

1 Benasque – Cerler

The ascent from Benasque to Cerler follows the old bridle path linking the two towns (PR-HU 26). It leaves the road next to the old Red Cross station (now the fire station), and rises along the edge of the hill where the old castle stood. It cuts across the southern slope until you reach the road to Cerler, near an excellent viewpoint over Benasque and Ésera valley. You will cross this road twice more as you follow the old bridle way, which finally ends up to the right of the road until reaching its destination below the old town of Cerler.

After you have visited the town, the return journey follows the path that descends from the vicinity of the cemetery (PR-HU 27). Further on, go past a signposted turning on the left that heads towards the ski resort, and continue descending until you reach Tosal Redono (1,331 m), which you will skirt around on the right. The trail passes through the Es Felegás forest, goes past the next turnoff towards Benasque and goes straight along the PR-HU 28 to the Pichirillo natural viewpoint (a detour to the right), then goes past la Mosquera, Benegau, Matoses and la Saleta between areas of woodland and meadows, to finally end up in Benasque, next to the cemetery and the Health Centre.



MIDE

severity of environment	1	time	2 h 45 min
how easy is the route to follow	2	elevation gain	450 m
difficulty of terrain	2	elevation loss	450 m
amount of effort required	2	horizontal distance	6,9 km
		type of route	Circular route

2 Three Ravines Route from Benasque

The beginning of the road up to the Benasque Mountaineering School (Escuela de Alta Montaña) is the starting point for this route that meanders across the slopes of Tuca d'el Mon. First take the Puyegarbe trail that rises toward Fuen de Esquirisueles. Continue to climb between mountain pastures and then change direction to return to the floor of the Els Molineses ravine, and cross it again. Now the trail heads towards the following ravine, Sobarriba, and after this, crosses the last of the ravines, Tuca d'el Mon. The route then connects with the Rallá trail which winds downwards towards the town of Benasque. When you reach the riverside, join the Les Someres trail, which runs along the right bank of the Ésera river, and which will take you back to the starting point.



MIDE

severity of environment	1	time	1 h 45 min
how easy is the route to follow	2	elevation gain	300 m
difficulty of terrain	2	elevation loss	300 m
amount of effort required	2	horizontal distance	4,2 km
		type of route	Circular route

3 La Besurta Car Park – Forau d'Aiguallut / Coll del Toro

This popular route to Forau d'Aiguallut sets out from La Besurta car park (1,900 m), at the end of the road that traverses Bal de Benasque. At the beginning the route follows the path that also leads to Refugio de La Renclusa (2,140 m), but soon turns to the left to pass over a rocky threshold and into the depression of Plan d'Aiguallut (2,025 m). You will soon reach the famous hole where the waters that descend from the nearby tucas and balls (peaks and valleys) disappear. This is the mythical Forau d'Aiguallut, the sinkhole through which the Barrancs river runs underground until it emerges on the other side of the Pyrenees in the Val d'Aran as the Garonne, which drains into the Atlantic.

If you wish, you can extend your hike to Ibón de Coll de Toro. To do so you must first cross Plan d'Aiguallut and then continue on the path that climbs to Ball de l'Escaleta. The slope of the initial section begins to level out as the path advances through this small valley and reaches its head at the Mollá de l'Escaleta (2,175 m). From this plain the path leaves the ball and climbs up to Coll del Toro (2,241 m) in a loop; the ibón (mountain lake) is over the col on the north side, near the crossing into Catalonia. Follow the same route back to return to the starting point.



