2019-2020
The Mag
GAVARNIE VALLEYS
AND LOURDES AREA
Family Time / Rando ! / Road Trip
A complete program !
A MUST DO FOR EVERY FAMILY
PASS TO LAKE GAUBE

A pass for a Great site, the pure fresh mountain air with a breath taking view of the Pic du Vignemale peak? Take the cable car + chairlift from the Pont d’Espagne and enjoy a short walk to Lake Gaube.

Access via gondola and chairlift. Duration: 1h30
return trip to Lake Gaube.

from

12.50 €

WELLNESS SPAS
RELAX

Enjoy the warm thermal bubbles of the “Bains du Rocher” for a 2 hours access in the thermal spas located in Cauterets village.

Access including Gaube Lake Lifts & 2h in Bains du Rocher

Price

29 €

* Conditions and informations on cauterets.com

www.cauterets.com
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Top experiences!

On a mountain high... on an electric bike!

No need to tail the polka dot jersey to get up the mountain roads! Just as easy to use as a conventional bike, the electric bike (also known as the E-bike) allows you to enjoy a leisurely ride by providing assistance according to your needs. Be it a road bike or mountain bike, it is easy to use and to get out and discover the Pyrenees! Cycling in the mountains is now accessible to everyone.

On the steeper climbs, the whole experience is a pleasant one, made easy by the extra power afforded by the bike. You will be able to enjoy the mountain scenery at leisure – something that you probably would not have imagined enjoying from a normal bike. With a guide or independently, all you have to do is enjoy the most beautiful panoramic views!

Contact details for guides and bike rentals available from page 32 and at Tourist Offices.

Meet the animals

Marmots, bears, wolves, foxes and other large raptors are the emblematic animals of the Pyrenees. Now you can meet them in animal parks where they live in a semi-wild environment. Be it on a supervised guided tour or at a meeting point with an animal keeper of the Pyrenees National Park. This is an experience not to be missed!

Parc animalier des Pyrénées, Argelès-Gazost

Donjon des aigles, Beaucens. (Raptor Park)
Open daily until 30 September 2019.  www.donjon-des-aigles.com

Parcours du Lutin Pêcheur (wild fishing course), Lau-Balagnas.
Open all year round from Monday to Saturday afternoon and 15 August (other holidays exempt)  www.latrucledespyrenees.fr

The Pyrenees National Park
Trips accompanied and meetings with a park warden are regularly organized. Information on www.valleesdegavarnie.com
This theatre is an awe-inspiring sight to watch time and time again in its high mountain setting. In the heart of the fabulous Cirque de Gavarnie, at the gateway to the Pyrenees National Park, every summer, high altitude theatre festival is a unique artistic experience! Spectators are entranced by the acting all whilst being spellbound by the cirque which is lit up with fabulous colors at dusk.

The Gavarnie Festival, from 25 July to 6 August 2019, shows "Don Quixote" each evening. After a 30 minutes walk, we arrive at Plateau de la Courade at a height of 1500m, a huge open-air stage! Unique and unforgettable.

Access is on foot only, ca. 30 minutes from Gavanie village. Return by torchlight in the shadow of fellow festival-goers. Bring warm clothes and a flashlight for the return.

More info: www.valleesdegavarnie.com

Beneath your feet is a world of treasure! The Saint-Pé-de-Bigorre range has over 1500 caves. Why not try your first underground trip here? Speleology is an adventure accessible to everyone (children from 6 years). It can also be practised all year round (an assured temperature of 13 degrees!), Even on a rainy day. The underground environment is full of natural fairytale curiosities: vast rooms, galleries, stalactites, underground rivers. Follow in the footsteps of prehistoric animals and hunters who ventured here over 150,000 years ago. Instructors will teach you the art of underground movement: walking, climbing, crawling, sneaking ... Wonderment Guaranteed!

- Info and list of instructors available at the Saint-Pé-de-Bigorre Tourist Office.

The Pyrenees are a massive mountains with thousand lakes, 1270 for be very accurate throughout the chain. Coiled in craters, lost in very high-mountain or accessible to all, let yourself be surprised by their beauty and purity. Accessible by car: lake of Estaing (Val d’Azun), dam of Gloriettes (Gêdre). Lake must, our image of Epinal: lake of Gaube (Cauterets), accessible on foot or chairlift.

Hiking infos p.26
Join the torchlight procession

The religious torchlight procession takes place every evening at 9 pm from April to October in the Sanctuary of Our-Lady of Lourdes. It is the most popular event and is considered as the highlight of the day. It lasts just over an hour.

www.lourdes-infotourisme.com

Spend a night in a sheltered refuge and admire the stars

Spend a night in a safe area and admire the stars in its purest purity and feel the infinity of the universe. From high mountain refuges to shelters accessible with your children at 1h30 from walk, the experience is within everyone’s reach. Accessible refuges: Marcadau, Oulettes (Cauterets), Les Espuguettes (Gavarnie). It is necessary to call to reserve.

The list of mountain refuges: pyrenees.refuges-montagne.fr

Raising and taming the summits: Pic du Midi

2877 m altitude, it is at this altitude that you can climb without effort and live an incredibly experience: walk in the void. A 12m footbridge long invites you to walk in the void to enjoy an exceptional panoramic view of the Franco-Spanish massif.

Accessible by cable car from La Mongie. All year. www.picdumidi.com
In the snow in summer

Up high in Cauterets, between peaks, torrents, waterfalls and lakes, the Gaube valley is a beautiful site popular with hikers and recreational walkers. Witness to the ice age, the Gaube Lake with its crystal clear colour is sure to seduce. Whilst walkers make a well deserved stop at the edge of the lake, the more sporting souls continue their ascent to the Oulettes Refuge to admire the majestic Vignemale and the Oulettes glacier.

HIKING INFO
Lake of Gaube: from the Pont d’Espagne 2h15 round trip via the GR10 or via the chair lifts with a 15 minutes walk.
Oulettes Refuge 6h round trip via the GR10 from the Pont d’Espagne

Diving in the waters crystalline: canyoning

Canyoning is a very original way to discover the mountain and mountain streams. You will walk unsuspected gorges and torrents. At a time adventurer, contemplative and reckless, this sport of white water is the royal route of the mountain playful and sensational. Practice is framed by a mountain guide or monitor graduated, canyoning can last from 1h30 to 3h approximately, accessible to the whole family (child knowing to swim). An unforgettable moment to give life to your loved ones!

List of accompanying persons in Tourist Offices.
Country of cirques

Fifty million years ago, fluvial erosion and glaciers shaped the Pyrenees and created a group of natural cirques of rare perfection. Gavarnie is the most famous and the most spectacular. It boasts a diameter of 5.5km, 1,500 m high vertical walls, and dozens of waterfalls. This “incredible colossus of chaos” as Victor Hugo said, is surrounded by sixteen summits which stand over 3,000 meters above sea-level. It is unique in the whole world. The cirque and the Spanish side of large canyons and the Ordesa National Park, together form “Gavarnie-Mont-Perdu” (Gavarnie-Lost-Mountain) which is listed as a UNESCO World Heritage Site.

A romantic landscape

The writers of the Romantic period made sure Gavarnie’s popularity would be established in the minds of the people for a very long time. Discover romanticism in its literary definition of conflict of passions, mixing beauty with that which is frightful, or combining the sublime and the mundane. From the 19th Century onwards, Gavarnie has moved people deeply, highlighting different emotions. In the summer of 1843, Victor Hugo spent two months with Juliette Drouet in Spain and in the Pyrenees. On 31st August, they discovered the Cirque de Gavarnie. The poet was thus carried away by the beauty of these landscapes which combine both greatness and immoderation. “You may have visited the Alps, the Andes, the Cordillères, for several weeks you have had the Pyrenees before your eyes; whatever else you might have seen, what you are now perceiving is unlike anything you have come across before”. The smallness of man against the force of nature and God is a theme that inspired Victor Hugo:

“It is both a mountain and a wall; it is a most mysterious architectural edifice; it is nature’s colosseum; it is Gavarnie.”

Victor Hugo- Dieu -1855.

Gavarnie, cradle of Pyreneism

Chamonix has always been the cradle of mountaineering and a place where we achieve some of the most beautiful conquests in the mountains, but Gavarnie has become the equivalent in the Pyrenees. Ramond de Cabonnieres, scientist, naturalist, botanist, and expert on the Pyrenees was the first to make this comparison: “From Mont Blanc, we must come to Mont Perdu: when we have the seen the first granite mountain, the first limestone mountain remains to be seen.” As in Chamonix, conquests to reach summits have created legends, and the arrival of tourists who want to hike and walk in the mountains has created a need for guides and porters. Thus simple shepherds who live in Gavarnie have become the most iconic of Pyrenean guides, representing the first ascents up to the peaks and summits, and the first routes across the mountains. The cemetery in Gavarnie is to Pyrenees enthusiasts what the Panthéon is to men who love their homeland of France. Many great Pyrenean figures have chosen this to be the place where they are laid to rest.
Very few of the visitors to Gavarnie know that this heritage site is located in a valley known as the Pays Toy. This is the name given to the valley of Luz-Saint-Sauveur which stretches from the Col du Tourmalet right up to the ridges of the Cirque of Gavarnie. Since the beginning of time, shepherds in the valley have kept their herds according to the seasons and the natural local resources. In the summer, the herds move around freely in order to graze the best pastures that the mountain can offer. In return, these pastures protect the quality of the landscape. It is the plant life of the high mountains which makes the Barèges-Gavarnie meat so succulent. In the autumn, the herds come back down to the fields and barns which stand between 1,000 and 1,800 metres above sea-level, and in the winter they return to the valley between 600 and 1,000 metres. The Barégeoise is a rustic race of sheep, with good structure, a fleece which resists the harsh mountain climate, and an agility which allows it to move through some of the most difficult mountain terrain.

Visits to the farm possible in Pays Toy – to find out more visit www.aop-bareges-gavarnie.com

CIRQUE OF GAVARNIE
3h round trip on foot to the base of the cirque
CIRQUE OF TROUMOUSE
Take the fork at the village of Gèdre - access by vehicle as far as the Plateau du Maillet then shuttle bus to Troumouse, hiking departure point
CIRQUE OF ESTAUBÉ
Take the fork in the village of Gèdre – access by car, followed by a path on foot

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The Pays Toy, farming tradition : Barèges-Gavarnie PDO

Millaris offers a very interesting museum in which to discover this country of natural Cirques from a geographical, geological, cultural and pastoral perspective. An interactive tour as surprising as it is enriching.

MILLARIS MUSEUM, DISCOVERY AND INTERPRETATION CENTER

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PRICES

A visit to the 3 Cirques of Gavarnie, Troumouse and Estaubé and a detour to Lac des Gloriettes and the Plateau de Saugué.

The Gavarnie Festival: in the heart of the fabulous Cirque de Gavarnie, with its exceptional high altitude theater festival. 25/07 to 06/08: Don Quixote.

Immerse yourself in the spirit of Pyreneanism, thanks to the Heritage Walk app. Let yourself be guided through the village whilst listening to the testimonies of the inhabitants and their sing-song accent. Free of charge.

(*) protected designation of origin
Lourdes

Lourdes 2019, Bernadette’s year

In 1858, the Virgin Mary appeared 18 times to Bernadette Soubirous, a young girl from Lourdes of only 14 years old. Since then, the Sanctuary of Our-Lady of Lourdes has become one of the highest places of spirituality locations in the world, welcoming every year million of visitors and pilgrims from around the world. In the evening, hundreds of pilgrims walk, torch in hand, through the Sanctuary for the night procession. The songs rise up to the sky and send musical notes, carried by the wind, to the hikers on the surrounding peaks...

Religious town seen from above

The religious town does not define itself: it lives through encounters, ambience, human enthusiasm, all concentrated into this place of worship. But what a wonderful experience to be able to admire Lourdes, the Sanctuaries, the lake, and the Pyrenean chain, from above. Two places allow you to overlook the religious city and reconnect the town with its green mountain setting.

Bernadette Musical Comedy

From July 1 to October 31, 2019 in residence in Lourdes, this show will stage Bernadette Soubirous to whom the virgin appeared in 1858. To embody it, it is a former candidate of “The Voice Kids” which was chosen and the casting does not stop there because the musical is carried by big ones of the French music with notably the producers of “Robin des Bois” and singer Gregoíre, songwriter.

www.bernadetedelourdes.fr

Fortified Castel

With over a thousand years of history, this great vessel of stone invites you to travel in time. From its high ramparts, visitors can enjoy a 360° view over the town and the Pyrenees. The medieval setting adds to the sense of being transported to another time. Nestled in the castle, the Pyrenean museum listed as a “Museum of France”, houses the most important items from Pyrenean history, both French and Spanish (earthenware, traditional costumes, ...).

OPENING HOURS
Open all year from 2/01 to 14/04 and from 15/10 to 31/12: 10am-6pm (Tuesday to Sunday), from 15/04 to 14/10 : all days, 10am-7pm closing 01/11; 11/11; 25/12 and 01/01. The ticket office closes 1 hour before.

CONTACT
25 rue du Fort
Phone: +33 (0)5 62 42 37 37
chateaufort.museepyreneen@ville-lourdes.fr
www.chateaufort-lourdes.fr

PRICES
Adults : 7.50€
Children and students (6-17) : 3.50€
Disabled people : 2€

FAMILY GOOD DEAL :
2 adults + 1 child (6-17) : 16€
Additional child : 3,50€

FORCED CASTEL
+ Pic du Jer

Pass 2L
Adults : 17€
Children (6-17), students : 12,50€

FAMILY GOOD DEAL :
2 adults + 1 child (6-17) or 1 adult + 2 children (6-17) : 41€ -
Additional child : 12,50€

2018 was marked by the commemoration of the 160th anniversary of the Apparitions. In 2019, the City of Lourdes, in close collaboration with the Sanctuary of Our Lady of Lourdes, is celebrating the 175th anniversary of the birth of Bernadette and the 140th anniversary of her demise. The Tourist Office invites you to wander through the streets of Lourdes and discover the places that influenced Bernadette’s life to understand better her story and the one of Lourdes.

GRANDS SITES / VALLEYS
**THE PIC DU JER**

The Pic du Jer is the summit which dominates Lourdes; it stands at 1,000 metres above sea-level and allows visitors to access its summit via the funicular. After a visit to the caves - the highest in France - you can eat on the panoramic terrace of the "Haut de Lourdes" bar-restaurant. It is also the starting point for a beautiful hike on its botanical trail, and also different mountain bike tracks including the famous black trail of UCI Mountain Bike World Cup!

**OPENING HOURS**
Open all year from March 23 to July 04 : 9:30am to 6pm; and from July 5 to September 1 : 9:30am to 7pm; From September 2 to November 03 : 9:30am to 6pm. The ticket office closes 45 min before. Possibility of taking the funicular in one or both directions.

**PRICES ROUND TRIP**
- Adults : 12.50€
- Student and child (6 to 17) : 10€
- Family good deal : 1 adult + 2 childrens (6 to 17) or 2 adults to 1 children : 30 €
- Additional children : 10€

**FOLLOW BERNADETTE’S FOOTSTEPS**

Lourdes was just a small village of 4,000 inhabitants pressed against the foothills of the Pyrenees and nestled at the foot of its castle, when the Virgin Mary appeared to Bernadette Soubirous on February 11, 1858. Today, we invite you to wander through the streets of Lourdes and discover the places that influenced Bernadette’s life.

Following her footsteps at your own pace, you will get a better understanding of her history and that of the Marian city, from the 19th Century to the present day. From the Boly Mill where she was born, to the Grotto where the Apparitions took place in the heart of the Sanctuary, Lourdes still resounds with the delicate footsteps of Bernadette Soubirous.

A beautiful and fascinating stroll to discover at any age!

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**FAMILY HIKE**

Several different routes allow you to reach the summit.

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**Hiking idea**

**Béout summit**

The Béout is the other summit which watches over the religious town of Lourdes alongside the Pic du Jer. It reaches 791 metres above sea-level and gives you a superb panoramic view both over Lourdes and the ensemble of valleys and mountains. As a former hill resort it has a cable car which once brought visitors to the top effortlessly. The Béout separates Lourdes from the small secret valley of Batsurguère and its five villages.
Cauterets

Cauterets it’s really the ultimate mountain town, one of the gems of the Pyrenees, nestled in its mountain setting, with architecture that relates the mighty power of attraction that it held during the 19th century. Upstream from the famous spa town of Cauterets, the Pont d’Espagne provides access to pristine and unspoilt nature in the Pyrenees national Park. The dense, green forests compete with bubbling mountain streams and waterfalls, the sparkling lakes and majestic summits take each hiker on a journey far away.

