

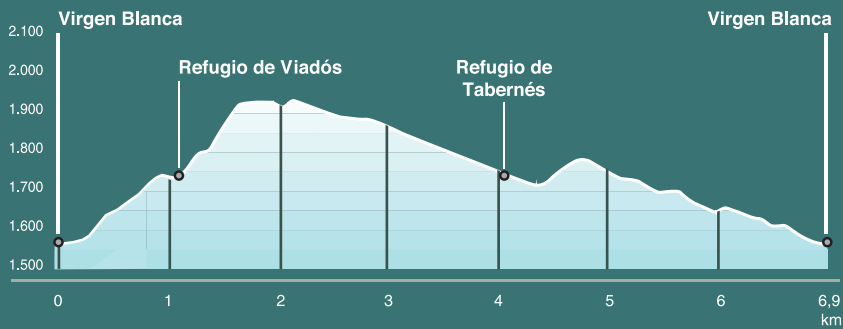
SAFE MOUNTAIN CAMPAIGN IN...

El Valle de Chistau



1 Refugio de Viadós – Tabernés – Virgen Blanca - Refugio de Biadós

The Posets-Maladeta Nature Park S-8 route starts off at Virgen Blanca camp. From here, follow the white and red GR 11 markings up to the Viadós mountain refuge. Follow the path, which rapidly gains height and heads towards Bachimala. After a while it connects to a trail that without initially losing altitude advances towards the Tabernés plains where the refugio (1,740 m) is located. Now descend towards this lodge and then cross the bridge over the Zinqueta de la Pez river to then join the PR-HU 114 trail that descends parallel to the river on the right side of the valley. This will lead you to the Virgen Blanca campsite. Once in the campsite, climb back up to the starting point following the white and red marks of the GR 11 that lead to the Refugio de Biadós.



MIDE			
severity of environment	1	time	2 h 45 min
how easy is the route to follow	2	elevation gain	440 m
difficulty of terrain	2	elevation loss	440 m
amount of effort required	2	horizontal distance	6,9 km
		type of route	Circular route

2 Refugio de Viadós – Ibón d'es Millars

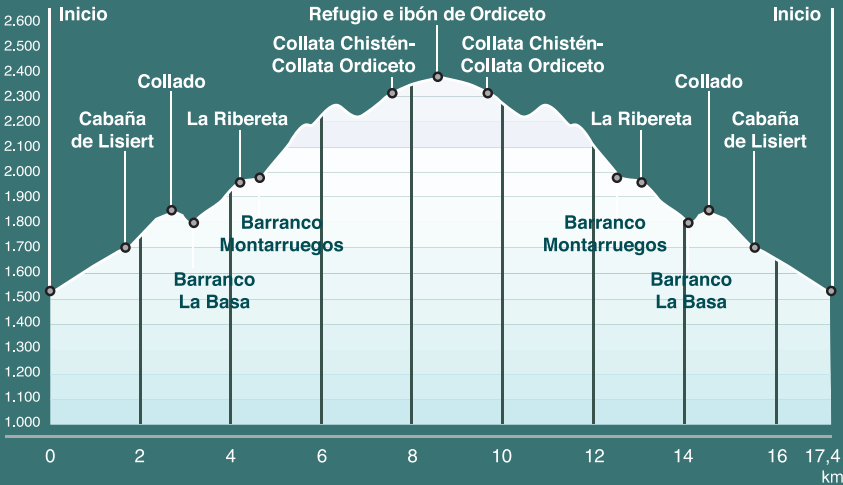
From Refugio de Biadós (1,741 m), accessible by the road that climbs the Zinqueta Valley from the villages of Bal de Chistau, follow the white and red marks of the GR 11 that cross the meadows and shepherds' huts of Biadós. When you reach the fork of the GR 11 and GR 11.2 take the right turn onto the GR 11.2 and cross the Zinqueta d'Añes Cruzes. Your visual reference on the horizon is the impressive mass of Tuca Llardana or the Posets peak (3,369 m). The trail begins to gradually ascend the right side of the La Ribereta ravine under the shade of the forest. Cross the Las Tuertas side ravine and head to the left of Tozal Blanco (2,565 m). Before you reach this summit, at about 2,280 m altitude, turn off the main trail, which continues to Collada de la Forqueta, and follow the trail that turns right towards a *pleta*, or sheepfold, and rocky threshold behind which lies the dammed Ibón d'es Millars mountain lake (2,353 m), under a steep rocky cirque. Follow the same route backwards to return to the starting point.



