

Para un uso actualizado
es recomendable utilizar
mapas a escala 1:25.000

Cartografía editada por:
PRAMES

Escala gráfica
0 500 1000 m.

Escala 1:50.000
Equidistancia curvas de nivel 50 m
Cuadrícula 5 km HUSO 31, ETRS 89

1 L'Espital de Benás (Benasque Hospital) – Salbuardia

This route along the GR-T 46 begins at the back of the Benasque Hospital (1,745 m), whose name recalls the old mediaeval hospital for walkers and pilgrims at the foot of the mountain pass. The path crosses the Ésera river and advances between pastures until reaching the Peña Blanca ravine. At this point leave the GR-T 46 (which branches right towards La Besurta) and bear left, following a snaking path up the slope, which even cuts into the rock of Peña Blanca. You will then reach a depression named Casa Cabellut (2,375 m), where you will once again join the GR footpath you had previously been following. Continue zigzagging upwards to the breach in the border ridge, Portillón de Benás (2,444 m), that opens up to the French valley of Luchon. From the Portillón mountain pass, take the steep looping trail to the left that climbs the southern slope of Salbuardia, and follow the ridge until you reach the summit (2,736 m). Please note that this section of the route involves certain risk if you suffer from vertigo as it features exposed sections where you have to use your hands, or if you make the ascent when the path is wet or there is snow or ice.

You can make your descent by retracing the same route backwards or by following the GR-T 46, which heads east from Casa Cabellut (2,375 m) to connect with another cross-border path that crosses into the adjacent Val d'Aran at the Puerto de La Picada pass. Once you are on this path, continue to descend along a succession of perfect zigzags that end up in the Plan d'Están, where the trail continues along the valley floor to the Hospital, the starting point of this route.

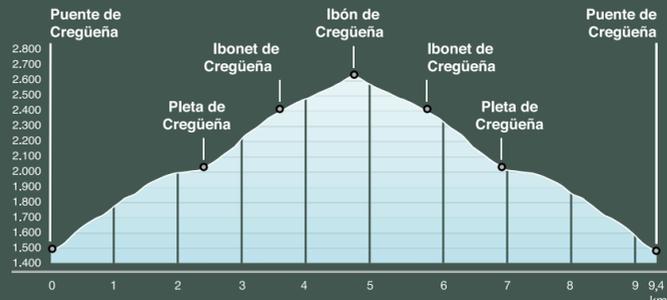


MIDE			
severity of environment	3	time	5 h 30 min
how easy is the route to follow	3	elevation gain	1.000 m
difficulty of terrain	3	elevation loss	1.000 m
amount of effort required	3	horizontal distance	11 km
		type of route	Return trip

2 Puente de Cregüeña – Ibón de Cregüeña

Puente de Cregüeña bridge marks the beginning of this route. To reach it from the valley road take the road to Plan de Senarta or Plan de Baños that runs along the length of the Ball de Benasque. The bridge is located near L'Acampament, midway between the two Plans, crossing the stream that descends from this great ibón (tarn, or mountain lake).

You are at 1,470 m and this is where the hard climb begins to the lake itself along a path that goes through the woods on the right side of the ravine to reach the Pleta de Cregüeña (2,000 m). From this high grassy vale at the foot of the rocky cirque the trail continues in steep loops, always keeping to the right of the ravine, passing near Ibonet de Cregüeña (2,460 m). From here, the path becomes unclear and the route is marked by the stone trail markers that guide the hiker on the ascent between the jumble of stones and large rocks up to the tapered end of the Ibón de Cregüeña (2,632 m). Skirt this tarn along its right bank to gain a complete view of the largest natural mountain lake in the valley. Retrace the same route backwards to return to the starting point.



MIDE			
severity of environment	3	time	6 h 15 min
how easy is the route to follow	3	elevation gain	1.220 m
difficulty of terrain	3	elevation loss	1.220 m
amount of effort required	4	horizontal distance	9,4 km
		type of route	Return trip

3 Puen de Coronas – Tuca de Ballibierna

The starting point is the Puen de Coronas, a bridge reached by taking the track leading from Plan de Senarta (1,367 m) that climbs the right side of L'Aigüeta de Ballibierna. This track, which is closed to vehicles during the summer, runs along the valley for 8.5 km along the GR 11 until it reaches Puen de Coronas (1,995 m) and the Ballibierna, or Les Riberetes, Refugio.