The Pont d’Espagne site
An exuberant environment, vibrating to the rhythm of torrents, waterfalls and lakes surrounded by meadows. Under snow in winter or wild flowers in summer, the site breathes serenity. Starting point for hiking, the Pont d’Espagne is crossed by the GR10 and offers sublime views of Lake of Gaube (accessible by cable car and chairlift) or the Vignemale, the highest massif in the French Pyrenees. Old pastoral way, the site allowed yesterday the inhabitants of places to trade with Spain. Today is the gateway to the Pyrenees national Park.

Mountain Office
The receptionists in the Mountain Office, a specially designed area, welcome you and give you personalised advice so that you may discover the mountains in total security whether you be alone or accompanied. You will find all the information regarding outdoor sports in and around Cauterets, as well as contact numbers for all the mountain professionals, and above all you can visit the valleys around Cauterets thanks to an interactive 3D map.

OPENING HOURS
every day from July until August, 9am to 12.30pm and 3pm to 7pm.

FOR MORE INFORMATION
call +33 (0)5 62 91 02 83 or email: montagne@cauterets.com
To the hive!

Cauterets, also has some family history with the bees. "Le Pavillon des Abeilles" was built in 1875, and for forty years it was the working place of Doctor René Flurin, father to Catherine Flurin (founder of Ballot-Flurin). In 1992, "Le Pavillon des Abeilles" opened its doors to the public, with the marketing of the first organic preparations which very quickly found great success.

The Flurin family’s objective was also to raise awareness amongst visitors about the bees environment, introduce them to gentle beekeeping, and teach them about health in relation to bees, all in order to help them live better thanks to the bees while learning to respect them.

**LE PAVILLON DES ABEILLES**

23 bis, avenue du Mamelon Vert - 65110 Cauterets.
Tel : +33 (0)5 62 92 50 66
pavillondesabeilles@ballot-flurin.com
www.ballot-flurin.com

Summer opening hours
Open every day from Monday to Sunday 10.30am to 12.30pm and from 2.30pm to 7pm.

Free entry : video projection, access to the hive behind glass, honey tasting, and access to the bee garden are available to visitors to the boutique.

Groups : guided tours available by appointment and reservation.

Sweeties at the summit!

The golden age of balneology began in the 19th Century, when visitors would rush to spend time in the thermal waters. Thus the berlingot, a boiled sweet which dates back to the 16th Century, became the idol of the first spa town of the 19th and 20th Centuries. No fewer than ten berlingot factories touch the small town. Today, the streets of Cauterets bathe in the smooth sweet smell of the sweets freshly made by the hands of the artisan workers.

**MUST-DO**
Visit a factory of berlingots.

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**{ Hiking idea }**

**Estom lake - The Fruitière**

The Fruitière Valley, nestled just before the valley of the Pont d’Espagne, and after the Raillère, leads hikers towards the lake and mountain refuge of Estom. Paradise for fishermen and mountain lovers, this valley offers an idyllic landscape. Pine and fir trees line the route and the crystalline mountain streams, while the majestic summits watch over the hikers from above. For most of the way, the route borders the national Park - you may take your dog as far as the mountain refuge but it must be on a lead.

**FAMILY HIKING**
3h45 A/R
Free parking - Estom refuge : open from the 1st of June to the 1st of October
Phone : +33 (0)5 62 92 07 18 – www.refuge-estom.csoss.fr
Barèges – Pic du Midi

The Pic du Midi certainly offers the most beautiful panorama of the Pyrenees, perched at 2,877 m altitude! Below, the Col du Tourmalet watches over the beautiful Barèges valley, where sporting activities and relaxing thermal waters experiences go hand in hand and mountain top villages invite you to stroll through their narrow lanes and enjoy their mountain panoramas. For lovers of the great outdoors, head for the Néouvielle nature reserve one of nature’s jewels!

The Pic du Midi, an exceptional panoramic view point!

The Pic du Midi takes passengers on a spectacular journey by cable car, up to a height of 2,877 m, where 600 m² of furnished terraces offer a 360° view of the Pyrenees Mountains in summer and winter! This unusual site is home to a valuable observatory for scientists. Located in the middle of the mountain, it white cupolas unfurls under an open sky of such clarity that it has been declared an “International Reserve of Starry Sky”. The highest museum space in Europe describes with passion how this human feat of engineering came to be. The suspended viewing pontoon is an amazing experience!

Cable car from La Mongie, 30 minutes from Barèges via the Col du Tourmalet.
Prices: Adult: 45 € - Family (2 adults + 1 or 2 children - under 18 years old): 108 € - Children (5 to 11 years old): 27 € - Children (3 to 4 years old): free.
Info: +33 (0) 825 00 2877 (Price of a local call) and www.picdumidi.com

International Reserve of Starry Sky (RICE)

The clarity of the Pyrenean night sky is now protected by the International Reserve Starry Sky - Pic du Midi (RICE). The Pic du Midi and all the villages of the Gaillan Valleys are committed to reducing light pollution for the sustainable development of mountain ranges which will allow the starry sky to be contemplated in all its purity.

Starry nights on the Pic du Midi: access by cable car, night at the summit, sunset and sunrise, planets/star-gazing, guided tour, access to observation domes. Double room from 439 € / room.
Freeride descent on MTB from the Pic du Midi

Extreme cycling enthusiasts can indulge in their favorite sport by enjoying an exceptional descent of more than 1,800m in elevation in an exceptional high mountain setting!

Access to Pic du Midi by cable car from La Mongie.
Two cable car ascents are reserved for mountain bikers daily from 01 July to 30 September. 45 € / adult. No reservation needed.

Barèges and the hilltop villages

Barèges anchors its roots in its mountain history and at the same time embraces its lower valley surrounded by forests. The highest spa resort in France (1250 m altitude) has naturally warm waters that are renowned for treatment of rheumatology and ENT. They are ideal for muscle recovery and relaxation! In Cieléo spa, you can relax in the Jacuzzi while enjoying a panorama of the mountains.

Barèges is the gateway to the largest ski area in the French Pyrenees- Grand Tourmalet, which benefits from skiing in winter and mountain biking in summer. It is also the ideal starting point for hiking, snowshoeing, biking or horseriding during the summer on the GR10 route. The many hiking trails from the village afford views of the peaks and access to the nearby hilltop villages on a short walk or a more difficult hike.

The villages of Sers, Betpouey, Viey and Viella, located on the mountainside, are examples of typical mountain architecture. Located in the heart of nature’s greenery, they are great starting points for walks for all levels. Take the time to discover their heritage steeped in history: churches, wash houses, fountains ... each of them hides a surprise! In Sers, the oratory of Saint Justin overlooking the village is worth a detour, as well as the great food at ”Chez Rosette” where they serve excellent garbure.

During your stay, you will share in the lifestyle of authentic mountain village people. You will also discover the local heritage while being amidst some exceptional local sites.

Spa of Barèges : +33 (0)5 62 92 68 02 and www.thermes-bareges.com
Barèges Tourist Office : +33 (0)5 62 92 16 00 and www.valleesdegavarnie.com

The Néouvielle nature reserve

Crafted by glaciers, the Néouvielle nature reserve shows off its cirques and ridges in a perfectly preserved high-mountain environment. Its micro-climate, warmer and drier than its surroundings, has allowed a unique flora and fauna to flourish here. A gold mine for photographers and a treat for walkers!

Barèges Tourist Office
+33 (0)5 62 92 16 00 and www.valleesdegavarnie.com
We Love!

Val d’Azun and Argelès-Gazost Valley

The Val d’Azun is a preserved territory where time seems to have stood still, where the cow bells are the only signs of movement, where the light on the mountains defines the days and the seasons. The mountain landscapes are easily accessible: lakes Estaing and Tech, gateways to the Pyrenees national Park or access into Spain via the Soulor and the Aubisque mountain passes.

A little further down, we enjoy a stroll through the streets of Argelès-Gazost: its palm trees, its English park and its large villas have given the spa town its nickname of ”Little Nice”. On its upper hills, there is an exceptional panorama of the Hautacam, the year round leisure park, and you can take a walk in the beautiful Pibeste Reserve. The locals take their time to enjoy the good life!

Argelès-Gazost, an authentic town

Between Lourdes and Gavarnie, you discover this beautiful city in the footsteps of Victor Hugo, Emile Zola or Sissi, the Empress of Austria. We love its colourful market - which has been around for 700 years, its architecture, its opulent mansions, its spa town atmosphere and the surrounding villages with their pretty chapels, fortified churches, narrow streets, old wash houses and mills. Make a detour to Saint-Savin and its abbey, its cobbled square and timber houses.

Fun at the top, in Hautacam

Hautacam is both a small family ski resort, a famous stage of the Tour de France, a starting point for hiking, a place for astronomical observation and above all a magnificent view point of the valleys and high peaks!

It is also a four-season leisure park with a Mountain Luge. This comfortable and secure sledge set on rails is a must for the family - thrills and laughter guaranteed! The principle is simple: on a two-seater toboggan, the driver descends at a speed between 10 to 45 km / h simply by using the brake to control his speed. Accessible to people with reduced mobility. Ticket offices: Hautacam and tourist information points (Argelès-Gazost, Pierrefitte-Nestalas, Barèges).

Must-Do: Try out an electric mountain bike on the Hautacam plateau, a 16 km loop, overlooking the valleys. E-Bike rental in the resort ticket office.

Parc de loisirs du Hautacam
+33 (0)5 62 97 10 16 - www.hautacam.com – promo@hautacam.com

Meeting the marmots in the mountains, with a Val d’Azun mountain guide, who likes to share the secrets of this emblematic animal and these mountains.

Le Parc animalier des Pyrénées ranked top 3 of France’s zoos and parks. Meet animals (bears, wolves, marmots and many others!) who live here in semi-freedom. We also love the Donjon des Aigles (Raptor Park) and its incredible shows where raptors and colorful parrots take in the spotlight.

Le Jardin des Bains, wellbeing spa in Argelès-Gazost, where you can relax and enjoy the curative properties of its thermal water in sumptuous bathing pools set in a natural wooden and glass structure. Relaxation assured!

Parc de loisirs du Hautacam
+33 (0)5 62 97 10 16 - www.hautacam.com – promo@hautacam.com
Eldo-rando accessible from the Pyrenees

The many marked trails are perfect for a contemplative walk or an adventure into the high mountains. Hautacam has lovely walks along its mountains ridges to Lake Isaby, all whilst enjoying a panorama of the famous peaks of the Pyrenees. The Pibeste-Aoulhet Nature Reserve is a jewel of biodiversity, home to hundreds of plant and animal species, including rare and endangered species such as the bearded vulture, Egyptian vulture, Manescou eroder ... every step promises a wonder for an attentive hiker! The Val d’Azun route is an easy hiking trail, running on accessible paths, in preserved and remarkably varied landscapes. A typical medium mountain trail, this looped route can be done in 4 or 5 stages. If the route gets wild and hidden, the villages are never far away, making it easy to stop and recharge your batteries. It is suitable for all hikers, and especially for families (overnighting is possible in local gites at every section).

Topoguides for sale in the Val d’Azun and Argelès-Gazost tourist information points

"Val d’Azun - Pyrenees" cheese

Val d’Azun is renowned for its pastoral traditions, where cow, sheep and goat cheese have always been produced, unlike the Luz Valley, which is known for its Barèges-Gavarnie DOP certified lamb. The cheese producers of the valley have come together to modernize their production and marketing tools. For this purpose, they created the brand "Val d’Azun - Pyrenees" which promotes an area rich in pastoral traditions and guarantees a quality product. It can be enjoyed at local markets and in many restaurants.

Must do: visit a farm and meet the men and women who maintain this ancestral know-how.

List and opening times - Val d’Azun Home (tourist office) and on www.valleesdegavarnie.com
**GRANDS SITES / VALLEYS**

**Luz Valley**

Come and enjoy the sacred heights and secret charms of the “Pays Toy”, as the Luz Valley is affectionately known. With its long and varied history, majestic summits and beautiful mountainside villages there is much to explore. Take the time to enjoy the simple pleasures of the mountains: savor our local cuisine and immerse yourself in the festive atmosphere of summer events and village fête day evenings.

Luz-Saint-Sauveur is renowned both as a base for sporting pursuits and also as a holiday resort. If it doesn’t seduce you with its architectural treasures (fortified church, Pont Napoleon …), the small streets in the historical heart, its old communal washing areas, the ironwork of its balconies and its marble frames, the mountains around and all they offer will most definitely leave you spellbound.

**LUZ, KINGDOM OF BICYCLES !**

Whether you are a beginner or an experienced cyclist, Luz is the perfect base camp from which to challenge the Giants of the Tour! The variety of landscapes allows cycling year round and once the snow is cleared you can climb the mythical passes made famous by the Tour de France: Col du Tourmalet, Hautacam, Col du Soulor, Pont d’Espagne… With family or friends the perfect gentle ascent is the historic road of Luz Ardiden on an electric bike: climb more than 1000 m in altitude in 13 km and enjoy the spectacular views from the top.

**FROM WASH-HOUSE TO WASH HOUSE**

Let yourself be guided throughout this playful and original visit from one wash-house to another accompanied by the stories of inhabitants of the village collected and staged by the company “Les Jolies Choses”. This is an interactive experience allowing you to discover the life of yesteryear thanks to the stories of the village elders who met each other around the wash-houses before running water existed.

Duration: about 1h30 - Departure : House of national Park and Valley (info, terminal loan and wifi point)

**A VIBRANT & FESTIVE PAYS TOY**

The Pays Toy appreciates both its cultural heritage and the character of its traditions. Should you be visiting when there is a concert of the mountain singers “L’Orphéon” or the “Chanteurs de la Croix de Sia”, make sure you go along – their singing will transport you through the ages to other times and traditions.

Luz is also counting on astonishing you with an avant-garde program like the Jazz à Luz festival or throughout the year with “Shows on the Corner” offered by the House of national Park and Valley. They allow the public, the artists and a town square to meet, inviting you to discover the built heritage of Luz in a new way. These shows aim to arouse curiosity, emotion and delight!

The complete agenda is available at the Luz Tourist Office.
GAVARNIE VALLEYS AND LOURDES AREA

THE "PAYS TOY" ? WHAT DOES IT MEAN ?

The origin is unsure, but one possibility is that the word "Toy", does mean "small" in Gascon, and was used as a nickname to describe the inhabitants of these high Pyrenean valleys. Whatever the origin, the name has stuck and the valley, stretching from the Col du Tourmalet to the Cirque of Gavarnie with Luz at its centre, which was originally known as the "Vallée du Barèges", is now firmly named the "Pays Toy".

THE PERCHED VILLAGES

The villages perched in stones and slates charm the walker. Enjoy the panorama from the Sainte-Marie Castel, be guided during the visit of the mills of Sazos, stroll through the flowery streets of Viscos ... Esterre, Esquièze-Sère, Vizos, Saligos, Chèze, Grust or Sassis: these names of villages from here, worth a visit! With always the same thread: look up at the mountains that surround them, like majestic guardians.

BUNGEE JUMPING AT PONT NAPOLEON

Live the thrill, and jump from one of the most beautiful bungee jumping sites in France. At 90m above the river in a steep gorge you will have only one desire, that of reliving this pure moment of adrenaline.

**Guides Office**

1, place du 8 mai 65120 LUZ-SAINT-SAUVEUR
Phone: +33(0)5 62 92 87 28
www.guides-luz.com

**Luz Aventure**

6, rue de Barèges 65120 LUZ-SAINT-SAUVEUR
Phone: +33(0)5 62 92 33 47 – +33(0)6 20 69 92 28
www.luz-aventure.com

**Frédéric Crampou**

bungee jumping
65120 LUZ-SAINT-SAUVEUR
Phone: +33 (0)6 72 59 46 45
Saint-Pé-de-Bigorre and the Batsurguère Valley

There are secret places in the Hautes-Pyrénées which are great to share: Saint-Pé-de-Bigorre and the Batsurguère valley are one of them! These destinations, off the beaten track, with a peaceful and authentic charm, are home to a thousand treasures. The Batsurguère valley is green and rural and can be discovered on foot thanks to numerous hiking trails or with the "Heritage walk" mobile app. A little further away, is Saint-Pé-de-Bigorre, a picturesque village, surrounded by mountains. Do not be fooled by its peaceful tranquility, this village is full activities: hiking, caving, rafting on the Gave of Pau...

Concentrated of Biodiversity

The Pibeste-Aoulhet range is home to the largest regional nature reserve in France. Saint-Pé-de-Bigorre and the Batsurguère valley make up two of the three sides of this reserve. With over 5,100 hectares of protected terrain, this jewel of biodiversity is home to hundreds of plant and animal species. The reserve can only be discovered on foot, thanks to a large network of walking and hiking routes. Wherever you look, there are a thousand and one of nature’s jewels to behold as they unfurl before your very eyes.

- “De Bois en esîves”, complete guide to the trails of the reserve (9 €) for sale in Saint-Pé-de-Bigorre and Ségus Tourist Offices.

