



ANETO, POSETS AND PERDIGUERO

Ski Touring High Level Route



TABLE OF CONTENTS

1	Introduction	1
2	The destination	2
3	Basic information	2
3.1	Physical and technical level required	3
4	Programme	4
4.1	Programme outline	4
4.2	Detailed programme	4
5	More information	7
5.1	Included	7
5.2	Not included	7
5.3	Packing list	8
5.4	Observations	8
5.5	Insurance policy.....	9
5.6	Links of interest	10
5.7	Highlights.....	11
6	Contact.....	11

1 Introduction

The **Posets -Maladeta Natural Park** is located in the Aragon Pyrenees, in the long central section of the Pyrenees and where we find the highest concentration of peaks over 3,000 meters. Highlights include the **Aneto** (3.404 m) the highest mountain in the Pyrenees, not forgetting the equally impressive **Posets** (3.369 m), **Maladeta** (3.312 m) and **Perdiguero** (3.221 m).

We present an ambitious **5 day High Level Route** at the heart of the **Pyrenees** where we will conquer the three most sought-after **mountains over 3.000m**, we are referring to **Aneto** (3.404m), **Posets** (3.369m) and **Perdiguero** (3.221m). To achieve this, we will spend 3 nights at mountain huts, descending for only one night to the valley.

Don't miss the chance to do this wonderful trip to the **Pyrenees**.

2 The destination

The **Posets-Maladeta Natural Park** is located north in the region of **Ribagorza**, in Lérida, and northeast from Sobrarbe, in Huesca. The park includes two of the highest mountain massifs in the Pyrenees: the massif of **Aneto** (3.404m) with other peaks like **Pico Maladeta** (3.308m), and the massif of **Posets** (3.375m) with impressive peaks like **Perdiguero** (3.221m).

At **Posets-Maladeta Natural Park** we can admire some of the glaciers that still remain in the **Pyrenees**, like the famous **Aneto Glacier** in the Maladeta massif or the **Llardana Glacier** in the Posets massif.

Valleys like **Benasque**, **Chistau** and **Barrabes**, offer the visitor endless opportunities to do all kinds of activities all year round, like trekking, ski touring, alpinism and rock climbing.

It also counts with a good network of mountain huts strategically located: **Ángel Orús Hut** in Eriste valley, **Estós Hut** in the valley of Estós, **La Renclusa Hut** on the north face of Aneto and **Biadós Hut** in Chistau valley.

Apart from the green meadows, the landscape is dominated by forest of Scots pine (*Pinus Sylvestris*) and bog pine (*Pinus Mugo Uncinata*), sometimes mixed with firs. It is also possible to find forest of Kemes oak and some deciduous mixed forests. Among many other animal species, it is possible to spot capercaillies, pine martin, Tengmalm owl, ptarmigan (snow grouse) or the pyrenean mountain goat.



3 Basic information

Destination: Posets-Maladeta National Park. Pyrenees. Spain

Activity: Ski touring

Difficulty: Physical *** Technical**.

Length: 5 days.

Season: From March to May.

Minimum-maximum group: 4-7 people.

3.1 Physical and technical level required

	Ascent	Physical condition
*	Up to 700 m	Normal: occasional sport practice
**	Up to 1200 m	Good: regular sport practice
***	Up to 1500 m	Very good: strict sport practice

Relation between Blachere scale and Traynard scale

*	*	EM/S1-S2
**	**	EB/S2-S3
***	***	EB-EMB BAJO/S4
****	****	EMB/S4-S5

	Blachère scale along with the skier technical level
EM	Medium-level skiers at ease on moderate and wide slopes, up to 25°
EB	Good skier; able to face 30°-35° slopes with difficult snow conditions.
EMB	Very Good skier; in command of 40-45° slopes, with risky turns in any snow condition.
EE	Excellent skier: able to perform any slope up to 50°, with risky compulsory paths with any snow condition.
EX	Extreme skier; able to face slopes over 50°, with very risky necessary paths with all types of snow conditions.

