

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

GR10 from Saint Jean Pied de Port to Etsaut : Basque country and Béarn

Your route in brief

- Self-guided walk without guide
- Walk with family, friends or as a couple
- Possibility of a comfort version with 4 nights in a room
- Transport of your luggage between each stage depending on the option chosen
- Duration 7 days / 6 nights

Strong points

- The discovery of two specific regions: the Basque Country and Béarn
- Lescun and its magnificent cirque
- The discovery of the first high peaks of the Pyrenees: Pic d'Orhy, Pic d'Anie...
- Iraty and the largest beech forest in Europe
- Hiking on the mythical GR10

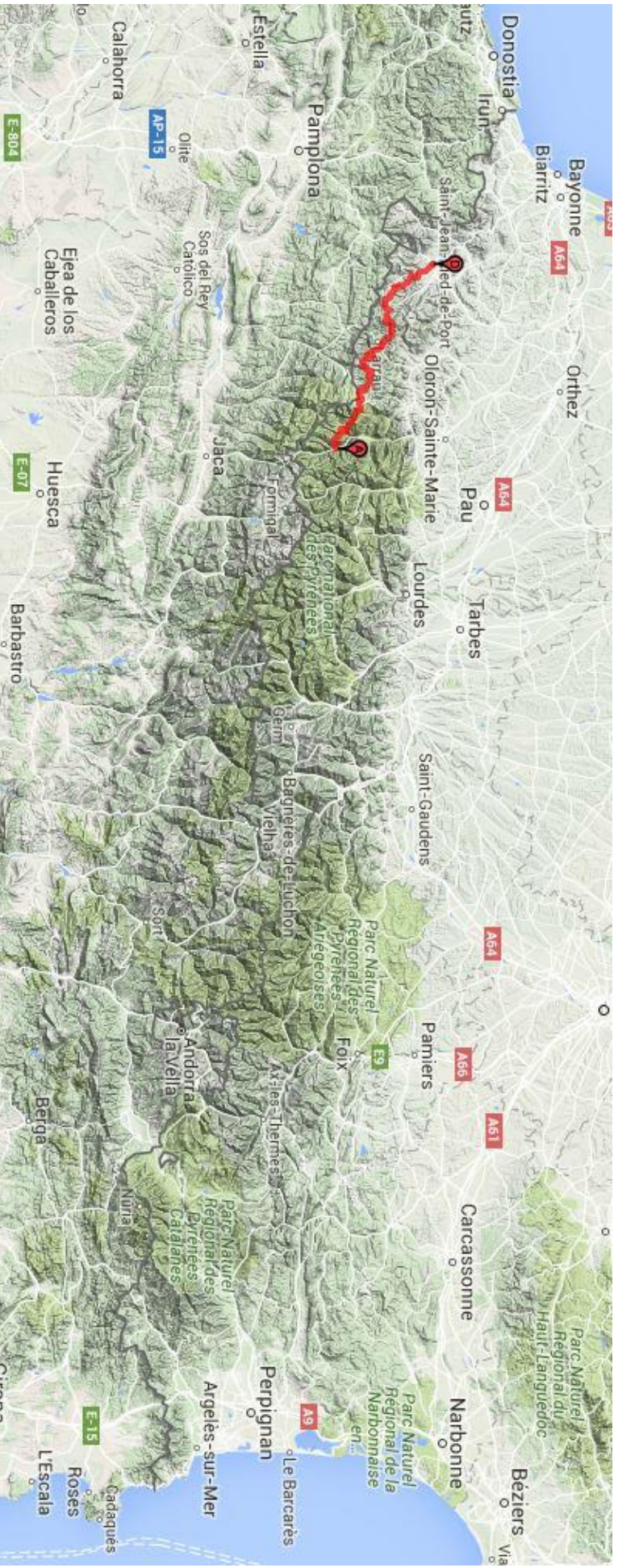


The first part of the itinerary is in the Pays Basque. The GR10 weaves its way from village to village, without reaching Spanish soil. An opportunity to discover typical villages of the region such as Estérençuby or the hamlet of Logibar. After Logibar, Sainte-Engrace, the most eastern basque mountain village. From here the GR10 goes into a typically Pyrenean, high mountain setting. In gaining altitude you will reach Saint-Martin before descending upon the village of Lescun, renowned for its famous glacial cirque. The first Pyrenean peaks of more than 2000m altitude like Pic d'Anie will appear. Before that, you will also discover the Iraty forest, the Haute Soule, the Holzarté gorges and its famous footbridge. The best part of the walk awaits you at the end of this section at the village of Etsaut, in the Aspe valley, gateway to the famous Pyrenean National park.

