

# Introduction to the Sunny Eastern Pyrenees

Join the Pyrenees Mountain Adventure team and touch the earth lightly on this environmentally friendly summer walking holiday in the beautiful Catalan Pyrenees



- ✓ Experienced, qualified and locally-based English guide/tour leader.
- ✓ Day walks from comfortable, award winning, environmentally friendly accommodation.
- ✓ Summits offering amazing panoramic views of the surrounding peaks.
- ✓ A world of quiet and calm with a stunning mountain backdrop and the best sunshine record in France.
- ✓ Minimum of 4 in a group with the 7<sup>th</sup> person travelling free
- ✓ From £859pp for 8 days, 7 nights, transfers, accommodation and all meals included
- ✓ £100 Cashback to encourage greener travel to France.
- ✓ Holiday runs from mid June to mid October
- ✓ Option to spend one night in a staffed high mountain refuge.



**£859 per person. 8 days, 7 nights, 5 days walking and 1 free day. Maximum altitude – 2711m/8894 feet. Based at the Orri de Planes, in Planès near Mont Louis. Breakfast, packed lunch and cooked 3 course evening meal each day included, except on arrival day (dinner only), the free day (breakfast only) and leaving day (breakfast only). All vehicle transfers are included in price.**

**The price quoted is for staying at the Orri de Planès but other accommodation options are available – see the Accommodation section below.**

## Introduction

Your accommodation for the week is comfortable and environmentally friendly and from it you will make a series of day walks into the high mountains, including ascents of several 2,000m/6500ft plus summits for panoramic views. This trip covers a variety of ground from forest trails, to steeper mountain slopes and ridges.

The itinerary will be flexible in the sense that during the week the guide will use their expertise and local knowledge to determine the best routes given prevailing weather conditions, the abilities of the group members and to a certain extent group wishes.

A suggested itinerary for the week is given below. It is not possible to guarantee that the week will run exactly as set out below because enforced changes to the programme may arise due to adverse weather conditions or other unforeseen circumstances. The distances and height gains each day are accurate but the times given for walking are approximate.

## Day 1. Travel Day: Arrive.

Orri de Planès, Planes.



Huttopia Log Cabin, Font Romeu.

Chalet Ana, Les Angles.

Arrive at your chosen accommodation in the late afternoon/early evening where you will enjoy a warm welcome from your guide and your hosts.

For the accommodation options for the week see the **Accommodation** section below.

For the travel options (the area is well served by train and plane) see the **Travel** section below.

After dinner, the tour leader/guide will brief the group on the coming week and answer any questions.

**Meals provided: Breakfast, packed lunch and evening meal (if you have chosen to stay at the Orri de Planes.)**

## Day 2. Galbe Valley and The Camporells Lakes.

After a short road transfer to Esposolla, we follow the Tour du Capcir as it ascends the Vall de Galbe. This is a quiet, unspoilt valley which we leave to reach the Refuge de Camporells and its lakeside location. There are excellent views towards the Grand and Petit Perics. We return by the same route.

**Distance: 21km/13 miles. Height gain: +717m/2352 feet. Approx. 7 hours walking.**

**Meals provided: Breakfast, packed lunch and evening meal (if you have chosen to stay at the Orri de Planes.)**

## Day 3. Lac d'Aude and Mont Llaret (2376m/7795ft)



A short road transfer takes us to Pla dels Avellans where we link up with the GR10 long distance Trans Pyrenean footpath. We follow it along a delightful valley, past Estany de la Pradella before arriving at the Lac des Bouillouses. From here we ascend to the Lac d'Aude (see photo above left). Here there is the optional ascent to Mont Llaret 2376m/7795ft for great views.

**Distance: 15km/9miles. Height gain: +450m/1476 feet. Approx. 5 hours of walking.**

**Meals provided: Breakfast, packed lunch and evening meal (if you have chosen to stay at the Orri de Planes.)**

## Day 4. Pic Madres (2469m/ 8100ft)

The circular walk leaves Odello initially following the Tour du Capcir before turning east and ascending through forest towards Roc Mary. Here we leave the forest, passing the Col des Gavaches and onto the summit of Madres (2469m/8100ft) and its stone shelter or Orri and 360° views including Pic Canigou. The descent back to the village is made largely 'off track', the second part through forest.

**Distance: 14km/8.5 miles. Height gain: +953m/3126 feet. Approx. 6 hours of walking.**

**Meals provided: Breakfast, packed lunch and evening meal (if you have chosen to stay at the Orri de Planes.)**

## Day 5. 'Free' Day

This day is your own. You can choose between a huge range of activities – whatever you would like to do! Stay poolside at the Orri, visit the nearby towns of Mont-Louis or Font-Romeu, take a trip on the famous yellow train, a hot air balloon ride, discover Pyrenean wildlife up close at the animal park at Les Angles or pamper yourself at the nearby thermal baths at St Thomas Les Bains. If you wanted to do another walk, there are plenty to choose from.

