



MEDIA KIT 2026

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VAL D'ARAN, BIOSPHERE RESERVE

Peaks over 3,000 metres, more than 200 lakes, vast Atlantic forests, thermal springs and various access points to the Aigüestortes i Estany de Sant Maurici National Park make up this exceptional territory. The Val d'Aran, with an area of 633 km² and its own identity defined by its Atlantic orientation, is a unique natural treasure in the Pyrenees and a privileged destination to enjoy at any time of the year.

The uniqueness of this valley is reflected in its changing landscape throughout the seasons. In spring, waterfalls and streams emerge among forests of fir, pine, beech, birch, oak and wild cherry trees. Summer invites visitors to experience nature outdoors, from peaceful walks to high-mountain routes, with a wide range of activities for all profiles — from those seeking well-being and relaxation to amateur and professional sports enthusiasts. In autumn, the explosion of colour in the forests paints the valley in shades of red, ochre and gold, offering some of the most spectacular landscapes in the Pyrenees. In winter, Baqueira Beret, with more than 170 km of ski slopes, has established itself as an international benchmark for skiing, surrounded by postcard-like villages covered in snow.

This extraordinary natural and scenic heritage has been recognised as a Biosphere Reserve, a distinction that highlights its ecological, cultural and human value. The valley is home to a wide variety of ecosystems and protected species, such as the brown bear and the capercaillie, which coexist in harmony among mountains, valleys and glacial lakes. This designation reinforces the commitment to biodiversity conservation and ensures that future generations will continue to enjoy this privileged setting.

Being a Biosphere Reserve also represents a strong commitment to a model of responsible and sustainable tourism that protects the natural environment while promoting balanced local economic development. The Val d'Aran offers experiences that allow visitors to discover the region with respect: hiking, nature sports, guided tours, educational activities and other options that connect visitors with the Aranese biodiversity and cultural heritage.

Environmental conservation goes hand in hand with the preservation of a living cultural identity, with its own language — Aranese — deeply rooted traditions and a history that remains part of everyday life in the valley. The Val d'Aran invites both visitors and residents to actively participate in this shared legacy.

Travelling to the Val d'Aran means discovering a more conscious, respectful and authentic way of understanding tourism. A destination for everyone, where nature, culture and sustainability come together to offer a unique experience in the heart of the Pyrenees.



NEWS 2026

1. BAQUEIRA BERET NEWS 2025–2026

The Val d'Aran approaches the new winter season by strengthening its position as one of the most complete mountain destinations in the Pyrenees, combining high-level sports, improvements to the visitor experience and initiatives aligned with sustainability.

The ski area offering has been expanded and improved, reaching over 170 kilometres of slopes, with the addition of new intermediate-level runs that facilitate connections between sectors and enhance the experience for skiers of different levels. In addition, updates have also been made to the signage and design of certain routes, as well as some specific improvements in beginner areas to provide more accessible, safer and more comfortable routes.

The season also brings the renewal of dining and après-ski spaces, focusing on more refined offerings, refurbished settings and an experience that complements the day on the slopes and enhances the valley's appeal beyond the slopes.

At the same time, significant investments have been made in infrastructure and snow production and preparation, incorporating more efficient technology that optimises resources, improves the quality of the ski runs and ensures greater reliability throughout the season.

Technological innovation is also reflected in the introduction of new digital tools designed to support visitors during their stay, making it easier to plan their day, keep track of activities and navigate the entire ski area.

All of these developments are part of a strong **commitment to sustainability**, with actions aimed at protecting the natural environment, improving mountain ecosystems and reducing environmental impact, consolidating a model of responsible tourism that respects the landscape of the Val d'Aran.

More information: www.baqueira.es



2. WINTER SPORTS EVENT

The winter calendar will once again place the valley in the international spotlight with the hosting of major sporting competitions, both in freeride and alpine skiing, bringing together some of the world's top athletes and consolidating the region as a regular venue for major events.

On the one hand, the world's most prestigious international freeride circuit, the **Freeride World Tour Baqueira Pro by Movistar**, will take place on the north-western face of Baciver between 15th and 21st January, once again welcoming the best riders on the planet.

On the other hand, Baqueira Beret will host the second edition of the **FIS Men's Alpine Skiing Europa Cup**, scheduled for 3rd and 4th February. The competition will be held at the newly renovated Fernández Ochoa Stadium in Beret and will feature some of the leading specialists in the discipline, many of whom are regular competitors on the World Cup circuit.

More information: www.baqueira.es

3. POLAR SOUND OCCIDENT FESTIVAL: MUSIC AND SNOW IN THE VAL D'ARAN

The Polar Sound Festival has established itself as one of the most prominent winter music events in the Pyrenees, turning the Val d'Aran into a meeting point for music, snow and après-ski. Every year, the festival brings together some of the most relevant artists on the national music scene in a unique high-mountain setting.

