height of over 3,200 metres and form a huge amphitheatre, which can only be described as one of nature's wonders. The site has the highest waterfall in Europe with a sudden drop of 420 metres. After checking into our hotel, we have time to walk up through the village and follow the river into the Park National des Pyrenees. In 1967 the French Government declared this chain of mountains a national park. In 1976 the park received the "Council of Europe Award" for its extraordinary beauty and its special botanical interest. Apart from the alpine wildflowers, which are found in other European mountain areas, the park has over 180 types of endemic plants, only found in the Pyrenees. Continuing upstream we reach the former Hostellerie du Cirque. Its location at the base of the Cirque would certainly be the envy of many of the large multi-national hotel groups. Today it is used as an alpine refuge. From here climbers have direct access to the highest peaks. The Spanish border runs along the ridgeline. On the other side is the Ordesa National Park where we just spent the last three nights. Time permitting, we can continue towards the waterfall where the water of the Gave crashes in a cloud of spray after free falling 420 metres straight down the vertical cliff. In the evening we meet in the cosy bar for a pre-dinner drink, followed by dinner.

 **3 HOURS**

 **GAVARNIE, FRANCE**

## DAY 11

### Gavarnie - Cirque De Troumouse

Today's walk will take us to the spectacular Troumouse Cirque, the next Cirque to the west of Gavarnie. Although not as famous as its neighbour, Troumouse certainly deserves being explored.

The ancient glacier cirque is the widest of all the cirques and is surrounded by bright, white vertical faces. We walk across the cirque amidst areas of peat deposits, wet alpine meadows, and hillocks with the occasional flock of sheep grazing around.

To reach Troumouse we drive about half an hour from our hotel base and then walk up along a narrow walking track to gain 600 metres in altitude... nearly 2 hours up a narrow valley. We end our day at a café terrace in dreamlike settings, a few hundred metres down from the cirque. We return to our minibuses for the return journey to Gavarnie. We meet in the bar for our pre-dinner drinks before enjoying another delicious "home-cooked" meal by Bernard.

