

# MEDIA KIT 2025

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# NEWS 2025

# 1. VAL D'ARAN, BIOSPHERE RESERVE

A natural treasure hidden in the Pyrenees, covering an area of 633 km<sup>2</sup>, Val d'Aran was awarded the distinction of Biosphere Reserve last July.

Its unique orientation towards the Atlantic provides it with a climate and vegetation that distinguish it from other Pyrenean valleys influenced by the Mediterranean Sea. In addition, its location on the border between Spain and France makes it a crossing and connection point between the two countries.

## INCOMPARABLE NATURE AND BIOLOGICAL DIVERSITY

Val d'Aran is distinguished by an amazing variety of ecosystems that house unique species of flora and fauna, many of which are protected. From its imposing mountains to its valleys and glacial lakes, the diversity of landscapes and habitats is exceptional. Among the forests of firs and pines, visitors can observe endemic animals such as the brown bear, the capercaillie, and the otter. Its designation as a Biosphere Reserve ensures the protection of these ecosystems and allows future generations to enjoy its biological richness.



## RESPONSIBLE AND SUSTAINABLE TOURISM

As a Biosphere Reserve, Val d'Aran strengthens its commitment to sustainable tourism by offering activities that allow visitors to enjoy and learn from nature without negative impact. The valley offers trails for both low and high mountain hiking, opportunities for outdoor sports such as skiing, cycling, and kayaking, as well as guided tours that connect visitors with the area's biodiversity and cultural heritage. Tourism in this Biosphere Reserve also supports balanced and responsible local economic development, benefiting the Aranese communities while respecting the environment.

## HISTORY, CULTURE, AND LIVING TRADITIONS

The designation of Val d'Aran as a Biosphere Reserve further promotes the conservation of Aranese cultural heritage, encouraging both locals and visitors to take part in the region's traditions and appreciate their historical significance.



## A DESTINATION FOR EVERYBODY

The declaration of Val d'Aran as a Biosphere Reserve reaffirms its value as a natural and educational destination, with a strong focus on respect and conservation. It also serves as an invitation to everyone to engage in a type of tourism that protects, respects, and celebrates both the natural and cultural world.

We invite you to come and explore this magical corner of the Pyrenees, and to discover a more conscious way of travelling that contributes to sustainability, as well as the preservation of biodiversity and local culture.

## 2. BAQUEIRA BERET NEWS 2024-2025

This year Baqueira Beret celebrates its 60th Anniversary with a series of extraordinary celebrations throughout the season.

The Val d'Aran Ski Resort continues to be committed to sustainability by adopting measures to protect the environment and achieve neutrality of its carbon footprint, as well as to preserve the ecosystem of the Val d'Aran."

Regarding its infrastructure, three new slopes have been added, and remodelling has been carried out to provide connections and accesses throughout the resort. The Stadium Beret slope has been homologated by the FIS for competitions, with an extension of the Slalom (SL) start area.

In terms of sport, it is worth highlighting that the 4th edition of the Freeride World Tour is scheduled to be held in the Baciver area from January 18th to 23rd, where the best international ski and snowboard riders will compete. Furthermore, the Stadium Beret will host for the first time the Men's FIS European Cup Slalom, which will be held on February 6th and 7th.

The resort continues with the implementation of digitalisation, highlighting the launch of a new app for iOS and Android, featuring significant improvements in access to BPASS and BTICKET recharging, as well as real-time information on slope conditions and weather forecasts. Also noteworthy is its integration into the IndyPASS group of resorts, widely established in North America, Japan, and currently being developed in Europe.

More information: [www.baqueira.es](http://www.baqueira.es)





### 3. GREAT ROUTES. NEW OFFER OF MOUNTAIN HIKES

#### THE FIFTH ELEMENT

It is a new mountain route that places value on the historical trails of the Val d'Aran, through its mountain passes. The route crosses paths such as the Pòrt dera Bonaigua, Pòrt de Vielha, Puerto de la Picada, and Còth der Infern in the Artiga de Lin. This route is based on innovation through responsible tourism that enhances the knowledge of the region through its paths and the Pyrenean identity. It is a commitment to sustainability, as the route is carried out using the Aigüestortes i Estany de Sant Maurici National Park bus.

More information: [www.camins.net](http://www.camins.net)

## THE LAST FRONTIER – “CHEMINS DE LA LIBERTÉ”

This new mountain crossing is a 5-stage circular route that starts in the village of Bossòst, and it is now part of the "Les Chemins de la Liberté" project. It is a proposal that runs through historical paths between the Val d'Aran and France, which were used to escape during wartime in the 1940s. The old path between Bossòst and Luchon, the one from the village of Artigue to Bausen and Les via the Còth de Vacanera, the path from the Melles Valley to the Liat area, and the Val de Toran via the Portillon de Albi, are the three stages of this cross-border route. An itinerary through a peaceful Pyrenees, with primary forests and charming villages that will take you 50 years back in time, allowing you to savour the journey at every step, enjoying unique views of this high mountain area.

