

Pic Carlit Challenge

Touch the Earth lightly with this environmentally friendly hut to hut trek in the beautiful, sunny Catalan Pyrenees.



- ✓ Experienced, qualified and locally-based English tour leader
- ✓ One of the best sunshine records in France
- ✓ High mountain cols offering amazing views of the surrounding peaks
- ✓ A world of quiet and calm with a stunning mountain backdrop
- ✓ Holiday runs from mid July to mid October
- ✓ Optional ascent of Pic Carlit for the 360° panorama.
- ✓ Several different eco friendly accommodation options available
- ✓ Minimum of 4 in a group with the 7th person travelling free
- ✓ From £859 pp for 7 nights, transfers, accommodation and all meals included
- ✓ £100 cashback to encourage greener travel to France



£859 per person. 8 days, 7 nights, 5 days walking and 1 'free' day. Maximum altitude – 2 9121metres/9 584 feet. Breakfast, packed lunch and cooked 3 course evening meal each day included, except on arrival day (dinner only) and leaving day (breakfast only). All vehicle transfers included in price.

The price quoted is for the basic **Pic Carlit Challenge** with an extra (warm up) day added before the trek and another added during the trek with an extra night at one of the high mountain refuges. Accommodation is at the Orri de Planès before and after the trek.

The holiday is to some degree adaptable. Days can be added to and subtracted from the basic 4 day trek package. As well as being able to choose the number of days in your personal **Pic Carlit Challenge** holiday, various accommodation options are available. Camping every night, a mixture of camping while on the trail with B + B style accommodation before and after the trek and B + B style accommodation every night.

There is a **Holiday Planner** on the last page of this trip dossier where, if you want to, you can change the itinerary below and put together the perfect Pic Carlit Challenge for your group.

A suggested itinerary for the week is given below. This itinerary and any other that PMA offers cannot be guaranteed to run exactly as set out. 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.



Chalet Ana, Les Angles.



Huttopia Log Cabin, Font Romeu.

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.

Day 2. Optional Warm Up Day. Night at the Orri de Planès

From the accommodation there will be a half day warm up walk in the morning and then an afternoon visit to the nearby thermal baths in St Thomas les Bains. There will be time for you to stop off in Mont Louis to complete final food and minor kit purchases. Belongings that are not needed for the trek can be kept safe at the accommodation until your return. **Distance: 8 km/5 miles. Height gain: +200m/656 feet. Approx. 3 hours walking.**

Meals provided: Breakfast, packed lunch and evening meal.

Day 3. Pic Carlit Challenge Day 1. Night at the Camporells Refuge.

The day starts from near Mont Louis after a short road transfer from your accommodation. We walk past a number of hidden mountain lakes enjoying our first views of the distant Pic Carlit. The Camporells Refuge is superbly located in the Catalan Pyrenees 'lake district'. There are great views across to the Twin Perics. If you choose to stay a second night here, you could summit both peaks the next day. There is an easy scramble route if you like a challenge. **Distance: 19km/12miles. Height gain: +565m/1853 feet. Approx. 7 hours of walking.**

Meals provided: Breakfast, packed lunch and evening meal.

Day 4. Pic Carlit Challenge Day 2. Night at the Refuge d'en Beys.



Looking back towards the Camporells Refuge.



Spectacularly located Refuge d'en Beys

From the Camporells refuge across magnificent wild country to the Portella de Laurenti – the high point of the day. From here there is the option to ascend Roc Blanc. From the Portella we descend to the Oriège Valley via the Cole Laurenti and then follow the Oriège mountain torrent upstream to the Refuge d'en Beys.

Distance: 17km/11miles. Height gain: +850m/2788 feet. Approx. 7 hours of walking.

Meals provided: Breakfast, packed lunch and evening meal.

Day 5. Pic Carlit Challenge Day 3. Night at the Bésines Refuge.

From the Refuge d'en Beys across two cols and past several high mountain tarns (with an option of ascending a peak along the way) to the Bésines Refuge.

Distance: 11km/7 miles. Height gain: +818m/2684 feet. Approx. 6 hours of walking.

