

Technical Sheet | Guided Hike | Level 2/5   | 5.5 Days of Hiking

Basque Country Terroirs: Welcome Home!

Your Tour briefly

- Fairly easy hiking in the Basque Country
- Star-shaped stay (returning to the same accommodation each night)
- Our own accommodation, dedicated to hikers and privatized for the group, offering full comfort in 3-epis guest rooms with a pool and spa, plus outdoor spaces perfect for relaxation. A welcoming family hosts you.
- Discover the rich and varied gastronomy of the Basque Country
- On-site massage options available

Highlights

- Easy and "eco-friendly" access via St. Jean Pied de Port train station, just 5 minutes from our accommodation!
- Varied hikes (coastal paths, St. James Way, high plateaus)
- Discover the Basque Coast and the inland Basque Country
- Gastronomy and sightseeing: tastings of various PDO products directly from producers (wines, Kintoa pork, and cheeses), mountain barbecues, and visits to classified villages



This accessible hiking tour takes you to the foothills of the Basque mountains! Discover the diversity that makes the Basque Country a popular, never-tiring destination. Ocean, mountains, lush valleys—nature is beautiful here. This trip offers the chance to encounter an exceptional cultural identity, walking along the seaside where surfers and fishermen share the ocean, and following in the footsteps of pilgrims from around the world starting their journey in St. Jean Pied de Port.

The hikes are carefully selected to showcase all facets of the Basque Country. Your guide, a Basque Country specialist, will introduce you to this rich culture, including must-see sites like classified villages and the stunning Spanish Basque coastline. This tour also emphasizes local products, with planned visits and tastings directly from producers after hikes—think Iroulégué wine, sheep cheese, Espelette pepper, and veal axoa. Getting hungry yet ?

The accommodation is another highlight of this tour: just steps from the listed city of St. Jean Pied de Port, our 3-epis guest rooms are run by Jean and Mathieu, the founders of RESPYRENEES, assisted by their parents Josiane and Jean-Michel. Enjoy free access to the pool, spa, and outdoor relaxation areas, plus gourmet meals lovingly featuring local products.



• PROGRAM

Day 1: Start of stay in St Jean Pied de Port



Meet at 3:20 PM at the St Jean Pied de Port train station with your guide (or 3:30 PM at the accommodation for those arriving by car, the whole family can rest until then 😊). Drop off your belongings at our accommodation, then head out on foot to stretch our legs after the train or car journey.

On the program, a walking tour through St Jean Pied de Port, the capital of the Basque Country interior, listed as one of the Most Beautiful Villages in France: Vauban citadel, ramparts, church, Roman bridge... We will then walk back to the accommodation. Settle into your guest house with a pool and spa, where we'll be staying for the week. Welcome drink and

briefing on the rest of the stay.

Note: You may arrive later: you are welcome if the duration of your car or train journey does not allow you to be with us from 3:20 PM (see section about the meeting point and end of stay / practical info).

• Distance: 4 km, Duration: 2h00, Ascent +100m, Descent -100m.

Day 2: Warm-up in the surrounding valleys, followed by a tasting of AOP Iroulégué wine



For this first day, there are several options: departure can be on foot from our accommodation or from the Ispéguy border pass. Two fairly easy hikes, allowing the guide and the group to get to know each other. On the slopes of Jara (812m), a peak offering a magnificent view of the Pyrenees mountain range and the surrounding villages; or at the foot of Autza (1305m), overlooking the Baztan and Baigorri valleys. After the hike, we will head to the village of St Etienne de Baigorri **to meet an independent couple of organic winemakers, who will offer us a tasting of their production.**

• Distance: 10 to 15 km, Duration: 5h00, Ascent +500m, Descent -500m.

Day 3: The Camino de Santiago and pastoral life



Today, we head to the heights of St Jean Pied de Port, on the Camino de Santiago. We will immerse ourselves in this legendary route, just like the thousands of pilgrims who, for centuries, have crossed the world each year to embark on this journey. After spotting the distant rooftops of the Roncesvalles Monastery from the Lepoeder Pass (1430m), we will leave the Camino to enter an entirely different world: the mountain pastures and pastoral life.