Star chops

If you are looking for a new experience, go on a night hike! In summer, the Tourist Office of Saint-Pé-de-Bigorre runs this beautiful experiential outing. A mountain guide will be waiting for you at 7pm at the “Place des Arcades” for an easy walk up to the hills. After an hour of easy walking and some local anecdotes delivered by the guide, you arrive at the plateau de Mousqué. It is in the heart of this magical location, beneath 100 year old oak trees, that you will build a fire and enjoy your well-deserved meal. After eating chops, sausages, country cheeses and Pyrenean cake and after making toasts, relishing your meal and taking in the fresh mountain air, you are ready for the sunset over the Pau plain! On the way back, don your headlamp and head through the forest - a unique and unforgettable experience.

Info, prices and sign up at the Saint-Pé-de-Bigorre Tourist Office.
Back in time in Saint-Pé-de-Bigorre

The construction of the village of Saint-Pé-de-Bigorre dates back to the year 1022! There are many visible witnesses to these 10 centuries of history: the 11th and 17th century listed church, the arcaded square, studded doors, wash houses, terraced gardens, 16th century houses... if you want to discover these riches as a family and have fun, head to Randoland! This treasure hunt lets you solve local enigmas by collecting clues about the historical heritage of the village. A great way to visit Saint-Pé-de-Bigorre in a fun way!

Sheets available free of charge at the Saint-Pé-de-Bigorre Tourist Office (4 to 12 years old)

Marvel at the wonders of the underworld by visiting the Betharram Caves, by walk, by boat and by train!

Descent the river and discover the joys of water with kayak or rafting on the Gave de Pau.

In Omex, walk in the flowery walk through the streets lined with old stone walls.
Local specialities itinerary
1 day

The perfect itinerary and an easy way to relax and enjoy local specialties!

Morning
- Go for a ride in Val d’Azun on an electric bike, an ideal way to cross this beautifully preserved valley.
  Electric bicycle rental info p. 32 "Bike".
- Gourmet break: on route, well-deserved gourmet stop offs breaks up this voyage of discovery! Enjoy the local Pyrenean cake or Val d’Azun Cheese on a visit to the farm.
  Info p.42 "Gastronomy, local products and craft"
- Lunch: stop off in the Val d’Azun to taste the local favourites.
  Info p.16 "Argelès-Gazost Valley and Val d’Azun"

Photo stop : Saint-Savin village and its 12th century abbey with its panoramic views on the valley.

Afternoon
- Head to Cauterets! Take a stroll around this village with its city feel and hidden surprises: wander the streets with their Belle Epoque flair, linger on the l’Esplanade des Œufs square and taste the famous “berlingot” sweets.
  Info p.12 "Cauterets"
- Late afternoon: take some time to soak in the “Bains du Rocher” thermal spa with its indoor and outdoor pools. Total relaxation!
  Info p. 40 "Well-being"
Wild Nature getaway 2 days / 1 night

Enjoy a slower pace of life in the Gavarnie Valleys on a “Wild Nature” escape!

DAY 1

Morning
- Discover Barèges valley on horseback, supervised by the “Le Lienz” Equestrian Centre. Roam the mountain trails to the rhythm of horse hooves whilst admiring the Pic Du Midi - in the heart of the enchanted Lienz forest.
  Info p.50 "Practical Info" - “horse riding”.
- Lunch: take a gourmet break in one of the typical Barèges restaurants and savour local specialties, such as DOP certified Barèges-Gavarnie lamb.
  Info p.14 “Barèges - Pic du Midi”

Afternoon
- New to thrilling experiences? It’s time to spice up your stay in Luz-Saint-Sauveur! A fun and playful descent on a Dévalmountain scooter lets you savour the beautiful landscape while testing the shock absorbers of this all-mountain terrain toy! The more adventurous can try out “Luz TyroLine”, a unique 2km zip cord course which passes through the Sia gorges. Thrills guaranteed!
  Infos p.35 “Family Time”

Photo stop: The Cirque of Gavarnie from the “Plateau de Saugué”!

- Make a stopover at Gavarnie for a starry evening ... After a short walk to escape the lights of the village, simply look up at the sky and contemplate the Milky Way in this sky which is unique in its clarity, and is classified as "International Reserve of Starry Sky" (RICE)
  Infos p.08 “Gavarnie”

DAY 2

Morning
- How about a self-guided online visit of Gavarnie? Download the free app. and be guided through the history of Pyreneism told by its inhabitants, interspersed with anecdotes that recall the soul of this village.
  Info p.39 “Heritage Walk”
- Lunch: head to Hautacam for a tasty stop at 1500m altitude!

Afternoon
- Try out this comfortable and safe sledge on rails whilst enjoying a superb mountain panorama. Thrills and laughter guaranteed!
  Infos p.35 “Family Time”
Discovery tour for young and old
2 days / 1 night
This “family” specific Road Trip promises to be a fun and sociable getaway!

DAY 1

Morning
- Marmots, bears, wolves, foxes and other large raptors are the emblematic animals of the Pyrenees. Why not come to meet them at the “Parc animalier des Pyrénées” animal park! Set aside at least half-day to enjoy it.

Infos p.35 “Family Time”

Photo stop : A selfie with the marmots, the stars of the Animal Park!

- Lunch: take a break in Argelès-Gazost or in a typical village nearby: an open valley surrounded by mountains!

Infos p.16 “Argelès-Gazost Valley”

Afternoon
- Head to the “Donjon des Aigles” (Raptor Park) to watch a magnificent bird show with commentary – featuring birds of prey in a stunning setting!

Infos p.35 “Family Time”

- Lunch break: the Argelès-Gazost thermal park is an ideal place for children: a shaded playground, a stream, 100 year old trees ... relax and enjoy!

- Good deal !! The “Pass Planète Animale” combines a visit to the Pyrenees Animal Park with a visit to Donjon des Aigles (Raptor Park). On sale at Tourist Offices.

Info p.55 “Tourist Offices” – “Gavarnie Valleys Tourist Offices”

DAY 2

Morning
- Head to “Chlorofil” acrobatic park: whilst the older adventurers can try all level of course, toddlers (from 2 years old) can enjoy “Le Bois des pirates” (Pirates’ Wood), a brand new tree climbing course that is fun and adapted for little ones!

Infos p.35 “Family Time”

- Lunch: what better than a refreshing break at Lourdes Lake for a picnic?

Afternoon
- Impossible to be bored at Lourdes lake ! Golf tasters, water activities, supervised swimming (Lourdes Beach in July-August) - the ideal place to spend time with friends.

Infos p.30 “Lourdes”

- In the evening: from 21.00 take part in the torchlight procession at the Sanctuary of Our Lady of Lourdes... A deep and unforgettable moment..
DAY 1

Morning

• Set off for the heights of Cauterets-Pont d’Espagne, a classified “Grand Site Occitanie” (top sites) and discover Lake of Gaube. Accessible on foot via the GR10 or by chairlift, this large lake with its turquoise waters offers a great view of the Vignemale, the highest Massif of the French Pyrenees!

Info p.26 “The best hikes to the lakes”

• Good deal! The “Grands Sites Occitanie” (top sites) combines visits to the Pont d’Espagne and the Pic du Midi. On sale at Tourist Offices.

Info p.55 “Tourist Offices” – “Gavarnie valleys Tourist Offices”

Photo stop: Lake of Gaube with its glistening reflections of the Vignemale massif!

• Lunch: stop at Luz-Saint-Sauveur, a pretty mountain village, to discover its rich heritage, its cobbled streets and the fortified church of Saint Andrew (11th century). Stroll along the banks of the Bastan River, its waters mirroring the surroundings and play areas for young and old (kids’ bike circuits, exhibition, foot bridge).

Afternoon

• Prepare to be thrilled with a paragliding flight from Luz Ardiden ski resort at 1700 m altitude! It is a unique experience where adrenaline meets beauty, the best way to enjoy the mountains and their beauty.

Info p.50 “It’s convenient” – “Paragliding”.

• Late afternoon: to recover from all this excitement, there’s nothing better than a soak in the naturally warm waters of the Cieléo thermal spa in Barèges!

Info p.40 “Well-Being”

DAY 2

Morning

• Head to the Pic du Midi at a height of 2,877m for the most beautiful panorama of the Pyrenees! Summer and winter alike, the cable car ride to the top is an adventure in itself.

Info p.54 “Barèges - Pic du Midi”

• Good deal! The “Grands Sites Occitanie” – top sites combines a visit to the Pont d’Espagne and the Pic du Midi. On sale at the Tourist Offices.

Info p.55 “Tourist Offices” - “Gavarnie valleys’ Tourist Offices”.

• Lunch: a gastronomic stop at the Pic du Midi restaurant whilst admiring the peaks... a unique experience!

Photo stop: following in the footsteps of the Tour de France riders, take a break on the Col du Tourmalet!

Afternoon

• Go hiking in the land of cirques: Gavarnie, Estaubé or Troumouse. These majestic natural sites are masterpieces of Mother Nature – not to be contemplated in moderation!

Info p.8 “Gavarnie”

• Early evening: immerse yourself in the local life of years gone by at “Luz et Coutumes”, an Eco museum-restaurant where you can taste the unmissable “garbure” dish!

Info p.18 “Luz Valley”

DAY 3

Morning

• Speleology or rafting session in Saint-Pé-de-Bigorre! Discover the underground world with a trip underground trip exploring the entrails of the Pyrenees and all its wonders ... fascinating! If you prefer white water sports – go for rafting! Amongst the mountains and plains, Saint-Pé-de-Bigorre is an ideal spot - fast currents follow calm zones amidst natural greenery.

Info p.50 “It’s convenient” – “White water”

• Lunch: To recuperate, head for “Les Halles” market in Lourdes and the many restaurants around the market.

Afternoon

• Visit the cultural and historical spots of Lourdes. Visit of the city by Segway: Sanctuary of Our Lady of Lourdes, Fortified Castle & Pyrenean Museum and the Pic du Jer funicular. Highly interesting!

Info p.10 “Lourdes”

• Good deal! The 2L Pass combines a visit to the castel-Fort / Pyrenean Museum and the Pic du Jer Funicular. On sale at Tourist Offices.

Info p.55 “Tourist Offices” – “Lourdes” and “Gavarnie valleys’ Tourist Offices”
The top hikes to the lakes

Mirrors of the scenery, mountain lakes are often the main point of interest of a walk and their shores are conducive to a much deserved stop. To enjoy a refreshing break in an exceptional setting, check out our selection of easy-to-access lakes in summer.

Lake of Isaby - HAUTACAM
Altitude 1558 m
This easy and family walk can be made on the afternoon, it let you discover the Isaby lake and its surrounding summits. The starting point is from Col de la Moulata or the top of the Hautacam ski resort. Leave on your left the path rising towards the Hourquette d’Ouscouaou and take the right going down towards Isaby. Return by the same route.
2h00 Round trip
ascension Level + 200 m
very easy
Starting point: Hautacam ski resort carpark (Tramassel)
Map IGN. 1647 ET - Lourdes/ Argeles-Gazost/Le Lavedan
Dogs allowed, but only on a leash.

Lake of Gaube - CAUTERETS
Altitude 1725 m
Access the mythical Lake of Gaube in just a few minutes, via the chairlift, open from 01 June to 29 September 2019 or via the GR10, to view the Vignemale, the highest mountain chain of the French Pyrenees culminating at 3,298m. The walk up from Pont d’Espagne is magnificent: winding paths under the pines, through granite landscapes and over streams which beckon you to rest by their cool banks.
Duration: 3 hrs round trip via the GR10 or chairlift (12 min climb + 15 min walk to the lake)
Altitude gain: + 235 m
Difficulty: Medium
Starting point: Pont d’Espagne car park (payable)
Dogs allowed only by chairlift, then walk to the lake. Part of the Pyrenees national Park.
Map: 1647OT and N° 4 Bigorre
Practical informations

WEATHER
Tel: +33 (0)892 680 265
(1,35 €/ to call + 0,34€/m)
www.meteofrance.com

Five-day forecast for the Pyrenean Mountain chain.

EMERGENCY/RESCUE SERVICES
Emergency Number : 112
Mountain Rescue :
+33 (0)5 62 92 41 41

SOME PRACTICAL INFORMATION
• Make sure you have good walking shoes and take clothes adapted to the weather conditions.
• To avoid getting sun burnt, cover up and protect yourself with sun cream and sunglasses.
• So as not to get dehydrated, take water with you and drink regularly.
• In a storm, do not take shelter under trees, nor on peaks or rocky ridges. Keep away from any metal.
• Make sure you have a precise map : minimum 1/50000, 1/25000 off trail.
• If you head out alone, tell someone about your route or leave a note in your car or at the place where you’re staying.

Topoguides
The topoguides and hiking maps are essential tools for hiking and discovering the mountain world.

• Maps divided by sector, at 1/25,000 or 1/50,000 scale. From € 12.80. For sale in bookshops and on www.ignrando.fr The IGN N° 4 Bigorre map (scale 1/50 000) covers the entire territory. € 9.95 on sale in bookshops and on www.ignrando.fr

• The French Hiking Federation offers a collection of guides. 9,70 € topography of about 20 hikes divided by area: Lakes and peaks of the Country Toy - ST04 / The Toys country valley on foot - ST05 / Val d’Azun on foot - ST10. On sale in bookstores and some Tourist Offices.

• Also check out the hiking maps available in Tourist Offices.

• Cauterets Walk Guide: 19 original itineraries for everyone. On sale at Cauterets Tourist Office and on www.n-py.com

The author suggests these itineraries. Under no circumstances can he be held responsible for any accidents or changes to the conditions for undertaking the hikes described in these documents.

Lake of Oncet
BAREGES – PIC DU MIDI
Altitude 2254 m

This lake is nestled at the foot of the Pic du Midi, not far from the Col du Tourmalet. After an easy gradual climb from the small valley of Oncet, you come across a striking view of the Pic and its observatory. Herds of sheep and llamas will come and liven up your hike.

Starting point : from the bend on the D918 (road to Tourmalet, bend at Toue), 1km before the mountain pass.
Duration : 3h00 round trip — ascension level + 350 m
Départ : in the the hairpin bend of D 918 (virage de Toue), 1km before the Col du Tourmalet
Carte IGN : 1647OT, 1647OTR

Lake of Tech
VAL D’AZUN
Altitude 1207 m

Located at 1,207 metres above sea-level, the lake of Tech is an ideal place for observing nature and herds of sheep, indeed it stands at a gateway to the Pyrenees national Park and is greatly appreciated and enjoyed by fishermen and walkers alike. An route with interactive terminals is available to everyone, allowing families with buggies and prams or people with reduced mobility to enjoy the site.

Duration: 1h for the tour of the lake.
For people with reduced mobility (PMM), round trip 45 min.
Elevation: + 20 m for the lake tour. Flat on the part accessible to the PMR.
Level: very easy
Starting point: Tech dam parking
Dogs allowed on a leash

Note: winding road for the last 3 km, free parking - limited spaces. Dogs allowed on a lead.
Map: T140OT and N° 4 Bigorre

Other lakes are well worth a visit and require a little more walking. Consult hiking maps and enquire in the Tourist Offices.

Lake of Gloriettes - GAVARNIE-GÈDRE
Altitude 1668 m

This large reservoir is located at the gates of the Cirque of Estaubé, a UNESCO World Heritage site along with Gavarnie and Troumouse. From the dam car park, a nice loop around the lake. Interpretive panels along the way provide information about the mountain environment and high-altitude landscapes shaped by man. Possibility of extending the walk to the Cirque of Estaubé (about 3 hours round trip from the car park, easy walk, dogs not allowed).

Duration: 1h15 (loop)
Altitude difference: + 80 m
Difficulty: easy
Starting point: Gloriettes dam Car park
Note: winding road for the last 3 km, free parking - limited spaces. Dogs allowed on a lead.
Map: T140OT and N° 4 Bigorre

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From Lourdes to Gavarnie
Pyrénnées — Mont Perdu, Unesco World Heritage Site

This outstanding mountain landscape, which spans across both sides of the border between France and Spain, is centered on the peak of Mont Perdu, a limestone massif that rises to 3,352 m. The site includes two of the largest and deepest canyons in Europe on the Spanish side and three spectacular cirques on the French side: Gavarnie, Estaubé, Troumouse. This site also represents a pastoral landscape which reflects the agricultural way of life that was once widespread in the mountainous regions of Europe. It allows us exceptional insight into European society of long ago through its landscape of villages, farms, fields, mountain pastures and mountain roads. The Gavarnie/Mont Perdu area offers an exceptional, cultural landscape and combines scenic beauty with a socio-economic structure that has its roots in the past.

It illustrates a way of life in the mountains that has become rare in Europe.

www.valleesdegavarnie.com

The Magic of the Pyrenees by Night

The Pays de Lourdes and the Gaves Valleys are home to many protected natural spaces, and grand sights such as Lourdes and Gavarnie. But this is not all, they also boast one of France’s, and even Europe’s, most beautiful night skies.

