

Val d'Aran

CATALOGUE OF EXPERIENCES




VAL D'ARAN
The essence of the Pyrenees

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Snow



Hiking



Nature



Culture



Adventure



Gastronomy

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01

Enjoy the Val d'Aran on a guided night-time e-bike route with the family



A thousand stars in the Bassa d'Oles!



Together with our local host, we will experience a spectacular guided route suitable for all ages and levels that will allow us to live two unique experiences on the same route: sunset and stars. This is a 25 km route that combines a stretch of greenway along footbridges over the Garonne River with a very quiet

paved track surrounded by forest. Our well-deserved reward: the Bassa d'Oles, a beautiful spot not far from Vielha. A walk around the lake, surrounded by a forest of fir and red pine, with an abundance of juniper and blueberry. A family and dynamic activity with landscapes that will remain forever in our retina.



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Beret - Montgarri - Esterri MTB descent, discover the most iconic MTB descent in the Val d'Aran!

02

Feel the adrenaline on a 36 km route of pure downhill



This iconic mountain bike route will take you through the landscapes of Beret, located at 1,878m where the Noguera Pallaresa river begins. You will continue along a wide forest track, descending 36 km following

the course of the river Noguera Pallaresa until you reach Esterri, passing by the famous Sanctuary of Montgarri, a perfect place to make a short stop and contemplate the Val d'Aran at your feet.

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Discover the Artiga de Lin by e-bike!

The corners of the Val d'Aran at your own pace



Enjoy the sunset in Artiga de Lin when there is no one around. This is an easy 38 km route. The Artiga de Lin is one of the most beautiful areas of the Val d'Aran, made up of impressive geolog-

ical formations, with steep hills and meadows of thick vegetation where trees such as beech and fir abound. This is an area of extensive meadows separated by steep mountains.

Discover the Baqueira ski resort on foot or by mountain bike

Feel the mountain and the Baqueira spirit in summer



In Baqueira Beret you can be surrounded by natural landscapes and peace and quiet while you enjoy outdoor sports. A magical combination to get to know the Val d'Aran by walking its trails or mountain biking routes that will allow you to discover the areas of the Clòt der Os lakes, the Pla de Beret area and a large part of Naut Aran. A chairlift adventure, with spectacular views of the area, to access the differ-

ent routes, circuits and activities at your own pace. Are you a hiker? From Baqueira you can follow different routes. From the highest part of the TSD Clòt der Os, you'll reach the lakes of this beautiful area, a perfect itinerary for the whole family! Are you ready with your bike? Around the resort you will enjoy 3 trails for intense emotions at different levels of descent, pleasant routes with spectacular views!

05

Discover the Val d'Aran on an electric motorbike



Have fun and learn on an electric motorbike on our natural circuits in Salardú



Accompanied by sports instructors, you will learn to ride an electric motorbike in a natural environment, surrounded by nature, listening to the silence of the mountains and the sound of the water of the Garonne river running over the stones of the river. An activity full of adrenaline and good company while you take control of the bike on different circuits, uphill, downhill, steep turns, tight

turns and even overcome obstacles like the great trial champions. A unique experience, safe and adapted to your age and technical level, an experience to test your skills in the Val d'Aran and make you a real trials rider. Fun and learning are guaranteed. We offer you different circuits of varying duration and intensity, so get started in this discipline and discover your level as you progress!

ELECTRICRIDERS

Tel. 636 206 037
www.electricriders.net
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Discover the Val d'Aran on two wheels

06



The Val d'Aran on wheels, authentic and emblematic itineraries



Exploring the Val d'Aran by bicycle is an exciting adventure. For downhill lovers, technical and challenging routes are offered with large slopes and spectacular views. For those who prefer a quieter walk, there is a cloverleaf itinerary that passes through

natural parks and offers a variety of alpine landscapes. Aran Experience provides information and advice, plus GPS navigation and expert local guides. If you like nature and adventure, mountain biking in the Pyrenees is an ideal option.

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Learn to ride a Mountain Bike through natural circuits in the Val d'Aran

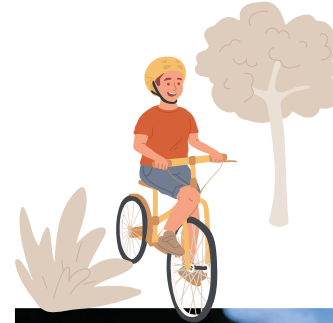


We offer you a different activity, with a part of technical learning on how to control the bike in different environments accompanied by guides on wonderful routes adapted to your level. We'll start the session with a bike set-up and we'll introduce you to how to use the gears, battery, brakes... and you're ready to go! We

will do some basic technical exercises to evaluate your level and to be able to adapt the technical part of the day with a suitable and fun route. We'll enjoy the route admiring natural landscapes, valleys, rivers, mountains and lakes, and we'll ride along tracks and trails so that learning and fun are guaranteed!

