

Mont Rebei Trek & Canyon

Pyrenees Adventure

Europe



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Mont Rebei Trek & Canyon

Pyrenees Adventure | Europe



The **Pyrenees**, stretching for almost 500km from their union with the Cantabrian Mountains near the Atlantic through to the Mediterranean Sea, have long been regarded by climbers and hikers as an earthly paradise. But, for those who love the aquatic realm, the potential for unexpected fun and adventure is simply waiting for you to take the plunge!

Join us as we explore this majestic, rugged mountain range from an aquaholic's perspective: **swimming** in its hidden lakes and **canyoning** the deep limestone canyons – this is an opportunity to spend time in some of the Europe's most captivating landscapes and see the mountains from Neptune's perspective, as well as trekking along the paths carved into the incredible **Mont Rebei**.

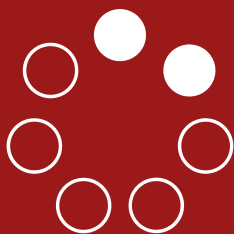
Fully guided, and perfect for both adrenaline

seekers and those looking to take their first steps into the rugged Pyrenees. This unique itinerary promises a jam-packed adventure weekend that will guarantee to plant these mountainous surroundings firmly in your mind to visit time and time again.

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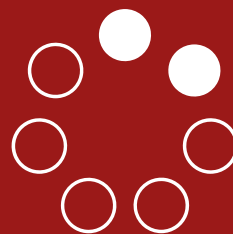
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Physical – P2

This trip is challenging and a good solid fitness level is required. There will be prolonged walking over varied terrain and you should be training to comfortably walk for 6 to 8 hours, over undulating terrain, with a few punchy uphill climbs, carrying a pack up to 6kg in weight.



Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Arrive Toulouse. Luchon valley: Wild Swimming

You will be met at the airport by your 360 guide for this aquatic week and we'll transfer for a 1 ½ hour drive into the heart of the Pyrenees. Every valley hides its own unique lakes and tarns and we'll stop to pick up a picnic before heading off for an hour's walk to reach the beautiful Lac Bareilles for a refreshing plunge and a wild swimming experience guaranteed to take your breath away. We'll spend the afternoon swimming and exploring this beautiful area before continuing our transfer to the mountain town of Luchon.

(D)

DAY 2 : Aiguestortes National Park: Canyoning

An early start sees us transfer for 1 ½ hours across the border into Spain to the start of the magnificent limestone canyon of Viu. This canyon is one of dozens that carves its way deep into the rugged mountains of the Aiguestortes National Park, promising an adventure like no other. Your 360 guide will join forces with a specialist canyon guide and together they'll lead you through this beautifully sculptured slot canyon where every few minutes you'll be met by a different challenge: you'll have the chance to jump down into the crystal clear pools, abseil into narrow chambers, swim through narrow winding corridors and scramble through boulder strewn passages. Above, the sun filters through the narrow walls of the canyon to cast surreal light and shadows lending an otherworldly quality to our journey.

We pack a picnic lunch, and we'll stop on a small beach in a sunny spot before continuing for a few more hours down this unique canyon.

At the end of the day, we'll be driven a short way to our hotel, located besides a gorgeous mountain lake where we can water ski* (an optional activity for the day) and swim before a magnificent Pyrenean dinner.

(BL)

DAY 3 : Mont Rebei Trekking

Following a hearty European breakfast, we head off on another incredible experience. The Mont Rebei gorge has been heralded as one of the most outstanding landscapes in Europe and its potential for adventure is recognised by a host of travel magazines including National Geographic. Setting off on foot, we begin exploring the impressive gorge. The path that we follow has been carved into the side of the vertical cliff and was created by local farmers and traders over a hundred years ago. Linking the Spanish provinces of Catalunya and Aragon, it was primarily used for smugglers and those bringing their mule teams laden with produce to the remote mountain villages above the gorge.

After a shady picnic lunch, we traverse the spectacular trail back to the entrance of the gorge. We quickly appreciate why this journey is rated as one of the most spectacular treks in the world as we climb wooden staircases bolted into the rock and traverse the narrow winding trail carved into the vertical walls high above the gorge bottom, strewn with desiccation cracks.

A more magical day out would be hard to imagine and, glowing from our experience, we transfer back on spectacular mountain roads back across the French border to Luchon to check in to our centrally located hotel and head out for what's sure to be a lively group meal.

(BL)

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ITINERARY

DAY 4 : Depart Toulouse

Today may mark the end of this incredible getaway but the fun isn't quite over yet. Flight times depending, we'll have the chance to prolong the adrenaline rush by taking to the air by tandem paraglider*, enjoying a hot-rock climbing* session or lesson, mountain biking* or even try our hand at fat biking* through the stunning countryside or simply enjoying a leisurely morning winding down having a spa or quiet coffee soaking up the atmosphere of this bustling town from one of its many street side café's.