The purity of the Pyrenean night sky is now protected by the Pic du Midi IDSR (International Dark Sky Reserve), the largest and most beautiful in the world, certified since December 2013. So after an enjoyable day, just wait for the sun to set so that you can witness the magic of the Pyrenees by night!

Pic du Midi International Dark Sky Reserve

www.picdumidi.com/rice
The Pyrenees national Park

An exceptional territory

Enjoy magnificent panoramas, scale high peaks, escape into lush forests or relax on the edge of lakes and waterfalls, the possibilities are endless! From the simple walk to the sportier hike, everyone can immerse themselves in the heart of this sanctuary of Mother Nature. This is the opportunity to camp in the mountains in the heart of the International Reserve of Starry Sky (RICE), the only one in Europe.

The Pyrenees national Park Houses

Learn all about the exceptional heritage from national Park Tourist Offices that welcome you all year round: exhibitions on the Pyrenees, hydroelectricity, fauna and flora, film screenings, conferences, documentaries. A wealth of information!

- Gavarnie, centre-village. +33 (0)5 62 92 42 48
- Luz-Saint-Sauveur, 24 place Saint-Clément. +33 (0)5 62 92 38 38
- Cauterets, place de la gare. +33 (0)5 62 92 52 56
- Arrens-Marsous, Val d’Azun House. +33 (0)5 62 97 49 49
- Map of Aste in Val d’Azun, only in July-August. Interpretive trail around the water, the rock and the forest, for families; Reduced mobility tourism approved. Duration 1h.

The national "Esprit parc" brand

"Esprit Parc" is above all about passionate men and women united by a common desire to preserve and promote this exceptional territory. The brand, radiating through different services and products (accommodation, catering, crafts, supervised outings ...), also carries a message of solidarity by focusing on the local economy.

Meet the national Park Rangers

National park rangers love to share their knowledge during the free Mountain Info Sessions. Feel free to come along!

The full program is available free of charge in Tourist Offices.
Unmissable view points

Climb to the top of the Pic du Jer

The Pic du Jer is the highest point of the town, that you will recognize thanks to its distinctive big cross, which lights up at night time. The Summit offers a unique viewing point, with a stunning 360° panorama over Lourdes, Tarbes, Pau, Argelès-Gazost Valley and the Pyrenees. You can reach the top at an altitude of 1,000 meters via a charming funicular over a hundred years old.

Prices Pic du Jer (from March to November) adult: 12.50€, child (6-17), student: 10€. Pass Pic du Jer + Fortified Castel since 12.50€. Access: from Lourdes, the cable-car parking is at the enter of the speedroad in direction of Argelès-Gazost.

Saint-Savin village - Argelès-Gazost Valley

Altitude: 540 m

Located on a promontory, Saint-Savin offers a magnificent view of the valley. The 12th century former abbey is the jewel of this village with its long monastic past, as evidenced by the wealth of its buildings and its Treasury Museum. The 16th century chapel, timber houses and water fountains make it a hot spot of Pyrenean heritage. The chapel of Notre-Dame de Piétat (11th century) located just outside the village is also worth a visit!

Prices: Abbey entrance free. Treasury Museum: adult 2.50€, child (0-16 years): free. Directions: from Argelès-Gazost, follow signs for Saint-Savin for 3 km.

Hautacam - Argelès-Gazost Valley

Altitude: 1,500 m

This mythical Tour de France pass offers views as varied as they are grandiose: the long valley of Argelès-Gazost to Pierreitte, the foothills of Cauterets and Luz, the Val d’Azun which opens up in front of you ... It is also a ski resort and a year-round leisure park whose flagship activity is the Mountain Luge, a safe and comfortable sledge on rails that promises thrills!


Pic du Midi – Barèges

Altitude: 2,877 m

It is here that you will certainly find the most beautiful panoramic view of the Pyrenees! Summer and winter, climbing to the top is a fabulous adventure aboard the cable-car. At the top, a museum space tells how this human feat of engineering came to be and reveals secrets on the moon, the sun and the planets ... Because it is much more than just a natural site, it is a revered site of astronomical observation.

Pic du Midi Prices: adults: 45€, child (5-11 years): 27€, child (3-4 years): free. Directions: from La Mongie, 30 minutes from Barèges via the Col du Tourmalet.

Plateau de Saugué – Gavarnie-Gèdre

Altitude: 1,600 m

This high-altitude landscape is sumptuous: meadows covered with flowers, dry stone walls, traditional barns and incredible and unique view of the Cirque of Gavarnie. We meet the shepherds and their flocks, who follow the rhythm of the seasons. A walk on this plateau is a lovely way to enjoy the Cirque de Gavarnie without much walking. We like the interpretive trail punctuated with playful panels that follows the plateau trail for about 1.5 hours.

Direction: leaving Gèdre, at the hairpin bend, follow signs for “Saugué” for 10 mins.

Maps of walks and hikes

on sale in Tourist Offices
The mythical Pyrenees by bike

Tourmalet – Hautacam – Soulor – Aubisque – Ardiden

Cycling in the Hautes-Pyrénées is like taking on a new religion. Humility, courage and tenacity are on the agenda. You must have faith in the cols: Tourmalet, Hautacam, Soulor, Aubisque, Ardiden. Using the roads traveled by the champions of the Tour de France, this mythical territory puts on a fabulous show of hills, plateaus and untouched valleys. At each turn of the wheel, a new landscape, a new experience.

Close up on Altamonta

Altamonta equates to the land of legends ... that of men and women braving the slopes of the Tourmalet or the Hautacam ... or savoring the majestic scenery of the more intimate roads of Gavarnie or Piemont. Altamonta is also a land of excellence ... that of the welcome that awaits you as a cyclist. Thanks to the Altamonta label, you are sure to find a network of hosts and service providers ready to welcome cyclists and mountain bikers.

www.pyrenees-cyclo.com

### The most beautiful cols

#### Le Col du Tourmalet
- **▲ 2115 m (H.C)**
- Total ascent 17.2 km from Sainte-Marie de Campan. Average slope 7.5%.
- Total ascent 19 km from Luz Saint-Sauveur and Barèges. Average slope 7.4%.
- Free diploma certifying the ascent of Tourmalet at Barèges Tourist Office.

#### Luz Ardiden
- **▲ 1715 m (H.C)**
- Total ascent 13 km from Luz Saint-Sauveur.
- Average slope 8%.

#### Hautacam
- **▲ 1520 m (H.C)**
- Total ascent 13 km from Argelès-Gazost. Average slope 8%.

#### Le Col du Soulor
- **▲ 1474 m (1st cat.)**
- Total ascent 7 km from Arrens-Marsous. Average slope: 8%.
- Total ascent 12 km from Ferrières. Average slope 6.5%.
- Add on the “Route des cols” towards Col d’Aubisque (1,709 m) via an impressive corniche road.

#### Le Col d’Aubisque
- **▲ 1709 m**
- Total ascent 30 km from Arge- lès-Gazost and Soulor Pass. Average slope 4.4% and 8.5%.
- Total ascent 16.6 km from Gourette.
- Average slope 7.2%.

#### Le Pont d’Espagne
- **▲ 1496 m**
- Total ascent 7 km from Cauterets.
- Average slope: 8 to 10%.

#### Le Col de Couradouque
- **▲ 1367 m (1st cat.)**
- Ascent 6.5 km from None. Average slope 8%.

### HORS CATÉGORIE...?

Hors Catégorie in cycling means an extremely difficult climb by its length and its slope. Most climbs are rated from category 1 (the hardest) to category 4 (the easiest). A climb harder than a category 1 is designated Hors Catégorie (Off the scale!!)
Important appointments

Tour de France / July 20, 2019
Step 14 : Tarbes > Tourmalet Barèges

On this 14th stage, the program is heavy and demanding, like any Pyrenean stage that has any self respect! The arrival at the Col du Tourmalet recalls the battle Schleck vs Contador in 2010 on this very same giant... The riders will have the intensive and yet wild side of the Col du Soulor, its most difficult and testing, as a springboard to the legendary Tourmalet. The Tourmalet is this day the most often crossed col in the history of the Tour: 82 times. A lot of awards!

www.letour.fr/etape-14

Marmotte Granfondo Pyrénées
25 August 2019

Event: Luz Saint-Sauveur> Hautacam

This fourth edition of the famous Alpine race cycling event in the Pyrenees, departs from Luz-Saint-Sauveur for a finish on Hautacam, punctuated by the following mythical passes: Tourmalet, Hourquette d’Ancizan, Aspin, Hautacam! A long course (165 km), difficult (5 500m / D +), "Hors Catégorie" cols (Tourmalet and Hautacam) and breathtaking Pyrenean landscapes. What a beautiful program!

www.marmotegranfondoseries.com

Bike meeting points

Bike coffees / Rental

Where to meet to talk bike, drink his coffee while watching a stage of the Tour de France? The concept comes from the Netherlands, the fietscafés, these places where we come to rent a bike, drink a coffee, have your bike repaired mount, watch sports stages retransmitted on the screens, and exchange with his community two wheels! Meet our bike ambassadors, you will not be disappointed!

L’étape des Pyrénées - Argelès-Gazost

A place where emits the smell of the epic of cycling, where just come to admire carbon frames of luxury bikes, share and discuss on his ascent to Tourmalet or Hautacam. In short, "l’Etape des Pyrénées" is a place of passage inescapable!

Sale of bicycles, accessories, energy products, bike rental, DH, Enduro, mountain bikes, electric bicycles and mountain bikes,

Bike and Py - Lourdes

Bike and Py is above all a concept, a state of mind, a place dedicated to cycling in all its forms. Both a café-shop, bike rental, repair shop, event and holiday organizer, Bike & Py is, in a way, the perfect place to immerse yourself in cycling culture in the Pyrenees. Created by passionate people, for passionate people.

Textile sale, accessories, energy products, Car road bike park, road bike rental, DH mountain bike, Enduro, mountain bike, electric bikes, child trailer, coffee shop. From March 15 to November 1: open every day.

But also... rental, repairs and guided rides

CYCL’IN PYRENEES - ARGELES-GAZOST
Rent road bikes and VTC (+ bike rental manuals) and electric bicycles.
1, avenue des Pyrénées, Argeles-Gazost
+33 (0)6 62 92 29 31.
www.pyrenees-bike.com

L’ETAPE DES PYRENEES - ARGELES-GAZOST
Bicycles shop, bicycle rental, mountain bike, electric bicycles.
12, avenue des Pyrénées, Argeles-Gazost
+33 (0)6 62 92 29 31.
www.pyrenees-bike.com

LOCARVE - PIERREFITTE-NESTALAS
Bicycles shop, transportation, accessories.
1, avenue des Pyrénées, Argeles-Gazost
+33 (0)6 62 92 75 32.
www.hoteldelagare65.com

BIKE AND PY - LOURDES
Bike rental: road bike, DH, Enduro, mountain bike, electric bike, mountain mountain bike, child trailer...
+33 (0)6 62 92 29 31.
www.pyrenees-bike.com

CYCLES HUBERT ARBES - LOURDES
Race bike rental and VTC all year.
10, avenue François Abadie - Luz-Saint-Sauveur
+33 (0)6 52 41 44 26.
www.cyclesarbes.com

ARDIDEN VELO - LUZ-SAINT-SAUVEUR
Bicycle rental and sales, mountain bike, cross-country, downhill.
3 place du 6 mai - Luz-Saint-Sauveur
+33 (0)6 09 65 31 02.
www.ardidenvelo.com

TOURMALET BIKES - LUZ-SAINT-SAUVEUR
Bicycles, electric mountain bikes, road and city.
Bike shop, repair, accessories.
30, avenue de la Gare - Luz-Saint-Sauveur
+33 (0)6 28 52 41 47.
www.tourmalet-bikes.com

GRAN TOURMALET BIKE TOURS / OLIVIER JEAN - LUZ-SAINT-SAUVEUR
Bicycles Road, MTB and electric bikes.
Race bike rental and VTC all year.
18 place du 8 mai - Luz-Saint-Sauveur
+33 (0)6 43 51 72 17.
www.gran-tourmalet.com

SKILYS - CAUTERETS
Rental, sale and repairs.
Bike and mountain bike repair at home
1, route de Pierrefitte - Luz-Saint-Sauveur
+33 (0)6 77 99 72 10.
www.luz-bikes-pyrenees.com

VELO EXPRESS, MOBILE WORKSHOP - ESQUIÈZE-SÈRE, NEAR OF LUZ
Bike and mountain bike repair at home and at the accommodation.
29 Avenue du Barèges.
+33 (0)6 93 30 16 14.
www.veloexpress.fr

Why not?

Immortalize your ascent of the Tourmalet in a photo!

Since 2003, a team of professionals is present at the Col du Tourmalet, throughout the summer season, to immortalize your climb! Photos available the same day in the online gallery.

Zoom Photo Tourmalet, 9 rue du Pont de Luz, Esquíèze-Sère.
Infos : +33 (0)6 85 64 83 55 et www.zoomphoto-tourmalet.com

GAVARNIE VALLEYS AND LOURDES AREA

Marmotte Granfondo Pyrénées
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LOCARVE - PIERREFITTE-NESTALAS
Hôtel de la Gare, 9 rue Lavoisier.
+33 (0)6 62 92 75 32.
www.hoteldelagare65.com

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Infos : +33 (0)6 85 64 83 55 et www.zoomphoto-tourmalet.com

33
Focus on....

Enduro: 18 new courses

This summer, ride on one of our 18 new circuits, in many different surroundings. Facing onto the majestic Cirque of Gavarnie, in a high-mountain setting, 6 new Enduro routes have been prepared and marked to welcome enthusiasts looking for grandiose panoramas and thrills.

Enduro routes numbered from 100 to 116.
www.pyrenees-mtb.com

Fly down the Hautacam on an Electric Fat Bike

This summer, test the fat bike on Hautacam, a mountain bike with big tires mounted on a rigid frame. No suspension, because it is the pressure that creates the comfort on this bike. Discover the beautiful grassy slopes of Hautacam, while enjoying the panorama of the mountains and the valley of Argelès-Gazost!

Marked circuits. Info and booking: +33 (0)5 62 97 10 16 and www.hautacam.com

Bike Park and lifts

Down to the Pic du Jer - Lourdes

The DH track of the World Cup awaits seasoned pilots for a more than 3 km of sensations. A blue trail of initiation to the techniques of descents and much more accessible allows the enthusiasts and families to enjoy this site exceptional. New red Enduro track on back from the Peak of Jer. 9.4 km, 730 m of height difference negative. No. 101

The spot : every days from april to november. Access to the summit (alt. 950 m) with funicular. Possible restoration at the summit, facing the mountains. Adult mountain bike day pass: 20€ / mountain bike day + snack (sandwich + drink): 24€ / mountain bike day + dish of the day: 27€. Downhill track Enduro on the back of the Pic du Jer: VTT FFC rouge. 8.4 km – 215 m D – 690 D. INFO: (+3) (0)5 62 94 00 41 - www.lourdes-infotourisme.com

Pic du Midi – Barèges

THE HIGH MOUNTAIN SPOT

Extreme bike lovers can indulge freely in their favorite sport and enjoy an exceptional descent in a high mountain setting no less exceptional! More than 1,800 meters of vertical drop to hit!

Access to the summit (alt. 2877 m) by cable car from La Mongie. Two climbs are reserved daily for mountain bikers, from July 1st to September 30th at 8:50 am and 4:45 pm. Price: 45€ / adult. Without reservation.
INFO: (+3) (0)825 00 2877 (price of a local call) - www.pcdumidi.com

The Bike Park - Cauterets

Thanks to the Lys gondola lift and the Barbat chairlift, which will allow you to reach the top of the resort at 2400 m, the park has a vertical drop of almost 1500 meters on offer. Take the marked trails, with their berms, gaps and single track to the village of Cauterets then switch between rolling tracks and glazed sections. Trails for beginners, intermediate and experienced.

Open every day from 10 July to 03 September 2019. Rates: adult day: 17.50€. Child day: 14.50€.
INFO: +33 (0)5 62 92 50 50 - www.cauterets.com

The Family Bike Park - Barèges

Starting from Tournaboup, the Laquette chairlift takes mountain bikers and walkers upto its heights. This Bike Park is suitable for all levels and accessible to children (from 5 years old) to adults, in a grandiose mountain setting, at the foot of the Col du Tourmalet and the Pic du Midi. Three tracks are available (green, blue and red for the most experienced) as well as a fun beginners area open to everyone. In addition there are 4 Enduro courses at Barèges.

From 15 June to 29 September 2019, open every weekend in June and September and every day from 6 July to 1 September. Prices: adult day: 16€, day – 16 years and tribe package (min. 3 people on a single purchase): 12€.
INFO: +33 (0)5 62 92 16 00 www.valleedegaivrarie.com

Try it ! Electric MTB with guide

An original way to enjoy gentle cycling, supervised by a French Cycling Instructor (MCF).