More information: [www.andandosinequipaje.com](http://www.andandosinequipaje.com)

## VAL D'ARAN, CAPITAL OF MOUNTAIN HIKING

Since 2000, when it was created the first organized mountain hike in Spain, the classic CARROS DE FOC, the number of crossings has increased every year. In Val d'Aran, this was followed by SETAU SAGÈTH, CAMIN REIAU, EL GRAN BUCLE, PASS'ARAN, TOUR DEL ANETO, to reach a total number of 15 mountain crossings organised by the company [www.andandosinequipaje.com](http://www.andandosinequipaje.com).

At national level, this type of mountain crossings has also been developed in the different massifs, reaching a total of 50 crossings. Val d'Aran has a network of marked trails across low, medium, and high mountain areas, which make it easy to organise any type of route. The wide range of hotel accommodation and the network of guarded mountain refuges, along with the necessary services, have made Val d'Aran a place be considered "The Capital of Mountain Crossings," as it hosts 30% of all mountain crossings in Spain.

## 2025, A YEAR OF ANNIVERSARIES.

This year we are celebrating the 15th anniversary of the creation of the ENCANTATS route, an emblematic route that runs through the main lacustrine cirques (glacial cirque with a lake) of the Val d'Aran and the National Park: Saboredo, Colomèrs, Caldes and Valarties.

More information: [www.andandosinequipaje.com](http://www.andandosinequipaje.com)

It will also be the 10th anniversary of the development of the CAMINS VIUS project, the bypass trail of the National Park, by Camins, which has led to the creation of new routes and products that have revitalised the surrounding area of the Aigüestortes and Sant Maurici Lake National Park."

More information: [www.caminsvius.com](http://www.caminsvius.com)

Besides, this year is the 40th anniversary of the creation of the company CAMINS, GUIAS DE MONTAÑA, a whole life guiding people in the mountains of Val d'Aran, trying to innovate without losing its essence, and creating new sustainable products and services to improve our environment.

## 4. CONSOLIDATION OF THE VAL D'ARAN AS TRAIL RUNNING TERRITORY

Surrounded by the majestic peaks of the Pyrenees, the HOKA Val d'Aran by UTMB® is much more than just a stop for runners from all over the world. For the fifth consecutive year, they will gather to enjoy an unforgettable experience in the breathtaking landscapes of Val d'Aran.

From July 2 to 6, 2025, the fifth edition of HOKA Val d'Aran by UTMB® returns to continue making history, once again being the European UTMB® World Series Major for the fourth time, which is the European final of the circuit.  
More information: [www.aranbyutmb.com](http://www.aranbyutmb.com)

Additionally, once again, it will take place what is considered the most alpine race in the Pyrenees: the Trail Vielha-Molières, 3010, where five of the most beautiful peaks in Val d'Aran are summited.

More information: [www.trailmolieres3010.com](http://www.trailmolieres3010.com)



## 5. OUTES ON TWO WEEHLS

In spring 2024, new enduro routes are expected to be added to the network signposted and preserved by the Conselh Generaud'Aran under the ÒCBike Val d'Aran brand.

New circular route "Es lauets" of enduro in Les of high difficulty.

Regarding the future cycle tourism route between Vielha and Toulouse, progress is being made on the various sections, and it is planned to incorporate the cycling path section between Bossòst and Era Bordeta, as well as improving the connection between the border with France and Pònt de Rei. The route, which runs through landscapes of great beauty along the River Garonne, is designed mainly for mountain and gravel bikes. It covers a total of 27 kilometres in the Val d'Aran.





# EVENTS CALENDAR 2025

# SNOW

FREERIDE WORLD TOUR	FROM 18 TO 26 JANUARY
1ST INCLUSIVE PHASE JESÚS SERRA FUNDAION CLUB OF ALPINE SKIING	25 AND 26 JANUARY
45TH BERET WALK	2 FEBRUARY
FIS SL EUROPEAN CUP MEN'S ALPINE SKIING	6 AND 7 FEBRUARY
AMICS DE MONTGARRI CAEI-AUDI QUATTRO CUP	10 Y 11 FEBRUARY
NAUT ARAN FIS MASTERS WORLD CUP SG-GS-SL ALPINE SKIING	FROM 21 TO 23 FEBRUARY
2ND PHASE OF THE SPANISH SBX/SX CHAMPIONSHIP	1 AND 2 DE MARCH
FREESTYLE SESSION SNOWPARK BY LANDING	15 AND 16 MARCH
LANDING SNOWBOARD BANKED SLALOM	29 AND 30 MARCH
SPANISH CHAMPIONSHIP MOVISTAR SBX Y SX	4 AND 6 APRIL

\* Provisional calendar, with possible changes during the season. Updated information here (Events Baqueira | BAQUEIRA BERET)



## RUNNING

VERTICAL D'ARAN	15 JUNE
VAL D'ARAN BY UTMB	FROM 2 TO 6 JULY
TRAIL VIELHA MOLIÈRES	12 JULY
ERA NOCTURNA VIELHA	2 AUGUST
MONTLUDE SKYRACE	9 AUGUST
CORSA E CAMINADA DES 15 PÒBLES	30 AND 31 AUGUST
INFINITE RACE	FROM 19 TO 21 SEPTEMBER
VAL D'ARAN WALKING & SUMMIT FESTIVAL	NOT CONFIRMED



