

AIRELIBRE



FRENCH PYRÉNÉES

JUNE 23TH - 28TH, 2024

AIRELIBRE RUNNING & HIKING EXPERIENCES
SPRING/SUMMER 2024

FRENCH PYRÉNÉES

ABOUT THE EXPERIENCE:

Join us for an exhilarating journey that combines the thrill of running and hiking, set against the breathtaking backdrop of the Ariège region's tranquil foothills. Immerse yourself in the beauty of lush rivers, tranquil valleys, and challenging mountain tracks!



FRENCH PYRÉNÉES

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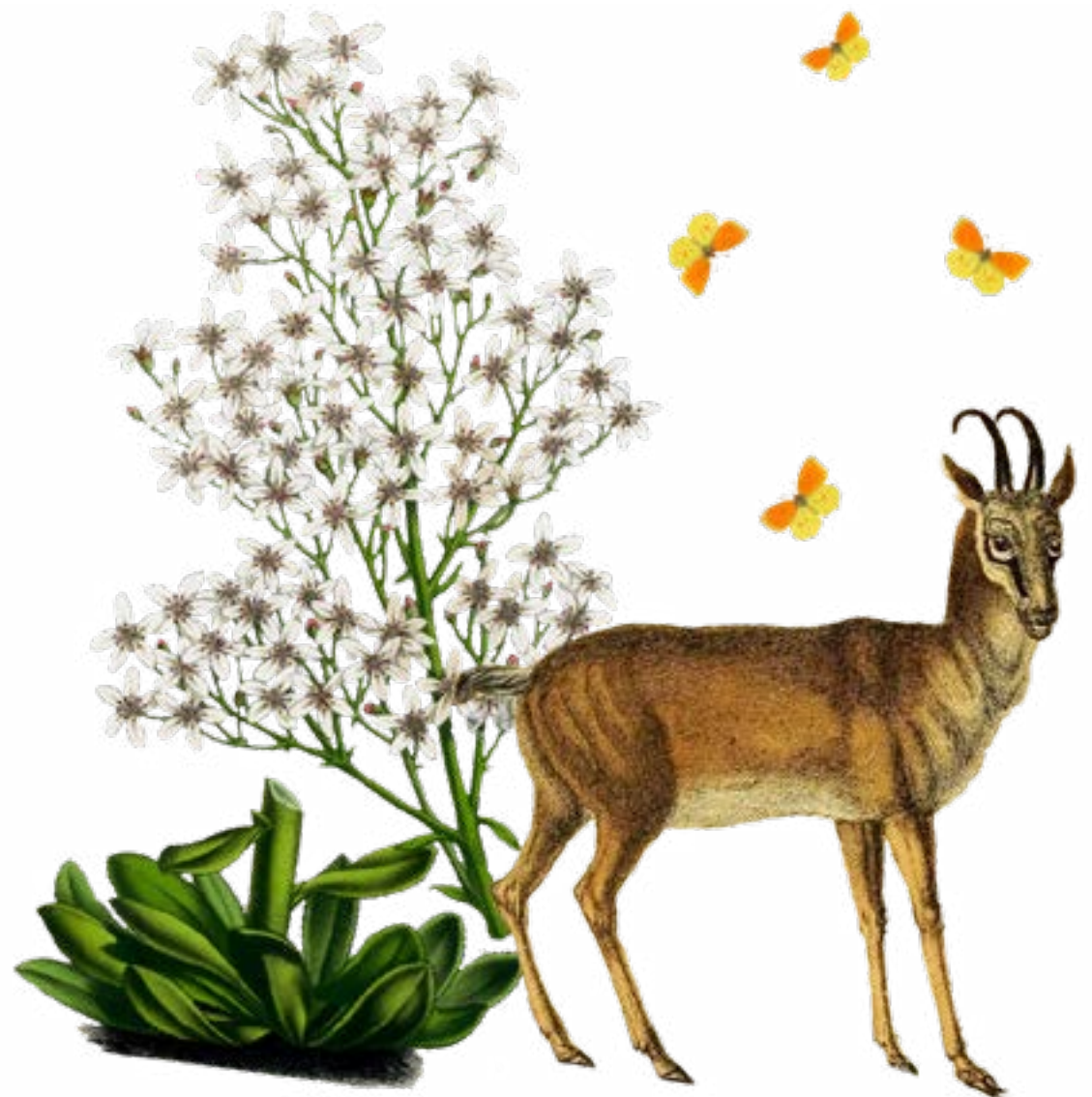
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Technical Details



Overview

LOCATION:

Ariège, France

DIFFICULTY:

Dynamic Challenge (Advanced)

DAILY DISTANCE:

Ranging from 6 to 18 km

MAXIMUM ALTITUDE:

2,700 m

MAXIMUM ELEVATION LOSS:

1,500 m

TRAVEL TO:

Toulouse- Blagnac Airport (IATA: TLS)

JUNE EDITION:

JUNE 23TH - 28TH, 2024

Set in the foothills of the Ariège region, this 6 day retreat will take the group through lush rivers, valleys and up to high mountainous single track.