 **5 HOURS**

 **GAVARNIE, FRANCE**



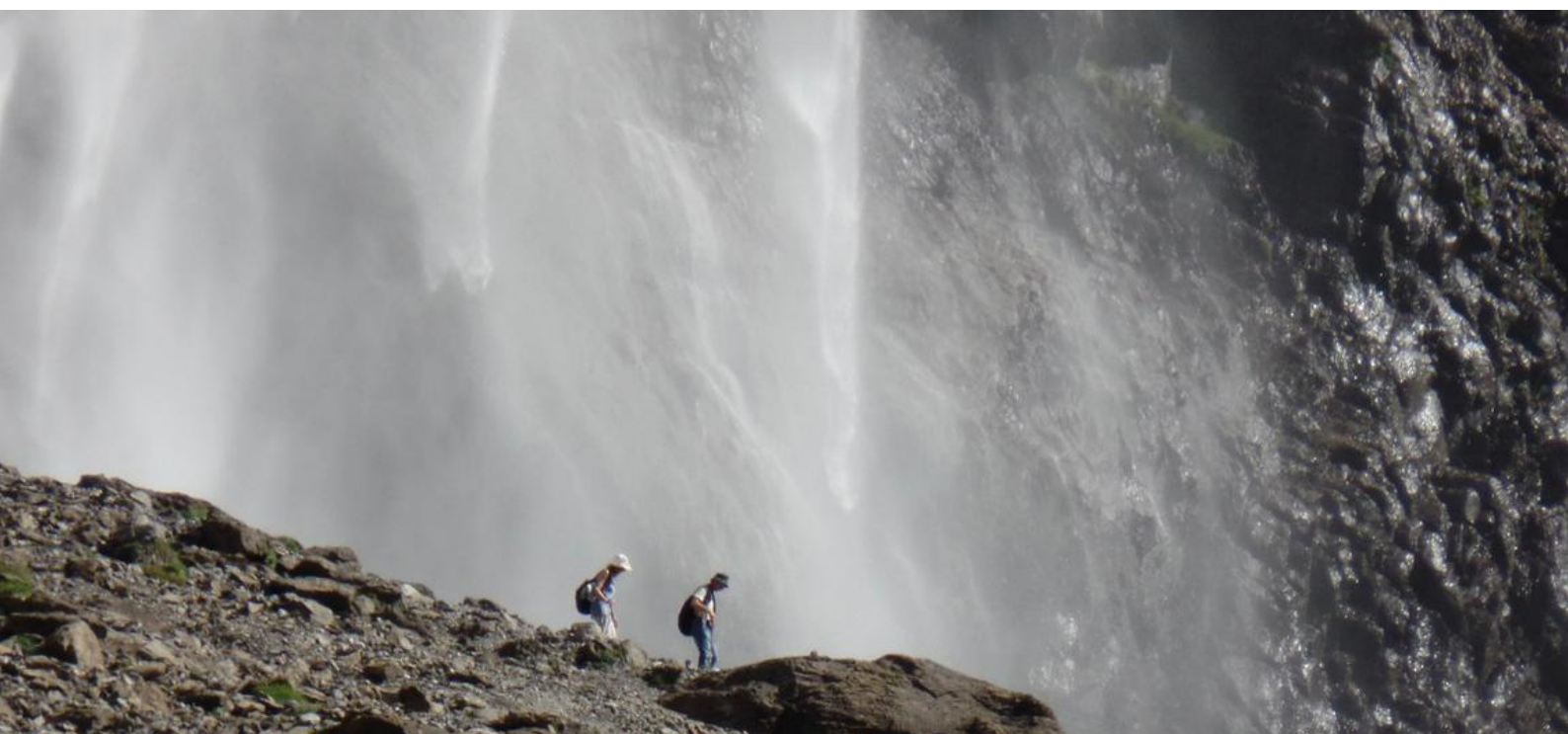
## DAY 12

### Gavarnie - Free Day

An opportunity to catch the local bus into Lourdes and neighbouring town of Gedre or just relax in the glass house Brasserie at the hotel and admire the views. Of course, those with itchy feet won't have any problem finding walking tracks starting straight out of our hotel!

Dinner tonight is at your own leisure either in our hotel or one of the other restaurants in Gavarnie.

#### GAVARNIE, FRANCE



## DAY 13

### Barrage D'ossoue - Vallee D'ossoue - Granges De Holle – Gavarnie

We take the 8 km drive up to the Barrage d'Ossoue from where we begin our last walk. Ahead of us we can see the Vignemale where Henry Russell, an elegant eccentric threw great parties in his cave. It is no exaggeration to say that Comte Henri Patrick Marie Russell-Killough (1834 - 1909) was the most original mountaineer of all time. You hear or read his name all over the central Pyrenees and the Vignemale was his greatest obsession. His passion led him to climb it 33 times and to dig several cave-homes on the peak.

After some reminiscing in mountaineer history we start our walk which takes us through magnificent alpine landscape where marmots whistle and izzards are a frequent sight. The nearby cliffs have been nesting grounds for the lammergeyer for several years and with some luck we might see them circling above us.

After a short stop at the simple hut "Cabane de Lourdes" we cross the small Canau stream and beyond the bridge it gets even more interesting. The path zigzags across alpine meadows, which are covered in wildflowers and the views are absolutely stunning. We reach the Cabane de Sausse, which is the perfect stop for lunch.

We continue along the GR 10, slowly descending the Val d'Ossoue with the picturesque Ossoue stream just below us. At the cosy Holle Refuge we may call in for afternoon tea (seasonal) before we tackle the remaining hour to return to our hotel or alternatively join our minibuses.