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info@electricriders.net



The electric bicycle without limits or ages



Do you want to feel the power of nature on two wheels? Dare to take the mountain bike routes through the Val d'Aran, Pallars, Occitania and Ribagorça. Enjoy the wildest mountain biking in the Pyrenees with cultural, technical and trail itineraries, guided by GPS or expert local guides.

We offer half or one-day services, with or without assistance in 4x4 vans, and luggage transfer for routes of 2 to 6 days. We also have options packaged with accommodation, mechanical assistance and companion activities. Tell us your preferences for a perfect experience.

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09

Tour Pruedo on a guided e-bike route

Enjoy a magical sunset on the outskirts of the National Park on an e-bike



Together with an expert local host, you will enjoy a circular route around the Valarties Valley to Pont de Ressec. We will walk at the foot of the Montardo and climb up to the Cabanes de Pruedo until we reach the highest

point, 2,135m, where we will be dazzled by a magnificent sunset. We will continue to Colomèrs, where we will observe the Tucdera Salana and cross the Aiguamòg Valley to Banhs de Tredòs to reach Salardú.

10

Guided e-bike route Beret-Montgarri in winter

Dare to live a unique winter adventure on two wheels in the snow!



Discover the thrill of the most famous circular route, ideal for all levels. We'll start at Pla de Beret, in the ski resort of Baqueira Beret, following a track that leads to Marimanha and the charming sanctuary of Montgarri. We will stop for a breather before heading back down the other side of the hill to our starting point. With our innovative wheels equipped with 300

spikes each, we will conquer even the most challenging corners of the road. Let nature envelop you as you ride with confidence, finding beauty at every turn of the road. This adventure invites you to connect with the mountain and feel the renewing energy that only nature can provide. Get ready for an unforgettable experience full of wonder and gratitude for the world around us!

Experience a unique activity on an all-terrain electric motorbike

Come and enjoy magnificent excursions on the roads of the Val d'Aran with electric off-road motorcycles



We offer you an innovative, different, fun and sustainable activity with the natural environment. Through guided routes, adapted to different technical levels, you will safely discover the unforgettable landscapes of the Val d'Aran on a UBCO electric motorbike. You will learn how to operate and control the bike, which is practical and easy to drive as it has no gears. Its two-wheel drive will give you a lot

of confidence during your ride on dirt roads. We will set off on the chosen route to enjoy all kinds of natural landscapes, valleys, rivers, mountains and lakes, all on authorised tracks. And by the way... requests are welcome: Do you have any area or corner that you would like to discover and explore on 2 wheels? Let us know in advance and we will adapt to your requests!

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Learn mountaineering on the spectacular La Llança ridge

Enjoy the passion for climbing in a magical environment, discover the Val d'Aran



Have you ever dreamt of learning to climb? If you want to start with the safety of an expert local guide, in the Val d'Aran you can make your dream come true. Traversing the sharp, aesthetic edges of the Tuc de la Llança is one of the beginners' mountaineering activities in the Val d'Aran. You will set off across the ski slopes when they are closed and approach the wildest sector of the Llança. You will ascend to the im-

pressive edge of the ridge to walk along it and enjoy an unforgettable panoramic view while you enjoy a tasty snack of local products. Together with Roger, an expert local mountain guide, you will contemplate the horizon on both sides, you will look for the passage between blocks and sharp needles that cross the path, you will advance alternating climbs, sections of climbing, abseiling... An experience for all the senses!

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Discover Baqueira ski resort

Discover the secrets of the Baqueira Beret ski resort with Ignacio Aldea, professional guide and local host



You will enjoy a privileged 2-hour tour on skis or snowboard, accompanied by the guide and local host, Ignacio Aldea, one of the most veteran and expert skiers in the valley. You will discover the entire ski area of Baqueira resort and all

the secrets it hides. Itineraries and slopes, estimated duration, services and curiosities, ...so that you can learn how to optimise your routes and the level of demand of the slopes. An unforgettable morning to share unique moments!



