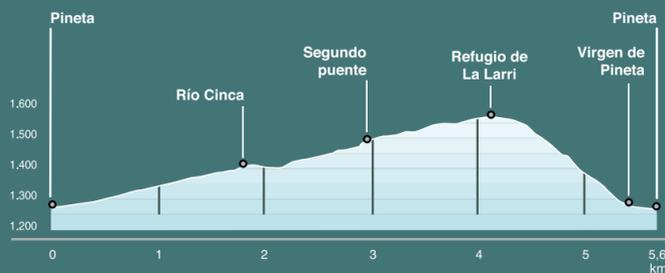


### 1 Pineta Car Park – La Larri

Take the forest track, which is closed to traffic, that starts from the car park (1,280 m) at the end of the Pineta valley, before the Parador hotel. The track climbs through forest and meadows and is the same route that takes you to the Balcón de Pineta, the Cinca waterfall and Faja Tormosa. After passing by Fuente de Esquinarasnos and crossing the footbridge over the Cinca river (1,400 m), go past the trail on the left that goes to those other destinations. Continue walking along the forest track, cross a second bridge and after a few bends you will reach the refugio built at the foot of the hanging valley, Plans de La Larri (1,560 m), from which you can see the north flank of the Monte Perdido massif.

The return route follows the same forest track back until the curves begin. Here a path marked with the red and white markings of the GR 11 descends to the left through the forest (cutting out the loops of the forest track). This path winds downwards through dense woodland until it reaches the Ermita de Pineta chapel next to the Parador.



MIDE			
severity of environment	1	time	2 h 20 min
how easy is the route to follow	2	elevation gain	390 m
difficulty of terrain	2	elevation loss	390 m
amount of effort required	2	horizontal distance	5,6 km
		type of route	Circular route

### 2 Pineta Car Park – Cinca Waterfall / Faja Tormosa

This route starts from the car park (1,280 m) at the end of the Pineta valley, before the Parador hotel. The first section follows the La Larri forest track that rises between forest and meadows and is the same route that takes you to the Balcón de Pineta. After passing by Fuente de Esquinarasnos and crossing the footbridge over the Cinca river (1,400 m), take the path on the left that climbs through a beech forest along the left side of the ravine. Cross an area of ferns until you reach a fork in the path (1,700 m). Turn left, leaving the other branch that rises steeply to the Balcón, and head towards the Cinca waterfall that plunges from the Balcón glacier plain (2,520 m).

You can return by retracing your steps or you can lengthen your excursion by visiting Faja Tormosa. If you choose this second option, you have to cross the waterfall and start the upward climb (there is a short section with a chain due to the steep incline). At about 1,900 m, the trail becomes much less steep and traverses the slope in a long horizontal line, crossing the occasional ravine and couloir. The trail then connects with the GR 11 and descends through the forest in steep pronounced loops. Finally, the trail merges with the path from Refugio Ronatiza-Pineta (1,240 m), and now on the valley floor, follow the GR 11 on the right bank of the river Cinca until you reach the starting point.

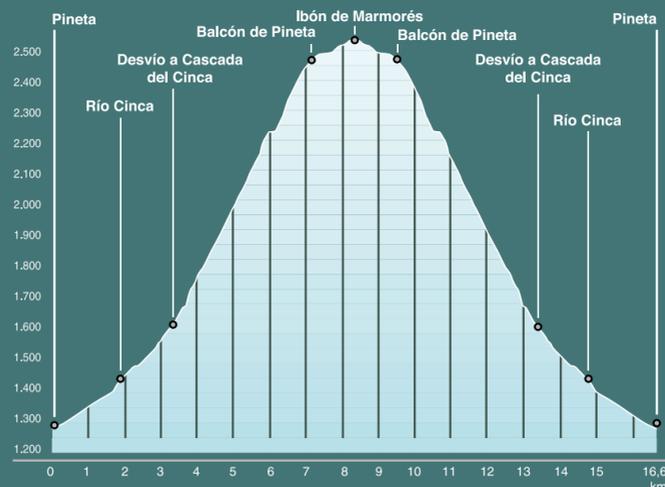


MIDE Pineta - Cascada del Cinca			
severity of environment	1	time	2 h 45 min
how easy is the route to follow	2	elevation gain	420 m
difficulty of terrain	2	elevation loss	420 m
amount of effort required	2	horizontal distance	7,5 km
		type of route	Return trip

