



**MONTAÑA
SEGURA**

SAFE MOUNTAIN CAMPAIGN IN...

El Valle de Tena



S.O.S. ARAGON



PROTECCION CIVIL



1 Tour of the viewpoints from Casa de Piedra

From the spa esplanade climb up the stairs leading to the Fuente de San Agustín. At Villa Blanca, turn left (N), crossing the bridge over the Brazato ravine. At Casa del Reloj (the Clock House), take the wide and well-tended path that loops upwards towards Fuente del Estómago, also known as Fuente de la Belleza. Upon reaching the third bend a trail bears left across granitic terrain and soon leads under a retaining wall for avalanches. At the fork in the paths, the right branch is the GR 11 that takes you to the Brazato, Labaza and Serrato mountain lakes. Take the other path, which runs parallel to the wall and then descends to cross the bottom of the Sarriales ravine. Then cross over the pipe that comes down from the mountain lakes of Bachimaña to feed the Baths below, and a path appears through the bushes and bears left, leading down to the Mirador del Rey viewpoint, a secluded natural balcony overlooking the Pino waterfall. Retrace your steps back to the previous path which takes you to the bridge over the Caldarés river. Ignore the path that climbs upwards to the Pradera del Bozuelo and head for the Mirador de la Reina viewpoint, on the other side of the river. At this second natural balcony, join the trail marked with the white and red marks of the GR 11 to Bachimaña. Descend this path in continuous zigzags until you end up at Refugio Casa de Piedra.



MIDE			
severity of environment	1	time	1 h
how easy is the route to follow	2	elevation gain	175 m
difficulty of terrain	2	elevation loss	175 m
amount of effort required	1	horizontal distance	2,1 km
		type of route	Circular route

2 La Sarra – Respomuso

The Sarra reservoir (1,438 m) is located above Sallent de Gállego at a distance of approximately 4 km. You can drive there or walk along the old Sallent - La Sarra way, signposted as part of the GR 11. If you walk up, at the reservoir dam take the path that runs along the right bank until you reach the footbridge over the Aguas Limpias river. However, if you have come by car, park at the end of the track, next to Fuen deros Tres Caños, and walk until you cross the footbridge and connect with the path from the other side of the reservoir. Here, at the meeting point of the two paths, is where the ascent to Ibón de Respomuso begins.

The wide path begins to climb the right side of the valley between grassland and forest. After the narrow Paso l'Onso the valley turns sharply to the east. Cross the grassy Plano Cheto, crossing the Arriel ravine below a high waterfall and then ascend among the last of the beech and the first of the mountain pine trees to the Respomuso reservoir. Near the dam there is an old aggregate crusher plant; walk from there to the nearby Refugio de Respomuso (2,160 m). Retrace the same route to return.



MIDE			
severity of environment	2	time	5 h 45 min
how easy is the route to follow	2	elevation gain	900 m
difficulty of terrain	2	elevation loss	900 m
amount of effort required	3	horizontal distance	15,5 km
		type of route	Return trip

3 La Sarra – Ibón d'Arriel

The Sallent de Gállego Sarra reservoir (1,438 m) is located above the Aguas Limpias river. It is accessible by road or by the old Sallent - La Sarra way, signposted GR 11. At the end of the reservoir cross the Faxas bridge and take the wide GR 11 path that climbs the right of the valley between grasslands and forests towards Respomuso. Pass Llano Tornadizas, cross the Soba ravine, walk through the narrow Paso l'Onso and the grassy Plano Cheto where the valley turns sharply to the east. Cross the Arriel stream and 200 m further on leave the main route up the valley towards Respomuso and take a path on the left that rises between stone slabs (1,700 m).

The path rises sharply to exit the beech forest and enter an area of alpine meadow where you cross the ravine and climb the slope on the right bank. You will reach a first ibón (tarn) where we see a water intake that goes to the Respomuso reservoir. Follow the ravine across a meadow to a small gorge and then on to the lower Ibón d'Arriel (2,170 m).

