High Level Pyrenees Snowshoe Holiday

Trip Code: PSH

Version:

WINTER	GUIDED GROUP	CHALLENGING 7



HIGHLIGHTS

- 3 day snowshoe expedition in the Aigues Tortes National Park
- Optional snowshoe ascents of Pic Montardo (2833m) and Tuc des Monges (2699m)
- Two days of introductory snowshoeing and winter safety training
- 5 nights at our comfortable base in the spa town of Luchon

AT A GLANCE

- 5 days snowshoeing
- Max altitude - 2833m
- Join at Toulouse

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Our snowshoeing holiday in the Pyrenees begins with 2 days of introductory snowshoe walking and safety training from our hotel in the beautiful spa town of Luchon. Now fully accustomed to our winter footwear, we drive into the Val d'Aran, Spain, from where we begin our 3-day expedition at the eastern end of the Aigues Tortes National Park, a veritable wonderland of steep cols and frozen lakes, surrounded by jagged white peaks. With the exception of the odd skiing or snowshoeing party, we can expect to have this Pyrenean playground all to ourselves!

We stay both nights at the stunningly located Ventosa Refuge (2220m), with the chance, en route, to make an optional ascent of the 2833m peak, Montardo! This part of the holiday will include a couple of fantastic but long and testing days. We round off our expedition in true Spanish style at a traditional tapas restaurant before returning to Luchon and the comfort and fine food of our rustic French hotel. A free day allows us the opportunity to take it easy or to try another optional winter activity - such as skiing at nearby Superbagneres.

Is this holiday for you?

This snowshoeing holiday begins with an introductory session on relatively easy, snow covered forest trails or ridges above the Luchonnais. During this time we will also receive safety instruction before heading to the high mountains. During the week we will have the option to make an ascent of a 2800m plus peak. No previous snowshoeing experience is required, but a good level of fitness is essential. You should be prepared to be walking for 5-6 hours per day, in winter conditions, for a number of consecutive days. Accommodation for our 5 nights in Luchon will be in twin share rooms and for the 2 nights in the mountain refuge we will stay in dormitory style rooms with bunks. Bedding will be provided at the refuges and you will only be required to carry a sleeping bag liner, or a lightweight sleeping bag if you prefer

The itinerary will be flexible and during the week the guide will use their expertise and local knowledge to determine the best routes to take advantage of prevailing snow/weather conditions and the abilities of the group. A suggested programme for the week is given in the itinerary section. If snow conditions do not permit snow-shoeing on any of the routes, the group will follow an alternative winter hiking itinerary.

Itinerary

Version:

Holiday Information

What's Included

- Fully qualified professional local English speaking guide
- Single timed returned transfers from Toulouse
- Meals as per the Meal Plan

What's not Included

- Travel Insurance
- Visas (if applicable)
- Tips
- Meals as per the Meal Plan
- Miscellaneous expenses - drinks and souvenirs etc

TRAVEL TO YOUR DESTINATION

In some cases you may choose to take a ferry and/or train to your holiday start and end destination. Please see further information on Travelling by Train.

If flying from the UK there are low cost airlines available to the start and from the end of your holiday.

To benefit from full financial protection, ease your holiday planning, and avoid dealing with airlines, we can book scheduled flights from the UK as part of a flight inclusive package. Scheduled flights are usually more expensive than low cost alternatives, however potentially less stressful if your flight is cancelled or delayed. If you book flights through KE Adventure Travel we will offset the carbon of your flight.

The group will rendezvous at our hotel base in the town of Luchon. The nearest airport to Luchon is Toulouse approximately 2 hours away. We provide a single timed group transfer from Toulouse airport to the group's accommodation on Day 1 of the holiday itinerary. This transfer is in the late afternoon. Anyone may use this transfer but it is your responsibility to check the timings of this flight prior to departure as schedules can change. The return transfer leaves the accommodation late morning.

If your flight schedules do not permit you to take advantage of these transfers you will need to make your own transfer arrangements, trains run regularly from Toulouse to Luchon, however you may need to overnight in Toulouse depending on your flight schedule. Please note that we cannot book trains or additional nights in Toulouse for you.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All nights in Luchon are on half-board basis, except free day when it is breakfast only. Dinners are provided at the refuges but these meals do not include drinks. 1 lunch is not included - this is on your free day to allow you some flexibility. Your final dinner on the last night in Luchon is also not included. There are many cafes, patisseries and restaurants in Luchon.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

Water from the taps may not be drinkable in all locations on this trip - please check with your guide. We recommend taking water purification tablets and a reusable bottle with a filter such as **Water-to-Go**, which can both be used to help make safe other water sources. Please note that we do not encourage the purchase of single use plastic bottles.

Continental breakfasts, packed lunches and a full 3-course evening meal including red wine are provided while staying in Luchon, with the exception of the free day. A variety of wholesome home cooked dinners and picnic lunches will be prepared by the hotel staff. On the free day, when you will be responsible for your own lunch, you will find a variety of good cafes and restaurants in Luchon or nearby Superbagneres. During the 2 nights spent at the mountain refuges, good wholesome meals will be provided by the hut. The hotel can provide good vegetarian meals, however vegetarian meals at the refuge will be limited in variety.

Accommodation

During this holiday you will spend 5 nights in the elegant spa town Bagneres de Luchon. You will also spend 2 nights in a mountain refuge.

