



GUIDED TOUR

**ENCANTATS 360º - A two-day tour to Lake of Sant Maurici,
Pequera and Monestero valleys**

**Discovering Sant Maurici sector, a wonderful natural paradise
in the Aigüestortes and Lake of Sant Maurici National Park**

Espot, Pallars Sobirà, Lleida





WHY THIS TOUR?

This two-day guided tour will allow us to enjoy some of the best scenery of the Aigüestortes and Lake Sant Maurici National Park. We will discover Sant Maurici sector - the Western side of the National Park and more specifically, the beautiful Monestero and Peguera valleys. It is an essential hike for nature and open spaces lovers. Thanks to this route we will discover some of the great jewels of the Pyrenees: Sant Maurici, the Encantats, lakes of Peguera and the lake and valley of Monestero.



ROUTE

FIRST DAY:

4-5h, 10 km, +750m

The beginning of the tour is the village of **Espot**, in the middle of the **river Escrita** valley. On the first day we discover the beautiful **Peguera valley** and we will climb up to its head. In the middle of **the glacial cirque** we will find the **mountain shelter JMBlanc**, located in a beautiful spot right next to the Tort de Peguera lake. In the afternoon we will be able to visit the beautiful **Estany Negre**, one of the largest in the area, and very close to the shelter.

SECOND DAY:

7-8h, 13 km, +500m / -1.250m

From the **JMBlanc shelter** we will climb up the **Col of Monestero (2,716m)** located between two of the most popular and highest peaks of the park: **Monestero peak (2,877m)** and **Peguera peak (2,980m)**. If we don't feel too tired, we can attempt the ascent to the Monestero peak, a fantastic vantage point where you will enjoy unbeatable views of Aran, Pallars, and Ribagorça. From the neck Monestero will descent the spectacular **Monestero valley** until the **emblematic Lake of Sant Maurici** to the foot of the magic mountain: Els Encantats. From the lake we will go down to the river Escrita towards Espot, the start and end point of this beautiful circular route.

Note: The planned route may vary slightly depending on the weather conditions and the state of the ground.

INTERPRETIVE CONTENT

- History and values of the National Park.
- The valleys and glacial lakes.
- Flora and fauna of the mountains.
- The legend of Els Encantats.
- Life in mountain shelters and the Pyrenees.



SUMMARY

Activity duration: 2 days / 1 night.

Physical demands: Medium-High. This route is suitable for people with a good fitness level or used to long uphill walks.

Technical difficulty: Easy. The route passes through high mountain terrain, but it is technically easy.

Total distance: 26 km (2 days).

Total ascent: 1,400m (2 days).

Recommended time of the year: June to October.