Tel. 973 639 000
www.baqueira.es
baqueira@baqueira.es

Glide through the Val d'Aran, get started with ski mountaineering

Discover a universe of emotions in the Val d'Aran



Can you imagine sliding down the slopes of the Pyrenees? The Val d'Aran is a paradise for ski lovers, with abundant snow all winter and 3000 meter mountains. Comfortable access, excellent risk prevention service and professional local guides guarantee an unforgettable

experience. Together with Roger, an expert guide, you will plan the route and learn ski techniques. In addition, you will enjoy an aperitif with spectacular views before ending the day. Skiing in the Pyrenees is a unique experience in the Val d'Aran.



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Enjoy extreme mountaineering on the impressive Baciver peak



Breathe nature, feel the climbing, live the Val d'Aran



The imposing Tuc del Baciver is a great challenge for all mountaineers. If you are a Pyrenean, you cannot miss the opportunity to enjoy this experience. Roger, a local expert mountain guide, will explain the performance of the equipment and its uses before you set off along the ski slopes, which will be closed. You will approach the north face of Tuc de Baciver, a 2,644-metre peak, climbing its imposing north face where, at the summit, you will enjoy an aperitif

of local products and spectacular views of the Pyrenees. Once at the summit, you will descend along the beautiful ridge until you return to the starting point. Channels, corridors, north faces and goulottes will captivate you with their beauty. We encourage you to discover the world of winter mountaineering, an experience of effort, self-improvement and learning in an enjoyable and rewarding way. Build indelible memories in the Val d'Aran!



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Fall in love with the Val d'Aran on snowshoes



The Val d'Aran, a natural place at your fingertips



Can you imagine breathing fresh air in a privileged environment? Discover the Val d'Aran dyed in white with a half-day excursion on snowshoes. An exclusive and personalised activity to reach the most beautiful places in this valley and enjoy the snowy landscape. You will discover impressive high mountain landscapes, spectacular viewpoints, surprising forests and charming villages. Roger, a local mountain expert

guide, will take care of your safety and will provide you with information about the environment, the people and the history of this emblematic place. You will learn progression techniques and snowshoeing techniques while you connect with the magical nature offered by the mountains of the Val d'Aran. The finishing touch is a tasty aperitif of local products while you enjoy the spectacular panoramic view.



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Explore the Val d'Aran and its hidden corners on snowshoes

Unparalleled beauty and unique landscapes, breathe purity in the Val d'Aran



The morphology and characteristics of the Val d'Aran are ideal for beginners or for perfecting your snowshoeing technique: valleys, peaks and high mountain meadows of great beauty that are surrounded by the spectacular peaks that define the valley. You will enjoy a full-day excursion to discover the most spectacular corners of the Val d'Aran and its snowy landscape. A completely personalised activity depending

on the group's objectives and the weather conditions. Roger, a local mountain expert guide, will take care of your safety and will provide you with information about the environment, its people and the history of this emblematic place. You will savour a delicious snack of local products while you enjoy the spectacular panoramic view of the Val d'Aran. Learn, enjoy and feel the winter mountain on snowshoes!



Reach the most beautiful corners of the Val on snowshoes

Touring silent valleys by snowshoe



Feel nature on snowshoes, the ideal way to walk through deep valleys, enchanted forests, waterfalls and frozen lakes. Aigüestortes and Sant Maurici National Park, Montgarri, Val de Ruda, Baciver, Val de Horno, Conangles or Val de Molières are some of the places where you can connect with na-

ture in its purest state. We will design the excursion according to the snow conditions and your physical condition, and if you wish, we will pick you up from your hotel-apartment in comfortable 4x4 Vans or 4x4 Land Cruisers. Walk, enjoy and discover the magic of winter in the Val d'Aran!

Get your adrenaline pumping on a day's ski mountaineering - Advanced level



Feel the Pyrenees on skis, a dream come true



Skiing is one of the most complete and rewarding activities there is. Any lover of ski mountaineering dreams of skiing in the magical Pyrenees. Roger, a local expert mountain guide, will show you the equipment, its features and uses, and together you will establish the route to follow according to your wishes and level. Dare to climb that peak you've always wanted, ski the mountain without tracks, dis-

cover new places with Roger, in total safety and making the most of your day. You will learn climbing and descending techniques, progression techniques and you will enjoy a delicious aperitif of local products with dream views. You will live a unique experience surrounded by spectacular scenery. The views from the top, the adrenaline and the endless descent will leave you breathless. What are you waiting for?



