


# GR 10 Hike

## GR10 Trail – 8 days Option #1

General Route	Trail Facts	Notes	Notes
<p><b>Arrival Travel Itinerary</b></p> <p>Fun activities in Toulouse:</p> <ul style="list-style-type: none"> <li>- Basilique Saint-Sernin</li> <li>- Le Capitole</li> <li>- Cite de l'espace</li> <li>- Museum of natural History</li> </ul>	<p><b>8/24/24</b>  <b>Fly in: PHX – Toulouse (TLS) Arrives 18:10</b></p> <p><b>Upon arrival, a private driver will take you to the hotel near Arrens-Marsour (approx. 120 mi)</b></p>	<p><b>Pick up time: 18:10</b>  <b>Arrival time est.: 20:10</b></p>	

**Day 1: Arrens-Marsous to Refuge d'Ilheou**  
8/25/24

**Distance:** 12.43 miles  
**Elevation Climb:** 5,249.34 feet  
**Elevation Descent:** 1,640.42 feet  
**Lunch:** Hotel-restaurant du Lac d'Estaing  
**Dinner:** Restaurant at Refuge d'Ilheou  
**Hotel:** Refuge d'Ilheou  
**Water:** By Lac d'Estaing  
**Start:** 7:00 am  
**Finish:** 2:30 pm  
**Average time:** 7 h 30 min

**Starting elevation:** 2,952.76 feet  
**Highest point:** 7,355.64 feet



Arrens-Marsous is a village with a number of small shops, bar-restaurants and limited accommodation. There is a waterpoint near the church. There are two campsites and the Proxi Supermarket, which sells original and easy-click camping gas, about 700m along the road heading NE out of the village. There is a bus service to Lourdes.

**FACILITIES FOR STAGE 15**

**Arrens-Marsous**

The tourist office is in the Maison Val d'Azun: tel 05 62 97 49 49, [www.valdazun.com](http://www.valdazun.com)

Gîte-auberge Camelat, gîte d'étape, chambres d'hôtes accommodation and meals: tel 05 62 97 40 94 or 06 07 94 23 93

Centre Vacances de La Salamandre has a gîte d'étape tel: 05 62 45 62 60 <https://centrevacances-lasalamandre.com>

Hôtel le Tech: tel 05 62 97 01 60

Camping La Hèche: tel 05 62 97 02 64, [www.campinglaheche.com](http://www.campinglaheche.com)

Camping Mialanne: tel 05 62 97 01 60, <http://campingmialanne.fr>

**STAGE 16**

*Arrens-Marsous to Refuge d'Illhéou*

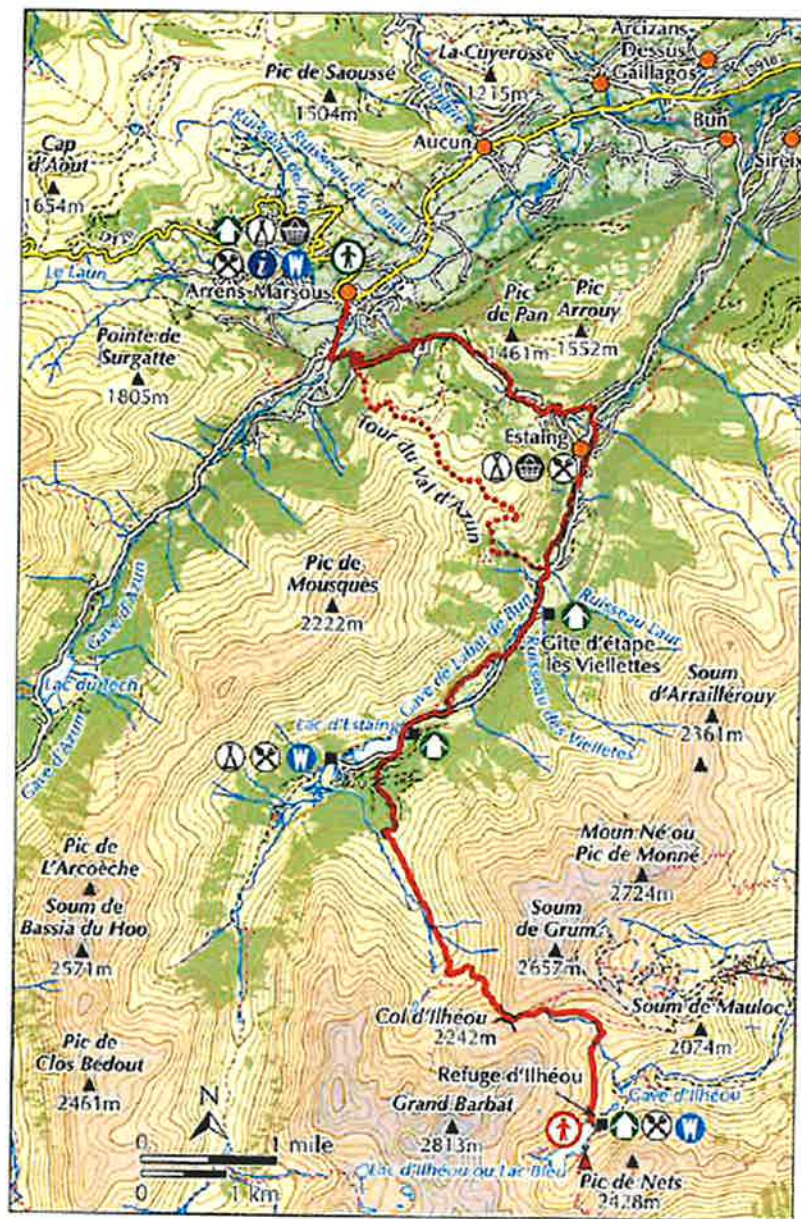
<b>Start</b>	Arrens-Marsous
<b>Distance</b>	20km
<b>Total ascent</b>	1600m
<b>Total descent</b>	500m
<b>Time</b>	6hr 50min; alternative route 7hr 30min
<b>High point</b>	Col d'Illhéou (2242m)

In good weather it is suggested that you follow the Tour du Val d'Azun, rather than the GR10, from Arrens-Marsous to Estaing. This route is more direct and more scenic than the GR10, but does involve more climb and is slightly longer. The main feature of the stage is the long ascent of the Col d'Illhéou from the Lac d'Estaing. In previous editions of this guide the stage continued all the way to Causerets but that will be too far for the average hiker. An alternative way to break the long section from Arrens-Marsous to Causerets would be to stay at the Gîte d'étape les Viellettes or other accommodation in the Estaing area.

Return to the Pont de Lapadé, cross the bridge and turn left and follow the middle of three tracks to a junction with a signpost.

**Alternative route on the Tour du Val d'Azun**

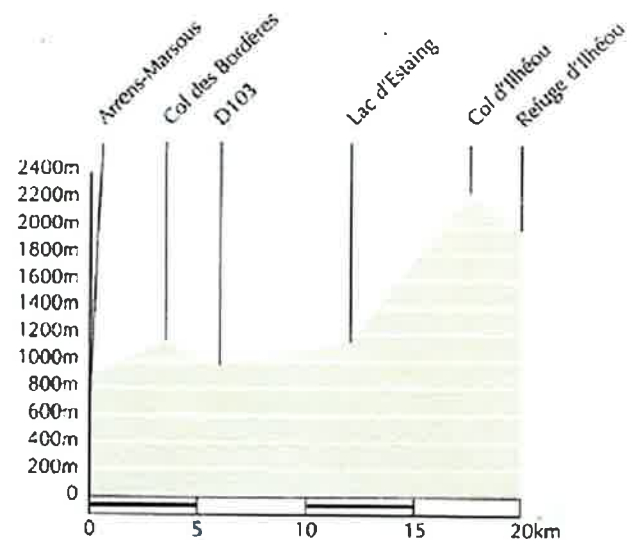
Turn sharp right at the signpost up a good path, with red/yellow waymarks, which switchbacks through the Arboretum Arrens-Marsous to a road. Cross and follow a path which continues switchbacking, approaching a stream before reaching the N ridge of Pic de Habouret. Veer right along the ridge to a small col (1hr 5min) and descend alongside the wall. Four minutes later fork right on a gently rising traverse, cross a fence on a ridge and continue, passing a spring, to reach a small col on the NE ridge of Pic de Mousquès (1hr 40min).



*Pont de Lapadé  
over Gave d'Azun,  
Arrens-Marsous*

Descend right to a better defined col on the E ridge, cross a fence and descend left before switchbacking down to an old barn at the top of the woods. Pass right of the barn, cross a stream and veer left, descending to cross another stream. Eventually recross the stream before reaching the D103 at the Pont de Miaous, S of Estaing (2hr 30min) where you rejoin the GR10.

The GR10 continues roughly E, ignoring paths off to the left and right, to cross a stream where you switchback right and fork left to reach the road (35min). Turn left and soon take a shortcut left on a long right-hand bend. Turn left on regaining the road to reach the Col des Bordères (1hr 1156m). The GR10 follows a path which goes up left just after the drive to a bar-restaurant. Follow the waymarks, but this is a 'shortcut' which might be best ignored. Turn left on returning to the road. The next, more useful, shortcut is on the right, after which you continue



down the road to the next shortcut, veering right at a sharp left-hand bend. Go straight across the road when you next meet it and then turn left along another road. Pass between the church and the cemetery and then turn right to reach the D103 road on the floor of the valley (1hr 35min).

If you want Camping Pyrénées Natura you should turn right along the road. The four-star campground has special rates for hikers as well as a small shop and snack-bar.

The GR10 goes straight across the road and river and follows roads, tracks and paths on the E side of the river before rejoining the D103 at a bridge by Camping le Vieux Moulin (1hr 35min), which is a caravan site. Cross the bridge and then turn left along a path along the right-hand bank of the Gave de Labat, eventually recrossing

the river and returning to the D103. Turn right along the road (1hr 50min). ▶

Pass a turning, on the left, to the **Gîte d'étape les Vieillettes**, which is about 200m back from the road and continue to **Camping la Pose**, a basic campground (2hr 10min). The GR10 goes right from here and follows a small path along the hillside before returning to the road at **Louyous farm** (2hr 35min). There is another 'shortcut' along a grassy path just left of the road before you reach the **Hôtel-restaurant du Lac d'Estaing** ▶ (2hr 45min). Follow the road along the left-hand shore of the **Lac d'Estaing** (the far side of the lake is best for swimming) and fork left up a path on a right-hand bend (2hr 55min, 1161m).

If you continue about 500m along the road to the end of the lake you will find a bar-restaurant, campground, toilets, water, picnic tables and pony trekking centre

Follow the waymarks carefully as the GR10 crosses many tracks as it climbs steeply through the forest and passes the **Cabane d'Arriousec** (3hr 35min, 1400m) as you approach the top of the forest. Continue up the track into the open, shortcutting switchbacks on the right, then straight across the track. Follow the path up the left-hand side of the valley, high above the stream. You will probably cross several small side streams before eventually crossing the main stream (4hr 35min) on a bridge, if it hasn't been washed away! This will probably be your last water on the climb.

Climb to a cattle pen (5hr). The **Cabanes de Barbar** are on your right but the GR10 climbs left. Be careful to follow the waymarks on both ascent and descent of the col ahead as the 'path' is not always clear and there are many animal tracks to confuse. The path veers right and climbs easily, but steeply, to the grassy **Col d'Illhéou** (6hr 5min, 2242m) where there are excellent but exposed campsites.

The alternative route soon rejoins from the right.

Closed in 2018.

## THE GR10 TRAIL

After 5min a path forks left to the Crête du Lys from where ski lifts, operating in July and August, could take you all the way down to Caunterets.

Descend easily down the grassy valley. ◀ The GR10 continues down past the Cabanes d'Arras to a path junction beside a stream (6hr 25min). Turn right, cross two streams and continue to the right of a small knoll, then traverse roughly S before the final descent to the Lac d'Illhéou and the Refuge d'Illhéou, with full refuge facilities, at the NE tip of the lake (6hr 50min, 1988m). Swimming is easiest from the rocks by the 'aire de bivouac', which is about 8min along the S shore of the lake.