	Traynard scale
S1	Not steep terrain for easy turning. Ideal ground for off piste technic learning
S2	Easy to moderate slopes (up to 25°) with no obstacles and wide turns performance.
S3	Moderated slope (up to 35°). No-difficult show conditions. Accesible slopes for Good or very Good skiers.
S4	Steady slopes up to 45° with no exposure and 35°-40° in exposed, narrow and compulsory terrains
S5	Steep 45°-50° slopes, risky compulsory terrain. Forbidden to fall!
S6	Steady slopes up to 55° in little exposure terrain and over 50° in exposed terrain.
S7	Over 60°, very risky

***Note.** Previous ski touring experience is required. Also, the ability to ski on all types of snow and slopes. Extreme ski experience is not required, as we will follow itineraries with no extreme slopes. It is necessary a good level of fitness to handle climbs between 1.300m-1.400m daily at a comfortable pace.

4 Programme

4.1 Programme outline

*Optionally we can manage the booking of accommodation for the previous night in the valley as well as the transport depending on the origin. Ask for more info.

Day 1. Eriste Parking (1.520 m) - Ángel Orus Mountain Hut(2.148 m).

Ascent + 630 m –0 m Time 3 h

Night at Ángel Orús Mountain Hut.

Day 2. Ángel Orus Mountain Hut (2.148 m)-Posets (3.369 m)- Estós Mountain Hut (1.895 m).

Ascent + 1.220 m (to the Summit of **Posets**). Time 3-4 hours. Total ascent +1.380 m – 1.474 m.

Day 3. Estós Mountain Hut (1.895 m)-Perdiguero (3.219 m)-Llanos del Hospital de Benasque (1.730 m).

Ascent +1.500 m –1.500 m

Day 4. Llanos del Hospital (1.730 m)- La Renclusa Mountain Hut (2.140 m)

Ascent +400 m –0 m Time 2-3 hours.

Optional itinerary after reaching the mountain hut.

Day 5. La Renclusa Mountain Hut (2.140 m)-Aneto (3.404 m).

Ascent +1400 m –1.800 m

*We will finish no later than 3-4pm on the last day to allow enough time for the return journey.

4.2 Detailed programme

*Welcome meeting in Benasque the day before the start of the trek. Briefing on the itinerary and equipment review.

Day 1. Eriste Parking (1.520 m) - Ángel Orus Mountain Hut(2.148 m).

From the car park situated at **Pleta d'Estallo** we will start walking north through the narrow valley of the river Eriste. We will be able to see the **Espigantosa waterfall**. At some point we Will leave the bottom of the valley to go up the slope that will take us to the Ángel Orús mountain hut, located in a beautiful balcony with gorgeous views.

Ascent + 630 m –0 m Time 3 h

Once we have reached the hut and for those with still energies left, we will do a short itinerary on the area. Night at Ángel Orús Mountain Hut.

Ascent +1400 m –1.800 m

Day 2. Ángel Orus Mountain Hut (2.148 m)-Posets (3.369 m)- Estós Mountain Hut (1.895 m).

We will start the day gaining height towards **Pleta Llardaneta**. Here we will change the direction towards the north, to face the steepest section through **Canal Fonda** on our way to **Posets**. The last meters require to get off the skis to go along the ridge until we reach the summit with no technical difficulties.

The views over the **Maladetas massif, Monte Perdido** and other big summits of the area, are magnificence.

The second part of the route will consist on reaching the **Estós Mountain Hut**, where we will spend the second night of our journey. We will descend towards the **Canal Fonda** but before we reach it, we will leave the path to go around the southeast face of the **Posets** and reach **Collado de la Paúl** (3.035m) which will require the use of the sealskins.

From **collado de la Paúl** an spectacular descent of 1.200m await us to get to **Estós Mountain Hut**. Depending on the weather conditions and snow cover, the descent will be either direct or through the Royo Peak to descend over the Chistau Mountain Pass.

Ascent + 1.220 m (to the Summit of **Posets**). Time 3-4 hours. Total ascent +1.380 m – 1.474 m.



Day 3. Estós Mountain Hut (1.895 m)-Perdiguero (3.219 m)-Llanos del Hospital de Benasque (1.730 m).