Mont’A Velo - Argelès-Gazost Valley

Robin accompanies you by mountain bike or electric mountain bike along the paths of the Gavarnie valley. Whether you are a beginner or an advanced cyclist, he knows exactly the perfect spot for you! An electric bike ride makes it easy to climb the valley, on the forest tracks or in the mountains.

Baby carrier rental, child trailer and extra batteries. Frame size from XS to L (from 1m35). 5 electric assistance modes. Rates: base 2 pers.: 50€ per ride (9€/h), 50€ the whole day for 2 pers. Family and group rates. Cingo descent for people with reduced mobility. Drop off /return from departure point. From 27 April to 31 October 2019.
INFO and reservations: +33 (0)6 22 22 57 37 www.montavelo.com

Luz Bikes Pyrénées - Argelès-Gazost, Luz, Barèges and Gavarnie valleys

Pierre is available year round for guided excursions on road bike, Fat bike, mountain bike and electric mountain bike for all levels. He also offers private lessons and coaching to help you improve your riding techniques in the Gavarnie and Pays Toy area. A downhill descent on Fatbike on the snowy slopes is an unforgettable experience!

In winter and summer, full or half-day, nighttime rides, faster, improvers, individuals or groups. Rates: 40 € / pers. per (9€/h), 110 € / pers full day. Family and group rates. Drop off /return from departure point.
INFO and booking: +33 (0)1 67 99 72 10 www.luz-bikes-pyrenees.com

Mountain bike

77 routes and over 1000 km of marked trails for all levels, from Lourdes to Gavarnie, this is the paradise of mountain bikers for a sporting or leisure pursuit!
“Family time”: laugh and enjoy together!

Meet the animals!

The marmot, star of the Pyrenees
Very photogenic animal, the marmot is easy to observe. Be attentive and listen, his little hiss warns you of his presence! He roams the meadows in search of flowers, roots and other treats, and likes to hide between the stones where he digs his burrow. Playful and friendly, he amuses young and old and brightens up any hike in the mountains!

Where to see them?
Near to Gavarnie, in the car on the Col des Tentes road or on foot during the family walk to the Cirque of Estaubé (2h30 round trip from lake of Gloriettes, easy walk).

Guided marmot spotting walk
In July and August, the Val d’Azun Mountain Office offers an easy hike to meet the marmots in the heart of the Pyrenees National Park.
Prices: 16€ / adult, 6€ / child. Info and reservations on +33 (0)5 62 97 49 49 and www.valleesdegavarnie.com

Le Donjon des Aigles - Argelès-Gazost Valley
The Donjon des Aigles is a remarkably landscaped 11th century feudal castle, where you can discover a prestigious collection of birds. Every afternoon there is a hosted animal show during which birds of prey and other colorful parrots grace the spectators!
Open from 14/04 to 30/09/2019, 10h-12h and 15h-18h. Prices: 15€ / adult, 9.50€ / child (5-11 years). Drinks and shop.

La Ferme du Bon’Air - Lourdes
Labeled "Bienvenue à la Ferme", this park welcomes you to discover in all simplicity the animals on the farm and from the courtyard.
Open every day from 30/03 to 04/11/2019, 09.30 to 18.00. Open until 19.00 in July and August. From 01 – 18 October: 13.00 – 18.00.
Prices: from 4€ to 10 € per kilo.

Le Lutin Pêcheur - Argelès-Gazost Valley
Whether you are a beginner or an amateur, discover this fishing area (without a license). The equipment is free of charge and the trout caught are weighed (and paid for) at the end of the session! Do not miss the free exhibition and the shop where a whole range of artisan trout products are on offer.
Open all year round from Monday to Saturday morning, 9.00-12.00 and 15.00 -18.00.
Prices: from 4€ to 10 € per kilo.
Relaxation and discovery

**Les Grottes de Bétharram - Saint-Pé-de-Bigorre**

Discovered in 1810, these natural caves plunge us into the bowels of the Pyrenees. From room to room, admire the beauty of the impressive geological formations in several stages of growth. The caves extend over 5 floors with 2.8km of footpaths, on a small train and by boat - fun for the whole family!

Grottes de Bétharram
Saint-Pé-de-Bigorre
Phone : +33 (0)5 62 41 80 04
www.betharram.com

**Lake of Lourdes**

The lake of Lourdes offers relaxation and water fun thanks to paddle activities, supervised swimming in summer, kayaking (in calm waters) supervised by an approved instructor: every day from June to September and Wednesdays, Saturdays, Sundays from October to May (06 52 43 78 97).

Restoration available from April to October.
Swimming allowed and supervised during the summer.

Lake of Lourdes
Lourdes
Phone : +33 (0)5 62 32 50 59
www.lourdes-infotourisme.com

**La Voie Verte des Gaves - Argelès-Gazost Valley**

This once old railway line that ran along the Gave de Pau is now a 17km long beautiful bike path between Lourdes and Pierrefitte-Nestalas. Families can cycle along a flat path and enjoy welcoming refreshment stops and superb mountain views along the way.


Reduced mobility tourism approved. The more athletic can continue to Cauterets by mountain bike or walk on a steeper and unpaved road.
www.valleesdesgaves.com

**The Aquatic Complex – Lourdes**

The well-being and fitness area at the aquatic centre is the perfect place for relaxation! There is a 25m pool, a training pool with bubbles and massage jets, a wellness area with a steam room, Jacuzzi, two saunas, a relaxation area and three massage showers. Outside, there is a beautiful pool, a central island complete with a swim-lane (swim against the current), a 20msq mineral beach, landscaped areas and a solarium. Numerous activities: baby swim lessons, soft or “tonic” aqua gym, aquabike and aquajum.

Informations : +33 (0)5 62 94 10 63 and www.piscines.agglo-tlp.fr/complexe-aquatique-de-lourdes

**Something different**

Have you ever thought of going sledding in the summer, riding an electric scooter or ice skating in the ice rink? Make the most of your mountain stay and discover your inner child!

Summer toboggan

**Mountain Luge - Hautacam**

On a sledge on rails, comfortable and safe, the pilot descends at his chosen speed between 10 to 45 km / h simply by using the brake. All whilst enjoying a superb mountain panorama. Thrills and laughter guaranteed!

Accessible to people with reduced mobility. Ticket offices: Hautacam and Tourist Offices (Argelès-Gazost, Pierrefitte-Nestalas, Bages). Open every day from 29/06 to 01/09 from 11am to 7pm, W/E in September and autumn and Winter Holidays.

Prices : 1 ride: 4€ / ad and 2€ / ch, 5 rides: 18.50€ / ad and 9,50€ child, 10 rides: 33€ / ad and 17€ / child. Child (3-17 years). On site: electric bike rental, rollerbe, devalkart and catering.

Phone : +33 (0)5 62 97 10 16 wwww.hautacam.com

**Bob-luge - Gèdre**

This summer toboggan descends 700 meters taking eight turns which are synonymous with thrills and speed!

Open in July and August every day from 10.00 to 12.00 and 14.00 to 19.00. Open Christmas and February holidays.

Prices : 3.60€> 1 ride, 17€> 5 rides.
Free child - 3 years old. Group rates.
Phone : +33 (0)5 62 92 48 54
Mountain Scooter and E-Trot

**Dévalmoutain - Luz Valley**

Speeding downhill on a mountain scooter is an original and fun ride! Take off for a 2 hours descent from the Luz Ardiden ski area to the village of Luz-Saint-Sauveur.

Open all year (reservation required), in summer 5 departures per day (10am, 2pm and 4.30pm).

Price: 22€ / pers. (children from 8 years old). Group rate.

+33 (0)6 04 02 78 46
www.valleesdegavarnie.com

**Mont’n Roll - Argelès-Gazost Valley**

Take a ride on an off-road scooter on Hautacam. Be it a ride of quiet discovery or of sporting thrills, on grass or a forest track, there is something for everyone!

Open from 15/04 to 05/10/2019: outside school holidays W/E only and daily during school holidays. Children from 9 yrs or 135 cm.

Prices: adult from 22€, youth (14-17 years): from 18€, child (9-13 years):

+33 (0)6 32 22 57 37
and www.montnroll.com

**E-scooter, e-scooter rentals - Val d’Azun**

The electric scooter is for all terrain and is fun! A helping hand to ride and climb the trails to Lake Soum, have fun and enjoy the scenery without much effort, along marked trails.

Open every day in July and August, 1pm to 5.30pm. Children from 10 years old.

Prices: adult from 9€, child (10-16 years): from 7€. Family and group rates.
+33 (0)5 62 97 49 49
www.valleesdegavarnie.com

**Mountain scooter rentals - Barèges**

After a chairlift ride, what better than a mountain scooter descent of the slopes of Grand Tourmalet ski area? Enjoy 3km of marked trails with a 300m vertical drop, a beautiful ride with views of the Pic du Midi !

Open daily in July and August, 11am to 5pm.
+33 (0)6 84 48 00 74
www.valleesdegavarnie.com

Segway

**All Terrain Gyropode - Argelès-Gazost Valley**

Fun, intuitive and ecological, this is a new way to get around in the mountains, supervised by a professional.

You do not have to be a balancing act, the Segway is very intuitive and after a 2 min trial, you are ready to go for a guided ride to Sailhet or Hautacam! New for 2019: the electric unicycle. Night time outings too.

Open from 08/04 to 31/10/2019, with reservation. Children: 10+ years:
taster, from 14 years: rides.

Prices: taster 20 min / 12 €. Accompanied rides: 45 min / 25 €, 1h15 / 35 €, 1h45 / 45 €.

Phone : +33 (0)6 83 66 63 32
www.gyropodepyreneeswebnode.fr

**G2D tours - Lourdes**

Embark on an unidentified rolling object, the Segway! Platform equipped with two wheels on which one stands, it is an unusual way to visit the city, its unusual places and little frequented, punctuated with anecdotes. Nature rides too.

Open all year, 9am-7pm.
Children from 6 years old.
Price: taster from 10 €, ride 1h / 28 €.

+33 (0)5 62 94 53 71
www.g2dtours.com

**Ice Rink**

**Indoor ice rink - Gavarnie-Gèdre**

With friends or family, beginner or expert ... at the indoor ice rink of Gèdre you can enjoy the joys of skating on natural ice, in summer and winter! Toddlers can get started easily with the penguins that help them to balance.

Open in July-August, every day from 12.30pm to 6pm. Christmas and winter holidays. Free helmet loan. Child: no mini age, skates for all sizes.

Prices (entrance + skate hire): 7€ / adult, 5€ / child (6-17 years), 2€ / child (0-4 years). Student and group rates.

Phone : +33 (0)6 62 92 49 61
www.valleesdegavarnie.com

**Indoor ice rink - Cauterets**

All the pleasures of skating with family or friends, a relaxing outing or for fun, on natural ice. Hockey matches and figure skating galas all year round.

Open in July-August, every day except Thursday, 2pm-6pm.
Nights 9pm-11pm : Tuesday, Friday and Saturday. Christmas and winter holidays. Prices (entrance + skate hire): 8.50€ / adult, 6€ / child (4-16 years), free / child (0-4 years). Student and group rates.

Phone : +33 (0)9 62 92 58 48
www.cauterets.com
Acrobatic and Treetop adventure parks

**Chloro’Fil - Argelès-Gazost Valley**
Guaranteed thrills in a safe and stunning setting in this “Go Ape” adventure park: zip cords, monkey bridges, Nepalese bridges, hanging foot stirrups ... Everyone will find their level in the 13 progressive courses varying in height and difficulty of which 4 are accessible for children 4+ year olds. New for 2019: le Bois des Pirates (Pirates Wood) dedicated to children from 2+ years: giant slides, mini zip cords, suspended cabins and a pirate ship!

Open every day from 01/04 to 04/11/2019 from 1.30pm to 6.30pm
July and August: 10am - 7pm.
Prices: adult and teen (+14 years old): 20€, juniors (+140 cm and - 14 years old): 17€, children (from 140 cm, from 4 years old): 15€.

**En Chêne et Frêne - Luz-Saint-Sauveur**
On a wooded hill of 2 ha overlooking the Pau River and valley, this treetop adventure park offers 5 courses of 3 differing levels, and two adrenaline fuelling zip cords!

Open every day in July and August.
May, June, September and October - by reservation.
Route of Gavarnie, Luz-Saint-Sauveur.
Prices: Tyrolean from 7€. Park course from 11€.

**The Alias - Cauterets**
Dedicated to children from 3 to 9 years, this park offers various net enclosed courses, keep your balance on a rope hanging snowboard or crossing monkey bridges! Run by the Alias team, children progress safely and unrestricted and must be supervised by their parents.

Open from May to November: on reservation, July-August: every day 9am to 7pm. Prices: 10€ / child (3-9 years), accompanying adults: free.
On site: drinks, picnic, trampoline, via ferrata and zip cords for older children.

**Luz Tyroline - Luz-Saint-Sauveur**
The longest zip line route in France! 16 zip lines (40 m to 260 m), 4 Nepali bridges and portions of via ferrata are to be discovered over the turquoise waters of the Gave for 2 km of guaranteed strong sensations.

Open all year on reservation. Prices: 40€ / pers (material included). Free unaccompanied access for experienced users. Children from 12 years old. Duration: approximately 1.5 hours. Open all year round, check local conditions during winter.

**Tyriole du Soulor - Val d’Azun**
Off we go on a 300m descent through grandiose mountain landscapes, at 1500m altitude! Safely attached and in a harness, young and old fly down over the summer pastures where the herds graze below.

Open every day in July and August from 1pm – 6pm.
Prices: adult and child 25+ kg: 4€> 1 ride, 15€> 5 rides, 25€> 10 rides.

Via ferrata

A mix of hiking and climbing, the principle is simple: move along using carabiners, along a cable called a “lifeline”, on a route equipped with iron bars and punctuated with monkey bridges and zip cords. All in a stunning landscape!

**Les Alias - Cauterets**
4 different levels in a park overlooking Cauterets and the valley. Via ferrata and descending zip cords. Out of the ordinary: two hanging picnic tables mid air!


**Pont Napoléon - Luz-Saint-Sauveur**
Located in a canyon under the Pont Napoléon, this fun via ferrata is perfect for beginners. Via Ferrata, 110m zip line, and a monkey bridge.

Prices: 40€ / pers (material included). Free unaccompanied access for experienced users. Children from 12 years old. Duration: about 3 hours.

**Coumély - Gavarnie**
This course with a mountain atmosphere, looking out onto the majestic Cirque of Gavarnie, is quite sporty. Via Ferrata and Nepalese bridge 40m up.

Prices: 50€ / pers (material included). Free unaccompanied access for experienced users. Children from 12 years old. Duration: about 3 hours.

**Les Aliases de Luz-Serande**
4 different levels in a park overlooking Cauterets and the valley. Via ferrata and descending zip cords. Out of the ordinary: two hanging picnic tables mid air!


**Luz Tyroline - Luz-Saint-Sauveur**
The longest zip line route in France! 16 zip lines (40 m to 260 m), 4 Nepali bridges and portions of via ferrata are to be discovered over the turquoise waters of the Gave for 2 km of guaranteed strong sensations.

Open all year on reservation. Prices: 45€/adult, Family and group prices.
Children from 11 years.

**Tyriole du Soulor - Val d’Azun**
Off we go on a 300m descent through grandiose mountain landscapes, at 1500m altitude! Safely attached and in a harness, young and old fly down over the summer pastures where the herds graze below.

Open every day in July and August from 1pm – 6pm.
Prices: adult and child 25+ kg: 4€> 1 ride, 15€> 5 rides, 25€> 10 rides.

**Pont Napoléon - Luz-Saint-Sauveur**
Located in a canyon under the Pont Napoléon, this fun via ferrata is perfect for beginners. Via Ferrata, 110m zip line, and a monkey bridge.

Prices: 40€ / pers (material included). Free unaccompanied access for experienced users. Children from 12 years old. Duration: about 3 hours.

**Coumély - Gavarnie**
This course with a mountain atmosphere, looking out onto the majestic Cirque of Gavarnie, is quite sporty. Via Ferrata and Nepalese bridge 40m up.

Prices: 50€ / pers (material included). Free unaccompanied access for experienced users. Children from 12 years old. Duration: about 3 hours.

**Les Aliases de Luz-Serande**
4 different levels in a park overlooking Cauterets and the valley. Via ferrata and descending zip cords. Out of the ordinary: two hanging picnic tables mid air!


**Luz Tyroline - Luz-Saint-Sauveur**
The longest zip line route in France! 16 zip lines (40 m to 260 m), 4 Nepali bridges and portions of via ferrata are to be discovered over the turquoise waters of the Gave for 2 km of guaranteed strong sensations.

Open all year on reservation. Prices: 45€/adult, Family and group prices.
Children from 11 years.