### FACILITIES FOR STAGE 16

#### Between Estaing and Lac d'Estaing

Camping Pyrénées Natura: tel 05 26 97 45 44, [www.camping-pyrenees-natura.com](http://www.camping-pyrenees-natura.com)

Gîte d'étape les Viellettes, accommodation and meals: tel 06 43 87 14 24, [www.gitelesviellettes.com](http://www.gitelesviellettes.com)

Camping la Pose: tel 05 62 97 43 10

#### Lac d'Estaing

Camping Lac d'Estaing: tel 05 62 97 24 46

#### Lac d'Illhéou

Refuge d'Illhéou (open June to September): tel 05 62 92 07 18 or 06 85 66 55 96, [www.refuge-ilheou.csvss.fr](http://www.refuge-ilheou.csvss.fr)

## STAGE 17

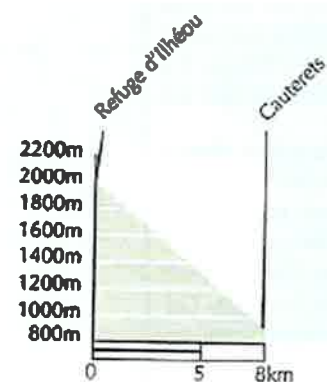
### Refuge d'Illhéou to Caunterets

Start	Refuge d'Illhéou
Distance	8km
Total ascent	0m
Total descent	1100m
Time	2hr 15min
High point	Refuge d'Illhéou (1988m)

This downhill stage is not much more than a rest day and you could continue to Pont d'Espagne as described in Stage 18. If you don't need Caunterets you could stray off the GR10 and follow a direct route to Pont d'Espagne over Col de la Haugade as described in Stage 17A.

Follow the track from the refuge for about 100m to a junction. The GR10 continues left down the track, taking a shortcut right. ▶ Turn right on rejoining the track. The next shortcut is on the left, then straight across on the next meeting of the track. Rejoin the track for a short distance then stay right of the stream (55min, 1481m) when

The right turn here is for the 'aire de bivouac' and the alternative route to the Pont d'Espagne via the Col de la Haugade.





Cauterets has all the facilities you would expect from a major tourist resort. The attraction would have originally been based on the spas associated with the thermal springs but it is now skiing and walking which attract the tourist. The Carrefour supermarket is down Avenue Leclerc, to the left. Just beyond the tourist office turn left down the narrow Rue Richelieu for a waterpoint, hotels Christian and Lion d'Or and the Catena ironmongers, which stocks all types of camping gear. Gîte d'étape de le Pas de l'Ours is along Rue de la Raillère, south from the tourist office. Gîte d'étape Beau Soleil is in Rue Maréchal Joffre, south from Thermes de César. Gîte d'étape le Cluquet, 300m north of the ski lift on the Avenue du Docteur Domer, provides the most basic and cheapest accommodation and also accepts small tents. There are seven campgrounds to the north of town. The tourist office suggests la Prairie might cater best for backpackers. There are bus connections to Lourdes, Luz-Saint-Sauveur and Gavarnie and a shuttle bus service to Pont d'Espagne.

**FACILITIES FOR STAGE 17**

Tourist office in Cauterets: tel 05 62 92 50 50, [www.cauterets.com](http://www.cauterets.com)  
 Only a small selection of the accommodation in Cauterets is listed here.  
 Gîte d'étape Beau Soleil: tel 05 62 92 53 52 or 06 84 22 49 37, [www.gite-beau-soleil.com](http://www.gite-beau-soleil.com)  
 Gîte d'étape le Pas de l'Ours: tel 05 62 92 58 07 or 06 14 01 46 92, [www.lepasdelours.com](http://www.lepasdelours.com)  
 Gîte d'étape le Cluquet: tel 05 62 92 52 95 or 06 74 81 66 22, [www.gite-lecluquet-cauterets.com](http://www.gite-lecluquet-cauterets.com)  
 Hôtel Christian: tel 05 62 92 50 04, [www.hotel-christian.fr](http://www.hotel-christian.fr)  
 Hôtel le Lion d'Or: tel 05 62 92 52 87, [www.liondor.eu](http://www.liondor.eu)  
 Camping la Prairie: tel 05 62 92 07 04

**STAGE 17A**

*Refuge d'Illhéou to the Pont d'Espagne  
 (via Col de la Haugade)*

Start	Refuge d'Illhéou
Distance	10km
Total ascent	400m
Total descent	900m
Time	4hr 10min
High point	Col de la Haugade (2378m)

Assuming you are intending to follow the main variation via the Hourquette d'Ossoue (see Stage 18) and you don't need the facilities at Cauterets, you could follow the magnificent high-level short cut from the Refuge d'Illhéou to the Pont d'Espagne via the Col de la Haugade (2378m). This route is rougher and less well waymarked than the GR10 and is only recommended for the experienced walker in good weather and only when the route is clear of snow. The route has occasional waymarks and lots of cairns on the critical descent route. There is no water on the ascent or until well down the descent.

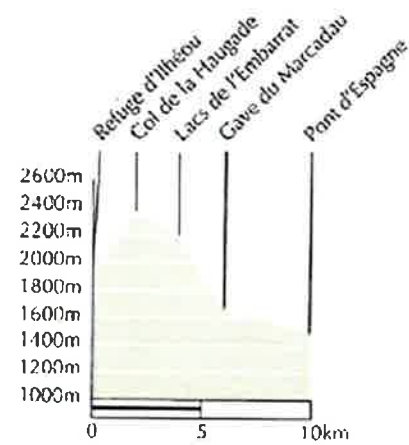
► Follow the track from the refuge for about 100m to a junction. Turn right along the SW shore of the Lac d'Illhéou to reach an *aire de bivouac*. Follow a good mountain path left from here and switchback up rough terrain to reach a *corrie*. Climb the left-hand side of the *corrie* to reach a grassy col, which would provide excellent exposed, dry campsites (1hr 10min, 2311m). This is not the top of the climb! Fork right and climb to the **Col de la Haugade** (1hr 25min, 2378m).

From here a faint path goes down gently, diagonally right, roughly SSW, crossing boulderfields. ► The path eventually emerges at the outlet stream of the upper of the Lacs de l'Embarrat (2hr 10min). Turn sharp left and

For route map, see Stage 17.

Don't be tempted by a more direct steep descent shown on some maps.

**THE GR10 TRAIL**



follow the main path past the lower lake and then away from the stream, descending through woods before veering right again as it switchbacks down to a bridge across **Gave du Marcadau** (3hr 20min). Follow the path down the left-hand side of the valley, passing a small rough bothy after 10min and continuing down to the **Refuge du Clot** (3hr 55min), which has full refuge facilities. There is an aire de bivouac above the refuge. Either follow the road down the left-hand side of the river or cross the bridge and follow track



An angler in Gave du Marcadau

**STAGE 18 – CAUTERETS TO REFUGE DES OULETES DE GAUBE**

and path down the right-hand side. This route passes the bottom station of the chair lift, which would save you about 200m of climb en route for the Lac de Gaube. Arrive at **Pont d'Espagne** (4hr 10min, 1496m) and rejoin the GR10. ▶

For facilities for this stage, see Stage 18.

**STAGE 18**

*Cauterets to Refuge des Oulètes de Gaube*

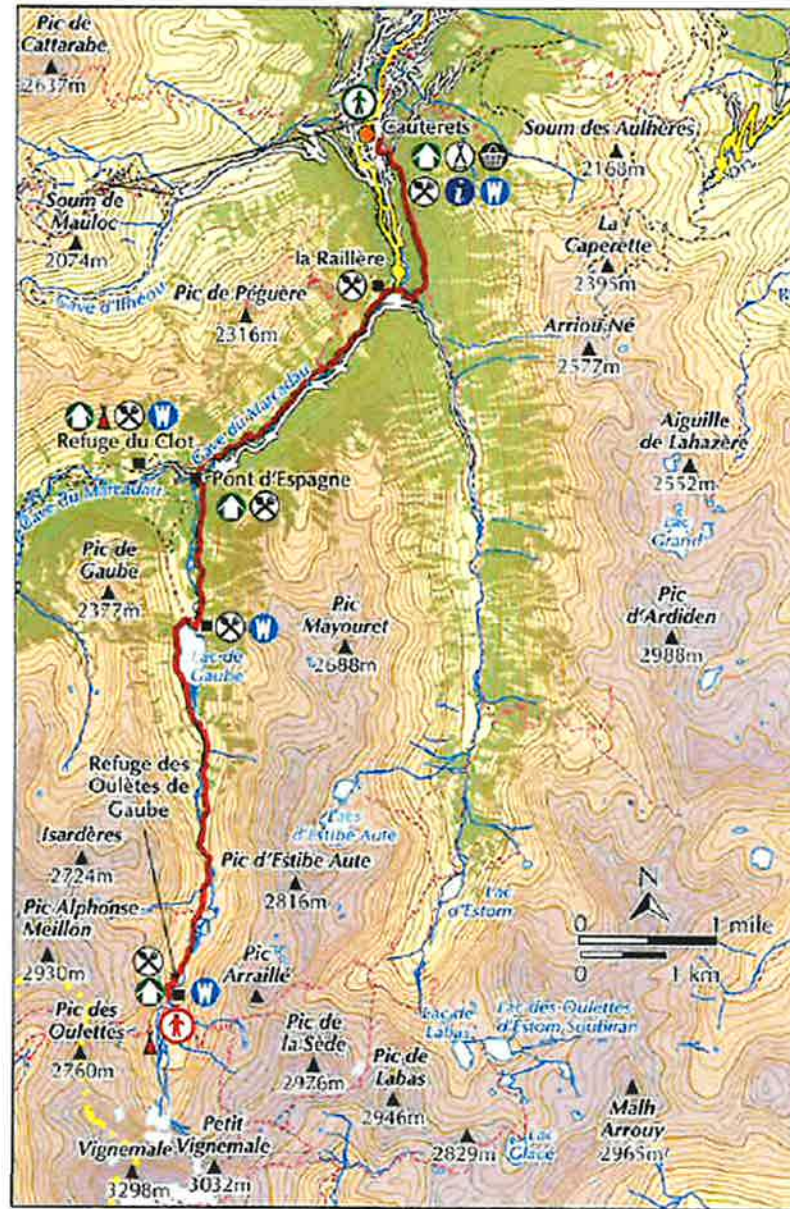
<b>Start</b>	Cauterets
<b>Distance</b>	15km
<b>Total ascent</b>	1400m
<b>Total descent</b>	100m
<b>Time</b>	6hr 5min
<b>High point</b>	Refuge des Oulètes de Gaube (2151m)

When the GR10 was originally devised it took the easy direct route from Cauterets to Luz-Saint-Sauveur over the Col de Riou. This is described in Stage 18A and it is a route with little merit apart from being quick and easy. Many hikers preferred the spectacular approach to the north face of Vignemale, followed by a crossing of the Hourquette d'Ossoue and a descent down to Gavarnie and then north back to Luz-Saint-Sauveur. This alternative route, described here, was given equal status with the Col de Riou route and it is now seen by most hikers as the main route.

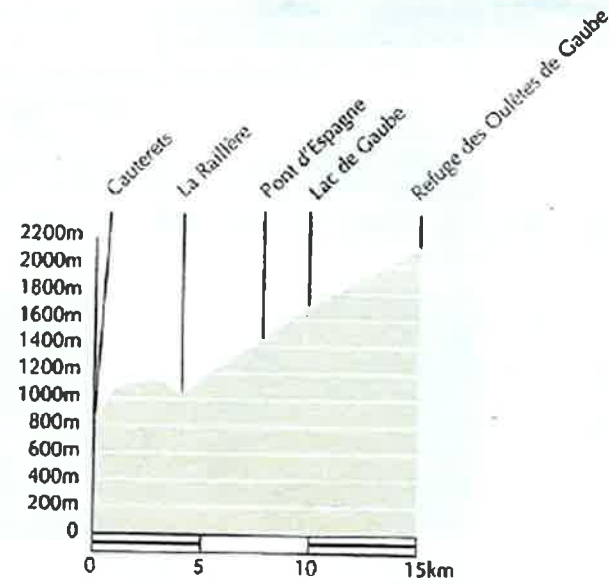
It starts with a climb up the Val de Jéret with its impressive waterfalls followed by an ascent up the Val de Gaube to the Refuge des Oulètes de Gaube with spectacular views of the north wall of Vignemale with its snowfields and remnants of the extensive glaciers that once flowed down the north face. It is a magnificent route, a highlight of the GR10, and so is strongly recommended.

The route over the Col de Riou should only be considered early in the summer when snow could make the crossing of the Hourquette d'Ossoue rather difficult, or if bad weather is forecast or you are short of time.

