

The Louron Valley

TEAM SPIRIT!

2024



PYRÉNÉES
CENTRAL PARK
Athletes country!

vallee-du-louron.com

PEYRAGUDES n'py

Val Louron

balnéa

INSTITUT SPORTIF DU LOURON
SANTÉ & PERFORMANCE

20 TERRE DE JEUX 24

Syndicat thermal et touristique de la Haute Vallée du Louron

BIKE & TRAIL
VALLÉE DU LOURON

HAUTES PYRÉNÉES
LE DÉPARTEMENT



The Louron Valley offers professional and amateur sports clubs alike the very best training conditions in all the Pyrenees. Whether outdoor activities or specific activities, we have everything you need to bring out the best in your athletes.

— An exceptional training ground for sports clubs!

They came to train

in Loudenvielle



OUR MAJOR SPORTING EVENTS

9 TO 11 MAY: 5th Pyrénées Louron Air Festival

1 TO 5 JULY: Haute Route Pyrénées 2024

14 JULY: Start of the 15th stage of the Tour de France - Loudenvielle

15 JULY: Pyrénées Cycl'n Trip

9 & 10 AUGUST: 10th Trail du Louron

6 TO 8 SEPTEMBER: UCI MTB World Cup at Loudenvielle-Peyragudes



MUCH MORE THAN JUST A VALLEY

2 | THE LOURON VALLEY / TEAM SPIRIT!

In the heart of the valley, lies Lac de Génos-Loudenvielle lake, like a mirror reflecting the mountains that surround it. Dominated by towering peaks, two ski resorts look across to each other: 'Peyragudes', straddling the Larboust Valley (Luchon) and Louron Valley, and 'Val Louron', between the Louron Valley and Aure Valley (Saint-Lary). These two playgrounds offer year-round sunshine and a whole host of activities and entertainment. In winter, as you ride up to the top of the slopes, the breathtaking panoramic views of the high mountains and their iconic peaks will leave you speechless. In summer, the Louron Valley reveals its wonders on a walk, hike or any one of the wealth of other solo or team activities on offer.



SPORTS FACILITIES



Valgora

Valgora is a new complex housing a gym for **indoor sports activities**, with a **multi-sports gymnasium featuring badminton, basketball, volleyball and tennis courts.**

The state-of-the-art building

L'institut du sport

A unique and ambitious centre dedicated to the physical training of male and female amateur and elite athletes.

On the first floor, with a mezzanine overlooking the over 200-m² gym, there is a 100-m² space for **fitness sessions**, creating a self-contained fitness suite.

Gym equipment:

- **5 x power racks**, 2 of which with integrated lifting tray and all with the necessary Eleiko equipment for elite training
- **1 x 25-m synthetic turf track** (option to attach resistance bands, with harness, to the wall to train using a push sled (Torque Tank MX))
- **3 x Keiser functional trainers and 2 x performance trainers**
- **1 x A300 Squat Pro, 1 x A300 Leg Press and 1 x A250 Seated Leg Curl from Keiser**
- **1 x area with reinforced wall** for wall ball workouts
- **1 x set of Ultimate random weights Instability** (Aquaball, Aquasphere)
- **1 x Exxentric inertial platform** (Pro Kbox4 Ultimate System)
- Wide range of **Blackroll self-massage products**
- Various types of **free weights**, with sufficient quantities for a professional team sports squad



Equipment in the fitness session space:

- 3 x Keiser M3i ergometers
- 1 x WOODWAY 4Front treadmill
- 3 x Concept2 RowErg rowing machines
- 2 x Crossmaxx Air Bike PRO
- Plyo box, 15 cm to 60 cm
- Step block
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The team from Toulouse rugby union club training in Loudenvielle



Rugby pitch

A field for major games, with football and rugby training ground. The rugby pitch has a total dimension of **122 m x 75 m**, with a 10-m in-goal area and 3.5-m side clearances, i.e. **9,150 m² of natural grass surface**. The configuration of the playing area meets the requirements of **Category A** for rugby and **Level 5** for football.



NEW IN 2023 XCO MOUNTAIN BIKE STADIUM

With 4 trails for all levels, 6 km of track, a coaching room, physiotherapy, a garage, a bicycle workshop and a permanent timing system, a whole new cross-country centre has been created in Val Louron. The stadium is ideal for use as a training ground for elite teams and for those who are beginners or looking to improve their mountain biking skills. A multitude of skills workshops punctuate the routes (rock gardens, jumps, steps, crossings etc.), offering a unique environment for improvement. The centre has been certified as an XCO mountain bike stadium by the French Cycling Federation (FFC).