**Tyriole du Soulor - Val d’Azun**
Off we go on a 300m descent through grandiose mountain landscapes, at 1500m altitude! Safely attached and in a harness, young and old fly down over the summer pastures where the herds graze below.

Open every day in July and August from 1pm – 6pm.
Prices: adult and child 25+ kg: 4€> 1 ride, 15€> 5 rides, 25€> 10 rides.
Heritage Walks

An original experience of cultural discovery

With the Heritage Walk application, you do not have to read a map to go for a walk! Just follow the directions of your smartphone which is geolocated and let yourself be guided by the words of the locals, who, for the duration of a walk, are your guides and retell their memories and anecdotes with spontaneity and simplicity to the rhythm of their singsong accent.

Free, easy to use and punctuated with theatrical and musical excerpts, the Patrimoine en Balade application is a new way to discover a site. In a fun way, it allows you to know everything about its history, its legends, its secrets ... in short, its soul!

Mobile app available only in French.
Full description booklet available free of charge in Tourist Offices and on www.valleesdegavarnie.com

15 walking itineraries with a difference

1 / Lourdes
Bernadette’s way of life.
Immerse yourself in Lourdes from 1858, through Bernadette’s eyes.
Infos : +33 (0)5 62 42 77 40
www.lourdes-infotourisme.com

2 / Lourdes
The Castle-Fort.
Take this stone ship by storm and travel back in time.
Infos : +33 (0)5 62 42 77 40
www.lourdes-infotourisme.com

3 / Batsurguère
Segus.
Discover a preserved valley with mysterious mermaids, the worst of its slate and the secrets of the “Boustu” plateau.
Infos : +33 (0)5 62 41 88 10
www.vallee-batsurguere.fr

4 / Batsurguère
Ossen.
At the foot of the Béout Mountain, discover incredible sarcophagi quarries while enjoying the view.
Infos : +33 (0)5 62 41 88 10
www.vallee-batsurguere.fr

5 / Batsurguère
Omex.
Let yourself be charmed by its narrow streets lined with stone walls full of history, its heritage and its different varieties of flowers.
Infos : +33 (0)5 62 41 88 10
www.vallee-batsurguere.fr

6 / Batsurguère
Aspin-en-Lavedan.
Discover the treasures of this village: Bramebaque, the cave of Uch and Saint-Yori!
Infos : +33 (0)5 62 41 88 10
www.vallee-batsurguere.fr

7 / Batsurguère
Viger.
At the gates of the Pibeste-Aoulhet Nature Reserve you will have some unexpected encounters!
Infos : +33 (0)5 62 41 88 10
www.vallee-batsurguere.fr

8 / Lestelle-Bétharram
Craftsmanship and pilgrimages.
A refreshing walk to discover architectural jewels!
Infos : +33 (0)5 59 13 94 99
www.tourisme-bearn-paysdenay.com

9 / Hautacam
Hautacam under the stars.
Discover the secrets of our galaxy, day and night, on foot or snowshoes!
Infos : +33 (0)5 62 97 00 25
www.hautacam.com

10 / Cauterets
The stars of the Pont d’Espagne.
Discover all the secrets of the mountain in the heart of a Grand Site Occitanie, day or night, on foot or snowshoes!
Infos : +33 (0)5 62 92 50 50
www.cauterets.com

11 / Pierrefitte-Nestalas
In the footsteps of miners.
Share the memories and emotions of the miners following the old streetcar route.
Infos : +33 (0)5 62 92 71 31
www.vallee-de-gavarnie.com

12 / Pierrefitte-Nestalas
Industrial evocation in the 20th century.
Discover the industrial site of Villelongue, Soulom, Pierrefitte-Nestalas.
Infos : +33 (0)5 62 92 71 31
www.vallee-de-gavarnie.com

13 / Arras-en-Lavedan
Arras, village of Artitude.
Discover this amazing village awash with works of art and enjoy the views.
Infos : +33 (0)5 62 97 07 67
www.arras-artitude.fr

14 / Luz-Saint-Sauveur
From one wash house to another.
Discover the life of times gone by in the surrounding wash houses ... The memory of water, water through memories.
Infos : +33 (0)5 62 93 50 50
www.luz.org

15 / Gavarnie-Gèdre
Pyreneism.
Discover what gave this Grand Site Occitanie its reputation as a land of exploits.
Infos : +33 (0)5 62 92 49 10
www.vallee-de-gavarnie.com
Well-being

Make the most of your stay in the mountains by exploring relaxation, healing and the pleasure of caring for your body.

Fun thermal resorts are dotted around our valleys and they let you dive into a universe of relaxation and well-being mountain-style.

The thermal spas have been attracting and welcoming men who recognise the qualities of this natural water for centuries. The Romans very quickly understood the value of the thermal sources discovered on the hillsides of the Pyrenean Mountains: starting with César who sends his armies to Barèges to heal their wounds in Barèges.

Lots of spa patients come later seeking a rejuvenating stay, the benefits of our thermal water, a refined architectural framework in a mountain setting. Today, the thermal spas still attract many visitors and these places have become the centre of well-being offering visitors massages with warm stones, perfumed baths, hammam, jacuzzi, tropical showers... indulge yourself!

Our spaces of relaxation

Luzéa – Luz-Saint-Sauveur

Luzéa combines marble, glass and mosaics in a delightful blend of neo-classical architecture with contemporary treatment areas. Here 19th century elegance meets state-of-the-art mountain spa, all nestling in one of the most beautiful valleys in the Pyrenees. Swimming pool, jacuzzi, sauna, hammam (steam room), face and body massages and treatments, half-day or multi-day packages are available throughout the year.

Infos: +33 (0)5 62 92 81 58 and www.luzea.fr

Its traditional Hawaiian modelling with forearms: it relieves physical and emotional tensions for a true return to self, a harmony between the physical and the mental.
GAVARNIE VALLEYS AND LOURDES AREA

Cieléo – Barèges

In winter, after skiing or in the summer after hiking, what better way to indulge yourself in the pleasure of bubbles and whirlpools than in this stunning spa with its views of the surrounding landscape? Located at the foot of the Pic du Midi of Bigorre, this haven of relaxation is sheltered under its star studded illuminated dome – relax under the Milky Way! On site: Spa treatments, massages, aquabike, aquaphobia, cardì’eau, soft gym, laughing yoga, water aerobics. Free loan of bathrobe and towel and no charge for time spent in the changing rooms.

Infos: +33 (0)5 62 92 68 02 and www.cieleo-bareges.com

We Love!

Le Jardin des Bains – Argelès-Gazost

Located next to the thermal park in Argelès Gazost is the Inca style "Garden baths". Large statues and ancient ruins frame the grandiose canopy of an exotic and lush garden. You will be transported to various relaxation zones at the Jardin des Bains where you travel from the Emerald forest to the hanging gardens of Babylon. From Turkish baths to open-air Jacuzzis, the spa area is intimate and offers three pools for absolute relaxation. Activities include: gym, water board, water aerobics, baby swim sessions.

Infos: +33 (0)5 62 97 03 24 and www.lejardindesbains.com

We Love!

Les Bains du Rocher – Cauterets

The decor is pure mineral, a cocooning atmosphere conducive to relaxation and aquatic workouts. In Cauterets, you can soak in warm thermal waters (ca. 38 °) in the indoor and outdoor pools whilst your eyes feast on the captivating mountains. A stray snowflake sets the scene - paradise guaranteed! Well-being area with facials and massages.

Infos: +33 (0)5 62 92 14 20 and www.bains-rocher.fr

We Love!

Outdoor pools. Winter in the snow and summer in the sun.

The architectural trickery created between the different spaces with windows, passageways and how the vegetable and mineral environments merge seamlessly.

Cieléo – Barèges

We Love!

Being between the sky and mountain in the highest spa in France. Lounging in the Jacuzzi under its glass dome.

We Love!
Porc Noir de Bigorre DOC -
Argelès-Gazost Valley

In Beaucens, upstream of Lourdes and at the entrance of the Gavarnie Valleys, Pierre Sajous works in his workshop/boutique with pork meat and produces different culinary delights: cured meats, preserves, fresh meat and cooked dishes. An artisan worker and member of the Culinary Academy of France, Pierre Sajous has also become a Disciple of Escoffier (an internationally recognised culinary society), and he was recently made a knight of the Order of Agricultural Merit. An outdoor educational trail leads teaches you about "Porc noir de Bigorre" and "Porc Duroc".

Workshop Pierre Sajous, in-Beaucens
Summer hours : from Monday to Saturday: 9am until 7pm, Sunday: 9am until 1pm.

Phone : +33 (0)5 62 42 10 55
Website and online shop : www.pierresajous.fr

The markets

Country Market (on the morning)
- Monday : Luz Saint-Sauveur
- Tuesday : Argelès-Gazost
- Wednesday : St-Pé-de-Bigorre / Barèges (june to september)
- Thursday : Lourdes
- Friday : Cauterets (may to october)
- Saturday : Pierrefitte-Nestalas / Lourdes
- Sunday : Arrens-Marsous (juillet-août) / Lourdes (march to october)

Nigth market
- Argelès-Gazost : july 21 and august 11
- Luz-Saint-Sauveur : july 25 and august 25

Producers Market
- Arrens-Marsous : every wednesday in july and august from 16pm until 20pm.
- Gavarnie : july 21 and august 08 strat from 18 pm.
- Luz-Saint-Sauveur : every friday in july and august from 17pm until 21h30pm.
La Brasserie du Pays Toy - Luz-Saint-Sauveur Valley

Paul Dixon created the first Pays Toy craft beer in Luz Saint-Sauveur. In this cycling country, he had to make a beer (or maybe 4 !) for cyclists, so he created a specific range of “Bikes clubs” beers named after our famous cols: Tourmalet, Luz Ardiden, Hautacam and Aubisque.

Beers available in many bars, cafes, restaurants, wineries and shops.
Phone : +33 (0)6 30 85 49 62
www.brasserie-paysToy.com

“Val d’Azun-Pyrénées” cheese

Between the Soulor Pass and the Tech Valley, herds graze in mountain pastures throughout the summer, giving Val d’Azun cheese a delicious scent of freedom. This ancestral tradition of transhumance and know-how that has been perpetuated for centuries, is now protected by a guarantee brand of a terroir and pledge of quality. Winter is at cut hay in the valley as the animals are fed, warm in the barns. A natural and healthy food that gives this cheese an inimitable taste, and that allows us to enjoy it all year long. Whether cow, sheep, goat, or mixed, the “Val d’Azun-Pyrénées” cheese can be found on the restaurant tables of our valleys, live at the producers and markets.

DOP sheep Barèges-Gavarnie – Luz, Barèges and Gavarnie Valleys

Very few of the visitors to Gavarnie know that this heritage site is located in a valley known as the Pays Toy. This is the name given to the valley of Luz-Saint-Sauveur which stretches from the Col du Tourmalet right up to the ridges of the Cirque of Gavarnie. Since the beginning of time, shepherds in the valley have kept their herds according to the seasons and the natural local resources. In the summer, the herds move around freely in order to graze the best pastures that the mountain can offer. In return, these pastures protect the quality of the landscape. It is the plant life of the high mountains which makes the Barèges-Gavarnie meat so succulent.

La Truite des Pyrénées - Argelès-Gazost Valley

The aquaculture farm ”La Truite des Pyrénées” has been established since 1953 at the confluence of three Gaves : the Gave of Barèges, the Gave of Gavarnie and the Gave of Cauterets. In this environment, it is more than half a century history for this family business. An exceptional trout, with tender flesh and delicate, with a fine and pronounced taste and qualities nutritional and dietary benefits.

Fishing course, tasting, direct sale.
“La Truite des Pyrénées”, route du Sailhet, Lau-Balagnas
Phone : +33 (0)5 62 97 02 05
www.latruitedespyrenees.fr
Berlingots sweets - Cauterets
These colourful little pyramid-shaped sweets are iconic and synonymous with Cauterets. It is said that these berlingots were created at the beginning of the twentieth century to remove the sulfur taste left by the thermal spa water and they became a favourite of the water curists. In those days, there were about ten factories. Today, there are four if that! The smell of sugar is still tantalizing and gives the city a gourmet aroma! Production visits and tasting.

- A la Reine Margot, 2 av Mamelon Vert, Cauterets. +33 (0)5 62 92 92 92
- Marinette, 6 av. Mamelon Vert, Cauterets. +33 (0)5 62 92 53 07

Honey Farm "Les Ruchers du Tourmalet" - Barèges
Free visit every Friday 9am-12pm et 3pm-7pm, all year round. Direct selling and present at Barèges market. Belpouey (between Luz and Barèges).
Phone: +33 (0)5 62 92 92 92

Honey Farm "Le Pavillon des abeilles" - Cauterets
Open all year, every day from 10:30 am to 12:30 pm and from 2:30 pm to 7:00pm. 23 bis rue avenue de mamelon vert, Cauterets.
+33 (0)5 62 92 50 66 and www.ballot-flurin.com

Honey Farm "Le Rucher Arrensois" - Val d’Azun
Honey labeled "Esprit Parc". Free visit Tuesday and Thursday at 1pm (July-August). Open every day from Monday to Saturday 10am-12am / 3pm-6:30pm. 1 impasse de l’église, Arrens-Marsous.
Phone: +33 (0)5 62 97 41 44

Discover the world of bees
The Gavarnie Valleys are also an ideal refuge for bees who work tirelessly all year to make good honey from the region’s flowers. As greedy as interesting, the visits of honey will delight young and old! Go meet these beekeepers who will share with passion their knowledge and know-how in a friendly atmosphere. Take advantage of this tour to fill up with gourmet memories of honey to take away!

La Carde, Pyrenean wool mill - Luz-Saint-Sauveur Valley
"La Carde" wool factory has been in Esquièze-Sère for five generations. This family business works wool with a passion and know-how and sells plaid, duvets, blankets and other 100% artisan wool items. What a hot winter!
Open Monday to Friday 9am-12pm and 2pm-6:30pm, Saturday 10am-12pm and 3pm-6:30pm. Free workshop visits all year round.
Guided tours and free demonstrations on Wednesdays in July-August and by reservation the rest of the year.
36, Avenue du Barège, Esquièze-Sère.
+33 (0)5 62 92 81 95
www.lacarde-pyrenees.com

Pyrenean cake - Argelès-Gazost valley and Cauterets
Traditionally plain or with blueberries, this typical Hautes-Pyrenees sponge cake is golden outside and fluffy inside. Often eaten for breakfast, as dessert or with coffee/tea.

- Les Gourmandises des Pyrénées, 2 pl du foirail, Argelès-Gazost. Artisan sweet factory with tasting. Open daily in the holidays, 9am-12pm and 3pm-6pm. Closed Monday outside holidays
- L’Atelier du Confiturier, 21 route des Bordères, Arrens-Marsous. Artisan factory, workshop visit. Open daily 9am to 7pm excl. Tuesday morning (at Argelès-Gazost country market).
- Chez Gilou, 3 rue Raillère et Halles, Cauterets. Artisanal factory. +33 (0)5 62 92 56 58
- Boulangerie Les Arcades, 10 Boulevard Leclerc, Cauterets. Artisanal factory. +33 (0)5 81 59 17 36

Honey Farm "Miellerie des Escales" - Argelès-Gazost Valley
Free visit and present at the country markets of Pierrefitte-Nestalas and Luz-Saint-Sauveur.
Open at year Wednesday to Saturday 1:30 pm to 7:30 pm and from July 11th September 15th Monday to Saturday 1:30 pm to 7:30 pm.
39 rue de Cussouillet, Villelongue.
Phone: +33 (0)6 48 76 65 08
www.miel-hautes-pyrenees.com
La Ferme en direct

“La Ferme en direct” was created in 2013 by 28 producers and breeders from the Lourdes valley. It offers a wide range of farm and farm products, traditional butchery, deli meats, poultry, cheese, sweet and savoury groceries, as well as a beverage section (wines, beer, fruit juices, lemonade, etc.). An essential place to satisfy your taste buds and to please your loved ones!

6 avenue François Abadie, Lourdes. Phone: +33 (0)5 62 93 47 73.
www.laferme-endirect.fr

“Luz et Coutumes”, a museum restaurant to visit and taste

Christine Diez, aided by her son Patrice, had fun creating a place reflecting their combined heritage. They have recreated a Pays Toy home of old. In the dining room the chimney fire crackles and the tables are set with crockery and cutlery of old. The furniture, filled with a thousand traditional utensils, is a walk back in time. Head in a little further and the room seems to be waiting for a child to fall asleep. There is even a re-creation of a traditional barn where a tables are set in each “bargas” (boxes for animals) for a private dinner. Traditional peasant tools adorn the walls. Christine simply shares her passion and tells the story of each piece of her museum-restaurant. The tradition is extended to your plate: you are served a generous garbure (local soup made of cabbage, white beans, vegetables, ham bone and confit duck wings) for which only Christine knows the entire recipe. By reservation only.

