

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

GR10 from Vernet les Bains to Banyuls sur Mer : arrival at sea

Your route in brief

- Self-guided walk without guide
- Walk with family, friends or as a couple
- Possibility of a comfort version with 5 nights in room
- Transport of your luggage between each stage (depending on the option chosen) except for 1 night in mountain refuge
- Duration 7 days / 6 nights

Highlines

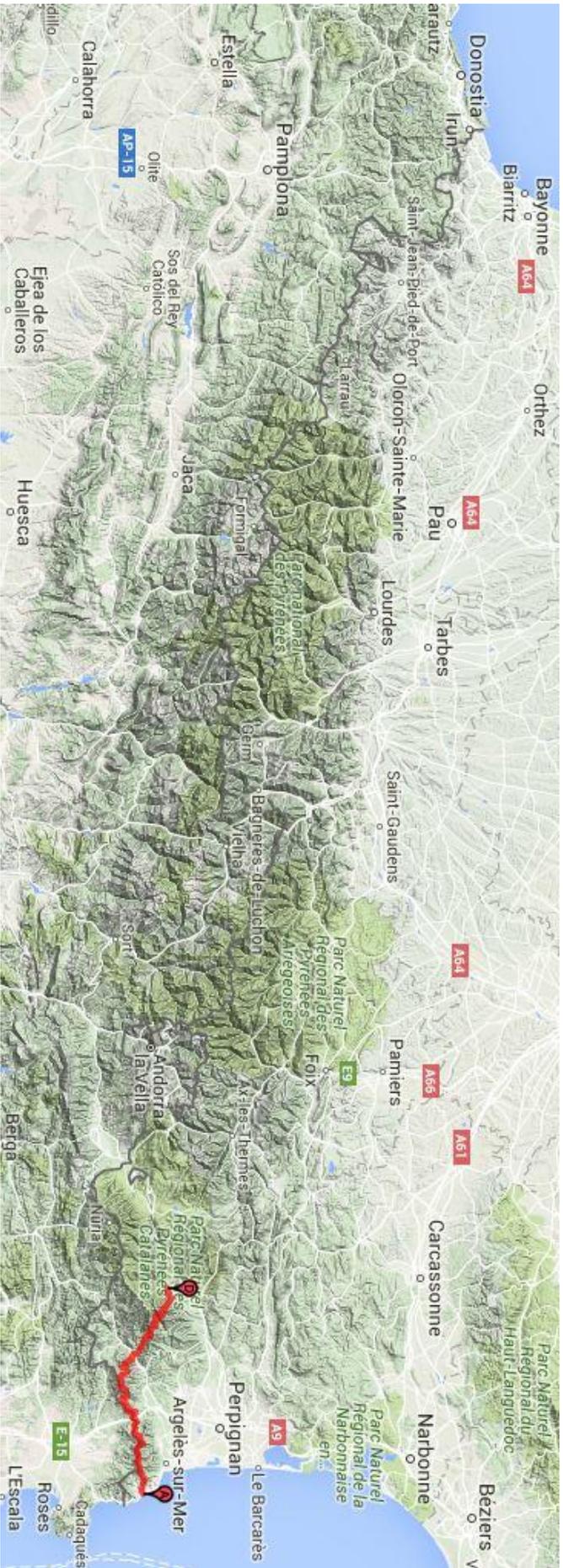
- The Canigou Massif, the last high summit of the Pyrenees with the possibility of ascent.
- The arrival on the sea and the magnificent Vermeille coast, the final of the GR10
- The Albère massif plunging into the sea
- Sunny weather on this section of the Pyrenees



The mountain that is fully representative and symbolic of the Eastern Pyrenees, the very symbol of the Catalans, is the Massif du Canigou. This summit dominates the Roussillon plains and the Mediterranean coastline. The position of the summit is isolated from the rest of the Pyrenean chain, so it stands out and is easy to spot, omnipresent in the landscape. It is nicknamed the Fujiyama Catalan. These protected areas that you walk through are a special environment and for nature lovers there is rich flora and fauna to admire. From Vernet-les-Bains, depending on the weather and your motivation, you have the choice of going around the Canigou summit, or going up and over! Then, you will drop down to the Roman spa town Arles sur Tech. From here, the GR10 gets close to the French/Spanish border, after having passed the Roc de France and the famous Col du Perthus, you will drop down into a vegetation of Mediterranean garrigue. The last mountain foothills of the Massif des Albères give way to the sea. You can't help but be charmed as you approach the enticing blue coastline. The sandy beach of Banyuls, one of the prettiest spots along the Vermeille coastline is not far off !