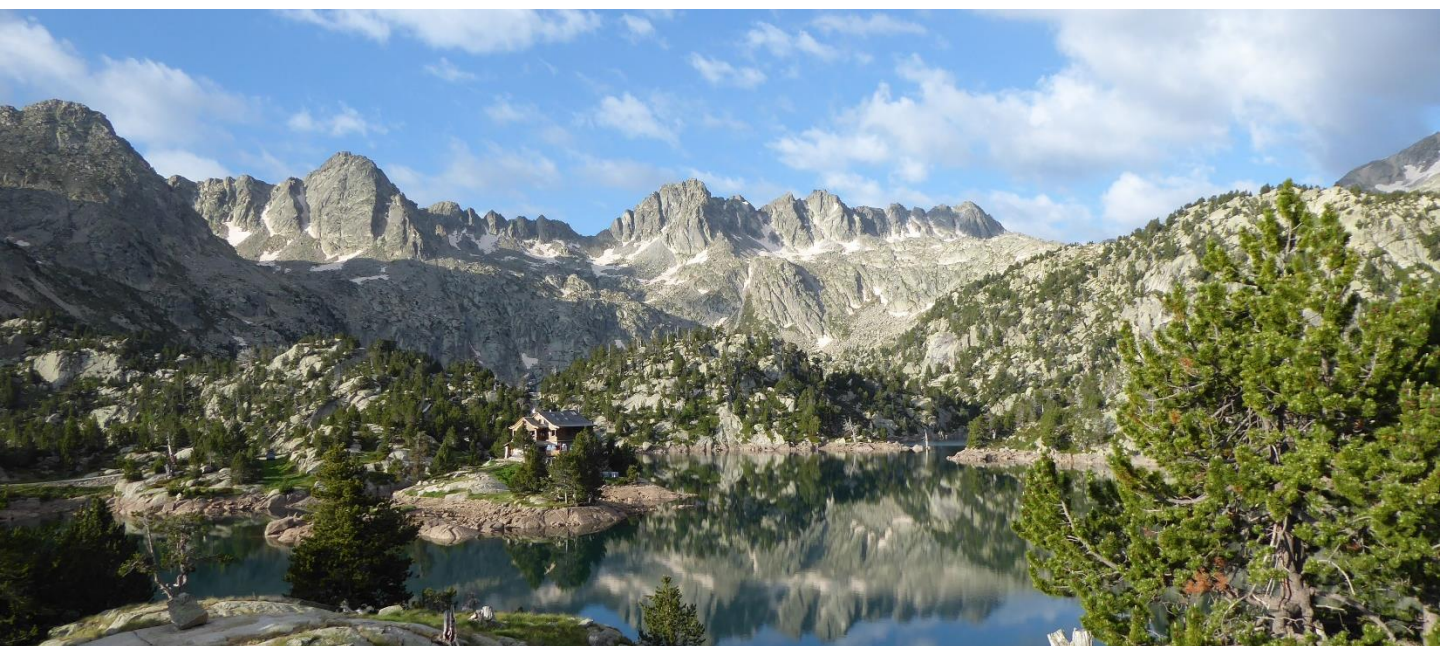
Meeting time and place: 10:30h a.m. at the house of the National Park in Espot, which is located at the entrance of the village on the right. On the left, before arriving at the house of the National Park, there is a large parking lot where you can park your vehicle.

Personal gear: You must wear mountain clothing for the route: windbreaker jacket, warm and comfortable breathable clothes, long trousers, mountain socks, mountain boots with high cuff to protect the ankles, gloves, buff, and a cap. Spare clothes to get changed at the mountain shelters. For the rain: waterproof poncho/raincoat and rain cover for your backpack. For the sun: sunglasses, sunscreen, lip protection and a cap. A proper mountain backpack. Front or flashlight. Sleeping bag or travel sheet (there are blankets at the shelters). Optional: earplugs for the nights at shelters. Recommended: telescopic walking sticks.

Food: Drink/water, and food that everyone considers appropriate for the first day. Dinners, breakfast and lunch (picnic bags) are provided at the shelters.

Guide profile: Certified mountain guide with extensive experience at the National Park. Great knowledge of flora, fauna and geology.

Note: If someone takes medication, suffer from any disease or had an injury recently, please comment on it at the time of booking.





OVERNIGHT IN MOUNTAIN SHELTERS

- Inside the National Park of Aigüestortes and Estany de Sant Maurici it is **only allowed to overnight in the official mountain shelters** accredited by the national park authorities.
- **There are no hotels** within the national park.
- **Camping (including bivouac) is prohibited** in the national park.
- Sleeping in shelters allows us to spend the night **inside the protected area** and to visit places of great beauty and natural value that would be **inaccessible on one-day trips** from outside the national park.
- Mountain shelters only have **shared dormitory rooms** with **bunk beds** and **shared bathrooms**.
- **Dinner, breakfast and picnic** are provided at the shelters.
- There is **no baggage transfer service between the shelters**. Each hiker is responsible for their backpack.



PRICE

- Groups of 8 people: **250€/person**
- Groups of 7 people: **260€/person**
- Groups of 6 people: **280€/person**
- Groups of 5 people: **310€/person**
- Groups of 4 people: **350€/person**
- Groups of 3 people: **415€/person**
- Groups of 2 people: **550€/person**
- Groups of 1 people: **905€/person**

The price includes the planning and preparation of the tour, conducting of the guided tour in English (by a certified mountain guide), accident insurance for mountain activities, and mountain shelters at full board (it includes accommodation, dinner, breakfast and picnic lunch for the next day). VAT is included.