“Gâteaux à la broche” - Luz-Saint-Sauveur and Argelès-Gazost Valleys

This conical and prickly shaped local cake owes its form to the way it is made. There is a large degree of patience and know-how needed to make it traditionally. The batter is dripped onto a skewer which is turned on a spit over a fire. With each turn more batter is added and as drips lava like spikes are created. A feast for the eyes and taste buds!

• The real “Gâteau à la Broche”, Sia hamlet, road of Gavarnie, Luz-Saint-Sauveur.
  Open fire baking with linden wood.
  Open from mid-June to mid-October from 9.00am to 08.00pm.
  From December to February in the afternoon.
  Phone +33 (0)5 62 92 49 34

• Gâteau à la Broche Laqueyrie, Artalens-Souin. Live baking at the Argelès-Gazost country markets on Tuesday morning and in Lourdes on Saturday morning.
  Phone +33 (0)6 11 90 43 84

Pays Toy’s Bakery - Luz-Saint-Sauveur Valley

This traditional bakery located in a small village in the Pays Toy, offers you discover the art of the old-fashioned baker and rediscover the taste of bread. Traditional bread and sourdough pure organic flour with spring water, manual shaping and wood burning oven.

La Boulangerie du Pays Toy, Saligos village, near to Luz-Saint-Sauveur.
Open Tuesdays and Fridays all year round, 9.00am - 9.00pm. Free visit.
Available at Luz and Pau markets.
Phone: +33(0)5 62 92 90 41
The Grand Tourmalet is two ski-resorts in one. The legendary col de Tourmalet climbs up each side and you can ski along it at the foot of the Pic du Midi which stands at 2,877 metres above sea-level. Two very different sides: Barèges and its authentic village, La Mongie and its resort at the foot of the slopes. 100 Miles of slopes unfold beneath your skis and with them, a whole new atmosphere.

Wow! ... that’s what you’ll say when you’re at the top of the ski slopes looking across at the fabulous and spectacular Cirque de Gavarnie. Facing summits which stand above 3,000 metres, experienced skiers or beginners can climb right up to the top of the resort and ski back down peacefully on Europe’s longest green slope. The mountain is for everyone!

Perched overlooking the valley of Argelès-Gazost, Hautacam is the ideal place for children to learn to ski peacefully. You will appreciate the majestic setting of the pine trees which give way to vast expanses of snow on all sides. You will be impressed by the 20km of alpine ski slopes accessible to everyone but also by the nordic zone and its unique panoramic view over the valley.
**CAUTERETS**

**FROM 1 850 TO 2 450 M**

36 KM • 21 SKI SLOPE

+33 (0)5 62 92 50 50

www.cauterets.com

The resort of Cauterets has two ski areas: the first is the “Cirque du Lys” at a height of 2,450 meters with a view overlooking the pristine Cambasque valleys. It offers skiing for all levels: freestyle zone, a beginners’ area and competition slopes. The other is the “Pont d’Espagne” in the heart of the Pyrenees National Park, with its Canadian style Nordic ski area and its tracks amongst the pine trees!

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**LUZ ARDIDEN**

**FROM 1 680 TO 2 500 M**

65 KM • 28 SKI SLOPE

+33 (0)5 62 92 80 58

www.luz.org

This resort has three faces: Aulian, Cloze & Béderet! Three very different sections which bring variety and pleasure to skiing. With your skis on, you can ride the edge of the valley of Luz or mount the ridge separating Luz from the valley of Cauterets with an open view of the valley, you will feel like you’re skiing on a cloud over everything.

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**VAL D’AZUN**

**FROM 1 350 TO 1 600 M**

90 KM • 10 SKI SLOPE

Couraduque : +33 (0)5 62 97 42 18

Soulor : +33 (0)5 62 97 40 67

www.station-valdazun.com

Welcome to Val d’Azun, an unspoilt valley home to Nordic skiing and sunshine! Discover the largest Nordic ski area in the Pyrenees - 90 km of cross-country ski trails, snowshoe trails and a Nordic Park (downhill skiing), a toboggan run for children and a “magic carpet” ski lift.
Winter fun

Experience the winters at its purest, let nature overwhelm your senses and enjoy precious moments shared with family and friends, that’s what winter means here in the mountains. There are a variety of activities on offer to you, snowshoeing on marked trails alone or with a guide, the mountains in winter are amazing!

SNOWSHOES AND CROSS-COUNTRY SKIING

The mountains are magical when they are covered with a blanket of snow and are best discovered on cross-country skis or with snowshoes along marked and secured trails. Trails are available for all levels and allow you to progress at your own pace and enjoy wonderful views!

- Grand Tourmalet - Barèges: 14 km of marked snowshoe trails from Barèges and the foot of the slopes.
  Free access. Info: +33 (0)5 62 92 16 00 and www.valleesdegavarnie.com
- Cauterets-Pont d’Espagne: 36.5 km of marked trails for Nordic skiing and snowshoeing.
  Paying access. Info: +33 (0)5 62 92 50 50 and www.cauterets.com
- Luz Ardiden: cross-country ski trails and 2 snowshoe trails.
  Free access. Info: +33 (0)5 62 92 30 30 and www.luz.org
- Gavarnie-Gèdre: 6 marked snowshoe trails (15 km in total). 1 cross-country ski track (7.5 km) in the heart of the Gavarnie cirque.
  Free access. Info: +33 (0)5 62 92 49 10 and www.valleesdegavarnie.com
- Hautacam: 35 km of Nordic ski and snowshoes circuits.
  Paying access. Info: +33 (0)5 62 97 10 16 and www.hautacam.com
- Val d’Azun: the largest Nordic area in the Pyrenees with 90 km of cross-country ski tracks and 8 snowshoe trails.
  Paying access. Info: +33 (0)5 62 97 42 18 and www.station-valdazun.com

Trail maps available free in tourist office.
**Altirando Snowmobile – Barèges**
Family rides or sporty rides on a snowmobile. Full evenings with meals at La Laquette or Chez Louise.

Contact Serge Sere
Phone: +33 (0)5-62-92-68-29
+33 (0)6-16-77-00-96
motoneiges.bareges@hotmail.fr
www.motoneiges-bareges.fr

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**Try the Biathlon - Barèges, Val d’Azun and Hautacam**
Walk course and trails and test your agility shooting workshops. To you and target rifles laser and shoot on target!

- **Barèges**: free animation from 3pm during the holidays of Christmas and February. Learning about shooting and mini-competition.
- **Hautacam**: +33 (0)5 62 97 10 16
  promo@hautacam.com / www.hautacam.com
- **Val d’Azun**: in the Nordic area, three passionate instructors propose a nice moment, between discovery of Nordic skiing and laser rifle shooting.

70€ / session 4 people. Skis and package not included.
Info: +33 (0)6 44 11 85 72 and www.station-valdazun.com

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**Introduction to fatbikes on snow**
Discover a new bike riding experience around Luz-Saint-Sauveur during winter with Pierre and his Fat Bikes. These mountain bikes have huge tires, allowing you to turn what could be a hair raising descent on snow into one that is fun and easy. Its the perfect way to discover the landscapes and villages of the Pays Toy in the winter months.

Luz Bikes Pyrénées
Phone: +33(0)7 67 99 72 10
Website: www.luz-bikes-pyrenees.com
Mail: luzbikes@gmail.com

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**Dogs Sledding - Barèges**
For one or two days, live like an Inuit in the heart of a preserved area with only huskies for company! Tasters, walks and mushing on the Lienz plateau. Fun and educational workshops for children aged 4 years and over. Trapper evening: a huskey ride in the evening, help feed the dogs afterwards, then a dinner Chez Louise - a typical mountain inn. Return in the evening, in an indescribable atmosphere of beauty and calm. Also available: Trapper evening with overnight in a teepee.

Freddéric Desbree at +33 (0)6 07 01 56 82 and www.mushing-pyrenees.fr

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**Ride in grooming machine – Barèges**
From Tournaboup to Barèges. Discover the ski resorts with the hustle and bustle of the day, just in the soothing calm of mountains. An opportunity to discover the profession of these people of the mountain.

+33 (0)5 62 92 16 14 and www.valleesdegavarnie.com

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**WARNING**
Entering into mountain areas in winter, outside the secured and marked areas must be done so with full knowledge of the risks and preferably accompanied by a guide.

Check the weather and the avalanche risk info (+33 (0) 899 71 02 65, 0,34 € / mm); you must wear/ take safety equipment: shovel, probe, ARVA or DVA (which can be rented daily); and do not overestimate yourself!
CULTURE/HERITAGE

Religious Heritage - Outstanding Buildings - Mills - Museums - Visits

SAINT-PÉ DE BIGORRE

VALL D’AZUN

Visit in autonomy everyday.

CAUTERETS

Visit from 15/07 to 15/09 except Sunday.

MUSEUM 1900 - POUEY-LAÜN CHAPEL—

Built with the funds provided by the Emperor.

OUR LADY CHURCH - CAUTERETS STATION-


MUSEUM 1900

LOU

Saint-Maximilien Chapel - Arrens-Marsous

Our Lady Church - Saint-Pierre de Bigorre

From seventeenth century. Pilgrimage site, located on the road to Lourdes. It is classified as a Historical Monument.

Filter ice by auction.

Phone : +33 (0)6 42 59 37 37 (see museum section)

Partial access for people with disabilities.

FORTIFIED CASTEL - LOURDES

Registered Site “Historical Monument”. Fortress, museum, botanical garden. Sleep in.

Fortress of the sixteenth century; temporary exhibitions of paintings by Impressionist painters.

Phone : +33 (0)5 62 42 59 37

(see museum section)

SAINT JUIN CROSS - CAUTERETS

Built in the sixteenth century and rebuilt in the 17th century.

Visit in autonomy from 1/05 to 1/11.

SAINTE MARIE CASTEL-ESTERRE

The mill called “La Mole du Castet”, located on the Echez river, in the Angles village was the property of Baron des Angles. This water mill, already known in the 15th century, had already been restored.

Phone : +33 (0)6 42 59 37 54.

Contact : Castel des Angles, 65120 Saint-Sauveur.

Built in 12th century, it was fortified in the 13th century; entrance fee.

Phone : +33 (0)6 82 48 57 39.

Open all year, free visit by appointment.

HYDROELECTRIC POWER PLANT - GÉDRE (PRAGNERES)

Remarkable mills by their architecture. Starting point: Gédre (on the left of the Road of the Pyrenees).

A show of water games, a unique discovery!

Open every day from 2/11 to 30/11: 10 am-12 pm and 3 pm-6 pm. Adults: 7€ - People under 16: 5€.

-guided tours

-museum section).

Phone : +33 (0)6 42 59 37 37

Spider monkey.

Guided tour possible by reservation. Information at the OT of Gèdre.

Phone : +33 (0)6 42 59 31 25

SAINT JULIUS CROSSES - ARGENES-GAZOT VALLEY

Built in the eighteenth century, on one of the routes leading to Lourdes.

Visit in autonomy from 10/06 to 1/10.

GARNAVIE TOWER - ESTERRE

The mill of 15th century, closed, but through the door is visible the rock in which lived the hermit Savin.

Phone : +33 (0)5 62 46 35 97

www.funiculaire-bareges.com

Phone : +33 (0)6 08 01 28 51

Email : fanetopal@yahoo.fr

www.letourisme-luches.com

Phone : +33 (0)6 08 01 28 51

www.presstourisme.com

Phone : +33 (0)5 62 46 35 97

EUGÈNE AND LOUIS-PAUL CROSSES — CAUTERETS

Four of Romanesque origin, it dates essentially from the 12th century. It has a beautiful vault in painted wood called “vault birds”. At the back of the church are visible the rock in which lived the hermit Savin.

CHURCH OF SAINT PIERRE DE BIGORRE — PIÉRAT-CHAPEL - SAINT-SAVIN

Former Benedictine abbey of the 20th century. Remnants of medieval origin, on one of the routes leading to Lourdes.

Visit in autonomy.

From 15/07 to 15/09, from Monday to Saturday 10 am-12 pm and 2 pm-6 pm.

Phone : +33 (0)6 08 01 28 51.

Guided tours on request.

More than 20 mills, including 2 restored.

Opening hours: From Monday to Saturday 10 am-12 pm and 2 pm-6 pm.

Adults: 7€ - People under 16: 5€.

Phone : +33 (0)6 82 49 57 29.

Guided tours on request.

museels@wanadoo.fr

Phone : +33 (0)5 62 46 35 97

Eugénie took the waters.

The mill is classified as a Historical Monument since 1840, was very important in our region. Dominating the village of Saint-Sauveur.

Rue du Caractère

Phone : +33 (0)5 62 42 57 70

Contact : 7 avenue du Roi, 65410 CAUTERETS.

SAILOR BRIDGE - GÉDRE DESSUS

Napoleon Bridge - Luz-Saint-Sauveur

Bridge on a single arch spanning the Caune at its mouth. Remembrance of the passage in the 16th century of Napoleon III to St-Sauveur where the Empress Eugenie took the waters.

Phone : +33 (0)5 62 50 30 30

Guided tour available.

MUSEUM 1900 - LANDES DELIERS CASTERETS

Classified « french museum ». He have the most beautiful frescoes of the 17th and 18th centuries.

A show of water games, a unique discovery!

Open every day from 2/11 to 30/11: 10 am-12 pm and 3 pm-6 pm. Adults: 7€ - People under 16: 5€.

Phone : +33 (0)5 62 46 35 97

Guided tours on request.

Information at the OT of Gèdre

Phone : +33 (0)6 42 59 31 25

SAINT PIERRE CHURCH - PIÉRAT-CHAPEL - SAINT-SAVIN

Romanesque church of the twelfth, modified by several enlargements.

Open for the official pilgrims.

MUSEUM 1900 - LANDES DELIERS CASTERETS

Classified “french museum”. He have the most important collections in the Pyrenees today.

See p.50.

Phone : +33 (0)5 62 43 37 37 (see more on p.25).

Partially disabled access.

PIÉRAT-CHAPEL - SAINT-SAVIN

Chapel built in the twelfth century on the site of the hermitage of Saint-Savin. Accessible by foot or by bus.

Phone : +33 (0)5 62 97 52 33.

Opening hours: From 02/04 to 15/10 every day 2 pm-6 pm. Access to the Museum - Entrance to the Treasury from 2.15 pm per person (free under 16 yo).

Phone : +33 (0)5 62 92 16 00

www.musee-aude.com

SAINTE MARIE CASTEL-ESTERRE

Museum space Napoleon III: Visit a place steeped in history, the beauty of the city of Napoleon III and his wife Eugenie in Luz-Saint-Sauveur.

Guided tours in high season.

Opening visits in autonomy depending on the opening hours of the train station.

Phone : +33 (0)6 26 42 35 29.
Lourdes and Bartrès : religious visit

**OUR LADY OF LOURDES**
Cave of Apparitions, Basilica, Fountain, Swimming Pools and Way of the Cross.

**LA CITE SAINT PIERRE**
Welcome place for groups and families. You can discover this place through proposals of vases courses.
31 avenue Monseigneur Rhodon. Phone: +33 (0)5 62 42 34 11 Open Monday from 10h to 11h; 14h-19h; 18h-21h on Sunday Duration of the visit: 1h. 
www.chemine-avec-aline.com

**SAINT-BERNINDEAU**
Welcome place for groups and families. You can discover this place through proposals of vases races.
Rue de Notre-Dame-de-Bon-Port. Phone: +33 (0)5 62 42 16 16 Open every day from 10:00 to 12:00 / 14:30-19:30 - free entrance. 

**BOULY MILLE – BIRTHPLACE of ST-BERNINDEAU**
Room where Bernadette was born + old mill as she knew it.
12, rue Bernadette Soulas. Phone: +33 (0)5 62 42 49 31 Open every day from 14/04 to 27/10: 9h-12h / 14h-18h. 

**FORMER PRESBYTERY**
Bernadette came to this presbytery in slippers to the priest Peyramale, priest of Lourdes, to transcribe to him the word of the Virgin.
36, av. de Mgr. Barrère. 

**DUNGEON**
Prison until 1885, the Dungeon is a unique room, dark and cold where the staircase of Peyramale (family) + old mill as she knew it.
15, rue des Puits Foulés. Phone: +33 (0)5 62 40 91 30 Open every day from 14/04 to 27/10: 9h-12h / 14h-18h. 

**ESQUIE PAROISDAU DE SACRE COEUR**
The current parish church was built on the ruins of Bernadette and torus of Robert Peyramale.
Place de l’église du Figeac. Phone : +33 (0) 5 62 34 94 06. 

**HOSPICE SAINTE-BERNINDEAU**
Place where Bernadette made her first communion in slippers.
Hopital Center 2 avenue Alexandre Marqui. Phone: +33 (0)5 62 42 49 31 Open every day from 10/04 to 31/10: 9h-12h / 14h-18h. 

