

Technical sheet | Guided hike | Level 2/5   | 5 days of hike

The Charm and Comfort of the Basque Country

Your hike

- Easy hike in the Basque Country
- Star-shape itinerary
- Comfortable accommodation in a 3-star hotel with a swimming pool
- Discovering the rich and varied Basque gastronomy

Highlights

- Easy access to Bayonne train station
- Coastal hike, Pilgrim's Way to Santiago de Compostella, GR10 and listed villages
- A traditional shepherds' lunch in a typical restaurant
- Discovering the Basque coast and the inland Basque Country



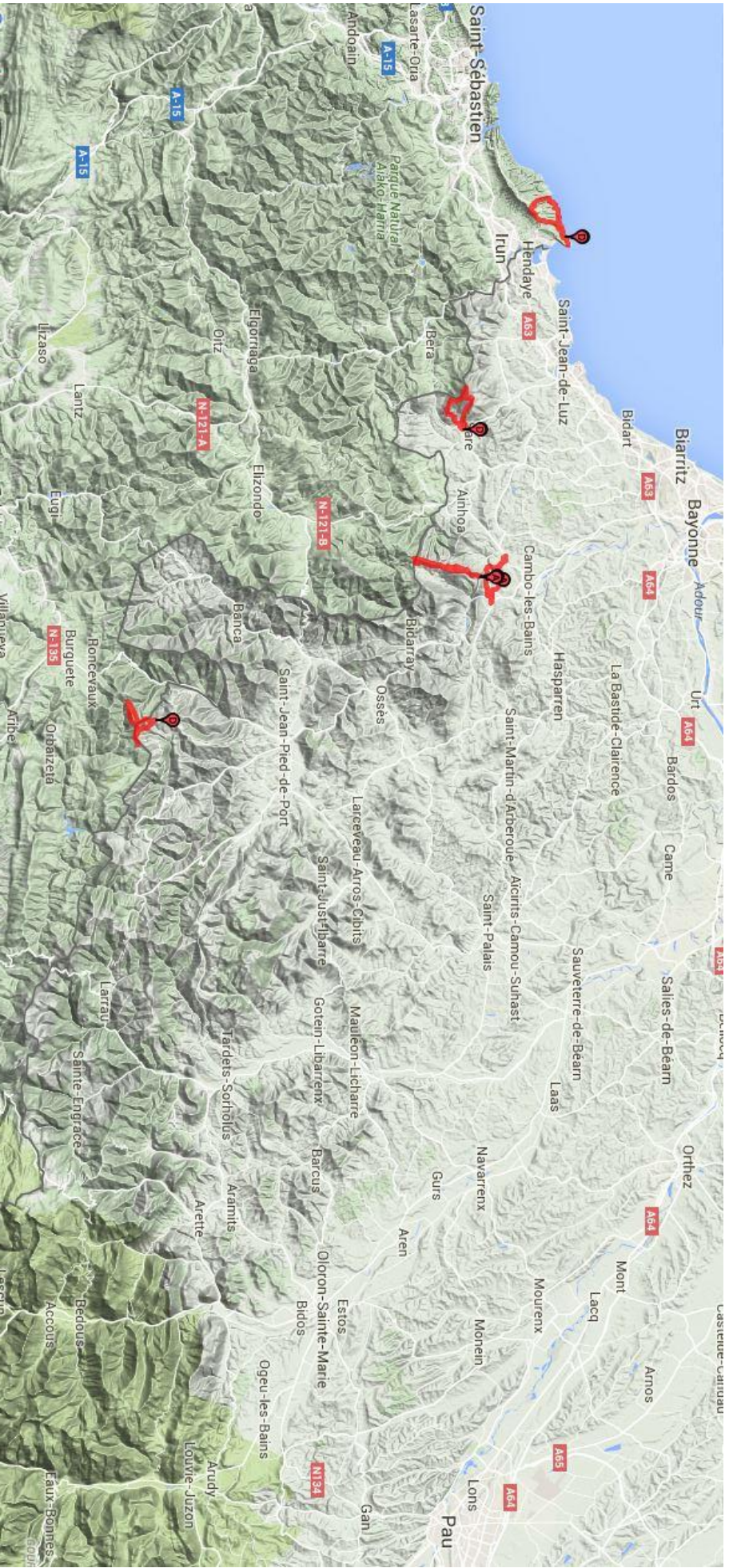
This easy hiking itinerary will take you to the first foothills of the Pyrenees to explore the Basque Country ! Discover the numerous peculiar villages nestling in the bottom of green valleys, and the iconic Rhune mountain.

This trip offers the opportunity to go and discover an outstanding cultural identity, walking along the coastal cliffs between Hendaye and Spain, but also from villages to ridges and forests.

Your guide, specialized in the Basque Country, will share his knowledge with you and make you discover this strong culture through the various villages that you will cross.

