FABRIQUÉ EN FRANCE

BIENVENUE

6-11 June 2027



Can't make these dates? Other group immersions are scheduled all year around! Contact us to enroll!

Info

Speak French Hike the Pyrénées

FRENCH & HIKE IMMERSION IN LOUDENVIELLE (65)

EXPLORE – SPEAK – THRIVE

Tailored French support, on and off the trails

Five guided hikes in the spectacular Louron Valley

Real French, Real mountains, Real progress

Bonjour !



Ready to take your French beyond the classroom – and into the mountains?

Join us for five days in the spectacular Louron Valley, where every trail becomes an **opportunity to speak, listen and grow in French**. Based in Loudenvielle, surrounded by **dramatic peaks**, a **sparkling lake** and **charming villages**, you will **live the language from morning to night**.

With **a qualified mountain guide** and **one or two experienced French teachers**, you will enjoy five carefully chosen hikes adapted to the group. Practise French naturally while walking, sharing meals and discovering local life.

Each day includes **two hours of targeted language development - no stuffy classroom, just practical and encouraging French**.

This fully supported immersion combines **adventure, comfort and well-being**: a welcoming gîte, delicious meals and picnics, attentive care throughout, plus **a two-hour visit to Balnéa** and a **yoga or relaxation session**.

It is **also open to French speakers** who love the mountains and enjoy an international atmosphere. Everything is organised - just **come along and speak French together**!

A unique human experience, 100% in French :

- 🥾 Five guided hikes in the spectacular Louron Valley
- 💬 A mountain guide and French teachers adapted to the group
- 🚀 50 hours of French immersion, with daily language support
- ⛰️ Discovery of traditional villages, local culture and authentic Pyrenean life
- 🛏️ Comfortable gîte accommodation and a warm, supportive atmosphere
- 🪷 Therma spa and well-being workshop



YOUR HOSTS

Guillaume

I have been a **qualified mountain leader in the Pyrenees since 2012**. For more than ten years, I have specialised in self-reliance, bivouacking and wilderness skills, leading hundreds of courses and outdoor trips. **Sharing the mountains, helping people grow in confidence and creating memorable experiences in nature** are central to my approach. Last May, Nathalie and her colleague Prisca invited me to introduce the participants of their French immersion programme to our lush Aspe Valley, I loved it, it was the beginning of a successful partnership with Pyrénées Connexions.

Nathalie

I have been t**eaching French** as a foreign language **for many years**, and for the past 20 years I have also been the **happy owner of three beautiful gîtes** in Béarn. **Sharing, teaching and welcoming people** have always been at the heart of what I do. Over the years, I have also developed real expertise in organising stays. Last year, my colleague Prisca and I had the idea of bringing together my two passions: creating language immersion stays in my gîtes. The first edition was a great success and I now **want to share this experience with more people in ever-changing settings, each one as beautiful as the last**.

We decided to **combine our passions** and create this immersion stay where **French, mountains and human connection** come together. We offer you our expertise to **accelerate your progress** and guarantee you an **intense, memorable and profoundly authentic experienc**e.

CONTACT US

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Email : pyrenees.connexions@gmail.com

YOUR PROGRAM

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		**9:30-12:30: Country walk** around **Mont and the Chapel of Saint Calixte**	**9am-1:30pm: Walk to Lac d'Oô** from Les Granges d'Astau	**8am-3pm** : Level up your French - woven into the day Hike to Néouvielle - the Orédon mountain hut, Laquettes and the high-altitude lakes	**9-10am :** stroll through the bustling Arreau market **from 10:30am** : Level up your French - woven into the daily hike...	**9-11am :** Walk through the Lapadé Forest and to Courtalets Rock from Val Louron 11:30-12:30: Level up your French
Lunch		**1-2pm:** catered lunch	catered picnic	catered picnic	catered picnic	**12-2pm**:last catered lunch with your tutor.s & guide
Afternoon	**From 3pm** (+/-) : Arrival We will welcome you to the gîte and let you settle into your room.	**2-4pm :** Level up your French! **5-6:30pm :** Exploring Loudenvielle	**3-5pm :** Level up your French! **5:30-6:30pm :** well-being workshop	**5-7pm :** indulge yourself in Balnea, thermal spa	**till 6:30pm:** Hike to Lake Sarrouyes from the Col d'Azet (round trip)	**From 2pm: Departure**
Evening	**From 7pm** : let's get to know each other over a flavourful dinner	**From 7:30**: free time - catered diner	**From 7:30**: free time - catered diner	**From 7:30**: free time - catered diner	**From 7:30**: free time - catered diner	

