

MEDIA KIT
2024

INDEX

3

SEASON NEWS

13

EVENTS CALENDAR

18

A MOUNTAIN DESTINATION ALL YEAR ROUND

20

WINTER

23

HIKING

26

BICYCLE

30

EXPERIENCES IN NATURE

34

HERITAGE AND CULTURE

38

VILLAGES OF ARAN

39

GASTRONOMY AND COMMERCE

41

EXPERIENCES TO ENJOY WITH THE FAMILY

42

RELAX AND WELL-BEING IN AN EXCEPTIONAL ENVIRONMENT

43

ACCOMMODATION OFFER

44

SPORTS FACILITIES

45

TOWARDS A SUSTAINABLE DESTINATION

47

TRAVEL AGENCY



NEWS 2024

1. BAQUEIRA BERET NEWS 2024

The Baqueira Beret ski resort is once again committed to sustainability. Therefore, a significant investment has been made in the snow production mechanism to increase efficiency in the use of electricity and water, thus reducing the carbon footprint. Additionally, the slopes have been reorganized and 3 new trails have been added, which means that now the resort has a total of 170 km of slopes, including 3 off-piste itineraries. Another important focus of the resort is to continue working on digitalization in order to minimize waiting times and improve the ski holiday experience. It is worth mentioning the updating of the website, which includes an easier and more intuitive way to recharge the BaqueiraTICKET and BaqueiraPASS, as well as ticketless parking control system, a sustainable solution that avoids the use of paper.

More information: www.baqueira.es





2. GREAT ROUTES: NEW OFFER OF MOUNTAIN TREKS

From spring 2024, the Val d'Aran will offer new great itinerant routes that will allow you to explore the most beautiful and emblematic corners of the territory.

REFUS D'ARAN

This is the new trek to discover the entire Val d'Aran in 7 stages of High Mountain. The remodelling and opening of the Honeria Refuge in Val de Toran, will make it possible to complete the **TOUR DE LA VAL DE ARAN®** this year, passing through the guarded refuges in the valley along a route of 128 km with a 7,500 m of elevation gain. We will discover emblematic places such as Artiga de Lin, Val de Toran, Lake Liat, Val de Ruda and the lakes of Saboredo, the lakes of Colomèrs, the Valarties bank with the lakes of Restanca, Mar, Rius and, finally, the historic path of the Pòrt de Vielha, from the southern mouth of the tunnel to Vielha.

More information: www.andandosinequipaje.com

ARAN/COMMINGES, “The Last Frontier”.

A circular route starting and ending in Bossòst. A cross-border route consisting of 5 stages covering 87 km and more than 5,000 m of elevation gain that crosses 4 high mountain passes, which mark the border between the Val d'Aran and France, passing through magical places such as the Còth de Baretja towards the French valley of Luchon, with perfectly preserved primary forests. A new circuit to discover mountains such as the Bacanera 2,193 m, the Pic de Crabere 2,629 m in the area of the Refuge of Estanyd'Araing and the Tuc de Serra Nauta 2,713 m in the lake of Liat.

More information: www.andandosinequipaje.com

EL TOUR DEL ANETO®

The ANETO TOUR® aims to celebrate its **tenth anniversary** this year. Since it began in 2015, this organized hiking tour around the highest peak in the Pyrenees has become one of the three busiest in Spain. And to celebrate it, it has been created a new tour through the villages that surround it: Vielha, Bossòst, Luchon and Benasque. This new mode of the Tour, called **EI MIRADOR DEL ANETO**, will have 5 stages of travel thanks to the recovery of a new historical path that links the villages of Bossòst and Luchon by the Port of Portilhon.

More information: www.andandosinequipaje.com

DETH TARO ROUTE

The village of Arties is the origin of a new circular mountain hike: the DETH TARO ROUTE, which is part of the project CAMINS VIUS® and it runs along the historic paths of the **Natural Park of Aigüestortes and Sant Maurici Lake**. This is a 5-stage hike, 75 km long and 4,500 m of elevation gain, which allows you to know the places of greatest beauty in the park, including the Circo Lacustre de Colomèrs, the largest concentration of lakes in Europe. The last stage from the Colomèrs Refuge to Arties is unforgettable, following the Camino del Agua (the Water Tour), one of the most spectacular trails in the Val d'Aran.

More information: www.andandosinequipaje.com

BALCONES DE ARAN

Balconies of Aran is a 4-day route that passes through the 4 best viewpoints in the Val d'Aran along the Camin Reiau. It allows us to get to know 26 villages, some of them included in "The most beautiful villages in Spain" list, for example Bagargue, Arties or Garòs.

With itinerant accommodation in hotels, we will enjoy the best panoramic views offered in the viewpoints of Beret, the Santeta de Mont, the Aneto from Vilamòs, and the Val de Toran from Canejan. Hiking, culture, heritage and gastronomy on a fantastic route through the Val d'Aran.

More information: www.camins.net

3. NEW BIKE PROPOSALS

In 2023, the new organization of the bike offer in the territory was introduced, grouping the different itineraries into 4 sub-products: 3 categories of mountain biking and one of road biking, all of them included under the brand name ÖBIKE VAL D'ARAN. The MTB, Gravel, and MTB Family & Ebike routes are designed for everyone to enjoy mountain biking, while the Trail Enduro routes are aimed at those who look for stronger challenges and emotions. The routes of these disciplines are structured into 8 sectors throughout Aran, grouping together a total of 50 proposals that add up to more than 800 km of signposted routes.

