


Factsheet | Self-guided walk | Level 2/5  | 6 walking days on the GR10

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 : 1 night in hotel****, 2 nights in hotel***, 3 nights in hotel**
- Transport of your luggage between each stage depending on the option chosen
- Access and return possible via Hendaye and Saint Jean Pied de Port
- 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 ...
- Many small summits with magnificent panoramas
- 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!

•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 : 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 the first Pyrenean summit of the chain and which, at 905m, remains the sacred mountain of the Basques and a place full of history. Then you will go back down towards the village of Sare, classified as one of the most beautiful villages in France.

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

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 -850m (Mondarrain itinerary).
- Distance : 11,5km, duration 4h, total ascent +350m, total descent -400m (Espelette itinerary).

Day 6 : from Itxassou to Bidarray

From Itxassou, via a variant of the GR10, you quickly reach the gorges of the Pas de Roland, a place full of stories and legends. After the gorges, you climb on the slopes of the Artzamendi (924m) via the "green plateau" which bears its name well ! After having enjoyed a superb panorama from the summit of Gakoeta (579m), the itinerary goes down towards the village of Bidarray.

- Distance : 13,5km, duration : around 5h, altitude gain : +700m, descent : -650m.

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 +500m, total descent -950m.

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

Prices with luggage transfer :

Price per person for a group of 2 persons	890€
Price per person for a group of 3 persons	835€
Price per person for a group of 4 persons	810€
Price per person for a group of 5 persons	795€
Price per person for a group of 6 persons	785€

Prices without luggage transfer :

Price per person for a group of 2 persons	760€
Price per person for a group of 3 persons	745€
Price per person for a group of 4 persons	735€
Price per person for a group of 5 persons	730€
Price per person for a group of 6 persons	725€

Extras :

- Extra Single room : 245€/ pers
- Extra departure in July/August/September : 55€/pers
- Extra transfer back from St Jean Pied de Port to Hendaye, on a week day: 175€/transfer
- Extra transfer back from St Jean Pied de Port to Hendaye, on Sunday and public holidays : 195€/transfer
- Extra night in Hendaye Bed & Breakfast double room : 90€/pers
- Extra night in Hendaye Bed & Breakfast single room : 160€/pers
- Extra night in Hendaye Bed & Breakfast double room July/August/September : 110€/pers
- Extra night in Hendaye Bed & Breakfast single room July/August/September : 175€/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 includes :

- Half-board accommodation except day 1 in Bed & Breakfast
- Transfer on day 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 day 1

- Booking fees: 15€
- 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 book your accommodation, we transport your bags between the accommodations (depending on the option chosen) and we organize your transfer on day 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 7 : At 8:15 am, transfer (about 30min) from your accommodation in Bidarray to St Etienne de Baigorry (Oylarandoy massif, on the heights of the village).

•TECHNICAL INFORMATION

Level 2/5

Occasional walker, in good physical condition. Hiking 5h-6h per day on average, altitude difference 400m-700m on average, on easy paths and tracks. 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 hotel**** on day 4

2 nights in hotels*** on days 1 and 3

1 night in a Spanish venta equivalent hotel** on day 2

2 nights in a hotel** in a room on days 5 and 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 dinner in Hendaye, 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, 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 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.