LE BASSIN OLYMPIEN AT BALNÉA SPA

This indoor swimming pool, built as a continuation of the Bains Mayas outdoor pools and changing rooms, opened its doors last year. The 25-m long, 15-m wide pool, with a depth of 1.3 m to 2 m, is filled with thermal water and has six swimming lanes. Lanes can be hired, for optimal swimming practice.



OUTDOOR COURTS

Valgora's sports facilities include two outdoor padel courts, a beach volleyball/ beach rugby court and a city stadium. Enough to keep sports enthusiasts happy all year round!



- A sports ground in nature



LOURON BIKE & TRAIL

A first-rate destination for a whole host of outdoor activities and fun in a mountain setting. An entire 500 km of Enduro, DH and cross-country mountain bike trails, accessible by e-mountain bike and from the ski lifts, such as the Skyvall cable car. On this playground, used by the World Cup since 2021, there is also a cycling and gravel area with 12 routes and a trail running area with 14 routes between the peaks of the mountains and the bottom of the valley. The new downhill mountain bike track inaugurated at the 2023 World Cup was a big hit with international riders. The 2024 edition, from 5 to 8 September, also promises to be a great show! This practice area will ideally complement the range of activities offered by the preparation and and oxygenation courses.



GÉNOS-LOUDENVIELLE LAKE

By the village of Loudenvielle, a 32-hectare lake lies nestled in the heart of the Louron Valley, at the foot of the Val Louron and Peyragudes ski resorts. The 3 km path around the lake is perfect for those after a pre-sport warm-up or post-sport recovery in a stunning natural setting.

The lake is also a great nature reserve for brown and brook trout fishing. With pedal boats (for up to 4 people), canoes, kayaks and SUPs available for hire, it's also a fantastic destination for water-based activities.

- Adrien Fresquet, member of Peyragudes Ski Club and the French ski team



2 SKI RESORTS

In Peyragudes, 60 km of slopes, ultra-rapid ski lifts, state-of-the-art equipment, a valley lift linking the Upper Louron Valley with Peyragudes in less than 10 minutes... All designed to make skiing easier.

In Val Louron, the resort dominates the Aure and Louron valleys, with scenic slopes with sweeping panoramic views and easy runs for beginners.

- Ideas for group activities

- E-mountain biking
- All-terrain scooting
- Team-building: orienteering & Olympics boot camp
- Paragliding
- Rock climbing school in the Louron Valley
- Canoe or kayak rafting
- Le Pas de Loup outdoor activity centre: paintballing, axe-throwing, archery



- A dedicated sports health centre

Loudenvielle Health Centre boasts state-of-the-art facilities and a multidisciplinary team of doctors, physiotherapists, osteopaths and chiropodists, serving all patients. Regardless of age, objective or elite athlete, with or with no medical conditions, it offers everyone the very best personal care.



BALNÉA SPA: BLISSFUL RELAXATION IN THERMAL WATERS

*B*alnéa Spa, the premium thermal spa complex in the French Pyrenees, invites you on a sensational experience for all the senses, inspired by bathing traditions from around the world. The mountains, the lake and unspoilt nature all enhance the beauty and benefits of this thermal jewel.

L'espace Tibétain

On the first floor of Balnéa Spa. Enjoy a wellness voyage around the world, with a different scent of perfumed essence in each of the **20 cabins**: the West, the East, Asia, India, the Pacific, Oceania...

Choose from over 30 treatments, from the conservatively classic to the extraordinarily exotic, all using natural cosmetics, with no colourants, parabens or synthetic perfumes.



Le Bassin Olympien

The indoor swimming pool with naturally warm thermal water.

- 25m long x 15m wide
- 6 swimming lanes

— *Discover 6 destinations from the 4 corners of the world in just 4,000 m²*

The restaurant

On the first floor, the **100-seat dining room** has a natural look and feel, thanks to its wood and glass design. It offers a **healthy, balanced menu** and magnificent views of the lake. Every lunchtime, it serves up a menu of 4 starters, 4 main courses and 4 desserts, a vegetarian menu and an à la carte menu, with all dishes made with **fresh vegetables** and **products Made in France**.