We will start by descending through the **Estós valley** to **Cabaña de Tormo**. From here, we will start the ascent towards the summit of **Perdiguero**. First, we will reach **Collado l'Ubago**, and then the pyramid that leads to the long ridge until we get to the summit.

For the descent, we have two options, either the **Literola valley** or the **Remuñe valley**. Depending on the weather conditions, snow cover and the participant's energies, we will choose one or the other.

Accommodation in **Llanos del Hospital** or **Benasque** depending on availability.

Ascent +1.500 m –1.500 m



Day 4. Llanos del Hospital (1.730 m)- La Renclusa Mountain Hut (2.140 m)

After two long mountain journeys, today we will have a shorter day with the objective to regain energies to face with guarantees the ascent to **Aneto**. For those wanting to make the most out of the day, once we have reached the hut, it will be possible to do an itinerary to fulfil the day.

Access to the mountain hut through the cross-country circuit of Llanos del Hospital and then through the forest until we reach the hut.

Ascent +400 m –0 m Time 2-3 hours.

Day 5. La Renclusa Mountain Hut (2.140 m)-Aneto (3.404 m).

There is no better way to finish the trip than climbing the highest peak of the **Pyrenees**, the **Aneto** (3.404m)

We will start towards the **lower or upper col of Portillón** which will give us access to the face that is home of the **Aneto glacier**. We will reach first **Collado de Coronas** and then to the section to access the final ridge that leads to **Aneto**, we are referring to the famous “**Mahoma step**”.

Excellent views from the summit to a large area of the Pyrenees. For the descent, we will take a different path much more interesting that will take us directly to **Forau d’Aiguallut**, enjoying one of the best descents in the Pyrenees.

Ascent +1400 m –1.800 m



*We will finish no later than 3-4pm on the last day to allow enough time for the return journey.

5 More information

Prices:

- Group of **4 people: 680 euros p/p.**
- Group of **5 people: 580 euros p/p.**
- From **6 people: 540 euros p/p.**

5.1 Included

- Qualified Mountain Guide for the duration of the trip.
- 3 nights of half-board accommodation in the mountain huts (breakfast and dinner).
- 1 night at the high mountain school of Benasque.
- Accident and rescue insurance.
- Bookings management.

5.2 Not included

- Transport to the starting point.
- Any additional nights before/after the trek.
 - 40 euros p/p in a double room breakfast included.
 - 60 euros in a single room breakfast included.
- Lunches.
- Any drinks not included in the menus (dinner and breakfast).
- Any unexpected changes due to bad weather conditions or the safety of the group that implies a change of itinerary and that involves a higher expenditure.

5.3 Packing list

It is important to carry a light back pack in order to ski comfortable, so it is recommended to carry just light and indispensable equipment. If you don't have all the equipment you can hire it, please let us know.

- Backpack (between 30 and 35 litres) with ski tapes.
- Ski touring equipment (skis, boots, skins, blades, batons). An extra skin.
- Safety equipment: ARVA (with extra battery), shovel and probe.
- Crampons and ice axes.
- Helmet
- Technical clothes:
 - Socks
 - Ski touring pants
 - Thermal t-shirt (base layer). An extra one for the hut.
 - Extra tights for the hut.
 - Fleece jacket or similar (second layer)
 - Gore-Tex or similar jacket and trousers (third layer)
 - Primaloft jacket or similar.
 - Neckie.
 - Light and thick gloves.
 - Woollen cap.
 - Sun cap.
- Goggles and sunglasses.
- Head lamp (extra batteries)
- Sheet-sleeping bag
- Canteen or camelback (minimum 1 litre). In the case of camel back please consider that it could freeze.
- First aid kit and essential toiletries
- Sunscreen and SPF lip balm
- Camera

5.4 Observations

Date Flexibility

Aside from the regular travel trip dates, we are flexible to reconsider new dates if those are more convenient to the client's leisure plans. Do not hesitate to contact us should you have any different dates in mind.

Time and meeting point

One week prior to the trip departure date, an email will be sent to each participant to give away the meeting point and time along with the guide contact information. At this point any information considered essential to the trip organization will be shared.