Your airport transfer timings will be advised, and after your last activity we'll depart for our flights home.

(Please note that those starred activities above are additional to the itinerary – see the dates & prices for more info)

(B)

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KIT LIST

Bags & Packs

Daysack

Approx. 40L capacity. Your day to day pack that you carry with your daily essentials, fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Rolltop bags that keep fresh clothing and other important items like your passports and electronics dry in the event of a total downpour that could seep into your kitbag. Good for quarantining old socks! Please note that France has banned plastic bags. In any case, we would always advise buying reusable and sustainable nylon rolltop bags for keeping your kit dry.

Headwear

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head. We'll hope for sun, but it can be chilly in the mountains – and you might be cold after getting out of the water.

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Category 4, wrap around style sunglasses are highly recommended. These sunglasses allow for the highest available protection against harmful UV light found at altitude and from glare from snow and sand surfaces. It's worth spending money on good UV filters. Julbo is our preferred supplier.

Lip salve

Sun cream does not work on your lips, and they will be susceptible to sun burn without proper protection.

Sunblock

We'd recommend you buy the highest SPF you can find, as UV intensifies with altitude.

Upper Body

Base layer x 2

This is the layer closest to the skin and its principal function is to wick, or draw, moisture and sweat away from the skin. You can also get thermal base layers for use at higher altitudes that provide an additional insulative layer while still drawing sweat during times of high exertion.

Mid layer

These are typically lightweight microfleece or similar technology that provide varying degrees of warmth and insulation without being overly bulky or heavy to pack

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KIT LIST

T-shirts

A couple of T-shirts are advisable for this summer expedition. The days are reasonably warm, with high temperatures at lower altitudes.

Hard Shell

These jackets are thin, highly waterproof and windproof and worn over all other items of clothing. You'll find these made of Gore-Tex or other proprietary waterproof yet breathable technology. Inexpensive hard shells that aren't breathable will prevent evaporation, making you sweat intensely and, as such, are not recommended.

Soft Shell

Optional. These should be windproof (not all are) and insulative. They are mostly made of soft polyester and sometimes resemble a neoprene finish which makes them very mobile and comfortable to wear. While offering a degree of weather repellence, do note they are usually not waterproof.

Gloves

Lower Body

Shorts

A couple of pairs of shorts are advisable for this summer expedition. The days can be reasonably warm, with high temperatures at lower altitudes.

Trekking trousers

These tend to be polyester so they dry quickly after a shower and weigh little in your pack. Consider perhaps a pair with detachable lower legs as an alternative to shorts.

Underwear

Merino or wicking material, not cotton. How many pairs you take is entirely up to you!

Waterproof trousers

A lightweight pair of Goretex trousers will act as a great windproof too.

Feet

Walking boots

Well worn in 4 season waterproof boots with mid to high ankle support

Spare laces

Just in case

Comfortable trainers/Crocs

Trainers – you'll be wearing these in the water so they will get wet and may take some time to dry. Refuges will provide crocs/slippers but you may want a pair of sandals for use in the evening if you're not overnighting in a refuge

Trekking socks x 3

Whether you wear a single layer, or 2 pairs, is a personal choice. Lighter weight merino wool is a good option.

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KIT LIST

Evening clothes

Comfortable clothes for the evening

Hydration

Water bottles / bladder

You'll need enough to carry 2 litres, either in a combination of bladder and Nalgene bottles, or just Nalgene bottles.

Water purification

Although generally all water is boiled or brought filtered from the hotel in the morning, some trekkers prefer to double up and add purification tabs as well. Always good to have in your bag.

Toiletries

Wash kit

Keep it simple. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

Alcohol gel

A must have for good camp hygiene.

Toilet paper

Provided at the accommodation, and at public toilet facilities, but a spare in your daysack may be useful if you need to hide behind a rock during the day.

Expedition towel

Towels from the likes of Lifesystems are perfect

Medications

Personal first aid kit

The 360 medical kits are designed to be used in emergencies and are akin to an A&E rather than a pharmacy, so please come prepared with useful meds for yourself such as painkillers (Ibuprofen if you can take it and Paracetamol) plus blister plasters, plasters, antiseptic, rehydration sachets and any muscle rubs you wish to use.

Personal medication

Make sure you keep this handy in your daysack if necessary.

Miscellaneous

Camera

Bring plenty of spare batteries and memory cards. A power pack is handy for keeping things charged in the case of no charging points in the refuges (we recommend PowerTraveller).