Meals provided: Breakfast, packed lunch and evening meal.

Day 6. Optional Extra Night at Bésines Refuge.

This day can be your own with time to yourself to relax on the Refuge patio, explore the surrounding area at your own pace, marmot watch or perhaps a swim in the lake. For the more energetic you can go peak bagging with the guide.

Meals provided: Breakfast, packed lunch and evening meal.

Day 7. Pic Carlit Challenge Day 4. Night at the Orri de Planes.



Pic Carlit summit view towards Lac Bouillouses



Looking back at the summit of Pic Carlit.

There is more wild country to cover from the Bésines Refuge to the Lanoux lake, the largest expanse of water in the French Pyrenees. From there we journey to Lac Bouillouses, the end point of the trek, via the summit of Pic Carlit (2921m/ 9 583 ft) for the wonderful 360° panorama. The summit is recommended to end your trek on a high, but there is a less strenuous lower level valley route available. At Lac Bouillouses there are several cafés where we can celebrate the successful completion of your Pyrenees mountain adventure.

Distance: 16km/10 miles. Height gain: +1038m/3405feet. Approx. 7 hours walking.

Meals provided: Breakfast, packed lunch and evening meal.

Day 8. Travel Day/ Depart.

Transfer to Carcassonne or Perpignan. 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

During the trek you will be staying in spectacularly located mountain refuges (or camping near them if you choose the coming option). There will be a warden who provides breakfast, packed lunch and a 3 course dinner. It is likely that you will sleep in a dormitory with other trekkers. Before and after the trek you can choose from 3 accommodation options which offer a greater level of comfort:

Orri de Planès is a 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 apartments. 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.

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

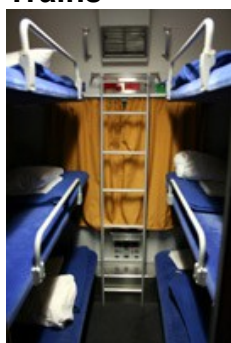
[The Rough Guide to the Pyrenees](#). by Marc Dubin. Rough Guides, 2004

[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, Liverpool, East Midlands, Glasgow and Dublin. 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 Freedom Trail Escape.

Use the Holiday Planner on the next page to help you put together your perfect **Pic Carlit Challenge**.

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 **Pic Carlit Challenge**.

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 if you want an optional warm up day and which activities you want to do. Tick the boxes to indicate your preference. Indicate if you want to add an extra night at one or more of the mountain refuges.

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

Day	Activity	Accommodation
Travel day :Arrival	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"/> Huttopia <input type="checkbox"/>
Optional Warm Up Day Yes <input type="checkbox"/> No <input type="checkbox"/>	Morning warm up walk <input type="checkbox"/> Visit to thermal baths <input type="checkbox"/> Free time in Mont Louis <input type="checkbox"/>	Camping <input type="checkbox"/> Orri <input type="checkbox"/> Chalet Ana <input type="checkbox"/> Huttopia <input type="checkbox"/>
Pic Carlit Challenge Day 1	Compulsory	Camping <input type="checkbox"/> Mountain Hut <input type="checkbox"/>
Pic Carlit Challenge Day 2	Compulsory	Camping. <input type="checkbox"/> Mountain Hut <input type="checkbox"/>
Optional Pic Carlit Challenge Extra Day Yes <input type="checkbox"/> No <input type="checkbox"/>	Optional	Camping <input type="checkbox"/> Mountain Refuge <input type="checkbox"/>
Pic Carlit Challenge Day 3	Compulsory	Camping <input type="checkbox"/> Mountain Refuge <input type="checkbox"/>
Optional Pic Carlit Challenge Extra Day Yes <input type="checkbox"/> No <input type="checkbox"/>	Optional	Camping <input type="checkbox"/> Mountain Refuge <input type="checkbox"/>
Pic Carlit Challenge Day 4	Compulsory	Camping <input type="checkbox"/> Orri <input type="checkbox"/> Chalet Ana <input type="checkbox"/> Huttopia <input type="checkbox"/>
Travel day :Departure	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 Pic Carlit Challenge 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 on the **Pic Carlit Challenge** soon.