

Technical Sheet | Guided Hike | Level 2/5   | 5 Days of Hiking

The Basque Coast: where Ocean and Mountain merge

Your Tour briefly

- Guided hike with a BE AMM from the Basque Country who loves and knows his country
- Fairly easy hiking
- Itinerant tour
- Comfortable accommodations selected for their welcome and conviviality
- Easy access and return to Hendaye
- Duration: 7 days / 6 nights
- Possibility of an extension to visit the GUGGENHEIM BILBAO museum

Highlights

- Coastal hikes with lots of opportunities for swimming
- Discover the Spanish Basque Coast, its typical atmosphere, its ports and seaside resorts
- Tapas evenings in San Sebastian and the last night in Zumaia
- Diverse coastal landscapes
- Discover the rich and varied gastronomy of the Basque Country
- Part of the itinerary on the Camino del Norte

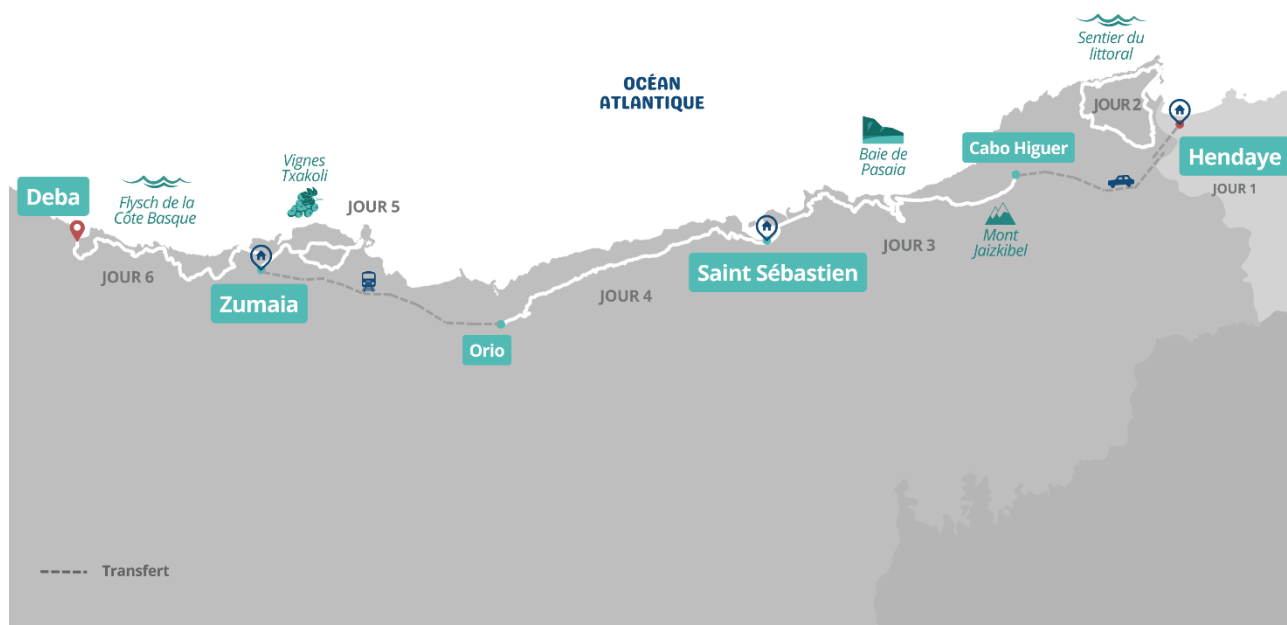


The coasts of the Basque Country are shaped by the last foothills of the Pyrenees, revealing stunning beaches framed by cliffs. The sea here is clear, sometimes stirred by beautiful waves. While swimming and sunbathing are popular, hiking along the Atlantic Ocean is the true highlight.