Head torch

Bring spare batteries or a spare head torch

Snacks

Although you will be fed well, we do advise bringing a small selection of energy bars or your favourite snacks. Have a couple per day.

Ear plugs

Optional, of course, but for protection against the inevitable snorers!

Penknife (optional)

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KIT LIST

Swimsuit

For the wild swimming, canyoning (you'll be provided with a wetsuit on this day also) and for any other opportunities throughout the trip if you wish!

Trekking poles

Optional, but they can be useful on the trekking sections. These tend to be a personal preference, but can help with your stability and can dampen the pressure on the knees coming down hill.

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity: ie. your passport expiry date needs to be at least six months after the final day of travel. Make sure you also have at least two blank pages.

Copy of passport

Just in case

Dental check up

We recommend you have a dental check-up before your trip. New fillings can be an issue at altitude if there is an air pocket left in the gap

Travel insurance

Bring a copy of your own travel insurance details and relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip, to include at a minimum medical evacuation and coverage up to the maximum altitude and for the relevant activities included on this trip.

EH1C (formerly E111)

While you must have travel insurance, this can save you paperwork and reduce upfront costs should you have a minor ailment or need to see a local GP if you already have one. Do be aware the details on of the EH1C will be changing due to the UK leaving the EU, so check for the current availability.

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FAQ'S

Food and Water

Where do we get drinking water from?

Bottled or filtered drinking water will be provided during the trip. We'd advise bringing your own bottle, to reduce plastic waste where possible. You may wish to bring a second bottle for your trekking day.

What is the food like during the trip?

The food is plentiful and of very good quality, often using locally sourced ingredients. Breakfasts consist of pastries, fresh bread and jams and you can expect hearty meals in the evenings. Packed lunches will be simple, but filling.

Do you provide snacks during this expedition?

360 provides some snacks for your days on the mountain, however do bring some of your favourite snacks from home, a range of fast and slow release energy snacks. The pure 'energy' style bars which are solid are quite tough to eat on the mountain so go with simple things. Flapjacks, shortbread, sweets, nuts and chocolate are great, snacks that you're going to really look forward to eating and which will give you energy.

Accommodation

What is the accommodation like?

You'll be staying in simple but comfortable accommodation in hostels or local hotels. Food will be good with ample carbohydrate content – think pasta, rice, potatoes etc, but don't expect a la carte!

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FAQ'S

Kit

What bag do I need?

A rucksack of around 40-60L should do you just fine – it's better to have a bigger bag with space, than a smaller one with everything crammed in!

Your day sack should contain only the essential items you will need for the day and activities and your aim should be to keep it as light as possible. We'd recommend you carry at least: a warm layer, waterproof jacket, your packed lunch and snacks, spending money, water, camera, sun cream and personal medication.

If you are borrowing or buying a rucksack, ask someone to help you adjust it to fit your back. And ensure you are making these adjustments with weight inside it, not empty. Generally, it should sit reasonably high on your back so that the weight is acting vertically downwards, not forcing your shoulders back or drooping past your backside. Again, it's about how you feel comfortable wearing it and important to get right.

Make sure too that it is either waterproof or you have a waterproof cover for your rucksack. It's not a bad idea to pack your gear into waterproof stuffs sacs, in case of a deluge.

Do we need any technical gear for this? Is equipment provided?

No, the hiking part of this adventure is a trek, so standard walking gear outlined in the kit list should suffice. For the adventure activities, all equipment necessary will be provided.

For the canyoning, all equipment necessary for your safety and comfort is provided for this day: wetsuit (with hood), canyon booties, harness, carabiner and helmets. You will also be given a waterproof barrel and specialist canyon rucksack to keep your belongings dry for the day.

Do I need a sleeping bag?

No, you'll be in accommodation throughout and bedding is provided.

Can I bring 'normal' clothes and leave them somewhere?

You'll probably want to bring some 'normal' clothes for your evenings, these won't need to be carried with you during your activities, rather you'll be able to leave them in your hotel if there for multiple nights, or in your transport. Please ensure you bring a small bag to put these in, a small stuff sac or something similar is perfect.

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FAQ'S

The Activities

How fit do I need to be?

This is a fun few days of adventure! Of course, the fitter you are before coming out you'll enjoy it far more than if you are struggling, but the days aren't long, and the weekend is designed for all levels of experience.

Can we swim in the lakes?

That's the idea! They'll be cold, but wild swimming is exhilarating. It's optional, of course (chat to us for weekend adventures that just include trekking, if you'd rather), but it's great fun!

Are your instructors qualified?

Yes, all our instructors have the appropriate qualifications.

What experience do I need to take part in the canyoning?

