

Our Guide of the  
Vallées de Gavarnie

AROUND

US

[www.auberge-cabaliros.com](http://www.auberge-cabaliros.com)

LE CABALIROS

SOMES ADVISES AND IDEAS OF  
PLACES TO DISCOVER AROUND US IN  
THE VALLÉES OF GAVARNIE

## WHY THIS GUIDE?

- 1 / Discover the valleys of Gavarnie thanks to those who live there.
- 2 / Have ideas based on what you like, the weather, your age.
- 3 / Advice and useful information.

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Do not hesitate to contact us with the slightest concern or the slightest question concerning your stay.

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## OUR BEST PLACES !

The places of Zoé, 8 years old:

- The Animal Park in Argelès
- The Gèdre climbing room
- Lau-Balagnas swimming pool

The places of Noémie, 4 years old:

- The Thermal Park in Argelès
- The Lake of Arcizans

The places of Laurent, 43 years old:

- The Plateau de Hieys
- The Cayan plateau and the Clot at the Pont d'Espagne
- The summit of Cabalirros

The places of Vanessa, 44 years old:

- The village of Arrens-Marous
- The Estom Valley in Cauterets
- The iron bridge on the Gaves cycling route

The places of Domi, 57 years old:

- The village of Sazos
- Couraduque
- Le Cirque de Gavarnie

The places of Jacqueline, 77 years old:

- The Balandrau walk and the villages of Bergons
- Isaby Lake
- The Barrage du Tech



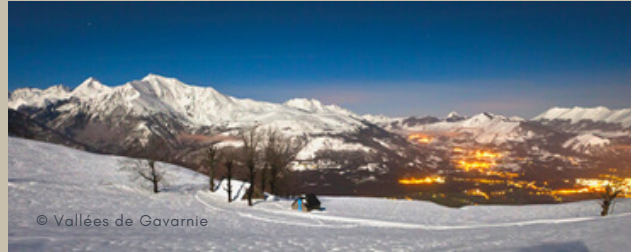
## THE MUST SEE

### The top 10 places you must see

- Le Cirque de Gavarnie
- Le Pont d'Espagne
- Le Col du Soulor
- Hautacam
- Le Pic du Midi
- Le Lac d'Estaing
- La Voie verte des Gaves
- La Fruitière à Cauterets
- Le massif du Pibeste
- Le Cirque de Troumouse

The office of tourism website:  
[www.valleesdegavarnie.com](http://www.valleesdegavarnie.com)

The hiking website :  
[rando.valleesdegavarnie.com](http://rando.valleesdegavarnie.com)



**ADMIRE MAGNIFICENT  
VIEWS, THE SIMPLICITY  
OF THE PYRENEES AND  
COME EXPLORE THE  
PEAKS!!!**

## JUST NEARBY

The Village of Arcizans-Avant and its surroundings offer some pleasant walks and discoveries, follow the guide!!!

5 minutes walk from the Auberge, direction Estaing you can go around the dam lake, ideal after a good meal with a breathtaking view of the Val d'Azun (30 min). You can also fish there.

To discover the artists of the valley and elsewhere, have a drink or eat a good plate, go to Chez Pierrot in the village.

It's hot and you want to put your feet in the water... go to Arrieulat on foot, the walk will be mainly in the forest and you can paddle on pebbles! (1 hour walk)

The Abbey of Saint Savin is a former 12th century monastery and is only 1.5 km away, in the direction of Pierrefitte.



## LOCAL MARKETS

- Barèges in Summer: Wednesday morning.
- Pierrefitte: Saturday morning.
- Luz Saint Sauveur: Monday morning and small producers on Friday
- Argelès: Tuesday morning and small producers on Saturday morning.
- Arrens in Summer: Sunday morning and small producers on Wednesday from
- Cauterets: Friday morning.
- Aucun: small producers on Friday from 8 a.m. to 12 p.m.