THE GR10 TRAIL



STAGE 18 - CAUTERETS TO REFUGE DES OULETTES DE GAUBE



Continue E from the tourist office and go diagonally left up the Allée du Parc to reach les Bains du Rocher and Thermes de César. ▶ Go between the two spa resorts and follow a path behind the Thermes de César. An excellent path switchbacks up the hill before going straight across a road. Veer right past a waterpoint and climb gently, high above the river, until you reach a path junction. Fork right and descend to the bridge across the Cascade du Lutour. Cross and fork right to **la Raillère** (1hr 10min, 1044m) with a number of bar-restaurants and souvenir shops. As you approach la Raillère, you will notice a strong sulphurous odour from the natural hot springs which are exploited by the Thermes de Griffons.

Cross the bridge over the river and follow the well-trod path up the right-hand side of the Val de Jéret. Pass two bridges and some magnificent waterfalls before turning right up a paved path to reach the Hôtellerie du Pont d'Espagne (2hr 55min, 1496m). ▶

The variation of the GR10 via the Col de Riou goes left of les Bains du Rocher.

The variation over the Col de la Haugade rejoins the GR10 here (Stage 17A).

Lac de Gaube



The Refuge du Clot, with full refuge facilities and an aire de bivouac, is set in lovely meadows about 10mins up the road to the right of the hotel. There are public toilets and an information office at the huge car park just below the Pont d'Espagne from where there is a shuttle bus service to Cauterets.

Cross the **Pont d'Espagne** and take the road down the right-hand side of the gorge. After 100m turn right up a 'tourist path' and follow this to the **Lac de Gaube** (3hr 50min, 1725m). There is a bar-restaurant with public toilets and waterpoint at the N tip of the lake. The best swimming is at the S end of the lake.

Head along the W shore of the lake and continue up the right-hand side of the valley before crossing the stream on a bridge. Recross the stream at the next bridge

STAGE 18A – CAUTERETS TO LUZ-SAINT-SAUVEUR (VIA COL DE RIOU)

and stay on the right-hand side of the valley at the third bridge. Finally cross the stream to arrive at the popular **Refuge des Oulètes de Gaube** with its magnificent view of the N face of Vignemale (6hr 5min, 2151m). This CAF refuge has full refuge facilities and waterpoint. The aire de bivouac is on the edge of the meadows on the right hand side of the valley.

FACILITIES FOR STAGE 18

Hôtellerie du Pont d'Espagne, Pont d'Espagne: tel 05 62 92 54 10, [www.hotel-du-pont-despaigne.fr](http://www.hotel-du-pont-despaigne.fr)

Chalet-refuge du Clot (open early-May to mid October), Pont d'Espagne: tel 05 62 92 61 27, [www.chaletduclot.fr](http://www.chaletduclot.fr)

Refuge des Oulètes de Gaube (open June to September): tel 05 62 92 62 97, <https://refugeoulettesdegaube.ffcam.fr>

STAGE 18A

Cauterets to Luz-Saint-Sauveur (via Col de Riou)

Start	Cauterets
Distance	22km
Total ascent	1300m
Total descent	1500m
Time	6hr 55min
High point	Col de Riou (1949m)

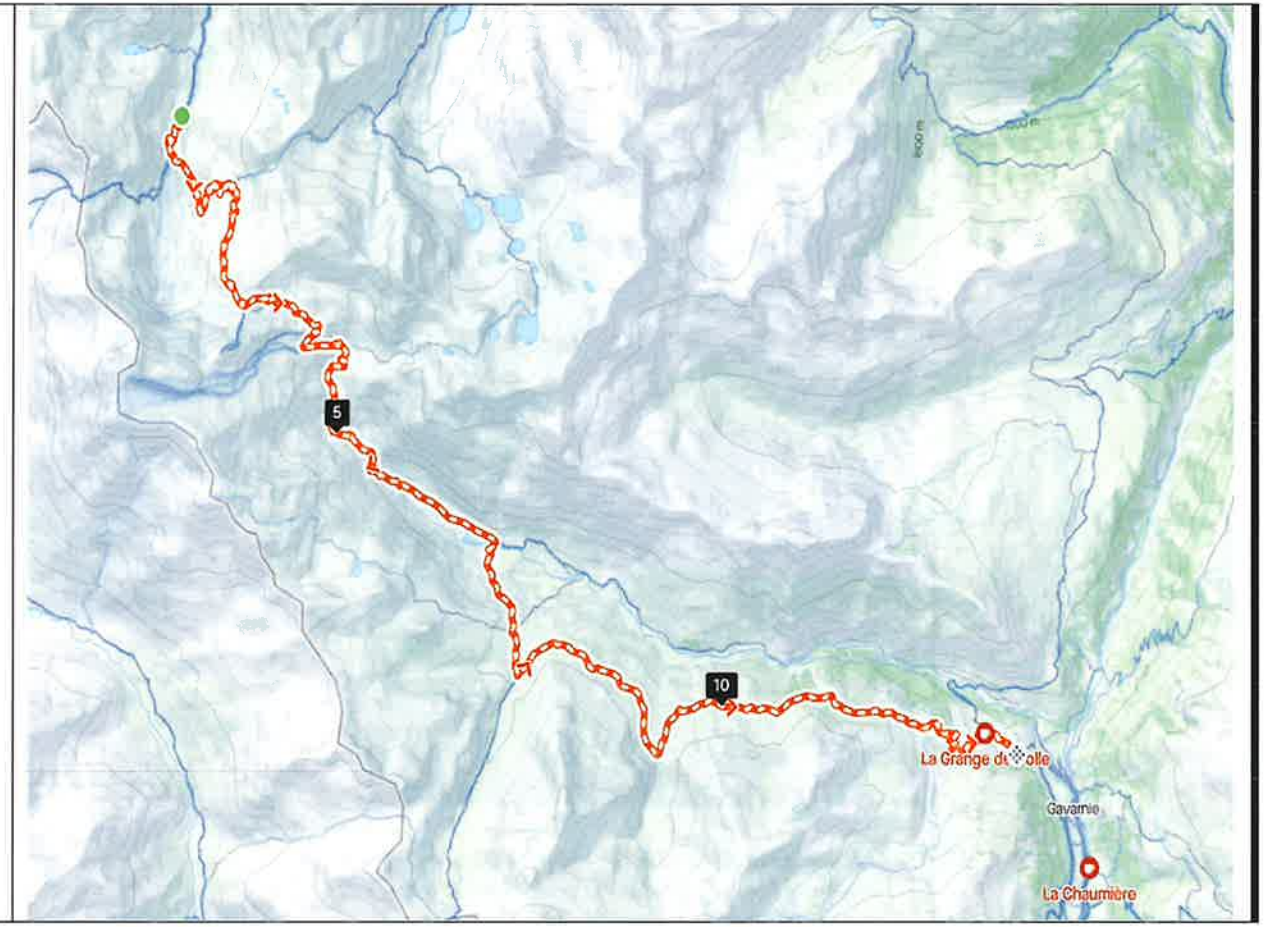
no

This easy route was the original direct route of the GR10 from Cauterets to Luz-Saint-Sauveur but, assuming you have time, it is strongly recommended that you follow the magnificent route from Cauterets to Luz-Saint-Sauveur over the Hourquette d'Ossoue as described in Stages 18-20.

**Day 3 (Part 1):** Refuge des Oulettes de Gaube to  
Chalet-refuge la Grange de Holle  
8/27/24

**Distance:** 13.05 miles  
**Elevation Climb:** 2,624.67 feet  
**Elevation Descent:** 4,593.18 feet  
**Lunch:** Restaurant at Chalet-refuge la  
Grange de Holle  
**Water:** By Refuge Baysseance and  
Chalet-refuge la Grange de Holle  
**Start:** 7:00 am  
**Finish:** 2:05 pm  
**Average time:** 7 h 5 min

**Starting elevation:** 7,053.81 feet  
**Highest point:** 8,969.82 feet



visibility just descend to the top car park of the Luz-Arciden ski complex. Follow the D12 road down, taking a lot of waymarked shortcuts, until you reach a sign to Grust at a road crossing (4hr 25min). Follow the path as it switchbacks down through the woods, paying careful attention to the waymarks in a maze of paths. The path takes you easily to the small hamlet of Grust (4hr 50min, 975m). Pass a waterpoint and the Auberge les Bruyères, then go right at the church and veer left past the Gîte d'étape le Soum de l'Asè and follow the path to the D12.

Descend a little then take a path on the left, which takes you to the hamlet of Sazos (5hr 5min, 840m). Turn right past Gîte de Montagne la Maisonnée, right above the church then uphill right at a small square with public toilets. This circuitous route takes you past several waterpoints. Continue up an alley and path to the D12. It would be possible to descend this road past Camping Pyrénévasion to Luz-Saint-Sauveur but the GR10 crosses the road and climbs an old cobbled path to reach the Ferme des Cascades where you can purchase cheese. Turn left across the bridge over the waterfall immediately above the farm and follow a good path, which roughly contours to reach a roadhead at another farm (5hr 50min). Follow the road, crossing a stream and start descending to reach a junction with the GR10 variation over the Hourquette d'Ossau (6hr). For the continuation of the route to Luz-Saint-Sauveur (6hr 55min) refer to Stage 20. ◀

For facilities in Luz-Saint-Sauveur see Stage 20.

## FACILITIES FOR STAGE 18A

**Grust**

Auberge les Bruyères: tel 05 62 92 83 03, [www.aubergesbruyeres.com](http://www.aubergesbruyeres.com)

Gîte d'étape le Soum de l'Asè, accommodation and bar-restaurant: tel 05 62 92 34 79, <http://gite-soum-de-lase.monsite-orange.fr>

**Sazos**

Gîte de Montagne la Maisonnée, accommodation and bar-restaurant: tel 05 62 92 96 90, [www.gitelamaisonnee.com](http://www.gitelamaisonnee.com)

Camping Pyrénévasion: tel 05 62 92 91 54, [www.campingpyrenevasion.com](http://www.campingpyrenevasion.com)

## STAGE 19

*Refuge des Oulètes de Gaube to  
Chalet-refuge la Grange de Holle*

<b>Start</b>	Refuge des Oulètes de Gaube
<b>Distance</b>	21km
<b>Total ascent</b>	800m
<b>Total descent</b>	1400m
<b>Time</b>	7hr 5min
<b>High point</b>	Hourquette d'Ossoue (2734m)

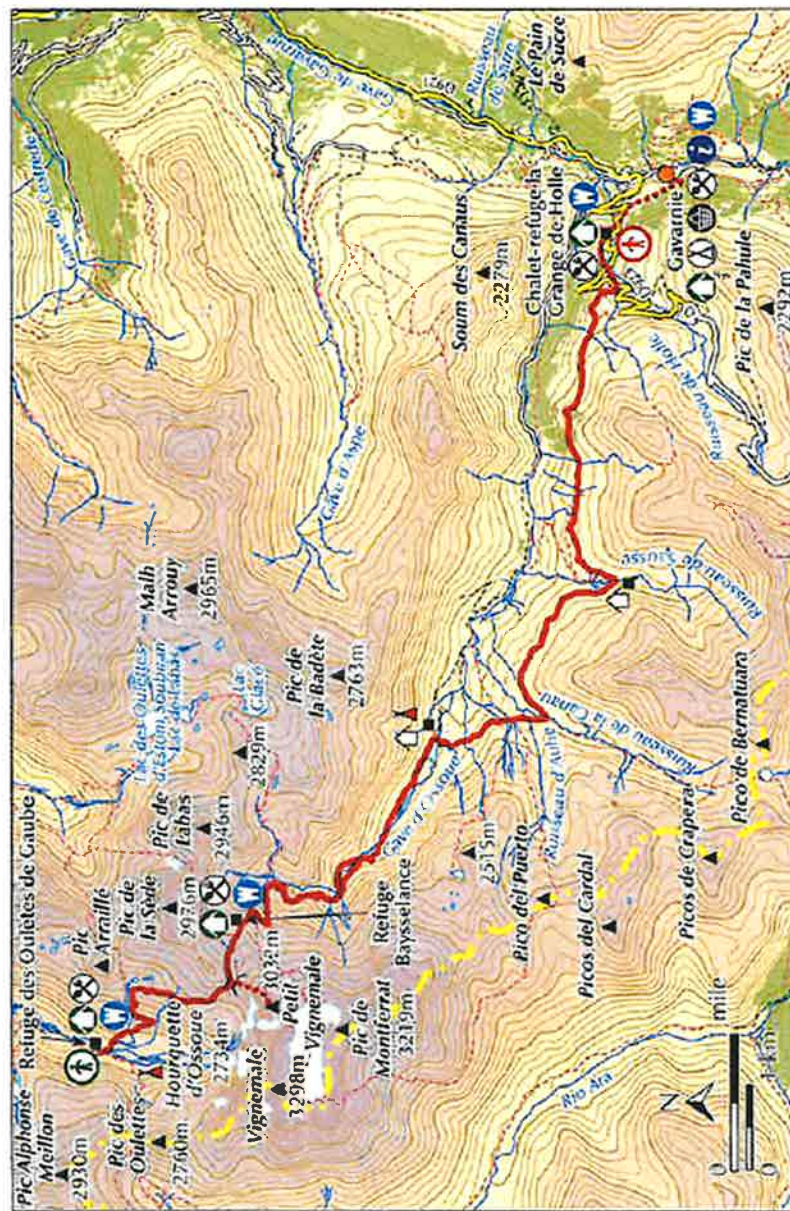
Although the Hourquette d'Ossoue is the highest pass on the GR10, it is considerably easier in snow than the Hourquette d'Arre (Stage 14). There will be snowfields over the pass well into summer, but the route is well cairned, as well as waymarked, and the path should be easy to follow. There will probably be water on the ascent, depending on the state of snowmelt, but campsites will be in short supply. In good weather you might like to climb Petit Vignemale (3032m) one of the easiest 3000m peaks in the Pyrenees.