Also, in the category of cycle tourism, the Val d'Aran offers 16 mountain passes, 8 of which are signposted. This new system of organizing the cycling offer goes hand in hand with the implementation of new signage for paths and routes, allowing for the selection of the route according to its technical level, difficulty, and travel distance. All this information is available on the destination's digital platforms, www.visitvaldaran.com, and the tourist application Guidaran, as well as on specialised platforms such as Wikiloc or TrailForks.

ÒC BIKE FRIENDLY CERTIFICATION

Val d'Aran continues committed to improve the experience of customers who want to discover our territory by pedaling. With this aim in mind, the ÒC BIKE Friendly seal has been created, in which currently a total of 34 accommodations and 22 cycling companies certify that they offer specific services for customers who visit us with bicycles. The accommodations certified with the ÒC Bike Friendly seal offer free minimum services for cyclists, such as bike storage space, specific bike racks and a basic toolkit.



More information: www.visitvaldaran.com

NEW BIKE ROUTES IN BAQUEIRA BERET

During the summer, Baqueira Beret offers 2 operating ski lifts, one in the Beret area and the other in the Baqueira area, to move visitors and their bikes to the heights, allowing to connect in an easy way with the high mountain environment. This direct access to the ski lifts makes it easier to explore a wide selection of paths and trails of varying difficulty.

For **mountain biking** enthusiasts, there is a wide variety of routes, from the quiet beauty of the CaminDeraAigua to the challenging descent of DeraCascada. Each route is an opportunity to experience the adrenaline and magnificence of the high mountains. There are also marked hiking trails to access stunning places, such as the magical LacsdethClòt der Os.

More information: www.baqueira.es



PARK DE SALTS, DIRT JUMP

In summer 2023, we launched the Dirt Jump Park, an enclosed space where you can enjoy and learn how to jump on a bike. The simple lines, combined with others of greater difficulty, make this an ideal space for everyone. In addition, you can also take courses and private sessions, always with maximum safety inside the park.

More information:

<https://eratuca.com/es/verano/parque-saltos/>



NEW OFFER OF ROUTES ON 2 WHEELS

In spring 2024, new enduro routes will be added to the network signposted and preserved by the ConselhGeneraud'Aran under the ÒCBike Val d'Aran brand.

- Route from Victòria mine to Bossòst of medium difficulty.
- New alpine Enduro route between the Liat Mines and Bagergue along the newly opened Armeros path to the Coll de Varradòs pass. This is a medium-difficulty route that offers one of the most attractive scenic experiences in Aran.
- Variant of the Baqueira route from the Beret viewpoint to the village of Salardú.

Regarding the future cycle tourism route between Vielha and Toulouse, progress is being made on the various sections, and it is planned to incorporate the cycling path section between Bossòst and Era Bordeta, as well as improving the connection between the border with France and Pònt de Rei. The route, which runs through landscapes of great beauty along the River Garonne, is designed mainly for mountain and gravel bikes. It covers a total of 27 kilometres in the Val d'Aran.



GUIDED E-BIKE ROUTES ON SNOW

A new activity will be available in the Val d'Aran from winter 2023-2024. It consists of guided routes with electric bicycles on snow, adapted for riding on snow and ice. With them, it will be possible to discover some of the most spectacular landscapes of the Val d'Aran and enjoy a great experience.

More information: www.bicius.eu

GUIDED ROUTES ON OFF-ROAD ELECTRIC MOTORBIKES

E-motos allow you to discover the best places in the Val d'Aran on an electric motorbike in a different, comfortable and sustainable way. They stand out for being easy to use and do not require any special skills, making them suitable for everybody.

More information: www.electricriders.net



RENTAL OF ELECTRIC SNOWMOBILE MOONBIKES ON A CLOSED CIRCUIT

From the winter season 2023-2024 you can experience the adrenaline of the mountains and the thrill of the snow by riding an electric snowmobile. Within a closed circuit, the moonbikes do not produce any disturbing noise or smoke emissions.

More information: www.moonbikes-aran.com



SHARED PATHS CAMPAIGN

The Val d'Aran is committed to the coexistence of users on the paths of the territory through awareness campaigns about the importance of safety on the paths. Despite the fact that sometimes trails may be enjoyed for a single activity, normally the paths in the valley are for shared use. That is why respect and a more conscious coexistence are important because in the Val d'Aran we want you to enjoy your favourite hobbies, whether cycling, walking or running, in the safest, most sustainable and enjoyable way possible.

More information: www.visitvaldaran.com





4. CONSOLIDATION OF THE VAL D'ARAN AS A TRAIL RUNNING TERRITORY

13 July 2024. Once again, the Val d'Aran remains the setting for important Trail Running competitions, such as the **Trail Vielha Molières**, in which 5 of the most beautiful peaks in the Val d'Aran are crowned, including the Tuc de Molières, which, at 3,010 m, is the highest peak in the area.

More information:www.trailmolieres3010.com

From 3 to 7 July. A new edition of the Val d'Aran by UTMB® will take place in the Val d'Aran, consolidating itself as one of the top events in the world of Trail Running. In the last edition, more than 4,000 runners from more than 74 countries took part.

It is worth noting that the Val d'Aran by UTMB® becomes, for the second consecutive year, the European final of the circuit and it is the only event in Europe which offers a direct place to the first ten men and the first ten women who finish the VDA (163 km), the CDH (110 km) and the PDA (55 km) in the UTMB® World Series Finals (OCC, CCC® or UTMB®) in the equivalent category.

