

## The environment and Insulation 1

Located in a variety of privileged natural environments, it is mandatory not to disturb these places. **Respect the flora and fauna, follow the paths and avoid loud noises and screaming.** Isolation is part of the charm of these shelters but it also imposes certain challenges, such as **supplying the goods, which is carried out by the guard**, often with unusual means (4x4, helicopter or on foot), **a fact that makes products more expensive.**

## Waste

**Take care of your waste** since those that cannot be destroyed in the refuge (paper and organic waste) **have a high cost of treatment.**

2

## Water and Energy

Despite what it may seem from the environment, **refuges' water catchments are limited so you have to be very careful with its consumption.** Likewise, management and treatment of wastewater requires stricter protocols.

**The supplies** are very specific and have a high maintenance cost, therefore, **it is necessary to economize** as much as possible on their use and properly maintain their insulation, **paying special attention to doors and windows.**

3

## Guards

They are **mountaineers who maintains and repairs the facilities**, in addition, they do everything in their hands to make the stay in the refuge an unforgettable experience. On the other hand, **they inform visitors and collaborate in mountain rescues.**

5

## Services (accommodation and meals)

Refuges are different from restaurants and hotels since they have a very specific operation, and therefore **only one menu is usually offered at meals.** Both **the rooms and the services are to be shared with others**, therefore, coexistence and tolerance are essential.

4

## How does a mountain refuge work?

Mountain refuges are **sport facilities located in strategic points of the mountain to welcome mountaineers** on their journeys and ascents. They are designed for a **very communal coexistence and offer services corresponding to their localization and access difficulty.**

They do not have municipal water, electricity nor gas networks to which they can connect to. This means that **the amenities, as well as the services offered, are always very limited.** For these reasons, you must behave differently from how you do in your places of residence.

**OBSERVE, ASK AND YOU WILL NOT BE DISAPPOINTED.**

6

## Experience in the Refuge

**For children, staying in a mountain refuge is the best way to start hiking and learn the values of nature.**

Staying at the refuges as a family is a lasting experience for the little ones.



# Mountain Refuges

## Val d'Aran's



**Tour Val d'Aran**  
Tour around the heart of the mountains of Aran and Val d'Aran.  
**Stages:** 5 days  
**Time walked by day:** 5-6 h  
**Level by day:** 270 to 1650 m  
**Min/max height:** 940 m / 2519 m

**Carros de Foc**  
Trail of high mountain range linking 9 PARANIS shelters with Val d'Aran.  
**Stages:** 6 days  
**Time walked by day:** 5-7 h  
**Level by day:** 500 to 1050 m  
**Min/max height:** 1900 m / 2400 m

**Tour del Aneto**  
Big route around the massif of Maladetes through the most emblematic peaks in the history of pyreneism.  
**Stages:** 8 days  
**Time walked by day:** 4-9 h  
**Level by day:** 525 to 1270 m  
**Min/max height:** 980 m / 2450 m

**Agua del Aneto**  
Route between Val d'Aran, Aragon and Luchon area, with Aneto and the Maladetes in the background.  
**Stages:** 4 days  
**Time walked by day:** 5-8 h  
**Level by day:** 650 to 1380 m  
**Min/max height:** 1214 m / 2880 m

**Camins Vius**  
Circular hiking surrounding Parc Nacional d'Aiguatortes and Estany de Sant Maurici.  
**Stages:** 5 days  
**Time walked by day:** 5:30 - 7:30 h  
**Level by day:** 510 to 1380 m  
**Min/max height:** 980 m / 2450 m

**Camin Relau**  
Hiking and cultural paths along the 35 villages of Val d'Aran.  
**Stages:** 8 days  
**Time walked by day:** 3-6 h  
**Level by day:** 166 to 966 m  
**Min/max height:** 610 m / 1875 m

## HSITONE

**Advice**

Prepare in detail your mountain equipment needed for your activity so that it adjusts to the meteorological and technical conditions that you may encounter.

Book a place before accessing the refuge. Find out and hire the services of a guide.

Always let others know about your route and notify when you have finished your activity.