**Meals provided: Breakfast only (if you have chosen to stay at the Orri de Planes.)**

## Day 6 Grand Peric (2810m/9219ft)

A short road transfer to Refuge Bouillouses from where the walk starts. The distinctive twin peaks – Grand Peric and Petit Peric are in view from across the Bouillouses lake. There is an optional scrambling route along a broad ridge for those who are looking for more of a challenge. Great 360° views from the summit and the chance to reach the twin Petit Peric. We are ideally placed to stay at the lakeside Refuge Camporells in the shadow of the Twin Perics and enjoy the sunset and sunrise. If the option to stay here is not taken, we return to our starting point.

**Distance: 14km/8.5 miles. Height gain: +953m/3126 feet. Approx. 6 hours of walking.**

**Meals provided: Breakfast, packed lunch and evening meal (if you have chosen to stay at the Orri de Planes.)**

## Day 7. Pic Cambre d'Aze (2711m/8894ft)



After a short transfer to the pretty village of Eyne, the route ascends initially through forest, avoiding the ski developments as far as possible, before gaining a broad ridge where the view opens out. The ridge is followed to the summit and we are rewarded by a 360° view, with the highlights of the week set out below us. **If the group stayed at Refuge Camporells, there is the chance to ascend the highest peak in the area – Pic Carlit (2 921m/9 584ft) before returning to the starting point of yesterday's walk.**

**Distance: 13km/8 miles. Height gain: +1176m/3858feet. Approx. 6 hours walking.**

**Meals provided: Breakfast, packed lunch and evening meal.**

## Day 7. Travel Day: Depart

If travelling home from Perpignan, the transfer from the accommodation (not included in the holiday price) can be made by bus or train. For more information see the **Transfers** section below.

**Meals provided: Breakfast**

## Responsible Tourism

**Pyrenees Mountain Adventure** is committed to responsible tourism. It strives to choose the minimum impact option whenever possible, in every area of the business, always! During the week, walking is the perfect way to explore and enjoy the natural environment while minimizing your impact, there is a choice of eco friendly accommodation and vehicle transfers are minimised. **PMA** is a member of 1% for the Planet.

Train travel is a more environmentally friendly alternative to air travel and Perpignan is well served by high speed trains from Paris. Why not let the train take the strain? To encourage the use of more environmentally friendly transport, **Pyrenees Mountain Adventure** offers a **Greener Travel Cash Back** of £100. This will be paid (subject to proof being provided) that travel to the Eastern Pyrenees, from the UK, was completed in a manner that created CO2 emissions per person, equal or less than half of that created by travelling by plane.

Train and coach travel would qualify as would car travel given certain conditions (size of car and number of passengers in the car). Calculate the CO2 emissions of your chosen method of travel at [Transport Direct](#).

## Accommodation

You can choose from 3 environmentally friendly accommodation options:

**Orri de Planès.** Trailside Eco-Lodge. Two rooms, one with double bed and one with 2 single beds, share a bathroom. There are no en-suite facilities. The Orri features in the Alistair Sawday guide 'Green Places to Stay.' The hamlet of Planès is literally 'at the end of the road' and there are no facilities in the village so peace and tranquility are guaranteed

**Huttopia.** Wooden cabin. Self catering option. Situated in Font Romeu (lively village, good facilities.) A wood cabin entirely constructed from non treated wood is the perfect eco friendly accommodation option. Sleeps up to 6 people (35 square metres).

**Chalet Anna.** Luxury self catering option. Situated in Les Angles (lively village, good facilities.) First accommodation in the Pyrenees to win the Ecolabel award. Actively contributes to the use of renewable energy sources, water conservation, waste reduction and improvement of the local environment.

## Insurance

To take part in this holiday you will need to be insured for trekking in the mountains. This type of insurance is available from [Snowcard](#), [The BMC](#) and [Green Travel Insurance](#).

## Maps

The maps needed are: IGN 2250 ET Bourg-Madame Mont-Louis and IGN 2249 ET Font-Romeu.

## Kit List

This can be found on the [Pyrenees Mountain Adventure](#) website.

## Weather

The area has one of the best sunshine records in France ([300 days](#)). [Weather forecast is here](#).

## Webcam

[What is the weather like at the moment?](#)

## Books

To find out more about this beautiful region and the tremendous amount it has to offer, the following books can be consulted. Parts of several useful books, including the relevant sections for this holiday, are available on **Google Books** for free (see green links).