Here, there's no rivalry, the sea and mountains blend together beautifully. To experience this magnificent fusion of elements, we offer a north-to-south journey, with each evening spent by the seaside, allowing for plenty of swimming opportunities. With the ocean as your backdrop, you'll wander from hills to coves, from cliffs to beaches, from grassy meadows to forests. A stop in San Sebastián, the gem of the Basque coast, will let you discover a city brimming with life and cultural treasures!

Gastronomy is also an essential part of this journey, as the region boasts an exceptional culinary and cultural heritage. Every evening, you'll savor Basque specialties: tapas, Txakoli wine, fresh seafood, and more.

Finally, for a touch of culture, you'll visit the Basque Maritime Heritage Museum, an unexpected and fascinating surprise awaits!



•PROGRAM

Day 1 : Start of the trip in Hendaye

Meeting at 6:30 PM at Hendaye train station. Accommodation in a hotel or guesthouse in Hendaye or Hondarribia. Welcome drink and briefing about the trip.

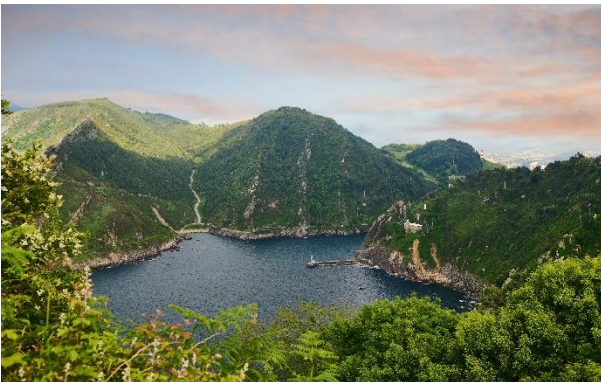
Day 2 : Loop hike on the coastal trail



A short transfer (20 min) to Cabo Higuer, the westernmost tip of the Pyrenees! From there, the trail alternates between cliffside paths and lush green valleys, offering a perfect blend of ocean and mountains, true **Basque Country scenery!** The hike ends in the charming village of **Hondarribia**, whose **fortified old town is classified as a historical and artistic monument**. A must-stop at the beach in Hendaye follows, after crossing the Bidasoa River on a picturesque maritime shuttle. Night in Hendaye.

- **Distance: 15km, duration: 5h00, ascent: +400m, descent: -400m. Transfer: 20 min.**

Day 3 : From Jaizkibel to San Sebastián



A short transfer from your accommodation to the Jaizkibel massif. The balcony trail offers breathtaking views of the ocean 400m below on one side and stunning views of the first Basque mountains on the other. A scenic descent along the cliffs leads to Pasaia, where a small boat shuttle crosses the Pasaia fjord.

A cultural break awaits at Albaola, a fascinating maritime heritage museum and traditional shipbuilding workshop, telling the story of the Basque people's deep connection with the sea.

The hike continues through coves and lush coastal paths towards **San Sebastián**, a city rich in maritime tradition. You might even witness trainera rowing teams competing, these

traditional boats have their origins in sardine and anchovy fishing, **specialties of the Gipuzkoa region**. A refreshing swim at the famous La Concha Beach is possible, followed by a lively evening of pintxos (Basque tapas) in San Sebastián. Night in San Sebastián.

- **Distance: 16km, duration: 5h45, ascent: +400m, descent: -750m. Transfer: 20 min.**

Day 4 : From San Sebastián to Orio



The day starts with a gradual climb above San Sebastián, leading to a scenic coastal balcony trail. The route ends in Orio, known for its picturesque beach and charming old town. In the late afternoon, a short (10 min) train transfer takes us to Zumaia. Night in Zumaia.

- **Distance: 17km, duration: 6h00, ascent: +600m, descent: -600m. Transfer: 10 min.**

Day 5 : Loop from Zumaia to Getaria



Today's stage takes us through rolling green hills and the vineyards of Txakoli, the Basque white wine grown on ocean-facing slopes. Getaria, home to famous figures like explorer Elcano and fashion designer Cristóbal Balenciaga, is the perfect spot for a beach break. You'll also get to taste Txakoli wine. Night in Zumaia, with dinner in town to enjoy the lively Spanish atmosphere.