Held in **Baqueira Beret**, the Polar Sound Festival combines live concerts with the snow experience, offering something that goes beyond music and strengthens the Val d'Aran's positioning as a young, dynamic and attractive destination during the winter season.

In 2026, the festival continues to focus on a distinctive experience that brings together culture, leisure and tourism, attracting thousands of visitors and consolidating its position as a key event within the Val d'Aran's calendar of major highlights.

More information: www.polarsound.es



4. TDL, THE BIG NEW FEATURE OF HOKA VAL D'ARAN BY UTMB

HOKA Val d'Aran by UTMB® is back, once again as a UTMB® World Series Major, the European final of the UTMB® World Series circuit. From 1st to 5th July 2026, the magic of trail running will once again be experienced in the Val d'Aran, which in its last edition brought together more than 6,000 runners from 83 different nationalities.

For its sixth edition, HOKA Val d'Aran by UTMB® offers a highly anticipated new feature: the celebration of a new intermediate distance between the PDA and the CDH. **TDL – Termières dera Libertat** (Borders of Freedom) is a 75-kilometre race, in the 100K category, with 5,100 metres of positive elevation gain, inspired by the hidden paths that, for decades, served as escape routes for those fleeing war, persecution and repression. This distance pays tribute to all those who crossed these mountains in search of freedom. A route that connects history with the epic experience of trail running, crossing border mountain passes that once witnessed silent movements of resistance and hope.

More information: [www.https://valdaran.utmb.world/es](https://valdaran.utmb.world/es)



5. 20 YEARS OF PEDALS DE FOC NON STOP

Pedals de Foc Non Stop is the toughest MTB ultramarathon in Europe and a pioneering race on a global scale. Its 2026 edition will be held on 27th June. This event began in 2006 and since then has continued to grow in prestige and participation.

The race is based on the legendary Pedals de Foc stage cycling route, starting and finishing in Vielha. This route is especially renowned for its spectacular natural and scenic beauty.

The physical demands of the Non Stop version are extreme, covering 213 kilometres with 6,200 metres of positive elevation gain, on a route that runs around the perimeter of the Aigüestortes i Estany de Sant Maurici National Park.

In 2026, Pedals de Foc Non Stop celebrates its 20th anniversary. Two decades of effort, tears, smiles, hugs at the finish line and looks of proud. More than 20,000 kilometres of history have shaped what is now a true MTB legend.

More information: www.pdfnonstop.com



6. LA TUCA TRAIL, A NEW DISTANCE AT THE VIELHA-MOLIÈRES 3010 MARATHON

On 11th July, lovers of pure mountain running will once again gather for the Vielha–Molières 3010 Marathon. This is a high-mountain race that summits five peaks over 2,000 metres, including Molières at 3,010 m, the highest point in the Val d’Aran and of the race itself. The course crosses two mountain passes over 2,400 metres and it has a vertical kilometre hidden within the first six kilometres. Much of the race takes place above 2,000 metres, with both the start and finish in Vielha, at 974 metres.

The main new feature for the Trail Vielha–Molières 3010 in 2026 is the introduction of La Tuca Trail, a new short-distance race (13 km / 917 m+) which is more technical and alpine in character, adding to the classic distances and offering a renewed route in the heart of the Val d’Aran.

For more information: [TUCA TRAIL](#) | [Trail Molières 3010](#)



7. PEDALS D'ARAN: THE NEW CYCLING ROUTE CONQUERING THE PYRENEES

In 2026, the Val d'Aran strengthens its position as a leading destination for mountain cycling with Pedals d'Aran, a demanding circular mountain bike route that runs through the heart of the Pyrenees. Covering a distance of 187 kilometres and more than 6,000 metres of positive elevation gain, the route offers a high-level sporting challenge in a natural environment of outstanding scenic value.

Designed to be completed in four or five stages, Pedals d'Aran features a high level of difficulty and is recommended for experienced mountain bikers, although it is also suitable for e-bikes. The route runs through valleys, forests and high-mountain passes, linking villages and accommodation that reflect the Aranese identity and hospitality.

Beyond the physical challenge, Pedals d'Aran offers an authentic experience that combines sport, nature and sustainable tourism, establishing itself as one of the most iconic MTB routes in the Pyrenees.

