

# GR10 from Etsaut to Cauterets : From Béarn to the Pyrénées National Park

## Your route in brief

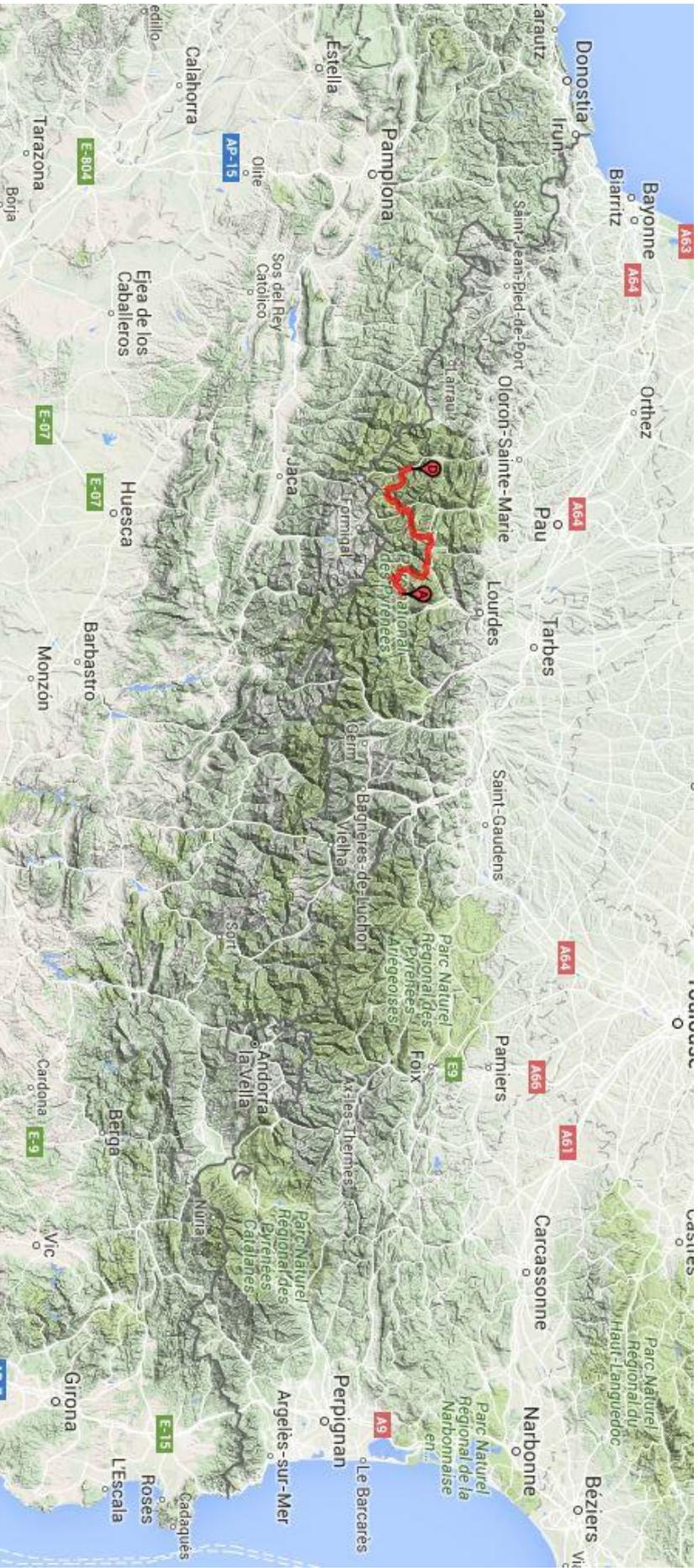
- Self-guided walk without guide
- Walk with family, friends or as a couple
- Possibility of a comfort version with 4 nights in room
- Transport of your luggage between each stage except for 2 nights in refuges
- Duration 7 days / 6 nights

## Strong points

- Part of the Crossing the Pyrenees in the heart of the Pyrenees National Park
- The discovery of the Pic du Midi d'Ossau from the Col d'Ayous
- The impressive Chemin de la Mâtüre
- A rich and varied fauna and flora
- The mountain villages of Gabas, Arrens, Estaing, Cauterets...



From Etsaut to Cauterets, the GR10 takes you through the Pyrenean National Park. Created in 1967 to preserve an exceptional natural heritage, the park stretches from the Aspe valley to the Aure valley, along the Spanish border and two departments, the Pyrénées-Atlantiques and the Hautes-Pyrénées. Setting off from Etsaut, via the famous chemin de la Mâtüre, you will reach the grandiose surroundings of the Ossau valley, that opens out before you and affords a spectacular view of the pyramid-shaped Pic de Midi d'Ossau that culminates at 2884m. From Gabas to Arrens valley, passing through the ski resort of Gourette, you encounter a succession of lakes and villages in stone and slate and a never-ending wilderness that serves as summer pastures. After having discovered the Arrens and Estaing valleys, you finish your holiday in the spa town of Cauterets, capital of the Bigorre.



