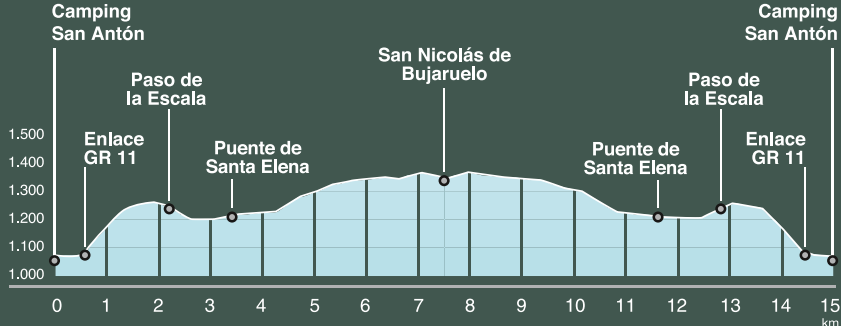




1 Puente de los Navarros – San Nicolás de Bujaruelo

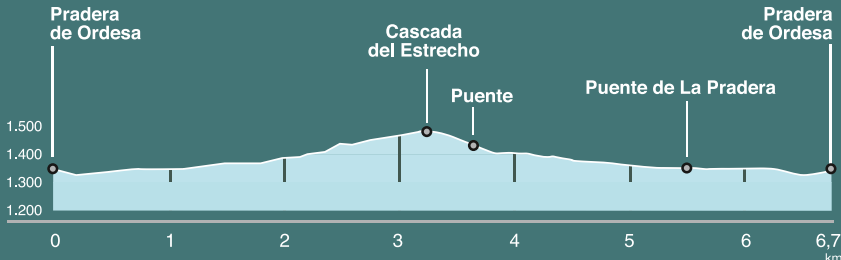
From Torla take the road to Ordesa. When you reach San Antón campsite, leave your vehicle in the car park on the right and walk 800 metres down the road towards Puente de los Navarros. The Escala trail starts before you reach the bridge on the sloping road, marked with the red and white markings of the GR 11. The path climbs up a steep slope to an electricity pylon then enters the pine trees of the Navarros gorge. It then reaches a turning (1,220 m) on the left,which leads upwards to El Cebollar, while to the right a narrow path advances through rugged terrain to a rocky ledge fitted with a rope: the Paso de la Escala (1,240 m). The path then continues up the right side of the Bujaruelo valley over grassy, wooded or rocky sections. Pass under the Salto del Carpín waterfall and descend to the valley floor at the bridge named Puente Nuevo or Puente de Santa Elena (1,200 m). Across the bridge, a path continues along the left bank through the shaded woods of the El Cobatar. Pass by Puente de los Abetos and cross Gabieto ravine (1,325 m), taking care as you cross the stream with the volume of water coming down. The forest begins to thin and, following the path that traverses the slope, you will reach the Roman bridge of San Nicolás de Bujaruelo (1,338 m). Trace the same route backwards to return to the start.



MIDE			
severity of environment	3	time	4 h 45 min
how easy is the route to follow	2	elevation gain	490 m
difficulty of terrain	3	elevation loss	490 m
amount of effort required	3	horizontal distance	15 km
		type of route	Return trip

2 Pradera de Ordesa – Cascada del Estrecho

At the end of the Pradera de Ordesa car park (1,320 m), a forest track heads off into thick forest along the right bank of the Arazas river. This wide path to Soaso crosses the Cotatuero ravine and goes past the turning and the Sarratielo bridge, to reach the first of the waterfalls that punctuate this route, Arripas waterfall. Take a moment to appreciate the view then continue along the forest track towards the next two waterfalls, Cueva and Estrecho. Before you reach them there is a right turn that crosses the Arazas river by a bridge over the Arripas waterfall. This takes you back to the starting point by a different path that descends the other side of the valley until it reaches Puente de la Pradera, where two other paths, Senda de los Cazadores and camino de Turieto, also converge.