Changes in the itineraries

Subject to the weather conditions and the snow cover, the itinerary might change to make the route safer.

Mountain Huts

The sleeping arrangement is in share dorms. There is no need to bring a sleeping bag although silk or cotton bivvy bags are required. It is recommended to bring very little food since it can be purchased in the huts along the way. Slippers are available in all huts, so it is not necessary to carry extra shoes.

The selection of huts might change depending on availability. We will inform of any changes if this is the case.

Other

The selection of itineraries can suffer changes due to bad weather conditions or other serious reasons. In any case, the guide will provide with the best alternative option.

The order of the itinerary can vary to adapt to the accommodation or attraction's availability.

Any change in the itinerary caused by reasons not related to Muntania Outdoors (for example weather conditions) could incur an extra fee for participants.

5.5 Insurance policy

All activities in Spain have an accident insurance included in the price. Yet, if you practise mountain sports regularly and also travel frequently, **we suggest you get a travel insurance**, that as well as covering any accident and rescue it also protect you against many other situations.

If you do not have a travel insurance you can acquire one with our travel agency. Exploring Spain processes all insurances with **Intermundial**. The cost of these insurances is lower if you buy it through Exploring Spain than if you do it directly with Intermundial.

EU RESIDENTS

Ski/Aventure Plus

It is a **travel insurance** and also **covers the practise of many sports and activities**. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

Ski/Aventure Plus with Cancelation

It has the same coverage that the previous insurance but also you will be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative.

The travel insurance with cancelation that we offer, allows a refund of the costs already paid for up to 1.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

Multi-assistance Plus with or without Cancelation

Both Multi-assistance Plus with or without Cancellation are **travel insurances with better coverage** than the Ski/Adventure Plus with or without cancellation but they **do not cover the practise of sports**.

This insurance can be of your interest if you already have an accident and rescue insurance that covers the activity that you will be doing in the trip, but you do not have a travel insurance. It can also be useful if you are interested in a trip without practising any sports.

NON EU RESIDENTS

Incoming Cancellation Plus

This insurance covers the costs of the trip and the tickets if you have to cancel the trip before the departure because of different reasons like for example a sickness (see conditions of the insurance).

This insurance can be useful if you already have a travel insurance but it does not cover the cancellation of the trip or if you already have an insurance covering sports and activities.

Incoming Ski/Aventure Plus with Cancellation

It is a **travel insurance** and also **covers the practise of many sports and activities**. You will also be cover in case of cancelation of the trip and tickets in case of force majeure (sickness, injury...) for yourself and/or a relative. You can get one for the duration of the trip or for the whole year, being able to choose the starting date. If you get the insurance for a year, it will not only be valid for the trip with Exploring Spain but also it will be valid for any other trips or activities you may do during that year.

The travel insurance with cancellation that we offer, allows a refund of the costs already paid for up to 2.000 €. If the cost of the trip and flights is higher, you can extend the amount covered (under request).

*Consult prices and conditions for Intermundial insurances with Exploring Spain following this link:
<https://www.exploring-spain.com/insurances>

Included accident and rescue insurance

** Included accident and rescue insurance. Nº POLIZA 4020006195 Muntania Outdoors. Assistance phone number 24h 902 09 15 57 (it is the contact number for the insurance company Prebal, Previsión Balear M.P.S).

*** It is the customer's responsibility to inform the insurance company about the accident as soon as possible. Prior the departure for the trip, we will send you an email with the insurance policy number and the assistance number so you can have it during the trip.

**** Depending on where the accident happens, the customer will have to pay in advance if the insurance company indicates it, being the payment refunded by the insurance company within the policy's limits. In any case Exploring Spain – Muntania Outdoors S.L. is responsible for any advance payment required for the rescue or assistance.

5.6 Links of interest

- <http://www.benasque.com>

5.7 Highlights

- A high level route at the heart of the Pyrenees.
- Ascent to 3 peaks over 3.000m (including the Aneto).
- The perfect setting for a ski touring trip.

6 Contact

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