MIDE			
severity of environment	2	time	4 h 30 min
how easy is the route to follow	2	elevation gain	730 m
difficulty of terrain	2	elevation loss	730 m
amount of effort required	3	horizontal distance	11,1 km
		type of route	Return trip

3 Ibón de Ordiceto on the GR 11 from Virgen Blanca

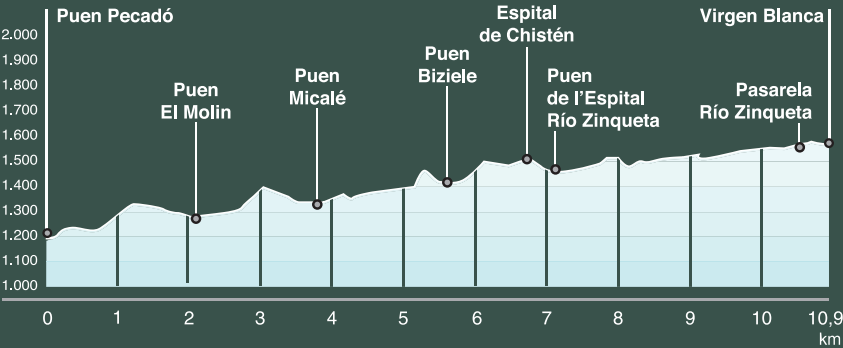
One kilometre before reaching the Virgen Blanca camping area, there is a secondary track which heads upwards in a westerly directly leading into the forest, the track combines sections of traditional footpath and forest track before arriving at huts and the Lisiert cabin, and later on at Sallena cabin where the track finally ends. From here, the GR 11 continues its ascent between mountain pasture land, crossing over Montarruegos ravine and heading up to the Ordiceto pass (2314 m). At this point, it heads away from the GR 11 markings, and a few minutes later arrives at the Ibón (lake) and Ordiceto mountain refuge, the final destination of this route.



MIDE			
severity of environment	2	time	6 h 20 min
how easy is the route to follow	2	elevation gain	970 m
difficulty of terrain	2	elevation loss	970 m
amount of effort required	4	horizontal distance	17,4 km
		type of route	Return trip

4 Ribera del Zinqueta footpath

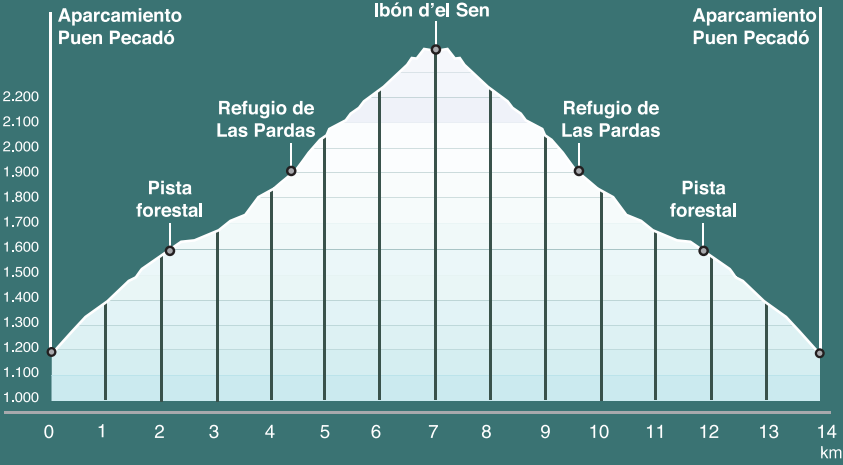
This path starts 1 km north of San Juan de Plan, next to the car park leading to Pecadó bridge over the Zinqueta river. The route follows the banks of the Zinqueta river along traditional footpaths, almost entirely avoiding the forest track that leads up to Virgen Blanca and Viadós mountain refuge. The route described here is not a circular walk, as the start and finish points are different, and consequently vehicles must be left at either end, or ask for a taxi. If you want to return to the start point, the time, distance and accumulated climb are practically doubled. The Ribera del Zinqueta path crosses, or visits, 6 bridges over the river: Puen Pecadó, Puen del Molin, Puen de Micalé, Puen de Biziele, Puen de l'Hospital, and a final footbridge over the river in front of Virgen Blanca, the final destination of this route. Each section between bridges can be done separately or combined with the Viadós track, also a circular walk, and there are, therefore, many alternatives to this route. Each section takes around 40-60 minutes, and special care is only needed on the part between the Biziele and Hospital bridges, since there is a section fitted with ropes and holds to help you on the Canaletas crossing which is very steep. The rest of the route is gentle, although climbing constantly, and because of its close proximity to the river and the lush vegetation, makes an ideal walk for family groups on hot summer days.