WHERE TO EAT & SLEEP



- The 5* Wellness Sports Camping

A unique wellness and sports experience

Located on the edge of the village of Loudenvielle, the Wellness Sport Camping campsite invites you to enjoy a break dedicated to rest and relaxation. **With 55 mobile homes for 4 or 6 persons available all year round and 4 trapper lodges and 25 pitches available from spring to autumn**, you can find the right accommodation for you. The outdoor spa, comprising a Japanese pool, Nordic bath and open-air sauna, complete with mountain views, is open from morning to evening, in the heart of the campsite.

Discover: Our introduction to yoga sessions with Stéphanie, our master yogi! The Skyvall cable car is just a few minutes walk from the campsite. A multi-purpose room with a central fireplace is also available during the day or evening to simply relax in, take part in activities and events, enjoy a drink or savour one of the specialities on the menu from restaurant Chez Jo!



- The 3* Les Jardins de Balnéa

Apartments for groups

The complex offers **69 guest apartments** in Loudenvielle. The stone buildings, with their slate roofs and woodwork, are in keeping with **the traditional local architecture and blend in with their Pyrenean mountain surroundings**. The apartments, which can accommodate up to 10 guests, all comprise a living room with TV and sofa bed and a fully equipped kitchen with ceramic hob, fridge, dishwasher, microwave and kettle. Internet access is available **free of charge**, as are hair dryers, irons and toasters. Guests can also book to have breakfast or dinner at a **partner restaurant** on request.



- Nabias hotel residence

Accommodation with meals, ideal for clubs

At the heart of the Val Louron resort, Le Nabias offers **ideal accommodation** for **groups** or **clubs**. Stays are available on a **half-board** or **full-board** basis in a privileged setting: all you have to do is concentrate on your training sessions and performances.

- La Petite Plage

In the heart of the Louron Valley, on the shores of Lac de Génos-Loudenvielle lake, between turquoise blue waters and imposing mountains, a happy hub for holidaymakers, locals, groups and professionals looking to get away from it all. La Petite Plage invites you to visit its beach club right on the water's edge, with a **restaurant**, **three terraces** and a fantastic **menu of local and seasonal gourmet snacks**. **Capacity: 250 inside and 150 on the terraces.**



THE 4* MERCURE

PEYRAGUDES LOUDENVIELLE PYRÉNÉES

A hotel that meets all your team training needs

Altitude Loudenvielle: 960 m

Altitude Peyragudes: 1,600 m

(direct access from the hotel by Skyvall cable car)

A single dedicated contact person.

At the foot of the Skyvall cable car

SLEEP:

Spacious room, from 20 m², with balcony, mountain views:

- 9 single rooms (bed 160 x 200)
- 17 twin/split-level rooms (bed 90 x 200)
- 9 triple rooms
- 25 quadruple or split-level rooms
- 2 suites
- **High-speed WiFi** and Chromecast system

EAT:

- **Healthy cuisine** tailored to your specific requirements
- **Meals, breakfasts and snacks served as buffets**, with respect to product brands and requested timings
- **Large outdoor terrace** with outdoor waterside restaurant & grill

MEET:

- **2 meeting spaces with audio/video equipment** and mountain views, with removable partitions: 80 m² and 60 m²
- **Private room** for your medical team

FACILITIES:

- **Gym**, with direct access from the hotel
- **Jacuzzi/sauna**
- **Petanque court**
- Heated outdoor **swimming lane**



GETTING TO THE LOURON VALLEY



BY CAR

Access via A64, Exit 16 or 17.
Distances from main towns:
Tarbes (80 km), Pau (120 km),
Toulouse (162 km), Bordeaux
(311 km), Nantes (634 km),
Paris (836 km)



BY TRAIN

Lannemezan
(40 km - connection by bus)



BY AIR

Tarbes-Lourdes Pyrénées
Airport = 8 km
Pau Pyrénées Airport (Uzein) =
110 km
Toulouse-Blagnac Airport =
160 km

The proximity of all points of interest is a definite advantage. Whether you wish to get around on foot, by bike or by car, everything is easily accessible. Please feel free to contact us if you would like to customise your trip to meet your specific transport preferences and/or requirements.

CONTACT INFORMATION

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SPORTS ACTIVITIES & EVENTS

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