This programme is subject to change depending on the weather.



LEVEL UP YOUR FRENCH!

Before we meet
A short **written assessment** and a **friendly online chat** will help us understand your level, goals and the language points you would like to explore.

Different levels, shared discoveries
You just need to be comfortable holding a conversation (level A2+ min). **Everyone brings different strengths**: one person's question can spark another's breakthrough!



Your curiosity shapes the learning
No lectures - just **supportive moments** to clarify grammar, refine pronunciation and build on the day's conversations, **guided by your questions**.



Two hours a day, beyond the classroom
Dedicated sessions when time allows, or shorter moments woven into busier days. **Why not explore the subjunctive on a mountain trail?**

French from morning to evening
Hikes, meals, discoveries and downtime - all in French!
Enjoy **at least 50 hours of practice**, including **10 hours of focused language support**.
Take a look at **your program overview**

Interested in joining us, but not quite confident in your French? **We're here to help.** We can offer **tailored refresher lessons** before your stay, so you can arrive feeling confident and **make the most of your immersion experience**. Let's talk!



ABOUT THE HIKES



Country walk around Mont and the Chapel of Saint Calixte / 150–300m D+ - Easy to moderate - 1h30 to 2h30
Discover rural heritage, traditional footpaths and sweeping valley views on a peaceful walk full of Pyrenean charm



Walk to Lac d'Oô from Les Granges d'Astau / 400–450 m D+ (6-7km) - Moderate - 3h to 3h30
Follow a well-marked trail to a beautiful mountain lake, where a spectacular waterfall creates an unforgettable backdrop



Hike to Néouvielle - the Orédon mountain hut, Laquettes and the high-altitude lakes - 754m D+ (11km) - Moderate to difficult - 4h30 to 5h30
Wander through Les Laquettes and discover the high-altitude lakes of the Néouvielle massif, surrounded by magnificent mountain scenery



Hike to Lake Sarrouyes from the Col d'Azet (round trip) - 650–750m D+ (10km) - Difficult - 4h to 5h
Reach a secluded mountain lake in a wild, dramatic setting - a rewarding adventure for keen hikers who love escaping into nature



Walk through the Lapadé Forest and to Courtalets Rock from Val Louron / 300–350m D+ - Moderate - 2h to 2h45
Explore peaceful woodland and open mountain pastures, with panoramic viewpoints revealing the Louron Valley in all its beauty

Practise French naturally as you walk and chat

Explore stunning landscapes and build your mountain vocabulary

Discover local plants and wildlife with your mountain guide

The choice of walks may be subject to change depending on the weather conditions.

