

Factsheet | Self-guided walk | Level 3/5  | 6 walking days on the GR10

# GR10 Hendaye-Saint Jean Pied de Port : from the Ocean to the Basque mountains

## Your route in brief

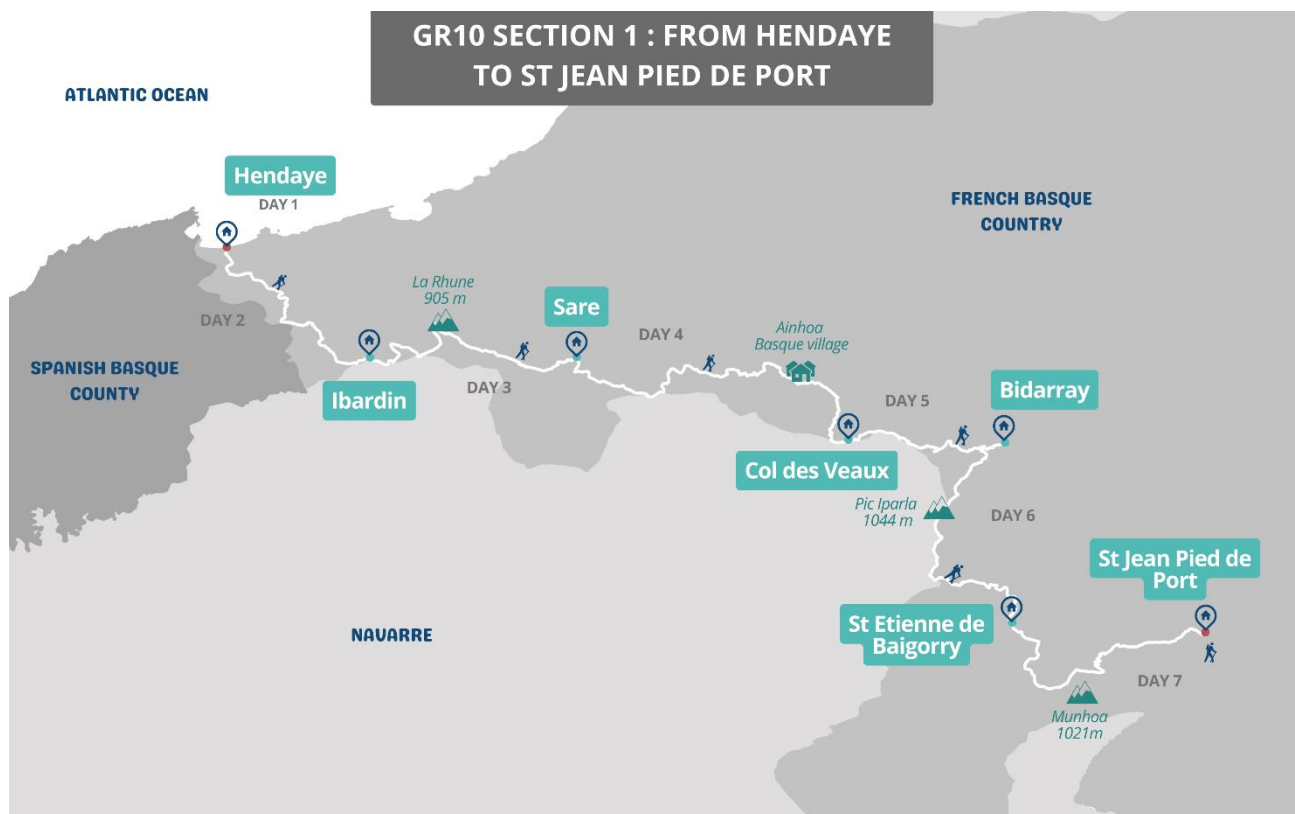
- Accessible hiking
- Walk with family, friends or as a couple
- Possibility of a comfort version with 6 nights in a room
- Transport of your luggage between each stage depending on the option chosen
- Duration 7 days / 6 nights

## Strong points

- Discovery of the Basque coast and mountain landscapes
- The charm of the villages crossed: Sare, Ainhoa, St Etienne de Baigorry, St Jean Pied de Port...
- A well-established local terroir: gastronomy, culture, architecture...
- Many small peaks with beautiful views
- The magnificent Iparla ridges
- Hiking on the mythical GR10



Who wouldn't be tempted to traverse the entire Pyrenean mountain range on foot. The mythic GR10 starts at the Atlantic Ocean and crosses over more than 258 miles of dazzling mountains to arrive at the Mediterranean coast. You amble through stunning scenery that varies enormously, from flower filled meadows, sparkling lakes, cirques and high summits. You'll get a taste of many different cultures, from the Basque country through to Catalonia. Each valley you pass through has its own distinct flavour. It is a great way to explore local life and to absorb the differences, the Pyrenees is a unique blend of many different people. The first section, from Hendaye to Saint Jean Pied de Port, covers a variety of landscapes typical of the Pays Basque region, set in the heart of the Atlantic Pyrenees. The scenery has a charm and regional originality that you won't find elsewhere. Rolling hills, magical villages, such as Sare, Ainhoa and Dancharia that are steeped in Basque tradition, and a rich Pyrenean flora and fauna are all waiting to be discovered. At the end of the walk you will reach the villages of Bidarray and Saint Etienne de Baigorry with the sumptuous Iparla mountain ridge in the background.