MIDE			
severity of environment	2	time	3 h 50 min
how easy is the route to follow	2	elevation gain	700 m
difficulty of terrain	3	elevation loss	300 m
amount of effort required	3	horizontal distance	10,9 km
		type of route	Crossing

5 PR-HU 115. Puen Pecadó - Ibón d'el Sen

This path starts 1 km north of San Juan de Plan, next to the car park leading to Pecadó bridge over the Zinqueta river. Cross the bridge to the opposite side where a steep path climbs up between huts and pasture land in the Puyarruego area, to finally reach a forest track coming from San Chuan de Plan following the huts and arriving at San Mamés shrine (1600 m). Bear left up a track and shortly afterwards, when the track doubles back on itself 180°, leave it to follow a secondary track facing you until reaching an open area next to the ruins of the washing facilities at the former cobalt mines, called Cobol (1705 m), which were working until the start of the 20th century. This walk can also be started at the aforementioned crossroads, significantly shortening the length and severity. From this point take a new path to head up the valley above the pasture land. After a short steep climb and crossing a ravine, it passes by Las Pardas mountain refuge. Keep on the left bank of the ravine up to a small cirque with the lower Ibón d'el Sen lake, and shortly afterwards the large cirque holding Ibón d'el Sen proper, located in a magnificent cirque scoured out of the granite rock by the glacier, surrounded by the cliff walls of Agullas d'el Sen and Tuca de Barbarizia.



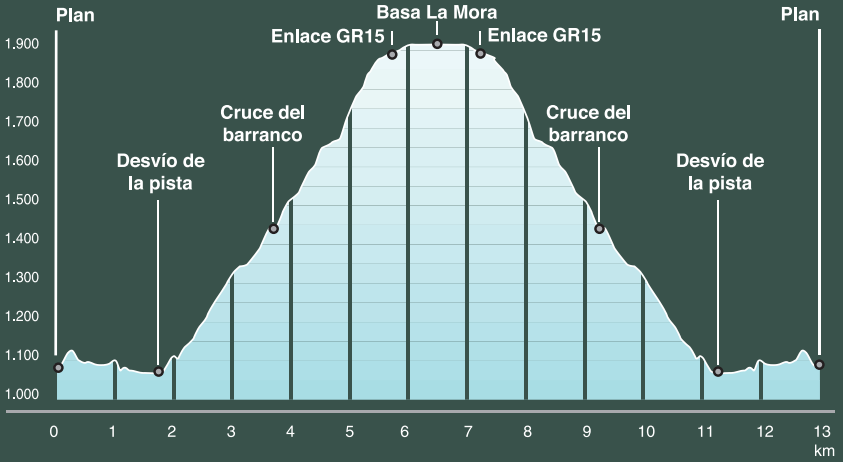
MIDE PR-HU 115. Puen Pecadó - Ibón d'el Sen			
severity of environment	2	time	6 h 30 min
how easy is the route to follow	2	elevation gain	1.140 m
difficulty of terrain	2	elevation loss	1.140 m
amount of effort required	4	horizontal distance	14 km
		type of route	Return trip

MIDE PR-HU 115. Pista San Mamés - Ibón d'el Sen			
severity of environment	2	time	3 h 45 min
how easy is the route to follow	2	elevation gain	670 m
difficulty of terrain	2	elevation loss	670 m
amount of effort required	3	horizontal distance	7,4 km
		type of route	Return trip

6 Plan – Basa La Mora

From Plan (1,120 m) head up the road to the swimming pools on the other side of the Zinqueta towards Puerto de Sañc and Chia. From this spot follow the PR-HU 37, an easy path that runs parallel to the left bank of the river towards the Plan d'Escún reservoir. The trail begins a couple of kilometres later.

The trail climbs through the dense forest that covers the slopes of the Peña d'el Mediodía. It is a steep and rough path that criss-crosses the Ibón ravine. On leaving the forest, join the GR 15 trail, which comes from Saravillo and the Refugio de Labasar and continues over the mountain to Arneña and Barbaruens. Follow the red and white GR marks that level out between meadows until you reach this magical and legendary Pyrenean ibón (tarn, or mountain lake; 1,910 m), nestled in a small hanging glacier valley hanging surrounded by a good number of peaks and crags over 2,600 m. In its waters the mythical enchantress, *la mora encantada*, appears every year on St. John's Eve. Follow the same route backwards to return to the starting point.



MIDE			
severity of environment	2	time	5 h 30 min
how easy is the route to follow	2	elevation gain	930 m
difficulty of terrain	3	elevation loss	930 m
amount of effort required	3	horizontal distance	13 km
		type of route	Return trip

To safely enjoy your hike

Follow these simple steps

3

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 Estós, Benasque (Hu) Tel. 974 344 515
Refugio Resposmu, Sallent de Gállego (Hu) Tel. 974 337 556	Refugio Ángel Orús, Eriste (Hu) Tel. 974 344 044
Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967	Refugio La Renclosa, Benasque (Hu) Tel. 974 344 646
Refugio Casa de Piedra, Bañeario de Panticosa (Hu) Tel. 974 487 571	Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019
Refugio Góriz, Parque Nacional de Ordesa y Monte Perdido (Hu) Tel. 974 341 201	Refugio Riglos, Riglos (Hu) Tel. 974 383 051
Refugio Pineta, Bielsa (Hu) Tel. 974 501 203	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, Ansó (Hu)
Tel. 974 348 289

Refugio Cabardito, 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

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