



# Aragon Active

## Trail Running Holiday

Spectacular trail runs in and around Ordesa National Park



### Full Itinerary

The itinerary below gives an idea of what we will be doing during a typical week.

Each evening after supper we talk about the following day. Any changes to the itinerary will always be done to ensure you have a full and enjoyable holiday. The final decision of exactly where we go on a particular day will be decided by Simon, Lucy and the guides, and it will depend a great deal on the weather and the abilities within the group.

Longer and shorter options are available on most days.

## DAY 1

### Arrival

- Minibus taxi transfer from Zaragoza airport and train station (see website for times).
- A welcome drink on arrival at our farmhouse, Casa Allué, and a chance to meet Simon and Lucy, your hosts.
- After the evening meal we will have a chat about the week ahead, and the program for the following day.



## DAY 2

### Jánovas and the Ara Valley

- We run straight from the farmhouse visiting 3 very different villages.
- We will follow part of the “Camino de San Urbez”, (local saint), along a medieval path before heading upwards to a remote mountain hamlet on forest trails.
- We then take a trail down through the woods to the once abandoned village of Jánovas, on the shores of the Ara River.
- Here we learn about the amazing geology and discover its turbid history, one which had implications for the entire valley.
- There is a chance to relax by the beautiful blue waters of the river Ara, and have a swim before running the remaining 6km on wide dirt tracks back to Albella.
- Distance: 19km, Ascent 700m



## DAY 3

### Ordesa National Park -Canyon Rim Below the Giants!

- A steady climb up to a plateau. The reward is spectacular views over the rim of the Ordesa Canyon, 1km below, and towards Monte Perdido, the highest limestone massif in Europe.
- We run parallel to the canyon rim until we reach the saddle where we descend gradually along a rocky single track to the start point.
- Distance 20km. Ascent 1050m



## DAY 4

### Ordesa National Park –Glacial views above Pineta

- We head North and start the run at the entrance to the Valley of Pineta.
- A climb up through the woods takes us to a wide ridge where we follow the undulating track until we reach the peak of Comodoto, at 2354m.
- From here we get a birds eye view of the valleys either side, and the North face of Monte Perdido and its glacier.
- We head down the opposite side of the ridge to reach the hanging valley of La Larri, with its waterfall and grazing horses before a descent through the woods for a well-deserved drink at the Parador!
- On the drive back to the farmhouse we stop and explore the medieval village of Aínsa, one of Spain's top 10 prettiest towns.
- Distance 16km. Ascent 1290m



## DAY 5

### Rest day in Albella

- A day without travelling and a chance to rest and recharge.
- Relax with a book on the terrace, take a self-guided hike/run up the mountain behind the farmhouse, or go wild swimming in the River Ara.
- Afternoon optional guided visit to our local chapel to learn the full story of our saint, San Urbez, "the rain man!" and how the chapel survived the Spanish civil war.



## DAY 6

### To Alquezar through Gorgeous Gorges, & Neolithic paintings

- We head South to the limestone canyons of the Sierra de Guara natural park.
- Our start point at the entrance to the canyon is a great viewing balcony for spotting vultures.
- We run along stony single tracks, past caves with Neolithic paintings, and through gorges with turquoise waters inviting us for a refreshing swim.
- We cross the gorge on a 16<sup>th</sup> century bridge, before the final climb to our destination, the beautifully restored Moorish Citadel town of Alquézar.
- Relax with a drink in the plaza before getting the minibus back to the farmhouse.
- Distance 13km, Ascent 800m



## DAY 7

### Ordesa Canyon- Europe's most spectacular Fajas

- Ordesa canyon was carved out by a wide glacier to reveal impressive cliffs of sedimentary rock. The layers have eroded leaving "fajas"; wide strips of level rock perfect for walking/running along.
- We start the day with a demanding switch back climb up through the beech woods on the "hunters track" (650m).
- The path finally opens up at a 270° viewpoint.
- We traverse along the well-trodden Faja de Pelay, with spectacular views of the valley below us and Monte Perdido ahead of us.
- As the trail gradually drops down to the head of the valley and the famous "Cola de Caballo," or horsetail falls, we take a short climb towards the Mountain Refuge for a bird's eye view of the valley.
- After a picnic lunch we run along the valley bottom, passing the impressive Soaso cascades and 3 more iconic waterfalls, before eventually reaching the start point and the bar for a well-earned drink!
- Distance 24km. Ascent 980m.



## DAY 8 - Departure

Depart for Zaragoza and onward journeys home.

## **Make a Reservation**

Use our online booking system on the holiday page to reserve your place.

There are only 8 places available on this trip.

Accommodation, transport, guides, meals and drinks are all included. The only additional cost is the optional gratuities for the guides.

We charge no single supplement.

If you have any questions, please contact us using the details below:

Email: [holiday@aragonactive.com](mailto:holiday@aragonactive.com)

Telephone: 0034 679 345 623.

**Please note this is strictly a no-smoking holiday.**