## LOCAL PRODUCTS

### Small list of discoveries

- Mouton AOP Barèges Gavarnie
- Val d'Azun cheese
- Bigorre Black Pork
- La Garbure Bigourdane (available on Friday evening by reservation at the Auberge)
- The "Gateau à la Broche"
- Berlingots of Cauterets
- Honeys and jams
- Local beers including Bigourdale (on sale at the Auberge)
- Pyrenean Trout
- Mountain decoration shops

## SMALL PRODUCERS

### Our favorite producers:

- Small fruits and syrups from Terre des Ayous in Pierrefitte.
- Medicinal plants and herbal teas from Bergons.
- Goat cheese from the Ferme des 3 Corneilles in Viger.
- Sale of snails from the Karasol farm in Arras
- Rhododendron honey from Jean Vergez Bellou in Esquière.
- La Caverne de l'Ours in Argelès to bring home local products.



# EASY EASY EASY

## SMALL WALK

Easy walks are legion in our sector...

- Soum Lake in Soulor
- Isaby Lake in Hautacam
- The Lac d'Estaing in the Val d'Azun
- The Tech Dam and Lake Suyen
- The banks of the Gave de Pau
- Argelès Thermal Park
- The Ballad of Arrieulat
- The Ballad of Ballandrau and the villages of Estrem de Salles
- Walks in the wood of Bergons
- The Lumière plateau in Barèges.

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Think "Donkey or Lama"  
for your ballads, they  
carry and you enjoy!!!

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## BYCICLE

The Voie Verte is a cycle path of about 18 km that runs through the Argelès valley from Lourdes to Pierrefitte.

Bikes or electric bikes can be rented in Argelès, Luz, Cauterets... Do not hesitate to ask us for advice.

In summer, some mythical passes in the Gavarnie Valleys are reserved for cyclists for a morning or a day, find out more at the Tourist Office

## ON THE ROAD

Small pleasant loops to do when you can't really hike:

Le Val d'Azun: Head to Lac d'Estaing and on the way back cross the Col des Bordères to find Arrens-Marsous, from there either you stop in the village, or you climb the Col du Soulor or the Barrage du Tech. Then return to Argelès, not forgetting to take a coffee break at the Librairie le Kairn in Arras en Lavedan.

La Grande Boucle: Direction Barèges and Tourmalet to reach the Bagnères de Bigorre valley and why not turn off towards Juncalas (D26) on winding roads and find the Gaves valleys in Lugagnan.





# FOR THE KIDS



## When it's cold !

The ski resorts are all equipped for the little ones but Hautacam and Couradue are pleasant for the first learning.

Apart from all the outings on skis, tobogganing, cross-country skiing, there is also the possibility of taking a dog sled ride. To be reserved in advance with the Appel Sauvage sur Barèges.

As soon as it gets really too cold, think of a swimming pool, media libraries, spa centres, visits to cheese or honey factories, Betharam caves...

## When it's hot !

Go to Arrieulat sur Argelès to put your feet in the water, be careful of the possible release of water from the dams. The banks of the Gave de Pau are also accessible by the greenway.

The ballad of the Cascades in Cauterets can also allow you to refresh yourself with the family.

Forest walks will also be beneficial: Bergons, Lac des Gaves...

And don't forget the outings: rafting or canoeing on the Gaves, an unforgettable moment.

There is many activities to do with the little ones :

- Swimming Pool in Lau Balagnas (Luz, Cauterets et Arrens summer only)
- Parc Animalier des Pyrénées
- Donjon des Aigles à Beaucens
- Parc Accrobranche in Argelès (10% discount with your QR Code in your room)
- Pumptrack and leisure area in Arrens-Marsous (climbing, zip line, etc.)
- Ice rink in Cauterets and Gèdre
- Climbing gym in Gèdre
- Hautacam Leisure Park in summer.
- Le Lutin pêcheur à Lau Balagnas
- Horse or pony rides in Ouzous, at Lac d'Estaing (summer).
- Libraries are also perfect places to discover workshops or courses to do



# RAINING DAYS

## SPAS & BUBBLES

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There are many spa centers in the valleys: saunas, hammam, jacuzzi, bubbles, treatments; enjoy a moment of relaxation after a walk or a rainy day.