# BICYCLE

HARD BIKE	FROM 19 TO 22 DE JUNE
PEDALS DE FOC NON STOP	28 JUNE
VIELHA CYCLING TOUR	26 JULY
TRANSNOMAD	NOT CONFIRMED



## MOTORSPORT EVENTS

RODI BOOK	5 AND 6 SETEMBER
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## MUSIC EVENTS

POLAR SOUND FESTIVAL	21 AND 22 MARCH
MUSIQUES DETH ROMANIC	AUGUST

## POPULAR EVENTS

ETH HARO (LES)	23 JUNE
ETH TARO (ARTIES)	23 JUNE

## OTHER EVENTS

AUTUMN, THE LAND OF A THOUSAND COLOURS	OCTOBER
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# A MOUNTAIN DESTINATION ALL YEAR ROUND

Summits of over 3,000 metres, more than 200 lakes, 4 entrances to the Aigüestortes and Sant Maurici Lake national park, the source of the Garona and Noguera Pallaresa rivers, thermal springs and an endless number of natural attractions make the Val d'Aran a unique paradise to visit at any time of the year.

In spring, waterfalls appear everywhere, and the extensive forests of fir, pine, beech, walnut, birch, oak and wild cherry trees sprout. This provides an amalgam of activities that appeals to lovers of the outdoors, open spaces, sport and well-being.

Summer is also an attractive time to enjoy nature and outdoor life. From a peaceful, restorative walk to a challenging trail, the Val d'Aran has adapted its tourist offer to meet all expectations. Sports enthusiasts, whether amateurs or professionals, will find here exceptional facilities for practising their favourite sport.

The colour explosion that occurs in the Aranese forests with the arrival of autumn gives us some of the most magnificent landscapes. The valley is coloured in reddish, maroon, ochre and gold tones and clear sunny days are particularly pleasant for enjoying nature and wildlife under the autumn light.

Also, for winter sports lovers, Baqueira Beret has become a reference point. With around 170 km of slopes, it is considered the best ski resort in the Pyrenees. In addition, the snowy landscapes and fairy tale villages recreate idyllic scenes that make lovers of mountain destinations fall in love with them.



## TECHNICAL DATA

Population: 10,295 inhabitants.

Villages: 33

Capital: Vielha (980 m altitude).

Surface area: 633.6 km<sup>2</sup> (30% of its territory is at an altitude of over 2,000 m).

Maximum altitude: 3,010 m Molières.

Official languages: Aranese, Catalan and Spanish.

Tourist accommodation offer: more than 14,000 beds.



# WINTER



## BAQUEIRA BERET SKI RESORT

With most of the slopes located on the north face of the Pyrenees, Baqueira Beret guarantees an excellent quantity and quality of snow. Every season, the resort welcomes thousands of fans of all types of skiing: alpine, snowboarding, Nordic and telemark.

In addition, ski schools and internationally renowned instructors are available and it offers a wide variety of courses in different specialities, classes in different languages and for all levels.

### INFORMATION OF INTEREST

- 171 km of slopes
- 122 slopes
- 36 ski lifts
- 7 km Nordic skiing circular circuit in Beret
- Snowpark
- Slalom Stadium Fernández Ochoa
- Audi-Ski Kronos
- Funpark
- Snow driving circuit (Audi Driving Experience)
- Freeride area (3 off-piste routes)
- 7 car parks with a total of 5,040 spaces
- 24 restauration points
- 3 Snow Parks for children
- 3 First-Aid Points on the slopes
- Residential area at the foot of the slopes

[www.baqueira.es](http://www.baqueira.es)

 **BAQUEIRA/BERET**



## OTHER WINTER ACTIVITIES

The reservation through the Baqueira Beret website also allows you to book activities such as dog sledding, snowmobiling, snowshoeing, and even heliskiing in remote areas of Val d'Aran, as well as panoramic flights.



# HIKING



## HIKING IN ITS PUREST FORM

If the best way to discover a territory is on foot, the Val d'Aran, located between two long-distance trans-Pyrenean hiking routes, offers many possibilities. Walking along the trails reveals a unique territory, with virgin spaces of captivating beauty, and the possibilities are unlimited for lovers of outdoor activities.

The GR11 crosses Catalonia and southern Aran and the GR10 passes through French territory. Likewise, other short-distance hiking routes complement this network of mountain trails. In total, there are more than 300 km of routes of different degrees of difficulty, suitable for all ages and levels, to enjoy with family and friends. Many of these trails are the setting for major trail running events such as the Trail Vielha Molieres 3010.

The Circus of Colomers, Conangles, Restanca and Saboredo give access from the Val d'Aran to the Aigüestortes and Sant Maurici Lake national park, where visitors can follow trails suitable for everybody, as well as great challenges, with a network of signposted itineraries and refuges that allow ascents to high mountain peaks that in some cases can be over 3,000 meters.