For more information: [Ruta en BTT o e-bike por la Vall d'Aran con Pedals d'Aran | Pedales del Mundo](#)



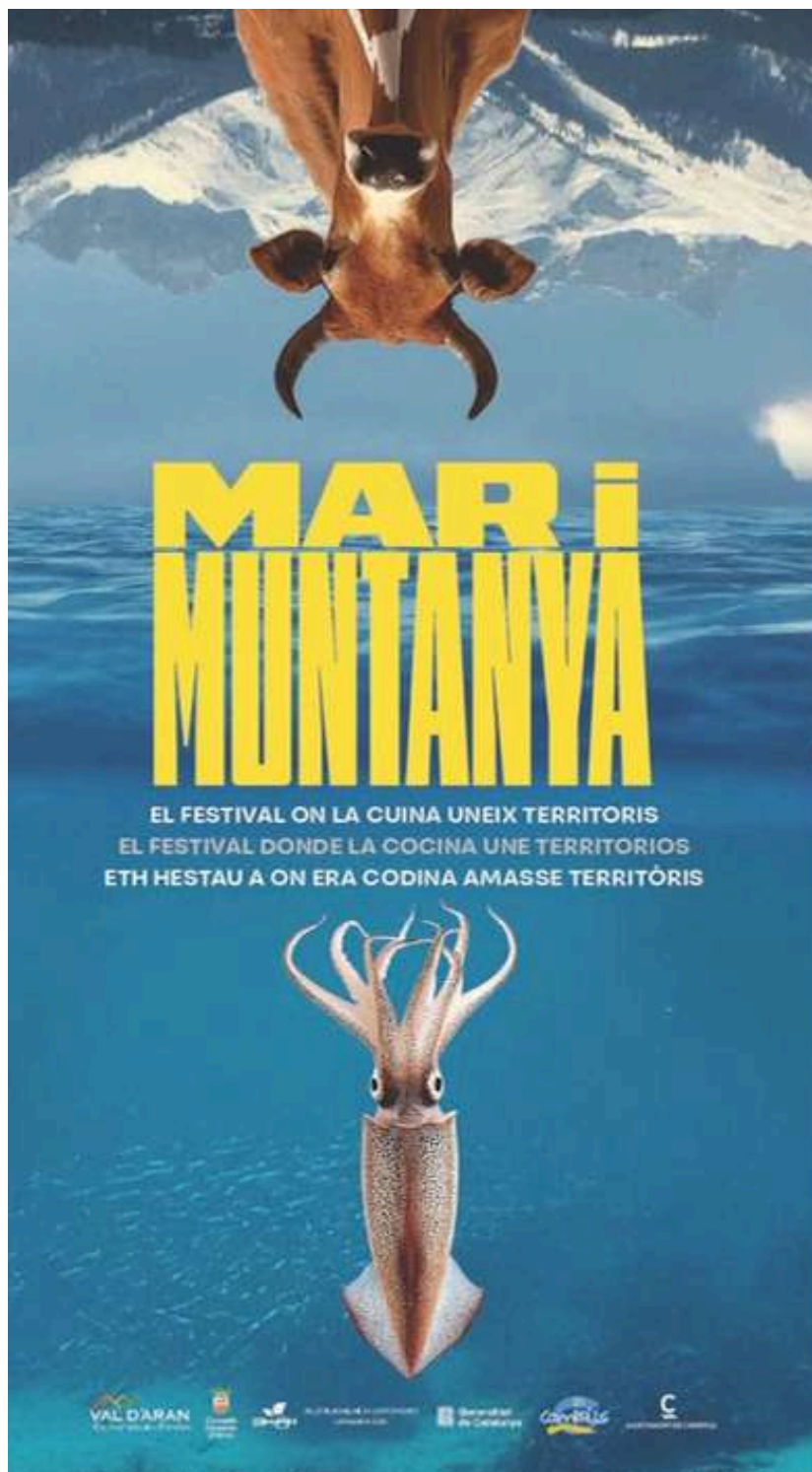
8. SEA AND MOUNTAIN FESTIVAL: GASTRONOMY AND IDENTITY

In 2026, the second edition of the Sea and Mountain Festival will take place. This initiative was created with the aim of showcasing the gastronomy and dining of the Val d'Aran, in collaboration with the Cambrils Tourism Office, with which the first edition was held in 2025.

The festival connects two regions with great gastronomic potential and demonstrates how products traditionally associated with specific environments — such as seafood from the coast and meat from the mountains — can coexist on a single plate, creating unique flavors and textures.

The Sea and Mountain Festival thus honours a defining feature of Catalan cuisine, whether through tradition, signature creations, or contemporary reinterpretations, highlighting a value shared by all culinary creators: Catalonia is a land of high-quality local produce.

For more information:
www.festivalmarimuntanya.com



9. NEW FAMILY-THEMED ROUTES IN BOSSÒST, LES AND VILAMÒS

The Val d'Aran strengthens its commitment to family tourism with the creation of new themed routes in the villages of Bossòst, Les and Vilamòs, designed to explore the area in a fun, accessible and educational way.

In **Bossòst**, the themed route focuses on the **wildlife** of the Aran Valley, inviting children to learn about the animals that inhabit the forests and riverbanks of the valley through interpretive elements and educational games.