MIDE			
severity of environment	1	time	1 h 45 min
how easy is the route to follow	1	elevation gain	190 m
difficulty of terrain	1	elevation loss	190 m
amount of effort required	2	horizontal distance	6,7 km
		type of route	Circular route

3 Pradera de Ordesa – Soaso – Cola de Caballo

This is the busiest route in the Ordesa Valley and starts at the Pradera de Ordesa car park (1,320 m). At the end of the car park, a forest track goes up the right side of the Arazas valley, under the cover of a thick forest of beech and fir. Keep to this easy path as it takes you past a series of picturesque waterfalls: Arripas, Cueva and Estrecho. Once you have passed this last waterfall, the forest begins to thin and becomes predominantly pastureland. Upon reaching Gradas de Soaso, the forest track becomes a footpath, and some natural steps lead up to the meadow that welcomes you to the Soaso Cirque, offering a fine panoramic view of the massif of Monte Perdido. At the head of this glacier valley lies the famous Cola de Caballo waterfall (1,760 m) and the end of this route. Trace the same route backwards to return to the start.



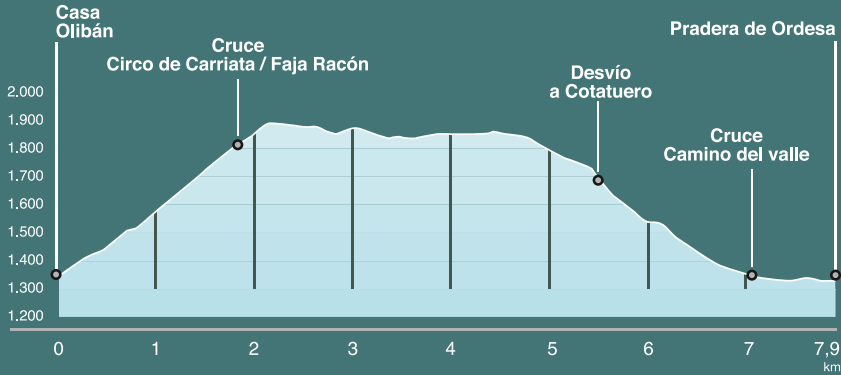
MIDE			
severity of environment	2	time	5 h 15 min
how easy is the route to follow	1	elevation gain	500 m
difficulty of terrain	1	elevation loss	500 m
amount of effort required	3	horizontal distance	16,5 km
		type of route	Crossing

4 Casa Olibán – Faja Racón – Pradera de Ordesa

This route starts at the Casa Olibán interpretation centre, near Pradera de Ordesa. A bridleway climbs through the forest to a crossroads after approximately 1.8 km. The path to the left leads to the Carriata Cirque, but you should take the narrow path on the right.

This trail makes good use of the spectacular Faja de Racón to gain a foothold on the slope and advance with very little change in height, under the base of the walls of the Gallinero peak. Along the way, the path crosses stands of trees and open areas that provide spectacular views of the deep valley of Ordesa and the surrounding mountains.

When you reach a fork in the path, the route leaves the famous Clavijas de Cotatuero to the left and instead continues along a marked trail that descends through the thick beech forest to the chapel of Pilar on the valley floor. At this point the route turns right, along a wide path bordered by leafy beech and fir which runs parallel to the right bank of the Arazas river, until you reach the Pradera de Ordesa car park where the route ends.



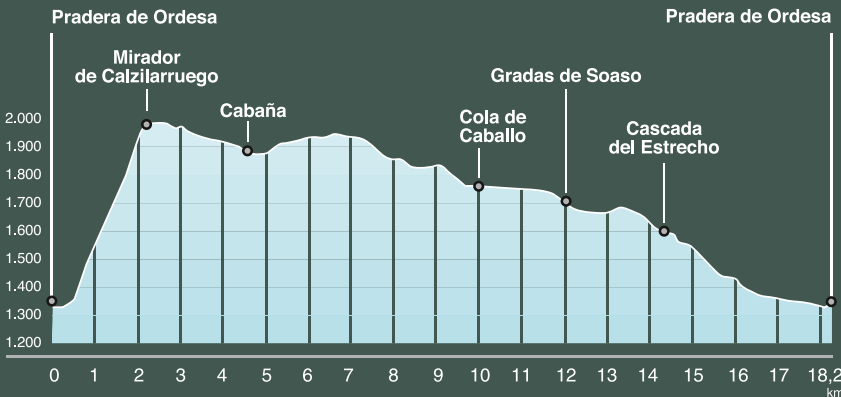
MIDE			
severity of environment	2	time	3 h 25 min
how easy is the route to follow	2	elevation gain	580 m
difficulty of terrain	2	elevation loss	750 m
amount of effort required	3	horizontal distance	7,9 km
		type of route	Circular route

5 Pradera de Ordesa – Senda de los Cazadores – Faja de Pelay – Circo de Soaso

From the Pradera de Ordesa car park (1,320 m), take the path on the right that crosses the Arazas river and climbs the winding and demanding Senda de los Cazadores. After climbing over 600 m through the shaded forest covering the mountain slopes, you will reach the Calzillarruego viewpoint (1,949 m) which offers a wide panorama of Pradera de Ordesa and the surrounding mountains.

