



A self-guided tour in the wonderful Spanish Pyrenees (8 days / 7 nights).

The Pyrenees are a walker's paradise. From the glory and majesty of the high peaks to the forested slopes of the sheltered valleys, the Pyrenees really have it all. Stretching from the Atlantic to the Mediterranean they are dotted with forts and castles - the legacy of the history of this much disputed region.

Blessed with warm weather through the walking season, any holiday in this region is only further enhanced by the wonderful regional cooking. Visit the Pyrenees at your peril - after you've been here once you will be planning your return visits for years to come!

This walk is based in the Cerdanya region of the Oriental Pyrenees. Starting from Andorra it encompasses everything from dramatic ridges to gentle slopes as it makes its way into Spain past Puigmal and the wonderful Vall de Nuria.

This route is only for the fit and experienced walker. That said, it is worth every step!



Day 1.

You arrive in Andorra at our base in the village of Arinsal, famous as a ski resort and a wonderful location to start our adventure in the Pyrenees.

Day 2 (17km).

You immediately ascend steeply through forest as you leave Arinsal. Follow the well way-marked GR11 to cross

Contour along below the peaks to climb up to the Coll de la Creu de Metans. Then start a gradual descent through forest paths down to Dorria and your destination at Planoles or Ribes de Freser.



the lovely Col de les Cases and drop down to La Cortinada.

Climb more gently this time to continue on the GR11 through wooded slopes as far as Encamp.

Day 3 (22km).

Transfer in the morning to the GR7 above Escaldes. Enjoy a nice climb on forest paths to bring you back to the GR11 and the GRP as you ascend toward the Refugi de l'Illa.

Then take an impressive ridge walk along the Crestes de Gargantillar before the GRP/GR7 drops sharply down past a number of lakes. You turn off the main track to follow easy paths down to the hotel at Grau Roig.

Day 4 (23km).

We transfer you this morning back into Spain to a point beyond Puigcerda. Walk along the GR11 as it follows a meandering path up to the Coll Marcer, where you enjoy the panoramic views of the mountains around.

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Day 5 (20km).

You start on the GR11 again today and immediately climb through forests up toward Puig d'Estremera.

Cross the col and enjoy a walk through forests frequented by deer and chamois, before dropping to the quaint hamlet of Queralbs.

You then continue on the GR11 as it winds its way through the spectacular gorge on the way up to the Sanctuary in the remote Vall de Nuria.

Day 6 (24km).

Leaving the valley you climb up to the ridgeline and the international border with France at the Coll de Noucreus. Enjoy spectacular views from the vantage point of the ridge.

You then have the option of following the GR11 or the wonderful ridge walk as far as Costabona before following a path down past the Collada de la Balmeta to the hamlet of Setcases.



Day 7 (23km).

Leave your hotel and climb through forested slopes on the GR11 out of Setcases.

After a while you strike off the GR11 and up the southern ridge of Costabona. Meet the eastern ridge a few hundred metres below the summit.

Turn toward the Col de Siern and follow a lovely ridge descent along the border as far as Col Pregon, before descending to the picturesque town of Mollo.

Day 8.

Transfer back to the airport or station for your return journey



Overview

**Grade D
High Mountains**

8 Days (7 Nights)
Bed & Breakfast.
Dinner and packed lunch (7).

Prices and Dates

Please see separate Pricing Sheet / Website.

Included

7 nights' accommodation, based on two adults sharing.

Meals consist of a full breakfast each day, packed lunch on walking days, and a two/three course meal each evening. Drinks are not included.

Luggage transfer each day, route description and maps.

Airport transfers by coach to/from Barcelona, Girona and Toulouse are included. Please contact us for separate pricing of transfers to/from other airports or locations.

Options

9 Day option. Additional day in the Vall de Nuria as either a rest day or with ascent of Puigmal.

7 Day option. As per 9-day option but starting in Puigcerda (No Andorran section).