



Far Frontiers Expeditions Ltd
Far Peak, Northleach,
Gloucestershire, GL54 3JL

0844 800 90 29
www.farfrontiers.co.uk

PYRENEES ADVENTURE

‘THE ENCHANTED MOUNTAINS’

Gold Duke of Edinburgh



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Chairman George C Band OBE MA DIC, Managing Director Christopher Short FRGS



The trip...

Day 1 Arrive in Luchon

Today we will fly to Toulouse and be transferred to our campsite near Luchon. Luchon is an excellent base in the Pyrenees to begin our treks. Perched high above Luchon at 1860m on a sun-drenched mountain balcony surrounded by breathtaking vistas of the Haute Pyrenees is Superbagneres, which can be accessed by gondola from the town centre or by a 20 minute drive. The 1200m climb from Luchon has the greatest vertical drop in the Pyrenees and is taken advantage of by mountain bikers in search of a thrilling descent! We will overnight in Camp Pradelongue which has good facilities and a large supermarket. It is a 20 minute walk to Luchon.

Day 2 Preparation and Acclimatisation day

Today we will prepare for our DofE Expedition phase by checking we have the right amount of kit and food for the next four days. This will also be a perfect opportunity to revise the routes we will be taking and go on a short acclimatisation trek in the local area up to Pic du Lion. This is a gradual climb along a single track giving us spectacular views of the Lac Borderes. Tonight we will overnight at Camp Pradelongue.



Days 3 – 6 DofE Expedition Phase – Aigues Tortes National Park - Spain

Today we start our DofE Expedition phase and we will set off from our camp site and cross over the French/Spanish border into the Aigues Tortes National Park.

There are routes that follow along ridges and peaks, circuits and point-to-point routes. The paths pass along the tops of the lower hills and up to passes and glacial lakes on the higher frontier range. The Vallée d'Oueil offers a beautiful scenic introduction to the lower hills of the central Pyrenees and is only a short distance from the highest peaks. We are likely to spot deer here in the early summer and Griffon Vultures year round.

The 360° views are spectacular, with Aneto to the south, the Val d'Aran to the east and the Luchon valleys to the west. Our own valley has some of the best walking in the area. The head of the Vallée du Lys, (2 kms from La Fenière) is famous for its cascades which come tumbling down from the heights of the peaks that form the Spanish border. An ascent through beech and pine forest leads to a number of trails. Our objectives may be the Goufre d'Enfer (the most impressive of the waterfalls) and Lac Vert (green lake).

On the final day of the expedition we will head back towards Campsite Pradelongue and enjoy a well deserved rest.

Day 7 Mountain biking

Today we will enjoy a day of mountain biking in the local area, there are plenty of superb routes we can take that are on the doorstep of the campsite. Some of the local biking routes are used in the Tour de France. We will head back to campsite and we could walk into Luchon for dinner.

Day 8 Free day

Our final day before we fly home tomorrow. We can relax for the day or take optional activities such as rafting on the Spanish Garonne, take a trip to the local thermal centre - the healing qualities of the hot natural springs in the Pyrenees have been well regarded since the eighteenth century. The spas are now welcome by weary walkers to relax their muscles after a hard trek in the mountains.

Day 9 Return to UK

We return to Toulouse airport for our flight back to UK.



The Itinerary

While Far Frontiers Expeditions will make every effort to provide the itinerary as presented, this is sometimes not possible and your patience and understanding are requested if the itinerary should change.