- **Distance: 12km, duration: 4h30, ascent: +360m, descent: -360m.**

Day 6 : From Zumaia to Deba



This stage takes us through one of the most breathtaking and geologically significant parts of the Basque Coast, the "Geopark of the Basque Coast." This area, recently declared a protected biotope, showcases uninterrupted layers of rock formations spanning over 50 million years of Earth's history. It is one of the world's most important geological sanctuaries. **At the end of the day, a train transfer takes you back to Hendaye (or to Bilbao for those opting for the BILBAO EXTENSION, details below).**

- **Distance: 14km, duration: 4h45, ascent: +600m, descent: -600m. Transfer: 10 min.**

Day 7 : End of the trip

The trip ends after breakfast. For those who arrived by train, a transfer to Hendaye train station is scheduled at 9:00 AM, arriving at 9:15 AM.

OPTIONAL BILBAO EXTENSION

Additional cost: €185 per person (based on two people)

Single room supplement: €90 per person (to be added to the extension cost)

This option offers an extra night in the Basque capital and a visit to the Guggenheim Museum Bilbao, an internationally acclaimed museum that has placed Bilbao among the world's top cultural cities.

How does it work?

On Day 6, after the hike, you'll take a train to Bilbao while the rest of the group returns to Hendaye. You'll stay overnight in Bilbao (dinner and breakfast not included).

The next morning, you'll have free time to explore the Guggenheim Museum. At 3:30 PM, a private transfer will take you back to Hendaye.

Included in the extension:

- Train transfer from Zumaia to Bilbao
- One night in Bilbao (replacing the night in Hendaye included in the standard itinerary)
- Entry ticket to the Guggenheim Museum
- Private taxi transfer from Bilbao to Hendaye

Not included in the extension:

- Dinner on Day 6 and breakfast on Day 7 in Bilbao

This itinerary has been designed based on the latest available information. However, unforeseen circumstances may arise, and changes beyond our control may be necessary. Our local guides are experienced and may adjust the itinerary if needed for safety reasons or due to weather conditions.

• MEETING POINT AND END OF STAY

Meeting point:

On Day 1 at 6:30 PM at Hendaye train station or 6:45 PM at your accommodation in Hendaye or Hondarribia (exact details will be provided in the trip confirmation).

IMPORTANT: Please notify RESPYRENEES at least one week in advance by SMS at +33 6 10 97 16 54, informing us of your mode of transport and estimated arrival time.

For those arriving by car: Paid parking is available at Hendaye train station:

<https://www.effia.com/parking/parking-gare-dhendaye-longue-duree-effia>

End of the stay:

The trip ends after breakfast on day 7. For those who arrived by train, a transfer to Hendaye train station is scheduled at 9:00 AM, arriving at 9:15 AM.

• DATES AND PRICES

Number of participants

Group of 5 to 14 people.

Departures :

Guaranteed departure from 5 participants.

From Sunday 04/05/2025 to Saturday 10/05/2025

From Sunday 18/05/2025 to Saturday 24/05/2025

From Sunday 15/06/2025 to Saturday 21/06/2025

From Sunday 13/07/2025 to Saturday 19/07/2025

From Sunday 20/07/2025 to Saturday 26/07/2025

From Sunday 27/07/2025 to Saturday 02/08/2025

From Sunday 03/08/2025 to Saturday 09/08/2025

From Sunday 10/08/2025 to Saturday 16/08/2025

From Sunday 31/08/2025 to Saturday 06/09/2025

From Sunday 07/09/2025 to Saturday 13/09/2025

From Sunday 19/10/2025 to Saturday 25/10/2025

Price per person:

Price low season	1035 €
Price July-August-September	1115 €

Supplements :

- Single Room Supplement: 275€ per person
- Extra Night in Hendaye and/or Bilbao: Please contact us

The price includes:

- Full-board accommodation from dinner on Day 1 to breakfast on Day 7 (except for Bilbao extension: dinner on Day 6 and breakfast on Day 7 not included)
- All transfers during the trip
- Guidance by a certified mountain leader (BE AMM) specializing in the Basque Country
- Visit to Albaola Museum

The price does not include:

- Insurance
- Meals not specified in "Price Includes"
- Transfers not included in the program
- Visits not specified in "Price Includes"

- Drinks
- Booking fees: €15

•TECHNICAL INFORMATION

Terrain type

Hikes are fairly easy, on good trails, the terrain is varied but often rocky.

