

INTERNATIONAL HIKING WEEK IN ANDORRA



6 IVV STAMP OF ANDORRA

Hiking program for individuals



Dates: From May to end of October 2019

Hiking destination: Six sporty and very attractive mountain hikes in high alpine landscapes and cultural visits in Europe's largest dwarf state.

Organized by: The hiking program is organized by the Andorran hiking section "Himàlaia Experience".

The dwarf state of Andorra is hardly known for many! The mountains of Andorra, which contrast with fields, forests and pastures, represent the country's greatest natural treasure. We want to hike through the small land of the Pyrenees along beautiful paths and routes, discovering lonely valleys, peaks, Mountain Rivers, far away from urban centers. Those who enjoy hiking and have a certain spirit of adventure will discover a beauty nature and many testimonies of Andorra's art and culture.

TWO HIKING TRAILS A DAY:

- **Option A:** Short mountain hike (6 km) up to 460 m altitude.

- **Option B:** Long mountain hike (10 to 15 km) up to 600 meters altitude, on mountain paths and routes, surefootedness is therefore required here.

Material: Hiking boots, small backpack, warm clothes, rain jacket, water bottle, sun cream, sunglasses, personal medication, bathing things (thermal bath Caldea).

Program



DAY 1: ARRIVAL

Recommended hotel:
HIMALAIA SOLDEU
HOTEL 4* located at
1.800 Mt. of altitude.

DAY 2: The Incles valley and the mountain sea of Siscaró

Option A: Departure directly from the hotel. Hike through the Incles valley.

Path length: 6km, 230m ascent, approx. 5 hours walking time

Option B: Take the small path behind to the hotel direction Siscaró on a small path surrounded by pink rhododendron rifles, through a dark pine forest, which offers us wonderful views of the Incles valley and the Siscaró plain.

Our destination is the crystal clear Siscaró mountain lake. From there you walk through the Incles valley back to the hotel.

Path length: 10km, 530m ascent, approx. 6 - 7 hours walking time



DAY 3: Engolasters- Sea und Madriu- Valley (UNESCO World Natural Heritage)

This route goes through the magnificent glacier valley, which is a UNESCO World Heritage Site and where man and nature have become in perfect balance. Dense forests, dotted with idyllic valley meadows, meanders, foaming waterfalls and the steep rock edges of the southern side of the valley invite you to look and enjoy!

Option A: Easy walk panorama path called “Camí de les Pardines” from the Cortals area in Encamp until the Engolasters Sea, from there we continue walking to the Information Centre of La Vall del Madriu, a few minutes after starting to walk and after passing through a small tunnel, we find the Mirador d’Engolasters, a wonderful viewpoint. For the return, either another way of transport is used for return or you walk back the same route.

Path length: 6 km, 150m ascent, approx. 3- 4 hours walking time

Option B: From Cortals, we walk 3Km on a straight panoramic path to the lake of Engolasters (1616m). From there we hike up to the Coll Jovell Pass (1780m). Then we descend to the beginning of the Madriu Valley. You will need another transport to return to your car or hotel.

Path length: 11 km, 230m ascent, 680m descent



DAY 4: Sorteny Nature Park + Rialb Valley Circuit

In an area of 1,080 ha. There are chamois, roe deer, marmots, Martas and wild boars. The Sorteny Valley nature park is very rich in flora, with more than 700 phanerogam species. More than 50 species are endemic in the Pyrenees.

Most of the inhabitants of the nature park are of community interest, such as the wildflower meadow, the plains, the forests of mountain pine and the alpine meadows, some of which are priority such as the marshes with moss hillocks.

Option A: Hike in the nature park of Sorteny up to the mountain refuge.

Path length: 6km, 200 ascent

Option B: Hike in the nature park to the mountain hut of the park and back, then hike to the charming village of "El Serrat".

Path length: 10 km, 370m ascent, approx. 6 hours walking time.



DAY 5: Ransol Valley

OPTION A: Hiking tour from the end of the Ransol valley (1890m) to the mountain refuge of La Coma d'en Jan (2218m). From there you hike a small variant back to the Ransol valley.