## •PROGRAM

### Day 1 : Start of holiday in Hendaye



Depending on your arrival time, after checking into your hotel, you may choose to walk in the region 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 neogothic castle, 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, this first stage of the walk is pleasant. The landscape, scattered with villages, is peaceful and harmonious with the rolling hillsides. The ambience is very basque but there is no sign yet of the high dramatic mountains to come.

- **Distance : 15km, duration : around 5h30, altitude gain : +850m, descent : -450m.**

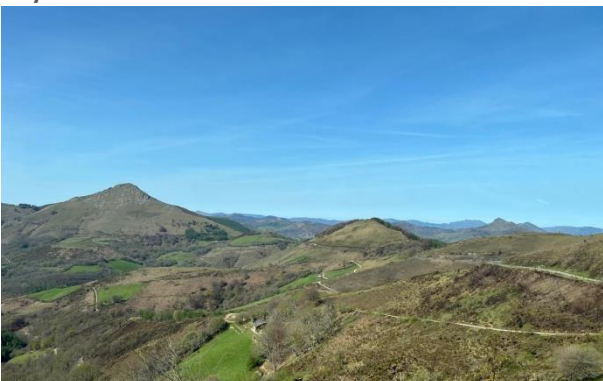
### Day 3 : from Ibardin to Sare



During this stage, the path will pass by the massif of La Rhune (Iarrun: place of pasture, in Basque), considered as the first Pyrenean summit of the chain and which, from the top of its 905m, remains the sacred mountain of the Basques and a place full of history. Then you will reach the pretty village of Sare and its typically Basque architecture which has managed to integrate the originality of the surrounding environment.

- **Distance : 16,5km, duration : around 6h, altitude gain : +700m, descent : -1000m.**

### Day 4 : from Sare to the Col des Veaux



During this stage, you will cross at first the pleasant and preserved Basque countryside before arriving at Ainhoa, magnificent village-bastide of the XIIth century. Then, crossing small summits and passes, the route goes around the Ereby (583m), further on the Atxulegi (617m), and soon appears the Zuccuta pass, a superb belvedere. From there, depending on the weather conditions, you can reach the Col des Veaux by the trail or, if the weather is good, by staying on the ridge, off the GR10, continue to Gorospil Peak (691m), and enjoy the panorama of the Basque mountains.

- **Distance : 22km, duration : around 7h, altitude gain : +800m, descent : -300m.**

### Day 5 : from the Col des Vaux to Bidarray



The GR10 continues to alternate between the Pyrenean summits and mountain villages that have a strong Basque identity. The trail heads in the direction of the Col de Méhatché situated at an altitude of 716m. You pass into a rocky landscape that is home to the griffin vultures that circle high above, before the descent to Bidarray village. As the stage is short, you can make a return trip to the top of Artzamendi and enjoy a wide panorama: from the ocean to the first high peaks of the Pyrenees.

- Distance : 11,5km, duration : around 4h, altitude gain : +350m, descent : -750m.
- Distance : 14km, duration : around 5h, altitude gain : +550m, descent : -950m (via Artzamendi).

### Day 6 : from Bidarray to the Saint Etienne de Baigorry



This sporty stage is one of the most beautiful hiking routes in the Basque Country. From the charming village of Bidarray, you will start the ascent towards the Iparla ridges. From the bottom of the valley, they look like a long, impassable wall. From the top, you will enjoy an immense panorama... Then you will descend towards Saint Etienne de Baigorry, a magnificent village in the Basque Country, with many typical Basque architecture buildings.

- Distance : 18,5km, duration : around 7h30, altitude gain : +1250m, descent : -1250m.

### Day 7 : from Saint Etienne de Baigorry to Saint Jean Pied de Port



A stage in the heart of the Basque Country. The track rises above St Etienne de Baigorry to reach the Oylarandoy and Munhoa massif, culminating at 1021m and overlooking St Jean Pied de Port, which you will reach after a long descent. Surrounded by pink sandstone ramparts, the medieval town of Saint-Jean-Pied-de-Port is attractive with its cobbled streets lined with old houses, its old bridge over the Nive river, its picturesque facades on the water's edge, its sentry walk and its imposing citadel reworked by Vauban.

- Distance : 19,5km, duration : around 7h, altitude gain : +950m, descent : -950m.