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

Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54
info@respyrenees.com



•PROGRAM

Day 1 : Arrival in Vernet-les Bains

Installation in your accommodation, according to your arrival time. Depending on your arrival time, you can visit the village or go hiking.

The Cascade des Anglais and the Saint Vincent

A refreshing out-and-back hike to discover the spectacular waterfalls in the Gorges de St Vincent, offering a nice mix of lush vegetation, cool gorges, bridges and footbridges. There are also several small watering holes to refresh yourself.

Pic de la Pena

Hike to the Pic de la Pena (1062m) which offers a superb view of the Canigou and the surroundings of Vernet-les-Bains. You will also see the Abbey of Saint-Martin du Canigou lurking in its setting.

- Distance: 6km, duration : about 2h30, altitude gain : + 375m, descent : - 375m.
- Distance: 6km, duration : about 2h45, altitude gain : + 470m, descent : - 470m

Day 2 : From Vernet les Bains to Cortalets refuge

In the morning transfer (15min) to the Col de Jou at the start of the hike. From the col de Jou, the GR10 reaches the refuge de Mariailles, a splendid site overlooking spectacular gorges, in the heart of the wild forests of the Cadi basin. Then it goes around the famous Canigou via the col de Ségalès (2040m), the jasse del Py and the refuge de Bonne-Aygue before reaching the guarded refuge des Cortalets : a superb route in the Mediterranean mountains. In good weather, the Canigou, outside the GR10, it's a summit accessible, the final ascent remains more famous for the elegance of the path than for the difficulty encountered. From the summit, a grandiose panorama as far as the sea and the plain of Roussillon.

- Distance : 16km, duration : about 6h30, altitude gain : +1155m, descent : -685m.
- Distance : 12km, duration : about 5h30, altitude gain : +1150m, descent : -680m (Canigou variant).

Day 3 : From Cortalets refuge to Batère

Leaving the century-old refuge of Les Cortalets, you follow the balcony of the Canigou for most of the day. Step by step, you discover a breathtaking panorama. The view stretches from Roussillon to the Mediterranean to the Cerdagne and Capcir; and from the Corbières to the Montagne Noire to Sète and the Cévennes. At the end of the day, you will travel along the "iron road", the mining sites of the Canigou which were once renowned for the quality of their ore.

- Distance : 16km, duration : about 5h45, altitude gain : +455m, descent : -1145m.

Day 4 : From Batère to Arles sur Tech

During the descent to the charming tourist resort of Arles sur Tech, you will encounter many types of vegetation in this massif, from high altitude pastures to forests. The alpine environment is slowly transforming into a Mediterranean environment. This illustrates the diversity of this exceptional landscape. The Canigou Massif itself is home to a quarter of the plant species in France and all the mountain wildlife you would expect.

- Distance : 11,5km, duration : about 4h00, altitude gain : +55m, descent : -1235m.

Day 5 : From Montalba to Las Illas

Transfer (25min) from Arles sur Tech to Montalba (can be avoided, consult us). Start from the hamlet of Montalba d'Amélie, with its incomparable isolation and charm. At the exit of the beech and chestnut woods, the Cerda pass offers itself to you, at the base of the Sant Salvador rock. Then it is the crest of the Frausa rock with its wide panorama of the Catalan plain of the Empordà.

- Distance : 17,5km, duration : about 6h45, altitude gain : +965m, descent : -965m.

Day 6 : From Las Illas to Col de l'Ouïllat

This stage is the transitional point of the Pyrenean crossing as the GR10 approaches the Alberes massif and joins the Franco-Spanish frontier up to the col du Perthus. Its twin the GR11, takes on the same itinerary on the Spanish side. The Alberes is the last Pyrenean massif before diving into the deep blue sea. Crossing it is a real pleasure given the diversity of the landscapes.

- Distance : 26km, duration : about 8h30, altitude gain : +1030m, descent : -640m.