The GR10 goes E from the refuge. Fork left after 50m and climb a good rocky path which switchbacks up to a junction (1hr 5min). Turn right and climb to the **Hourquette d'Ossoue** (2hr 15min, 2734m). ▶

The path veers left, E, at the col and switchbacks down, before a slight climb up a knoll to the **Refuge Bayselance** (2hr 30min, 2651m). The refuge is the normal base for the climb of Vignemale (3298m) by the Glacier d'Ossoue, a climb which requires experience and climbing equipment.

This refuge, the highest manned refuge in the Pyrenees, has full refuge facilities. There is a waterpoint outside and a rather austere aire de bivouac.

From here you can climb Petit Vignemale, to the right, by its NE ridge – faint paths lead up easy rubble and rock slopes (up and down in 80min).

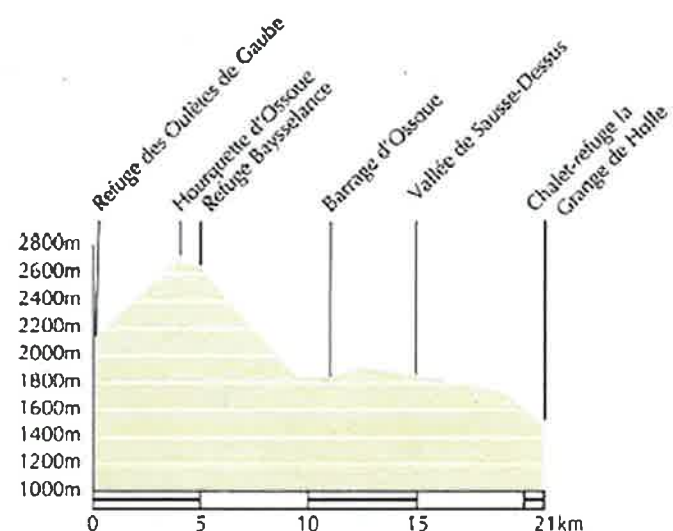


Vignemale from Petit Vignemale

The GR10 continues roughly ESE. The route is easy to follow and surprisingly free of snow by July in an average year. Switchback down, passing the Grottes de Bellevue (2hr 50min, 2420m).

The caves were hewn out of the rock for Count Henry Russell, in the 1880s, to provide accommodation in his exploration of Vignemale. They can still be used for an uncomfortable bivouac.

The path now switchbacks steeply down, but surprisingly there are good campsites beside a stream, 10mins later. Continue down the good path until you reach a boulderfield through which several meltwater streams from the Glacier d'Ossoue flow. The cairns and waymarking here can be destroyed and may be unclear in mist. You actually gain a little height crossing these boulderfields to pick up the path on the other side. This path climbs slightly as it follows a ledge cut out of the cliffs, before continuing the



descent; you cannot descend directly down the valley as the stream drops in a series of waterfalls.

As you approach the bottom of the descent you will probably have snowfields to cross well into August. These snowfields are the remains of the snow, which has avalanched from the cliffs above. Eventually you reach a bridge across the **Gave d'Ossoue** at the head of the flat valley floor of the Oulettes d'Ossoue (4hr 5min). Cross the bridge and follow a vague path down the left-hand side of the valley to the Barrage d'Ossoue (4hr 25min, 1834m). Swimming possible. There is an aire de bivouac and a basic bothy by the dam.

The GR10 now follows a generally rising traverse of the slopes S of the Gave d'Ossoue. There are plenty of camping opportunities and you cross a number of small streams. Start by crossing the stream on a bridge immediately below the dam and follow a path roughly S through pasture, veering SE then S again to pass the Cabane de Lourdes. Cross the stream flowing from the Vallée de la Canau on a bridge (5hr), veer left and continue the

### STAGE 19 – REFUGE DES OULETTES DE GAUBE TO CHALET-REFUGE LA GRANGE DE HOLLE

traverse passing the Cabane de Sausse-Dessus ▶ and crossing the stream (with rockpool) in the next valley (5hr 35min). Again, veer left and reach a highpoint in the traverse (6hr). There are a few ups and downs before you reach the tiny, recently restored, Cabane des Tousaus, which could be useful in a storm (6hr 30min). There follows a grassy plateau, at the far end of which the path veers left and follows a little ridge before veering right, down to the D923 road. Go straight across and again when you next meet the road to arrive at the **Chalet-refuge la Grange de Holle** (7hr 5min, 1480m).

Chalet-refuge la Grange de Holle has full refuge facilities and waterpoint. Camping is possible. There is a good waterhole if you follow the path a few hundred metres down the left side of the stream.

The GR10 doesn't actually enter **Gavarnie**, but you may want to take a day off to visit this **carfree village**, which is one of the tourist honeypots of the Pyrenees. It has all the facilities you would expect of such a honeypot including bar-restaurants, hotels, gîte d'étape, campsites, a small food shop, tourist office, waterpoint and toilets. There is a bus service to Luz-Saint-Sauveur and on to Lourdes and Tarbes. It is worth walking up to the Cirque de Gavarnie and exploring this magnificent area, which claims the highest waterfall in Europe (427m). Once the snow has melted, it would be possible to climb to the renowned Brèche de Roland (2804m) and le Taillon (3146m), which is one of the easiest 3000m peaks in the Pyrenees.

A bothy in good condition in 2017.

#### FACILITIES FOR STAGE 19

Refuge Baysselance (open May to September): tel 09 74 77 66 52 or 05 62 92 40 25, <http://refugebayssellance.ffcam.fr>

Chalet-refuge la Grange de Holle (open May to October): tel 05 62 92 48 77, [www.chaletlagrangedeholle.ffcam.fr](http://www.chaletlagrangedeholle.ffcam.fr)

Gavarnie

Tourist office: tel 05 62 92 49 10, <http://ete.gavarnie.com>

Selected accommodation:

Camping la Bergerie: tel 05 62 92 48 41, [www.camping-gavarnie-labergerie.com](http://www.camping-gavarnie-labergerie.com)

Gîte d'étape le Gypaète: tel 05 62 92 40 61, <http://legypaete.pagesperso-orange.fr>

Gîte d'étape Oxygène: tel 05 62 92 48 23, <http://gite-gavarnie.com>

Hôtel l'Azouzou: tel 05 62 92 48 07, [hotel.azouzou@wanadoo.fr](mailto:hotel.azouzou@wanadoo.fr)

STAGE 20

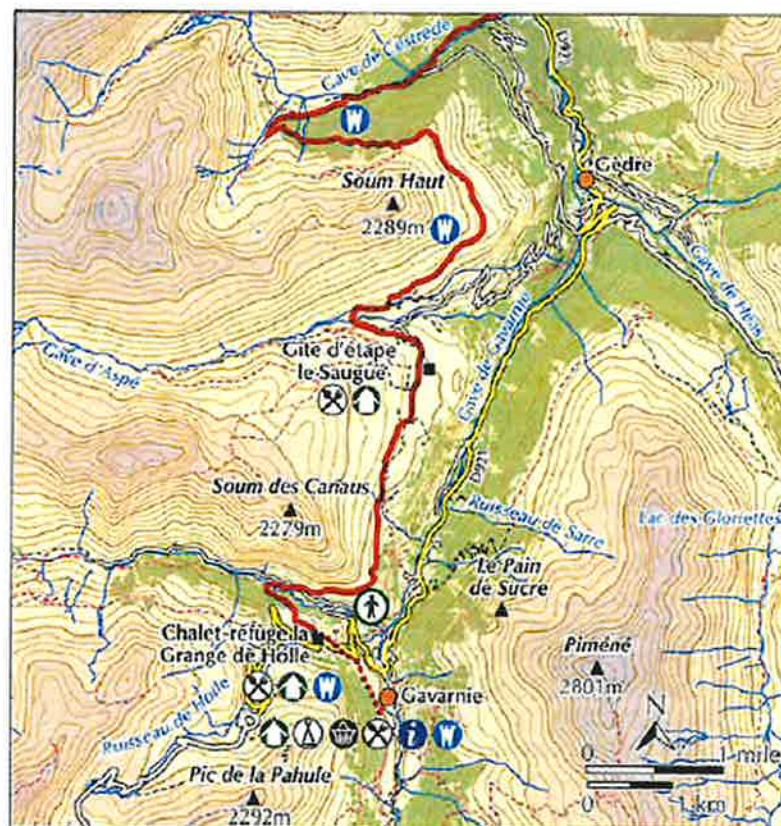
Chalet-refuge la Grange de Holle  
to Luz-Saint-Sauveur

Start	Chalet-refuge la Grange de Holle
Distance	26km
Total ascent	700m
Total descent	1500m
Time	7hr 45min
High point	NNE ridge of Soum Haut (1874m)

This long stage, which is a generally descending traverse of the west slopes of the Gavarnie Valley, could be split by staying at Gîte d'étape le Saugué.

Head down the track from the refuge and almost immediately fork left along a path that follows the wall. The path veers NW and then descends through woods before veering right to cross a bridge over the Gave d'Ossoue (1436m). Follow the path right, along the left-hand bank of the river before veering left to cross the road. Go diagonally right, climbing easily to reach the SE ridge

STAGE 20 – CHALET-REFUGE LA GRANGE DE HOLLE TO LUZ-SAINTE-SAUVEUR



of Soum des Canaus (40min, 1563m). Descend below crags then fork left, signed Saugué, and climb to cross a small stream. Follow the path up this stream. The path has become a track by the time it reaches the top of the hill (1hr 15min).