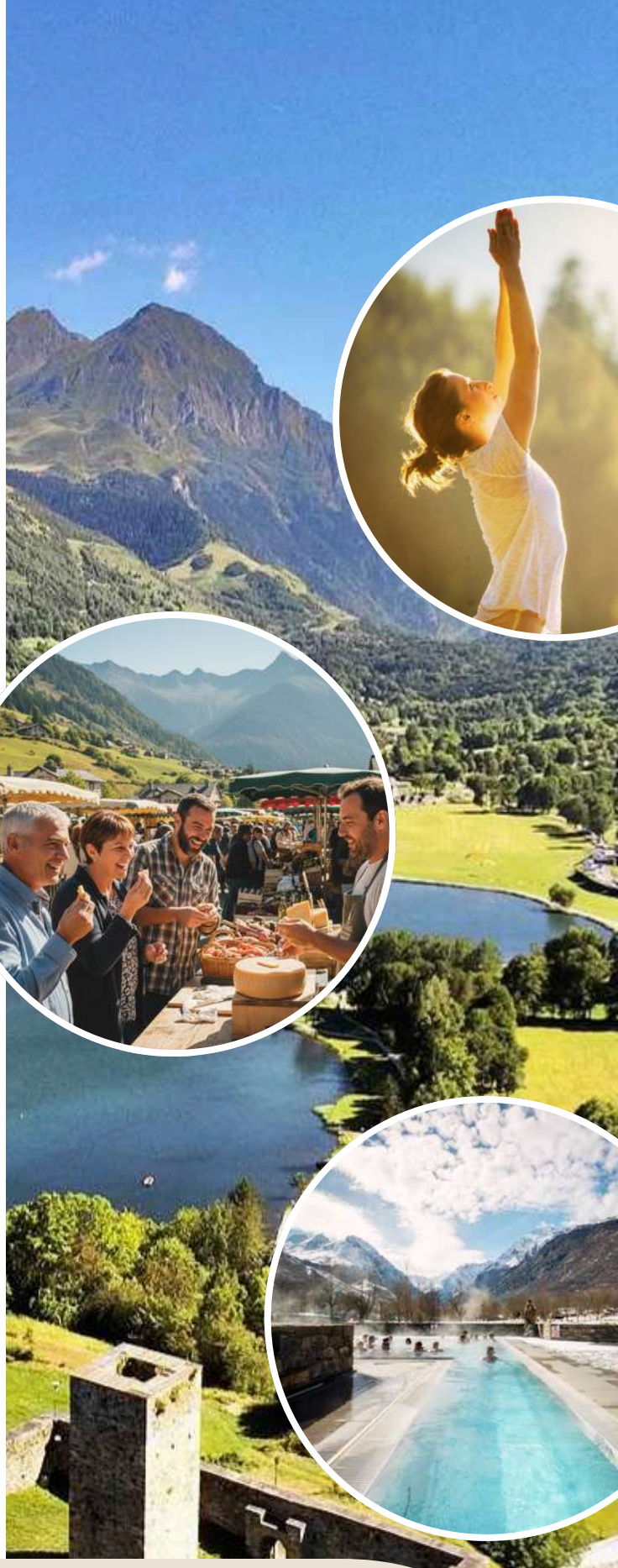
BEYOND THE

TRAILS

Your programme also includes time to unwind, explore and enjoy local life:

- **A two-hour escape to Balnéa's thermal baths** - a blissful treat after your mountain adventures.
- A **yoga or relaxation session** to stretch, recharge and restore.
- Time to **explore Loudenvielle** and soak up its village charm.
- A visit to **Arreau's lively Thursday morning market**, brimming with local flavours and opportunities to practise your French.

Prefer a quiet moment at the gîte or a little independent exploring? You are welcome to take some time for yourself!



Acquisition of specialized vocabulary

Spontaneous oral practice and listening in a real-life context

Opportunity to listen to and interact with a native speakers

ABOUT

ACCOMMODATION

Your home in Loudenvielle

A welcoming home, mountain charm and the village on your doorstep: this is the setting I'm seeking for our stay. As a gîte owner for 20 years, I know how much thoughtful details matter. I will personally select a comfortable, cosy and stylish gîte in the heart of Loudenvielle, so we can enjoy village life on foot.

Our accommodation will be confirmed once we know the group size. Expect lovely shared bedrooms and shared bathrooms rather than hotel-style privacy, a relaxed atmosphere for easy-going travellers who value comfort, conversation and connection over luxury.

After a day on the trails, our gîte will be a place to unwind, share stories and let French flow naturally. More than somewhere to sleep, it will be our home for five memorable days together.

Prefer your own space? You are welcome to arrange separate accommodation; we will adjust your package price accordingly.

