

Factsheet | Self-guided walk | Level 3/5  | 6-7 walking days

GR10 Hendaye-Saint Jean Pied de Port : from the Ocean to the mountains

Your route in brief

- Accessible hiking
- Walk with family, friends or as a couple
- Accommodation with all comforts: 5 nights in a hotel and 1 night in gîte in room
- Transport of your luggage between each stage depending on the option chosen
- Duration 7 days / 6 nights

Strong points

- Discovery of the Basque coast and mountain landscapes
- The charm of the villages crossed: Sare, Ainhoa, St Etienne de Baigorry, St Jean Pied de Port...
- A well-established local terroir: gastronomy, culture, architecture...
- Hiking on the mythical GR10



Who wouldn't be tempted to traverse the entire Pyrenean mountain range on foot. The mythic GR10 starts at the Atlantic Ocean and crosses over more than 258 miles of dazzling mountains to arrive at the Mediterranean coast. You amble through stunning scenery that varies enormously, from flower filled meadows, sparkling lakes, cirques and high summits. You'll get a taste of many different cultures, from the Basque country through to Catalonia. Each valley you pass through has its own distinct flavour. It is a great way to explore local life and to absorb the differences, the Pyrenees is a unique blend of many different people. The first section, from Hendaye to Saint Jean Pied de Port, covers a variety of landscapes typical of the Pays Basque region, set in the heart of the Atlantic Pyrenees. The scenery has a charm and regional originality that you won't find elsewhere. Rolling hills, magical villages, such as Sare, Ainhoa and Dancharia that are steeped in Basque tradition, and a rich Pyrenean flora and fauna are all waiting to be discovered. At the end of the walk you will reach the villages of Bidarray and Saint Etienne de Baigorry with the sumptuous Iparla mountain ridge in the background.

www.gr10-liberte.com / www.respyrenees.com

www.maison-iputxainia.com

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•PROGRAM

Day 1 : Start of holiday in Hendaye

Depending on your arrival time, after checking into your hotel, you may choose to walk in the region of Domaine d'Abbadia. A fantastic natural site of 65 hectares situated right on the coast. You will find a great mix of landscapes, moors, prairies, heather and high cliffs. You can also visit the famous neogothic castle, the Domaine d'Abbadie.

- Distance : 5.5km, duration : 2h00, altitude gain : +80m, descent : -80m.

Day 2 : from Hendaye to Ibardin

Hendaye lies on the estuary of the River Bidassoa, which forms the border with Spain. The GR10 walking route begins its course on Hendaye Plage. Rising rapidly above the Atlantic, this first stage of the walk is pleasant. The landscape, scattered with villages, is peaceful and harmonious with the rolling hillsides. The ambience is very Basque but there is no sign yet of the high dramatic mountains to come.

- Distance : 15km, duration : around 5h30, altitude gain : +845m, descent : -460m.

Day 3 : from Olhette to Dancharia

The morning, short transfer to Olhette (can be avoided, consult us). The first outlines of the distant mountains can be spotted on the horizon. You have the chance to reach the summit of La Rhune. At an altitude of 900m it is considered the first peak in the Pyrenean chain. You pass picturesque villages, Sare and Ainhoa are scarcely more than single streets lined with large houses. The houses (mostly dating from the 17th century) have stone lintels carved with the dates of their construction and details of their family's history. Once in the village of Dancharia you are situated at just 3km from the Spanish border.

- Distance : 21km, duration : around 7h, altitude gain : +690m, descent : -715m.

Day 4 : from Dancharia to the Col des Veaux

Today the GR10 passes a series of summits, crossing over high mountain passes, it winds its way around l'Erebi alt 583m, and then further on l'Axulegi alt 617m. You will see the col Zuccuta, the high mountain pass that is a superb belvedere. From the col, weather permitting, you can take the track route to the Col des Veaux or if it's fine you might choose to stay on the ridge, this is not part of the GR10 but the variant is worth it for the views. The ridge leads all the way to the Pic Gorospil at 691m you can get some superb panoramas.

- Distance : 13km, duration : around 4h30, altitude gain : +740m, descent : -250m.