 **5 HOURS**

 **GAVARNIE, FRANCE**

## DAY 14

### Gavarnie - Lourdes – Biarritz

This morning we leave the beautiful valley of Gavarnie and travel back to Lourdes, the pilgrimage capital of the world. Each year more than 5 million visitors are attracted by the spiritual influence of the modest “grotto” sanctuary of the Virgin Mary visions in 1858. We continue on to Pau from where we follow the auto route and then on to Biarritz. Our tour concludes at approximately 5.00 p.m. at Hotel Saint Julien in Biarritz. Hotel Saint Julien is a comfortable hotel in an excellent location near the old harbour in Biarritz.

Please book direct:

Hotel Saint Julien, 20 Avenue Carnot, 64200 Biarritz

<https://hotel-saint-julien-biarritz.fr/en/>



# Journey Accommodation

Hotel La Casa Pairal, Collioure

**NIGHT 1 - 2**



Cerdanya EcoResort, Prullans

**NIGHT 3 - 4**



## Hotel Estanys Blaus, Tavascan

**NIGHT 5 - 7**



## Parador de Bielsa, Bielsa

**NIGHT 8 - 9**



## Hotel Le Marboré, Gavarnie

**NIGHT 10 – 13**

## Journey Notes

**TOUR INCLUDES**

- Experienced guides.
- Pick up at Hotel Mercure Antigone in Montpellier (France) and drop off at Hotel Saint Julien in Biarritz (France).
- Price includes transport between Montpellier Day 1 and Biarritz Day 14.
- Twin share accommodation for 13 nights, 13 breakfasts and 11 dinners.

**NOT INCLUDED IN TRIP COSTS**

Transport before and after “the walk”, lunch, evening drinks, dinner on Day 6 in Tavascan and Day 12 in Gavarnie, in between meal snacks, personal clothing, laundry, medical expenses and items of a personal nature and entry fees.

**PRE-WALK PREPARATION**

We suggest that prior to your walking holiday you prepare yourself to obtain a level of fitness that will allow you to enjoy your walking holiday.

This, of course, is dependent upon your existing fitness level. Remember, the fitter you are, the more you will enjoy the holiday!

- Start with some short walks which include stairs or hills and increase the length of walks over a couple of months.
- We suggest you carry a backpack with water, camera, jacket, snacks, etc. to assist you with your preparation and allow you to get used to the extra weight on your back.
- We also ask that your boots are comfortable and well-worn in.
- Perhaps enjoy some walks through our local national parks and over uneven surfaces to gain confidence with your boots or new walking shoes.

### **WHAT TO BRING**

Daypack, walking boots sport shoes not suitable), thick socks, waterproof raincoat, folding umbrella, sun hat, sunglasses, sun cream and bathers.

A pair of walking sticks makes the walking easier and helps with the balance on rough terrain.

The weather in France in mid-summer can be expected to be warm enough with temperatures in the high 20 degrees but mountain regions are often a bit cooler.

Wet and cool air can be experienced at any time during the summer, so it is necessary to carry at least one set of warm clothes, just in case.

We can also recommend telescopic walking sticks as being useful.

As we are restricted with the amount of luggage, we can carry in our vehicles please ensure that your CASES DO NOT EXCEED 20 KG's per guest.

### **PLEASE NOTE**

All accommodation on tour includes private facilities (toilet and shower/Bath). Single rooms can usually be arranged for a supplement. Please ask for details.

We will endeavour to match people together if they would like to share a twin room with another guest to avoid paying the single room supplement.

However, as this is not always possible, 'single' clients will have to pay the supplement.

All walks during the 14 Day tour are optional. Guests can choose to have more free days than the two already included in the itinerary.

The walking pace on all walks is leisurely. Guests do not have to be experienced, although a good level of fitness is necessary.



# Get in touch and book your journey today.

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 [info@walkaboutgourmet.com](mailto:info@walkaboutgourmet.com)

## Follow the journey.



### Quality Practices

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