

Factsheet | Self-guided walk | Level 2/5   | 6-7 walking days

Discovering in comfort of the Basque Country via the GR10

Your route in brief

- Accessible hiking
- Walk with family, friends or as a couple
- Accommodation with all comfort: 2 nights in hotel****, 1 night in hotel***, 3 nights in hotel**
- Transport of your luggage between each stage depending on the option chosen
- Duration 7 days / 6 nights

Strong points

- Discovery of the coast and the Basque mid-mountain landscapes
- The charm of the villages crossed: Sare, Ainhoa, Itxassou, St Jean Pied de Port ...
- Discover this wonderful culture, landscapes and Basque architecture
- Hiking on the mythical GR10



Starting from Hendaye, a fishing port and privateer town nestled on the edge of the bay of Txingudi, this fairly easy hiking route follows the mythical GR 10 Trans-Pyrenean trail which crosses the Pyrenees from the Atlantic to the Mediterranean in an 800 km hike. It will take you to the first foothills of the Pyrenees, to discover the Basque Country, with its many unusual villages nestled in green valleys, surrounded by the first peaks, such as the emblematic Rhune. You will encounter an exceptional cultural identity as you walk through villages, ridges and forests, with the presence of typical Basque animals such as the betisu, small wild cows, or the pottoks, Basque ponies living in the wild. You will also discover the no less mythical villages of Sare, Ainhoa, Itxassou, and Saint Jean Pied de Port, historical and gastronomic highlights!

www.gr10-liberte.com / www.respyrenees.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 have a walk in the area 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 néo gothic chateau, 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, you reach, from pass to pass, the first foothills of the Atlantic Pyrenees, through green landscapes and sites with a strong Basque imprint. Stop at the Col d'Ibardin, located on the border, with its "ventas" and taste the Spanish atmosphere, or admire the superb views over the valley.

- Distance : 15km, duration : 4h45, altitude gain : +845m, descent : -460m.

Day 3 : from Olhette to Sare

In the morning, transfer to Olhette (optional, consult us). During this stage, the path will pass by the massif of La Rhune (Iarrun: place of pasture, in Basque), considered the first Pyrenean summit of the chain and which, at 905m, remains the sacred mountain of the Basques and a place full of history. Possibility to climb the summit. Then you will go back down towards the village of Sare, classified as one of the most beautiful villages in France.

- Distance: 9km, duration: around 4h, altitude gain : +535m, descent : -550m.
- Distance: 12km, duration: 5h30, altitude gain : +815m, descent : -835m (with Rhune ascent).

Day 4 : from Sare to Ainhoa

Gentle walk through the beautiful hills of the Basque country. You will reach Ainhoa, another of "the most beautiful villages of France". 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.

- Distance : 11,5km, duration: around 3h30, total ascent +250m, total descent -200m.

Day 5 : From Ainhoa to Itxassou

For this stage, there are two possible routes: a mountainous route via the GR10 and the Mondarrain peak with beautiful panoramas of the Basque mountains and the coast in the distance. Or a lower route in the valley via the GR8 through several hamlets and villages, including Espelette, famous for its peppers!

- Distance : 16,5km, duration 6h15, total ascent +800m, total descent -865m (Mondarrain itinerary).
- Distance : 11,5km, duration 4h, total ascent +360m, total descent -420m (Espelette itinerary).

Day 6 : from Itxassou to Bidarray

Transfer from Itxassou to col des Vaux. The GR10 continues to alternate between the Pyrenean summits and mountain villages that have a strong Basque identity. The trail heads toward the Col de Méhatché situated at an altitude of 716m. You pass into "Las peñas de Ichusi" a rocky landscape that is home to the griffin vultures that circle above you. You descend to Bidarray village, an emblematic night stop that is vibrant with the characteristic Basque culture and lifestyle.

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

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

Transfer from Bidarray to the Oylarandoy massif, on the heights of St Etienne de Baïgorry. During this stage, you follow the GR10 which leads you to Saint-Jean-Pied-de-Port. The old capital of the Basque country, a superb fortified town designed by Vauban, is a famous stopover on the world known Saint Jacques de Compostela route. At the foot of the Munhoa summit which is omnipresent in the valley, the mountain scenery is superb and offers beautiful views over the surrounding valleys. *The stage between Bidarray and St Etienne de Baïgorry is avoided by a transfer because it is rather difficult. However, it is possible to add this stage to your itinerary (consult us).*

- Distance : 16km, duration 5h45, total ascent +605m, total descent -955m.

End of stay in Saint Jean Pied de Port :

The stay ends in Saint Jean Pied de Port, after your hike. Possibility to visit the village, historical capital of Basse-Navarre. Possibility to add an extra night to stay longer in St Jean Pied de Port.

This program 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 day from the beginning of 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	775€
Price per person for a group of 3 persons	730€
Price per person for a group of 4 persons	700€
Price per person for a group of 5 persons	690€
Price per person for a group of 6 persons	685€

Prices without luggage transfer :

Price per person for a group of 2 persons	675€
Price per person for a group of 3 persons	665€
Price per person for a group of 4 persons	655€
Price per person for a group of 5 persons	650€
Price per person for a group of 6 persons	645€

Extras :

- Extra Single room : 165€/ pers.
- Extra departure in July/August: 35€/pers.
- Extra transfer back from St Jean Pied de Port to Hendaye, on a week day: 145€/transfer
- Extra transfer back from St Jean Pied de Port to Hendaye, on a week day: 165€/transfer
- Extra night in Hendaye and/or in Saint Jean Pied de Port: please, consult us

The price includes :

- Half-board accommodation except days 1 and 3 in Bed & Breakfast
- Transfers on days 3, 6 and 7
- Luggage transfer 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 days 1 & 3
- Additional transfers
- Booking fees: 15€
- 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 us :
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) and we organize your transfers on days 3, 6 and 7. We provide you 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 :

- Day 3 : At 8.45am, short transfer (about 15min) from your accommodation at the Col d'Ibardin to Olhette (optional, please contact us).
- Day 6 : At 8:30 am, transfer (about 25min) from your accommodation in Itxassou to the Col des Vaux.
- Day 7 : At 8:30 am, transfer (about 30min) from your accommodation in Bidarray to St Etienne de Baigorri (Oylarandoy massif, on the heights of the village).

• TECHNICAL INFORMATION**Nature of the walk**

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

Level 2/5

For walkers in fairly good physical condition. 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 days 1 and 3 in Bed & Breakfast
2 nights in hotel**** on days 3 and 4
2 nights in hotels*** on days 1 and 5
1 night in a Spanish venta equivalent hotel** on day 2
1 night in a hotel** in a room on day 6

Food

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals, often based on local specialities include a starter, a main and a dessert. For dinners in Hendaye and Sare, you can find different restaurants in the villages.
- Picnics not included. Can be bought there.
- Drinks not included.

• PRACTICAL INFORMATION

Starting : Day 1 at your accommodation in Hendaye (64), according to your time of arrival.

Ending : Day 7 in Saint-Jean-Pied-de-Port, after your hike.

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 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 Sleeping

- 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.