Accommodation in the mountain refuge is quite basic with mixed dormitories. Hot showers are sometimes available and meals are in a communal dining room. Blankets are provided, but you should bring a sheet sleeping bag liner or a light weight sleeping bag (bear in mind you will have to carry this for the 3 day expedition), hut shoes and slippers are provided in the mountain refuges. However the location more than makes up for the lack of faciilities.

If you are travelling by yourself, you will be paired up with another single client of the same sex whilst staying in Luchon.

Group Leader & Support Staff

Fully qualified professional local English speaking guide

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

We estimate that €200 should be sufficient to cover all personal expenses including the above-mentioned meals. Cash can be withdrawn from ATMs in Toulouse Airport and Luchon, and credit cards can also be used to pay for most goods and services.

Guidance on Tipping

Tipping is the accepted way of saying ‘thank you’ to your leader. Tipping is entirely voluntary and should be dependent on good service. We advise you to tip as a group.

Baggage Allowance

For this holiday your should take one piece of luggage and a daypack. Note that your daypack will need to be big enough to carry everything you require (including your mountain equipment) for the 2 nights at the Ventosa refuge (sleeping bags are not required). For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the ‘Dates and Prices’ table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

Europe

Your passport must meet 2 requirements. It must be:

- less than 10 years old on the day you enter (check the 'date of issue')
- valid for at least 3 months after the day you plan to leave (check the 'expiry date')

For the latest details on visiting countries within the EU or the European Economic Area (EEA), please check the UK Government website

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The currency for part or all of this holiday is the Euro.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. The fitter you are, after all, the more enjoyable you will find the experience. While regular hiking is the best preparation for this holiday, a weekly exercise plan (running, cycling, swimming etc.) is good for developing cardio-vascular fitness. Before setting off we recommend that you make time to fit in several long walks in hilly country.

Climate

During the winter months the daytime temperature typically ranges from 2°C to 8°C At 2000m the daytime temperature range will be from -5°C to 2°C. The Pyrenees receives most of its precipitation in the winter, normally falling as snow. However we can expect mostly clear and sunny days with the odd day of cloud or snowfall. It should be noted that mountainous areas do generate their own weather systems and stormy weather cannot be ruled out at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Maps

IGN 25K TOP 25/Serie Bleue. Topographic Survey Maps

Sheets: 1848OT Bagneres-de-Luchon Finely detailed cartography giving an almost 3-D representation of the terrain, with 10 metre contour interval and relief-shading. Local footpaths and GR routes are highlighted.

Private Groups Information

Make this KE Adventure holiday your own!

- Do our normal group departure dates not fit?
- Would you prefer to travel with just friends and/or family?
- Are you looking to organise a trip for your local walking, biking or mountaineering club?

It's really easy to make a trip your own. Simply select from our full range of adventure holidays and choose the dates that work for you and your group.

We are experts in creating holidays for groups of friends, families, charities and clubs. Our personal service means you'll be fully involved as we make the arrangements for your perfect adventure holiday.

Independence with Security

Travelling as a KE Private Group allows you more flexibility and choice, but still with the peace of mind that everything is pre-planned and arranged for your group by a reputable adventure travel company.

To take your first step to an amazing adventure with your friends and family complete the private group enquiry form, or call our **Sales Experts on: 017687 73966**

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a minimum.

You must bring the following items:

- Rucksack – 45 litres*
- Waterproof hiking boots (above ankle high)
- Gaiters
- Socks
- Underwear
- Trekking trousers / Winter trekking trousers
- Waterproof overtrousers
- Thermal baselayer - leggings
- Thermal base layer shirts
- T-shirts and/or casual shirts
- Fleece jacket or warm jumper
- Waterproof jacket
- Warm jacket (eg. down)
- Lightweight thermal gloves
- Warm and waterproof over gloves or mittens
- Warm hat and Sun hat
- Sunglasses with side protection
- Sheet sleeping bag or lightweight sleeping bag

- Headtorch and spare batteries
- Sun cream (including total bloc for lips, nose etc.)
- Water bottles 1 Litre (x2) (we encourage re-filling water bottles rather than single use plastic)
- Water purification tablets
- Wash bag and toiletries
- Antibacterial hand wash
- Small padlock (to lock trek bag)
- Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment. Glucose tablets and multi-vitamin tablets are also a good idea.

The following items are optional:

- Trainers (for valley use)
- Spare laces
- Thermos flask
- Camera
- Travel clothes
- Reusable cloth bag for shopping (to avoid plastic bags)

The following are provided locally:

- Snowshoes
- Ski poles

- Avalanche Transceiver, probes, shoves etc

- Extra shoes - hut shoes/slippers are provided at mountain refuges.

Note:

You will need to carry everything you require (including your mountain equipment) for the 2 nights at the refuge.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

Land Only Information

We sell this holiday on a Land Only basis and recommend that you book your flights to Toulouse Airport. Please refer to the 'Joining Arrangements and Transfers' for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

If flying from the UK Easyjet will be the best low cost airline offering flights to Toulouse. Easyjet have flights from Gatwick & Bristol. Other airports may be available.

If you would prefer to book a 'flight inclusive package' using scheduled airlines from the UK please contact our flights department for a quote. Whilst flight prices are likely to be more expensive you will benefit from full financial protection.

Why Choose KE

Why KE

Many gentle snowshoeing holidays exist, but this one offers a bit more of a challenge with 3 day / 2 night expedition, staying in mountain refuges, and including the optional ascent of a 2833m Pyrenean Peak.

Please Note This document was downloaded on 12/11/2026 and the trip is subject to change