At this point the route connects with the much more level Faja de Pelay path that keeps to the same height by tracing the contours of a wide ledge on the southern slope of the valley, all the way to the head of the valley. Once you have arrived at the Soaso Cirque, next to the imposing Cola de Caballo waterfall (1,760 m), you must once again cross the Arazas river and head back along the valley trail described in route 3.

We recommend that you complete this route in this, and not in the opposite, direction because it is very difficult to descend the steep slope of the Senda de los Cazadores.

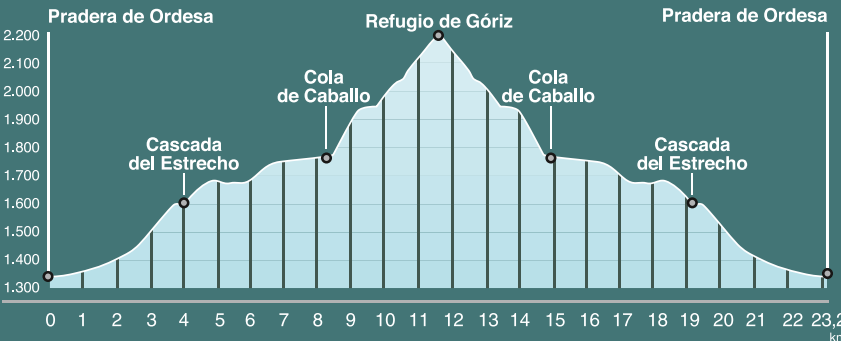


MIDE			
severity of environment	3	time	6 h 10 min
how easy is the route to follow	2	elevation gain	770 m
difficulty of terrain	3	elevation loss	770 m
amount of effort required	4	horizontal distance	18,2 km
		type of route	Circular route

6 Pradera de Ordesa – Refugio de Góriz

This route starts at Pradera de Ordesa (1,320 m). From the car park, take the forest track that goes up the right side of the Arazas valley, through a leafy forest of beech and fir. Go past a series of picturesque waterfalls: Arripas, Cueva and Estrecho. After leaving the forest you will arrive at Gradas de Soaso. Climb these natural steps to the Soaso Cirque, with excellent views of the massif of Monte Perdido. Stop to enjoy the view the Cola de Caballo waterfall (1,760 m).

Cross the footbridge and ignore the Senda de los Cazadores path to the right, which leads to Faja de Pelay, and continue along the path that climbs the Los Machos path in easy loops. Another more energetic and vertical option for this section is the clavijas (pitons) and chains of Soaso. Both routes meet again at the top, once this rocky canyon wall has been climbed, and from here a single path rises through steps and alpine meadows until arriving at Refugio de Góriz (2,195 m). Trace the same route backwards to return to the start.



MIDE			
severity of environment	2	time	7 h 50 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	23,2 km
		type of route	Return trip

7 Refugio de Góriz – Monte Perdido

The Refugio de Góriz can be reached from Pradera de Ordesa by the Soaso path or from the village of Nerín on the Cuello Arenas trail. Bear in mind that if you do not spend the night in the Refugio you must account for the time it takes you to reach Góriz, as well as the difficulties of these routes and the difficulty of the ascent from the shelter.

The climb from Góriz to Monte Perdido is marked out with stone trail markers and heads northeast, passing over some rocky ridges and other obstacles, where the use hands is required for balance, before reaching the Campo de Bloques. Any of the routes marked out by the trail markers may be followed across this steep and rocky section that leads to the Lago Helado (2,990 m). However, just before you reach this lake, you have to cross a small ravine, almost always frozen, using a chain that is provided for your safety.

From the lake, the route takes a southeasterly direction and is tricky going across the last remaining slopes, first over a lateral moraine and then through a channel, known as “la escupidera” or “spittoon” (if there is snow or ice it is essential to use mountaineering equipment: ice axe, crampons and rope). At the end of this channel, a mountain pass will lead you in a few minutes to the summit of Monte Perdido (3,355 m).



MIDE			
severity of environment	4	time	6 h
how easy is the route to follow	3	elevation gain	1.140 m
difficulty of terrain	3	elevation loss	1.140 m
amount of effort required	4	horizontal distance	9 km
pendiente de nieve probable	30º	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 Resposuso, 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 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, 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 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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