The GR10 veers left and right, to stay clear of farm buildings, before turning right, back to the main track and a car park at the roadhead. Keep straight on down the dirt road, which has become a tarmac road by the time you pass the Gîte d'étape le Saugué (1hr 40min, 1610m). Three minutes later fork left up a track and right along a path. Keep straight on along tracks above some

map continues  
on page 141

Day 3 (Part 2): Chalet-refuge la Grange de Holle to Hotel Alpee  
8/27/24

**Taxi/car:** Refuge la grange de holle to Hotel Alpee in Bareges (41 mins)  
**Dinner:** Restaurant at Gite Auberge Les Cascades  
**Hotel:** Hotel Alpee in Bareges

TAXI EDGARD NEMER  
+33 6 16 93 10 35  
[edgard.nemer@gmail.com](mailto:edgard.nemer@gmail.com)  
Website:  
<https://www.taxi-lourdes.fr/taxi/votre-chauffeur-taxi/contact-taxi-eddy-65>



Day 4 (Part 1): Hotel Alpee to Tournaboup  
8/28/24

Taxi/car: Hotel Alpee in Bareges to  
Tournaboup (9 mins)

TAXI EDGARD NEMER  
+33 6 16 93 10 35  
[edgard.nemer@gmail.com](mailto:edgard.nemer@gmail.com)

Website:

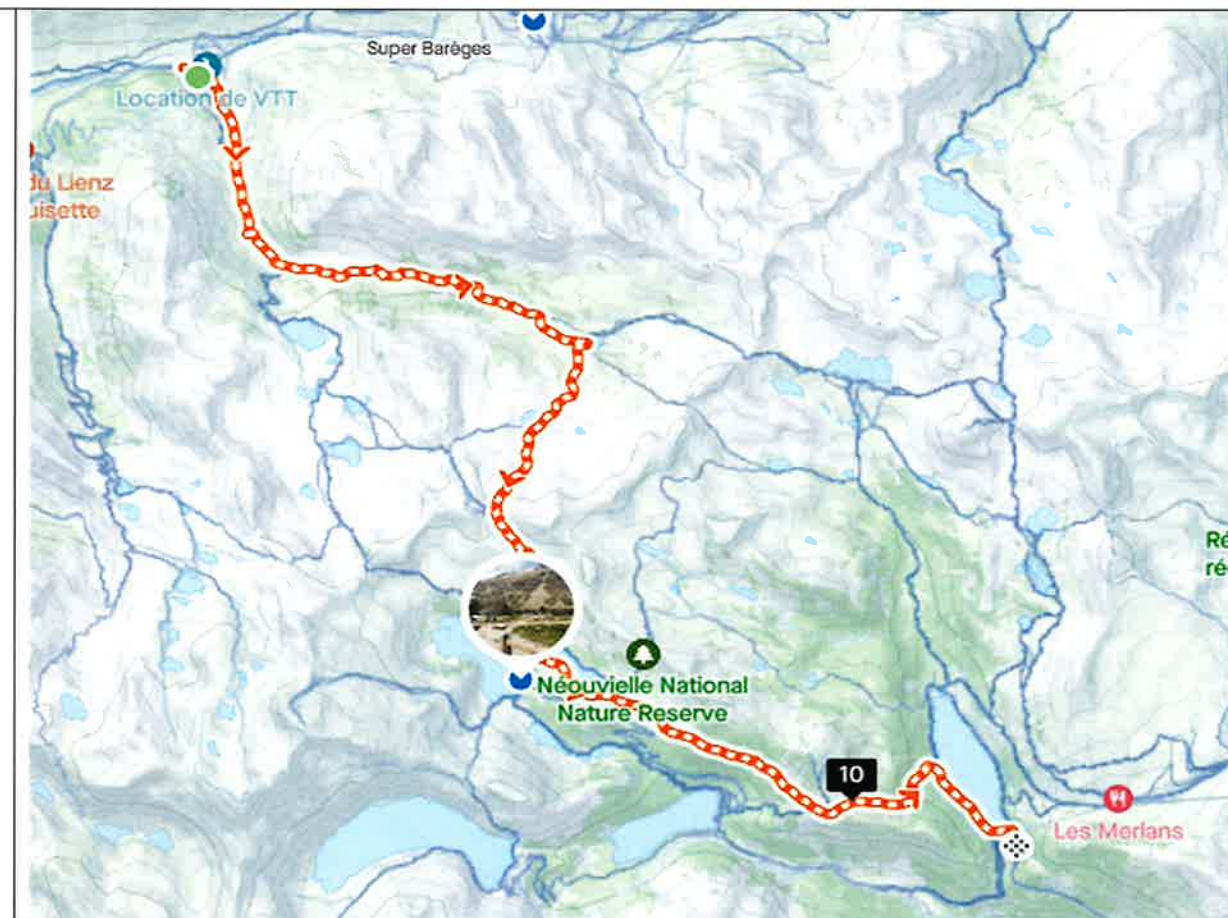
<https://www.taxi-lourdes.fr/taxi/votre-chauffeur-taxi/contact-taxi-eddy-65>



Day 4 (Part 2): Tournaboup to Refuge-Hotel de l'Oule  
8/28/24

**Distance:** 14.29 miles  
**Elevation Climb:** 4,265.09 feet  
**Elevation Descent:** 2,296.59 feet  
**Lunch:** Restaurant at Refuge-Hotel de l'Oule  
**Dinner:** Restaurant at Refuge-Hotel de l'Oule  
**Hotel:** Refuge de l'Oule  
**Water:** By Lac d-Aubert  
**Start:** 7:00 am  
**Finish:** 2:00 pm  
**Average time:** 7 hrs

**Starting elevation:** 4,757.22 feet  
**Highest point:** 8231.63 feet

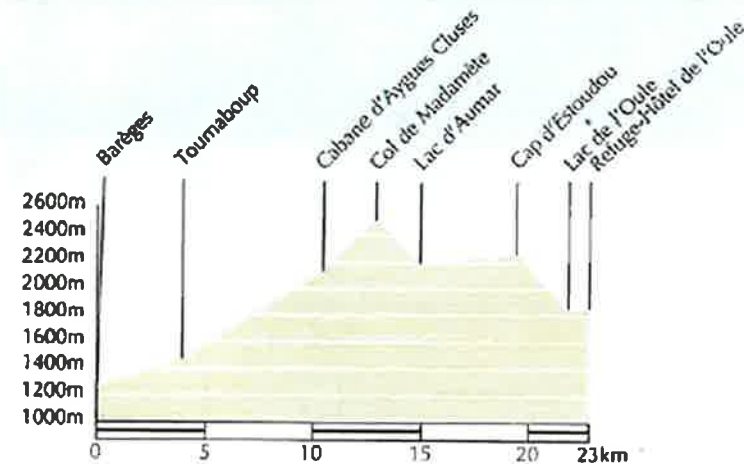


STAGE 22

Barèges to Refuge-Hotel de l'Oule

Start	Barèges
Distance	23km
Total ascent	1300m
Total descent	700m
Time	7hr 45min; alternative route 8hr 45min
High point	Col de Madamète (2509m)

This long stage crosses the Col de Madamète, which is remarkably easy for such a high pass. For those who are not camping, the only possibilities to split the stage are to use the Cabane d'Aygues Cluses both or the Chalet-Hôtel d'Orédon at the east end of Lac d'Orédon.



STAGE 22 – BARÈGES TO REFUGE-HOTEL DE L'OULE

Head up the main road, passing the Gîte d'étape l'Oasis and turn left across the bridge over Le Bastan. Turn right alongside the river then climb a grassy bank to reach a small tarmac road. Turn left then right and follow the road as it climbs. At a switchback, keep straight on up a grassy track, which becomes a path that veers left up to a track. Turn right and pass through magnificent wildflower meadows. Cross a couple of streams then fork right just after a farm (40min) and descend to cross a bridge over the river. Turn left and follow the track to the D918. Turn left and follow the left-hand road past a snack-bar and Auberge la Couquelle to the bridge at the Tournaboup ski area (1hr). The bar-restaurant/snack bar and chair lift at the ski area are open in the summer.

The Auberge la Couquelle is a bar-restaurant that offers accommodation.

You are now at the foot of the road pass over the Col du Tourmalet, which has been made famous by frequent use in the Tour de France. There seems

Map continues on page 150





An alternative route, the GR10C (not described in this guide), continues up the D918.

to be a continuous flow of cyclists climbing to or descending from the col.

The GR10 turns right and climbs to the left of the Coubous stream. The waymarking may not be clear but you stay left of the wood to reach the old road (1hr 20min, 1538m). Go straight across and continue up the left-hand side of the valley, joining a track. Eventually cross the stream and reach a path junction (2hr). Turn left and follow a clear stony path. You are back into a typical granite landscape, which provides magnificent scenery. The stream disappears underground for some time and there are good campsites in the meadows where it reappears (2hr 35min). There are many strands to the path, with the GR10 waymarked to avoid the meadows while most tourists use the old paths through the meadows. You cross the stream several times before eventually reaching

the Cabane d'Aygués Cluses (3hr 35min, 2150m) by the shallow Lac de Coueyla-Gran. This small bothy was in good condition in 2015.

The GR10 switchbacks right before veering S then SW and crossing several streams before passing between the two Lacs de Madamète (swimming possible) (4hr 5min). As usual when crossing high passes, the waymarks get scarcer, to be replaced by cairns. Continue roughly SSW, passing left of two shallow tarns and left of a possibly ice-bound lake to reach the Col de Madamète (4hr 55min, 2509m). ▶

There have been camping opportunities and water throughout the ascent, but you are now entering la Réserve Naturelle de Neouvelle where camping is restricted to the aire de bivouac below the Lac d'Aubert dam and at Lac d'Orédon, as described in the alternative route from Lac d'Aumar. Apart from these sites, the next legal wild camping is at the N end of Lac de l'Oule in Stage 23.

Pic de Madamète (2657m) to the right is an easy peak with a cairned path to the summit (there and back in 25min).

Looking southeast from Pic de Madamète



There is excellent swimming from the NW shore.

Head straight down the other side, passing left of the Gourg de Rabas (swimming possible), on boulderfield. Shortly afterwards veer right, SW, and then left to reach the NW end of **Lac d'Aumar** (5hr 35min, 2190m), which is popular with tourists as it is accessed by a shuttle bus service. ◀ Continue along the S shore of the lake and, after a few minutes, pass a sign to the aire de bivouac.

**Alternative route via Lac d'Orèdon**

If you want to camp, or if you require the Chalet-Hôtel d'Orèdon, you should turn right and descend to the aire de bivouac immediately below the dam of **Lac d'Aubert** (5hr 50min, 2148m) where there are toilets and waterpoint. You can either return to the GR10 or descend, following the cairned path from the aire de bivouac. Pass along the N shore of les Laquettes and turn right immediately before reaching a road. Stay on the path when you next meet the road and arrive at the aire de bivouac at the E end of **Lac d'Orèdon** (6hr 45min, 1856m) with information office, toilets, waterpoint and good swimming.

Go a short distance along the road and turn left, steeply uphill, by the Refuge du Lac which is part of the **Chalet-Hôtel du Lac d'Orèdon** which you soon reach. Turn left up the road and soon fork right up a steep, well-trod but unwaymarked path to reach a junction with the GR10 at a good spring just below the **Cap d'Estoudou** (8hr).

There is an easy ascent of the Soum de Monpelat (2474m) to the left: a return journey will take 55min).

Ignore the road as you continue along the shore to the SE end of the lake. Keep straight on along a grassy plateau and then climb a little before descending to a small ridge and following a descending traverse before the final ascent to the **Cap d'Estoudou** (7hr, 2260m). There is a spring just before you reach the col. ◀

Descend steeply on the clear path to reach the **Lac de l'Oule** (7hr 35min, 1821m): If you don't want the refuge you can turn left and start Stage 23. Turn right for the **Refuge-Hotel de l'Oule**, with full refuge facilities, at the E end of the dam at the S end of the lake (7hr 45min).

FACILITIES FOR STAGE 22

**Toumaboup**  
 Auberge-la Couquelle: tel 05 62 92 68 15, lacouquelle@wanadoo.fr  
**Lac d'Orèdon**  
 Chalet-Hôtel du Lac d'Orèdon, refuge or hotel accommodation: tel 06 23 05 72 60, www.refuge-pyrenees-oredon.com  
**Lac de l'Oule**  
 Refuge-Hotel de l'Oule (open mid June to mid September): tel 05 62 98 48 62, www.saintlary-vacances.com/oule

STAGE 23

Refuge-Hotel de l'Oule to Vielle-Aure

Start	Refuge-Hôtel de l'Oule
Distance	17km
Total ascent	400m
Total descent	1400m
Time	4hr 40min
High point	Col de Portet (2215m)

This is an easy stage climbing over the grassy Col de Portet, which is unfortunately rather despoiled by ski slopes. Camping is possible throughout the section until the final steep descent.

Return to the junction on the W shore of Lac de l'Oule and pass an old stone cabin, which could be used for a very rough bivouac. Continue to the bridge at the N end of the lake (swimming possible) (30min). The campsites here are the first legal sites since the Col de Madamète.

**Day 5 (Part 1):** Refuge-Hotel de l'Oule to Vielle-Aure  
8/29/24

**Distance:** 10.56 miles  
**Elevation Climb:** 1,312.34 feet  
**Elevation Descent:** 4,593.18 feet  
**Lunch:** Restaurant at Vielle-Aure  
**Water:** By Col de Portet and Pla del Castillon  
**Start:** 7:00 am  
**Finish:** 11:40 am  
**Average time:** 4 h 40 min

**Starting elevation:** 5987.53 feet  
**Highest point:** 7,267.06 feet



There is excellent swimming from the NW shore.

Head straight down the other side, passing left of the Gourg de Rabas (swimming possible), on boulderfield. Shortly afterwards veer right, SW, and then left to reach the NW end of **Lac d'Aumar** (5hr 35min, 2190m), which is popular with tourists as it is accessed by a shuttle bus service. ◀ Continue along the S shore of the lake and, after a few minutes, pass a sign to the aire de bivouac.