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

Day 1 : Start of holiday in Saint Jean Pied de Port

Saint-Jean-Pied-de-Port is the capital of the Pays Basque region. It lies in a circle of hills at the foot of the Roncevaux pass into Spain. After checking into your hotel you may choose to do a walk in the surrounding area or to visit the village, a chance to discover the many delights of this seductive region.

Explore St Jean and its surroundings

Walk through the Irouléguy vineyards and the village of Ispoure, in the surroundings of the capital of the Basse Navarre - a region with many touristic assets.

Kurutxamendi loop

The Kurutxamendi is a small hill dominating Saint-Jean-Pied-de-Port. This pedestrian loop can be a pleasant short and easy stroll at the side of the pilgrims who go to St Jacques de Compostela. Despite the low altitude, you will have good visibility over the peaks of Navarre, and even Labourd.

- Distance : 8km, duration : around 3h, altitude gain : +280m, descent : -280m.
- Distance : 5km, duration : around 1h30, altitude gain : +145m, descent : -145m

Day 2 : from Saint Jean Pied de Port to Phagalçette

The GR10 stays in the Pays Basque for approximately 170km of walking, winding its way through tiny villages but keeping to the French side. The trail heads out in an Easterly direction from St Jean towards the nearby hills. Following the deepening valley past small, isolated farms, sparkling mountain streams and steep green slopes. You get glimpses of the higher Pyrenean peaks to the East. The culture is rural and distinctly Basque. As you pass through the villages, such as Caro and Estérençuby, you can soak up the ambience. Stop at Estérençuby for the comfort version, otherwise continue the hike to Phagalçette.

- Distance : 16km, duration : around 6h, altitude gain : +900m, descent : -450m (To Phagalçette).
- Distance : 12km, duration : around 4h, altitude gain : +510m, descent ; -440m (To Esterençuby, comfort version)

Day 3 : from Phagalçette to Iraty

In the morning, short transfer from Estérençuby to Phagalçette for the comfort version.

The day's stage has a sporting character due to its distance, combined with the hike's rugged topography. Indeed, the GR10 crosses several passes, allowing a diversity of enchanting landscapes for the walker eager for emotions. After the discovery of the Occabé Cromlechs, a real temple of the sun with a 360° view, the arrival in the Iraty forest, known for its 2,500 hectares of majestic forests, will be a pure moment of change of scene.

- Distance : 20,5km, duration : around 7h45, altitude gain : +1435m, descent : -715m.

Day 4 : from Iraty to Logibar

Starting from the Iraty chalets, we pass by the Pic des Escaliers, culminating at 1472m, before starting the descent by the Ugatzé ridge, then reaching Logibar. The itinerary, through the crossing of ridges and passes, offers remarkable views of the Basque countryside with the imprint of the Iraty forest still present, all in nuances and authentic Pyrenean emotions. In case of bad weather, an alternative route can be taken through the village of Larrau.

- Distance : 17km, duration : around 6h30, altitude gain : +460m, descent : -1400m.
- Distance : 10,5km, duration : around 3h30, altitude gain : +210m, descent : -1145m (bad weather variant).

Day 5 : from Logibar to Senta

From the hamlet of Logibar, the GR10 passes the canyon of Holzarté with its famous bridge. The GR progresses in the direction of the plateau of Ardakhotchia before arriving at the 'cayolar de Saratzé', altitude 1205m. Cayolars are the traditional shepherd's cabins. To arrive at the hamlet of Senta, you will penetrate the valley of Barétous, this is part of the second region you will discover called the Béarn. It is a region that functions to the rhythm of nature's calendar and rural pastoral life. As this hike is quite long, a shorter version is also proposed.

- Distance : 25,5km, duration : around 8h30, altitude gain : +1300m, descent : -1100m.
- Distance : 22km, duration : around 7h45, altitude gain : +1250m, descent : -1050m (variant)

Day 6 : from La Pierre-Saint-Martin to Lescun

In the morning, short transfer organized from Senta to La Pierre-Saint-Martin. It's also possible to walk this part, adding a night in La Pierre St Martin : Consult us). The GR10 makes its way to the Arres de Camplong and on to the massif of L'Anie. There are superb views of the Pas d'Azuns mountains in the direction of the Pic d'Anie at 2504m, one of the first really high summits in the mountain chain. The trail continues into the famous glacier cirque at Lescun. The views are awesome, the summit of Camplong, le Pic Billare and the nearby plateau of Sanchèse.

- Distance : 15,5km, duration : around 5h45, altitude gain : +465m, descent : -1200m.

