

THE PYRENEAN HAUTE ROUTE

The HRP high-level trail

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Following the main ridge as closely as possible, the 750km Haute Route is arguably the most spectacular and challenging long-distance trek through the Pyrenees, crossing the French-Spanish border multiple times as it makes its way from coast to coast, from the Atlantic to the Mediterranean.

The entire traverse takes around 6–7 weeks and is a popular thru-hike, however, it can be walked in shorter chunks: this guide presents the route in five sections – each starting and finishing at a location accessible by public transport – with each section then broken up into graded day stages. Covering a variety of challenging terrain, and passing through some remote areas with no waymarking or even paths, this is a tough route for experienced and well-prepared trekkers confident in navigation.

As well as clear route description and mapping for each of the 44 stages, the guide provides advice on essential items to take, travel and mountain safety, plus comprehensive notes on amenities and mountain huts.

Showcasing some of the region's most enchanting mountain scenery – from striking peaks to idyllic lakes – the Pyrenean Haute Route promises unrivalled adventure in truly dramatic landscapes.

Key marketing points

- Spectacular and challenging trekking through the highest and best of the Pyrenees
- Includes several variants offering bad-weather alternatives or a means of avoiding the most difficult terrain, plus ascents of ten classic Pyrenean summits, including Pico de Aneto, the highest mountain in the Pyrenees.

About the author

Tom Martens grew up in Belgium and first visited the Pyrenees in 2008 with a friend. This first exploration was so enchanting that he has been back every year since. He has hiked extensively in the national parks and has traversed the whole length of the Pyrenees several times. He also enjoys hiking in Scotland and Estonia, where he currently lives.

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