# GREAT ROUTES

## L'ANETO VIEWPOINT

A route along the border of the Val d'Aran and the Luchon Valley in 3 stages, with a distance of 38 km. and 3,177 m. of cumulative elevation.  
[www.tourdelaneto.com/miradordelaneto](http://www.tourdelaneto.com/miradordelaneto)

## THE SOURCES OF THE GARONNE

Itinerary to know the three sources of the Garonne River with a distance of 35 km. and 2,485 m. of cumulative elevation.  
[www.caminsvius.com/fonts-del-garona/](http://www.caminsvius.com/fonts-del-garona/)

## CAMIN REIAU

Route along old transhumance paths.  
Total distance: 150 km.  
Cumulative elevation: 12,000 m.  
[www.caminreiau.cat](http://www.caminreiau.cat)

## CARROS DE FOC

Circular route around the Aigüestortes and Sant Maurici Lake National Park.  
Total distance: 55 km.  
Cumulative elevation: 9,200 m.  
[www.carrosdefoc.com](http://www.carrosdefoc.com)

## CAMINS VIUS

It crosses two historic paths, the Port de Vielha and the old Bonaigua or Mail Road. 122 km. and 7,100 m. of positive elevation.  
[www.caminsvius.com](http://www.caminsvius.com)

## ARAN / COMMINGES

Circular route starting and finishing in Bossòst. A 5-stage cross-border route with a distance of 87 km. and more than 5,000 m. of ascent.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

## VIA CALDA

Route with a linear itinerary of 88 km. and 4.445 m. elevation change in 5 stages.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

## ANETO

Bypass around the Aneto massif through 5 valleys and 6 mountain passes. 115 km. with 11,332 m. of cumulative elevation.  
[www.tourdelaneto.com](http://www.tourdelaneto.com)

PASS'ARAN

High mountain cross-border loop (Couserans-Val d'Aran) in 5 stages. Total distance: 64 km. Total cumulative elevation: 10,205m.  
[www.passaran.com](http://www.passaran.com)

ENCANTATS

Crossing the National Park through the Val d'Aran, Pallars Sobirà and Alta Ribagorça along the historical routes. Total distance: 92 km. Cumulative elevation: 9,068 m.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

THE GREAT LOOP

Route that connects Setau Sagèth and Encantats, 140 km. with an elevation change of 12.880 m. in 7 stages.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

LA VAL D'ARAN TOUR

SETAU SAGÈTH

This tour passes through the 6 guarded refuges of the Val d'Aran. 128 km route. with 7,500 m. of cumulative elevation.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

REFUS D'ARAN

A high-mountain trek to explore the entire Val d'Aran in 7 stages, passing through 7 guarded refuges along a 128 km route with 7,500 meters of elevation gain.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

ARAN COMINGES

"The last frontier"  
A circular route starting and ending in Bossòst. A cross-border route consisting of 5 stages covering 87 km and more than 5,000 m of elevation gain that crosses 4 high mountain passes.  
[www.andandosinequipaje.com](http://www.andandosinequipaje.com)

RUTA DETH TARO

A trek to be done in 5 stages, covering 75 km with 4,500 meters of elevation gain, which offers the chance to explore the most beautiful spots of the National Park, including the Colomers Lacustrine Cirque.

BALCONES D'ARAN

A 4-day route that passes through the 4 best viewpoints of Val d'Aran along the Camin Reiau. It allows us to get to know 26 villages, some of them included in the "Most Beautiful Villages in Spain" list.



# BICYCLE

# NEW BIKE PROPOSALS

In 2023, the new organization of the bike offer in the territory was introduced, grouping the different itineraries into 4 sub-products: 3 categories of mountain biking and one of road biking, all of them included under the brand name ÖBIKE VAL D'ARAN.

The MTB, Gravel, and MTB Family & Ebike routes are designed for everyone to enjoy mountain biking, while the Trail Enduro routes are aimed at those who look for stronger challenges and emotions. The routes of these disciplines are structured into 8 sectors throughout Aran, grouping together a total of 50 proposals that add up to more than 800 km of signposted routes.

Also, in the category of cycle tourism, the Val d'Aran offers 16 mountain passes, 8 of which are signposted

This new system of organizing the cycling offer goes hand in hand with the implementation of new signage for paths and routes, allowing for the selection of the route according to its technical level, difficulty, and travel distance. All this information is available on the destination's digital platforms, [www.visitvaldaran.com](http://www.visitvaldaran.com), and the tourist application Guidaran, as well as on specialised platforms such as Wikiloc or TrailForks.

## ÒC BIKE FRIENDLY CERTIFICATION

Val d'Aran continues committed to improve the experience of customers who want to discover our territory by pedaling. With this aim in mind, the ÒC BIKE Friendly seal has been created, in which currently a total of 34 accommodations and 22 cycling companies certify that they offer specific services for customers who visit us with bicycles.



The accommodations certified with the ÒC Bike Friendly seal offer free minimum services for cyclists, such as bike storage space, specific bike racks and a basic toolkit.

