

Ready for adventure?  
Explore the mountains in  
complete safety!



**PYRENEES**  
**2 VALLEES**  
AURE - LOURON

# Explore the Mountain safely

*The mountains are an exceptional playground, but they require vigilance and preparation!*

*Here is a guide to the precautions you should take to best prepare for your outdoor activity.*





# Hiking



## Before leaving

- Check the weather forecast: avoid setting off in bad weather.
- Plan your route: adapt the length and difficulty to your level.
- Inform a friend or relative: tell them where you are going and when you expect to return.
- Allow for a safety margin: for breaks, unforeseen events or changes in the weather.

## Essential equipment

- Suitable hiking boots
- IGN map, GPS, guidebook, compass
- Water (minimum 1.5 litres per person), energy snacks
- First aid kit
- Suitable clothing (layers, windbreaker, hat, gloves)

## Keep an eye on

- Fatigue, dehydration, hypothermia
- Signs of weather change
- Respect for flora and fauna (no picking)
- Knowledge of best practices in pastoral areas



## Hike with a mountain guide

To benefit from their experience and knowledge

## Checklist to tick before leaving

- ☐ Weather checked
- ☐ Route planned and shared with a friend or family member
- ☐ Phone charged
- ☐ GPS app or map installed/brought along
- ☐ Sufficient water
- ☐ Food/energy snacks
- ☐ First aid kit
- ☐ Insurance up to date
- ☐ Suitable clothing



# Road bike & Mountain bike



## Before leaving

- Check your equipment: brakes, tyres, lights, transmission, correct tyre pressure.
- Choose a suitable route: traffic, distance, elevation.
- Check the weather forecast.

## Essential equipment

- Helmet (mandatory)
- Reflective vest (mandatory at night or in poor visibility)
- Water bottles, energy bars
- Spare inner tube, pump, multi-tool, puncture repair kit

## Road safety

- Follow the rules of the road.
- Ride in single file on the right.
- Be visible (lights, reflective clothing).
- Do not cut corners.
- Control your speed.

## Specific risks

- Falls during descents or on technical terrain
- Fatigue or hypoglycaemia
- Poor navigation in forests or mountains



A repair kit is available at the tourist offices in Vielle-Aure and Arreau.

## Checklist to tick before leaving

- ☐ Weather checked
- ☐ Brakes working
- ☐ Tyres properly inflated
- ☐ Transmission smooth
- ☐ Wheels securely fastened
- ☐ Saddle and handlebars adjusted
- ☐ Repair kit taken
- ☐ Energy snacks and water bottle





# Paragliding

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## *Before the flight*

- Hold a licence or fly with a qualified instructor.
- Check weather conditions carefully: wind, thermals, storms.
- Analyse the take-off and landing sites: topography, obstacles.
- Check for power lines.

## *Essential equipment*

- Sail checked and in good condition
- Approved helmet
- Radio for communication
- Rescue parachute
- Altimeter, variometer

## *To be avoided*

- Flying in turbulent or stormy conditions
- Flying without warming up or checking the weather
- Failure to comply with local regulations (restricted areas, air traffic)



## *Download the app "Ligne alerte"*

To find out where power lines are located

## *Checklist to tick before leaving*

- ☐ Flight site analysis
- ☐ Favourable weather conditions
- ☐ Helmet
- ☐ Controlled wing
- ☐ Radio charged
- ☐ Reserve parachute checked
- ☐ Altimeter/variometer



# Fishing



## Before fishing

- Check with the local fishing federation (APPMA) beforehand.
- Respect signs indicating danger.
- Be vigilant while fishing for any changes in water levels or flow rates.
- Stay on the banks; do not stand on small islands.
- On lakes, respect the areas marked by buoys.

## Recommended equipment

- Rod suitable for the technique used (and well insulated)
- Life jacket
- Suitable clothing
- Non-slip boots or waders
- Pliers, spare hooks, line cutter
- Waterproof box with papers, charged mobile phone

## Specific risks

- Never fish in the immediate vicinity of a dam or sluice gate.
- Move away immediately if the water level rises or if a warning signal sounds.
- Do not swim or wade across rivers near hydraulic structures.
- Carbon or conductive fibre fishing rods can cause fatal electrocution if they touch or come close to a high-voltage power line.
- Always locate power lines before casting your rod.
- Keep a safe distance of at least 5 metres from power lines.

Alert your local APPMA (Association for Fishing and Protection of Aquatic Environments) if you see a dangerous situation.

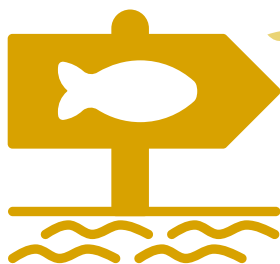


## Download the apps "Ligne alerte" and "Ma rivière et moi"

To find out about the presence of power lines and water releases in real time

## Checklist to tick before leaving

- ☐ Valid fishing licence
- ☐ Weather checked
- ☐ Phone charged and waterproof
- ☐ Location shared with a friend or family member
- ☐ Drinks and snacks
- ☐ Suitable clothing
- ☐ Life jacket





# Climbing



## *Before climbing*

- Check the condition of your equipment (harness, rope, carabiners, belay device, helmet).
- Ensure that your equipment is certified and suitable for the activity.
- Check your rope knot (figure-eight knot + stopper).
- Check your partner's belay device before each climb.
- Wear a helmet (rock falls).
- Know the route and locate the anchor points.
- Warm up properly (fingers, shoulders, legs).

