

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

# Western Pyrenees: from the Mountains to the Ocean

## Your route in brief

- Easy walk
- Family walking, with friends or as a couple
- Accommodation with all comfort: 5 nights in hotel and 1 night in gite in room
- Access to main luggage every day depending on the option chosen
- Duration 7 days/6 nights

## Strong points

- Discovery of the Basque Coast and mid-mountain landscapes
- The charm of the villages we pass through: Sare, Ainhoa, St Etienne de Baigorri, St Jean Pied de Port
- A well-established local terroir: gastronomy, culture, architecture...
- Hiking on the mythical GR10



This hike, which will take you from the Basque mountains to the Atlantic Ocean, follows the famous GR10 route, the great Pyrenees Crossing (415km from one sea to the other). It features a variety of landscapes specific to the Basque Country, nestled in the heart of the Atlantic Pyrenees. Here, perhaps more than elsewhere, when heading towards the coast, the landscapes crossed have an originality and an entity that are unique. The Basque Country is not to be defined in terms of high mountains and peaks, but rather by describing exceptional charms and cultural originality. From Saint-Jean-Pied-de-Port, the historic capital of the Basque Country, you will walk towards Saint Etienne de Baïrorri, with the sumptuous Iparla crest in the background, and then towards Bidarray. From rolling hills to small peaks, you will then cross villages with magical names, such as Ainhoa, Sare, Dancharia, with bright and shimmering tones, built in the purest Basque tradition. You will taste the Spanish atmosphere when reaching the border at the Col d'Ibardin, before descending towards Hendaye, to enjoy the charms of this lively coastal town bordered by the superb bay of Txingudi.

[www.gr10-liberte.com](http://www.gr10-liberte.com) / [www.respyrenees.com](http://www.respyrenees.com)  
[www.maison-iputxainia.com](http://www.maison-iputxainia.com)

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

## •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. 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 the object of 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 on the peaks of Navarre, and even Labourd.

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

### **Day 2 : From Saint Jean Pied de Port to Saint Etienne de Baïgorry**

A challenging first stage in the heart of the Basque Country, with the ascent of the Mont Munhoa, culminating at 1021m, and the Oylarandoy massif, before reaching the wonderful village of Saint Etienne de Baïgorry.

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

### **Day 3 : From Saint Etienne de Baïgorry to Bidarray**

Today is another challenging walk that is one of the most beautiful hiking of Basque Country. It will lead you to Bidarray through some breath-taking scenery, such as extraordinary red sandstone cliffs along the famous crest of Iparla and its culminating peak at 1044m. From there, you will enjoy an immense panorama... Then you will go down towards the charming village of Bidarray.

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

### **Day 4 : From Bidarray to Col des Vaux**

A section between small peaks and villages with a strong Basque identity. The trail heads toward the Col de Méhatché, situated at an altitude of 716m. You pass into a rocky landscape, home to the griffin vultures that swirl above you.

- Distance : 11,5km, duration : around 4h30, altitude gain : +800m, descent : -360m.

### **Day 5 : From Col des Vaux to Sare**

Passing small summits and passes, the itinerary winds its way through the Zuccuta Pass, a superb lookout, and bypasses the Atxulegi (617m), and further on, the Ereby (583m). Then, you descend to the magnificent village of Ainhoa, a 12th century bastide village. Finally, via the pleasant and preserved Basque countryside, you will reach Sare, another pretty village in the Basque Country.

- Distance : 22km, duration : around 6h45, altitude gain: +400m, descent : -850m.

### **Day 6 : From Sare to Ibardin**

During this stage, the trail will pass through the massif of La Rhune (Iarrun: place of grazing, in Basque language), considered as the first Pyrenean summit of the chain and which, with its 905m, remains the sacred mountain of the Basque people and a place full of history. You spend the night at the Col d'Ibardin, located on the border, with its ventas. An opportunity to taste the Spanish atmosphere and admire the superb views over the valley.

- Distance : 18km, duration : around 6h45, altitude gain : +1050m, descent : -750m.

### **Day 7 : From Ibardin to Hendaye**

From the border, through lush green landscapes against the backdrop of the ocean and sites with a strong Basque imprint, you will gradually leave the first foothills of the Atlantic Pyrenees, leaving the Rhune behind you, to reach the shores of the Atlantic Ocean and Hendaye, a lively coastal town bordered by the superb bay of Txingudi.

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

End of your tour in Hendaye, where your luggage will be waiting for you. Opportunity to visit the city and enjoy its sandy beach.

*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 ET 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 31/10/2022:

### Prices with luggage transfer:

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

### Prices without luggage transfer:

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

### Extras :

- Extra departure in July/August : 25€/pers
- Extra for a single room option : 80€/pers
- Extra transfer back from Hendaye to Saint Jean Pied de Port on a week day: 145€/transfer
- Extra transfer back from Hendaye to Saint Jean Pied de Port on a Sunday or Public Holiday: 165€/transfer
- Extra night in St Jean Pied de Port and/or Hendaye : please, consult us

### The price includes :

- Half-board except day 1 in BB
- 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 Gaetan

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 hotels (depending on the option chosen), 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.

## • TECHNICAL INFORMATION

### Nature of the walk

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

### Level 3

For hikers who already have experience in mountain hiking, in good physical condition and with a good level of endurance. 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 +400m 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 and Breakfast

4 nights in hotels \*\* in room days 2, 3, 5, 6

1 night in a family hotel (equivalent\*\*) on day 1

1 night in gite in room day 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 Saint-Jean-Pied-de-Port not included, restaurants available.

- Picnics not included. Can be bought there.

- Drinks not included.

## ● PRACTICAL INFORMATION

**Beginning** : at your accommodation in Jean Pied de Port (64)

**End** : in Hendaye (64), 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 your vehicule

Parking in Saint-Jean-Pied-de-Port  
No problem for parking in the village

Parking in Hendaye  
Free : in the town centre and harbours (Gazteluzahar pediment)  
To pay : Under the médiathèque (contact Mairie, tel 0559482323)

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.) organised at your parking place.

### How to leave Hendaye/Saint Jean Pied de Port :

Departure from Hendaye/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 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.