No previous technical experience is required to explore the canyon. Your 360 guide will be joined by a specialist canyoning guide for this day, and they will assure your safety throughout. You will be taught the basics of abseiling so you have the opportunity to see how to do this yourself, but the guides will further safeguard your descents by providing a safety rope in places where needed. The height of the jumps varies, though some can be more than 5 metres, but the whole day is designed around you and your comfort and experience, the guides are more than happy to lower you down on a safety rope should you decide not to jump. The emphasis today is on enjoyment rather than learning technical canyoning techniques.

How long are we in the canyon for?

It generally takes between 5 and 6 hours to descend this canyon though part of this is a picnic lunch on a small sunny beach in the middle of the canyon. We choose to operate in Mont Rebei outside of the main, busier holiday periods and as such there are generally very few other teams in the canyon with us.

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FAQ'S

I am scared of jumping. Can I use a rope?

The focus of today is for you to enjoy this unique experience. Your guide will chat to you throughout, and you can decide which sections you'd like to jump. Should you wish not to jump certain parts of the descent then the guides will be more than happy to lower you down into the pool with a safety line.

I am scared of heights - is this Mont Rebei trekking trip for me?

Absolutely! Your 360 guide is a trained mountain professional and it is their job to ensure you have the best experience by making you feel safe and comfortable in an environment which you might initially be fearful of. They will use safety ropes where needed and gently coach you through the places where you may feel uncomfortable - which allows you to see how incredible this trek really is. Over a century ago this beautiful pathway was constructed for mule teams to deliver goods to remote mountain villages and it is an extremely well-engineered and safe path. We understand your concerns but we generally find those with a worry are, by the end of this trek, happily bouncing along the path above the looming cliffs with hands in pockets!

How long is the trekking section of the itinerary?

The trek into and back out of the gorge typically takes around 6 hours, with added time for taking photos and a lunch stop.

As it is an out and back trek, we can adjust the distance to suit the group's pace and ability. After a picnic lunch in a shady spot, we'll start the trek to make our way back at a leisurely pace.

What grade of rock climbing can you accommodate?

The rock-climbing at the end of this week is optional and our 360 guides can cater for complete novices wishing to experience this activity for the first time through to the hardened rock hound wanting to check out Pyrenean rock!

If I don't want to rock climb can I do another activity?

Absolutely! Luchon is the adventure capital of the Pyrenees. You can maintain your adrenaline hype and tandem paraglide or mountain bike. Otherwise for a relaxing end to the trip, you might choose to unwind by exploring the quaint street side cafés of this bustling mountain town or further enhancing your aquatic experience by soaking in a hot thermal spa.

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FAQ'S

The Weather

What's the weather like up there?

It's likely to be lovely and sunny, and reasonably warm (pretty hot lower down). However, we're in the mountains, and not very far from the Atlantic, so there is every risk of rain, thunderstorms, and wind. Night time temperatures can be chilly.

The climate of the Pyrenees is generally better than the UK, but there is still the risk of inclement weather, so we advise in the kit list to pack accordingly. And, just like any other holiday, having a quick last minute look at the forecast before you come out can be a useful pointer of what's in store.

Travel

Flights aren't included what time should I arrive and depart to Toulouse?

We haven't included flights as this gives you options from the UK. There are many flights that come to Toulouse daily from many different airports.

It's important that we check flight schedules before confirming a pickup time with you, as we want to make sure you can actually make it to Toulouse on time. We will confirm what time you should aim to arrive in Toulouse as we draw closer to your departure date.

We will also check flight schedules before deciding what time we do an airport drop off.

Once you know the above, please find flights that work for these timings, or plan to have the night before and/or night after in Toulouse.

If there are any issues with booking your flights, please let us know and we will try and help however it might mean getting a hire car/train or taxi to your start / finish point.

Bagnères de Luchon is 1h 40 mins drive away.

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FAQ'S

Insurance

Do I need special insurance for this trip?

You must carry individual travel insurance to take part in the expedition, we cannot take you on the expedition without proof of insurance.

Your insurance details are requested on the booking form, however, this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

We have a partnership with [True Traveller](#) and recommend them as an option when looking for travel insurance for your trip with 360. Many other insurance providers are of course available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip, to include, at a minimum, medical evacuation and coverage up to the maximum altitude of this trip and for the adventure activities included.

Electronics

Will my mobile work?

In the cities, yes, out in the countryside, likely on and off! Most UK providers will provide coverage as part of your plan in France and Spain, but do check before you travel.

Will there be somewhere to charge my phone and camera?

There will be plug sockets in the rooms in your hotel, but we often advise bringing a powerpack (we recommend [PowerTraveller](#)) to ensure your phones / cameras / other electronics are charged throughout!

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TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS



"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.