



Peak Bagging in the Pyrenees

The itinerary remains flexible to accommodate for the weather conditions and the desires of the group. The treks described below are to give you an idea of what we could encounter during the week. There is a lifetime's worth of peaks and ridges to choose from - trying to work out which ones not to do is the main problem!

Day 1: Evening transfer from Toulouse to Ax

Transfer 1hr 15mins from Toulouse airport to the hotel in the spa resort of Ax-les-Thermes, which nestles at a height of 720m in the Ax valley. After a briefing, it's time for a few beers in town. Dinner tonight is not included due to the late arrival of the flights.

Day 2: Roc Blanc (2542m).

Starting in the National Nature Reserve of Orlu, we climb sharply following the GR7 (Tour Des Montagnes d'Ax). The final stages to the summit involve some basic scrambling. The view from the top is well worth the effort - this granite peak is the most westerly in the area giving us big views down towards the Mediterranean. Our route down takes us close to the rock climbing Mecca of the **Dent D'Orlu**.

Day 3: Pic's De Pont Negra (2877m).

This is a sustained ridge walk starting at 2200m in the Andorran Ski resort of Pas de Le Casa. Today we encounter boulder fields, scree slopes and possibly the odd snow patch during this stunning walk, which takes us to Spain, France and Andorra! Hopefully we will have time to take in some tax free shopping at the end of the day

Day 4: Pic De L'Homme (2464m).

This is an excellent remote mountain trek with lots of flora and fauna interest. The cooling waters of the **Etang D'Ayguelogue** provides us with a perfect base camp for those not wanting to scramble up to the peak. Although not very high we are in the heart of the mountains, so the views are breathtaking. We return back to the bus via a picturesque ridge.

Day 5: Free Day

Today is free to do as you wish. The hardest thing is trying to decide what! There is a cable car from town leading to a good restaurant and mountain biking centre. Paragliding, horse riding or enjoying a massage in the Thermes are all options. Those wanting a bit of culture could take the train to the medieval town of Foix.

Day 6: Cabanta (2818m).

This is a long, but memorable mountain day following the border between France and Andorra. Starting in L'Hospitalet (1500m) we enter the Siscar Valley and climb up to the ridge. This is the land of the Marmot, and sightings are not uncommon. We return by the valley bottom past waterfalls and lakes.

Day 7: Pic de St-Barthelemy and Pic de Soularac (2368m).

This twin peaked mountain dominates the skyline to the north of Ax - it is just begging to be climbed! The views are remarkable enough from the car park, let alone from the summit. On a good day we can make out the peaks of the Massif Central and



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SOUTHERN FRANCE - walking :: biking :: snowshoeing :: cross-country skiing
the Cévennes. Don't get too distracted as the ridge between the peaks requires quite a bit of concentration!

Day 8: Transfer to Toulouse

Time to leave. After breakfast we transfer to Toulouse airport full of the memories of a fantastic holiday