#### Alternative route via Lac d'Orédon

If you want to camp, or if you require the Chalet-Hôtel d'Orédon, you should turn right and descend to the aire de bivouac immediately below the dam of **Lac d'Aubert** (5hr 50min, 2148m) where there are toilets and waterpoint. You can either return to the GR10 or descend, following the cairned path from the aire de bivouac. Pass along the N shore of les Laquettes and turn right immediately before reaching a road. Stay on the path when you next meet the road and arrive at the aire de bivouac at the E end of **Lac d'Orédon** (6hr 45min, 1856m) with information office, toilets, waterpoint and good swimming.

Go a short distance along the road and turn left, steeply uphill, by the Refuge du Lac which is part of the **Chalet-Hôtel du Lac d'Orédon** which you soon reach. Turn left up the road and soon fork right up a steep, well-trod but unwaymarked path to reach a junction with the GR10 at a good spring just below the **Cap d'Estoudou** (8hr).

There is an easy ascent of the Soum de Monpelat (2474m) to the left: the return journey will take 55min.

Ignore the road as you continue along the shore to the SE end of the lake. Keep straight on along a grassy plateau and then climb a little before descending to a small ridge and following a descending traverse before the final ascent to the **Cap d'Estoudou** (7hr, 2260m). There is a spring just before you reach the col. ◀

Descend steeply on the clear path to reach the **Lac de l'Oule** (7hr 35min, 1821m): If you don't want the refuge you can turn left and start Stage 23. Turn right for the **Refuge-Hotel de l'Oule**, with full refuge facilities, at the E end of the dam at the S end of the lake (7hr 45min).

#### FACILITIES FOR STAGE 22

##### Toumaboup

Auberge-la Couquelle: tel 05 62 92 68 15, lacouquelle@wanadoo.fr

##### Lac d'Orédon

Chalet-Hôtel du Lac d'Orédon, refuge or hotel accommodation: tel 06 23 05 72 60, www.refuge-pyrenees-oredon.com

##### Lac de l'Oule

Refuge-Hotel de l'Oule (open mid June to mid September): tel 05 62 98 48 62, www.saintlary-vacances.com/oule

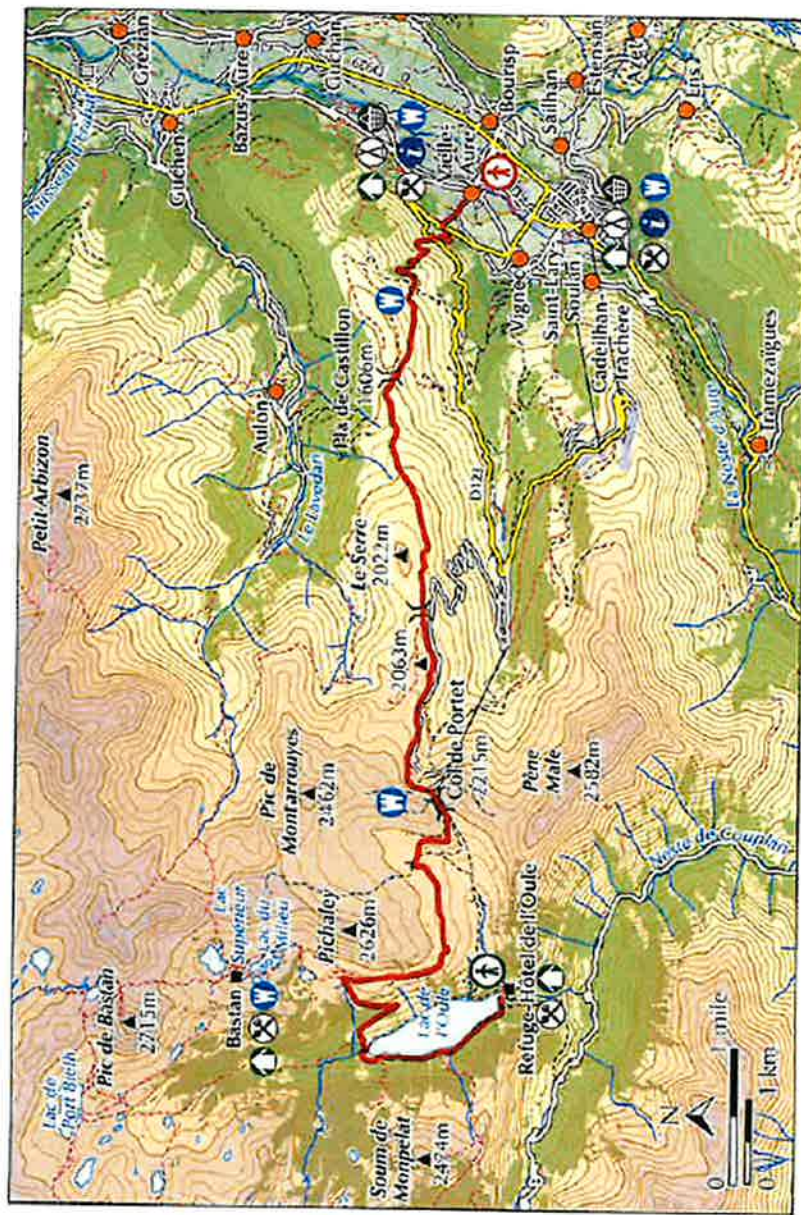
### STAGE 23

*Refuge-Hotel de l'Oule to Vielle-Aure*

<b>Start</b>	Refuge-Hôtel de l'Oule
<b>Distance</b>	17km
<b>Total ascent</b>	400m
<b>Total descent</b>	1400m
<b>Time</b>	4hr 40min
<b>High point</b>	Col de Portet (2215m)

This is an easy stage climbing over the grassy Col de Portet, which is unfortunately rather despoiled by ski slopes. Camping is possible throughout the section until the final steep descent.

Return to the junction on the W shore of Lac de l'Oule and pass an old stone cabin, which could be used for a very rough bivouac. Continue to the bridge at the N end of the lake (swimming possible) (30min). The campsites here are the first legal sites since the Col de Madamète.



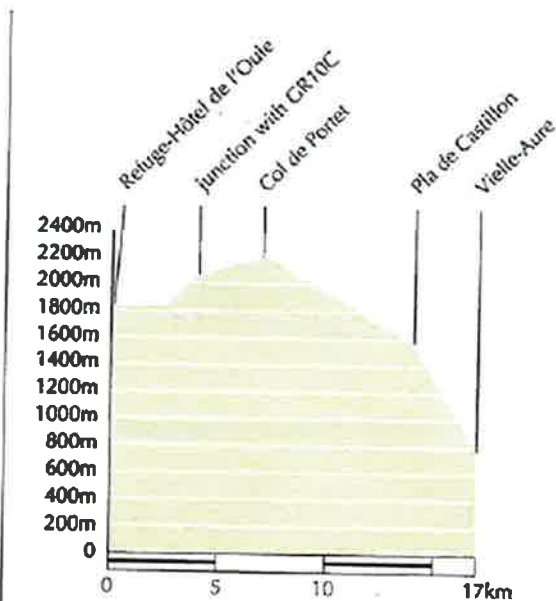
Lac de l'Oule

The Refuge de Bastan is about 30min left along the GR10C surrounded by some lovely lakes.

Cross the bridge and climb ENE to the right of the Bastan stream and climb past the Cabane de Bastan to a junction with the GR10C (1hr 25min, 2110m). ▶

The GR10 switchbacks right and traverses grassy pasture along the W slopes of **Pichalay**. Ignore a right fork and follow the path as it veers left to pass under ski lifts on the S slopes of the mountain. Ignore a multitude of animal tracks and tracks associated with the ski slopes. Cross two small streams (2hr 5min) and fork right to contour round the S ridge of **Pic de Montarrouyes** and climb easily alongside a chair lift to the **Col de Portet** (2hr 20min, 2215m) with car parking and ski lifts.

The GR10 veers left down a ski piste, soon forking left along a gently descending path and passing just above a good spring. Ignore animal tracks contouring off to the left as you descend parallel to the road. After you have left the ski slopes behind, the GR10 starts to contour the S slopes of Peak 2063 to reach a track at a col (2hr 55min). Continue along the track, passing right of a cattle pen and then pick up the path which contours the S slopes of **Le Serre** before descending its



grassy E ridge to a gate. You soon fork right, not clearly waymarked, to arrive at a col (3hr 35min, 1606m) with signpost at the Pla de Castillon.

Veer right and follow the fence down to a waterpoint (3hr 50min), which was just running July 2015. There is poor waymarking here, but the GR10 follows the good track down before going straight on along a path into the woods, at a switchback in the track. This path switchbacks easily down the steep slope. There are a few nebulous path junctions at which you take the descending option. When you reach the D123 road (4hr 20min), go straight across. You also go straight across when you next meet the D123, descending to the right of a car park.

You soon pass the entrance to the Mines de Vielle-Aure. ◀ Continue descending down a tarmac road to arrive at the central square in the small village of Vielle-Aure (4hr 40min, 800m).

These ancient manganese mines have been renovated as a tourist attraction.

The tourist office and a bar-restaurant are in the square. Hôtel Aurélia is W along the D19 on the S side of the river. The large Carrefour supermarket, which is on your right as you walk from Vielle-Aure to Bourisp, stocks all types of camping gas. There is a wide choice of campgrounds but the tourist office recommends Camping la Mousquère, which is on the GR10 on the way into Bourisp or Camping Municipal in the centre of St-Lary-Soulan. There is a bus service from Vielle-Aure to Tarbes via Lannemezan, connecting with the French rail network. In July/August there is a bus service to Loudenvielle.

Saint-Lary-Soulan, to the S, is a tourist resort with a much wider range of facilities for the hiker.

FACILITIES FOR STAGE 23

**Bastan**

Refuge d'u Bastan (open June to September): tel: 05 62 98 48 80, <http://refugedebastan.fr>

**Vielle-Aure and Bourisp**

Tourist office: 05 62 39 50 00, [www.vielleaure.com](http://www.vielleaure.com)

Hôtel Aurélia: tel 05 62 39 56 90, [www.hotel-aurelia.com](http://www.hotel-aurelia.com)

Camping la Mousquère: tel 05 62 39 44 99, [www.campinglamousquere.com](http://www.campinglamousquere.com)

**Saint-Lary-Soulan**

Tourist office: tel 05 62 39 50 81, [www.saintlary.com](http://www.saintlary.com)

Selected accommodation:

Hôtel d'Orédon: tel 05 62 39 40 04, [www.saint-lary-hotel.com](http://www.saint-lary-hotel.com)

Hôtel la Pergola: tel 05 62 39 40 46

Hôtel Pons le Dahu: tel 05 62 39 43 66, [www.hotelpons.com](http://www.hotelpons.com)