Day 5 : from the Col des Vaux to Bidarray

The GR10 continues to alternate between the Pyrenean summits and mountain villages that have a strong Basque identity. The trail heads in the direction of the Col de Méhatché situated at an altitude of 716m. You pass into a rocky landscape that is home to the griffin vultures that circle high above. You descend to Bidarray village, an emblematic nightstop that is vibrant with the characteristic Basque culture and lifestyle.

- Distance : 11,5km, duration : around 4h, altitude gain : +360m, descent : -800m.

Day 6 : from Bidarray to the Saint Etienne de Baïgorry

This sporty stage is one of the most beautiful hiking routes in the Basque Country. From the charming village of Bidarray, you will start the ascent towards the Iparla ridges. From the bottom of the valley, they look like a long, impassable wall. From the top, you will enjoy an immense panorama... Then you will descend towards Saint Etienne de Baïgorry, a magnificent village in the Basque Country, with many typical Basque architecture buildings.

- Distance : 18,5km, duration : around 7h30, altitude gain : +1100m, descent : -1050m.

Day 7 : from Saint Etienne de Baïgorry to Saint Jean Pied de Port

A stage in the heart of the Basque Country. The track rises above St Etienne de Baïgorry to reach the Oylarandoy and Munhoa massif, culminating at 1021m and overlooking St Jean Pied de Port, which you will reach after a long descent. Surrounded by pink sandstone ramparts, the medieval town of Saint-Jean-Pied-de-Port is attractive with its cobbled streets lined with old houses, its old bridge over the Nive river, its picturesque facades on the water's edge, its sentry walk and its imposing citadel reworked by Vauban.

- Distance : 19,5km, duration : around 7h, altitude gain : +960m, descent : -955m.

This programme is an example of the itinerary we aim to adhere to. It may be necessary, if situations arise that are beyond our control, for the itinerary to be modified.

• DATES AND PRICES

Departures

Every days from April to the end of October (according to availabilities).

Booking from 2 people (solitary traveller: consult us).

From 01/04/2022 to 30/10/2022 :

Prices with luggage transfer :

Price per person for a group of 2 persons	665€
Price per person for a group of 3 persons	640€
Price per person for a group of 4 persons	625€
Price per person for a group of 5 persons	610€
Price per person for a group of 6 persons	600€

Prices without luggage transfer :

Price per person for a group of 2 persons	555€
Price per person for a group of 3 persons	550€
Price per person for a group of 4 persons	545€
Price per person for a group of 5 persons	540€
Price per person for a group of 6 persons	535€

Extras :

- Extra departure in July/August : 25€/pers
- Extra for a single room : 80€/pers
- Transfer back from St Jean Pied de Port to Hendaye on week days : 145€/transfer
- Transfer back from St Jean Pied de Port to Hendaye on Sundays or public holidays: 165€/transfer
- Extra night in Hendaye and/or in St Jean Pied de Port : please, consult us

The price include :

- Half-board except day 1 in BB
- Transfer day 3
- Luggage transfers depending on the option chosen
- Dossier containing maps, route notes (1 for 4 persons, given in 1st accommodation)
- GPS tracks if you ask us + access to the detailed itinerary on the Mhikes GPS mobile application

The price does not include :

- Holiday and travel insurance
- Evening meal day 1
- 15€ for booking fees
- Additional transfers
- Entrance fees, additional activities
- Drinks and picnic

• TAILOR MADE HOLIDAYS

We can put together a suitable holiday for you taking into account all your specific requests and budget. Many individuals and trekking companies have relied on us for years. With our tailor-made holidays we always aim to provide you with the best quality at the fairest price.

If you want to :

- increase the comfort of your accommodations,
- change the duration of your trip,
- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night,

Contact Gaetan
Tél : 0033 5 34 14 51 50
gaetan@respyrenees.com

• ORGANIZATION

We propose a self-guided, independent formula. You choose your departure date and we will take care of all the rest from the initial meeting time through to the dispersion point. We transport your bags between the hotels (depending on the option chosen), provide the maps and detailed walking route notes given at the first accommodation as well as access to the detailed itinerary on the Mhikes GPS mobile application. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday. Moreover, our team will answer all your questions, and will provide all useful advice in order to make this holiday a success.