**THE PATRIARCH MUSEUM**
House of Bernadette’s parents after the apparitions.
1, av. des Mauves. Phone: +33 (0)5 62 42 54 51. From 10/04 to 31/10: 9h-12h / 14h-18h. 

**BARTHES – VILLAGE**
(gem north of Lourdes) Barths is the place where in the few months that Bernadette spent with Marie Lagrange, her nurse, before the apparitions.
6, avenue Mgr Schoepfer. Phone: +33 (0)5 62 42 40 91. Open every day from 10/04 to 31/10: 9h-12h / 14h-18h. 

**THE SHEEPFOLD**
Thatched barn where Bernadette kept her sheep.
Chemin de la Pelle 45100 Barths. Free visit. Open every day from 14/04 to 10/10: 9h-12h / 14h-18h. 

**CHURCH**
Thatched barn where Bernadette kept her sheep.
Rue de l’église 65100 Barths. Free visit. Open every day from 14/04 to 10/10: 9h-12h / 14h-18h. 

**CINEMAS LOUPERS**
Distribution of religious themed films and various national releases.
Cinéma Bernadette – Phone : +33 (0)5 62 42 40 99. 

**LITTLE TOURISTIC TRAIN**
Tourist visit of the city.
Place Monseigneur Laurence. 
Work every day: from 14/04 to 15/10: 9h-12h / 14h-18h (every 30 min) / 11h45-19h (every 15 min). Adult: 7,50€. Child (8-12 years old): 4€. Child (0 to 7 years old): free. 
www.little-train.com

**WAX MUSEUM**
Representation of the story of Christ and Bernadette by more than 20 characters in wax.
87, rue de la Grotte. Phone: +33 (0)5 62 94 33 74. Open every day from 14/04 to 20/10: 9h-12h / 14h-18h / 19h45-21h (every day from 14h to 21h). 

**LITTLE LOUVRES**
Louides is miniature at the time of the apparitions. Exhibition of old photos.
68, avenue Peyramale. Phone: +33 (0)5 62 42 24 16. Open every day from 10/04 to 15/10: 9h-12h / 14h-18h. 

**CHRISTIHI MUSEUM**
Museum on elday popular imagery. Calligraphy and writing instruments.
24, rue de la Grotte. Phone: +33 (0)5 62 42 25 65. 

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**FUNICULAR – CABLE CAR - Gondola**

PUNTS GONDOLA AND LAKE OF GAUBE CHAIRCIFT
(Pont d’Espagne, rear from Caustens)
By the skilifts from the Pont d’Espagne, discover the Coins, Marcadau and La Gua. 
Opening of the lift from 07/04 to 30/09. 

GONDOLA OF LYS + CHAIRCIFT OF GRAND BARRAT
Open from 11/07 to 29/09 : possibility of riding gondola mountain biking + bike park at Cirque du Lys. Mountain bike park Car 6 to 5. 

PIC DU MIDI : CABLE CAR MUSEUM SPACE – LA MONGIE
Climbing by cable car from La Mongie. At the top at a height mountain biking for the sector in Lourdes. Bicycle descent and attitude restoration possible. 
www.chemine-avec-aline.com

Funicular of PIC DU JER
Whether you are a sportsman,喜欢或just a tourist, the chairlift gives you access to the foot of the hill for this sector or Lienz. 
Discovery of mountain biking + mountain biking for experienced and mountain biking guided + guided tour of the peaks, mountain biking, restaurant, bar, panoramic terrace.
www.chemine-avec-aline.com

Funicular of TOURNABOUP-BAREGES
Climbing by cable car from Tournaboup gives you access to the foot of the hill for this sector or Lienz. 
Discovery of mountain biking + mountain biking for experienced and mountain biking guided + guided tour of the peaks, mountain biking, restaurant, bar, panoramic terrace.
www.chemine-avec-aline.com

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**TOY**

CHAIRCIFT OF TOURNABOUP-BAREGES
Open on summer (ST - Cyprien Tourist Office)

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**ANIMALS, DINNOTORS**
List of equestrian relays and guides offering horse riding and donkey rides available in the Tourist Offices. 

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**EQUESTRIAN CENTER BARKS**
Walks on reservation.
63120 BAGNERES-DE-LUCHON. Phone: +33 (0)5 62 97 95 60. 

**EQUESTRIAN CENTER FERMIE ARTIGUES**
Walks on reservation.
27 chemin de la Ciotat - 65100 POLIGNYFERRY. Phone : +33 (0) 6 13 50 69 49. 

**CHEMINING AVEC ALINE – GAVES VALLEY**
Hiking with little dog. Any year. 
www.cheval-pyrenees.com

**EQUESTRIAN FARM OF BOURDALAT-OUDIZOS**
Horse and pony treks at all levels. Riding lessons, boarding... Stage course of TRIC. Restoration and lodging. 
Walks on reservation.
63000 BAGNERES-DE-LUCHON. Phone: +33 (0) 627 16 58 10. 

**EQUESTRIAN FARM RHERIZEAC ARRIBAR-EL-AVACAN**
Walks, hikes and courses. 
www.ferme-aux-chevaux.com

**EQUESTRIAN FARM MOURZI ARREN-EL-LAVADEN**
Horseback riding and equestrian center.
Walks: +33 (0) 6 27 43 11 48. 

**THE AJUN DONKEYS**
Walks and donkey rental.
Walks: +33 (0) 6 27 97 53 40. 

**EQUESTRIAN FARM LE BRIDON LAC D’ESTAIN**
Horse and pony rides around Lake of Estain (summer). July-August. 
Walks: +33 (0) 6 27 93 09 45. 

**LEZIEN EQUESTRIAN CENTER – BARÈGES**
Horseback riding and equestrian farm. Donkey rental, riding classes and campings. Pony rides and games for children from mid July to mid August. 
Walks: +33 (0) 6 27 93 09 45. 

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**ASSOCIATION OF RENTAL HORSES - GAVARIN**
Walk on the path of the circus Gavarni donkey or horse.
Without reservation. For group, call +33 (0) 6 87 11 95 86. Prices 5€/3h (Espaces Familles au demandes)
Agenda

June 23
LOURDES
VÉLO FOR KIDS
Pedaling for a good cause: cycling rally for disabled children.
Phone: +33 (0)6 64 02 16 13 www.veloforkids.com

July 1st to october 5
LOURDES
BERNADETTE DE LOURDES MUSICALS
Phone: +33 (0)5 62 42 77 40 www.bernadettedelourdes.fr
Tickets availables in Lourdes Tourist Offices and on www.bernadettedelourdes.fr.

July 06
CAUTERETS
VIGNEMALE TRAIL
Mythical races, created in 1904. The athletes who start off are both runners and mountainaineers and they have a good comfort in snowy and rocky terrain. The crossing of the Ossoue Glacier and the climbing passages are equipped and supervised by professionals (High Mountain Guides). Two loops: 37 and 43 km. Departure place of the town hall. Races organized by the Club Athlétique du Vignemale.
Phone: +33 (0)5 62 92 50 50 www.cauterets.com

July 07
START: BAGNÈRES-DE-BIGORRE
CYCLOSPORTIVE LA PYRÉNÉENNE
www.lapyreneene.a3w.com
From July 12 to 15
LUZ
JAZZ À LUZ
29th contemporary Jazz Festival and new music. A festival where rub shoulders with fanfares, musical stroll, young audience show, concert aperitifs and most contemporary creations.
Phone: +33 (0)5 62 92 30 30 www.luz.org

July 14
ARGELÈS-GAZOST
TRANSHUMANCE CELEBRATION
Village of transhumance, gathering and blessing of herds, shepherd’s snack, hikes in summer pastures, songs and Pyrenean folklore, bandas, games traditional. Closing of the evening by a “Royal Torro de Fuego”.
Phone: +33 (0)5 62 97 00 25 www.valleesdegavarnie.com

July 20
LOURDES
TOUR DE FRANCE
TARBES > TOURMALET BARRÈGES
117 km passing through the Soulou passes, Argelès-Gazost, Pierrefitte-Nestalas, Luz-Saint-Sauveur and Barrèges, to finally cross the finish line at Tourmalet.
Phone: +33 (0)5 62 97 00 25 www.valleesdegavarnie.com

July 18 to 21
LOURDES
FESTIVAL NIGHTSCAPADES
Photo exhibitions, conferences, tales, concert, reading, projections, workshops, video games.
Phone: +33 (0)5 16 75 29 89 www.chassenuitenuls.eu/francais/rightscapades/

July 22 to 26
ROUTE DES COLS
PYRÉNÉES CYCL’N TRIP
Climbs reserved for cyclists from Peyregades to Aubisque, from 9am to 12pm 5 days, 10 passes. Feeding at the top of the passes.
Free, without registration.

July 25 to august 06
GAUVINIE
GAVARINIE FESTIVAL
The Fébus Theater gives you a rendezvous on the Courade plateau. After about 30 minutes walk, you will be transported to the heart of the nature, on a wonderful scene minutes walk, you will be transported to the heart of the nature, on a wonderful scene
Phone: +33 (0)5 62 97 49 49 www.valleesdegavarnie.com

July 26 to 27
VAL D’AZUN
TRAIL DES GABIZOS
Mountain race
Phone: +33 (0)5 62 97 49 49 www.valleesdegavarnie.com
From august 07 to 08
CAUTERETS
CIRCASSIAN WALK
Organized walk-show in the heart of the national Park of the Pyrenees, this highlight of the cultural season of Cauterets is truly an invitation to discovery of the contemporay circus.
Phone: +33 (0)5 62 92 50 50 www.cauterets.com

August 19 to 21
GAILLAGOS / ARCZIANS-DESSUS
FESTIVAL VAL D’AZUN FROM EARTH TO STARS
Festival of scientific culture, village hall of Gaillagos.
Phone: +33 (0)5 62 97 49 49 www.valleesdegavarnie.com

August 25
LUZ-SAINTE-SAUVEUR – HAUTACAM
MARMOTTE GRANFONDO PYRÉNÉES
Cyclosportive of 160km and 3600m vertical drop. Start at Luz-Saint-Sauveur and arrival at Hautacam.
Phone: +33 (0)5 62 97 00 25 www.marmottegranfondoseries.com

September 11
SAINT-PÉ-DE-BIGORRE
TRANSHUMANCE ROAD
For its 18th edition, the shepherd Stéphane Iriberti, his son Txomin and their 400 ewes will stop at Saint-Pé-de Bigorre. After spending the summer in mountains of Estaing, he borrows for go home, on foot, the paths drawn until 1950 by the Cadets, mountain shepherds in charge of family flock.
Phone: +33 (0)5 62 41 88 10.

September 14 to 15
ARGELÈS-GAZOST
DAY OF PYRENEAN DOGS
The Day of the Pyrenean Dogs is the rendez vous of the national Park of the Pyrenees, this highlight of the cultural season of Cauterets is truly an invitation to discovery of the contemporay circus.
Phone: +33 (0)5 62 97 00 25 www.valleesdegavarnie.com

September 14 to 15
LOURDES
EUROPEAN DAYS OF PATRIMONY
Phone: +33 (0)5 62 42 77 40 www.valleesdegavarnie.com

September 27 to 29
CAUTERETS
SHOP SHEEP FAIR
This unmissable fair is an opportunity to gather around the agricultural activity of the Pays Toy and local know-how. Under the mythical capital or in the restaurants of the village, discover the authenticity of the sheep meat of the valley recognized by its PDO and enjoy the various animations and workshops around the sheep.
Phone: +33 (0)5 62 92 50 50 www.luz.org

From september 27 to 29
CAUTERETS
NATURE MOUNTAIN IMAGE FESTIVAL
Phone: +33 (0)5 62 92 50 50 www.cauterets.com

12 au 13 octobre
ARRENS-MARSOUS
MOUNTAIN LAND, FAIR AGRICULTURAL
Some animations are proposed all weekend : horse shows, demonstration of mowing with scissors, dog training work of shepherd, cheese making, market producers and artisans, exhibition pictures, animations for children, concert and mountain songs ...
Phone: +33 (0)5 62 97 49 49 www.valleesdegavarnie.com

October 12 to 13
LOURDES
INTERNATIONAL PILGRIMAGE OF COOKS
Phone: +33 (0)5 62 64 20 08 www.valleesdegavarnie.com
TOURIST OFFICE OF LOURDES
Phone: +33 (0)5 62 42 77 40
www.lourdes-infotourisme.com
info@lourdes-infotourisme.com
Open year round
Opening on Monday morning at 9:15
From 01/01 to 31/03 and from 01/11 to 31/12
Monday to Saturday (except public holidays) from 9:00am - 12:00pm / from 2:00pm - 5:30pm
From 01/04 to 30/06 and from 01/10 to 31/10
Monday to Saturday: from 9:00am – 12:30pm / from 1:30pm – 6h30pm (16h00pm in October)
Public holidays: from 10:00am – 6:00pm (except October, closed)
From 01/07 to 30/09
Monday to Saturday: from 9:00am - 12:00pm / from 1:30pm – 6:30pm
Sunday in July and August and public holidays: from 10:00am – 6:00pm
Sunday in September: from 10:00am – 12:30pm

TOURIST OFFICE OF LUZ-SAINT-SAUVER
Phone: +33 (0)5 62 92 3030 – www.luz.org
ot@luz.org
Open year round.
July/august:
Monday to Saturday: from 9:00am - 7:00pm
Sunday: from 10:00am-12:00pm and from 4:00pm - 7:00pm
May / June / September and October
Monday to Saturday: from 9:00am-12:00pm and from 2:00pm-6:00pm
Sunday and public holidays: from 10:00am - 12:00pm.
Other times: contact us

TOURIST OFFICE OF CAUTERETS
Phone: +33 (0)5 62 92 50 50
www.cauterets.com – infos@cauterets.com
Open year round from 9:00am - 12:00pm and from 2:00pm - 6:00pm
During school holidays until 12:30pm and 7:00pm

TOURIST OFFICE OF BATSURGUÈRE
AT SÉGUS
Phone: +33 (0)6 11 30 53 16
tourisme@batsurguere.fr
www.vallee-batsurguere.fr
Open July and August, Monday to Friday from 9:00am-12:00pm / from 1:00pm - 6:00pm

TOURIST OFFICE OF GAVARNIE VALLEYS
infotourisme@valleesdegavarnie.com
www.valleesdegavarnie.com
Openings hours may be adapted according to the times of the year.
ARGELES-GAZOST
15 place de la République | +33 (0)5 62 97 00 25
Open year round
Monday to Saturday: from 9:00am -12:00pm and from 2:00pm – 6:00pm
School holidays: Monday to Saturday from 9:00am - 12:00pm and from 2:00pm – 6:30pm
Sunday from 9:00am - 12:30pm

PIERREFITTE-NESTALAS
45 av. Jean Moulin | +33 (0)5 62 92 71 31
Open year round
Tuesday and Thursday: from 9:00am - 12:00pm and from 2:00pm - 5:00pm.
Friday and Saturday: from 9:00am – 12:00pm.
School holidays: Monday to Saturday from 9:00am - 12:00pm and from 3:00pm – 6:00pm.
Sunday morning (July 7 to August 18 2019)

VAL D’AZUN
Arrens-Marsous | +33 (0)5 62 97 49 49
Open year round
Monday to Saturday: from 9:00am - 12:00pm and from 2:00pm - 6:00pm
School holidays: Monday to Saturday from 9:00am - 12:00pm and from 2:00pm - 6:00pm

BARÈGES - TOURMALET
Place Urbain Cazaux | +33 (0)5 62 92 16 00
Open year round
Monday to Saturday: from 9:00am - 12:00pm and from 2:00pm - 6:00pm
School holidays (winter / summer) Monday to Saturday: from 9:00 - 12:00pm and from 2:00pm - 6:30pm.
Sunday from 9:00am - 12:00pm and from 2:00pm - 6:00pm

GAVARNIE
Village | +33 (0)5 62 92 49 10
Open year round
Monday to Saturday: from 9:00am - 12:00pm and from 1:30pm - 5:30pm
Summer school holidays: Monday to Sunday: from 9:00am - 7:00pm.
Winter school holidays: Monday to Sunday: from 9:00am - 12:00pm and from 2:00pm – 6:00pm

GÈDRE
Place de la Bergère | +33 (0)5 62 48 48 05
Open year round
Monday to Saturday: from 9:00am - 12:00pm and from 2:00pm - 6:00pm
School holidays (winter / summer) : Monday to Sunday: from 9:00am - 12:00pm and from 2:00pm - 6:00pm

TOURISM AGENCY OF GAVARNIE VALLEYS
infotourisme@valleesdegavarnie.com
www.valleesdegavarnie.com
Opening hours may be adapted according to the times of the year.
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Pass available online:
HTTPS://RESERVATION.LOURDES-INFOTOURISME.COM