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Snowshoeing in the Baciver Valley



Immerse yourself in a dreamy snowy landscape in the Baciver Valley



Discover the wonder of the Baciver Valley, a place of unique landscapes and mountain meadows of indescribable beauty, embraced by imposing peaks that define it. Our route, which is partially circular and can be covered in three hours, will allow us to discover a great diversity of landscapes. This charming excursion offers an easy

and pleasant route, perfect for all ages. Located in the glacial cirque of Baciver, within the majestic Marimanha massif, this route will immerse you in the serenity of nature as you explore this charming spot. You will be captivated by the magic of its nooks and crannies and the tranquillity that emanates from its panoramic views.

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Feel Christmas in Baqueira Beret

Christmas comes to Baqueira Beret, feel its magic, feel the snow



You can't miss the magic of Christmas. Baqueira Beret offers 4 activities for all ages that will allow you to enjoy a very special Christmas atmosphere: on 24 December Father Christmas visits the resort with his dog sledge in the Baqueira and Beret areas. On 31 December, to bid farewell to the year, we suggest a descent with LED torches

while enjoying skiing. On 1 January, Baqueira welcomes the New Year with a classical music concert. A traditional event that has been held for more than two decades. And on 5 January, get ready to welcome the Three Wise Men, a very original parade on board the piste treading machines. If you've been good, your wishes will come true!



Tel. 973 639 000
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baqueira@baqueira.es

Delve into the most beautiful villages in Spain

A heritage tour to discover the villages of Bagergue, Arties and Garós



To tour the Most Beautiful Villages of Spain is to discover the most beautiful and authentic of one of the oldest countries in the world. Arties is a hidden gem in the Catalan Pyrenees. In the centre of the village we can find part of its Cultural Heritage, with the parish church of Sta. María de Arties, a Romanesque construction from the 11th to the 12th century, standing

out. The village of Bagergue is the highest in the Val d'Aran and retains its charm at all times of the year, in winter with abundant snow, in spring with the flowers that cover all the meadows, in summer with the vitality that fills all the mountains and in autumn with the festival of colours. In Garòs, we will lose ourselves in its streets and discover the architecture of the area.



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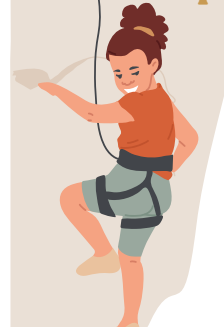


Discovering the secrets of the Aranese Capital



At nightfall you will stroll through the beautiful village of Vielha, a territory with Gascon characteristics, formerly populated by Celts and Basques, witness to important battles throughout history and which still preserves Roman and Templar vestiges. Accompanied by a cultural guide and local historian, you will set off from the old military barracks, where you will find a statue dedicated to the

veteran skier-climbers. You will learn about the history of Vielha, illustrious personalities and visiting foreigners, and its most important monuments, recovering the memory of ancient traditions, festivals and legends now forgotten through its streets and old town, which you will walk along a circular route to the point of origin, the statue in homage to the mountain company.



Excitement and overcoming on the ascent to the Tuc de Molières, the highest summit of the Val d'Aran



The Tuc de Molières overlooks the natural scenery of the valley like the giant of the Val d'Aran with its ridge that acts as a natural dividing line between Catalonia and Aragon from north to south. It is the highest point in the Val d'Aran and one of the most accessible three-thousand-metre peaks in the Pyrenees. At the beginning of the ascent you will cross an area of meadows and a beautiful beech forest where the path is themed with information

about the high mountain wetlands. The first and second waterfalls will bring you closer to the alpine environment you will find until you reach the summit. The modern free refuge, located at 2,400 m, offers shelter in case of need and is a good place to recharge your batteries. We will reach the lakes at the sources of the river Noguera Ribagorçana, then get to the summit and enjoy fantastic views of the Val d'Aran and the Aneto massif in the park.

Dare with the Unha Via Ferrata – Advanced Level



Adrenaline and excitement between rocks, an extraordinary experience in an incomparable environment



