

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

PRAMES
Cartografía cedida por:

Escala gráfica
0 500 1000 1500m

Escala 1:45.000
Equidistancia curvas de nivel 50 m
Cuadrícula 5 km HUSO 31. ETRS 89

1 PR-HU 182. From Bielsa Tunnel to Viejo/Biello Pass

The "Puerto Viejo" or "de Bielsa" pass was the main border crossing point between the Bielsa Valley and France until the road tunnel was built in 1976. This route is reminiscent of old tales of smugglers and the dramatic winter retreat to France during La Bolsa de Bielsa battle in the Spanish Civil War. The route starts next to the mouth of the south end of the Bielsa - Aragnouet road tunnel. The path gains height to reach a rocky platform from where the spectacular Churro la Pinarra waterfall plunges, and then enters a wide, open cirque scoured out by glaciers and housing the Puerto Viejo mountain refuge. This marks the divide of the Puerto Viejo and La Forqueta paths. The main path heads up to Puerto Viejo pass, a geographical feature leading into the small, steep French valley of Gela and the French Pyrenees National Park.



MIDE			
severity of environment	2	time	4 h
how easy is the route to follow	2	elevation gain	715 m
difficulty of terrain	2	elevation loss	715 m
amount of effort required	3	horizontal distance	8,4 km
		type of route	Return trip

2 PR-HU 187. A-138 Highway - Barrosa Mountain Refuge

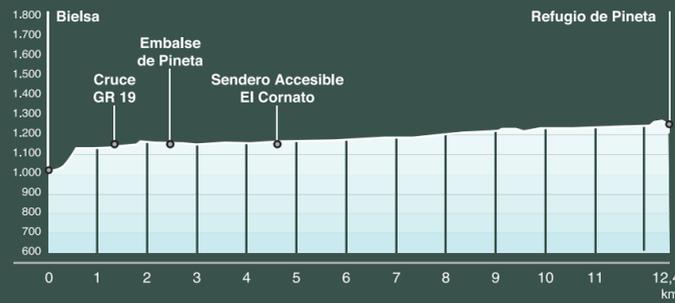
This route makes the most of the old communications roads between the Bielsa Valley and France. This route runs through the relatively unknown valley of Barrosa formed by glacial action. It is a well-defined route and marked with yellow and white (PR) markings. The path starts off from the area near Parzán Hospital. Just before crossing the Tartico bridge over the river Barrosa, there is a small car park where the route starts heading off towards the Puerto de Barrosa pass. The route starts off on a good track. A few metres further on, go under the mining "cable car" leading to Parzán mines in the heights of Sierra de Liena. There are posters describing the mining tradition in the area. The track follows the valley leaving the river to the right while rising gently upwards, and then becomes a footpath. In around an hour and a half, you will see the valley floor and Barrosa mountain refuge. Cross the river on foot to reach the mountain refuge.



MIDE			
severity of environment	2	time	3 h
how easy is the route to follow	2	elevation gain	360 m
difficulty of terrain	2	elevation loss	360 m
amount of effort required	2	horizontal distance	8,8 km
		type of route	Return trip

3 PR-HU 137. Bielsa - Pineta Mountain Refuge

The route starts off at the Bielsa car park to the south of the village. From here, follow the Cinca river to the nearby footbridge and old bridge next to the GR 19.1 signs before heading into the forest up a steep path that soon widens and leads to the Bielsa viewpoint. The slope becomes more gentle and passes over the concrete covering of the canal, sections of footpath and track until reaching the Pineta reservoir. Walk around the reservoir to a fork where you bear right, passing next to a fisherman's shelter and following the banks of the Cinca on a path which later becomes a forest track. Carry on several kilometres further until to a gauging station located opposite Pineta camp-site. Walk for another kilometre to the Fuen Blanca ravine and a crossroads, where you bear right to reach the Pratet de la Rosca footbridge and cross over the river Cinca. Continue along the left bank of the river on the nearby track, which is used for cross-country skiing in winter, for around 2.7 km before reaching the road. Then follow the road for a short distance until reaching a turning to the left leading to Pineta mountain refuge.



MIDE			
severity of environment	1	time	3 h
how easy is the route to follow	2	elevation gain	360 m
difficulty of terrain	2	elevation loss	130 m
amount of effort required	3	horizontal distance	12,4 km
		type of route	Crossing

4 Pineta Car Park - La Larri

Take the forest track, which is closed to traffic, that starts from the car park (1,280 m) at the end of the Pineta valley, before the Parador hotel. The track climbs through forest and meadows and is the same route that takes you to the Balcón de Pineta, the Cinca waterfall and Faja Tormosa. After passing by Fuente de Esquinarnas and crossing the footbridge over the Cinca river (1,400 m), go past the trail on the left that goes to other destinations. Continue walking along the forest track, cross a second bridge and after a few bends you will reach the refugio built at the foot of the hanging valley, Plans de La Larri (1,560 m), from which you can see the north flank of the Monte Perdido massif.

The return route follows the same forest track back until the curves begin. Here a path marked with the red and white markings of the GR 11 descends to the left through the forest (cutting out the loops of the forest track). This path winds downwards through dense woodland until it reaches the Ermita de Pineta chapel next to the Parador.



MIDE			
severity of environment	1	time	2 h 20 min
how easy is the route to follow	2	elevation gain	390 m
difficulty of terrain	2	elevation loss	390 m
amount of effort required	2	horizontal distance	5,6 km
		type of route	Circular route

5 Pineta Car Park - Cinca Waterfall / Faja Tormosa

This route starts in the car park at the bottom of Pineta valley, next to the National Park information hut. Take a track heading up the valley between La Larri track and Bispeta ravine, crossing the track to go up a footpath in a N-NW direction. Cross an area of ferns until you reach a fork in the path (1,700 m). Turn left, leaving the other branch that rises steeply to the Balcón, and head towards the Cinca waterfall that plunges from the Balcón glacier plain (2,520 m).