## DIRT JUMP PARK

The Dirt Jump Park is a designated area where riders can enjoy and learn how to jump on a bike. With simple lines combined with more challenging ones, this space is perfect for all levels. In addition, courses and private sessions can be arranged, always ensuring maximum safety within the park.

More information:

<https://eratuca.com/es/verano/parque-saltos/>

## GUIDED E-BIKE TOURS ON SNOW

A new activity has been available in Val d'Aran since last winter: guided tours on electric bikes adapted for riding on snow and ice. These tours offer the chance to explore some of the most breathtaking landscapes of Val d'Aran while enjoying an unforgettable experience.

# EBTT/BTT AND ESSENTIAL ROAD CYCLING

Due to its itinerant nature, cycling and eBTT/BTT allow you to get to the heart of the Val d'Aran, offering an adventure on each route, crossing plains and winding tracks and trails. The valley has more than 800 km of approved eBTT/BTT routes and more than 120 km of cycle touring routes accessible to all types of cyclists.

All this offer is brought together through OC Bike, divided into four different categories: family, btt gravel, enduro and signposted and unmarked mountain passes. Likewise, the DH Val d'Aran Mountain Park and DH EnduRomies circuits in the forests of Baricauba and the Montromies mountain are designed for eBTT/BTT professionals and it is planned to open other in Les.

These spectacular free-access circuits are made up of modules, wooden walkways and jumps.



## BICYCLE FROM BAQUEIRA BERET

During the summer, Baqueira Beret offers 2 operating ski lifts, one in the Beret area and the other in the Baqueira area, to move visitors and their bikes to the heights, allowing to connect in an easy way with the high mountain environment. This direct access to the ski lifts makes it easier to explore a wide selection of paths and trails of varied difficulty.

For mountain biking enthusiasts, there is a wide variety of routes, going from the quiet beauty of the Camin DeraAigua to the challenging descent of Dera Cascada. Each route is an opportunity to experience the adrenaline and magnificence of the high mountains. There are also marked hiking trails to access stunning places, such as the magical Lacs deth Clòt der Os.

There is also a competition circuit in Plan de Beret, free and open to all public, with a distance of 5 km at an average altitude of 1,855 m and an elevation gain of 170 m. It is integrated into an existing route with several ascents through forest tracks, reaching 2,500 m. This makes it a unique route in the Pyrenees and in Spain, in an ideal location for sporting events and high-altitude training.

More information: <https://www.baqueira.es>





# EXPERIENCES IN NATURE

## ADVENTURE SPORTS

Rivers and waterfalls are an ideal environment for exciting water sports, such as canyoning, hydrospeed, rafting and kayaking. Other activities such as archery, horse riding and climbing are also available.

Different companies in the valley offer the services of specialised professional guides to safely experience the most exciting sports.



## VIA FERRATAS

There are 6 vias ferratas in the Val d'Aran. Access to all of them is free, although it is recommended to do them guided by experts.

- Eth Taro d'Arties. 330 m. long and an elevation change of 100 m. with a difficulty of 4K+.
- Ferrata de Les. 450 m. total length and an elevation change of 150 m. divided into two sections (the lower one only for experts, and the upper section for everyone).
- Torre de Cledes Les. 125 m. total length and an elevation change 80 m. Itinerary for beginners.
- Eth Poi d'Unha 775 m. long and an elevation change of 500 m. divided into three sections, the first of which is for
- beginners, suitable for children.
- Le Circ du Soleil
- Le Circ de la Lune.
- These last two in Arties. They are extremely difficult, so much so that outfitters have rated them K7+ and K7 respectively.



## NATURARAN

Naturaran, the adventure park in the trees, offers strong emotions and moments of fun to share with your partner, family and friends, where pleasure and sport become the main objectives. It has more than 200 challenges, including two enormous zip-lines of 120 and 250 m long, the latter considered to be one of the longest in the Pyrenees.

[www.deportur.com/naturaran/](http://www.deportur.com/naturaran/)

## FAUNA AND FLORA

The differences in altitude that exist in this small territory together with the influence of the Atlantic climate, give rise to a great biodiversity of species. The most characteristic are the bellow of the deer in autumn, the chamois, the brown bear, the grouse and the marmots. All these species can be observed through hides located in strategic places in the forest. In addition, in the Val d'Aran there are some of the most spectacular butterflies in the Pyrenees, being more than 40 species and 33 kinds of dragonflies. It is a real paradise where you can enjoy some of the most beautiful and difficult to find alpine flowers such as the nigritella orchid, the sundew and the water viola. There are guided routes that allow you to see and photograph the fauna and flora, with the help of local companies and guides with a great knowledge of the species, mushrooms and the natural environment of the area.



## FISHING

When the snow melts, the lakes, the reservoirs and the Garona River and Noguera Pallaresa River become a great attraction for lovers of fishing in all its categories, attracting enthusiasts from all over Europe.