From this point continue straight on following the ravine towards the Ballibierna lakes and col. Go past the turning on the left that leads to the summit of Aneto via Coronas, and continue until you reach Pleta de Llosás (2,200 m), where you can clearly see the path that climbs up to the Llosás ibones (tarns, or mountain lakes). Do not take this path and continue on the GR 11 past Ibón Baixo de Ballibierna (2,430 m) and Ibón Alto (2,475 m). When you reach the end of the second lake, leave the GR 11, which continues towards Collada de Ballibierna (2,732 m), and take a path only intermittently indicated by stone trail markers that enters a terrain of granite slabs and outcrops. After you have reached Collado Plana de Botornás (2,726 m), descend to Ibón Chelat before launching an assault on the ridge that separates this valley from the Llauset valley. Once on this exposed ridge, turn right and head towards Tuca de Ballibierna which consists of two peaks: Tuca Blanca (3,056 m) and Tuca de les Culebres (3,051 m), separated by the Paso del Caballo, a very exposed stretch of just 30 m requiring climbing skills and equipment. If you want to follow a circular route and not return the way you came, cross both summits and descend first to Collada de Culebres (2,792 m) and from there on to the El Muyidó plains across a fine, easy scree that leads you back down to the Ballibierna ravine. There you will reconnect with the GR 11 which will take you back to the Puen de Coronas.



MIDE			
severity of environment	4	time	6 h 10 min
how easy is the route to follow	3	elevation gain	1.150 m
difficulty of terrain	4	elevation loss	1.150 m
amount of effort required	4	horizontal distance	11,2 km
pasos de escalada	II*	type of route	Circular route

4 Lliterola Car Park – Perdiguero

Leave the car park (1,620 m) at the edge of the A-139 Benasque road where the Lliterola ravine crosses the valley road after the turning to Plan de Baños. A path runs along the left of the inner slope of the ravine, zigzagging up towards the Llosero Lodge. Once through the forest, the path takes you over the stony slopes of L'Amorriado to emerge in an open valley of grassland. Pass by the turning on the left to Pleta and Cabaña del Forcallo (2,020 m). The climb continues through steep alpine tundra and the valley narrows as you progress upwards. Grass gives way to rock and at 2,500 m take the path that levels out towards Ibonet de Lliterola (2,390 m) then walk around the top of the lake until you reach the climb marked with stone trail markers up to Collada l'Ubago (2,712 m). Through this col the route merges with the route from Estós to set out on the final part of the climb along the mountain ridge. It then joins the route that climbs up from Ibón Blanco de Lliterola and crosses an arête into a granite landscape of scree and large blocks leading to Fita de Perdiguero (3,171 m); and then along the ridge to the Perdiguero summit (3,219 m). Return by following the same route back.



MIDE			
severity of environment	3	time	8 h 45 min
how easy is the route to follow	3	elevation gain	1.680 m
difficulty of terrain	3	elevation loss	1.680 m
amount of effort required	4	horizontal distance	13,9 km
		type of route	Return trip

5 Refugio Ángel Orús – Posets

From Eriste (1,100 m), take the asphalt road that curves upwards along the left bank of the Aigüeta de Grist ravine to the car park near the Espigantosa waterfall (1,520 m). From here take the well-marked path that crosses the ravine by a footbridge and enters the wooded slopes of the right side of the Ball de Grist until you reach the Refugio Ángel Orús (2,100 m).

From this refugio, take the path to Biadós, marked with the red and white markings of the Pyrenees GR 11 footpath, which passes through uneven granite terrain until it reaches the connection with GR 11.2, at an elevation of 2,370 m. On the right the path branches to Collado de la Plana and Refugio de Estós. Our route continues straight on, climbing the slope to then cross the Llardaneta ravine and head towards the entrance of Canal Fonda, dramatically flanked by Diente de Llardana (3,094 m) and Tucas de la Canal Fonda. The GR has already been left behind and the path now climbs steeply up Canal Fonda leading to Collada d'el Diente (3,015 m), a stretch of the route where snow and ice persist until well into the summer. Ask at Refugio Ángel Orús if you need to use ice axes and crampons.