MIDE La Besurta – Forau d'Aiguallut

severity of environment	1	time	1 h 15 min
how easy is the route to follow	2	elevation gain	140 m
difficulty of terrain	2	elevation loss	140 m
amount of effort required	2	horizontal distance	3,9 km
		type of route	Return trip

MIDE La Besurta – Coll de Toro

severity of environment	2	time	3 h 15 min
how easy is the route to follow	3	elevation gain	390 m
difficulty of terrain	2	elevation loss	390 m
amount of effort required	3	horizontal distance	9,5 km
		type of route	Return trip

4 La Renclusa Mountain Refuge – Forau de Aiguallut (GR 11.5 and S-14)

From La Besurta car park following the GR 11.5 sign posts. The track crosses the river and heads SE sharing the same route as the La Renclusa and Aiguallut paths. Shortly afterwards, bear right at the crossroads and La Renclusa mountain refuge is reached after a short climb (2160 m). From the refuge the GR 11.5 ascends along the Cuello d'Anclusa path before descending to Plan d'Aiguallut. Cross the flat area using the footbridges that cross over the river several times before finally taking the path that heads NW towards Forau d'Aiguallut before returning to Plan Baixo d'Aiguallut. You finally come back to the original crossroads from where it is a short walk to La Besurta.

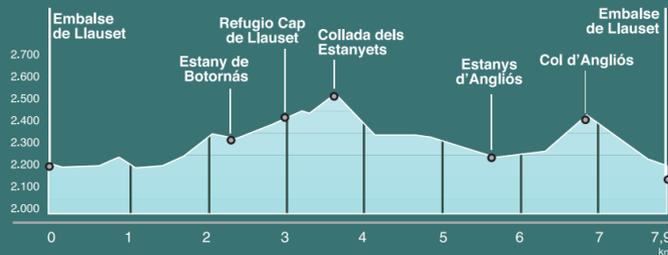


MIDE La Renclusa Mountain Refuge – Forau de l'Aiguallut

severity of environment	2	time	2 h 30 min
how easy is the route to follow	2	elevation gain	400 m
difficulty of terrain	3	elevation loss	400 m
amount of effort required	2	horizontal distance	7 km
		type of route	Circular route

5 Llauset – Cap de Llauset – Anglios circular walk. S-10

From Llauset reservoir (2200 m), follow the left or north bank along the GR 11 footpath to skirt around the lake and dam in a westerly direction. At the end of the lake the path bears north up a path and over pasture land to reach the Cap de Llauset mountain refuge (2425 m), after bordering around Ibón de Botomás lake. Continue in an easterly direction to Collada dels Estanyets (2524 m) and then down to Estany d'Angliós. Only a short, yet steep, climb remains on the path to Coll d'Angliós (2438 m), where you will once again see Llauset reservoir below, where the walk started.

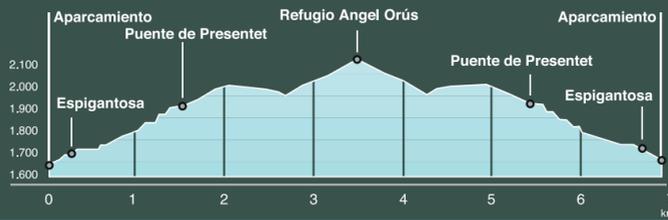


MIDE Llauset – Cap de Llauset – Anglios circular walk. S-10

severity of environment	2	time	3 h 40 min
how easy is the route to follow	2	elevation gain	625 m
difficulty of terrain	3	elevation loss	625 m
amount of effort required	3	horizontal distance	7,9 km
		type of route	Circular route

6 Espigantosa Car Park – Ángel Orús Mountain Refuge

Take the path from Espigantosa car park (1550 m), located around 5 km from Eriste village along a forest track. Espigantosa can also be reached by following the PR-HU 36 from Eriste. A short walk takes you to the Espigantosa waterfall, a magnificent 20 m fall. After crossing a bridge over the river, continue up the mountainside along a path, past the Fuen and Les Riberes cabin (1850 m) further up. After the vegetation thins out, keep going upwards along a steep, stony path to reach the Ángel Orús or El Forcau (2150 m) manned mountain refuge.