MIDE Pineta - Faja Tormosa - Pineta			
severity of environment	3	time	5 h 10 min
how easy is the route to follow	3	elevation gain	850 m
difficulty of terrain	3	elevation loss	850 m
amount of effort required	3	horizontal distance	12,3 km
		type of route	Circular route

### 3 Pineta Car Park – Balcón de Pineta

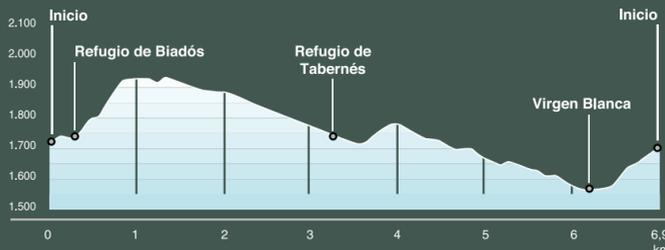
This route follows the La Larri forest track that starts at the car park (1,280 m) at the end of the Pineta valley, before the Parador hotel. Follow the path upwards between thick forest and meadows, pass by Fuente de Esquinarasnos and, just after the footbridge over the Cinca river (1,400 m), take the path on the left that climbs through a beech forest along the left side of the ravine. Cross an area of ferns until you reach a fork in the path (1,700 m). Do not take the left fork, which runs up to the base of the great Cinca waterfall that plunges down from the Balcón. Take the other trail, which rises steeply up a continuous slope over stony ground, but it is clearly defined. Continue to climb up the steep incline, zigzagging and rapidly gaining altitude until you reach a narrowing known as "the funnel" (take care on this section because snow can accumulate well into the summer, requiring the use of an ice axe and crampons) before finally reaching Balcón de Pineta (2,520 m). You can extend the hike by 30 minutes by walking on to Ibón de Marmorés (2,590 m). Don't miss the visual spectacle this shelf and natural viewpoint offers over the grandeur of Monte Perdido and the glacier morphology of the Pineta Valley or Valle Verde. Follow the same route backwards to return to the starting point.



MIDE			
severity of environment	4	time	7 h 30 min
how easy is the route to follow	3	elevation gain	1,310 m
difficulty of terrain	3	elevation loss	1,310 m
amount of effort required	4	horizontal distance	16,6 km
		type of route	Return trip

### 4 Refugio de Biadós – Tabernés – Virgen Blanca - Refugio de Biadós

The S-8 Posets-Maladeta Natural Park route begins at Refugio de Biadós (1,741 m), accessible by the road that climbs the Zinqueta Valley from the villages of Bal de Chistau. 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

### 5 Refugio de Biadós – Ibón d'es Millars

Desde el Refugio de Biadós (1,741m), accesible por la pista rodada que remonta el valle del Zinqueta desde los pueblos de la Bal de Chistau, se siguen las marcas blancas y rojas del GR 11 que atraviesan las bordas y prados de Biadós. Al llegar a la bifurcación de GR11 y GR11.2 se tuerce a la derecha por esta última a cruzar el Zinqueta d'Añes Cruzes, teniendo como referencia visual en el horizonte la impresionante mole de la Tuca Llardana o pico Posets (3.369 m). El sendero comienza a remontar progresivamente la margen derecha del barranco de La Ribereta protegida por la sombra que le procura el bosque. Cruzamos el barranco lateral de Las Tuertas y nos dirigimos hacia la izquierda del Tozal Blanco (2.565 m). Sin llegar a él, sobre la cota 2.280 m se abandona el sendero principal que continúa hacia la Collada de la Forqueta y nuestra senda gira a la derecha hacia una pleta o umbral rocoso a cuya espalda se intuye que descansa el ibón represado d'es Millars (2.353 m), bajo un escarpado circo rocoso. El regreso se efectúa siguiendo el mismo itinerario.



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

### 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 Saúnc 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  
**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 Resposmuso, Sallent de Gállego (Hu) Tel. 974 337 556
- Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967
- Refugio Casa de Piedra, Bañeario de Panticoosa (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 Reclusa, Benasque (Hu) Tel. 974 344 646
- Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019
- 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

#### Other refugios

- Refugio Linza, Ansó (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 Biadós, Gistain (Hu) Tel. 974 341 613 / 669 230 078

#### Useful websites

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



Your opinion matters to us  
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