You can return by retracing your steps or you can lengthen your excursion by visiting Faja Tormosa. If you choose this second option, you have to cross the waterfall and start the upward climb (there is a short section with a chain due to the steep incline). At about 1,900 m, the trail becomes much less steep and traverses the slope in a long horizontal line, crossing the occasional ravine and couloir. The trail then connects with the GR 11 and descends through the forest in steep pronounced loops. Finally, the trail merges with the path from Refugio Ronatiza-Pineta (1,240 m), and now on the valley floor, follow the GR 11 on the right bank of the river Cinca until you reach the starting point.

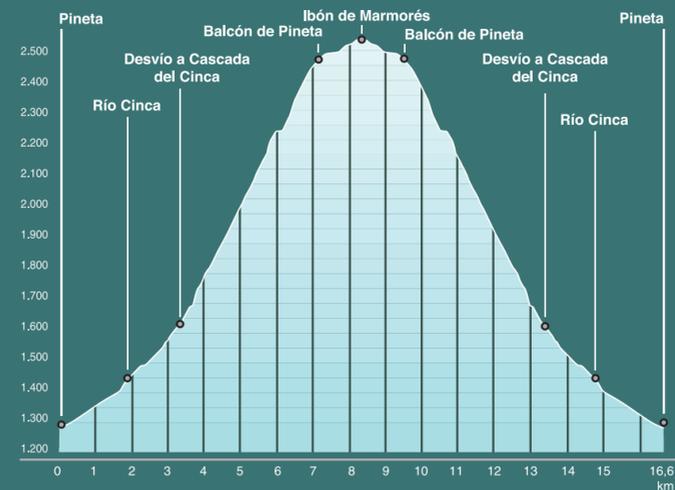


MIDE Pineta Car Park - Cinca Waterfall			
severity of environment	1	time	2 h 45 min
how easy is the route to follow	2	elevation gain	420 m
difficulty of terrain	2	elevation loss	420 m
amount of effort required	2	horizontal distance	7,5 km
		type of route	Return trip

MIDE Pineta - Faja Tormosa - Pineta			
severity of environment	3	time	5 h 10 min
how easy is the route to follow	3	elevation gain	850 m
difficulty of terrain	3	elevation loss	850 m
amount of effort required	3	horizontal distance	12,3 km
		type of route	Circular route

6 Pineta Car Park - Balcón de Pineta

This route follows the La Larri forest track that starts at the car park (1,280 m) at the end of the Pineta valley, before the Parador hotel. Follow the path upwards between thick forest and meadows, pass by Fuente de Esquinarnas and, just after the footbridge over the Cinca river (1,400 m), take the path on the left that climbs through a beech forest along the left side of the ravine. Cross an area of ferns until you reach a fork in the path (1,700 m). Do not take the left fork, which runs up to the base of the great Cinca waterfall that plunges down from the Balcón. Take the other trail, which rises steeply up a continuous slope over stony ground, but it is clearly defined. Continue to climb up the steep incline, zigzagging and rapidly gaining altitude until you reach a narrowing known as "the funnel" (take care on this section because snow can accumulate well into the summer, requiring the use of an ice axe and crampons) before finally reaching Balcón de Pineta (2,520 m). You can extend the hike by 30 minutes by walking on to Ibón de Marmorés (2,590 m). Don't miss the visual spectacle this shelf and natural viewpoint offers over the grandeur of Monte Perdido and the glacier morphology of the Pineta Valley or Valle Verde. Follow the same route backwards to return to the starting point.



MIDE			
severity of environment	4	time	7 h 30 min
how easy is the route to follow	3	elevation gain	1,310 m
difficulty of terrain	3	elevation loss	1,310 m
amount of effort required	4	horizontal distance	16,6 km
		type of route	Return trip

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



International distress signals

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, Aragüés del Puerto (Hu)
Tel. 974 348 433 | Refugio Estós, Benasque (Hu)
Tel. 974 344 515 |
| Refugio Resposumo, Sallent de Gállego (Hu)
Tel. 974 337 556 | Refugio Ángel Orús, Eriste (Hu)
Tel. 974 344 044 |
| Refugio de los Ibones de Bachimaña (Hu)
Tel. 697 126 967 | Refugio La Renclusa, Benasque (Hu)
Tel. 974 344 646 |
| Refugio Casa de Piedra, Bañeario de Panticoosa (Hu)
Tel. 974 487 571 | Escuela de Montaña Benasque, Benasque (Hu)
Tel. 974 552 019 |
| Refugio Góriz, Parque Nacional de Ordesa y Monte Perdido (Hu)
Tel. 974 341 201 | Refugio Cap de Llauset, Montanuy (Hu)
Tel. 974 120 400 |
| Refugio Pineta, Bielsa (Hu)
Tel. 974 501 203 | Refugio Riglos, Riglos (Hu)
Tel. 974 383 051 |
| | Escuela-Refugio de Alquézar, Alquézar (Hu)
Tel. 974 318 966 |

Useful websites

- | | |
|--|---|
| Albergue de Morata, Morata de Jalón (Z)
Tel. 976 818 155 | www.montanasegura.com
www.fam.es
www.aemet.es
www.alberguesyrefugiosdearagon.com |
| Refugio Rabadá y Navarro, Camarena de la Sierra (Te)
Tel. 978 768 083 | |
| Otros 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 Viadós, Gistain (Hu)
Tel. 974 341 613 / 974 506 082 | |



Your opinion matters to us
#montanasegura