In **Les**, the itinerary offers a journey into the **medieval world**, bringing the village's history to life through stories, characters and spaces that evoke life in the Middle Ages.

Meanwhile, in **Vilamòs**, the Eres Route is focussed on the **traditional crafts** and **traditional lifestyle** of the women of the valley, emphasising the key role they have played in the domestic and rural economy of the Val d'Aran.

These routes promote relaxed, inclusive and sustainable tourism, offering families an engaging way to discover the natural and cultural heritage of the Aran Valley throughout the year.

For more information: Visitvaldaran.com – rotes tematiques



traduccio

10. NEW MUSEUM FACILITIES DEDICATED TO THE FIRE FESTIVALS

The Val d’Aran has a new cultural space dedicated to the preservation and promotion of the Fire Festivals, an ancestral tradition recognized as Intangible Cultural Heritage of Humanity.

The Musèu deth Huec, located in Plaça deth Haro in Les, aims to introduce visitors to the meaning and cultural richness of these celebrations.

The museum is divided into three exhibition areas, that allow visitors to understand the tradition from different perspectives: the geographical and cultural significance of the Fire Festivals in the Pyrenees; their history and evolution in the Val d’Aran; and the specific celebrations in Les, highlighting the music, dance and traditional costumes that bring the festival to life.

Musèu deth Huec not only promotes the preservation of a living tradition, but also reinforces local identity and fosters interest in Pyrenean culture, becoming a meeting point for both the community and visitors eager to learn about the intangible heritage of the Val d’Aran.

Additionally, this new museum initiative complements the cultural offer of the area with a visit to the Castèth de Les, creating a heritage axis that allows visitors to enjoy the architectural history and festive richness of the town, and thus enhancing its touristic and cultural appeal.

For more information: Inauguració de la Casa deth Haro “MUSEU DES HÈSTES DETH HUEC” | Conselh Generau d’Aran



11. ADVENTURE ELEVATE EUROPE 2026 IN THE VAL D'ARAN

In 2026, Val d'Aran will host Adventure Elevate Europe, the leading professional event for adventure and nature tourism ever held in the Pyrenees. Over three days, this event will bring together around 350 international professionals from the sector, coming from strategic markets in Europe and North America.

The Adventure Travel Trade Association (ATTA) is the world's leading organisation in the field of adventure and nature tourism, with a community of over 30,000 committed professionals worldwide, including destination management organizations (DMOs), tour operators (DMCs), guides, accommodation providers, consultancies, and specialised media.

The event, promoted by the Catalan Tourism Agency, will create a space for networking and business between companies, operators, and influencers, driving new opportunities for both local and international tourism sector. Its organization is aligned with the (+) Catalonia, Better Tourism strategy, which promotes a sustainable and responsible tourism model with a leading role for local communities.

Hosting Adventure Elevate Europe 2026 represents a milestone for the international positioning of Catalonia, the Pyrenees, and the Val d'Aran, reinforcing their offer of active and nature-based tourism as a leading destination.

For more information: [AdventureELEVATE Europe 2026 | ATTA Member HUB](#)





EVENTS CALENDAR 2026

SNOW

FREERIDE WORLD TOUR	15 TH TO 21 ST JANUARY
ERA PUJADA (OPEN SKIMO) VERTICAL	24 TH JANUARY
CAMPEONATO ESPAÑA MUSHING	24 TH AND 25 TH JANUARY
TROFEO IBERDROLA FIS-RFEDI-INTERNACIONAL	31 ST JANUARY
1A FASE CE MOVISTAR SBX FIS-RFEDI-INTERNACIONAL	1 ST FEBRUARY
46ª MARXA BERET	1 ST FEBRUARY
EUROPA CUP FIS	3 RD AND 4 TH FEBRUARY
TROFEU ESQUI JESUS SERRA-RFEDI-OPEN	7 TH MARCH
TOP CAEI FIS	14 TH AND 15 TH MARCH

* Provisional calendar, with possible changes during the season. Updated information here (Events Baqueira | BAQUEIRA BERET)



RUNNING

VAL D'ARAN BY UTMB	1 ST TO 5 TH JULY
TRAIL VIELHA MOLIÈRES	11 TH JULY
CORSA ARAN PER SA LENGUA	26 TH JULY
ERA NOCTURNA VIELHA	1 ST AUGUST (TO BE CONFIRMED)
MONTLUDE SKYRACE	8 TH AUGUST
CORSA E CAMINADA DES 15 PÒBLES	29 TH AUGUST (TO BE CONFIRMED)
INFINITE RACE	29 TH AUGUST (TO BE CONFIRMED)



BICYCLE

TRANSPYR COAST TO COAST	2 ND JUNE
PEDALS DE FOC NON STOP	27 TH JUNE
HARD BIKE	10 TH TO 12 TH JULY
VIELHA CYCLING TOUR	18 TH JULY
CYCLOSPORTIVE LA LAPÉBIE	13 TH SEPTEMBER



MUSIC EVENTS

POLAR SOUND FESTIVAL	13 TH AND 14 TH MARCH
MUSIQUES DETH ROMANIC	AUGUST

POPULAR EVENTS

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



A MOUNTAIN DESTINATION ALL YEAR ROUND



TECHNICAL DATA

Population: 10,565 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 18,000 beds.