## ARAN PARK WILDLIFE PARK

Surrounded by mountains and located in the heart of nature, the "Aran Park" wildlife park, located in Portilhon, in the village of Bossòst, shows the natural habitat of the Pyrenees, as well as the flora and fauna of Aran, through its itineraries, watching sites and exhibitions. It is possible to observe animals in semi-freedom in their own ecosystem. Bears, lynx, otters, grey and white wolves, marmots, large deer and mountain ungulates coexist within this park.

[www.aran-park.es](http://www.aran-park.es)





# HERITAGE AND CULTURE



## CHURCHES

The artistic wealth hidden in the Val d'Aran is one of the best kept treasures in the Pyrenees. Preserved for centuries, this valley has bequeathed us a varied linguistic, artistic and cultural heritage that has been able to maintain, thus preserving its uniqueness. A must-see is the Route of the Churches, which includes numerous Romanesque and Gothic churches and chapels. The most representative ones can be found in Salardú, Arties, Vielha and Bossòst. There are also beautiful Romanesque sculptures and carvings, such as the Christ of Salardú or the Christ of Mijaran in Vielha, and the baptismal fonts in Arties, Vilac and Vilamòs. The Gothic altarpieces and frescoes in some churches represent incredible biblical scenes, in Romanesque, Gothic and Renaissance style, constituting a unique and first-class artistic heritage.

## NATURE AND SPIRITUALITY

In the Val d'Aran there are different elements that, due to their history, symbolism and tradition, represent much more than simple spirituality, such as the Marian sanctuaries of Montgarri and Mijaran. The former is located in a beautiful mountain spot, next to the Noguera Pallaresa River, where every 2nd July people from the surrounding area come to worship the image of the Virgin.

The Santa Cruz (Holly Cross), located in the Romanesque style (12th century) church of Sant Andreu de Salardú, is also highly worshipped and receives crosses from nearby villages in procession every 3 May, to which various miracles are attributed and about which there are many legends.

Likewise, in the village of Bossòst, 7 chapels were built, according to the legend, to protect it from the plague. At present, its inhabitants maintain their devotion to them.



## MUSEUMS IN THE VAL D'ARAN

Museum spaces such as the Musèu dera Val d'Aran in Vielha, the Ecomusèu Çò of Joanchiquet in Vilamòs, the Musèu dera Nhèu in Unha and Eth Corrau in Bagergue, invite visitors to discover the lifestyles of past centuries. Guided tours are offered, both to these spaces and to some of the facilities of Aranese industrial heritage that have been restored. These include the Fabrica dera Lan in Vielha, the Mòla de Salardú and the Victòria Mines in Arres.





# VILLAGES OF ARAN

Buildings in the Aranese villages are built with stone, slate and wood to withstand the winter and the snow and they integrate perfectly into the landscape of the valley. The oldest houses date from the 14th and 15th centuries, and are true jewels of the Aranese architecture, for example the house Çò de Portolà, now the Parador de Arties; the house Çò de Peirjoan, in Escunhau (1393), declared BIC; the house Çò de Rodes in Vielha; and the house Çò de Brastet in Unha.

With the aim of making their charm known, some villages have joined the "Viles florides" movement with a great deal of gardening work in the urban landscape. Besides, Bagergue has been classified as one of the most beautiful villages in Spain. Some beautiful Aranese legends remain in these villages and are revealed in popular traditions and dances. In spring and summer, each village celebrates its own festival. The Haro festival in Les and the Taro festival in Arties, held on the night of Saint John, 23 June, are considered to be among the most popular festivals in the whole territory and have been declared World Intangible Heritage by UNESCO. The livestock markets held in autumn in the village of Vielha, Les, Bossòst and Salardú also stand out.

# GASTRONOMY AND COMMERCE



## GASTRONOMY AND WARM ATMOSPHERE

Gastronomy is another outstanding element of the Val d'Aran heritage. More than 170 restaurants in the territory encourage you to try both traditional dishes made with local products, and trendy cuisine, all of which is seasoned with the know-how and warm hospitality of the Aranese people.

Some of the dishes to be highlighted are the "òlha aranesa", meat stews, game meals, pâtés, trout and crêpes, not forgetting the typical liqueur: cassis. On the other hand, the most innovative cuisine introduces such succulent ingredients as duck, prepared in a thousand ways, and caviar or sturgeon, produced in the Les factory, which are used in sophisticated and luxurious dishes. Most of the bars in the Valley offer a wide variety of 'tapas' and 'pinchos' to enjoy in a truly mountain environment, warm and comfortable.

## SHOPPING

It is one of the main tourist pillars of the area, due both to quality and quantity, with establishments in most villages around the territory. Also noteworthy is the border trade that the Baish Aran area offers throughout the year and the large number of shops specialised in sports equipment, going from activities related to snow in all its forms to summer mountain sports. Likewise, the Aranese artisan products are identified and distinguished by a way of doing things that is typical of the territory, maintaining a balance between identity, tradition and modernity, in order to adapt to the new times. The artisans of Aran, also united under the same label, work with ancestral techniques and materials linked to the land, nature and our people. Their creations are unique not only for their artistic value but also because they convey Aranese identity, history, culture and tradition.