Cosy comfort, mountain charm

Village life, all on foot

Shared spaces, real connections



ABOUT THE

FOOD

Good food is part of the adventure! The team behind Aux Petits Oignons will prepare our delicious dinners and generous hiking picnics. Working mainly with regional farmers and producers, they bring a taste of the Southwest to our table, with comforting dishes, local cheeses and tempting desserts. Think colourful sharing platters, Basque-inspired recipes and picnic sandwiches filled with trout, goat's cheese or cured ham—plenty to look forward to after a climb! Menus will vary, but these proposals offer a mouth-watering

We will provide hearty breakfasts to set you up for the trails, plus snack bars for longer hikes. Back at the gîte, wine with dinner and lively French conversation will round off the day: good food, good company and five deliciously French days together.



Generous breakfasts, gourmet picnics

Regional flavours, comforting dinners

Shared meals, wine & conversation

PRICES

THE DIFFERENT OPTIONS



PACK 1
IMMERSION PROGRAM +
SHARED BEDROOM &
SHARED BATHROOM

STARTING FROM
1500€

- 50h min. of French practice
- 5 guided hikes in the magnificent Louron Valley,
- 2h of tailored language development each day,
- 1 or 2 French teachers, depending on group size
- Local excursions,
- 2h entrance to Balnéa thermal spa
- Well-being workshop
- Comfortable accommodation in a charming gîte
- Full board,
- Your teacher & guide by your side at all time
- Flexibility and adaptation to your needs & objectives
- Administration & organisation fees
- Tea, coffee and “petits gâteaux”!

DO YOU HAVE A QUESTION?

We're here to help!
Get in touch.

PACK 2
IMMERSION PROGRAM +
PRIVATE ROOM OR ROOM
WITH EN-SUITE BATHROOM

STARTING FROM
1650€



Upgraded accommodation options are subject to availability and may vary depending on group size

Prefer your own space? You are welcome to arrange separate accommodation; we will adjust your package price accordingly.

THE SCHEDULE

ARRIVAL & DEPARTURE

ARRIVAL :
Sunday

STARTING FROM
3pm

Getting to Loudenvielle

For guests traveling internationally, your journey will usually begin at a major international airport. We strongly recommend connecting through one of the Paris airports (CDG or Orly), where you will have access to direct flights to **Toulouse-Blagnac Airport (TLS)** or **Tarbes-Lourdes-Pyrénées Airport (LDE)**.

Option 1: Renting a car at the airport (Recommended)

This is the easiest and most convenient way to reach us:

- **From Tarbes-Lourdes-Pyrénées**: approximately a 1-hour 15-minute drive to Loudenvielle.
- **From Toulouse-Blagnac**: approximately a 2-hour drive to Loudenvielle.
- **Carpooling**: depending on your arrival times, we will be delighted to help coordinate carpooling with other guests arriving in Toulouse or Tarbes.

Option 2: Traveling by train to Lannemezan

If you prefer not to rent a car, you can take a train to Lannemezan station (45 min from Loudenvielle), from where we can arrange a private shuttle service (**upon request and at an additional cost**) to **pick you up and bring you directly to our destination**:

- **Via Toulouse (TLS)** – Best option on Sundays: take the airport shuttle bus (running every 15–20 minutes, 7 days a week) to Toulouse-Matabiau train station, then catch a direct train to Lannemezan (1h 20 min).
- **Via Tarbes-Lourdes (LDE)**: take a bus or taxi to Tarbes train station (20 min), then a direct train to Lannemezan (25 min). Please note: airport shuttle buses to Tarbes do not operate on Sundays, so a taxi will be required (either to Tarbes station or directly to Lannemezan station, approx. 35 min).
- **By TGV from Paris**: direct high-speed trains run from Paris-Montparnasse to Tarbes, with an easy connecting regional train to Lannemezan.

For further details, please contact us

DEPARTURE :
Saturday

BETWEEN
2&4pm



Looking for more?

An extension of this program is available for an even more intensive experience!

Get in touch with us to learn more!

CONTACT

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À bientôt!

DO YOU HAVE A QUESTION?

We're here to help!
Get in touch.