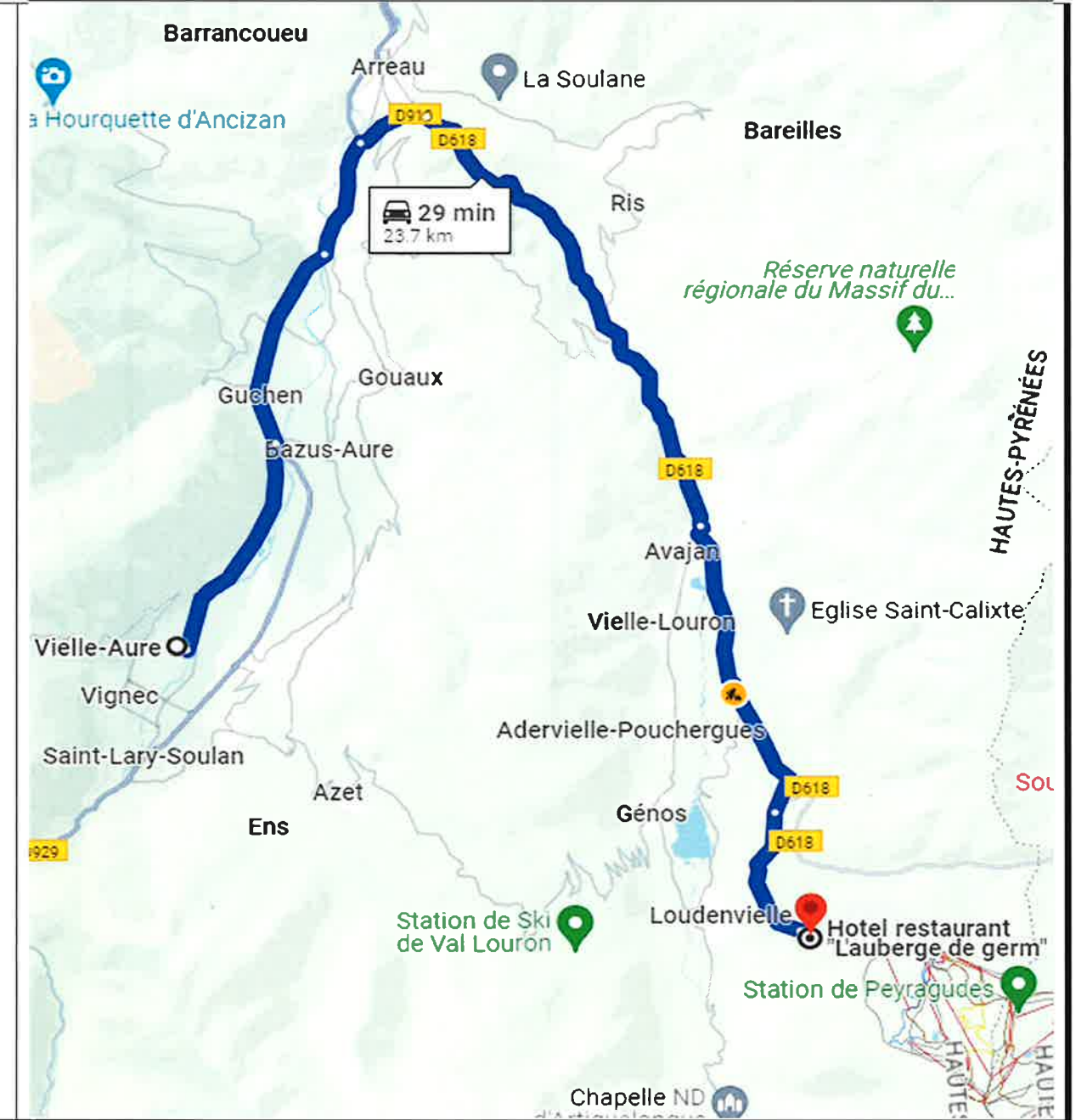
Gîte le refuge à Saint-Lary-Soulan, mainly takes groups but may be able to cater for GR10 hikers: tel 05 62 39 46 81, [www.adhoc-pyrenees.fr](http://www.adhoc-pyrenees.fr)

Camping Municipal Lallane: tel 05 62 39 41 58

Day 5 (Part 2): Vielle-Aure to L'Auberge de Germ  
8/29/24

**Taxi/car:** Vielle-Aure to L'Auberge de Germ (29 mins)  
**Dinner:** Restaurant at L'Auberge de Germ  
**Hotel:** L'Auberge de Germ

Domi taxi +33667556060  
No website



**Day 6: Germ to Granges d'Astau**  
8/30/24

**Distance:** 8.08 miles  
**Elevation Climb:** 2952.76 feet  
**Elevation Descent:** 3,280.84 feet  
**Lunch:** Restaurant at L'Auberge d'Astau  
**Dinner:** Restaurant at L'Auberge d'Astau  
**Hotel:** L'Auberge d'Astau  
**Water:** Between Couret d'Esquierry and Granges d'Astau  
**Start:** 7:00 am  
**Finish:** 11:45 am  
**Average time:** 4 h 45 min

**Starting elevation:** 4,429.13 feet  
**Highest point:** 6,991.47 feet

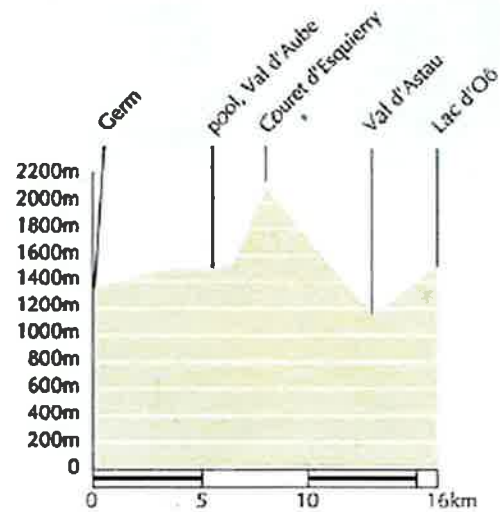


**STAGE 25**  
Germ to Lac d'Oô

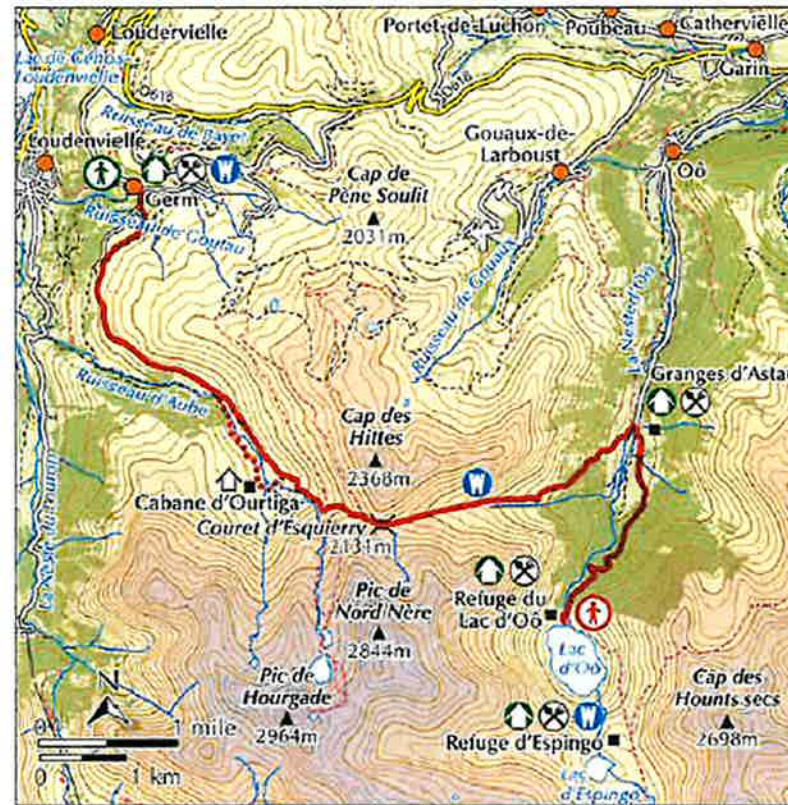
Start	Germ
Distance	16km
Total ascent	1200m
Total descent	1000m
Time	6hr
High points	Couret d'Esquierry (2131m), Lac d'Oô (1504m)

The GR10 now returns to the high mountains for a crossing of the Couret d'Esquierry. Stages 25 and 26 are both tough days and it would be possible to break into three days by staying at Granges d'Astau and the Refuge d'Espingo.

Keep straight on through Germ, passing several water-points, public toilets and the Auberge de Germ. After



STAGE 25 – GERM TO LAC D'OÔ



about 200m, fork left and climb steeply up a track before forking right and traversing. Fork left up a path on a generally rising traverse. After a high point, enter the Val d'Aube. A slight descent takes you down to the floor of the valley at a small dam (cold swimming) (1hr 5min, 1487m). If you want the Cabane d'Ourtiga, a bothy in excellent condition in 2015, you should follow the paths on the right-hand side of the stream. The GR10 continues up the left-hand side to reach flatter pasture, with good campsites, across the stream from the bothy (1hr 35min, 1620m).



A path leads right from the col to the Lacs de Nère and Pic de Hourgade (2964m) (difficulty unknown).

The GR10 now veers slightly left to reach the left-hand stream descending from above. Cross this stream and climb a small, but easily followed, steep path which climbs the ridge to the right of the stream. The only water is early on the climb. The ascent is too steep for camping but it would be possible to camp when you arrive at the grassy **Couret d'Esquierry** (3hr 15min, 2131m). ◀

Keep straight on and descend the dry valley, eventually reaching a good spring to your left. The GR10 now veers right to reach a shepherd's hut, the **Cabane du Val d'Esquierry** (3hr 55min). Descend left from here, cross the stream, descend a grassy shoulder and enter the woods. The path then switchbacks down steep slopes to a farm in the Val d'Astau. Follow the tarmac farm road to the bridge over the river, cross and turn right up the D76 to reach **Granges d'Astau** and the **Auberge d'Astau** (4hr 45min, 1139m).

In July and August, there is a morning and evening bus service from the large car park to Bagnères-de-Luchon. There is a bar-restaurant here and it should be possible to camp on the right above Granges d'Astau, after which the next obvious camping is in the vicinity of the **Refuge d'Espingo** or on the descent from the Hourquette des Hounts-Secs.

Join the tourists on the track up the valley. Ignore two paths going off right before arriving at the bridge just below the **Lac d'Oô dam**. If you don't need the **Refuge du Lac d'Oô**, go straight on and start Stage 26. Otherwise cross the bridge and arrive at the **Refuge du Lac d'Oô** with full refuge facilities (6hr, 1504m). No camping or swimming! ▶

The spectacular waterfall across the reservoir is the **Cascade d'Oô**.

FACILITIES FOR STAGE 25

**Granges d'Astau**

**Auberge d'Astau**, chambres d'hôtes, gîte d'étape accommodation and bar-restaurant: tel 05 61 95 30 16, [www.auberge-astau.com](http://www.auberge-astau.com)

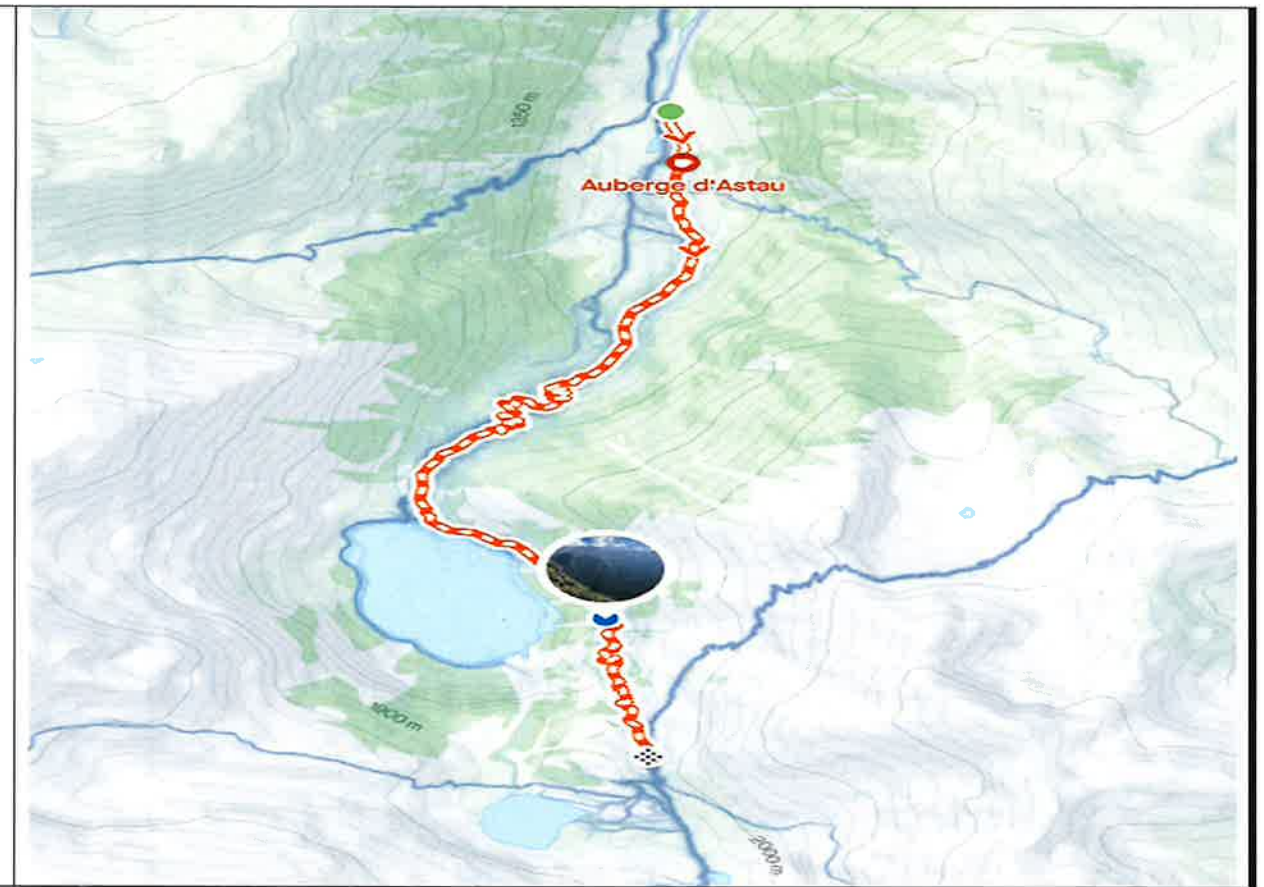
**Lac d'Oô**

**Refuge du Lac d'Oô** (open May to October): tel 05 61 79 12 29, [www.lacdoocla.fr](http://www.lacdoocla.fr)

**Day 7: Granges d'Astau to Refuge d'Espingo**  
8/31/24

**Distance:** 3.5 miles  
**Elevation Climb:** 2,651 feet  
**Elevation Descent:** 62 feet  
**Lunch:** Restaurant at Refuge d'Espingo  
**Dinner:** Restaurant at Refuge d'Espingo  
**Hotel:** Refuge d'Espingo  
**Water:** Between Lac d'Oo and Refuge d'Espingo  
**Start:** 7:00 am  
**Finish:** 10:00 am  
**Average time:** Less than 3 hrs