Immerse yourself in the magnificent mountain scenery of the Pyrénées and its natural surroundings. The combined hiking and running distance for the retreat is 45 km. Private transportation, unique lodging and delicious local food provided during the trip will provide the backbone to a balanced exploratory week throughout this amazing landscape!



Highlights

Embark on an exploration of remote high mountain passes through hiking and running, guided by our local host, Thomas Galpin.

Experience the journey of Running Yoga, a platform that our Yogi, Solenne, will enlighten us with throughout.

Enjoy unique accommodations at the renovated riverside farmhouse, Zero Neuf, as well as at Refuge du Fourcat, situated at an altitude of 2,400 m above sea level.

Take part in a Birdlife walk guided by a local wildlife enthusiast.

Indulge in nourishing meals sourced from local producers, savoring the bounties of the abundant summer season.

BOOK NOW

Weather

In June, Ariège transforms into a splendid summer haven. As spring fades away, the region enjoys comfortably mild to warm temperatures. You can expect daytime temperatures to hover around 18°C to 25°C (64°F to 77°F), making it just right for outdoor adventures. Although occasional light showers might pass by, most days in June are sunny and inviting, urging you to enjoy Ariège's stunning landscapes under the gentle embrace of the early summer sun.



Your adventure itinerary

DAY 1

WELCOME YOGA PRACTICE – HOME COOKED DINNER

We will meet at our friend Hugo’s cafe, Minifundi. Hands down the best coffee in town.

We will then drive to Gaudies, where Mike and Joss, resident owners of Zero Neuf will welcome us.

The afternoon will see us go out on a chilled run through the farm lands and an introductory yoga session with Solenne.

Later we will gather for a home cooked welcome dinner prepared by our Host Joss.

LUNCH & DINNER: Included

ACCOMODATION: Zero Neuf - Twin or triple share



DAY 2

L’HERS RIVER WILD SWIM – 6 KM FARM TRAIL RUN

We kick off the day with an early start, diving into a meditation session and enjoying a wild swim right in front of the lodge in the L’Hers river. After a cozy homemade breakfast, we come together for our first run, where we’ll get acquainted with trail running in the area. This 6 km loop starts from our house, taking us over rolling farmlands and along the L’Hers River.

In the afternoon, it’s time for a delightful lunch followed by a chance to join a birdlife walk with Solenne, a local wildlife enthusiast.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Zero Neuf - Twin or triple share



Your adventure itinerary

DAY 3

GAUDIES TO REFUGE DU FOURCAT – 8 KM HIKE TO MOUNTAIN REFUGE

On this day our local mountain guide, Thomas Galpin, will take us through untouched forest and up to what will be our home for the next two nights.

This refuge perched high above 2,000 m overlooks three small lakes, and those that wish can have the opportunity to swim in their waters. During this part of our adventure, we will be carrying our own belongings up to the refuge, so please remember to pack smartly and lightly, and be sure to use a suitable hiking bag.

BREAKFAST, LUNCH, & DINNER: Included
ACCOMODATION: Shared occupancy in a mountain refuge - twin or bunk style

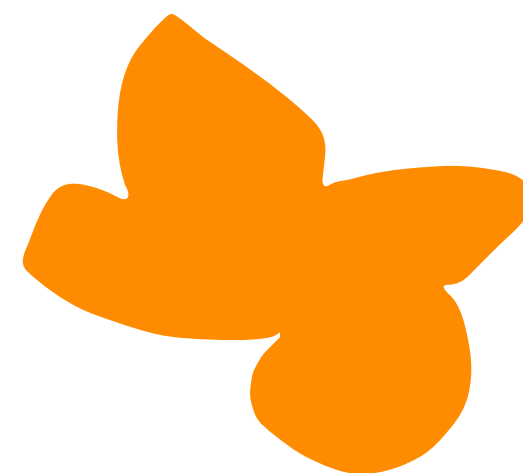
DAY 4

L'ETANG DU FOURCAT - 17 KM FEATURE MOUNTAIN RUN, TRISTAGNE AT 2,878M

Today, we ascend beyond the Refuge following a looped course that takes us over two mountain passes and across the Tristagne mountain range. This day will present the most challenging terrain, and we'll take care in our preparations to ensure that everyone has a fulfilling experience.

Our meals will be served once more in the refuge, with the resident Guardian preparing our food.

