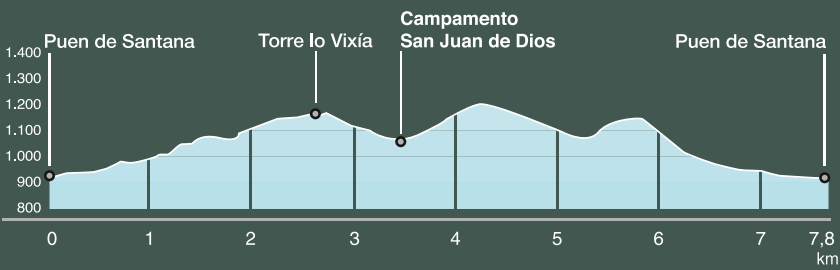


1 Circular route to Boca de lo Inferno – Roman Road

Take the Hecho exit and head towards Selva de Oza. 6 km after Siresa and before reaching Oza, stop at Puen de Santana bridge (918 m), on the right of the road, which crosses the Aragón Subordán river. The route begins here, following at first a forest track with the red and white markings of the GR 65.3.3, which soon treads the raised platform of the Roman road that connected the French province of Béarn with Zaragoza. At the beginning, the road climbs a little and passes over the Boca de lo Inferno where you can appreciate the magnificent work of civil engineering that is this historic route. Enter the forest and the Lo Vixia defensive tower from the sixteenth century (1,168 m) rises in the middle of the path on this narrow stretch of the valley. The path narrows and begins to descend to the road, opposite the San Juan de Dios campsite (1,065 m). At this point the return leg begins on the left bank of the river. After crossing a metal bridge, take the trail signposted PR-HU 21. The path climbs quickly through the forest and then flattens out, cutting across several side ravines and running above the Boca de lo Inferno. At the end of this gorge you will enter the Agüero ravine. Walk down to the stream, cross over and follow the comfortable trail leading back to Puen de Santana, the starting point of your journey.



MIDE			
severity of environment	2	time	3 h 10 min
how easy is the route to follow	2	elevation gain	520 m
difficulty of terrain	2	elevation loss	520 m
amount of effort required	3	horizontal distance	7,8 km
		type of route	Return trip

2 Guarrinza Car Park – Aguas Tuertas – Ibón d’Estanés

This route starts in the car park at the end of the Guarrinza road (1,360 m) near the end of the Aragón Subordán valley. To reach this place from Hecho follow the road towards Siresa; once past Selva de Oza, asphalt gives way to dirt track in the Guarrinza section. The entire route is signposted with the red and white markings of the GR 11. From the small car park in Guarrinza, the route follows the track, closed to vehicles, that climbs towards the head of the valley. Take a steep trail here that cuts across the long winds in the road and reaches Achar d’Aguas Tuertas, where a small Shepherds’ Refuge (1,620 m) welcomes you to the beautiful setting of Aguas Tuertas. Follow the path along the left bank of the river that crosses this hanging valley with its picturesque scenes of meandering river and green meadows until you reach the slopes that close off the valley at its far end. Then climb through pastures to Puerto d’Escalé (1,663 m). Do not take the turnoff to the left that goes to the Aspe valley, but instead continue the well-marked climb to the next col at 1,915 m, from which you can see the Ibón d’Estanés (1,777 m), which is where this route comes to an end. Return by following the same route backwards.



MIDE			
severity of environment	3	time	6 h
how easy is the route to follow	3	elevation gain	700 m
difficulty of terrain	2	elevation loss	700 m
amount of effort required	3	horizontal distance	19 km
		type of route	Return trip

3 Puen d’a Mina – Puerto del Palo (GR-T 15)

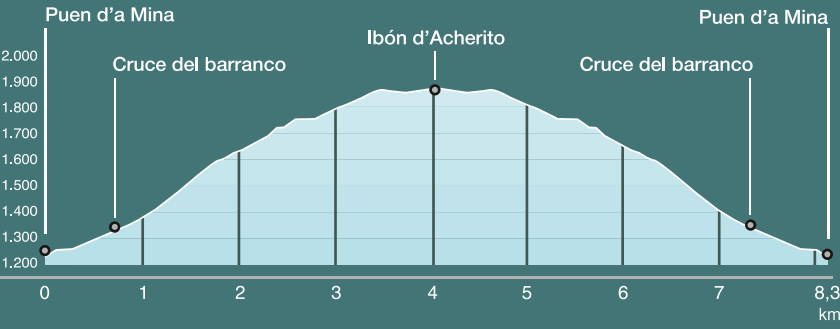
From Hecho follow the road north up the Aragón Subordán valley. After Selva de Oza you will arrive at the Puen d’a Mina car park. Immediately after crossing the bridge (1,230 m), take the path that climbs the left side of the As Foyas ravine. Below the O Buxet lodge (1,380 m), do not take the path that crosses the ravine and goes toward Ibón de Acherito and instead take the other path on the right, also marked GR-T 15. This climbs the flanks of Cerro Macarán in perfectly defined loops on the hillside. The old Roman road is well marked and easily ascends the slope to reach the col of Mallo Añarón (1,767 m). From here, the road becomes less well-defined and, keeping at the same level, head to another pass that leads to the sunken valley of As Foyas de Santa María. The route then heads to the right of this little valley, past the Fuen d’as Foyas, or Fuen Fría, and begins to climb some natural rocky steps just before the Puerto del Palo mountain pass (1,942 m), located between the O Rincón and Marmida peaks on the border. Return by following the same route backwards.