**Starting elevation:** 3,854.99 feet  
**Highest point:** 4,921.26 feet

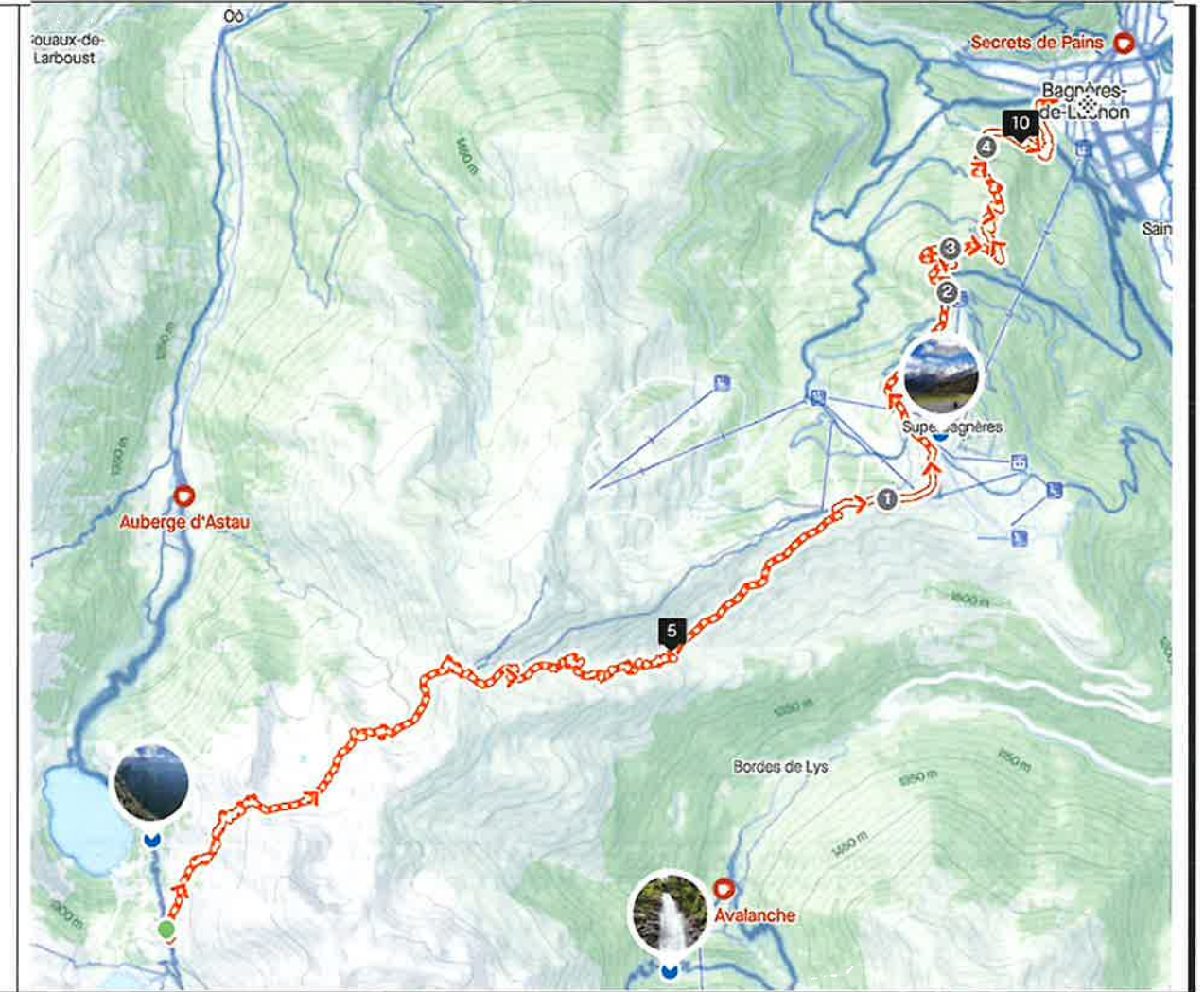


Day 7's trail information is contained in Day 6 and 8

**Day 8 (Part 1):** Refuge d'Espingo to Bagnères de Luchon  
9/1/24

**Distance:** 11.5 miles  
**Elevation Climb:** 3,280.84 feet  
**Elevation Descent:** 6,233.60 feet  
**Lunch:** Restaurant at Bagnères de Luchon --- "L'Escale"  
**Water:** By Pic de Subescale  
**Start:** 7:00 am  
**Finish:** 12:30-1:00 pm  
**Average time:** 5 h 30 min to 6 hrs

**Starting elevation:** 6,453 feet  
**Highest point:** 7463.91 feet



STAGE 26

Lac d'Oô to Bagnères-de-Luchon

Start	Lac d'Oô
Distance	19km
Total ascent	1000m
Total descent	1900m
Time	7hr
High point	Hourquette des Hounts-Secs (2275m), Col de la Coume de Bourg (2272m)

This long stage could be broken by staying at the Refuge d'Espingo. The going could be tough on this high-level traverse, especially in bad weather or in early season when snow could linger on the north-facing slopes between the Hourquette des Hounts-Secs and Col de la Coume de Bourg. The day ends with a long descent down to Bagnères-de-Luchon.



Map continues on page 168



Lac d'Espingo

Return to the bridge and climb to the left-hand end of the dam. The path soon climbs high above the E shore of the reservoir before continuing on a rising traverse. Cross two streams just below cascading waterfalls and follow the path up a valley to a path junction by a big boulder (1hr 30min).

The main path continues up the valley and reaches the Refuge d'Espingo, which has full refuge facilities and waterpoint, in 10mins. Lac d'Espingo, below the refuge, is popular with campers and has good swimming.

The GR10 switchbacks left up a small but clear path. You cross a stream, which may be your last water until the small spring on the other side of the Col de la Coume de Bourg. The path switchbacks easily up to the **Hourquette des Hounts-Secs** (2hr 50min, 2275m). ▶

The path descends right, veering left along the N slopes of **Cap de Hounts-Secs** (2513m), with good campsites,

Cap de Bassières (2296m), to the left, is a very easy scramble (up and down in 15min).



before climbing over the NW ridges of Pic de Coume Nère and **Pic de Subescale** and climbing switchbacks to the **Col de la Coume de Bourg** (4hr 15min, 2272m).

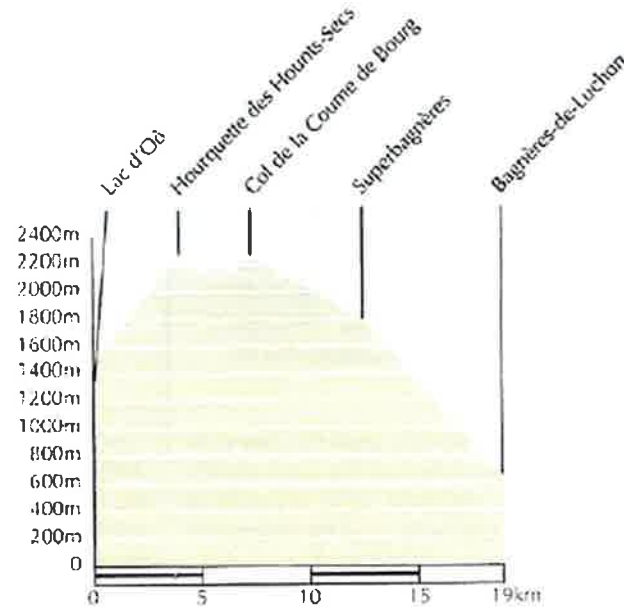
From this col there is a path leading left, bypassing the Sommet de la Coume de Bourg (2347m), to reach **Pic de Céciré** (2403m) to the northeast (return journey of 45 minutes), **Pic de Subescale** (2436m) to the southwest can be climbed on sheep tracks (there and back in 40 minutes).

There is a profusion of animal tracks here, but the G10 descends and, in a few minutes, passes a spring-fed pipe (running July 2014 and 2015), protected by a cairn of boulders. When Superbagnères is closed this will be your last water before Luchon! Camping possible.

The path veers left and traverses the steep craggy S slopes of Pic de Céciré, eventually reaching its E ridge

under some powerlines (5hr). Continue along the crest of the ridge to the top of the chair lift. The waymarking through the ski area is rather sparse, but veer slightly left, then turn left along a track to reach the **Superbagnères** ski complex (5hr 20min, 1804m). The facilities, including the bar-restaurant, toilets with water and hotel, are only open in July and August.

Take the track left of the resort, forking left then crossing a ski piste to arrive at a derelict hexagonal shelter and picnic table. Go diagonally left here, through meadow and into the woods. Fork left and switchback down the steep slope. Turn right at a forest road (5hr 50min) and fork left down a grassy track. Turn left down a path and switchback down. Cross a track and then rejoin the track. This is the best place to camp if you want to stop before Luchon (6hr 15min). Almost immediately turn right and switchback down, eventually reaching a junction where you turn left. Pass the Source



Palo del Mailh, which is probably just running and, a few minutes later, reach the top of **Bagnères-de-Luchon**. Descend a narrow tarmac road, turn left and right, past the market square, to reach a church (7hr, 650m).

Bagnères-de-Luchon is a major tourist resort. Most of the facilities, including the tourist office and waterpoint, are to the right. Intersport, by the tourist office, stocks Coleman-style camping gas. Turn left for the railway station. SNCF seem to be giving up running trains from Luchon but SNCF buses operate from the railway station, connecting to Montréjeau.

**FACILITIES FOR STAGE 26**

Refuge d'Espingo (open May to mid October): tel 05 61 79 20 01, <http://refugedespingo.ffcarn.fr>

**Superbagnères**

Hôtel Superbagnères, part of les Villages Clubs du Soleil, is mainly for longer holidays but an overnight stay may be possible during July and August: tel 05 61 79 90 00

**Bagnères-de-Luchon**

Tourist office: tel 05 61 79 21 21, [www.luchon.com](http://www.luchon.com)

A small selection of the available facilities:

Camping au fil de l'Oô (formerly Camping Beauregard): tel 05 61 79 30 74, <http://campingaufildeloo.com>

Camping Pradelongue: tel 05 61 79 86 44, [www.camping-pradelongue.com](http://www.camping-pradelongue.com)

Hôtel la Rencluse: tel 05 61 79 02 81, [www.hotel-larencluse.com](http://www.hotel-larencluse.com)

Gîte le Lutin: tel: 05 61 89 70 86, <http://gite-luchon-pyrenees.fr>

### 3 BAGNÈRES-DE-LUCHON TO MÉRENS-LES-VALS

**KEY INFORMATION**

Distance	265km
Total ascent	17,600m
Time	99hr walking
Maps	IGN Carte de Randonnées 1:50,000 maps 5-7



The border between France and Spain is well north of the watershed in this section and the GR10 passes through the Ariège. These mountains aren't quite as high as the High Pyrenees, but the valleys running north from the watershed are deeper and the slopes are steeper meaning that there is a lot of climbing. The Ariège has never been as popular as the High Pyrenees so there is often a feeling of remoteness and facilities for walkers harder to find.

*On the approach to Col d'Auèran (Stage 29)*

Day 8 (Part 2): Bagnères de Luchon to San Sebastian, Spain  
9/1/24

14:00—Driver to pick you up at Restaurant “L’Escale”, 18 rue du Dr Germes, 31110 Bagnères-de-Luchon and take you to your hotels in San Sebastian [approx. 180 mi./3hrs15mins drive—should arrive around 6:00 p.m.; girls will have landed by then and should be at the Hotel]

<https://aramis-paris.com/en/long-distance-taxi-transfers/spain>