BREAKFAST, LUNCH, & DINNER: Included
ACCOMODATION: Shared occupancy in a mountain refuge - twin or bunk style



Your adventure itinerary

DAY 5

DESCENT FROM THE MOUNTAINS - 8KM
HIKE – TRANSFER TO GAUDIES VIA FOIX

As we hike down from the mountain range, we'll arrive at the historic Roman town of Foix, where we'll enjoy lunch. Afterward, we'll journey back to Gaudiès for a farewell dinner and our concluding yoga session.

BREAKFAST, LUNCH, & DINNER: Included

ACCOMODATION: Zero Neuf - Twin or triple share

DAY 6

FINAL MORNING RUN – BREAKFAST –
TRANSFER TO TOULOUSE BLAGNAC
AIRPORT OR CITY CENTRE

In the morning we'll gather for a final run and share a farewell breakfast to mark the conclusion of our journey.

BREAKFAST: Included

SHUTTLE TO AIRPORT: Included



Included

- Transportation throughout the whole experience.
- Specially designed trails along the magical landscapes of the Highlands.
- Carefully curated culinary experiences.
*We can accommodate all dietary preferences.
- Exclusively designed yoga and meditation sessions.
- All meals and accommodations for the duration of the experience.
- Knowledgeable and professional local guides.
Aire Libre & partner brands merchandise.
- Complimentary La Familia Global Community Membership (\$ 25 USD value)
- Dedicated sports and action photographer to capture your moments.

Not Included

- Airfare for your inbound and outbound flights to Toulouse / France.
- Travel Insurance. We highly recommend securing personal travel insurance for your peace of mind.
- Alcoholic beverages and any additional meals beyond the provided ones.



Suggested Packing List

- Quick dry running bottoms (shorts / tights).
- Warm jacket or polar fleece.
- Cool weather casual and sports clothing.
- Quick dry long and short sleeve tops.
- Windbreaker jacket (compact).
- Long sleeve thermal (Merino, polypropylene or similar) top in addition to the clothing worn for the run.
- Hiking backpack 30 L for Days 3,4 and 5
- Sandals, bathing suit, and quick-drying towel.
- 2 pairs of trail running shoes.
- Sufficient pairs of running socks
- Biodegradable sunblock, cap and sunglasses.
- Biodegradable insect repellent.
- Night Lamp or headlamp.
- Personal medical kit (recommendation with basic medication for any ailment).
- Hydration vest or refillable bottles 2.5 L.
- Thermos for coffee or tea.
- Power plug adapter or voltage converter.
- Personal energy snacks (bars, nuts,etc...).
- Small waterproof bag to protect cameras and phones in case of rain during runs.*
- Hiking poles.*

Optional



Pricing



INDIVIDUAL BOOKING: \$ 3,149 USD

BOOKING IN PAIRS: \$6,098 USD (Save \$200 USD)

Secure your spot with a 10% deposit

Payment installments available at Checkout

Accommodation options

For nights 1, 2, and 5, your accommodation awaits at Zero Neuf, a beautifully transformed 1800s riverside farmhouse nestled in the heart of the village of Gaudies.

Nights 3 and 4 at the mountain refuge offer twin or bunk-style accommodation, providing a cozy rest. Positioned at an elevation of over 2000 meters, the refuge offers a mesmerizing view of three small lakes.

You have the choice to enhance your experience for nights 1, 2 and 5 by upgrading to private accommodations at check-out.

No Single Supplement available for nights 3 and 4. Please refer to the itinerary for detailed information about the capacity available for accommodations on each night of the trip.



Your Host

GEORGE BAUER

He is a Melbourne-raised runner who now lives in the Highlands of Scotland, fulfilling a dream to explore single track trails from his doorstep. George's inspiration comes from the vast and varied experiences that running has brought him. He is a project designer focused on creating community through his love of plant-based food, and the exciting ways in which we can exercise the body and mind.



To connect with George, you can find him on Instagram as [@_georgebauer](https://www.instagram.com/_georgebauer)

THOMAS GALPIN

He is a French mountain lover living near the Pyrénées. He left Toulouse two years ago in order to be closer to the mountains and adopt a "local" life.

Thomas has competed a lot in the past (mostly ultra trail and adventure races), which has developed its adventure spirit. He is constantly searching for creating new adventures and sharing good moments with friends in the mountains.



Before you travel

- Currently, France's international borders remain open.
- A valid passport is required for entry.
- [ETIAS visa](#) might be required depending on nationality.
- Foreigners might be required to present a return ticket.

BOOK NOW



DO YOU NEED ANY ADDITIONAL INFORMATION?
SCHEDULE A CALL WITH OUR TEAM!

CLICK HERE