- Argelès: Les Jardins des Bains (Discount on presentation of a Cabaliros voucher, ask at reception)
- Cauterets: Les Bains du Rochers
- Luz Saint Sauveur: Luzea
- Bareges: Cieleo

Remember to book your treatments and check the opening hours, which change with the seasons.



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Remember to bring your bathing suits, even in winter!!!

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## CULTURAL PLACES, HERITAGE, FESTIVALS...

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Casinos in Argelès and Cauterets, Cinema Parvis 65, Theater de la Gare in Argelès, House of the National Park of Luz, Cauterets or Val d'Azun, Abbey church of Arras en Lavedan, Collective of eco-citizens in Argelès, Third Place from Val d'Azun to None, when it rains, try cultural outings.

Further: Les Grottes de Betharam, an underground journey to discover many caves and a small train on arrival. The Chateau Fort de Lourdes is also a great discovery to make with the family.

Fields of Expression Festival, Cinezik, Gavarnie Theater Festival, Jazz à Luz, Cirk'en vallet, each valley has its own festival, find out more from the tourist office.

The Gavarnie Valleys Heritage Brochure will give you great ideas for outings.



## TIPS AND USEFUL NUMBERS

We are labeled "National Park Spirit" and you will find on the site a directory of local and artisanal products, outings and discoveries to be made in our sector. In addition, here are some useful tips during your walks:

Always provide water, warm clothing, suitable shoes, sunscreen, sunglasses, a garbage bag to bring back your waste.

Do not take anything in the National Park, the fauna and flora are protected there.

On the edges of the gaves, watch out for water releases from hydroelectric power stations located upstream, they can occur even in good weather.

During a thunderstorm, do not take shelter under a tree, rock or tent.

Avoid crossing snowfields and snow bridges.

In the event of a helicopter overflight: the two arms raised in a V means: "I need help".

If you need to call for help, dial 112 or mountain rescue: 05 62 92 41 41

Argelès police station: 05 62 90 41 30

The Toulouse poison control center at: 05 61 77 74 47

Pharmacy: 3237

Ayzac Ost Health Center: 05 62 92 04 66



## ENVIRONMENT & C°

We are labeled **Green Key** and here are some tips to limit your environmental impact during your stay:

Remember to turn off the lights when you leave your room. If you stay several days in our establishment, ask that we do not replace your bath towels and sheets daily in order to save water, detergent and electricity. Put your towels to change on the bathroom floor.

We invite you to participate in the selective sorting by depositing your plastic and glass bottles on the desk of the room. You can also drop off your items for recycling at reception. A selective sorting is done by the floor staff.

### Public transport :

There is a Bus line (Line 965) that crosses the valleys: Argelès-Gazost | Pierrefitte-Nestalas | Luz-Saint-Sauveur | Baresges | Cauterets  
Line T7 TLP Mobilités serves Lourdes station and Tarbes airport.

### Taxis :

Argeles Taxi: 06 84 18 71 61

Lavedan Taxi: 05 62 97 00 11

Pierrefitte Taxi: 06 07 60 99 73

### Bike Rentals:

Cycling: 05 62 97 55 78

The Pyrenees stage: 05 62 92 29 31

Electric charging stations:

[Quickly locate terminals](#)





# THANKS

The entire Cabaliros team is happy to welcome you to the hostel and hope that you will have an excellent stay with us.



On our website,  
you will also find...

- Direct booking at the best price guaranteed.
- The hotel's Room Directory
- The restaurant menu that changes with the seasons
- The opening times of the hotel.
- News and informations.
- A satisfaction questionnaire so that you can give us your feedback.



DOCUMENT TO RETURN IN YOUR ROOM.