MIDE Espigantosa Car Park – Ángel Orús Mountain Refuge

severity of environment	2	Horario	3 h
Orientation durant l'itinéraire	2	Dénivelé positif (en montée)	500 m
Difficultés de déplacement	3	Dénivelé négatif (en descente)	500 m
Quantité d'efforts nécessaires	3	Distance horizontale	7 km
		Type de parcours	Return trip

7 Estós Car Park – Refugio de Estós

This route starts at the car park at the beginning of Estós valley, near San Jaime bridge (1,300 m). From there the red and white marks of the GR 11 footpath lead you up a road, closed to vehicles, that climbs the left side of the valley. Once past the Estós Reservoir, the path crosses over to the other side at Puen de Aiguacari bridge. Keep climbing and go past the Santa Ana Lodge on your left and a bit further on, to the right, the footbridge that crosses to the opposite bank and continues to the Cabaña de la Coma refugio (PR-HU 31). Shortly afterwards there is a clearly sign posted crossroads (1,570 m) where you can choose between continuing to the Estós Mountain Refuge or going to the Ibón de Escarpinosa. To reach the Estós Mountain Refuge, go straight on at the crossroads, following the forestry track up the Ball de Estós. It passes over the Gorgues Galantes waterfalls, which can be seen from a tiny viewpoint which is reached by a narrow path to the right of the trail. Keep going until you reach la Pleta and Cabaña d'el Tormo (1,730 m). The road then becomes a trail, crosses the river and climbs the hillside until reaching the refugio (1,890 m).

You may return by the same route or by the GR 11.2 trail leading from the refugio to the Batisiellas mountain lakes. To go up to the Ibón de Escarpinosa, take the left turn, heading away from the Ball de Estós track. The path zigzags upwards through the forested mountain side. It crosses L'Aigueta de Batisiellas stream and leads on to the Pleta del Ibonet and Cabaña de Batisiellas (1,875 m). From here, it continues along a well-defined path which first goes through a rocky pass, and then heads off to the picturesque site of Ibón d'Escarpinosa (2,025 m). Follow the same route back to return to the starting point.



MIDE Estós Car Park – Refugio de Estós

severity of environment	1	time	5 h 30 min
how easy is the route to follow	1	elevation gain	700 m
difficulty of terrain	1	elevation loss	700 m
amount of effort required	3	horizontal distance	16,5 km
		type of route	Return trip

MIDE Estós Car Park – Refugio de Estós – Ibonet de Batisiellas

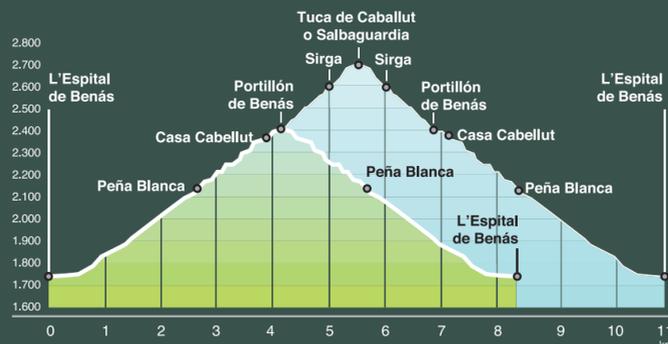
severity of environment	2	time	6 h 20 min
how easy is the route to follow	2	elevation gain	920 m
difficulty of terrain	2	elevation loss	920 m
amount of effort required	4	horizontal distance	17,6 km
		type of route	Circular route

8 Hospital de Benasque – Portillón de Benás / Salbaguardia

This route along the GR-T 46 begins at the back of the Benasque Hospital (1,745 m), whose name recalls the old mediaeval hospital for walkers and pilgrims at the foot of the mountain pass. The path crosses the Ésera river and advances between pastures until reaching the Peña Blanca ravine. At this point leave the GR-T 46 (which branches right towards La Besurta) and bear left, following a snaking path up the slope, which even cuts into the rock of Peña Blanca. You will then reach a depression named Casa Cabellut (2,375 m), where you will once again join the GR footpath you had previously been following. Continue zigzagging upwards to the breach in the border ridge, Portillón de Benás (2,444 m), that opens up to the French valley of Luchon.