WINTER



BAQUEIRA BERET

Baqueira Beret ski resort stands out for the diversity of its ski areas, which extend across wide high-mountain valleys, allowing visitors to experience different landscapes and settings in a single day. Most of its slopes are located on the north face of the Pyrenees, a key factor that ensures excellent snow quality and quantity throughout the season, and which has contributed to consolidating its international prestige.

Every winter, thousands of enthusiasts from all over the world choose Baqueira Beret to enjoy snow in all its forms, thanks to an offer that allows them to practise multiple disciplines, from alpine skiing and snowboarding to activities more closely related to the mountains and natural snow. The resort also has an extensive network of ski and snowboard schools, with highly qualified instructors who teach in multiple languages, ensuring a high-quality and welcoming experience for visitors of all nationalities and skill levels.

INFORMATION OF INTEREST

- 173 km of slopes
- 130 slopes
- 36 ski lifts
- 7 km Nordic skiing circular circuit in Beret
- Snowpark
- Slalom Stadium Fernández Ochoa
- Funpark
- Freeride area (3 off-piste routes)
- 7 car parks with a total of 4.744 spaces
- 23 restauration points
- 3 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: MUCH MORE THAN SKIING

Winter in the Val d'Aran is synonymous with nature, authenticity and unique experiences beyond alpine skiing. When the snow blankets the valley, the area becomes the perfect setting to enjoy winter at a different pace, combining adventure, wellbeing, culture and gastronomy.

The snow-covered landscapes invite you to explore the area through **snowshoeing**, an activity accessible to all visitors that allows you to venture into fir forests, walk through silent valleys, and reach natural viewpoints with spectacular views. For the more adventurous, **mountain skiing** offers the opportunity to explore untouched areas and experience the mountains in a more intimate and sustainable way.

The Val d'Aran is also one of Southern Europe's leading destinations for heli-skiing, an exclusive experience that provides access by helicopter to high-mountain peaks and descents, far from slopes and conventional tourism. Accompanied by **qualified mountain guides**, skiers enjoy powder snow itineraries in a spectacular setting, always under strict safety standards and respect for the natural environment. This discipline positions the Val d'Aran as a prime location for adventure and pure snow lovers.

The valley is also an ideal destination for enjoying the snow in a fun and family-friendly way. Activities such as **dog sledding**, **snowmobile** trips to mountain refuges, and **ice skating** allow visitors to experience winter from a different, enjoyable and accessible perspective.



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 a wide range of options. Walking along its trails reveals a unique landscape, with untouched areas of captivating beauty, and unlimited possibilities for lovers of outdoor activities.

The GR11 crosses Catalonia and southern Aran, while the GR10 passes through French territory. In addition, numerous short-distance hiking routes complement this network of mountain trails. Altogether, there are more than 500 km of trails with varying levels of difficulty, suitable for all ages and skill levels, to enjoy with family or friends.

Many of these trails are also used as venues for major trail running events, such as the Trail Vielha-Molières 3010 or Hoka Val d'Aran by UTMB.

The Circo de Colomèrs, Conangles, Restanca and Saboredo provide access from the Val d'Aran to the Aigüestortes i Estany de Sant Maurici National Park, where visitors can explore trails ranging from easy routes for all visitors to challenging experiences, with a network of marked paths and mountain refuges that allow climbs to peaks that in some cases can exceed 3,000 metres.

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.
<https://andandosinequipaje.com>

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

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

MULLERES TOUR

Circular high-mountain route, which in three stages, passes through the peak of Mulleres, the highest mountain in the Val d'Aran, and covers 47 km with a total elevation gain of 3,800 m.
<https://www.tourdelaneto.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

THE HEART OF THE PARK

The essence of Aigüestortes National Park is an easy circular route of three stages, starting from Banhs de Tredòs in Colomèrs. The route covers 37 km with a total elevation gain of 2,000 m..
www.andandosinequipaje.com

RUTA DETH TARO

A trek to be done in 5 stages, covering 75 km with 4,500 meters of elevation gain, which offers the chance to explore the most beautiful spots of the National Park, including the Colomers Lacustrine Cirque.

REFUS D'ARAN

A high-mountain trek to explore the entire Val d'Aran in 7 stages, passing through 7 guarded refuges along a 128 km route with 7,500 meters of elevation gain.