More information:www.aranbyutmb.com

5. THEMED ROUTES

Starting this summer, the Val d'Aran will have a new leisure offer consisting of three routes with different themes. These routes, suitable for everybody, will enable visitors to learn a little more about the history, nature and culture of the valley through different supports and infrastructures. The village of Les will host the route on the Medieval History of the Val d'Aran, Bossòst the Fauna route and Vilamòs the route of the ancient trades of the women in the valley.

More information: www.visitvaldaran.com





6. GASTRONOMY

In February, Aranese gastronomy will make its mark in Barcelona, where its most iconic dishes will be tasted for two weeks. This will be through the "Flavours of Aran" campaign, which aims to highlight the region through its products and the chefs who transform them into dishes that range from the most deeply-rooted traditions to the most creative and innovative vision of gastronomy.

During the month of February, the Aranese chefs Josep Gregorio (El Portalet), Albert Jubany (Eth Bistró), César Mory (EsArraïtzes) and Marc Nus (Era Coquèla) will be offering some of their dishes in the following restaurants in Barcelona: Batea, La Sosenga, Maleducat and Taberna Kamikaze, either off the menu or included in the tasting menus.

More information: www.visitvaldaran.com

7. MUSÈU DETH TEMPS

Sant Joan Church in Arties, in addition to the temporary exhibition hall of the "Musèudera Val d'Aran", will host, before the end of the year, the "Musèudeth Temps", a permanent exhibition of 44 historical clocks, dating from the 16th to the 20th centuries. Through this tour, we will discover the physical magnitude of time linked to the human need to organise ourselves in order to survive. To satisfy this need, at every historical moment, different methods and instruments have been used to measure the passing of time and, in accordance with this, to regulate both individual and community activities.

More information: www.visitvaldaran.com





EVENTS CALENDAR 2024

SNOW

FREERIDE WORLD TOUR	FROM 20 JANUARY TO 1 FEBRUARY
JESÚS SERRA FOUNDATION CUP - INCLUSIVE SPANISH CUP OF ALPINE SKIING	2 MARCH
CHAMPIONSHIP OF CATALONIA IN DOG SLEDDING	20 AND 21 JANUARY
TROPHY AMICS DE MONTGARRI AUDI QUATTRO CUP/ AUDI E-TRON NIGHT	10 AND 11 FEBRUARY
BERET WALK	4 FEBRUARY
BANKED SLALOM LANDING	23 MARCH
BBB SKI & SNOWBOARD RACE - ÈM ARAN	24 FEBRUARY
SPANISH SNOWBOARDCROSS AND SKICROSS CHAMPIONSHIP	17 AND 18 FEBRUARY
SPANISH CHAMPIONSHIP FINAL U14-U16 AUDI QUATTRO CUP	23 AND 24 MARCH



HIGH MOUNTAIN

VERTICAL D'ARAN	13 JUNE
VAL D'ARAN BY UTMB	FROM 3 TO 7 JULY
VIELHA MOLIÈRES TRAIL	13 JULY
VAL DE TORAN TRAIL	2 AND 3 MARCH
ERA NOCTURNA VIELHA	5 AUGUST
MONTLUDE SKYRACE	17 AUGUST
CORSA E CAMINADA DES 15 PÒBLES	25 AUGUST
VAL D'ARAN WALKING & SUMMIT FESTIVAL	NOT CONFIRMED



BICYCLE

HARD BIKE	FROM 20 TO 23 JUNE
PEDALS DE FOC NON STOP	29 JUNE
VIELHA CYCLING TOUR	20 JULY
TRANSPYR COAST TO COAST	11 AND 12 JUNE
TRANSNOMAD	NOT CONFIRMED



MOTORSPORT EVENTS

RODI BOOK	30 AND 31 AUGUST (NOT CONFIRMED)
-----------	-------------------------------------

MUSIC EVENTS

POLAR SOUND FESTIVAL	5 AND 6 APRIL
ROMANIC MUSICAU	AUGUST
SALARDÚ COUNTRY ROCK FESTIVAL	AUGUST

GASTRONOMY EVENTS

MES DETH CAVIAR	MARCH
AUTUMN GASTRONOMIC DAYS	OCTOBER

POPULAR FESTIVALS

ETH HARO (LES)	23 JUNE
ETH TARO (ARTIES)	23 JUNE

OTHER EVENTS

HÈT A MAN, HÈT ACIU	AUGUST
AUTUMN, THE LAND OF A THOUSAND COLOURS	OCTOBER





A MOUNTAIN DESTINATION ALL YEAR ROUND

Summits of over 3,000 metres, more than 200 lakes, 4 entrances to the Aigüestortes and Sant Maurici Lake national park, the source of the Garona and Noguera Pallaresa rivers, thermal springs and an endless number of natural attractions make the Val d'Aran a unique paradise to visit at any time of the year.

In spring, waterfalls appear everywhere, and the extensive forests of fir, pine, beech, walnut, birch, oak and wild cherry trees sprout. This provides an amalgam of activities that appeals to lovers of the outdoors, open spaces, sport and well-being.

Summer is also an attractive time to enjoy nature and outdoor life. From a peaceful, restorative walk to a challenging trail, the Val d'Aran has adapted its tourist offer to meet all expectations. Sports enthusiasts, whether amateurs or professionals, will find here exceptional facilities for practising their favourite sport.

The colour explosion that occurs in the Aranese forests with the arrival of autumn gives us some of the most magnificent landscapes. The valley is coloured in reddish, maroon, ochre and gold tones and clear sunny days are particularly pleasant for enjoying nature and wildlife under the autumn light.