## *Essential equipment*

- Harness: well adjusted, straps tightened correctly.
- Rope: dynamic, suitable.
- Belay device: tube type, grigri or other, mastered by the belayer.
- Carabiners and quickdraws: approved, in good condition.
- Helmet: protection against falling rocks and impacts.
- Climbing shoes: suitable for the foot, not too worn.
- Chalk bag.

(Optional depending on practice): safety lanyard, abseil descender, additional protection for adventure terrain.

## *Checklist to tick before leaving*

- ☐ Conditions checked
- ☐ Equipment checked
- ☐ Rope knot checked
- ☐ Cross-checked with partner
- ☐ Helmet worn
- ☐ Clear communication established with partner
- ☐ Rope suitable for the route
- ☐ Carabiners/quickdraws in good condition
- ☐ Belay system properly installed and mastered
- ☐ Physical warm-up completed



# Water sports



## Before leaving

- Check with the local tourist office or white water sports federation beforehand.
- Respect signs indicating danger.
- Be vigilant during the activity for any changes in water levels or flow rates.
- Respect the safety zones marked by red buoys.
- Avoid risky behaviour, taking into account your level of experience.

## Équipement indispensable

- Life jacket compliant with standards (NF/EN/ISO 12402-5)
- Suitable helmet (NF/EN 1385)
- Neoprene wetsuit and gloves — wet or dry
- Water shoes or boots with non-slip soles
- Waterproof container or bag
- Safety knife
- Paddle if necessary
- GPS, VHF or waterproof telephone
- Maps, licences or permits if necessary

Water bottle or filter



## Download the app "Ma rivière et moi"

To find out about water releases in real time



## Go with sports agencies

To enjoy a safe and enjoyable sporting activity (canyoning or rafting) in an aquatic environment accompanied by a professional.

## Checklist to tick before leaving

- ☐ Weather conditions checked
- ☐ Equipment checked
- ☐ Boat equipment listed
- ☐ GPS, VHF or waterproof telephone
- ☐ Information obtained from local offices
- ☐ Identification of prohibited and hazardous areas
- ☐ Identification of safety beacons
- ☐ Verification on the proposed application
- ☐ Necessary maps or permits





# Swimming

## Before leaving

Even in calm weather, river flows can vary dramatically and the banks of waterways can be slippery.

More than 10,000 yellow warning signs placed along rivers and lakes indicate hazardous areas so that you are not caught off guard.

Red markers indicate areas that are off-limits on the water.

## *The right reflexes*

- Respect signs indicating danger.
- Respect areas marked by buoys and, in rivers, stay on the banks; do not go onto small islands.
- Do not leave children unattended.
- Be alert to any changes in water levels or flow rates.
- Avoid risky behaviour such as jumping into the river.
- Avoid areas where you cannot quickly retreat in the event of rising water levels.
- Check the regulations in force on high-altitude lakes.



## *Download the app "Ma rivière et moi"*

To find out about water releases in real time



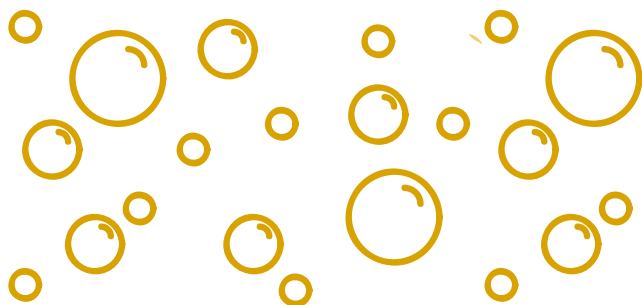
## *Reminder for swimming:*



All water activities are prohibited within the Néouvielle Reserve and the Montious Reserve.



Swimming in the River Neste is strongly discouraged.





# Winter activities

## Cross-country skiing, downhill skiing, snowshoeing

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### Before leaving

- Check conditions with the ski resort.
- Choose a route suited to your level.
- Check the local weather forecast and risks (storms, avalanches, etc.).
- Study the map and identify key points (refuges, passes, etc.).
- Inform a friend or family member of your route and expected return time
- Find out about the terrain conditions
- Check that you are in good physical condition
- Avoid setting off alone or make arrangements so that you can be located

### Essential equipment

- Clothing suitable for the conditions
- Equipment required depending on the activity
- A change of clothes if necessary
- If off-piste: avalanche transceiver, avalanche probe, snow shovel, etc.
- Map, compass, hiking app
- Fully charged mobile phone
- Ski pass with insurance (recommended) for the ski area



### Hire a ski instructor or mountain guide to accompany you.

To benefit from the knowledge and experience of a professional

## Checklist to tick before leaving










- ☐ Weather conditions checked
- ☐ Loved ones notified
- ☐ Information on any current risks obtained
- ☐ Equipment checked
- ☐ GPS, maps, compass
- ☐ Necessary emergency equipment
- ☐ Locations of prohibited and hazardous areas identified
- ☐ Routes identified
- ☐ Phone charged
- ☐ Ski pass up to date







## Emergency numbers

 Service	 Numbers
 <b>Emergency Call Europe</b>	<b>112</b>
 <b>Emergency call by FAX or SMS</b>	<b>114</b>
 <b>Police</b>	<b>17</b>
 <b>Firefighters</b>	<b>18</b>
 <b>Emergency Medical Services</b>	<b>15</b>
 <b>Toulouse Poison Control Centre</b>	<b>(00 33) 05 61 77 74 47</b>
 <b>On-call doctor</b> (8 p.m. to 8 a.m. Monday to Friday, 24 hours a day on weekends and public holidays)	<b>3966</b>



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Available from the Arreau & Vielle-Aure Tourist Office shop.

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