## MARCA DE GARANTIA VAL D'ARAN, TRADE MARK

Aranese products have been grouped under the name 'Marca de Garantia Val d'Aran' to guarantee their authenticity. These include Nacarii caviar, Aranese beer, "Òlha aranesa" sausages such as chorizo, langoïssa (cured sausage), pâtés, andito and bolh, cheese, yoghurt, honey, tronquets and coquilhons (sweets). These specialities can be bought in most of the shops in the valley.

Some local factories organise guided tours, such as the Caviar Nacarii production in Les and the Refu brewery in Bossòst.



# EXPERIENCES TO ENJOY WITH THE FAMILY



- The Val d'Aran offers multiple activities and services for family vacations.
- "Aran Park", the park with wild fauna of the Pyrenees in semi-freedom (bears, lynxes, otters, wolves, marmots and deer).
- "NaturAran", the largest and most modern adventure park in the Pyrenees.
- Beret Park: location for of countless winter and summer activities.
- Pony and horseback riding, rafting, canoeing, fauna and flora watching sites.
- Mountain biking and hiking routes accessible to everybody, bicycle rental services for adults and children, baby seats...
- Sport facilities.
- Museums and visits to centres of production of artisanal food products.
- Accommodation services that offer family rooms and special activities for children.
- Restaurants with menus for children.
- Cinema, workshops, games in the street.
- Nursery service in Baqueira during the winter.
- Fun circuits within the electric trial motorcycle and biketrial school for children from 3 to 15 years old. There is also the option to rent all-terrain electric mopeds.

## THEMED ROUTES

Val d'Aran has a new leisure offer of three themed routes with different themes. These routes, suitable for everybody, provide an opportunity to learn more about the valley's history, nature, and culture through various media and infrastructures.

The village of Les hosts the route on the Medieval History of Val d'Aran, Bossòst hosts the Fauna route, and Vilamòs offers the route dedicated to the traditional jobs of the women in the valley.

More information: [www.visitvaldaran.com](http://www.visitvaldaran.com)



# RELAX AND WELL-BEING IN AN EXCEPTIONAL ENVIRONMENT



Among the wide range of services offered by the region's accommodation, the commitment to wellness, health, well-being and relaxation stands out. In addition to the spa services offered by hotels with the most advanced health programmes and treatments, the Val d'Aran has various spa resorts. The sulphurous waters, captured at a depth of over 300 m, spring up at a temperature of over 30°C, providing mineral-medicinal benefits and therapeutic treatment for rheumatism, arthrosis, arthritis, skin diseases and circulatory or respiratory pathologies.

## TERMAS BARONÍA DE LES

Among its treatments, it uses cosmetic products from "Caviar Nacarii", produced and elaborated in the Val d'Aran ————— [www.termasbaroniadeles.com](http://www.termasbaroniadeles.com)

## BANHS DE TREDÒS

Located at an altitude of 1,740 m, this is the highest spa resort in Europe. Its location, on the bank of the Aiguamòg river and at one of the entrances to the Aigüestortes i llac de Sant Maurici national park, makes it an exceptional place. The thermal circuit consists of a vaporarium, Finnish sauna, hot marble room, indoor and outdoor swimming pool.

————— [www.banhsdetredos.com](http://www.banhsdetredos.com)

## THERMAL POOLS IN ARTIES

Arties public thermal pools are located on the Camin Reiau, next to the old building of the Arties thermal baths. Its sulphurous waters spring up at a temperature of 35°C with a temperature of 33°C in the pools. ————— [www.aguastermalesarties.es](http://www.aguastermalesarties.es)



# ACCOMMODATION (OFFER)

Hotels, Paradores Nacionales, country houses, guesthouses, hostels, campsites, mountain refuges, flats and villas form a varied offer of accommodation, designed to satisfy the needs of all types of visitors.

- More than 14,000 tourist accommodation places in hotels (1 \*\*\*\*\*GL, 3 \*\*\*\*\* , 14 hotels of 4\*\*\*\*, 19 hotels of 3\*\*\* , 17 hotels of 2\*\* and 9 hotels of 1\*) and 6 aparthotels, 25 guesthouses, 1 hostel, 7 refuges (5 high mountain and 2 medium mountain), 8 campsites, motorhome area and 13 country houses. There is also the option of renting a flat or a villa for tourist use.
- There are around 4,000 hotel beds available at the foot of the slopes in the Baqueira Beret resort.
- In the Val d'Aran there are 2 Paradores: in Vielha and Arties.
- 22,000 beds in secondary residences, in the different villages of the Val d'Aran and at the foot of the slopes. Many of them are available for weekend, weekday and long-term rental.

## A DESTINATION FOR BUSINESS TRIPS AND SEMINARS

In a unique natural setting hardly comparable with any other territory, the Val d'Aran, with a first-class hotel and tourist offer, provides companies and individuals with all the services, equipment and attractions necessary to organise meetings and business trips. A large number of hotels in the area have adapted rooms equipped with the most advanced technologies. There is also the option of local meeting rooms or other tourist facilities, such as campsites and pavilions. The complementary offer of the Val d'Aran has made it one of the tourist destinations with the most variety and quality in southern Europe. Adventure sport activities and elite sports such as rafting and heli-skiing complete the offer and make it a totally satisfying experience.