Level 2/5

These trips are designed for people looking for active holidays. A reasonable level of fitness is required. Hikes of 5-6 hours per day on average, with altitude gains of 400m-700m, on easy trails and paths.

Please note that the walking times are average estimates and only account for actual walking time, excluding rest breaks.

Guiding

Hike led by a BE (State-certified) Mountain Guide specializing in the Basque Country. **The RESPYRENEES guide team is 100% local. Based in the Basque Country or the Pyrenees, the landscapes, culture, and history of these regions hold no secrets for us!**

Luggage

During the hike, you will only carry your personal belongings for the day, your picnic, and enough water.

•ACCOMMODATION / FOOD

Accommodation

6 nights in a ** or *** hotel or bed and breakfast of equivalent standard, in a double room. Single room on request, with supplement and subject to availability.

Meals

- Continental breakfast (tea, coffee, milk, butter, jam)
- Dinner often based on Basque specialties, include a starter, main course and dessert
- Picnics included
- Drinks not included

•PRACTICAL INFORMATION

How to reach Hendaye :

- By plane: Biarritz Airport: daily flights to and from Paris, London, Lyon, Clermont-Ferrand, etc.
- By train: Numerous TER trains depart from major cities to Bayonne, then to Hendaye (<https://www.oui.sncf>)
- By car: From Bordeaux, take the A63 highway, 207 km. From Toulouse and Bayonne, take the A64 highway, 293 km, then from Bayonne to Hendaye, take the A63 highway, 32 km.

Car parking in Hendaye:

All free and paid car parks on this page: <https://www.hendaye-tourisme.fr/fr/infos-pratiques/parkings-et-stationnement/>

•TO BRING IN YOUR LUGGAGE

Luggage

- A hiking backpack of about 35 liters capacity, which will be useful for carrying your personal belongings during the day.

Clothing

- 1 sun hat or cap
- T-shirts (1 for every 2 or 3 days of walking). Avoid cotton, as it takes a long time to dry; prefer short-sleeve t-shirts made of breathable materials like Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo), etc.
- 1 base layer (same recommendations as above) or long-sleeve shirt
- 1 fleece jacket
- 1 pair of trekking pants
- 1 comfortable pair of pants for the evening
- 1 light, simple Gore-tex style jacket
- 1 swimsuit and a towel for access to the pool and spa
- Warm underwear
- Hiking socks (1 pair for every 2 to 3 days of walking). Avoid "tennis" socks (cotton), as they take a long time to dry and pose a high risk of blisters; prefer socks made of Coolmax, for example
- 1 pair of waterproof hiking shoes that provide ankle support (with Vibram soles)
- 1 pair of casual shoes for the evening

The clothing list should be adapted according to the season you choose.

Small equipment

- 1 pair of high-quality sunglasses
- 1 water bottle (minimum 1.5 liters)
- 1 pocket knife (to be placed in the checked luggage)
- Toiletries
- Toilet paper, sunscreen, and lip balm
- For the picnic: utensils (containers provided)

Personal pharmacy

- Your usual medications
- Vitamin C or multivitamins
- Pain relief medications: preferably paracetamol
- Elastic adhesive bandage (like Elastoplast, 6 cm wide)
- Adhesive bandages + disinfecting wipes
- Blister protection (such as Spenco Second Skin, available in sports stores, pharmacies, etc.)

Group pharmacy

- First aid kit under the responsibility of your guide.