Day 7 : From Col de l'Ouillat to Banyuls sur Mer

A long stage, with highlights such as the passage to the Pic Neulos, the Pic des Quatre-Termes, or the Pic de Saifort, the last promontory before the descent to the sea. Here, in the heart of the Mediterranean vegetation, everything has been shaped by the tramontana. Further down, the vegetation of the Pyrenean foothills has taken on the appearance of vineyards, with its casots, dry stone huts. The sea is there, very close, attractive.

- Distance : 23km, duration : about 8h, altitude gain : +680m, descent : -1615m.

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

From 01/06/2021 to 30/09/2021 :

Prices with luggage transfer :

Price per person for a group of 2 persons	710€
Price per person for a group of 3 persons	645€
Price per person for a group of 4 persons	610€
Price per person for a group of 5 persons	590€
Price per person for a group of 6 persons	575€

Prices without luggage transfer :

Price per person for a group of 2 persons	480€
Price per person for a group of 3 persons	470€
Price per person for a group of 4 persons	465€
Price per person for a group of 5 persons	460€
Price per person for a group of 6 persons	455€

Extras :

- Comfort version (5 nights in rooms) : 70€/pers
- Extra single room : 85€/pers
- Extra night in Vernet les Bains/Banyuls : Consult us
- Transfer back from Banyuls to Vernet les Bains : Consult us

The price includes :

- Half-board accommodation
- Transfer mentioned in the program
- Luggage transfers depending on the option chosen except for 1 night in refuge day 2
- 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
- Showers in the mountain huts
- Booking fees (10€)
- 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) except for the night in refuge on day 2 ; We organize transfer mentioned in the program ; 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.

Transfer during the stay :

- Day 2 : At 8am, transfer (15mn) from Vernet les Bains to col de Jou at the start of the hike.
- Day 5 : At 8am, transfer (25min) from Arles sur Tech to Montalba at the start of the hike in order to shorten a long and strenuous walk (can be avoided, consult us).

•TECHNICAL INFORMATION

Some information (without day 1)

Maximum ascent : +1625 / -1615m

Global ascents : + 4760m

Global descents : - 6215m

Highest point of the section : 2785m (Canigou)

Nature of the walk

Walks on mostly waymarked paths, but some technical difficulties are possible. 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.

Detailed walking schedule

Detail	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Ascent	+375m / 470m	+1575m / 1625m	+455m	+55m	+965m	+1030m	+680m
Descent	-375m / -470m	-560m / -615m	-1145m	-1235m	-965m	-640m	-1615m
Walking duration	2h30 / 2h45	8h00 / 7h15	5h45	4h00	6h45	8h30	8h00
Distance	6km	20km / 16,5km	16km	11,5km	17,5km	26km	23km

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 refuge, D2, where you have to carry your necessary personal belongings for the night, including a lightweight sleeping bag or liner, change of clothes, toiletries. Unless you have chosen the version without luggage transport. 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

4 night in gite in shared dormitory on days 1, 4, 5 and 6.

1 night in mountain gite in shared dormitory on day 3.

1 night in a mountain refuge in a shared dormitory on day 2.

COMFORT VERSION (with extra) :

1 night in hotel** in room on day 1

2 nights in family hotels in room on days 4 and 5

1 night in mountain gite in room on day 3.

1 night in gite in room on day 6.

1 night in mountain refuge in shared dormitory on day 2.

For night in dormitory, bring a liner (blankets are 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 Vernet-les-Bains (66), according to your time of arrival.

Ending : Day 7 in Banyuls sur Mer (66), after your walk.

How to get to Vernet les Bains :

- By air :

Toulouse-Blagnac airport(140km) : tel 0033 (0)561424400, shuttle service to Toulouse Matabiau train station all the 20mn. Perpignan airport : tel 0033 (0)468526070

- By train :

TER from Perpignan station to Villefranche de Conflent. Then bus from Villefranche de Conflent to Vernet-les Bains.

- By car :

From Perpignan, N116 to Villefranche-de-Conflent, and Vernet-les-Bains.

PARKING : - Parking in Vernet les Bains : All free : on top of la Place de la République, next to school, or post office car park.

How to leave Banyuls :

TER train from Banyuls to Perpignan (Cerbère to Perpignan line).

•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 as well 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 tendency to swell up.

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 GR20 walks at altitude.

For Sleeping

- Sleeping bag 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.