The final section of ascent is the stony backbone of Posets, which progressively narrows into a thin arête that leads to the 3,369 m summit. Return by following the same route back.



MIDE			
severity of environment	4	time	6 h 30 min
how easy is the route to follow	3	elevation gain	1.255 m
difficulty of terrain	3	elevation loss	1.255 m
amount of effort required	4	horizontal distance	9 km
pendiente de nieve probable	30°	type of route	Return trip

6 La Besurta – Aneto

The traditional ascent to the highest peak in the Pyrenees starts in La Besurta car park (1,900 m), where there is a clearly identified trail to Refugio de La Renclusa (2,140 m). From this mountaineering base the path then follows stone trail markers that indicate the line of ascent under the Crencha d'els Portillons. You will gradually gain altitude between granite blocks and scree, passing by Portillón Inferior (2,736 m) – but do not cross over – and then Portillón Superior (2,895 m), which is where you pass over to the other face of the mountain. Descend to the Aneto Glacier where you will climb diagonally up to Collada Coronas (3,208 m). Walking over the ice field and glacier requires the use of suitable equipment all year round: ice axe, crampons and rope. Once at the col, where the path joins the Coronas route, you will launch yourself across the last of the ice before reaching the secondary summit. One last hurdle now separates you from Aneto summit itself (3,404 m), the Puente de Mahoma ("Bridge of Muhammad"), a risky and narrow pass between rocks which requires caution. The return journey can be done by the same route or descending directly to Basa d'el Salterillo and the Barrancs valley, which descends to the Plan d'Aiguallut where a clearly defined path leads back to La Besurta car park.



MIDE			
severity of environment	5	time	8 h 40 min
how easy is the route to follow	4	elevation gain	1.525 m
difficulty of terrain	4	elevation loss	1.525 m
amount of effort required	4	horizontal distance	14,6 km
pasos de escalada	II*	type of route	Return trip
pendiente de nieve segura	30°		

To safely enjoy your hike
3 Follow these simple steps

PLAN your activity
TAKE the right equipment
ACT sensibly



WHAT IF SOMETHING GOES WRONG?

In the event of an emergency...

- Assess the situation calmly and act sensibly
- Protect the injured person and give first aid if you are trained to do so
- Call the 112 emergency hotline as soon as possible

Use the 112 hotline responsibly; someone may need it more than you



Señales internacionales de socorro
Signal standing up, motionless, arms outstretched facing the helicopter



YES I need help
NO I do not need help

Emergency message

Identity, age, number of wounds
Place of accident
Is the injured person responding, bleeding, breathing in pain?
Weather conditions at place of accident

Useful phone numbers

FAM Refugios (Mountain shelters; maintained all year round)

Refugio Lizara, Aragón del Puerto (Hu) Tel. 974 348 433
Refugio Respomuso, Sallent de Gallego (Hu) Tel. 974 337 556
Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967
Refugio Casa de Piedra, Bañerario de Panticosa (Hu) Tel. 974 487 571
Refugio Góriz, Parque Nacional de Ordesa y Monte Perdido (Hu) Tel. 974 341 201

Refugio Pineta, Bielsa (Hu) Tel. 974 501 203
Refugio Estós, Benasque (Hu) Tel. 974 344 515
Refugio Ángel Orús, Eriste (Hu) Tel. 974 344 044
Refugio La Renclusa, Benasque (Hu) Tel. 974 344 646
Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019
Refugio Riglos, Riglos (Hu) Tel. 974 383 051
Escuela-Refugio de Alquézar, Alquézar (Hu) Tel. 974 318 966

Albergue de Morata, Morata de Jalón (Z) Tel. 976 818 155
Refugio Rabadá y Navarro, Camarena de la Sierra (Te) Tel. 978 768 083

Other refugios

Refugio Linza, Ansó (Hu) Tel. 974 348 289
Refugio Gabardito, Valle de Hecho (Hu) Tel. 974 375 387
Refugio de Bujaruelo, Torla (Hu) Tel. 974 486 412
Refugio de Biadós, Gistain (Hu) Tel. 974 341 613 / 669 230 078

Useful websites

www.montanasegura.com
www.fam.es
www.aemet.es
www.alberguesyrefugiosdearagon.com



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