Your transfers during the walk :

- Day 3 : At 8 AM (15minutes), short transfer from your accommodation in Col d'Ibardin, to the hamlet of Olhette (can be avoided, consult us). This transfer aims at shortening a long and strenuous walk.

We recommend that you are on time and that you do not change the time that has been set, as other people may also be making the same transfer as you.

• TECHNICAL INFORMATION**Nature of the walk**

The walks are on good footpaths and trails, the terrain is varied but often rocky.

Level 3

For walkers in good physical condition, already experienced in mountain hiking. The walking times mentioned are given as an indication, they are average times that only take into account the duration of the actual walking without counting the break times. Depending on the weather conditions, the walking pace can also vary, ranging from +300m to +500m of climb per hour.

Guide

Self-guided walking, without guide.

Carrying

You will need to carry a day backpack only. Our bag-moving service means you can travel light during your walks. Your main luggage (that should please be easily transportable) will be transported by vehicle between the different night stops, unless you have chosen the version without luggage transport.

• ACCOMMODATION/FOOD**Accommodation**

Half board except day 1 in Bed & Breakfast
4 nights in hotels** in room days 1, 3, 5 et 6
1 night in Spanish venta equivalent hotel** in room day 2
1 night in gite in room days 4

Food

- Continental breakfast (tea, coffee, milk, bread, butter, jam)

- Evening meals, often based on local specialities include a starter, a main and a dessert. Evening meal in Hendaye, restaurants available.
- Pic-nics not included. Can be bought there.
- Drinks not included.

• PRACTICAL INFORMATION

Starting : in Hendaye, according your time of arrival.

Ending : in Saint Jean Pied de Port, after your walk.

How to get to Hendaye :

- **By air :** Biarritz airport (25km) : daily flights via Paris, Londres, Lyon, and the Clermont Ferrand.
- **By train :** Numerous TER trains departing from the main cities in the direction of Bayonne and then Hendaye (<https://www.oui.sncf>).
- **By car :** Bordeaux autoroute A63, 207km. From Toulouse and Bayonne, autoroute A64, 293km, then Bayonne to Hendaye, autoroute A63, 32km.

PARKING :

Parking in Hendaye Free : in the town centre and harbours (Gatzeluzahar pediment)

To pay : Under the médiathèque (contact Mairie, tel 0559482323)

How to leave Saint Jean Pied de Port :

Departure from Saint Jean Pied de Port, bus or train SNCF, direction Bayonne. From Bayonne, possible connections to Hendaye or Biarritz (<https://www.oui.sncf>).

We recommend to arrive by train to avoid returns to departure to recover your car, because itineraries can be very long and badly served and very expensive if you take a taxi. If you insist to come with your car, we recommend you to leave your car on the arrival point the first day and to do the run to the departure point because the first day you have plenty of time to do the run and you will not be tired by a week walking.

• WHAT TO BRING AND PACK

Your main luggage:

For logistical reasons, we ask you not to bring more than one item/person. Its weight should not exceed 12kg - 15kg.

Your day backpack

The size of your bag varies upon the type of activity.

For a walk without portage : 30L minimum

For a walk with partial portage : 50L minimum

For a walk with portage : 60L minimum

Whatever activity you participate in, you should always carry in your rucksack:

- Rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic kit, personal items, etc.)
- Picnic lunch of the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

Walking Boots

The type of boot depends upon the activities you take part in however they are one of your most important items. They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots.

We recommend our young walkers to wear flexible walking boots with a good sole and back.

For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.

If you need to buy a new pair of boots, we advise you wear them in before the start of your holiday. Don't wear boots that are too small because feet have a tendance to swell up. Be careful with your shoes that have been left in the

wardrobe for too long. The lifespan of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

Clothes:

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts as well as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR10 walks at altitude.

For Sleeping

- Sleeping bag liner for all nights spent in the gites and mountain shelters (blankets are provided)
- Earplugs

For Picnics

- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1,5L minimum flask

Small equipment

- A pair of tennis shoes, or sandals for the evening
- A pair of telescopic poles (optional)
- Sunglasses and sun cream
- Hat, cap or bob
- Camera...
- A small toilet bag, with towel
- Torch or headlamp
- Toilet paper
- A mini-pharmacy: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin in case of minor injuries, a survival blanket.