[The Pyrenees: The High Pyrenees from the Cirque de Lescun to the Carlit Massif](#). Kev Reynolds. Cicerone Press, 2004

[The Rough Guide to the Pyrenees](#). by Marc Dubin. Rough Guides, 2004

[Walks and Climbs in the Pyrenees](#). Kev Reynolds. Cicerone Press Limited, 2008

[Trekking In The Pyrenees: France & Spain Trekking Guide](#). D. Streatfeild-James. Trailblazer Publications, 2005

[Backpacks, Boots and Baguettes: A Walk in the Pyrenees](#). S. Calder, M. Webb. Virgin Books Limited, 2005

## Trains



London (St Pancras) to Paris and then Paris to Perpignan. Catch the sleeper train from Paris (9.53 p.m.) and wake up the next morning in Perpignan (7.13 a.m.). It is worth spending the extra money on a 'bed'/couchette rather than making the journey in a reclining seat. Couchettes in women only compartments are available. Allow sufficient time to transfer between Gare du Nord and Gare d'Austerlitz. The luggage allowance is more generous compared to airlines. Websites to help plan your rail journey :

[SNCF French Railway network](#)

[Eurostar](#)

[The Man In Seat 61](#)

[Rail Europe](#)

Photo is of a typical 6 berth couchette compartment on a French overnight train.

## Flights

Perpignan is directly served by several airlines: **bmibaby** from Manchester; **Ryanair** from Stansted and **Flybe** from Southampton. Carcassonne is served by Ryanair with flights from Stansted, Glasgow, Dublin, Liverpool and East Midlands. Other airports to consider are Toulouse, Barcelona and Girona.

## Transfers

A free return transfer is included in the price of your holiday between Carcassonne or Perpignan and your accommodation.

**Photo Credits:** All images are by Paul Williams/Pyrenees Mountain Adventure except the photo of the typical 6 berth couchette compartment from [The Man in Seat 61](#)

## Your own personalised Introduction to the Eastern Pyrenees.

Use the Holiday Planner on the next page to help you put together your perfect **Introduction to the Eastern Pyrenees**.

The **Pyrenees Mountain Adventure** team look forward to seeing you in the Pyrenees soon.

## Holiday Planner

Use this page to help put together your perfect **Introduction to the Eastern Pyrenees**.

For the arrival and departure day: indicate whether you are arriving by train or plane. Also indicate whether you will be travelling into or out of Carcassonne or Perpignan.

Indicate what type of accommodation you require. Tick the boxes to indicate your preference.

Each day the following meals will be provided. Breakfast, packed lunch and 3 course evening meal.

Day	Activity	Accommodation
<b>Day 1 Travel day: Arrival</b>	Flying to :    Carcassonne <input type="checkbox"/> Perpignan <input type="checkbox"/> Train to :        Carcassonne <input type="checkbox"/> Perpignan <input type="checkbox"/>	Camping <input type="checkbox"/> Orri <input type="checkbox"/> Chalet Anna <input type="checkbox"/> Huttoopia <input type="checkbox"/>
<b>Day 2. Walk 1</b>		
<b>Day 3 walk 2</b>		
<b>Day 4 walk 3</b>		
<b>Day 5 'Free' Day</b>	Stay poolside at the Orri, visit the nearby towns of Mont-Louis or Font-Romeu, take a trip on the famous yellow train, a hot air balloon ride, discover Pyrenean wildlife up close at the animal park at Les Angles or pamper yourself at the nearby thermal baths at St Thomas Les Bains. Feeling energetic? If you wanted to do another walk, there are plenty to choose from as well as Via Ferrata and Mountain biking. NB Cost of activity not included in price but vehicle transfer to and from is.	
<b>Day 6 Walk 4</b>	This day can include an optional stay in high mountain refuge. It will have a warden and 3 course evening meal will be provided with breakfast and packed lunch provided the next day. You will need a sleeping bag liner.	Refuge <input type="checkbox"/>
<b>Day 7 Walk 5</b>		
<b>Day 8 Travel day: Departure</b>	Flying from :    Carcassonne <input type="checkbox"/> Perpignan <input type="checkbox"/> Train from :        Carcassonne <input type="checkbox"/> Perpignan <input type="checkbox"/>	

Once you have decided on your own personal **Introduction to the Eastern Pyrenees** and filled in the Holiday Planner, print it, scan it and then email it to me please. I can then carry on with putting together your holiday.

I will send you an itinerary and price based on what you have filled in on this form for you to OK. Once you are happy with the itinerary and price, then you can book the holiday. Please don't book your travel arrangements until your booking is confirmed with the Pyrenees Mountain Adventure team. To confirm a booking you will need to send a deposit of 50% of the cost of the holiday. Details can be found on the **Booking** section of the website. You will also find the **Terms and Conditions** in this section of the website.

The **Pyrenees Mountain Adventure** team look forward to seeing you in the Eastern Pyrenees soon.