Day 7 : from Lescun to Etsaut

This is the last day's walking for this stage of the GR10 between Saint-Jean-Pied-de-Port and Etsaut. The trail comes out of Lescun glacier cirque and progresses towards a series of small charming mountain villages. After passing by the plateau de Lhers and the Col de Barancq, the itinerary arrives at the village of Etsaut in the famous Aspe valley . This is the gateway to the Pyrenean National park.

- Distance : 16km, duration : around 6h15, altitude gain : +850m, descent : -1140m.

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 the beginning of June to the end of September (According to availabilities).
Booking from 2 people (solitary traveller: consult us).

From 01/06/2022 to 30/09/2022 :

Prices with luggage transfer :

Price per person for a group of 2 persons	565€
Price per person for a group of 3 persons	535€
Price per person for a group of 4 persons	515€
Price per person for a group of 5 persons	505€
Price per person for a group of 6 persons	495€

Prices without luggage transfer :

Price per person for a group of 2 persons	455€
Price per person for a group of 3 persons	450€
Price per person for a group of 4 persons	445€
Price per person for a group of 5 persons	440€
Price per person for a group of 6 persons	435€

Extras :

- Comfort Version (4 nights in room) : 120€/pers
- Extra for a single room : 145€/pers
- Transfer back from Etsaut to St Jean Pied de Port on week days: 170€/transfer
- Transfer back from Etsaut to St Jean Pied de Port on Sundays and public holidays: 185€/transfer
- Extra night in Saint Jean Pied de Port and/or Etsaut : consulter

The price includes :

- Half-board except day 1 in BB
- Transfer day 6
- Transfer day 3 for comfort version
- 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 picnics

•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 Gaëtan
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 accommodations (depending on the option chosen); We organize transfers on day 6 and day 3 for comfort We provide you with the maps and good walking route notes sent to the first accommodation as well as an 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 6 : At 8am, transfer from Senta to la Pierre St Martin. This transfer aims at shortening a long and strenuous walk. However, it is possible to include this section in the tour, adding a night in La Pierre St Martin, consult us.

COMFORT VERSION ONLY : Day 3 at 8.30am, short transfer from Esterençuby to Phagalcette.

•TECHNICAL INFORMATION

Nature of the walk

Walks on mostly waymarked paths, 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. Be aware that there are 2 challenging stages with a climb of 1200m/1400m. You need to be used to walking and take regular exercise to enjoy this holiday.

Guide

Self-guided walking, without guide.

Carrying

You will need to carry a day sack 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 in gites except day 1 in bed and breakfast

6 nights in gite in shared dormitory. Bring a sleeping bag liner (blankets are provided).

COMFORT VERSION (with extra) :

1 night in a hotel*** in room on day 1

1 night in hotel** in room on day 2

1 night in guest rooms in room on day 6

1 night in a private chalet in room on day 3 . Bring a sleeping bag liner (blankets are provided).

1 night in a private dormitory on day 4

1 night in shared dormitory on day 5

Please note that according to the Covid-19 regulation which will be in force in the refuges in 2022, **it is possible that blankets will not be provided**. In this case, it will be necessary to bring a sleeping bag for those nights. This will be specified to you as soon as possible before your stay.

Food

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

- Evening meals in gites, often based on local specialities, include a starter, a main course and a dessert. Except day 1 : restaurants available.

- Pic-nics and drinks not included.

•PRACTICAL INFORMATION

Starting : in Saint Jean Pied de Port, according your time of arrival.

Ending : in Etsaut, after your walk.

How to get to Saint-Jean-Pied-de-Port :

- **By air** : Biarritz airport ; Pau airport
- **By train** : Numerous TER trains departing from the main cities in the direction of Bayonne then Saint Jean Pied de Port (<https://www.oui.sncf>).
- **By car** : Bordeaux auto route A63, 172km ; then D918 from Bayonne to Saint-Jean-Pied-de-Port, 48km / Toulouse auto route A64, 293km, then Bayonne to Saint-Jean, 48km.

PARKING :

Parking in Saint Jean Pied de Port :

No problem to park the vehicle.

No guarded parking. Possibility to park the vehicle in the village for free.

Parking in Etsaut :

No problem to park the vehicle.

No guarded parking. Place de l'Eglise, in front of the Mairie.

If you leave your vehicle for the duration of your stay, please check with the tourist office to see if there are any events (festivals, markets, etc.) in your parking area.

How to leave Etsaut :

Bus from Etsaut to Bedous (line Canfranc - Bedous). TER train from Bedous to Pau. From Pau, connections to several cities: Toulouse, Bayonne, Bordeaux...

How to leave Etsaut to St Jean Pied de Port :

Bus from Etsaut to Bedous (line Canfranc - Bedous). TER train from Bedous to Pau. TER train from Pau to Bayonne. TER train from Bayonne to St Jean Pied de Port..

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 tendency 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.