MIDE			
severity of environment	2	time	4 h 30 min
how easy is the route to follow	2	elevation gain	750 m
difficulty of terrain	2	elevation loss	750 m
amount of effort required	3	horizontal distance	10,9 km
		type of route	Return trip

4 Puen d’a Mina – Ibón d’Acherito

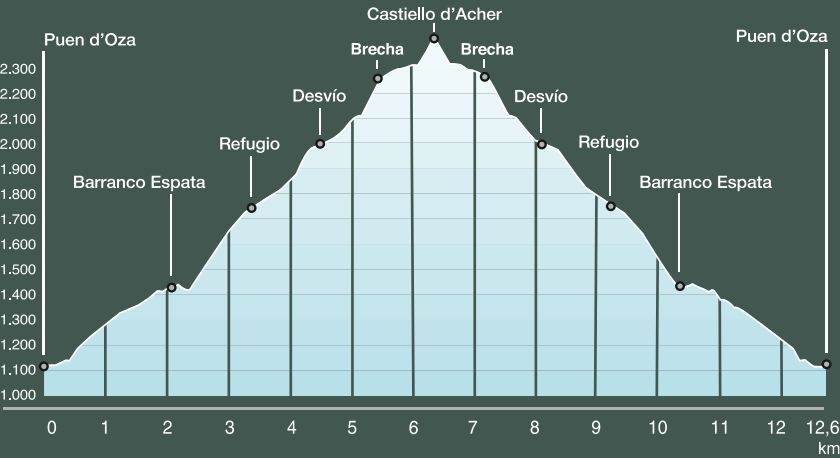
From Hecho, take the road that climbs the Aragón Subordán valley to the Puente d’os Carabiners car park, after Selva de Oza. Rather than taking the road on the right that goes through Guarriza to Aguas Tuertas, take the one that crosses the river and goes to the former military barracks. Immediately after the Puen d’a Mina (1,230 m), which crosses the Acherito ravine, take the path that climbs the left side of the As Foyas ravine. Below the O Buxet lodge, cross to the other side of the ravine (1,380 m), leaving behind the path marked with the red and white markings of the GR-T 15, a Roman road that winds upwards to Puerto del Palo. The route continues to climb until the next turning (1,600 m), where you turn left towards A Ralla d’as Foyas, with fine views of the mountainous surroundings. Go past some grassy hollows and a spring that presage the nearby Ibón, or mountain lake (1,875 m), nestled at the base of the ridges that form the Acherito Cirque. Return by following the same route backwards.



MIDE			
severity of environment	2	time	3 h 45 min
how easy is the route to follow	2	elevation gain	660 m
difficulty of terrain	2	elevation loss	660 m
amount of effort required	3	horizontal distance	8,3 km
		type of route	Return trip

5 Puen d’Oza – Castiello d’Acher

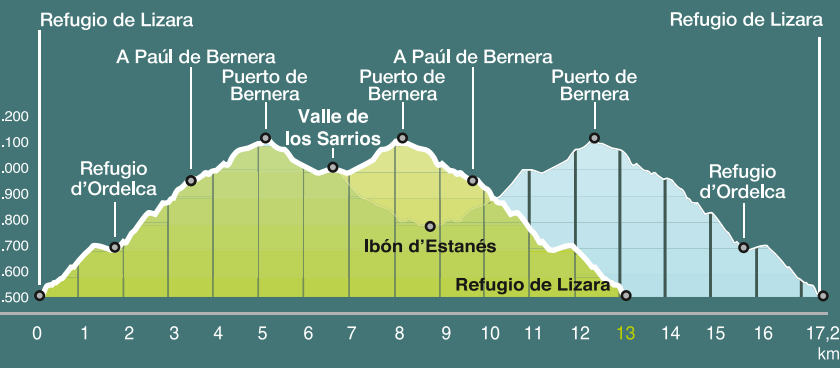
Follow the road from Hecho to Selva de Oza. When you come to Puen d’Oza (1.125 m) the hike begins on an easy path marked with the red and white markings of the GR 11 and GR 65.3.3. Before you reach the Espata ravine, turn left off the GR footpath onto the timber trail that goes along the right bank of the ravine. As you climb the forest begins to thin and after a steep climb you will reach level ground near the Refugio d’Acher (1,740 m). From here the path is less clear as it crosses pastures and grasslands. It continues to rise in search of a ditch on the left, and after crossing this, it heads east on a clearer path towards Collada de lo Barcal. Before reaching this hill, when you reach a large block of stone (2,020 m) located on a flat section, turn to the left and follow the steep switchbacks and stretches of scree until you reach the breach that leads to the top of Castiello d’Acher (2,265 m). Once there, all that remains is to follow the stone trail markers to the southern tip (2,347 m) and from there make one last push to reach the northern tip of the “castle”, or the Punta lo Castiello d’Acher (2.384 m). Return by following the same route backwards.



