



USEFUL INFORMATION 2025

The key thing to know to come

CONTACTS DURING CARETAKING SEASON

Reservation required by telephone or email

00 33 (0) 988 18 34 53

refuge.estagnous@gmail.com

During off season : You can contact the caretakers on their cell phones

Stéphane AMIEL : 00 33 (0)6 74 28 46 26 / Laurent TRIOLET : 00 33 (0)6 83 55 28 43

Administrative address : SAS LES ESTAGNOUS – Pedescat – 09700 SAVERDUN

SEASONS

- **Caretaker season from saturday 14th of June to sunday 28th of September 2025 and from saturday 04 to sunday 05 of october 2025.**
- Off season the refuge is open and free of charge, 20 mattresses, 20 blankets, picnic room, water outside.

ROAD ACCESS

From Saint-Girons take the D618 then the D4 and follow the Lez river valley . You will cross Castillon en Couserans and les Bordes-sur-Lez. After 2 km turn left on the road to Ayer, follow the Ribérot river valley until the car park of Pla de la Lau.

HIKING TRAIL

From the car park of Pla de la Lau (930m) to the Estagnous refuge (2246m) follow the GR cross-border trail (red and white trail markings). 1350 m vertical climb, 4h hike.

From the refuge to Mont Valier (2838m) 600 m vertical climb, 1h30 hike (yellow trail marking).

RATES 2025

half-board	48,50 euros	breakfast	8,50 euros
meal	23,00 euros	pack lunch	13,00 euros
night	20,00 euros	hot shower	3,50 euros
large choice of hot and cold drinks, wines		tent rental (put up yourself) 3 persons + rubber mattresses	24,00 euros

Payment : The refuge is not equipped for bank cards (please pay with cash only). All changes or cancellations must be made by telephone 48 hours before reservation date at the latest.

TYPICAL MEAL

Starter (soup), main course (meat and side dish), local cheese, desert. Wine and coffee in addition. For special vegetarian or allergy diet please specify upon reserving.

VISITING CONDITIONS

- The refuge provides communal type lodging.
- Please present yourself to the caretaker upon arrival.
- Refuge hours : Dorms open around 3 pm. Evening meal taken in common at 7h00 am. Breakfast between 7h and 8h am. Lights out at 10h30 pm.
- clogs and carry bag provided (shoes and rucksacks not allowed inside the refuge).
- Travel sheet (or sleeping bag) required : disposable sheets on sale at refuge 5€.
- Mattress, bed comforter and pillows provided.
- The refuge is equipped with paying showers, visitors provide their own toilet gear.
- Dogs are not allowed in the refuge.
- There is no mobile phone access at the refuge.
- The refuge does not handle the hiker's rubbish.

ESSENTIAL GEAR

- Be equipped with appropriate trekking gear
- In early season, when snow drifts remain between the refuge and the Col de Faustin, bring ice axe and crampons - for the slope is steep.
- IGN TOP 25 20480T map at 1/25000 Aulus-les-Bains/Mont Valier.
- Check the weather report before coming.
- Emergency telephone number : 112
- At the refuge : bring electric torch and warm, dry clothing.

☎00 33 (0)988 18 34 53 / refuge.estagnous@gmail.com