Also, for winter sports lovers, Baqueira Beret has become a reference point. With around 170 km of slopes, it is considered the best ski resort in the Pyrenees. In addition, the snowy landscapes and fairy tale villages recreate idyllic scenes that make lovers of mountain destinations fall in love with them.



TECHNICAL DATA

Population: 10,295 inhabitants.

Villages: 33

Capital: Vielha (980 m altitude).

Surface area: 633.6 km² (30% of its territory is at an altitude of over 2,000 m).

Maximum altitude: 3,010 m Molières.

Official languages: Aranese, Catalan and Spanish.

Tourist accommodation offer: more than 14,000 beds.



WINTER



BAQUEIRA BERET SKI RESORT

With most of the slopes located on the north face of the Pyrenees, Baqueira Beret guarantees an excellent quantity and quality of snow. Every season, the resort welcomes thousands of fans of all types of skiing: alpine, snowboarding, Nordic and telemark. In addition, ski schools and internationally renowned instructors are available and it offers a wide variety of courses in different specialities, classes in different languages and for all levels.

INFORMATION OF INTEREST

- 170 km of slopes
- 112 slopes
- 36 ski lifts
- 7 km Nordic skiing circular circuit in Beret
- Snowpark
- Slalom Stadium
- Audi-Ski Kronos
- Boardercross
- Funpark
- Snow driving circuit (Audi Driving Experience)
- Freeride area
- 7 car parks with a total of 5,040 spaces
- 25 restauration points
- 7 sky services
- 4 Snow Parks for children
- 3 First-Aid Points on the slopes
- Residential area at the foot of the slopes

www.baqueira.es

 **BAQUEIRA/BERET**



OTHER WINTER ACTIVITIES

In addition to the ski resort, in the Val d'Aran there are other activities in winter that allow you to enjoy the snow and the high mountain equally:

- Snowshoeing excursions to discover impressive, emblematic and inaccessible winter landscapes.
- Ski mountaineering.
- Sleds pulled by dogs or horses
- Snowmobiling in the ideal setting of Pla de Beret, from where you can reach the uninhabited village of Montgarri.
- Heli-skiing from the highest peaks of the Val d'Aran, to enjoy the virgin snow to the full accompanied by specialised guides.



HIKING



HIKING IN ITS PUREST FORM

If the best way to discover a territory is on foot, the Val d'Aran, located between two long-distance trans-Pyrenean hiking routes, offers many possibilities. Walking along the trails reveals a unique territory, with virgin spaces of captivating beauty, and the possibilities are unlimited for lovers of outdoor activities.

The GR11 crosses Catalonia and southern Aran and the GR10 passes through French territory. Likewise, other short-distance hiking routes complement this network of mountain trails. In total, there are more than 300 km of routes of different degrees of difficulty, suitable for all ages and levels, to enjoy with family and friends. Many of these trails are the setting for major trail running events such as the Trail Vielha Molieres 3010.

The Circus of Colomers, Conangles, Restanca and Saboredo give access from the Val d'Aran to the Aigüestortes and Sant Maurici Lake national park, where visitors can follow trails suitable for everybody, as well as great challenges, with a network of signposted itineraries and refuges that allow ascents to high mountain peaks that in some cases can be over 3,000 meters.

GREAT ROUTES

L'ANETO VIEWPOINT	A route along the border of the Val d'Aran and the Luchon Valley in 3 stages, with a distance of 38 km. and 3,177 m. of cumulative elevation. www.tourdelaneto.com/miradordelaneto	THE SOURCES OF THE GARONNE	Itinerary to know the three sources of the Garonne River with a distance of 35 km. and 2,485 m. of cumulative elevation. www.caminsvius.com/fonts-del-garona/
CAMIN REIAU	Route along old transhumance paths. Total distance: 150 km. Cumulative elevation: 12,000 m. www.caminreiau.cat	CARROS DE FOC	Circular route around the Aigüestortes and Sant Maurici Lake National Park. Total distance: 55 km. Cumulative elevation: 9,200 m. www.carrosdefoc.com
CAMINS VIUS	It crosses two historic paths, the Port de Vielha and the old Bonaigua or Mail Road. 122 km. and 7,100 m. of positive elevation. www.caminsvius.com	ARAN / COMMINGES	Circular route starting and finishing in Bossòst. A 5-stage cross-border route with a distance of 87 km. and more than 5,000 m. of ascent. www.andandosinequipaje.com
VIA CALDA	Route with a linear itinerary of 88 km. and 4.445 m. elevation change in 5 stages. www.andandosinequipaje.com	ANETO	Bypass around the Aneto massif through 5 valleys and 6 mountain passes. 115 km. with 11,332 m. of cumulative elevation. www.tourdelaneto.com
PASS'ARAN	High mountain cross-border loop (Couserans-Val d'Aran) in 5 stages. Total distance: 64 km. Total cumulative elevation: 10,205m. www.passaran.com	ENCANTATS	Crossing the National Park through the Val d'Aran, Pallars Sobirà and Alta Ribagorça along the historical routes. Total distance: 92 km. Cumulative elevation: 9,068 m. www.andandosinequipaje.com
THE GREAT LOOP	Route that connects Setau Sagèth and Encantats, 140 km. with an elevation change of 12.880 m. in 7 stages. www.andandosinequipaje.com	VAL D'ARAN TOUR/ SETAU SAGÈTH	This tour passes through the 6 guarded refuges of the Val d'Aran. 128 km route. with 7,500 m. of cumulative elevation. www.andandosinequipaje.com



BICYCLE

EBTT/BTT AND ESSENTIAL ROAD CYCLING

Due to its itinerant nature, cycling and eBTT/BTT allow you to get to the heart of the Val d'Aran, offering an adventure on each route, crossing plains and winding tracks and trails. The valley has more than 800 km of approved eBTT/BTT routes and more than 120 km of cycle touring routes accessible to all types of cyclists.