# SPORTS FACILITIES

Various sports facilities are located throughout the territory. The facilities are the scene of stages of different sports teams of different modalities that come due to the altitude, the climate and all the complementary offer that the destination provides.

It should be noted:

- Palai de Gèu de Vielha with a semi-Olympic swimming pool and a skating rink in Vielha and the Val d'Aran School of Sports Technicians in Salardú.
- Palace of Sports (Palai d'Esports).
- Padel courts.
- Naut Aran local soccer field.
- Les soccer field.
- Bossòst soccer field.
- Pump Truck d'Arties.
- Vielha Skate Park.
- In the summer, the outdoor pools of Salardú, Bossòst and Les.
- Dirt Jump Park de Betren

# TOWARDS A SUSTAINABLE DESTINATION



Aware of the privilege of living in a territory with exceptional natural resources, we have put all our efforts into preserving them and encouraging our visitors to respect both our environment and our identity.

From the Val d'Aran we promote initiatives aimed at minimising the impact of human presence through actions designed to enhance the value of our natural and cultural heritage, encouraging, among others, actions aimed at sustainable mobility and the promotion of culture and local traditions.

In addition, it is strongly committed to preserving our values and the local way of life, exploiting the cultural, heritage, linguistic, gastronomic and folkloric resources of the Val d'Aran.

On the other hand, during the months of maximum visitors flow, we establish control and regulation mechanisms for the main accesses to the natural environment, with the possibility of consulting the occupation status of each one of them in real time and thus avoiding unnecessary journeys. Also, in high season we increase the traffic of public transport and facilitate mobility by bicycle and on foot.

Likewise, it is worth noting the commitment of the Val d'Aran to advertise all its attractions and potential during all months of the year. In this sense, winter and summer are, par excellence, the months with the highest influx of tourists. However, the Val d'Aran has natural resources to live unique experiences also in autumn and spring. Unforgettable experiences, such as listening to the bellowing of the deer, the sensation of the rustling of the leaves in a beech forest or embarking on a mycological route through the forest, are only possible in autumn. And, what about the magic of moments such as the first blooms in the Pyrenees, enjoying the best waterfalls after the thaw or cycling through the incomparable landscapes that spring offers?

Although many actions have been carried out to position the Val d'Aran as a benchmark in sustainable tourism, there is still a long way to go.

Firstly, our destination is committed to sustainability as an intrinsic value of the territory and the basis of the new local development model, while making progress in the preservation and enhancement of its identity and rich heritage, both natural and cultural.

The great challenge the Val d'Aran is facing in terms of sustainability is to find a formula that manages to combine the economic efficiency of the territory, its social cohesion and environmental balance. All this without forgetting that the language, gastronomy, traditions, local customs and landscapes of the Val d'Aran are its backbone and, therefore, imperative elements in the roadmap towards sustainability.

Another pending issue in terms of sustainability in the Val d'Aran is to achieve certification as a UNESCO Biosphere Reserve, and for this it is essential to define strategies and actions to minimise the impacts of tourism on the territory, as well as to implement new projects that will transform the Val d'Aran into a Smart Tourism Destination.



# TRAVEL AGENCY

- ALPS ARAN [www.alpsaran.com](http://www.alpsaran.com)
- ARAN EXPERIENCE [www.aranexperience.com](http://www.aranexperience.com)
- CAMINS [www.camins.net](http://www.camins.net)
- CARROS DE FOC [www.carrosdefoc.com](http://www.carrosdefoc.com)
- EXCITING EVENTS [www.excitingevents.es](http://www.excitingevents.es)
- NATURA TRAVELS [www.pedalesdelmundo.com](http://www.pedalesdelmundo.com)
- SUN SKI TRIPS [www.sunskitrips.com](http://www.sunskitrips.com)
- VIAJES BAQUEIRA BERET [www.baqueira.es](http://www.baqueira.es)
- WILD WATCHINGSPAIN [www.wildwatchingspain.com](http://www.wildwatchingspain.com)
- ARAN CULTURAU [www.aranculturau.com](http://www.aranculturau.com)

## SOCIAL MEDIA



[https://instagram.com/val\\_daran](https://instagram.com/val_daran)



<https://m.youtube.com/user/ValdeAran>



<https://www.facebook.com/valldaran>



[https://twitter.com/val\\_daran](https://twitter.com/val_daran)



<https://www.linkedin.com/organization/9492838/admin/overview>



<http://pin.it/c-AtUhj>



[http://pin.ithttps://www.tiktok.com/@val\\_daran?\\_t=ZG-8sv6BgQX9OK&\\_r=1c-AtUhj](http://pin.ithttps://www.tiktok.com/@val_daran?_t=ZG-8sv6BgQX9OK&_r=1c-AtUhj)

[WWW.VISITVALDARAN.COM](http://WWW.VISITVALDARAN.COM)



  
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