## •PROGRAM

### **Day 1 : Start of your holiday in Etsaut (or Borce according to your accommodation)**

Once you have settled into your accommodation you can visit villages of Etsaut or Borce and the Maison du Parc.

#### **The Moulette Bridge**

Easy hike in shady loop up to the Moulette bridge, in the forest to discover high barns.

#### **Walk to the col de la Coundre**

A walk that lets you discover the valley of Etsaut. You will come across lovely scenery as well as relics of the past, such as old mills and barns. You arrive at the Col de la Coundre at an altitude of 1121m.

- Distance : 4km, duration : 2h15, altitude gain : +330m, descent : -330m.
- Distance : 6km, duration : 3h30, altitude gain : +490m, descent : -490m.

### **Day 2 : From Etsaut to Ayous refuge**

Today's walk is challenging with 1550m altitude gain. It offers scenery of an amazing magnitude : the Chemin de la mature, the plateau of Baigt-Sencours, shepherd's cabins and the pyramid-shaped mountain the Pic du Midi d'Ossau whose reflection shimmers in the waters of the lake, Lac Gentau.

- Distance : 15km, duration : 6h, altitude gain : +1700m, descent : -330m.

### **Day 3 : From Ayous refuge to Gabas**

Setting out from the refuge at Ayous, the GR10 drops down to the village of Gabas. Today's walk is shorter and it's a chance to recuperate after yesterday's efforts (or longer variants). The distance from the lake to the village isn't far and will take about 3h00. The village is typically Pyrenean and situated in the famous valley of Ossau, with an emblematic summit, an exceptional flora and fauna, as well as a super cheese ! Possibility of two different longer variants: via Lac Bersau or via the Col de Suzon.

- Distance : 10km, duration : 3h00, altitude gain : +65m, descent : -990m.
- Distance : 12,5km, duration : 4h15, altitude gain : +235m, descent : -1155m (Variant Lac Bersau).
- Distance : 20km, duration : 7h15, altitude gain : +930m, descent : -1855m (Variant Col de Suzon).

### **Day 4 : From Pont du Goua to Gourette**

In the morning transfer from Gabas to Pont du Goua or Eaux Bonnes to shorten the hike (optional, contact us).

Today's walk is strenuous, the climb up to the Hourquette d'Arre which culminates at 2465m, this is the highest part of the GR10 in the Pyrenees Atlantiques. You descend towards the lake Anglas and continue down to the ski station, Gourette. There is a good chance that you will be able to observe some remarkable fauna such as the majestic rare vautour fauve, vultures, royal eagles, mountain isards and marmots. Late snow covering is regular on this stage : a variant enabling to avoid the high point of Hourquette d'Arre can be organized. Possibility to divide the hike in 2 by adding an extra night, please contact us.

- Distance : 17km, duration : 7h15, altitude gain : +1550m, descent : -1155m (Pont de Goua transfer).
- Distance : 10km, duration : 4h, altitude gain : +900m, descent : -275m (Eaux Bonnes transfer).
- Distance : 24km, duration : 8h30, altitude gain : +1845m, descent : -1465m (Snow variant).

### **Day 5 : From Gourette to Estaing**

Today's stage of the GR10 is a transition, the trail crosses the border between the Béarn and Bigorre regions. You will be walking across high summer pastures and past shepherd's cabins to the Col de Tortes at an altitude of 1799m and on to the Col de Saucède at 1525m. You will arrive at the village of Arrens in the Val D'Azun valley, the first market town of the Bigorre region. Then you will reach the village of Estaing via the Bordères pass.

- Distance : 21km, duration : 7h50, altitude gain : +1200m, descent : -1490m (normal version).
- Distance : 16,5km, duration : 6h50, altitude gain : +1110m, descent : -1395m (comfort version).

### **Day 6 : From Estaing to Ilhéou refuge**

The GR makes its way up to the high plains of the Col d'Ilhéou, passing the cabins of Arroussec and Barbat. The col is situated at an altitude of 2242m, from which point the trail drops down to the lake of Ilhéou.

- Distance : 10,5km, duration : 4h30, altitude gain : +1250m, descent : -350m (normal version).
- Distance : 14km, duration : 5h30, altitude gain : +1325m, descent : -420m (comfort version).

### Day 7 : From Ilheou refuge to Caunterets

Just a short walk for the last section of this part of the GR10. To Caunterets, passing by the Escala d'Ilhéou, you will no doubt have the chance to see marmottes and isards. In this high, airy mountain ambiance there are many traces of glacier erosion, lakes and moraines. Possibility of a longer variant via the Haugade Pass and the Marcadau Valley.