Path length: 6 km, 430 ascent, approx. 4 hours walking time.

OPTION B: Hiking tour in the glacier of valley of the Ransol valley. The destination are the mountain lakes of Meners.

Path length: 12km, 600 ascent, approx. 6 hours walking time.

DAY 6: Hike around the Pessons Lakes

One lake more enchanting than the other! The hike through the beautiful granite landscape of the glacier circus "Circ de Pessons" with its striking mountain formations is one of the most attractive Tours in Andorra.

The view covers not only the entire area of 17 lakes and ponds, but also the important peaks and mountain ranges of eastern Andorra up to the French Carlit Massive.

Abaft 9.00 Ruhr A+B

OPTION A: Circular hike from the "Grau Roig" car park alongside the lakes.

Path length: 6km

OPTION B: Circular hike through the lakes views.

Path length: 11 km, 450 ascent, approx. 6 hours walking time.



DAY 7: Day to rest and sightsee the country

Andorra offers a wide variety of Romanesque monuments, a gastronomy that combines sophistication with the typical delicacies of the mountain villages of the Pyrenees. 18 museums bring you closer to the culture and history of the principality.

The famous thermal Centre, Caldea, the largest in southern Europe, will allow you to finish the week perfectly recovered.

DAY 8: Breakfast and back to the airport

PRICES:

OPTION A + B: Price includes half board accommodation at Himalaia Soldeu Hotel*, hiking guides and IVV stamps: **303€~~4~~adult**.

***Pet friendly hotel**

This price also includes the following:

- 1 .accommodation in double room (7 nights) in the 4* Hotel Himàlaia in Soldeu with half board (breakfast and dinner)
2. Participation in a Via Ferrata (Iron way)
3. 3 hours pass for the thermal-Spa of Caldea
4. 2 passes for the wellness area of the Himàlaia Hotel: sauna, Turkish bath, whirlpool, fitness room
5. 2 guided hiking for 4 hours with the guides of the hotel.
6. IVV Stamps

The Hotel Himàlaia Soldeu

This hotel is located only 100 meters away from the ski lifts of "Soldeu-Tarter" ski resort (190 km of ski slopes) in the middle of the village "Soldeu". In addition to the comfort and the beautiful facilities of the Hotel, our guests appreciate the relaxing atmosphere of a local mountain village, the proximity of the capital "Andorra la Vella" and the excellent views of the mountains and valleys around. The 106 rooms have recently been renovated. Offers double, triple rooms and junior suites with twin beds. TV satellite system, DVD, minibar, safe, Wi-Fi, fully equipped rooms and bathrooms and direct telephone connection.



Hotel Himàlaia Soldeu

GENERAL INFORMATION:

- If you're a citizen of the European Union, you won't need a visa to enter Andorra. If you're a citizen of a country not inside the Schengen area, you need to have a valid passport and a Schengen multiple-entry visa to cross the border between Spain and France, countries you'll have to go through to enter or leave Andorra.
- If you are traveling with your pet, you must be aware that a passport is required for the pet and its updated health and vaccination card.
- The official currency of Andorra is the euro.
- In the unfortunate event that you have an accident in Andorra, you should know that you will be responsible for your own medical expenses.

OTHERS:

- Respect the signposting
- Plan your trips according to your level of experience and physical fitness.
- Bring water and snack, such as nuts and fruits.
- Don't forget to bring a mobile phone so you can communicate with emergency aid and rescue teams if necessary.
- Get informed about the weather forecast.

HOW TO GET TO ANDORRA?

In Andorra we do not have our own airport, but we are only a few kilometres from several international airports like Blagnac in Toulouse (France), or the Spanish airports El Prat in Barcelona, Girona and Alguaire.

From those airports there are two companies that offer several daily shuttles to Andorra:

- www.andorrabybus.com
- www.andorradirectbus.es

You can also rent a car from any of these airports.

Contact :

Hiking section Himàlaia Experience

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