A shepherd will welcome us to discover his sheep's cheese, which he makes every summer day in his hut at the heart of the mountains, after milking the sheep. At the end of the hike,

we will have free time in St Jean Pied de Port, a classified village located on the Camino de Santiago.

• Distance: 13 km, Duration: 4h30, Ascent +385m, Descent -325m. Transfer: 25 minutes one way, 25 minutes return.

Day 4: Excursion to Spain via the stunning Coastal Trail



It's impossible to hike for a week in the Basque Country without breathing in the ocean spray! So, let's head towards Spain (South Basque Country). Overlooking the bay of Txingudi, which separates Hendaye from Hondarribia, at the far north-west of Spain, Mount Jaizkibel, a coastal mountain rising to 545m, welcomes us on its slopes to soak in the marine air so beloved by the Basque people, traditionally fishermen and great travelers... We will then hike at the westernmost point of the Pyrenees, where the Ocean and the mountains merge into grand landscapes of forests, moors, and coastal cliffs. A true snapshot of the Basque Country!

This excursion into Spain will also be an opportunity for your guide to introduce you to Txakoli, a white wine produced along the Spanish Basque coastline. Note: today, the transfer to our hiking starting point is quite long, but it's definitely worth the detour!

• Distance: 9 km, Duration: 4h, Ascent +250m, Descent -400m. Transfer: 1h15 one way, 1h15 return.

Day 5: Ascent of Pic Béhorleguy or Larla



Depending on the weather or energy levels of the day, we will enjoy the view from one of the beautiful viewpoints, either the summit of Behorleguy or Larla.

Behorleguy (1265m): An impressive limestone pyramid overlooking Saint Jean Pied de Port in the distance, this summit offers breathtaking views of the Pyrenees mountain range.

• Distance: 8 km, Duration: 4h, Ascent +700m, Descent -700m.
Transfer: 20 minutes one way, 20 minutes return.



Larla (705m): Despite its modest altitude, the view from the summit is superb, facing the legendary Iparla ridges and with the Ocean in the distance. We will set off to discover the many secrets that this mountain holds.

• Distance: 10 km, Duration: 4h Ascent +500m, Descent -500m.
Transfer: 20 minutes one way, 20 minutes return.

This day will also be an opportunity to discover the secrets of Basque pig farming during a stop at one of our local producers, renowned for their charcuterie.

Day 6: Iraty: GR10, Forests, and High Mountains



Today, to end this week on a high note, we are heading up to Iraty! The view unfolds over the High Pyrenees. Forests, mountain pastures, and vast landscapes are on the program. We will sometimes follow the GR10, the trans-Pyreanean trail that links the Atlantic to the Mediterranean in... 40 days. Since we're here for enjoyment, we'll walk only a few hours at a gentle pace, which may allow us to spot some isards (Pyrenean chamois), reintroduced to the Escaliers Massif (1472m).

We will take advantage of the splendid mountain setting of the Iraty Forest to share a convivial moment with a barbecue: lamb, camembert grilled over the coals... and most importantly, good

cheer will be on the menu for our last lunch together!

This final day will also be an opportunity to discover the secrets of Basque pig farming during a stop at one of our local producers, renowned for their charcuterie.

• Distance: 11.5 km, Duration: 5h30, Ascent +530m, Descent -510m. Transfer: 35 minutes one way, 35 minutes return.

Day 7: End of your stay

The stay ends after breakfast. For those who arrived by train: transfer to St Jean Pied de Port train station, arriving around 9:15 AM (train departure at 9:38 AM).

The programs were established based on the latest available information at the time of writing: unforeseen events are always possible, and situations beyond our control may change the itinerary. On-site, our guides are the best judges; they may need to modify the route depending on the weather or if the safety of the group requires it.