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

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

LA 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.setausageth.com

ARAN COMINGES

"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.

www.andandosinequipaje.com

BALCONES D'ARAN

A 4-day route that passes through the 4 best viewpoints of 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.

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



BICYCLE

Thanks to its itinerant nature, cycling and mountain biking (eMTB/MTB) allow visitors to explore the heart of the Val d'Aran, offering an adventure on every route as you cycle across plains, winding tracks and trails. The valley has more than 800 km of certified eMTB/MTB routes and more than 120 km of cycle tourism routes accessible to riders of all levels.

This extensive offer is organised through OC Bike, divided into four categories: family, gravel, enduro, and mountain passes (both signposted and unmarked). Additionally, the circuits of DH Val d'Aran Mountain Park and DH EnduRomies in the Baricauba forests, Montromies mountain, those around Bossòst, La Tuca, and Les are designed for professional eMTB/MTB riders.

These spectacular open-access circuits, are made up of modules, wooden bridges and jumps. 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 tracks and routes, allowing riders to select 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.

Accommodations certified with the ÒC BIKE Friendly seal offer complimentary basic services for cyclists, such as bike storage space, specific bike racks stands and a basic tool kit.



TRANSGARONA

The future Transgarona cycle route, connecting Vielha and Toulouse, is progressing in its various sections and it is planned to incorporate the cycling section between Bossòst and Era Bordeta, as well as improving the connection between the French border and Pònt de Rei. The route runs through stunning landscapes along the Garonne River and is mainly designed for mountain bikes and gravel bikes. In the Val d'Aran, it covers a total of 27 kilometres.

DIRT JUMP

The Dirt Jump Park is a designated area where riders can enjoy and learn how to jump on a bike. Simple lines, combined with more challenging ones, make this park perfect for all levels. In addition, courses and private sessions can be arranged, always ensuring maximum safety within the park.

More information:

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



BAQUERIA BERET BY BICYCLE

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 varied difficulty.

For mountain biking enthusiasts, there is a wide variety of routes, going from the quiet beauty of the Camin Dera Aigua to the challenging descent of Dera Cascada

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 Lacs deth Clòt der Os.

There is also a competition circuit in Plan de Beret, free and open to all public, with a distance of 5 km at an average altitude of 1,855 m and an elevation gain of 170 m.

It is integrated into an existing route with several ascents through forest tracks, reaching 2,500 m. This makes it a unique route in the Pyrenees and in Spain, in an ideal location for sporting events and high-altitude training.

More information: <https://www.baqueira.es>



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 D'ARAN 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

PEDALS D'ARAN PEDALS DE FOC

BTT/E-BIKE

An iconic Pedales del Mundo® route which runs through the heart of Val d'Aran. Distance: 187 km with approximately 6,193 m of positive elevation gain and the same total elevation loss, designed to be completed in 4 or 5 stages, suitable for intermediate to advanced cyclists or those using e-bikes.

www.pedalesdelmundo.com

OCCITAN CHALLENGE

An activity to explore the Val d'Aran and the French region of Occitanie, in the Haute-Garonne department, by bike.

High-Mountain Route crossing Occitanie by road bike. Distance: 197 km with cumulative elevation gain and loss of 4,350 m

www.pedalesdelmundo.com

PEDALS D'OCCITÀNIA

BTT

Mountain Biking Route around Occitanie, Aran & Comminges: Distance: 226 km with a total positive elevation gain of 6,700 m and total elevation loss of 6,100 m. The route can be tailored to suit your fitness level, although it is designed to be completed over 3 to 6 days.

www.pedalsdoccitanie.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

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.