All this offer is brought together through OC Bike, divided into four different categories: family, btt gravel, enduro and signposted and unmarked mountain passes. Likewise, the DH Val d'Aran Mountain Park and DH EnduRomies circuits in the forests of Baricauba and the Montromies mountain are designed for eBTT/BTT professionals and it is planned to open other in Les.

These spectacular free-access circuits are made up of modules, wooden walkways and jumps.



CYCLING FROM BAQUEIRA BERET

During the summer months, the eBTT/BTT descent from Plan de Beret, which can be accessed by the TSD El Bosque and the new TSD Clòt der Os chairlifts, offers an exceptional and exciting experience. Also, in Plan de Beret there is a competition circuit, free and open to everyone. It is 5 km long at an average altitude of 1,855 m., being the maximum 1,880 m. and the minimum 1,830 m., with an elevation change of 170 m. It is part of an existing itinerary with several ascents along forest tracks reaching 2,500 m. This makes it a unique route in the Pyrenees and in Spain as well as an ideal place to hold sporting events and high-altitude training sessions.



THEMED ROUTES

There is also the option of going on theme routes organised by professionals that allow you to get to know the territory easily and that, without a doubt, will not leave indifferent those who dare to try them.

ERA RODA - BTT

100% Aranese route. Distance: 210 km. Cumulative positive elevation: 7,600 m. Other options: EraRoda 120 km. - 2/3 days (4,600 m. cumulative elevation) / EraRoda 160 km. 2 days (5,900 m. cumulative elevation) / EnduroBike 105 km. - 2/3 days (4.300 m. cumulative elevation).

www.eraroda.com

PEDALS DE FOC
BTT

Route around the perimeter of Aigüestortes and Sant Maurici Lake National Park with a guide and adaptable to different levels. Distance: 215 km. Total positive elevation ascent: 5,543 m. and total negative descent: 6,139 m.

www.pedalsdefoc.com

OCCITAN CHALLENGE
CYCLE TOURING

197 km high-mountain route through Occitania by road bike. Distance: 197 km. Positive cumulative elevation: 4,500 m.

www.ledefioccitan.com

PEDALS D'OCCITÀNIA
BTT

Mountain bike route through Occitània, Aran and Comminges. Distance: 226km. Total positive elevation ascent: 6,100 m. and total negative descent: 6,100 m.

www.pedalsdoccitània.com



EXPERIENCES IN NATURE

ADVENTURE SPORTS

Rivers and waterfalls are an ideal environment for exciting water sports, such as canyoning, hydrospeed, rafting and kayaking. Other activities such as archery, horse riding and climbing are also available. Different companies in the valley offer the services of specialised professional guides to safely experience the most exciting sports.



VIA FERRATAS

There are 6 vias ferratas in the Val d'Aran. Access to all of them is free, although it is recommended to do them guided by experts.

- Eth Taro d'Arties. 330 m. long and an elevation change of 100 m. with a difficulty of 4K+.
- Ferrata de Les. 450 m. total length and an elevation change of 150 m. divided into two sections (the lower one only for experts, and the upper section for everyone).
- Torre de Cledes Les. 125 m. total length and an elevation change 80 m. Itinerary for beginners.
- Eth Poi d'Unha 775 m. long and an elevation change of 500 m. divided into three sections, the first of which is for
 - beginners, suitable for children.
 - Le Circ du Soleil
 - Le Circ de la Lune.

These last two in Arties. They are extremely difficult, so much so that outfitters have rated them K7+ and K7 respectively.



