

YOUR NEW HOME IN THE  
HEART OF ARAN VALLEY

ACTIVITIES  ARAN HOSTEL



# MUCH MORE THAN JUST A HOSTEL
















Enjoy discovering the most spectacular corners of the Aran Valley with our calendar of weekly activities.

Don't miss it and sign up!



# WEEKLY SUMMER ACTIVITIES CALENDAR

From june the 22nd to september the 12th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING  25€ pp/activity  <i>*full day, suplement 5€</i>	 Bagergue and antenas of Salardu 3h Easy	  Pruedo from Valarties 3-4h Easy	  Colomers *Full day Medium	  Varradós 4h Medium	  Tuc de la Salana *Full day Medium	  Pruedo from Valarties 3-4h Easy	  Montarto *Full day High
AFTERNOON  15€ pp/activity		 The 2 viewpoints Naut Aran 2,5h Easy		 Raid Salardú 2,5h Very easy Recomended for children		 Tredós: Camin dera Bruixa 2,5h Very easy Recomended for children	

¡SPECIAL PRICE FOR HOSTS!  
-10% OF DISCOUNT ONLY FOR CLIENTS



BAGERGUE AND ANTENNAS OF SALARDÚ  
DIFFICULTY: Low | 3h | 5,5km | 410m +

START AND END: Aran Hostel Salardú

#### RECOMMENDED EQUIPMENT

Water, hat and sun protection, snack, hiking clothes, hiking boots, walking sticks (optional).

GROUPS: 4 - 12 people

#### DESCRIPTION OF THE ROUTE

<https://ca.wikiloc.com/rutes-senderisme/salardu-unha-bagergue-gr-211-antenes-salardu-3269134>

A simple route that will offer us good views of Naut Aran, visiting one of the most beautiful villages in the area. We will leave the hostel in the direction of Unha to take the royal road that will take us up to Bagergue. There we will pass by the cheese factory and cross the village until we reach the track that leaves from the north end of the village that will take us to the Salardú antennas.

#### OF INTEREST

Old water mill in Unha  
Bagergue artisan cheese factory  
Towns of Salardú, Unha and Bagergue

THE 2 VIEWPOINTS OF NAUT ARAN  
DIFFICULTY: Low | 2,5h | 5km | 308m +

START AND END: Aran Hostel Salardú

#### RECOMMENDED EQUIPMENT

Water, hat and sun protection, snack, hiking clothes, hiking boots, walking sticks (optional).

GROUPS: 4 - 12 people

#### DESCRIPTION OF THE ROUTE

<https://mapy.cz/s/bukulejuno>

Simple route with spectacular views of Naut Aran. We will leave from the Aran hostel on the way to Unha, following a path towards Sant Martí de Corilha, arriving at the viewpoint where we can enjoy the panoramic view from Baqueira to Arties, as well as part of the Aigüestortes i Aneto National Park.

#### OF INTEREST

In addition to enjoying the physical activity, this route is an opportunity to talk about the history of the Aran Valley.  
Geological formation  
Geographical location and source of the Garonne river  
Influence of the Baqueira Beret ski resort on the valley's economy.

COLOMERS

DIFFICULTY: Average | 14,4Km | 8h (full day) | 557m +

START AND END: Banhs de Tredòs car park (taxi service required, price approx. 6,5€ per person)

#### RECOMMENDED EQUIPMENT.

Water, food, hat and sun protection, hiking clothes, hiking boot, waterproof, walking sticks (optional).

GROUPS: 4 - 8 people

#### DESCRIPTION OF THE ROUTE

<https://mapy.cz/s/nometenaze>

Itinerary of medium difficulty that goes up to the Colomers cirque going around the lake.

Leaving the Banhs de Tredòs car park, we take the Via Calda path until we reach the main lake, this stretch concentrates almost all the positive difference in altitude. We go around the lake in a clockwise direction passing by the refuge, taking advantage of the opportunity to have lunch and return.

#### OF INTEREST

Itinerary inside the natural park of Aigüestortes, a good opportunity to talk about the flora and fauna of the park, as well as the protected species and the importance of respecting the park's regulations.



# HIKING

## CHARACTERISTICS

### Friday and Sunday



TUC OF LA SALANA  
DIFFICULTY: Average | 5,5h (full day) | 8Km | 768m +

START AND END: Parking Banhs de Tredós (taxi service required, price approx. 6,5€ per person)

RECOMMENDED EQUIPMENT.  
Water, food, hat and sun protection, hiking clothes, hiking boots, mackintosh, walking sticks (optional).