- Distance : 8km, duration : 3h, altitude gain : +75m, descent : -1100m.
- Distance : 18km, duration : 6h30, altitude gain : +515m, descent : -1530m (variant).

*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 Sunday from the middle of June to the end of September.

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

Departure on another day : extra 25 euros per person.

**Consult us for group discounts.**

**Prices :** From 15/06/2020 to 30/09/2020 :

Price per person for a group of 2/3 persons	<b>650€</b>
Price per person for a group of 4/5 persons	<b>590€</b>

### Extras/Discounts :

- Comfort version : 4 nights in rooms : 60€/pers
- Extra for a single room : 100€/pers
- Extra departure out of a Sunday : 25 €/pers
- Transfer back from Caunterets to Etsaut, for 1 to 4 persons : 230€/transfer
- Discount « Baroudeurs » : no luggage transfer : 160 €/booking
- Extra night in half board shared dormitory in Etsaut : 40€/pers
- Extra night in half board double room in Etsaut : 60€/pers
- Extra night in half board single room in Etsaut : 85€/pers
- Extra night in half board shared dormitory in Caunterets : 45€/pers
- Extra night in half board double room in Caunterets : 50€/pers
- Extra night in half board single room in Caunterets : 60€/pers

### The price includes :

- Half-board accommodation
- Transfer day 4
- Luggage transport except for the two nights in a refuge on days 2 and 6
- 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
- 10€ for booking fees
- Showers in the mountain huts
- 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](mailto: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 except for two nights in refuge days 2 and 6 ; We organize transfer on day 4; we provide the maps and detailed walking route notes sent on 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 : *Even if you choose our DISCOUNT « BAROUDEURS » and carry your gear all along the walk.***

- Day 4 : At 7h30 AM, Transfer from Gabas to Pont du Goua or Eaux Bonnes. (Can be avoided, consult us). This transfer aims at shortening a long and strenuous walk.

We ask that you arrive on time for these transfers so not to cause a delay for yourselves or other passengers using the same transfer.

## •TECHNICAL INFORMATION

### Some information (without day 1)

Maximum ascent : +1700 m

Global ascents : + 5840m

Global descents : - 5415m

Highest point of the section : 2465m

### Nature of the walk

The walks are on good footpaths and trails, the terrain is varied but often rocky. Walks on mostly waymarked paths, but some technical difficulties are possible.

### 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 1500m/1700m. You need to be used to walking and take regular exercise to enjoy this holiday.

## Detailed walking schedule

Detail	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ascent	+330 or +490m	+1700m	+65m	+1550m	+1200m	+1250m	+75m
Descent	-330 or -490m	-330m	-990m	-1155m	-1490m	-350m	-1100m
Walking duration*	2h15 or 3h30	6h00	3h00	7h15	7h50	4h30	3h00
Distance	4km or 6km	15km	10km	17km	21km	10,5km	8km

**\*Be advised** : the walking duration is given to help you in your choice, but this is an average, not including the stops during the walk, and overall walking duration is just an indication, but can be different between walkers.

## Bibliography

Pyrénées Magazine, GR10, nos plus belles étapes, n°92 mars-avril

Guide vert Pyrénées Aquitaine, éd. Micheli

Guide Bleu, éd. Hachette

Chemins du Piémont n 1 G. Véron

L'épopée des Cimes, Bellefont, Ed. Alpes Pyrénées

## Guide

Self-guided walking, without guide.

## Carrying

You will need to carry a day sack only, with your water bottle, camera, picnic and goretex jacket. Our bag-moving service means you can travel light during your walks (except for the nights in mountain shelters, D2 and D6, where you have to carry your necessary personal belongings for the night, including a lightweight sleeping bag or liner, change of clothes, toiletries). Your main luggage will be transported by vehicle between the different night stops, which you will take places on days 3, 4, 5 and 7, unless you have chosen our DISCOUNT « BAROUDEURS ». In this case you are responsible for carrying your bags between stopovers and are only permitted to use the people transfers. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the porters. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday. (Consult with us for left luggage facilities).

## •ACCOMMODATION/FOOD

### Accommodation

Half board

2 nights in a shared dormitory in mountain refuges on days 2 and 6. Bring a sack sheet (blankets provided)

2 nights in a shared dormitory in gîte on days 1 and 5.

1 night in a gîte in a room on day 3

1 night in hotel\*\* in room on day 4

### COMFORT VERSION : with extra (60€/pers), please inform us when booking (according to availability) :

3 nights in room in guest rooms on days 1, 3 and 5.

1 night in a hotel\*\* in room on day 4

2 nights in shared dormitory in mountain refuge on days 2 and 6. Bring a sack sheet (blankets provided)

### Food

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

- Evening meals in accommodations, often based on local specialities, include a starter, a main course and a dessert.