From the Portillón mountain pass, you can climb to the summit of Pico Salbaguardia (2,738 m) by taking the looping trail to the left that climbs the southern slope of Salbaguardia, and follow the ridge for a few minutes until you reach the summit. Please note, however, that this section of the route involves certain risk if you suffer from vertigo as it features exposed sections where you have to use your hands, or if you make the ascent when the path is wet or there is snow or ice.

The descent follows the trail, the GR-T 46, which heads southeast from Casa Cabellut (2,375 m) as it heads down a succession of perfect zigzags that end up in the Plan d'Estáñ, where the trail continues along the valley floor to the Hospital, the starting point of this route.



MIDE Hospital de Benasque – Portillón de Benás

severity of environment	2	time	4 h
how easy is the route to follow	2	elevation gain	700 m
difficulty of terrain	2	elevation loss	700 m
amount of effort required	3	horizontal distance	8,3 km
		type of route	Return trip

MIDE Hospital de Benasque – Salbaguardia

severity of environment	3	time	5 h 30 min
how easy is the route to follow	3	elevation gain	1,000 m
difficulty of terrain	3	elevation loss	1,000 m
amount of effort required	3	horizontal distance	11 km
		type of route	Return trip

To safely enjoy your hike
3 Follow these simple steps

PLAN your activity
TAKE the right equipment
ACT sensibly



WHAT IF SOMETHING GOES WRONG?

In the event of an emergency...

- Assess the situation calmly and act sensibly
- Protect the injured person and give first aid if you are trained to do so
- Call the 112 emergency hotline as soon as possible

Use the 112 hotline responsibly; someone may need it more than you



International distress signals

Signal standing up, motionless, arms outstretched facing the helicopter



YES I need help
NO I do not need help

Emergency message

Identity, age, number of wounds
Place of accident
Is the injured person responding, bleeding, breathing in pain?
Weather conditions at place of accident

Useful phone numbers

FAM Refugios (Mountain shelters; maintained all year round)

- Refugio Lizara, Aragüés del Puerto (Hu) Tel. 974 348 433
- Refugio Resposumo, Sallent de Gállego (Hu) Tel. 974 337 556
- Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967
- Refugio Casa de Piedra, Balaieroa de Panticosa (Hu) Tel. 974 487 571
- Refugio Góriz, Parque Nacional de Ordesa y Monte Perdido (Hu) Tel. 974 341 201
- Refugio Pineta, Bielsa (Hu) Tel. 974 501 203
- Refugio Estós, Benasque (Hu) Tel. 974 344 515
- Refugio Ángel Orús, Eriste (Hu) Tel. 974 344 044
- Refugio La Renclusa, Benasque (Hu) Tel. 974 344 646
- Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019
- Refugio Cap de Llauset, Montanuy (Hu) Tel. 974 120 400
- Refugio Riglos, Riglos (Hu) Tel. 974 383 051
- Escuela-Refugio de Alquézar, Alquézar (Hu) Tel. 974 318 966
- Albergue de Morata, Morata de Jalón (Z) Tel. 976 818 155
- Refugio Rabadá y Navarro, Camarena de la Sierra (Te) Tel. 978 768 083

Otros refugios

- Refugio Linza, Anso (Hu) Tel. 974 348 289
- Refugio Gabardito, Valle de Hecho (Hu) Tel. 974 375 387
- Refugio de Bujaruelo, Torla (Hu) Tel. 974 486 412
- Refugio de Viadós, Gistain (Hu) Tel. 974 341 613 / 974 506 082

Useful websites

- www.montanasegura.com
- www.fam.es
- www.aemet.es
- www.alberguesyrefugiosdearagon.com



Your opinion matters to us
#montanasegura