GROUPS: 4 - 8 people

DESCRIPTION OF THE ROUTE  
<https://mapy.cz/s/nelacopose>  
Departure from Banhs de Tredós in the direction of Salardú, taking a path on the left that will take us to the peak. Both the ascent and descent are on the same path.

OF INTEREST  
The slope of this itinerary makes it a medium-difficulty route. There are no technical or exposed passes. As it is done in the summer season, bear in mind the importance of sun protection, as once we leave the alpine forest we will not have shady areas for the rest of the ascent.

Panoramic views of the area

MONTARTO  
DIFFICULTY: High : 6-8h (full day) : 17.5Km : 1500m +

START AND END: Valarties car park, Pont de Rèssec (taxi service required, price approx. 6,5€ per person)

RECOMMENDED EQUIPMENT.  
Water, food, hat and sun protection, hiking clothes, hiking boot, waterproof, walking poles (optional).

GROUPS: 4 - 8 people

DESCRIPTION OF THE ROUTE  
<https://es.wikiloc.com/rutas-alpinismo/montardo-desde-el-valle-de-valarties-pirineo-catalan-1018743>

Itinerary of high difficulty that ascends to one of the most emblematic peaks of the Aran Valley. The difficulty of the route is due to the steep slope. Apart from the physical component, there are no technical steps with exposure. We start at the Valarties car park (Pont de Rèssec) towards the Restanca refuge and continue towards the summit of Montarto.

OF INTEREST

Due to the physical demands of the route, it is advisable to do a short questionnaire: The questionnaire can be accessed by clicking on the following link:  
<https://forms.gle/K7bstA7muuhDXYHW6>

The refuge of Restanca is a good place to evaluate whether it is possible to reach the summit or whether it is more convenient to retrace our steps. Keep in mind at all times that this is a demanding activity in high mountain terrain.



## PRÜEDO THROUGH VALARTIES

DIFFICULTY: Average | 3,5h | 34Km | 768m +

START AND END: Arties, Snowplay in front of the main car park.

## RECOMMENDED EQUIPMENT.

Water, sun protection, cycling clothes, helmet and Ebike (optional: ebike rental with helmet).

GROUPS: 4 - 8 people

## DESCRIPTION OF THE ROUTE

<https://www.visitvaldaran.com/item/73-pruedo-per-valarties/>

One of the most beautiful mountain bike tours in Aran.

It can be done in both directions, but leaving Arties the most logical way is to go up from Arties through Valarties towards the Pont de Ressèc, to continue upwards to Loseron and crown the Coret de Prüedo.

Shortly before the pass there is the option of following a track with no gradient to visit the Montcasau lakes, before descending towards Colomers, Banhs de Tredòs and down to Salardú.

A long, steep climb, following forest tracks that in some sections require a certain amount of mtb riding skill, which you need to assess well before doing it.

You won't be disappointed: the views, the atmosphere and the experience are unforgettable.

## VARRADÓS

DIFFICULTY: Medium 5h | 49Km | 1311m +

START AND END: Arties, Snowplay in front of the main car park.

## RECOMMENDED EQUIPMENT.

Water, sun protection, cycling clothes, helmet and Ebike (optional: ebike rental with helmet).

GROUPS: 4 - 8 people

## DESCRIPTION OF THE ROUTE

<https://www.visitvaldaran.com/item/51-varrados/>

A good rally bike challenge in the Aran Valley, a perfect circular route of about 50 km through the valleys of Garona, Varradòs and Unhòla that will take you to some of the most mythical places in the valley, such as the Saut deth Pish and the Còth de Varradòs.

The route passes through numerous villages, where you can recover and enjoy the traditional mountain architecture: Gausach, Bagergue, Salardú...

The proposal we make here is to take advantage of the new cycle route along the Garonne and avoid the stretches of path, to make it more accessible.



# PRIVATE RESERVATIONS

months june, july, august & september

## E-BIKE RENTAL OR ROAD BIKE:

**½ Days: 55€**

Pick-up at 9am and return at 1.30pm

**Full day: 75€**

Pick-up at 9am and return at 6.30pm

## E-Bike or hiking guide

**½ day: 160€**

**Full day: 210€**

1-2 people, from the 3rd person on 5€ extra supplement for each participant



# INFORMATION AND RESERVATIONS

## Live the Aran Valley

**Make your activity reservation at reception, per call or per email.**

**And don't miss out!**

It is necessary to reserve with a minimum of 24 hours before the activity. We don't accept cancelacions on the same day of the activity.



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