France & Spain Across the Pyrenees Hiking

9 Days

CELEBRATING 50 YEARS
AS THE PIONEER OF ADVENTURE TRAVEL
France & Spain Across the Pyrenees Hiking

Travel from Bilbao to Barcelona on this comprehensive trek across the iconic Pyrenees - a hiker’s paradise. Learn about the culture, architecture, and natural surroundings of this fascinating region as you hike through the ancient mountain kingdoms of Aragón and Catalonia. Marvel at towering peaks, high meadows, and enormous waterfalls while traversing challenging and magnificent terrain. Wrap up each day’s adventure at a picturesque country inn or a luxurious parador. With guided tours of Pamplona and Barcelona that bookend the trip, experience the best of this mesmerizing region.

Arrive: Bilbao, Spain
Depart: Barcelona, Spain
Duration: 9 Days
Group Size: 4-16 Guests
Minimum Age: 16 Years Old
Activity Level: 🏋️‍♂️★★★★★

Testimonials

“Challenging trails, comfortable inns, excellent wine, good food, and very knowledgeable guides. The mountains are beautiful. Overall, this was an outstanding tour.”
Geoff H.

“Eric is an excellent lead guide who is passionate about his role and makes sure that every small detail of the trip is planned perfectly. It is an amazing journey through northern Spain and southern France!”
Wendy C.

GOT QUESTIONS? SPEAK WITH AN EXPERT.
📞 1.888.831.7526   💌 INFO@MTSOBEK.COM
Why Take This Trip With Us?

REASON #01
This journey was designed by top MT Sobek guide Erik Perez, a professional mountaineer and published historian passionate for northeastern Spain.

REASON #02
Our adventure pairs explorations into the region’s natural landscapes with guided city tours, all featuring insights into the local culture and history.

REASON #03
After a thrilling quest through a breathtaking scenery of peaks, waterfalls and high meadows, days end at picturesque country inns and upscale historic hotels.

What to Expect

ACTIVITIES
Rewarding hikes and scenic drives through dramatic landscapes of the Pyrenees, and informative city tours of Pamplona and Barcelona.

 Lodging
Charming mountain hideaways, medieval castles, revamped historic landmarks (paradors) and modern city hotels, all featuring modern amenities and superb locations.

CLIMATE
July is sunny with possible storms in the afternoon. September is clear and cooler. Temps will range from 50 F to 85 F.

Meet Our Guides

Our expert guides and trip leaders are truly the key to our trips’ success. Many are locals who live in-country year-round; others have made it their second home—all are passionate, enthusiastic and endlessly knowledgeable. Meet two of the guides that might be on your trip.

Erik was born and raised in the Asturias region of northern Spain and has been leading MT Sobek trips in Europe, Asia and South America since 1989. Erik is a highly accomplished mountaineer and backcountry downhill skier who holds the coveted IFMGA/UIAGM certification, which is the highest professional award attainable in mountaineering. He has written two guidebooks on hikes and climbs in the Picos de Europa. Erik studied Humanities at the University of Oviedo —the capital city of Asturias—and received a Masters degree in History. He is among MT Sobek’s most well-loved guides, leading Across the Pyrenees, El Camino de Santiago, and MT Sobek’s 50th Anniversary Base Camp Trek in 2019.

Leo was born in the mountains of Spain’s Basque Country and made his home in Jaca, in the heart of the Pyrenees, where he spends his winters on backcountry skis. He has been guiding in the Pyrenees for many years, as well as in Nepal, Morocco, Tanzania, Peru, Chile, Venezuela, Pakistan, India, and the French Alps. He has also taught skiing in Colorado. He is an International Certified Mountain Guide (UIAGM) and a professional ski instructor (ISIA). Leo is fluent in English, French, and Basque.

Leo San Sebastian
**Itinerary**

**DAY 1**

**ARRIVE IN BILBAO, SPAIN**

Arrive in Bilbao early morning to rendezvous with the group at 11am. After a briefing, enjoy a 2-hour drive to the capital of Navarre province, Pamplona — best known for the famous “running of the bulls.” Enjoy a walking tour, followed by lunch in the old town. Then transfer to Ordesa National Park, founded in 1918 as Spain’s first national park, with sheer cliffs, lush forests, and deep valleys, all dominated by Monte Perdido, the third highest peak in the Pyrenees. Spend the night in the mountain village of Torla.

**Meals:** L, D

**DAY 2**

**HIKE THROUGH FORESTS & MEADOWS TO GAVARNIE**

This morning, transfer to the trailhead for a hike along the banks of the Ara River through beech and pine forests. At San Nicolas de Bujaruelo, cross the river on a beautiful stone bridge, the remains of an old Roman road. Continue through meadows and high pastures to Bujaruelo Pass (7,920’) and the French border. In the late afternoon, descend into the French town of Gavarnie, enjoying spectacular bird’s-eye views of the majestic amphitheater, where foaming waterfalls pour over 1,500-foot walls.

**Activity:** 6–7 hours/10 miles hiking with 3,201’ elevation gain & 2,937’ elevation loss  
**Meals:** B, L, D

**DAY 3**

**TAKE A DRAMATIC HIKE TO MONTE PERDIDO**

Enjoy dramatic views of the scree field and valley below as you take a challenging 9-hour hike down a very steep scree slope in the area of Monte Perdido. From Gavarnie (4,554’), cross again to the Spanish side via Espuguettes-Puerto Nuevo de Pineta (9,441’) and the Circo de Pineta, ending at the Parador Nacional de Bielsa (also known as Parador Monte Perdido) in Aragón’s Valle de Pineta — a truly impressive mountain setting!