www.conselharan.org/permisipesca

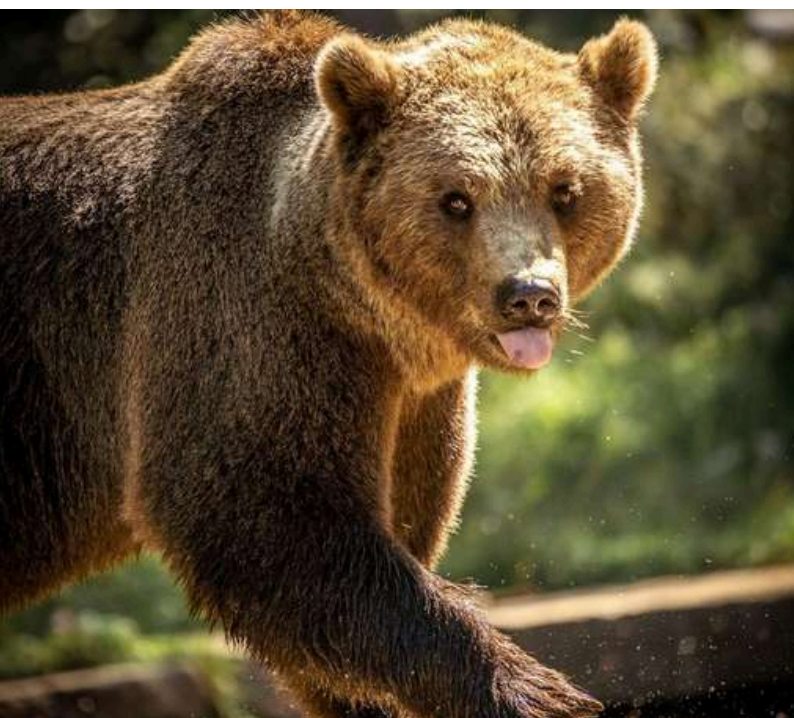
ARAN PARK WILDLIFE PARK

In the heart of the Val d'Aran, Aran Park offers a privileged window into high-mountain wildlife. Fully integrated into the landscape, this animal park invites visitors to get up close to iconic species such as the brown bear, wolf, Eurasian lynx, and marmot, in an environment that prioritises respect, conservation, and environmental education.

More than just a visit, Aran Park provides an immersive experience: a walking tour along natural trails where animals can be observed in spacious enclosures that replicate their natural habitats, fostering a real connection with nature.

Aran Park also serves as a awareness-raising tool, particularly designed for families, schools, and mountain enthusiasts, reinforcing the Val d'Aran's commitment to sustainable, responsible tourism that is deeply connected to its natural environment.

www.aran-park.com





HERITAGE AND CULTURE

ARANESE LANGUAGE

La lengua aranesa, variedad del occitano, es uno de los pilares de la identidad cultural de la Val d'Aran. Lengua propia y oficial del territorio, junto con el catalán y el castellano, está presente en la administración, la educación y la vida diaria. Transmitida de generación en generación, el aranés conecta a su gente con la historia, la tierra y las montañas. Su preservación y promoción mantienen viva una herencia cultural única en Europa.

La campaña publicitaria ACÍ NE DIDEM – NHÈU (nieve), NIEVE, AUDÈTH-PÁJARO y HUEC-FUEGO tiene como objetivo principal dar visibilidad a la lengua aranesa y normalizar su presencia en el ámbito público. A través del uso de palabras clave y su correspondencia con otras lenguas, la campaña pone en valor el aranés como elemento de identidad cultural, acercándolo a todos los públicos de una manera accesible y atractiva. De este modo, la lengua no solo actúa como vehículo de comunicación, sino también como símbolo de patrimonio lingüístico y diversidad cultural.



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 left us a diverse artistic and cultural heritage that has been able to maintain, thus preserving its uniqueness.

A must-see is the medieval churches route, which includes numerous Romanesque and Gothic temples and chapels. Some of the most representative can be found in Salardú, Arties, and Bossòst. Additionally, the valley preserves beautiful Romanesque sculptures, such as the Christ of Salardú or the Christ of Mijaran in Vielha, as well as impressive stone-carved portals in Bossòst, Escunhau, and Betren.

The churches also house fascinating Gothic and Baroque altarpieces, as well as high-quality Renaissance murals.



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 of 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 Mine 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 15th and 17th 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 (1.595), 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, Arties and Garós have 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 180 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, langoïssa (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 and the Refu brewery in Bossòst.



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.
- 4x4 routes, nature, fauna, forests,...

THEMED ROUTES

The Themed Routes are a tourism and cultural project that highlights the natural, historical, and social wealth of the Val d'Aran through educational and interpretive experiences. Designed for families, school groups, tourists and communities interested in sustainability and equality, the routes combine hiking, living history, and participatory activities, offering an innovative way to get to know the territory.

The project includes three routes:

- **Bossòst – “Aran Sauvatge”**: Discover the valley’s wildlife, from brown bears and chamois to birds of prey, through a combination of hiking and wildlife observation.
- **Les – “Casteth de Les”**: Explore castles and medieval walls, learning about the history, architecture, and legends of the valley.
- **Vilamòs – “Eres”**: Highlights the role of women in Aranese society, with stories, reflections on gender equality, and participatory activities.
- Together, these routes provide a comprehensive experience of the Val d'Aran, integrating nature, history, and culture.

More information: www.visitvaldaran.com



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.

TERMAS BARONÍA DE LES

Termas Baronía de Les are located in a unique mountain setting, ideal for wellness and relaxation. Their sulfur-rich waters, sourced from over 300 meters underground, emerge at a temperature above 30 °C, offering mineral-medicinal benefits. They are particularly recommended for therapeutic treatments for rheumatism, osteoarthritis, arthritis, skin conditions, as well as circulatory and respiratory problems.