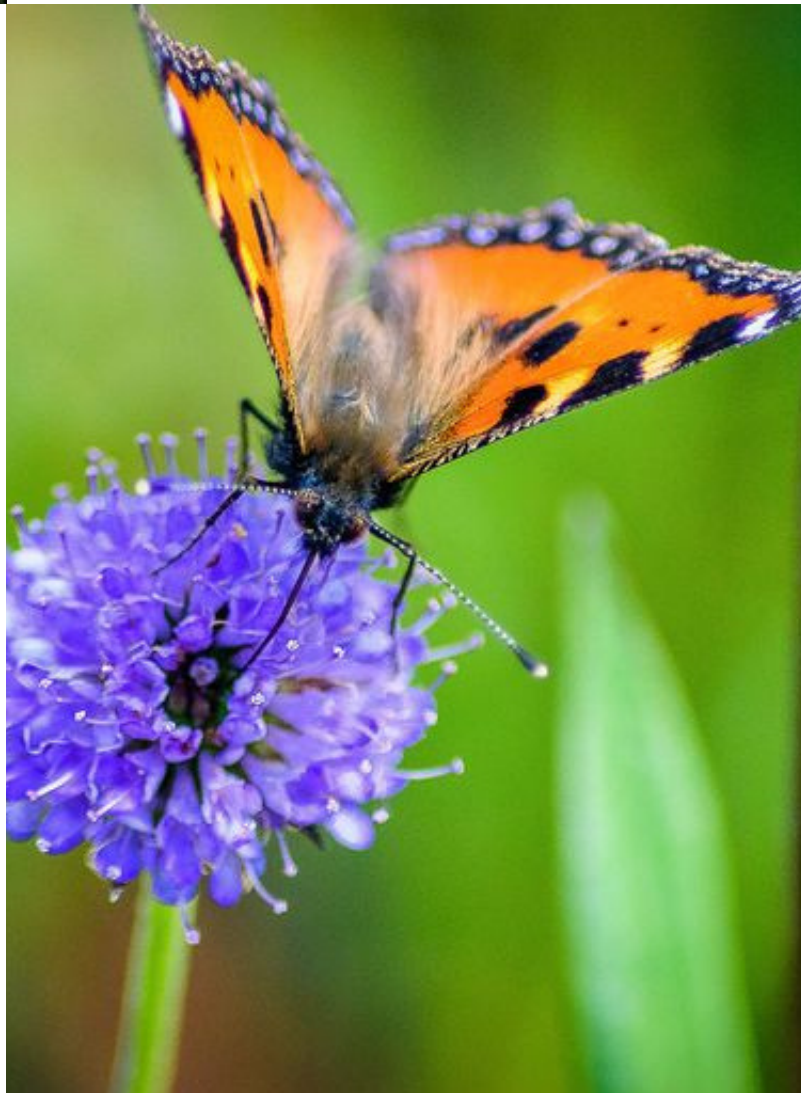
NATURARAN

Naturaran, the adventure park in the trees, offers strong emotions and moments of fun to share with your partner, family and friends, where pleasure and sport become the main objectives. It has more than 200 challenges, including two enormous zip-lines of 120 and 250 m long, the latter considered to be one of the longest in the Pyrenees.

www.deportur.com/naturaran/

FAUNA AND FLORA

The differences in altitude that exist in this small territory together with the influence of the Atlantic climate, give rise to a great biodiversity of species. The most characteristic are the bellow of the deer in autumn, the chamois, the brown bear, the grouse and the marmots. All these species can be observed through hides located in strategic places in the forest. In addition, in the Val d'Aran there are some of the most spectacular butterflies in the Pyrenees, being more than 40 species and 33 kinds of dragonflies. It is a real paradise where you can enjoy some of the most beautiful and difficult to find alpine flowers such as the nigritella orchid, the sundew and the water viola. There are guided routes that allow you to see and photograph the fauna and flora, with the help of local companies and guides with a great knowledge of the species, mushrooms and the natural environment of the area.



FISHING

When the snow melts, the lakes, the reservoirs and the Garona River and Noguera Pallaresa River become a great attraction for lovers of fishing in all its categories, attracting enthusiasts from all over Europe.

ARAN PARK WILDLIFE PARK

Surrounded by mountains and located in the heart of nature, the "Aran Park" wildlife park, located in Portilhon, in the village of Bossòst, shows the natural habitat of the Pyrenees, as well as the flora and fauna of Aran, through its itineraries, watching sites and exhibitions. It is possible to observe animals in semi-freedom in their own ecosystem. Bears, lynx, otters, grey and white wolves, marmots, large deer and mountain ungulates coexist within this park.

www.aran-park.es





HERITAGE AND CULTURE



CHURCHES

The artistic wealth hidden in the Val d'Aran is one of the best kept treasures in the Pyrenees. Preserved for centuries, this valley has bequeathed us a varied linguistic, artistic and cultural heritage that has been able to maintain, thus preserving its uniqueness. A must-see is the Route of the Churches, which includes numerous Romanesque and Gothic churches and chapels. The most representative ones can be found in Salardú, Arties, Vielha and Bossòst. There are also beautiful Romanesque sculptures and carvings, such as the Christ of Salardú or the Christ of Mijaran in Vielha, and the baptismal fonts in Arties, Vilac and Vilamòs. The Gothic altarpieces and frescoes in some churches represent incredible biblical scenes, in Romanesque, Gothic and Renaissance style, constituting a unique and first-class artistic heritage.

NATURE AND SPIRITUALITY

In the Val d'Aran there are different elements that, due to their history, symbolism and tradition, represent much more than simple spirituality, such as the Marian sanctuaries of Montgarri and Mijaran. The former is located in a beautiful mountain spot, next to the Noguera Pallaresa River, where every 2nd July people from the surrounding area come to worship the image of the Virgin.

The Santa Cruz (Holly Cross), located in the Romanesque style (12th century) church of Sant Andreu de Salardú, is also highly worshipped and receives crosses from nearby villages in procession every 3 May, to which various miracles are attributed and about which there are many legends.

Likewise, in the village of Bossòst, 7 chapels were built, according to the legend, to protect it from the plague. At present, its inhabitants maintain their devotion to them.



MUSEUMS IN THE VAL D'ARAN

Museum spaces such as the Musèu dera Val d'Aran in Vielha, the Ecomusèu Çò de Joanchiquet in Vilamòs, the Musèu dera Nhèu in Unha and Eth Corrau in Bagergue, invite visitors to discover the lifestyles of past centuries. Guided tours are offered, both to these spaces and to some of the facilities of Aranese industrial heritage that have been restored. These include the Fabrica dera Lan in Vielha, the Mòla de Salardú and the Victòria Mines in Arres.





VILLAGES OF ARAN

Buildings in the Aranese villages are built with stone, slate and wood to withstand the winter and the snow and they integrate perfectly into the landscape of the valley. The oldest houses date from the 14th and 15th centuries, and are true jewels of the Aranese architecture, for example the house Çò de Portolà, now the Parador de Arties; the house Çò de Peirjoan, in Escunhau (1393), declared BIC; the house Çò de Rodes in Vielha; and the house Çò de Brastet in Unha.