- Picnics and drinks are not included. Picnics can be provided by all accommodation.

## •PRACTICAL INFORMATION

**Starting** : Day 1 at your accommodation in Etsaut or Borce (64), according to your time of arrival.

**Ending** : Day 7 in Cauterets (65), after your walk.

### **How to get to Etsaut :**

- **By air:** Tarbes Ossun airport, tel 0033 562329222 - [www.tarbes-lourdes.aeroport.fr](http://www.tarbes-lourdes.aeroport.fr) Toulouse-Blagnac international airport (180km) : Tel : 0033 561424400 Pau-Uzein airport, tel 0033 559333300 - [www.pau.aeroport.fr](http://www.pau.aeroport.fr) Air France, reservations : Tel : 0870 142 4343

- **By train :** Transfer by TER and bus SNCF from Pau to Etsaut, via Oloron Sainte Marie.  
- To get to Pau : line Nice - Toulouse - Irun stops at Pau, or line Paris - Bordeaux - Tarbes, a stop at Pau.  
- To get to Oloron Sainte Marie : many TER trains from Pau to Oloron, then SNCF bus from Oloron to Etsaut.  
Oloron station tel 0033 0559390061 (regional and local information) Contact SNCF [www.ter-sncf.com](http://www.ter-sncf.com) or [www.ter-sncf.com/aquitaine](http://www.ter-sncf.com/aquitaine) to confirm timetable.

- **By car:** To get to Pau (autoroute from Bordeaux or Toulouse); then Pau, N134 to Etsaut, via Oloron Sainte Marie.

### **PARKING :**

- Parkings in Etsaut : No problems parking. Place de l'Eglise, in front of the Mairie or ask the manager of the gîte in Etsaut.

- Parkings in Cauterets : Free : Bus station, Place de la gare Thermes César, (town centre) Guarded parking : Parking Municipal souterrain, Rue de Belfort, tel 0033 562925557, or 0033 562925034 (Mairie), or 0033562925050 (Tourist office).

### **How to leave Cauterets :**

- By train : Bus SNCF from bus station - arrival in Lourdes, 1h later. From Lourdes, connections with Toulouse, Bordeaux.

### **From Cauterets to join Etsaut :**

Bus SNCF from Cauterets to Lourdes . From Lourdes, lign Lourdes to Irun, stop in Pau. Then from Pau to Etsaut, connections possible with departures from Cauterets. [www.ter-sncf.com](http://www.ter-sncf.com) to confirm timetable.

**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.**

### **Public transports**

Informations SNCF: <https://uk.voyages-sncf.com/en>

### **Practical information**

- Vallée d'aspe tourist office : 64490 Bedous - Tel : 0033 559347148 -
- Parc National des Pyrénées : A Pau, 59 route de Pau, 65000 Pau - Tel : 0033 562443660
- Cauterets, Parc office - Tel : 0033 562925256
- Cauterets tourist office : Tel : 0033 562925050 - [www.cauterets.com](http://www.cauterets.com)
- Trains info: 0033 892353535, or [www.ter-sncf.com](http://www.ter-sncf.com)
- Local weather : 0033 892680264
- High Montagne police : Tel : 0033 562927507
- Mountain rescue : PGHM d'Oloron - Tel : 0033 559398622
- Maison du Parc Vallée d'Aspe : Tel : 0033 559348830

## **•WHAT TO BRING AND PACK**

### **Bags**

A small day pack for your water bottle, camera, picnic and waterproof.

A bag, rucksack or suitcase for your main luggage weighing a maximum of 12kg per person.

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

For a walker without portage: 30L minimum

For a walker with partial portage: 50L minimum

For a walker with portage: 60L minimum

### **Day Bag**

Whatever activity you participate in, you should always carry in your rucksack waterproof clothing, a picnic, a bottle of water aswell as a small first aid kit and personal belongings, a camera, a hat, binoculars etc.

### **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.

### **Clothes:**

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts.. aswell as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR20 walks at altitude.

### **For Sleeping**

- Sack sheet for all nights spent in the gites and mountain shelters (sheets are provided)
- Earplugs

### **For Picnics**

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

### **For Walking :**

- Good walking shoes or boots with a good grip sole
- Walking socks.
- Warm fleece
- Shorts and T shirts.
- Swimming costume or trunks
- Towel
- 2 Walking poles (optional)
- Water bottle (one litre minimum)
- Personal first aid kit with good blister protection
- Sunglasses and sun cream
- Sun hat
- Wind and waterproof jacket (Gore-tex style)

### **Other little things**

- A pair of trainers or sandals for a night
- Glasses and suncream
- Walking poles
- Hats
- Camera
- Small toiletry bag and towel
- Torch or headlight
- A first aid kit with personal medication, blister plasters (compeed), aspirin and survival blanket.