MIDE			
severity of environment	3	time	6 h 50 min
how easy is the route to follow	3	elevation gain	1.270 m
difficulty of terrain	3	elevation loss	1.270 m
amount of effort required	4	horizontal distance	12,6 km
		type of route	Return trip

6 Refugio de Lizara – Valle de los Sarrios – Ibón d’Estanés

Drive from Aragüés del Puerto to the Refugio de Lizara at the end of the Osia river valley. Start walking from the refugio (1,520 m) along the livestock trail that climbs northwards following the GR 11.1 and the Senda de Camille. A few minutes later leave the main trail, the GR footpath which goes to Collado de lo Foratón and Refugio de Gabardito, on the left, to continue on the right path towards the Ordela refugio. This path passes over Plano Lizara and enters the right side of the Bernera ravine following the stone markers. Go past the Ordela refugio and then the Cubilar de Bernera refugio, to finally reach Paül de Bernera (1,984 m). The route turns east and borders this wide marsh, with its beautiful grassland and meanders, and climbs up to Puerto de Bernera (2,115 m) which is the gateway to the Sarrios Valley, into which it descends in a few minutes. The route can end here or continue to Ibón de Estanés, bearing in mind that to reach it you must descend a slope to the valley that you will have to climb back again to return. If you choose to take this route, head north to the entrance of the Sarrios Valley and go through a narrow channel that descends rapidly and connects with the end of another small ditch. Then cross through some pastures and finally walk down to Ibón d’Estanés (1,777 m), which you will not be able to see until you are close by. Return by following the same route backwards.

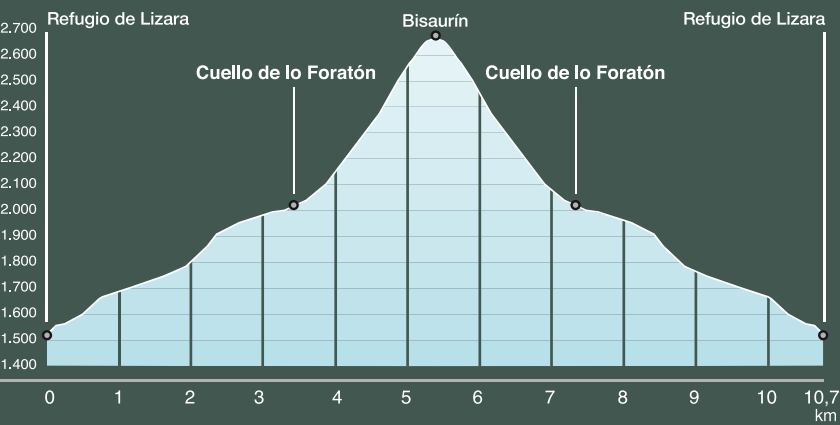


MIDE Refugio de Lizara - Valle de los Sarrios			
severity of environment	2	time	4 h 30 min
how easy is the route to follow	2	elevation gain	720 m
difficulty of terrain	2	elevation loss	720 m
amount of effort required	3	horizontal distance	13 km
		type of route	Return trip

MIDE Refugio de Lizara - Ibón d’Estanés			
severity of environment	3	time	6 h 20 min
how easy is the route to follow	3	elevation gain	970 m
difficulty of terrain	2	elevation loss	970 m
amount of effort required	4	horizontal distance	17,2 km
		type of route	Return trip

7 Refugio de Lizara – Bisaurín

From Refugio de Lizara (1,520 m) follow the white and red markings of the GR 11 which lead to the neighbouring Gabardito refugio in Hecho Valley. The route first follows a track until it reaches some level ground with a drinking trough where it becomes a path that climbs the left side of the Bal d’a Fuen Fría. It runs through pastures, passing the Refugio de Fetás (1,920 m) on the right until it reaches Cuello de lo Foratón (2,016 m) a little further on, where it connects with the ascent route from Gabardito, and separates from the GR 11. The path begins to climb along the dividing ridge between valleys. Grassland gives way to steep and rocky terrain where stone trail markers show the way up a continuous and demanding climb. A comfortable pre-summit diagonal path allows you to recover your breath before you finally set foot on the summit of Bisaurín (2,670 m). Return by following the same route backwards.



MIDE			
severity of environment	2	time	6 h 10 min
how easy is the route to follow	3	elevation gain	1.170 m
difficulty of terrain	2	elevation loss	1.170 m
amount of effort required	4	horizontal distance	10,7 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 Estós, Benasque (Hu) Tel. 974 344 515
Refugio Respomuso, 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 Renclusa, Benasque (Hu) Tel. 974 344 646
Refugio Casa de Piedra, Bañearto 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 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

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