IN THE EVENT OF AN ACCIDENT, KEEP CALM, PROTECT YOURSELF AND NOTIFY AS QUICKLY AS POSSIBLE TO  
**973 64 00 80 112**

## Information

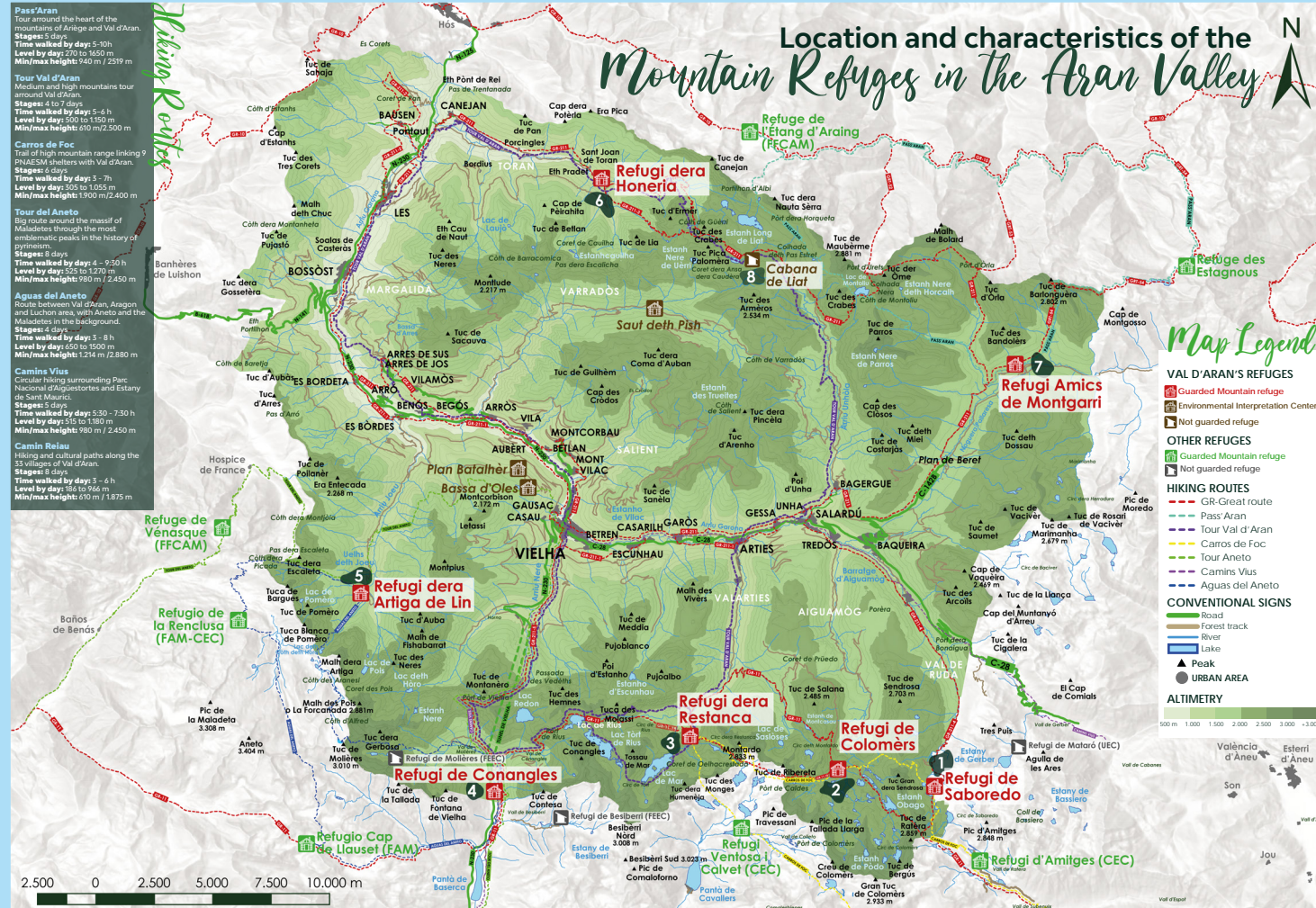
**Meteorology:** [www.conselharan.org/meteo/](http://www.conselharan.org/meteo/)  
[www.meteocat.cat](http://www.meteocat.cat)

**Avalanche bulletin:** [www.lauegi.report](http://www.lauegi.report)

**Reservations:** [www.refusonline.com](http://www.refusonline.com)  
[www.entrepreyr.com](http://www.entrepreyr.com)

**Aran Valley Guides Association:** [www.aranguides.com](http://www.aranguides.com)

# Location and characteristics of the Mountain Refuges in the Aran Valley



## Map Legend

### VAL D'ARAN'S REFUGES

- Guarded Mountain refuge
- Environmental Interpretation Center
- Not guarded refuge