**Activity:** 9 hours/12 miles hiking with 4,700’ elevation gain & 4,000’ elevation loss  
**Meals:** B, L, D

**DAY 4**

**ADMIRE SWEEPING VIEWS FROM THE BALCON DE PINETA**

On today’s hike, follow switchbacks to the Balcon de Pineta and Lago Helado de Marboré. This strenuous route goes along the highest part of the base of Pico Marboré and Monte Perdido, two of the area’s high peaks. From the Balcon (9,900’), enjoy dazzling views of the valley below.

**Activity:** 8 hours/8 miles hiking with 4,158’ elevation gain & loss
Meals: B, L, D

DAY 5
DISCOVER BENASQUE IN MALADETA ANETO NATURAL PARK
Transfer to the village of Benasque in Maladeta Aneto Natural Park. After visiting the village, drive a little further to Llanos del Hospital, under the peaks of Aneto, the highest of the Pyrenees, and Maladeta. Check into the hotel and enjoy a delicious lunch before the 2-hour hike to Aigualluts, the lower meadow below Aneto Peak. Enjoy dinner at the hotel restaurant.

Activity: 2–3 hours/5 miles hiking with 500' elevation gain & loss
Meals: B, L, D

DAY 6
HIKE BELOW ANETO, THE HIGHEST PEAK IN THE PYRENEES
Hike towards Puerto de la Picada through a tranquil landscape with grazing horses and swaying grasses. After the initial ascent on a good trail with magnificent views of the Aneto (11,168') and Maladeta (10,866') peaks, reach the highest point of the Puerto (8,182'). Then enter Catalonia and the Vall d'Aran (7,755') as you descend to the waterfall of Uelhs deth Joeu (Eyes of the Jew). After a short transfer, reach the parador and enjoy time to stroll through the mountain village of Arties or swim in the parador's outdoor pool.

Activity: 6 hours/10 miles hiking with 1,944' elevation gain & 3,200' elevation loss
Meals: B, L, D

DAY 7
ENJOY A GENTLE CLimb IN CATALONIA
You are now in the Catalonia (Cataluña) region of the Pyrenees, which has a separate identity from the rest of Spain. After a 30-minute transfer, embark on a gentle climb from a meadow below the Puerto de la Bonaigua (6,270') through boulders up to Lagos de Gerver (7,300'), a sparkling lake surrounded by green lichen and bushes bursting with red berries. Then descend to the road, where you board a bus for a 3-hour drive to the Montserrat area, near Barcelona. Enjoy an overnight in a beautiful medieval castle.

Activity: 4 hours/6 miles hiking with 1,000' elevation gain & loss
Meals: B, L, D

DAY 8
EXPLORE MONTSERRAT AND SEE GAUDI MASTERPIECES IN BARCELONA
Transfer one hour to the cable train of Montserrat, the sacred mountain of the Catalans, and hike via the Pla de Ocells and below the sandstone pinnacles of Cavall Bernat (4,950’). The setting of Wagner’s opera Parsifal, this mountain range is a mystical landscape of towering pillars and smooth pinnacles. Descend to the 9th-century Benedictine monastery and shrine of the Black Madonna. In the afternoon, transfer one hour to Barcelona, check into the hotel and enjoy a sightseeing tour, taking in Gaudi-designed buildings. Enjoy a farewell dinner with the group.

Activity: 3 hours/6 miles hiking with 860’ elevation gain & 2,392’ elevation loss

Meals: B, L, D

DAY 9

FLY HOME

Transfer on your own to Barcelona International Airport for homeward-bound or onward flights.

Meals: B
Dates

Jul 17 - 25, 2021

Aug 28 - Sep 5, 2021
Pricing

2020
$ 5,495 per person

Additional Cost
$ 1,300 Single Supplement

2021
$ 5,595 per person

Additional Cost
$ 1,300 Single Supplement

PRICE INCLUDES
- Expert leadership from experienced adventure guides
- Accommodations as noted in the itinerary
- Meals as noted in the daily itinerary
- Potable water and snacks throughout
- 1 glass of wine or beer at dinner
- All group entrance fees, activities, and ground transportation
- Arrival day group airport transfer

PRICE DOES NOT INCLUDE
- International airfare, any airport taxes, or excess baggage charges
- Optional tips to your adventures guide(s) and driver(s)
- Personal expenses such as medical immunizations, phone calls, laundry, or souvenirs
- Airport transfers if arriving outside of the group transfer
- Airport transfers in Barcelona
- Optional travel protection

For full terms and conditions please visit www.mtsobek.com/terms. Please note that our itineraries may be subject to change.
The World of MT Sobek

At Mountain Travel Sobek, we believe life is an adventure and adventure is life.

As the originators, innovators and leaders in adventure travel for more than five decades, we passionately create, craft and share indelible, transformative journeys to the world’s most memorable places. Our more than 200 unique and once-in-a-lifetime trips are designed to inspire and exhilarate, enliven and excite—opening eyes and minds through profoundly personal connections with nature and culture.

Our small group and custom adventures span the globe, and the spectrum—of interests, environments and activities—every one expertly planned and knowledgeably and passionately guided. And our commitment to making every experience a remarkable one has earned us preferred travel outfitter status for National Geographic Active Expeditions, Active New York Times Journeys, and Smithsonian Active Journeys.

We are the adventure company.

Awards

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TWO HUNDRED ADVENTURES.
SEVEN CONTINENTS.
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