With the aim of making their charm known, some villages have joined the "Viles florides" movement with a great deal of gardening work in the urban landscape. Besides, Bagergue has been classified as one of the most beautiful villages in Spain. Some beautiful Aranese legends remain in these villages and are revealed in popular traditions and dances. In spring and summer, each village celebrates its own festival. The Haro festival in Les and the Taro festival in Arties, held on the night of Saint John, 23 June, are considered to be among the most popular festivals in the whole territory and have been declared World Intangible Heritage by UNESCO. The livestock markets held in autumn in the village of Vielha, Les, Bossòst and Salardú also stand out.



GASTRONOMY AND COMMERCE

GASTRONOMY AND WARM ATMOSPHERE

Gastronomy is another outstanding element of the Val d'Aran heritage. More than 170 restaurants in the territory encourage you to try both traditional dishes made with local products, and trendy cuisine, all of which is seasoned with the know-how and warm hospitality of the Aranese people.

Some of the dishes to be highlighted are the "òlha aranesa", meat stews, game meals, pâtés, trout and crêpes, not forgetting the typical liqueur: cassis. On the other hand, the most innovative cuisine introduces such succulent ingredients as duck, prepared in a thousand ways, and caviar or sturgeon, produced in the Les factory, which are used in sophisticated and luxurious dishes. Most of the bars in the Valley offer a wide variety of 'tapas' and 'pinchos' to enjoy in a truly mountain environment, warm and comfortable.

SHOPPING

It is one of the main tourist pillars of the area, due both to quality and quantity, with establishments in most villages around the territory. Also noteworthy is the border trade that the Baish Aran area offers throughout the year and the large number of shops specialised in sports equipment, going from activities related to snow in all its forms to summer mountain sports. Likewise, the Aranese artisan products are identified and distinguished by a way of doing things that is typical of the territory, maintaining a balance between identity, tradition and modernity, in order to adapt to the new times. The artisans of Aran, also united under the same label, work with ancestral techniques and materials linked to the land, nature and our people. Their creations are unique not only for their artistic value but also because they convey Aranese identity, history, culture and tradition.



MARCA DE GARANTIA VAL D'ARAN, TRADE MARK

Aranese products have been grouped under the name 'Marca de Garantia Val d'Aran' to guarantee their authenticity. These include Nacarii caviar, Aranese beer, "Òlha aranesa" sausages such as chorizo, langoissa (cured sausage), pâtés, andito and bolh, cheese, yoghurt, honey, tronquets and coquilhons (sweets). These specialities can be bought in most of the shops in the valley.

Some local factories organise guided tours, such as the Caviar Nacarii production in Les.



EXPERIENCES TO ENJOY WITH THE FAMILY



- The Val d'Aran offers multiple activities and services for family vacations.
- "Aran Park", the park with wild fauna of the Pyrenees in semi-freedom (bears, lynxes, otters, wolves, marmots and deer).
- "NaturAran", the largest and most modern adventure park in the Pyrenees.
- Beret Park: location for of countless winter and summer activities.
- Pony and horseback riding, rafting, canoeing, fauna and flora watching sites.
- Mountain biking and hiking routes accessible to everybody, bicycle rental services for adults and children, baby seats...
- Sport facilities.
- Museums and visits to centres of production of artisanal food products.
- Accommodation services that offer family rooms and special activities for children.
- Restaurants with menus for children.
- Cinema, workshops, games in the street.
- Nursery service in Baqueira during the winter.
- Fun circuits within the electric trial motorcycle and biketrial school for children from 3 to 15 years old. There is also the option to rent all-terrain electric mopeds.

RELAX AND WELL-BEING IN AN EXCEPTIONAL ENVIRONMENT



Among the wide range of services offered by the region's accommodation, the commitment to wellness, health, well-being and relaxation stands out. In addition to the spa services offered by hotels with the most advanced health programmes and treatments, the Val d'Aran has various spa resorts. The sulphurous waters, captured at a depth of over 300 m, spring up at a temperature of over 30°C, providing mineral-medicinal benefits and therapeutic treatment for rheumatism, arthrosis, arthritis, skin diseases and circulatory or respiratory pathologies.

TERMAS BARONÍA DE LES

Among its treatments, it uses cosmetic products from "Caviar Nacarii", produced and elaborated in the Val d'Aran ————— www.termasbaroniadeles.com

BANHS DE TREDÒS

Located at an altitude of 1,740 m, this is the highest spa resort in Europe. Its location, on the bank of the Aiguamòg river and at one of the entrances to the Aigüestortes i llac de Sant Maurici national ark, makes it an exceptional place. The thermal circuit consists of a vaporarium, Finnish sauna, hot marble room, indoor and outdoor swimming pool.

————— www.banhsdetredos.com

THERMAL POOLS IN ARTIES

Arties public thermal pools are located on the Camin Reiau, next to the old building of the Arties thermal baths. Its sulphurous waters spring up at a temperature of 35°C with a temperature of 33°C in the pools. ————— www.aguastermalesarties.es



ACCOMMODATION (OFFER)

Hotels, Paradores Nacionales, country houses, guesthouses, hostels, campsites, mountain refuges, flats and villas form a varied offer of accommodation, designed to satisfy the needs of all types of visitors.

