

# Via Ferrata in the Pyrenees

France | 3,000m



**360**   
EXPEDITIONS

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# Via Ferrata

in the Pyrenees | France | 3,000m



**Via Ferrata** (iron path in Italian) is a great outdoors challenge offering an exciting combination of **trekking** and **climbing**. In essence it is a mountain route equipped with steel cables, ladders and other fixed anchor points. During 360's majestic 6 day Via Ferrata expedition you will follow the accessible and varied Via Ferrata routes in and around **Canillo, Andorra** whilst being in the good hands of a highly experience guide with vast local knowledge.

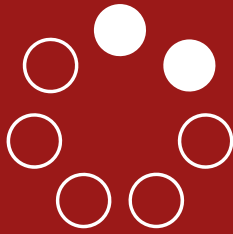
Our chosen Via Ferrata routes have a feel of being off the beaten track in their vistas and exposure, yet easily accessible with short vehicle transfers at the beginning and end of each day. The lines followed are interesting, challenging and positive. The views of the high rocky **Andorran peaks** are breath-taking.

This trip is for beginner climbers or scramblers or those with some Via Ferrata experience who want to explore a new less traveled area. Your local guides will take care of all logistics and will teach you all you need to know so that you can climb safely up the rocky mountain faces. Allowing you to really enjoy the spectacular surrounding views.

# Via Ferrata

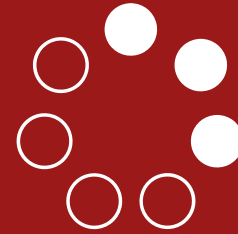
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### Physical - P2

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 - T3

May involve harder scrambling or some trekking and climbing with ropes. If snow is encountered then glacier travel with ropes, ice axes and crampons will be necessary. Basic climbing skills are ideal, but these will also be taught (and certainly practiced) during the expedition and pre-summit phase.

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



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## ITINERARY

### DAY 1 : Arrive Canillo

Today you will be picked up by your 360 Guide from Toulouse airport. You will be then transferred to Canillo in Andorra. Evening spent having relaxed dinner with group.

### DAY 2 : Day of Via Ferrata

Today we will start the day with a hearty breakfast. Followed by a briefing from your 360 Via Ferrata guide on the days events and a quick lesson on use of equipment.

We will then make our way to one of the several Via Ferratas above Canillo, the varying routes are a short distance from the accommodation. We will aim to complete 2 routes today.

Evening spent having dinner with group at chalet.

### DAY 3-5 : Day of Via Ferrata

There are some great Via Ferrata lines in encamp, a short 15 minute drive away from our accommodation. If the weather is in our favour and the group is capable of a big mountain day we may visit the exposed mountain route at Grau Roig.

After another full day of Via Ferrata we will make our way back to our chalet for a well deserved 3-course dinner with the group.

### DAY 6 : Return UK

Today your 360 guide will take you back to Toulouse Airport, where you will take a flight back home.

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## KIT LIST

### Bags & Packs

#### Daysack

20-30L rucksack, your day to day pack that you carry with your daily essentials, fitted with shoulder straps and more importantly a waist belt

#### Kit bag

60L bag to carry all your belongings

#### Waterproof rucksack cover

To protect rucksack from rain

### Headwear

#### Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

#### Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

#### Sunblock

Essential for protection from the sun

#### Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

### Upper Body

#### Base layer

This is the layer closest to the skin and its principal function is to draw (wick) 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 (long sleeved fleece tops)

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

#### Warm gloves

Thinsulate/smartwool or similar

#### Waterproof jacket (Outer layer)

Gore-Tex or event seam sealed are recommended and big enough to fit over a couple of layers. This jacket will also serve as a great windproof too

#### Warm "puffy" jacket

Synthetic jackets recommended as they stay warm if wet. Arc'teryx recommended

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## KIT LIST

### Lower Body

#### Waterproof trousers

A lightweight pair of Goretex/eVent trousers that will act as a great windproof too

#### Comfortable climbing or walking trousers

Any brand which you feel comfortable wearing. These do not need to be expensive. Comfort is the most important attribute. Please no cotton leggings or jeans. You are likely to be working hard getting to the base of some of the routes. Quick drying/wicking material is therefore, very important. There is nothing worse than having a cold wet lower back for the whole day.

#### Long walking shorts

The emphasis is on the "long" so that they are comfortable when you are wearing a harness. The same advice as for above in walking trousers.

#### Walking boots or approach shoes

Well worn in 3 season waterproof (ideally) boots with mid ankle support or sturdy approach shoes

#### Trekking socks

Single layer is fine unless you prefer a double layer sock. Most important is that they are not cotton. Smart wool is excellent

### Technical Equipment

#### Climbing helmet

Your own comfortable climbing helmet with no damage or cracks

### Hydration

#### Water bottles / bladder

Minimum 2L capacity either in a water bladder or Nalgene bottles

### Toiletries

#### Wash kit

Keep it simple. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable

#### Wet wipes

Great for cleaning hands when at the crag, although please use sparingly as the environment does not digest these easily.