You will hike on the famous GR10, a path that crosses the whole Pyrenees mountain range from the Atlantic Ocean to the Mediterranean Sea, then you will follow the footsteps of St James, starting from St Jean Pied de Port like many other pilgrims.

Your guide will also give you a taste for the Basque culture and traditions, and of course gastronomy will not be left behind : Itxassou black cherry, Espelette peppers, Bayonne ham, sheep cheese... delightful rewards after the hike !



•PROGRAM

Day 1 : Beginning of the holiday in Bayonne

Meeting at 18:00 in Itxassou (or at 17:15 at Bayonne train station). Check-in at your accommodation, a 3-star hotel with swimming pool where you are staying for the whole week. Welcome drink and briefing on the tour.

Day 2 : The typical villages of the Basque Country

Walking through the villages of Ainhoa (ranked among « the Most Beautiful Villages of France ») and Espelette, worldwide famous for its peppers that decorate the houses fronts : there is no better way to start discovering the « Basque World », its culture, its gastronomy and its green landscapes.

- Distance : 12km, duration : 5h, ascent : +490m, descent : -530m.

Day 3 : Incursion in Spain through the superb coastal path

Today, you will head to Spain. Facing the Txingudi bay that separates Hendaye and the Spanish harbour of Hondarribia, you will get to Cabo Higuer, the western end of the Pyrenees ! From there, this itinerary that goes from cliff tops to green valleys offers you the Basque country in a nutshell : ocean and mountains merging ! « Beach Stop » at Hondarribia at the end of the hike !

- Distance : 12km, duration : 5h, ascent : +390m, descent : -580m.

Day 4 : Climb to « Larrun », the iconic summit of the Basque Country

La Rune (or Larrun in Basque), a 900m-high summit, overlooks the Basque coastline and the Basque mountains on both the French and Spanish sides. An outstanding viewpoint... worth the climb. It is also a mountain that the Basque people have managed to protect and where breeding is still an important activity.

NB : possibility to take the mini-train for those who do not want to climb

- Distance : 11km, duration : 5h30, ascent : +680m, descent : -820m.

Day 5 : The border-ridge and GR10 through the Mondarrain Peak

One cannot separate the Basque Country from the GR10, that starts on Hendaye beach. Near Itxassou, the path goes along the ridge that symbolizes the border between France and Spain. Today, you will also have the opportunity to enjoy a lunch in a farm, at Marie-Pierre's. A typical Basque shepherds' lunch that will provide you with comfort and energy for the way down !

- Distance : 14km, duration : 5h30, ascent : +650m, descent : -650m.

Day 6 : On the footsteps of the Way of St James pilgrims

Today you are going to step into the « pilgrims world », firstly with a visit of Saint Jean Pied de Port, the capital of the inland Basque Country but also an important pilgrimage destination. The hike will then take you to Spain, and you will be walking on the footsteps of a great number of pilgrims, that have been walking this route for hundreds of years !

- Distance : 11km, duration : 3h30, ascent : +300m, descent : -300m.

Day 7 : End of your holiday.

Your holiday ends after the breakfast. For people who came by train : transfer to Bayonne train station, arrival at 9:30.

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. Onsite, our guides are the ones who know best and they may have to adjust the itinerary depending on the weather or should the safety of the group require it.

•MEETING POINT AND END OF THE TRIP

Meeting point :

On Day 1 at 18:00 at your accomodation in Itxassou (64 – Pyrénées-Atlantiques) : Hôtel*** Txistulari.

For people coming by train : meeting at 17:15 in front of Bayonne train station. **IT IS ESSENTIAL THAT YOU CONTACT RESPYRENEES one week beforehand, texting: + 33 6 10 97 16 54**, to book the shuttle between the train station and the hotel.

End of the trip :

On Day 7 around 9:30, after breakfast.

Transfer to Bayonne train station (arrival at 9:30 at the station) for people who came by train.

•DATES AND PRICE

Group size

From 4 to 15 people.

Departures

Departure is secured from 4 people.

From Sunday 12/04/2020 to Saturday 18/04/2020

From Sunday 26/04/2020 to Saturday 02/05/2020

From Sunday 03/05/2020 to Saturday 09/05/2020

From Sunday 10/05/2020 to Saturday 16/05/2020

From Sunday 17/05/2020 to Saturday 23/05/2020

From Sunday 24/05/2020 to Saturday 30/05/2020

From Sunday 07/06/2020 to Saturday 13/06/2020

From Sunday 21/06/2020 to Saturday 27/06/2020

From Sunday 05/07/2020 to Saturday 11/07/2020

From Sunday 12/07/2020 to Saturday 18/07/2020

From Sunday 19/07/2020 to Saturday 25/07/2020

From Sunday 26/07/2020 to Saturday 01/08/2020

From Sunday 02/08/2020 to Saturday 08/08/2020

From Sunday 09/08/2020 to Saturday 15/08/2020

From Sunday 16/08/2020 to Saturday 22/08/2020

From Sunday 23/08/2020 to Saturday 29/08/2020

From Sunday 30/08/2020 to Saturday 05/09/2020

From Sunday 06/09/2020 to Saturday 12/09/2020

From Sunday 13/09/2020 to Saturday 19/09/2020

From Sunday 20/09/2020 to Saturday 26/09/2020

From Sunday 04/10/2020 to Saturday 10/10/2020

Price per person :

