FORCAU OR ANGEL ORÚS REFUGE

2 hours

Mountain refuge with forest guard in the *Grist* Valley (*Eriste*) where you can spend the night and have some meals. This refuge is the base for the ascent to *Posets* and some other peaks in the valley.

Once in *Grist* (*Eriste*), take the road that goes up the slope from the town called *Aragonesas*, next to the power station. The road joins a forest trail (usually in good condition) that goes into the *Grist* valley. After 6 km. from the town, the trail ends and you have to go up through the woods where the valley begins. On your right a concrete brigde crosses the river: do not take it. Take the track on the left of the valley until you get to the *Cabana Plleta de Sallén* (the hut at the *Plleta de Sallén*) after a 1 hour walk. From here the track go up the left slope with a steep incline till you get to the *Plleta* and *Forcau* refuge (or *Angel Orús refuge*) (2,045 m. high).