*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 April to the end of October (according to availabilities).  
Booking from 2 people (solitary traveller: consult us).

From 01/04/2025 to 30/10/2025 :

**Prices with luggage transfer :**

Price per person for a group of 2 persons	<b>685€</b>
Price per person for a group of 3 persons	<b>635€</b>
Price per person for a group of 4 persons	<b>610€</b>
Price per person for a group of 5 persons	<b>595€</b>
Price per person for a group of 6 persons	<b>585€</b>

**Prices without luggage transfer :**

Price per person for a group of 2 persons	<b>535€</b>
Price per person for a group of 3 persons	<b>530€</b>
Price per person for a group of 4 persons	<b>525€</b>
Price per person for a group of 5 persons	<b>520€</b>
Price per person for a group of 6 persons	<b>515€</b>

**Extras :**

- Comfort version (6 nights in room) : 105€/pers
- Extra for a single room (if comfort version): 145€/pers
- Extra departure in July/August/September : 30€/pers
- Transfer back from St Jean Pied de Port to Hendaye on week days : 175€/transfer
- Transfer back from St Jean Pied de Port to Hendaye on Sundays or public holidays: 195€/transfer
- Extra night in Hendaye Bed & Breakfast shared dormitory : 60€/pers
- Extra night in Hendaye Bed & Breakfast shared dormitory July/August/September : 70€/pers
- Extra night in Hendaye Bed & Breakfast double room : 75€/pers
- Extra night in Hendaye Bed & Breakfast single room : 115€/pers
- Extra night in Hendaye Bed & Breakfast double room July/August/September : 90€/pers
- Extra night in Hendaye Bed & Breakfast single room July/August/September : 140€/pers
- Extra night in St Jean Pied de Port Bed & Breakfast shared dormitory : 45€/pers
- Extra night in St Jean Pied de Port Bed & Breakfast double room : 75€/pers
- Extra night in St Jean Pied de Port Bed & Breakfast single room : 115€/pers

**The price include :**

- Half-board except day 1 in Bed & Breakfast
- 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
- Drinks and picnic

**•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,

**Contact Gaetan**

Tél : 0033 5 34 14 51 50

[gaetan@respyrenees.com](mailto:gaetan@respyrenees.com)

- organize additional activities or visits,
- get a transfer from/to an airport,
- organize an extra night,

## • 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 book your accommodation, we transport your bags between the accommodations (depending on the option chosen), provide the maps and detailed walking route notes given at 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

### Level 3/5

Regular walker, in good physical condition with experience of mountain hiking. Hiking 6h-7h per day on average, altitude difference 700m-1000m on average, on fairly easy trails, with some small technical difficulties. 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 day 1 in Bed & Breakfast  
 1 night in Spanish venta equivalent in room day 2  
 1 night in gite in room day 4  
 1 night in hostel in shared dormitory day 1  
 3 nights in gite in shared dormitory days 3, 5 and 6

### COMFORT VERSION (with extra) :

4 nights in hotels\*\* in room days 1, 3, 5 et 6  
 1 night in Spanish venta equivalent hotel\*\* in room day 2  
 1 night in gite in room day 4

For nights in shared dormitory, bring a sleeping bag liner (blankets are provided).

### 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 Hendaye, restaurants available.
- Pic-nics not included. They can be reserved in advance (with extra). Or you can buy them directly at your accommodation or at the grocery stores, mini-markets and bakeries listed in the roadbook.
- Drinks not included.

## •PRACTICAL INFORMATION

**Starting :** Day 1 at your accommodation in Hendaye, according your time of arrival.

**Ending :** Day 7 in Saint Jean Pied de Port, after your walk.

### **How to reach Hendaye by public transport :**

Trains from the main towns to Hendaye (with occasional connections) : <https://www.sncf-connect.com/en-en/>

### **How to leave Saint Jean Pied de Port by public transport :**

From Saint Jean Pied de Port, train to main cities (with connections) : <https://www.sncf-connect.com/en-en/>

### **How to reach Hendaye from Saint Jean Pied de Port by public transport :**

Train from Saint Jean Pied de Port to Hendaye with connection in Bayonne : <https://www.sncf-connect.com/en-en/>

### **Nearest airport :**

Biarritz airport

Pau airport

Tarbes-Lourdes airport

Toulouse-Blagnac airport

### **Parking lot in Hendaye:**

All paid and free parking lots visible on this page: <https://www.hendaye-tourisme.fr/en/parking-car-parks/>

### **Parking lot in St Jean Pied de Port :**

All paid and free parking lots visible on this page: <https://www.st-jean-pied-de-port.fr/decouvrir/ou-stationner/>

If you are leaving your vehicle for the duration of your stay, please check with the tourist office to find out whether any events (festivals, markets, etc.) will be taking place at your car park.

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 (if package includes luggage transport between accommodations) :**

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.