#### Travel towel

Travel towels from the likes of Lifesystems are perfect

#### Alcohol gel

A must have for good camp hygiene



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## KIT LIST

### Medications

#### Personal first aid kit

Your own first aid kit should contain: A basic blister kit, plasters, antiseptic, sun-protection, any personal medication, basic pain relief (paracetamol/aspirin/ibuprofen), strepsils, anti-nauseau, a personal course of antibiotics if prone to illness etc.

#### Personal medication

Keep this in your daysack

### Miscellaneous

#### Camera

Bring plenty of spare batteries and memory cards

#### Thermal flask

#### Lunch box

To put your lunch in so your sandwiches don't get squashed, un-squashed ones are much more appetising!

### Documentation

#### Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

#### Copy of passport

Just in case

### Travel insurance

Copy of 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 medical evacuation and coverage up to the maximum altitude of this trip.

### 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

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## FAQ'S

### Guides

#### Are your guides qualified?

All of the guides working on our courses hold the International Mountain Leader (IML) which is equivalent to the French "Accompagnateur de Montagne" and the Mountain Instructor Award (MIA) A UK qualification which is recognised in Andorra and Spain for leading and instructing on Via Ferrata and climbing.

### Food and Water

#### Where do we get drinking water from?

All drinking water is from the chalet; please bring a reusable water proof bottle. As an environmentally aware company we discourage buying plastic bottled water as we are always trying to do our bit and educate those who we take out on the hill with us.

#### What is the food like during the challenge?

The food during the challenge is plentiful and of very good quality often using local sourced ingredients. Breakfasts consist of pastries, fresh bread and jams and you can expect a three course meal with wine in the evenings.

#### Do you provide snacks during this expedition? Or do you recommend that we bring our own?

We will provide some snacks such as museli bars and chocolate bars as part of your packed lunch. But if there is anything you particularly can't live without please bring it with you.

### Accommodation

#### What is the chalet like?

El Meners are comfortable chalet bungalows in the heart of Canillo that can each sleep up to 6 people.

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## FAQ'S

### Health and Safety

#### What happens if there is an issue during Via ferrata with a client- a fall or an illness?

360 Expeditions have conducted detailed risk assessments and put the necessary plans in place to cope with any accidents or illness whilst out on the challenge. Our Via ferrata leaders are highly qualified and experienced mountain leaders who hold expedition first aid qualifications and are used to working in remote environments. Their training allows them to deal with situations quickly and safely.

Should someone find themselves requiring further medical attention, the leader will organise for that individual to be taken from the route and transferred to the nearest hospital. The leader and the 360 office team will also be on hand to offer guidance and support for insurance claims and contacting next-of-kin.

#### Is there any risk of altitude sickness on this trek?

There is minimal risk of altitude sickness on this challenge

### Kit

#### What kit do I need?

Please refer to the kit list.

#### Can I bring my own zippers

If you have your own zippers please let us know so we can discuss with you their suitability.

### The Expedition

#### What experience do I need to take part?

This trip is for beginner climbers or scramblers or those with some Via Ferrata experience who want to explore a new less traveled area.

### The Weather

#### What is the weather like?

During the day temperatures can be warm and can even reach to the mid 20 C. In the evening higher up, it could drop to below freezing and have a chill in the air.

As you will be in a mountain environment, the weather can rapidly change for the worse so you need to be prepared for all conditions. Even in good weather it is not uncommon to have short heavy downpours or light snow fall.

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## FAQ'S

### Travel

#### What flights would you suggest?

Easy Jet fly into Toulouse from several UK airports (Gatwick, Bristol)

Ryanair also fly from Edinburgh to Toulouse

#### What do I do if I arrive early on the pickup day?

There is a frequent shuttle bus into Toulouse from the airport and good left luggage facilities at Toulouse train station where the bus drops you.

### Insurance

#### Do I need special travel insurance for the expedition?

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

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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.

### Training

#### What training do I need?

As a climber or someone who has undertaken the odd UK scramble you will have some level of basic fitness. Try to add to this by walking or running more regularly a month or so before the trip. Being out on the hill for several days at a time requires stamina and if your body is used to longer periods of exertion you will not suffer from muscle aches.

### Electronics

#### Is there mobile reception?

Mobiles will work fine at the chalet and reception will be intermittent when we are out on the hill.

#### Will I be able to get WIFI along the way?

Up on the mountain you will most likely not have WIFI due to remoteness. But you will be able to get it at the chalet in Canillo.

#### Can I charge my camera/phone at the chalet?

You will be able to charge your phone/camera at the chalet. Remember to bring an European 2 pin plug adaptor with you.

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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

# 360<sup>EXPEDITIONS</sup>



*"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.**