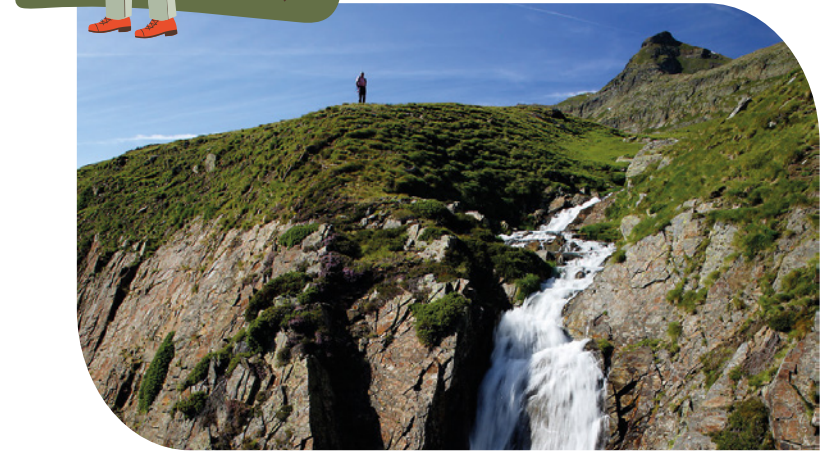
Advanced level Via Ferrata are ideal for experienced adventurers, offering long and challenging routes. Roger, local guide, will accompany you, teaching you progression and climbing techniques. The route consists of three sections: the first with nearby steps, the second with

continuous walls and Tibetan and Nepalese bridges, and the last aerial section of 350 meters. The adventure culminates with an appetizer of local products and spectacular views. Dare to overcome one of the most sporty Ferrata routes in the Val d'Aran!

Connect with nature by touring the Setau Sagèth



Crossing the mining territory towards the great lakes, an inspiring and healing journey through the history of the Val d'Aran, its valleys and villages



Accompanied by local hosts, you will cross three mountain passes, full of history and traditions. The Coll de Guerra, a real paradise of primary forest, hanging valleys and deep gorges, with the Liat lakes in the area known as 'mining territory' of the Val d'Aran, due to the old mines that used to be there. The Rius Pass, an old transhumance route and the area with the largest lakes in Aran, such as Estany Mar and Rius, is where the

herds from Aragon used to pass through to the Aran pastures of Colomèrs and Restanca. The Port of Vielha, used for centuries by the inhabitants of the valley for communication and transport of goods. The Setau Sagèth is the tour of the Val d'Aran in a 5-stage route, in which you will discover all the most important aspects of the nature, culture and heritage of this valley. We look forward to seeing you!

Discover the surprising world of bats

Get close to fantastic creatures in the Val d'Aran



The Val d'Aran is the essence of the Pyrenees; it is nature, freshness and a candidate destination to become a Biosphere Reserve. The Alt Pirineu Natural Park is one of the most important areas for the conservation of mammals in Catalonia and home to up to 20 species of bats. You will get closer to this impressive group of mammals, surrounded by history and nature through a walk through the

beautiful village of Betren. You will learn where they live, how they fly, what they eat? You will learn about their great qualities and what they are capable of doing. You will see them flying over your head and, with the help of a receiver and frequency amplifier, you will be able to listen to them and understand them better. A unique opportunity to discover everything about these fabulous creatures.

Get to know the impressive lakes of the Val d'Aran

Surround yourself with nature discovering the highest concentration of lakes in Europe



The more than one hundred lakes that are strategically scattered around Aran are enchanting for the clarity and chromatic variety of their waters, which range from turquoise blue to green or earthy brown, as well as for the paradisiacal setting that surrounds them. A marvel for the eyes and the senses. These lakes are an example of the jewels that nature creates for us to enjoy. Most of these lakes are of glacial origin and are true hidden natural secrets,

jealously guarded among our Pyrenean peaks. Magnificent excursions that lovers of high mountain hiking should not miss. We encourage you to discover these wonders of nature through a guided hiking programme that does not require prior group formation. Full-day routes in the most emblematic areas of the lakes of the Val d'Aran: Colomers, Baciver, Saboredo, through half-day routes along the royal paths with visits to the cultural heritage.



Walking through the history and architecture of the Pyrenees



The villages of the Pyrenees have many elements in common, such as their churches, their architecture and their traditions. But each region, each village and each valley has its particularities, its anecdotes and its mysteries, do you dare to discover them? Accompanied by a local host, a professional expert qualified by Catalunya Sacra and knowledgeable about all these places and their meanings, you will visit each of them, travel-

ling through time from the Bronze Age, through the medieval or Roman times, talking about the Civil War, the Second World War and the Maquis (anti-Franco guerrilla), until you reach the present day. You will learn how the social, cultural and economic structure in these beautiful valleys develops today. In hiking format, by bus, in your own car or with our comfortable 4x4 vehicles, touring the villages of the Pyrenees will be a cultural adventure!

