

40 ESTANYS DE TRISTAINA

DON'T MISS...

a visit to the Cal Pal sawmill in La Cortinada, with guided tours and demonstrations during the summer months.

DID YOU KNOW...

That during the second week of August, the buners ("bagpipers") fair is held in Ordino.

BEHIND THE NAME

Tristaina: From the Latin *Tris Stagnu*, which refers to three lakes grouped together forming a single body.



Arcalís 91 sculpture



Androsace
(*Androsace carnea*)



Percheron horse



Tristaina peak and highest lake

The ascent begins at the Arcalís-Vallnord ski resort, after you pass by the enormous circular monument—a 4-metre iron ring—placed near the vertiginous slope that leads down to the valley; it gives off the impression that it is defying the laws of physics. Titled *Arcalís 91*, this monument was created by sculptor Mauro Staccioli. Leave this masterpiece behind and shortly afterwards you'll reach the higher area, La Coma, where there's a bar-restaurant and a car park.

This amazing route goes along abrupt and picturesque landscapes that introduce you to sites typical of the high mountains. The group of lakes is one of the most visited in Andorra

because it is so accessible. Though it isn't very difficult, it is important to come prepared as the weather in the mountains can change very quickly.

There are three Tristaina lakes. Primer lake, at 2,250 metres above sea level, is the smallest has the bluest waters. Mig lake, at 2,300 metres, is a little bigger and surrounded by scree and hills. Finally, the highest and largest of the three is Més Amunt lake. This round lake nestles in a high mountain glacial area, surrounded by the cirque formed by the slopes of Tristaina peak (2.878 m). In summer you can swim in the lake's dark waters.

TECHNICAL INFORMATION

- ● ● ●
- 2H 15 MIN
- +210 M
-210 M
- 4.390 M
- NO
- APPROXIMATE TIME

ROUTE SIGNAGE

- ● ●
- WRONG DIRECTION



PLACE	DISTANCE	TIME	COORDINATES	DESCRIPTION
ALTITUDE	ASCENT/DESCENT			
1 LA COMA DEL FORAT 2.225 m	-- (--)	--	N42 37.906 E1 28.930	Follow the (CS-380) towards the Vallnord ski resort, Arcalis area, until you come to La Coma, which is about 5 kilometres beyond the resort.
2 COSTA DE LA COMA DEL FORAT INTERSECTION 1.930 m	776 m (+105 m)	25'	N42 38.147 E1 29.188	The route starts on the right-hand side of the La Coma restaurant (see sign). The path's slope is slight, and you will soon see some handrails that are very useful in case the rocks are wet. When you get to the top of a small hill, you'll see the intersection (see sign).
3 PRIMER LAKE 2.250 m	1.400 m (-80 m)	45'	N42 38.213 E1 29.472	Once at the intersection, you can see Mig and Més Amunt lakes. Continue on the path to your right. The path will drop gradually in elevation until you reach the path that goes up directly from the road. A little further on, you'll find a wooden bridge and Primer lake.
4 MÉS AMUNT LAKE PATH 2.330 m	2.250 m (+80 m)	1h 15'	N42 38.565 E1 29.307	After crossing a small bridge, follow the path on your left to Mig lake (see sign). Soon you'll find yourself above the lake. Continue on the path to Més Amunt lake.
5 MIG LAKE 2.300 m	2.860 m (-30 m)	1h 30'	N42 38.476 E1 29.174	Next you'll reach Més Amunt lake and be able to enjoy the spectacular landscape under Tristaina peak. You now follow along the lake until you cross a wooden bridge over the river. From here the path continues parallel with the river until Mig lake.
6 CREUSSANS PATH INTERSECTION 2.325 m	3.540 m (+25 m)	1h 50'	N42 38.176 E1 29.182	Walk around the lake, then take the path on your right. Follow until you come to the Creussans lake path intersection. (see sign).
7 LA COMA DEL FORAT 2.225 m	4.390 m (-100 m)	2h 15'	N42 37.906 E1 28.930	Follow the ascending path until you reach the Costa de la Coma del Forat intersection. Hike up to the slope and then go down to the La Coma restaurant along the same path you came up.