The price does not include the journey to the starting/end points of the route or extra services at the mountain shelters (use of showers, extra drinks, etc.).

Supplements prices:

- *Transfer: 480€ (From Barcelona to Espot (from 1 to 7 people)).*
- *Please ask us if you need accommodation in the area for the night before and/or after.*



BOOKING

For any questions please contact us by sending an email to info@pyreneestrails.com.

To confirm the reservation, we require a deposit of 40% of the total price of the activity that can be done by credit card or by bank transfer.



SOME IMAGES...



Lake of Lladres.



JMBlanc shelter and crest of Aviò in the background.



Lake of Sant Maurici.



Going up col of Monestero with Peguera peak in the background.



Lake Monestero.



Valley of river Escrita.



Isard (Pyrenees chamois).



Lilium pyrenaicum.



ACCEPTANCE

Rutes Pirineus Turisme Actiu de Muntanya SL is a company specialized in promoting mountain tourism in the Pyrenees. Rutes Pirineus organizes guided tours and as organizer of sport and physical activities in the natural environment, meets the requirements that correspond to as "Decree 56/2003", under which it has contracted an accidents insurance and a liability policy for participants. It has certified staff according to the "Law 3/2008" of the Generalitat of Catalonia and is registered in the census of "Catalan Sports Council" with the number C-365.

Tax Data: Rutes Pirineus Turisme Actiu de Muntanya S.L. Address: C / 11 de Septiembre No. 22 1º, 08750 Molins de Rei (Barcelona). CIF: B66145095. Company registered in the Register of Barcelona "TOMO 44 061, FOLIO 26, HOJA B 446.044, INSCRIPCIÓN 1."

The reservation of an activity organized by Rutes Pirineus Turisme Actiu de Muntanya SL implies acceptance of the following points:

1. Activities on the wild, such as mountaineering, skiing, snowshoeing and hiking are inherently dangerous, in greater or lesser extent depending on the nature of the activity and specific outing. In the booking process, participants confirm that they know and assume the risks of the proposed activity. For this reason, Pyrenees Trails declines all responsibility for damages that may result from actions that occur outside of the scope and conditions previously agreed.
2. The activities are subject to weather conditions and the number and characteristics of people taking part on them. Therefore, schedules and itineraries can be modified or even cancelled in part or in full if circumstances require so, always under the criterion of mountain guides or technical staff.
3. The client claims to have no physical problems prior to the activity, to have not taken any medicines that prevent them to take part in the activity appropriately, and to have not consumed alcohol or drugs of any kind before the activity. Women should inform of a possible pregnancy when booking.
4. Minors must be accompanied by a parent or legal guardian. If not accompanied by a legal guardian, a written and duly signed (by parents or legal guardians) authorization and consent for participation in the activity will be needed.
5. The customer must pay attention to the guide's or technical staff's instructions and show respect to the rest of the group. Pyrenees Trails reserves the right to exclude anyone whose behavior compromises the safety of the group. These people will not receive any compensation in any case.
6. The gear provided for the activities will be approved if required and will always be in a state of proper use. Should participants bring their own gear, it will be supervised by our technicians and may be used only if they consider it appropriate.
7. The customer accepts that their personal data are incorporated into the database of Rutes Pirineus Turisme Actiu de Muntanya SL, in accordance with Article 15/1999 of 13 December on the Protection of Personal Data (LOPDPC) the customer has the right to access their data, modify or cancel them at any time by sending an email to info@rutespirineus.cat or a letter by postal mail to: C/11 de Setembre, 22 1r, 08750 Molins de Rei (Barcelona). Pyrenees Trails treats data as confidential and will not provide or sell your data to third partners and subscribers.
8. Pyrenees Trails reserves the right to include any of the route photographs in their communications channels. A photographic report will be given to the participants after the activity. In any case, these photographs will be sold to third parties. If you have any problem, please let us know.