If you want to continue to Respomuso, there is a trail to the left of the first Ibón that roughly follows the water line that goes to the Respomuso reservoir. This path advances high up the steep right bank of the Aguas Limpias river valley. A bridge crosses a steep vertical channel and when you reach the reservoir the path loops downwards before joining the GR 11 next to the esplanade of the ancient dam works. From this point, follow the same marked path to return to the starting point of the route.



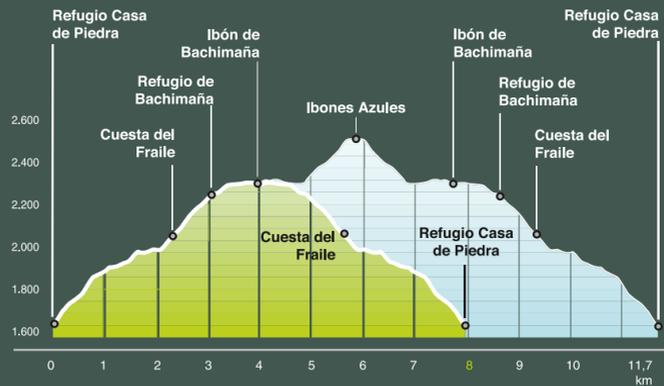
MIDE La Sarra - Ibón d'Arriel - La Sarra			
severity of environment	2	time	5 h
how easy is the route to follow	3	elevation gain	850 m
difficulty of terrain	3	elevation loss	850 m
amount of effort required	3	horizontal distance	12 km
		type of route	Return trip

MIDE La Sarra - Ibón d'Arriel - Respomuso - La Sarra			
severity of environment	2	time	7 h
how easy is the route to follow	3	elevation gain	1,180 m
difficulty of terrain	3	elevation loss	1,180 m
amount of effort required	4	horizontal distance	16,5 km
		type of route	Circular route

4 Casa de Piedra – Bachimaña / Azules

At the end of the meadow of the Panticosa Spa is the Refugio Casa de Piedra (1,636 m). This is the starting point of this route, part of the GR 11 Pyrenees Path. The trail zigzags steeply upwards on the rocky right bank of the Caldarés river. You will pass some waterfalls on the right between slabs of granite. Pause at the Mirador de la Reina viewpoint and then carry on to a grassy shelf, Pradera del Bozuelo (1,850 m), where the going is nice and easy before tackling the final ascent to Bachimaña. At the end of this open section, the trail climbs the Cuesta del Fraile, a winding stretch flanked on the left by a sheer cirque down which the river plummets in the Salto Dero Fraire waterfall. You will soon reach the threshold of the tarn named Ibón Baxo de Bachimaña (2,150 m). To the right is the new Bachimaña refugio.

You can continue this hike and carry on to the Ibones Azules. To do so, continue along this side of the valley to the Ibón Alto de Bachimaña dam (2,216 m). Near the end of this great mountain lake, do not take the path on the right, which borders the lake and goes on to Puerto de Marcadau and the mountain lakes of Gramatuero. Instead, turn left at the Azules ravine. This well-defined trail takes you through a damp valley along the left bank of the stream and rises in stages to reach the Ibones Azules (2,380 m).



MIDE Casa de Piedra - Ibón de Bachimaña			
severity of environment	2	time	3 h 25 min
how easy is the route to follow	2	elevation gain	600 m
difficulty of terrain	2	elevation loss	600 m
amount of effort required	3	horizontal distance	7,9 km
		type of route	Return trip

MIDE Casa de Piedra - Ibones Azules			
severity of environment	2	time	5 h
how easy is the route to follow	2	elevation gain	840 m
difficulty of terrain	2	elevation loss	840 m
amount of effort required	3	horizontal distance	11,7 km
		type of route	Return trip

