

## Pyrenees family holiday with teenagers

Many people know Andorra for its bargain ski holidays, but in the summer this tiny principality, nestled in the Pyrenees between France & Spain is a mecca for walkers, cyclists and white-water rafters. Intrepid run two summer trips combining those activities; one for adults and one for families, and this Trip of the Week focuses in on our Family trip.

First up, this is a centre-based trip, staying in a comfortable family run, mountain chalet style hotel for the whole week. The Roc de Sant Miquel in Soldeu is a 3 hour transfer from Toulouse (included in the trip price) and the hotel and trip is run by Nick & Nuria a super-friendly English / Andorran couple and their family. Nick prepares the breakfasts and delicious evening meals included in the trip price, and Nuria leads the walking days, along with Simba their little terrier. My kids are quite picky eaters but loved the food this week, always finding something they liked in the breakfast buffet, packed lunches and dinners.

The trip itself combines 2 days of walking, 2 biking days, a day white-water rafting and a free day, so plenty of variety, and none of it too tough for little legs to handle. The walking days are at a relaxed pace on undulating paths with frequent stops for snacks and to admire the mountain scenery. My kids loved that Simba the dog came walking with us and were distracted from any steep bits by throwing pine cones for him to chase! The Incles Valley walk was the most beautiful day, reaching a large mountain lake for a long lunch stop, sunbathing on the banks and braving the chilly waters! Average daytime temperatures, even at altitude were 20-23C in the sunshine. Perfect!

We loved all the days but if the kids had to choose their favourite... they'd go for the white-water rafting! The Noguera River, over the border into Spain is a beautiful stretch of grade 2-3 rapids over 14km long. The rafting guides were excellent, ensuring the group had a safe and REALLY fun time. I still smile when I think of Rosa, aged 11 at the front of the raft laughing crazily as we shot down a rapid, the spray soaking her from head to toe. The cream on the cake was the swimming pool and gardens at the rafting centre where we relaxed for a few hours before the journey back to Soldeu.