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Live those times of miners and their history in 4x4



Would you like to know how the old miners of the Val d'Aran lived and the remote enclaves where they worked? With our 4X4 tours, in Toyota Land-Cruiser 4x4 or special 4x4 vans, we will reach very remote and complex areas where others cannot reach. You will see spectacular places of seams, we will talk about history and, in some cases, we will enter their deposits to know first hand how they worked and in what conditions they lived in those times

until their disappearance. We will complete the route on foot, visiting unforgettable places until we reach one or more mines (depending on the time of year). These are outings with a high scenic and cultural content. To get into the most hidden secrets we will have to let ourselves be guided by our experts, interpreter guides of the Natural and Cultural Heritage of the Val d'Aran, and interpreter guides of the National Park of Aigüestortes and Sant Maurici.

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Enjoy learning on the Unha Via Ferrata – Initiation Level

Unforgettable adventures
and legends await
you in the Val d'Aran



Roger, a local climbing expert guide, will welcome you in the charming village of Unha to take your first steps in the vertical world together. After learning the features and uses of the equipment you will employ, start your adventure on the first section of the Via Ferrata of Unha! You will learn progression and ascent techniques while enjoying the route. You will cross a Tibetan and

a Nepalese bridge, and you will be dazzled by the incredible views of the valley. Time to relax and enjoy a snack of local produce and take in the breathtaking panoramic views. This introductory via ferrata is ideal for families with children. A unique and different experience to get closer to the vertical world accompanied by the magical landscape offered by the Val d'Aran.



Tel. 654 638 466
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The heart of the Parc Nacional d'Aigüestortes i Estany de Sant Maurici National Park

Discover on foot the most emblematic
area of the Aigüestortes and Estany de
Sant Maurici National Park.



You will embark on a unique 4-day adventure, discovering every corner of the magical Aigüestortes i Estany de Sant Maurici National Park. With every step, you will immerse yourself in the immensity of its nature, letting the serenity of its landscapes envelop you. From the imposing mountain peaks to the crystalline lakes, each view will captivate you and inspire you to contemplate the grandeur of this place. You will

breathe in the fresh air, feel the breeze caress your face and listen to the rustle of the trees as you enter this land of dreams. Each trail you walk will take you closer to the very essence of this park, where the connection with nature is palpable at every moment. Let yourself be carried away by the magic of this unique environment and discover the beauty that awaits at every turn of the path.



Tel. 973 642 444
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Get excited about the bellowing of the deer



Listen and see one of nature's most fascinating spectacles



The first rains of late summer have fallen, temperatures will soon drop somewhat and the forests will slowly begin to change colour.... clear signs that we are heading towards autumn and with it, a spectacle of nature that arrives punctually every year: The bellowing of the stags, a deep, elongated sound, resembling a cow mooing, that echoes through the forests at dusk. From mid-September to mid-October is when the males bellow to attract the females, fighting

among themselves, competing for power, strength and hierarchy, to conquer them and thus guarantee the future of the species. The Val d'Aran is one of the privileged enclaves in the Pyrenees where it is possible to observe this unique event. Come and discover the native fauna of the Pyrenees, with official guides from the National Park and the Aranese Natural Heritage. Enjoy a unique and wild spectacle of fauna in its natural environment in the Val d'Aran!

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reservas@excitingevents.es

Climb the Val d'Aran on the Unha Via Ferrata - Intermediate Level



Walk, enjoy and share the most modern route in the Val d'Aran



Roger, an expert local climbing guide, will accompany you on your route along the first and second sections of the via ferrata of Unha, of intermediate level and suitable for everyone, both those who are new to this exciting modality and those who already have experience. You will go through air passes, approaches, a Tibetan and a Nepalese bridge, until you reach the peculiar spiral staircase, an icon of this road

and without complications to cross it, where you will find the Vulture Viewpoint, which will dazzle you with the incredible views it offers of the valley. Relaxing time to enjoy a snack of local products and capture the breathtaking panoramic view. Ready to experience one of the sportiest Via Ferrata in the Pyrenees? Don't miss the opportunity to share this experience with your family, friends or partner!

Tel. 654 638 466

www.rogermountainguide.com
roger@rogermountainguide.com



Discover the Val d'Aran through its wildlife and alpine flora



The objective of this photographic safari is to explore wildlife and enjoy the diversity of the fauna and flora of the Val d'Aran. We will take advantage of the ideal light to capture images of beech trees, impressive landscapes, indigenous flora, wild pines, orchids and lilies. You will get to know in depth the vegetation of the Val d'Aran through its forests and lakes, and you will taste wild fruits such as

cherries, blackberries, strawberries and blueberries, depending on the season. You will be surprised by trees such as the fir, which grows between 700 and 2,000 meters above sea level, and you will observe the local fauna with the help of a guide-interpretor from the Natural and Cultural Heritage of the Val d'Aran and guides from the Aigüestortes and Sant Maurici national park.