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 park, makes it an exceptional place. The thermal circuit consists of a vaporarium, Finnish sauna, hot marble room, indoor and outdoor swimming pool.

www.esbanhs.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)

The Val d'Aran offers a wide and diverse range of accommodation, designed to meet the needs of all types of visitors, both in winter and throughout the year. Hotels, Paradores Nacionales, rural houses, guesthouses, hostels, campsites, mountain refuges, apartments, and villas form a first-class tourism infrastructure.

The valley has over 10,000 tourist accommodation beds, including:

- 1 5 GL hotel*
- 4 5 hotels*
- 13 4 hotels*
- 20 3 hotels*
- 16 2 hotels*
- 8 1 hotels*
- 6 apart-hotels

Additionally, there are 26 guesthouses, 1 hostel, 7 mountain refuges (4 high-mountain and 3 mid-mountain), 8 campsites, a motorhome area, and 19 rural houses, as well as a wide range of apartments and tourist-use chalets.

A highlight is the availability of around 4,000 ski-in/ski-out hotel beds at Baqueira Beret ski resort, making the Val d'Aran a privileged destination for winter sports enthusiasts.

The valley also hosts two Paradores Nacionales, in Vielha and Arties, which combine quality, heritage, and exceptional locations.

In addition, there are approximately 22,000 beds in second homes across the valley's villages, as well as more than 1,700 tourist-use homes (HUTs), accommodating nearly 9,000 people, further reinforcing the destination's hosting capacity.

All in all, the Val d'Aran offers a broad, diverse, and high-quality accommodation capacity, suitable for all types of visitors and any time of the year.

A DESTINATION FOR BUSINESS TRIPS AND SEMINARS

The Val d'Aran offers a complete and versatile infrastructure to host business tourism, incentives, congresses, and conventions. With well-equipped spaces for meetings and events, quality accommodations, and a unique natural setting, the valley combines efficiency and comfort with the opportunity to enjoy outdoor experiences. Its organisational capacity and strategic location make the region an ideal destination for corporate events that seek productivity, well-being and connection with nature.



SPORTS FACILITIES

The Val d'Aran features a comprehensive network of sports facilities that allow activities to be practised all year round. From paddle tennis courts, football fields, mountain bike trails, and climbing walls to sports and adventure centres, the region offers modern and safe facilities that make it easy to practise sports in the heart of nature, establishing itself as an ideal destination for lovers of physical activity, or as a venue for sports teams looking to train at altitude.

It should be noted:

- Palai de Gèu de Vielha with a swimming pool and a skating rink.
- The Val d'Aran School of Sports Technicians in Salardú.
- Palace of Sports (Palai d'Esports).
- Padel courts in Vielha, Arties, Vilamòs and Les.
- Soccer field in Garòs, Les and Bossòst.
- Pump Truck d'Arties.
- Vielha and Arties Skate Park.
- In the summer, the outdoor pools of Salardú, Bossòst, Les and Vielha.
- Dirt Jump Park by Betren.
- Rocodrome in Vielha, Bòssost, Les and Tredòs.

TOWARDS A SUSTAINABLE DESTINATION



In the Val d'Aran, sustainability is a central pillar of our local development model. Aware of the privilege of living in an environment with exceptional natural resources, we promote initiatives aimed at preserving the environment and minimising the impact of human presence.

Among the main action are the **promotion of sustainable mobility**, with an increase of public transport and facilities to move around on foot or by bike, as well as the **regulation of access to natural areas** during the busiest months, including real-time occupancy systems to help avoid unnecessary trips.

At the same time, **projects are being carried out to enhance the region's natural and cultural heritage**, integrating the conservation of the landscape, biodiversity, and forests with the promotion of local culture, traditions, gastronomy and language. The recognition of the Val d'Aran as a UNESCO Biosphere Reserve reinforces this commitment, supporting our policies of sustainability and territorial preservation. These actions consolidate a model of responsible tourism that combines economic efficiency, social cohesion, and environmental balance, ensuring that the Val d'Aran remains a benchmark for sustainability at all times of the year.

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.



TRAVEL AGENCY

Travel agencies in the Val d'Aran play an essential role in assisting and guiding visitors. Through professional and specialised advice, they help organise trips and provide access to the valley's various tourism services.

Their knowledge of the territory allows them to offer tailored proposals that meet each visitor's expectations, contributing to a well-planned, safe, and high-quality stay in line with the destination's identity and values.

- CAMINS www.camins.net
- CARROS DE FOC www.carrosdefoc.com
- EXCITING EVENTS www.excitingevents.net
- NATURA TRAVELS www.pedalesdelmundo.com
- VIAJES BAQUEIRA BERET www.baqueira.es
- WILD WATCHINGSPAIN www.wildwatchingspain.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>



http://pin.ithttps://www.tiktok.com/@val_daran?_t=ZG-8sv6BgQX9OK&_r=1c-AtUhj

WWW.VISITVALDARAN.COM