Low season price	690 €
Shoulder season price : June 1st to July 11th and August 23 rd to September 30th	730 €
Hight Season price : July 12th to August 22nd	785 €

Extras :

- Single room extra : 185€/ pers

- Extra night in a double room (night and breakfast) : 50€/pers

- Extra night in a single room (night and breakfast): 70€/pers

The price includes :

- Full board accomodation from the dinner on Day 1 to the breakfast on Day 7
- Transfers
- Guiding by a mountain guide specialised in the Basque Country

The price does not include :

- Travel insurance
- Meals that are not specified as included in the price
- Additional transfers
- Additional visits
- Drinks

Nature of the terrain

Easy hikes, on good paths, the terrain is varied but often rocky.

Level 2

These trips are designed for people who are looking for active holidays. A reasonable level of physical condition is required. 4 to 5 hours of hike per day. Climbing pace* +300 m per hour.

**Be advised : these are average times that only take into account the effective walking time and do not include the stops during the hike.*

• ACCOMODATION / FOOD

Accomodation

6 nights in a 3-star hotel with swimming pool, in a double room.

www.txistulari.fr

Single room available upon request, with extra and depending on availabilities. Private car park available for people coming with their own car.

Food

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals are often based on Basque specialites and include a starter, a main course and a dessert.
- Picnics are included
- Drinks are not included

•INFOS PRATIQUES

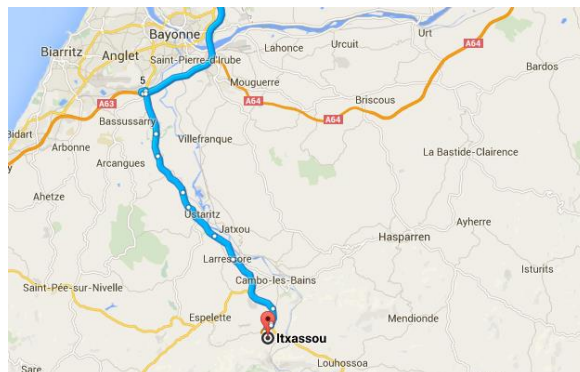
How to get to Bayonne:

- By plane : Biarritz Parme Airport (25 Km) : daily flights to Paris, London, Lyon, and Clermont Ferrand hub.

By train : Many TER trains to Bayonne from main cities In France.

Contact SNCF at 36.35 (direct line) or www.oui.sncf.com To confirm the timetable.

- By car :From Bordeaux A63 Motorway, 207km. From Toulouse, A64 Motorway, 293km, then Bayonne A63 Motorway, exit n°5 towards Cambo-les-bains . If you come by car, we advise you to park at your accomodation : Hotel Txistulari.



• WHAT TO BRING AND PACK

Luggage

- A 35L (or so) hiking backpack that you will use to carry your personal belongings during the day.

Clothes

- 1 sunhat or cap
- T-shirts (1 for 2 or 3 walking days). Avoid cotton, very long to dry; rather choose short-sleeved T-shirts (breathable material) in Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo) etc...
- 1 base layer (with the same characteristics) or long-sleeved shirt
- 1 polar fleece jumper
- 1 trekking trousers
- 1 comfortable trousers for the evenings
- 1 wind and rainproof jacket (Gore-tex type), simple and light
- 1 swimwear and towel to go to the spa center. Compulsory if you want to access the health Spa.
- Warm underwears
- Walking socks (1 pair for 2 to 3 walking days). Avoid the « tennis » type socks (cotton), which take a long time to dry and increase the risk of blister; rather choose some Coolmax-based ones.
- 1 pair of waterproof ankle hiking boots (Vibram type soles)
- 1 pair of comfortable trainers for the evenings

This list should be adapted according to the season you choose

Other little things

- 1 high quality sun glasses
- 1 water bottle (1 liter minimum)
- 1 pocket knife (don't forget to put in your checked baggage for your flight)
- Small toiletry bag and towel
- T-roll, suncream, lipstick
- For picnics: cutlery, glass and a sealed plastic box

Your own first-aid kit

- Your usual medication
- Vitamin C or polyvitamin
- Pain medication: paracetamol, preferably
- Adhesive bandage (Elastoplast-type, 6cm wide)
- Adhesive dressings + disinfectant wipes
- Blister plasters (Spenco type, available in pharmacies, drugstores, sport stores...)

Collective first-aid kit

- First-aid kit placed under the responsibility of your Mountain Leader