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Observe, learn and discover the diversity of fauna and flora of the Val d'Aran



Ready to explore the Val d'Aran? Immerse yourself in a unique adventure on a Toyota Land-Cruiser 4x4 or special 4x4 vans. Accompanied by a local expert nature guide, you will enjoy a route of interpretation of the natural and cultural heritage of the Val d'Aran, reaching spectacular corners of the Atlantic and Mediterranean slopes. You will discover different magical places and enjoy short excursions in search of all kinds of architec-

tural elements, anecdotes, traditions and a huge variety of native fauna. Depending on the season and the time of the visit, you will stop to recharge your batteries in an authentic borda or refuge, surrounded by idyllic scenery. At Aran Experience we adapt to your interests and optimise the time of the experience so that you can see as many points of interest as possible. New sensations and emotions await you in the Val d'Aran!

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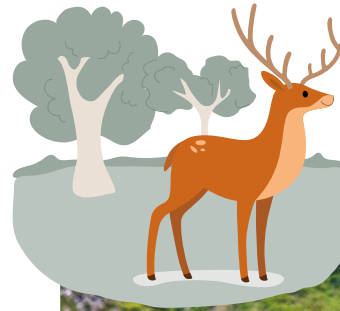


Awareness trekking,
get to know the power
of nature



Discover the Val d'Aran through hiking routes with a high landscape content in order to develop in several phases an awareness of what it means to walk, to know your body and to visualise the moment in which it happens. These techniques enhance personal well-being and sharpen the intuition

without neglecting the practice of a little exercise. To delve into the most hidden secrets, you will be guided by local hosts who will accompany you, interpreter guides of the Natural and Cultural Heritage of the Val d'Aran, and interpreting guides of the National Park of Aigüestortes and Sant Maurici.



Immerse yourself in the
wildlife of the Val d'Aran,
a unique discovery



The Val d'Aran has unique areas of incomparable beauty with an abundance of trees and clearings for observing animals. Montgarri, Varradós or Artiga de Lin are unique ecosystems for observing the wild fauna and flora of the territory: beech, fir and oak forests and extensive green meadows bathed by the waters of its rivers and lakes. This unique experience

offers you the opportunity to observe and listen to the animals in silence so as not to frighten them, in a respectful manner and without interrupting their peace and quiet. Deer, roe deer, chamois, falcons and vultures are some of the animals that you will discover through a guided wildlife interpretation workshop, a telescope and a pair of binoculars.

Try the forest baths in Val de Toran

Connect with yourself and nature!



Dare to try this wellness activity that invites you to immerse yourself in a quiet walk and relax in the beautiful forests of the Val d'Aran. In this natural paradise you will awaken all your senses,

listen to the rustle of the leaves and feel the earth beneath your feet as you embark on a journey of self-discovery in one of the best-preserved beech forests in the Val d'Aran.

Trekking in the Conangles beech forest

The Conangles Valley, between beech trees and waterfalls, unique nature



The Conangles Beech Forest, located at the southern mouth of the Vielha Tunnel next to the Conangles Refuge and the Noguera Ribagorçana River, is one of the most important beech and fir forests on the Iberian Peninsula. Located in the Aigüestortes and Sant Maurici National Park, it offers a spectacular natural environment with waterfalls and lakes. In au-

tumn, beech and fir trees create an explosion of reddish, ochre and gold colors. A mountain guide will accompany you through this ancient natural pass, used as a communication route between the regions of Aran and La Ribagorça, offering impressive views of the Val d'Aran and mountains of more than 3000 meters such as the North and South Besiberri.

Trekking through the magical Salenques Valley

Explosion of colors, breathe nature in the Val d'Aran



If you are looking for beautiful and lush landscapes, this place is a must! Walking accompanied by an expert mountain guide through this spectacular natural setting, located within the Posets-Maladeta Natural Park, you will feel like you are in a fairy tale. A place with a wealth of scenery and magic where you can let your imagination run wild and connect with nature in a special way. In autumn, Salenques offers spectacular and exquisite colours to those

who visit it. From the end of October to the beginning of November is, without a doubt, the best time to appreciate the explosion of intense yellow, red and warm brown colours, a chromatic spectacle in every sense of the word! You will ascend the Salenques valley with a gentle slope, bordering its river through centenary beech and fir trees, following the GR-11 to reach the Cascades del Pi and admire the succession of waterfalls that form them.