5 Respomuso – Casa de Piedra

This long Pyrenees crossing is marked with the white and red marks of the GR 11. The route begins at the Refugio de Respomuso (2,200 m) following a clearly marked path that crosses the Respomuso ravine and goes to the end of the reservoir. Pass by the old Refugio Alfonso XIII, cross the Campo Plano stream and climb through pastures to ascend the side valley of Piedrafita. Climb until you reach Ibón de Llana Cantal (2,470 m). The path then steeply climbs the scree-strewn hillside along the base of Pico Tebarrai and then goes up a steep rocky channel (usually with ice until well into the summer, be aware you may need to use ice axes and crampons to cross this section) to Cuello de Piedrafita (2,765 m). On the other side, descend a few metres across the rocky terrain bordering the Ibón de Tebarrai and then cross the nearby Collado del Infierno (2,722 m). Again crossing scree or snow field, the trail descends along the moraine of the Infierno glacier along the ravine that opens up to the Ibones Azules (2,380 m). Skirt these lakes on the left, or north, and then descend in stages to the edge of the Bachimaña reservoir (2,207 m). Do not take the path on the left, which leads to Marcadau and Gramatuero, and instead keep to the right of Ibón Alto and then Ibón Baxo. Here on the other side of the dammed lake is the new Refugio de Bachimaña. The next leg of the journey continues along the Cuesta del Fraile zigzagging down the steep flank of Caldarés to the grassy Bozuelo shelf (1,850 m). Finally the path descends sharply to end up at Refugio Casa de Piedra (1,638 m) at the Panticosa Spa.



MIDE Respomuso - Casa de Piedra			
severity of environment	4	time	5 h 30 min
how easy is the route to follow	3	elevation gain	750 m
difficulty of terrain	3	elevation loss	1,240 m
amount of effort required	3	horizontal distance	12,1 km
pendiente de nieve probable	30°	type of route	Crossing

MIDE Casa de Piedra - Respomuso			
severity of environment	4	time	5 h 50 min
how easy is the route to follow	3	elevation gain	1,240 m
difficulty of terrain	3	elevation loss	750 m
amount of effort required	3	horizontal distance	12,1 km
pendiente de nieve probable	30°	type of route	Crossing

6 Panticosa Spa – Garmo Negro

This ascent starts at the Refugio Casa de Piedra (1,636 m). From here, the trail heads to Ibón de Baños along the right side of the valley. Before reaching the Argualas ravine, next to a bridge (1,656 m), a path climbs the left bank of the stream. Go past the building at Fuente de la Laguna and zigzag swiftly up to Mallata Baja deras Argualas (1,870 m). You are now above the forest line and alpine meadows predominate. Do not take the trail on the left to the mountain lakes of Ordicuso and head to the right up long diagonal stretches to a steep slope that leads to a rocky shelf beside Mallata Alta (2,180 m). Here there is another fork in the path; to the right you can go on to the mountain lakes of Arnales, but your path continues straight on, ascending northwest on the east side of the meadow. After crossing a jumble of stones and going through a narrow channel you will reach the upper limit of a rocky barrier. Here the path changes direction to head west and becomes more gentle, picking out the best route between small meadows and granite terrain. As the path approaches Garmo Negro it enters a huge scree field at its base. Cross this stony field, going around the walls of rock and gradually turn northwards until you reach a small flat valley that separates the Garmo Negro from the Algas and Argualas peaks. Here snow accumulates all winter and it is not uncommon to find snowfields at the end of summer, so be extremely careful. Our path goes around the left side of the valley and splits into many smaller paths that crisscross the western flank of Garmo Negro. We recommend you climb the first part by a diagonal path northwards until you reach the ridge and then climb the last stretch along the ridge to comfortably make it to the summit (3,066 m). Retrace the same route to return to the starting point.



MIDE			
severity of environment	3	time	7 h
how easy is the route to follow	3	elevation gain	1,400 m
difficulty of terrain	3	elevation loss	1,400 m
amount of effort required	4	horizontal distance	9 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. 974 344 515
- Refugio Ángel Orús, Eriste (Hu) Tel. 974 344 044
- Refugio La Renclusa, Benasque (Hu) Tel. 974 344 646
- Refugio de los Ibones de Bachimaña (Hu) Tel. 697 126 967
- Refugio Casa de Piedra, Bañero 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 Cap de Llauset, Montanuy (Hu) Tel. 974 120 400
- Refugio Riglos, Riglos (Hu) Tel. 974 383 051
- Escuela de Montaña Benasque, Benasque (Hu) Tel. 974 552 019
- Refugio La Renclusa, Benasque (Hu) Tel. 974 344 646
- 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

- 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

Useful websites

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



Your opinion matters to us #montanasegura