

# Sons of Lerrestia Cape High 30: A High Altitude Journey Through the Spine of the Pyrenees

The Sons of Lerrestia Cape High 30 is a challenging and rewarding high altitude hike through the stunning Pyrenees mountain range. The trek takes hikers through some of the most beautiful and remote landscapes in Europe, including high mountain passes, crystal clear lakes, and lush valleys. The hike is also a great way to experience the rich culture and history of the Pyrenees region.



## Sons of Lerrestia (Cape High Series Book 30) by R.J. Ross

★ ★ ★ ★ ☆	4.6 out of 5
Language	: English
File size	: 1389 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 271 pages
Lending	: Enabled
Hardcover	: 502 pages
Item Weight	: 1.58 pounds
Dimensions	: 6 x 1.19 x 9 inches



## Route Description

The Sons of Lerrestia Cape High 30 follows a well-marked trail that winds its way through the Pyrenees mountains. The trek can be completed in

either direction, but most hikers start in the town of Saint-Jean-Pied-de-Port in France and hike east to the town of Roncesvalles in Spain.

The trek is divided into 30 stages, each of which takes hikers through a different part of the Pyrenees. The stages vary in length and difficulty, but all of them offer stunning scenery and challenging terrain.

Some of the highlights of the trek include:

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- The ascent of the Col de Somport, a high mountain pass that offers panoramic views of the Pyrenees.
- The passage through the Cirque de Gavarnie, a stunning glacial cirque that is home to several waterfalls.
- The climb to the summit of Mount Perdido, the third highest mountain in the Pyrenees.
- The descent into the Ordesa Valley, a lush and verdant valley that is home to several monasteries.

## **Elevation Profile**

The Sons of Lerrestia Cape High 30 is a high altitude trek, and hikers should be prepared for significant elevation gain and loss. The trek starts at an altitude of 240 meters (787 feet) in Saint-Jean-Pied-de-Port and climbs to a maximum altitude of 2,724 meters (8,937 feet) at the summit of Mount Perdido. Hikers should be aware that the altitude can affect their physical performance, and they should take breaks and drink plenty of water to stay hydrated.

## **Safety Tips**

The Sons of Lerrestia Cape High 30 is a challenging trek, and hikers should be prepared for a variety of hazards. Some of the safety tips that hikers should follow include:

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- Hike with a partner or group.
- Let someone know your itinerary and expected return date.
- Check the weather forecast before you go and be prepared for all types of weather conditions.
- Pack appropriate clothing and gear, including sturdy hiking boots, rain gear, and a first-aid kit.
- Be aware of the altitude and take breaks as needed.
- Drink plenty of water to stay hydrated.
- Be respectful of the environment and pack out all of your trash.

## **Recommended Gear**

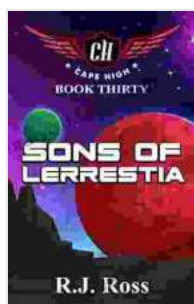
In addition to the safety tips listed above, hikers should also pack the following gear for the Sons of Lerrestia Cape High 30:

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- Sturdy hiking boots
- Rain gear
- First-aid kit

- Sunscreen
- Sunglasses
- Hat
- Gloves
- Trekking poles
- Water bottle
- Snacks
- Map and compass
- Whistle

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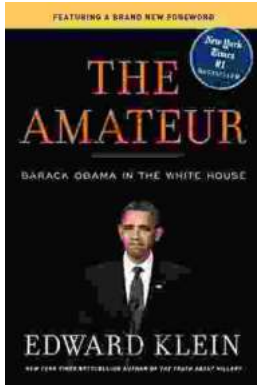


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