### OTHER REFUGES

- Guarded Mountain refuge
- Not guarded refuge

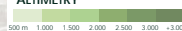
### HIKING ROUTES

- GR-Great route
- Pass Aran
- Tour Val d'Aran
- Carros de Foc
- Tour Aneto
- Camins Vius
- Agua del Aneto

### CONVENTIONAL SIGNS

- Road
- Forest track
- River
- Lake
- Peak
- URBAN AREA

### ALTIMETRY



## LIAT EMERGENCY HUT (NOT GUARDED)



- 2.354 m
- Access on foot from Val de Toran takes 3h 45 min. From Bagergue, off road track and on foot takes 40 min from the Pas Estret.
- 8 seats
- Ascents to Maubèrme, Pica Palomèra, Tuc des Armèros and Serra de Crabèra, GR 211, Setau Sagèth.
- Equipped with emergency transmitter.

## REFUGI AMICS DE MONTGARRI



- Naut Aran. Vall de la Noguera Pallaresa.
- 1.675 m
- By car or by foot. From Beret's parking continue 6 km along the track towards Isil.
- 40 beds with shared rooms.
- Ascents to the Tuc de Maubèrme, Tuc de Milh. GR 211, Pass'Aran
- [www.montgarri.com](http://www.montgarri.com)
- 0034 973 64 16 81

## REFUGI DE SABOREDO



- Naut Aran. Circ de Saboredó.
- 2.310 m
- From Baqueira take the Ruda track to the parking. Continue on foot to the refuge for 1h.
- 28 beds with shared rooms.
- Ascents to the summits of the Circ de Saboredó and journeys between refuges in Colomers and Amitges, GR 211-4, HRP, Carros de Foc.
- [www.refusaboredó.com](http://www.refusaboredó.com)
- +34 973090914

## REFUGI DE COLOMÈRS



- Naut Aran. Circ de Colomers.
- 2135 m
- From Baqueira take the Ruda track to parking. Continue on foot to the refuge for 1h.
- Capacity: 28 beds with shared rooms.
- Ascents to the summits of the Circ de Saboredó and journeys between refuges in Colomers and Amitges, GR 211-4, HRP, Carros de Foc.
- [www.refugicolomers.com](http://www.refugicolomers.com)
- 0034 973253008

## REFUGI DERA RESTANCA



- Naut Aran. Valarties.
- 2010 m
- From Arties to the Pont de Ressec's parking. Continue on foot to the refuge for 2 h.
- Capacity: 80 beds with shared rooms.
- Ascents to the Montardo, Besibèrri Nord and summits of the Circ de Riús. GR 11-18. HRP. Carros de Foc.
- [www.lacentralderefus.com/refugios/restanca/](http://www.lacentralderefus.com/refugios/restanca/)
- 0034 608036559

## REFUGI DE CONANGLES



- Vielha e Mijaran. South side of the Vielha's tunnel.
- 1555 m
- By car. From N-230 Lleida-Vielha Km 150. Conangles parking
- Capacity: 36 beds with shared rooms.
- Ascents to Molieres, Besibèrri sud. GR 11. GR 211-5. HRP. Agua del Aneto.
- [www.eraportadاران.com/refugi-de-conangles/](http://www.eraportadاران.com/refugi-de-conangles/)
- 0034 696649871

## REFUGI DERA ARTIGA DE LIN



- Es Bòrdes. Val deth Joèu.
- 1.470 m
- By car. From Es Bòrdes take the forest track to Artiga de Lin. In summertime, vehicle access restrictions.
- 28 beds with shared rooms.
- Ascents to the Forcanada, Aneto. PR 115. Agua del Aneto.
- [www.artigadelin.com](http://www.artigadelin.com)
- 0034 662594444

## REFUGI DERA HONERIA



- Canejan. Val de Toran
- 1.015 m
- By car. From the N-230 parking towards Sant Jaan de Toran.
- 30 beds with shared rooms.
- Ascents to Tuc de Hermer, Montludè. GR 211. Aran Valley Tour
- [www.lacentralderefus.com](http://www.lacentralderefus.com)