Experience the deer's bellowing in the Val d'Aran

A magical autumn in the midst of nature, a unique spectacle to enjoy.



Autumn is beginning, and the forests of the Val d'Aran are turning beautiful yellows, ochres and reds, giving way to a real spectacle: the bellowing of the deer. The deer come into rut and the roar begins. Mornings and evenings give way to the bellowing of male deer trying to attract females. Accompanied by a guide specialised in wildlife, you will enjoy watching and listening to the bellowing of the deer in an observation

area that is suitable for not interrupting their peace and quiet. In silence you will discover these elegant animals, and you will be surrounded by unique areas of the Val d'Aran such as Artiga de Lin, Varradòs and Montgarri, with an abundance of trees and clearings from where you can also observe the flora and other animals of the area. An impressive spectacle that will leave a mark on your memories!

Experience the Val d'Aran Walking & Summit Festival!

Much more than hiking



Do you already know the Val d'Aran event for hiking and nature lovers? Here they come together to discover, share and enjoy the beauty of the natural environment, gastronomy, culture and heritage of the valley, contributing to its conservation and enhancement with the aim of promoting the Val d'Aran as a

mountain and hiking destination. Enjoy up to 20 routes of different levels, lengths and routes. What's more, they can be combined with cultural and leisure visits and tastings of delicious local products. What are you waiting for? Sign up for the most magical and healthy Festival in a privileged environment.

Camins

Tel. 973 642 444
www.camins.net
camins@camins.net

Taste the Val d'Aran, try Aranese craft beer

Beer Culture, an alternative project, an experience of flavours and sensations

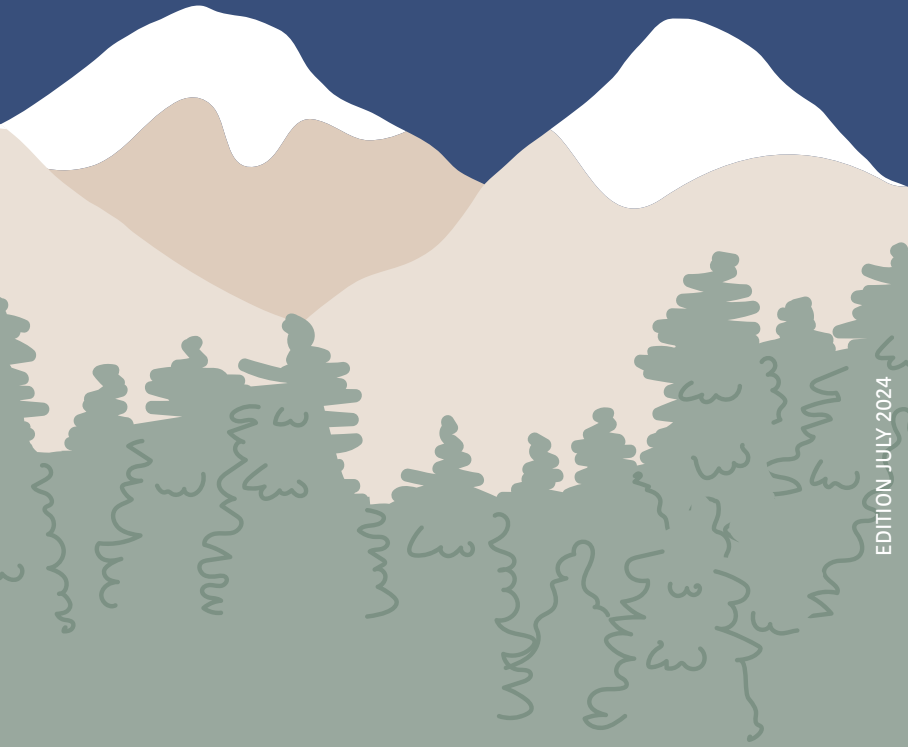


Are you ready to learn about the REFU Birreria project from its founder? You will discover the process of making craft beer and the brewing culture in a unique brewery in the Val d'Aran, specifically in Bossòst, a welcoming village that invites you to stroll through

its streets and old town to contemplate the traditional Aranese architecture. A unique experience of sensations and flavours accompanied by a tasting of 3 craft beers brewed with passion. An experience of beer sensations in the Pyrenees.

REFU

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VAL D'ARAN
The essence of the Pyrenees



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