- More than 14,000 tourist accommodation places in hotels (1 *****GL, 3 ***** , 14 hotels of 4****, 19 hotels of 3*** , 17 hotels of 2** and 9 hotels of 1*) and 6 aparthotels, 25 guesthouses, 1 hostel, 7 refuges (5 high mountain and 2 medium mountain), 8 campsites, motorhome area and 13 country houses. There is also the option of renting a flat or a villa for tourist use.
- There are around 4,000 hotel beds available at the foot of the slopes in the Baqueira Beret resort.
- In the Val d'Aran there are 2 Paradores: in Vielha and Arties.
- 22,000 beds in secondary residences, in the different villages of the Val d'Aran and at the foot of the slopes. Many of them are available for weekend, weekday and long-term rental.

A DESTINATION FOR BUSINESS TRIPS AND SEMINARS

En un entorno natural In a unique natural setting hardly comparable with any other territory, the Val d'Aran, with a first-class hotel and tourist offer, provides companies and individuals with all the services, equipment and attractions necessary to organise meetings and business trips. A large number of hotels in the area have adapted rooms equipped with the most advanced technologies. There is also the option of local meeting rooms or other tourist facilities, such as campsites and pavilions. The complementary offer of the Val d'Aran has made it one of the tourist destinations with the most variety and quality in southern Europe. Adventure sport activities and elite sports such as rafting and heli-skiing complete the offer and make it a totally satisfying experience.



SPORTS FACILITIES

Various sports facilities are located throughout the territory. The facilities are the scene of stages of different sports teams of different modalities that come due to the altitude, the climate and all the complementary offer that the destination provides.

It should be noted:

- Palai de Gèu de Vielha with a semi-Olympic swimming pool and a skating rink in Vielha and the Val d'Aran School of Sports Technicians in Salardú.
- Palace of Sports (Palai d'Esports).
- Padel courts.
- Naut Aran local soccer field.
- Les soccer field.
- Bossòst soccer field.
- Pump Truck d'Arties.
- Vielha Skate Park.
- In the summer, the outdoor pools of Salardú, Bossòst and Les.
- Dirt Jump Park de Betren

TOWARDS A SUSTAINABLE DESTINATION



Aware of the privilege of living in a territory with exceptional natural resources, we have put all our efforts into preserving them and encouraging our visitors to respect both our environment and our identity.

From the Val d'Aran we promote initiatives aimed at minimising the impact of human presence through actions designed to enhance the value of our natural and cultural heritage, encouraging, among others, actions aimed at sustainable mobility and the promotion of culture and local traditions.

In addition, it is strongly committed to preserving our values and the local way of life, exploiting the cultural, heritage, linguistic, gastronomic and folkloric resources of the Val d'Aran.

On the other hand, during the months of maximum visitors flow, we establish control and regulation mechanisms for the main accesses to the natural environment, with the possibility of consulting the occupation status of each one of them in real time and thus avoiding unnecessary journeys. Also, in high season we increase the traffic of public transport and facilitate mobility by bicycle and on foot.

Likewise, it is worth noting the commitment of the Val d'Aran to advertise all its attractions and potential during all months of the year. In this sense, winter and summer are, par excellence, the months with the highest influx of tourists. However, the Val d'Aran has natural resources to live unique experiences also in autumn and spring. Unforgettable experiences, such as listening to the bellowing of the deer, the sensation of the rustling of the leaves in a beech forest or embarking on a mycological route through the forest, are only possible in autumn. And, what about the magic of moments such as the first blooms in the Pyrenees, enjoying the best waterfalls after the thaw or cycling through the incomparable landscapes that spring offers?

Although many actions have been carried out to position the Val d'Aran as a benchmark in sustainable tourism, there is still a long way to go.

Firstly, our destination is committed to sustainability as an intrinsic value of the territory and the basis of the new local development model, while making progress in the preservation and enhancement of its identity and rich heritage, both natural and cultural.

The great challenge the Val d'Aran is facing in terms of sustainability is to find a formula that manages to combine the economic efficiency of the territory, its social cohesion and environmental balance. All this without forgetting that the language, gastronomy, traditions, local customs and landscapes of the Val d'Aran are its backbone and, therefore, imperative elements in the roadmap towards sustainability.

Another pending issue in terms of sustainability in the Val d'Aran is to achieve certification as a UNESCO Biosphere Reserve, and for this it is essential to define strategies and actions to minimise the impacts of tourism on the territory, as well as to implement new projects that will transform the Val d'Aran into a Smart Tourism Destination.



TRAVEL AGENCY

- ALPS ARAN www.alpsaran.com
- ARAN EXPERIENCE www.aranexperience.com
- CAMINS www.camins.es
- CARROS DE FOC www.carrosdefoc.com
- EXCITING EVENTS www.excitingevents.es
- NATURA TRAVELS www.pedalesdelmundo.com
- SUN SKI TRIPS www.sunskitrips.com
- VIAJES BAQUEIRA BERET www.baqueira.es
- WILD WATCHINGSPAIN www.wildwatchingspain.com
- ARAN CULTURAU www.aranculturau.com

SOCIAL MEDIA



https://instagram.com/val_daran



<https://m.youtube.com/user/ValdeAran>



<https://www.facebook.com/valldaran>



https://twitter.com/val_daran



<https://www.linkedin.com/organization/9492838/admin/overview>



<http://pin.it/c-AtUhj>

WWW.VISITVALDARAN.COM




VAL D'ARAN
Era essència des Pirenèus



**Conselh
Generau
d'Aran**