• MEETING POINT AND END OF STAY

Meeting Point:

1/ If you wish to participate in the guided walk through St Jean Pied de Port

Arrivals by train: Meet at **3:20 PM** in front of the St Jean Pied de Port SNCF station with your guide.

Arrivals by car: Meet at 3:30 PM at the earliest at the Maison IPUTXAINIA (**opening at 3:30 PM, the whole family can rest until then** 😊).

2/ If you do not wish or cannot participate in the guided walk through St Jean Pied de Port

Arrivals by train: Meet at **7:20 PM** (in June/July/August/September) or **8:30 PM** (in April/May/October) in front of the St Jean Pied de Port SNCF station with your guide.

Arrivals by car: Meet at 3:30 PM at the earliest at the Maison IPUTXAINIA (**opening at 3:30 PM, the whole family can rest until then** 😊), and no later than 6:30 PM.

IMPORTANT: Please notify us one week in advance of your arrival method and time via SMS at 06.10.97.16.54.

End of Stay:

On Day 7, around 9:15 AM, after breakfast. Transfer to the St Jean Pied de Port train station (arrival around 9:15 AM) for those who arrived by train.

You can find all the practical information on train schedules and connections in the "Practical Info" section. And, most importantly, do not hesitate to contact us for any additional information.

• DATES AND PRICES

Number of Participants

Group of 3 to 14 people.

Departures

EVERY WEEK, FROM MARCH 30TH TO NOVEMBER 1ST, 2025.

Guaranteed departures every week.

Price per person:

885 € in April, October, and November

920 € in May, June, and September

965 € in July and August

Supplements:

- **Discount for a stay in a triple room: -65€/person**
- Supplement for a standard single room (excluding July/August): 185€/person
- Supplement for a standard single room in July/August: 205€/person
- Supplement for a double room for single use (excluding July/August): 215€/person
- Supplement for a double room for single use in July/August: 245€/person
- Extra night in BB double room: 57€/person
- Extra night in BB standard single room: 87€/person

The price includes:

- **Full board accommodation from dinner on Day 1 to breakfast on Day 7**
- Transfers during the stay
- All visits and tastings
- Supervision by a BE AMM (State-certified Mountain Guide) specializing in the Basque Country

The price does not include:

- Insurance
- Meals not listed in the "price includes" section
- Transfers not included in the program
- Drinks
- 15€ registration fee

•TECHNICAL INFORMATION

Terrain Type

Fairly easy hikes on good trails, with varied terrain, often rocky.

Level 2

These trips are designed for those looking for an active vacation. A reasonable level of physical fitness is required. Expect to walk 4 to 5 hours per day. Ascent speed* +300m per hour.

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.

Luggage

Only personal items for the day and your picnic are carried.

•ACCOMMODATION / FOOD

Accommodation

6 nights in comfortable guest rooms with a pool, spa, and outdoor spaces ideal for relaxation, in a double room format.

Single rooms available upon request, with an additional charge and subject to availability. Private parking for those arriving with their own vehicle.

At the Iputxainia house, you'll feel right at home! A whole family is at your service. Josiane, Jean-Michel, Jean, and Mathieu will prepare delicious meals for you, welcome you, and take you to the mountains.

Discover our home: www.maison-iputxainia.com



Meals

- Hearty breakfast, served buffet-style (subject to current health and safety regulations at the time of the stay) with tea, coffee, milk, bread, butter, homemade jam, and small treats from the chef...
- Dinner often includes Basque specialties, featuring a starter, main course, and dessert. Refined cuisine to discover the local gastronomy.
- Picnics included.



OTHER ACCOMMODATION OPTIONS

On certain dates, depending on the size and distribution of the group and room types, we may collaborate with our neighbors and friends at the beautiful and comfortable guest house Maison d'hôtes LAIA, located just 200 meters from us. If this is the case, you will be informed before your registration is confirmed, so that the decision is yours.

For those staying at Maison LAIA: breakfasts are served on-site, however, dinners will be shared with the group at Maison IPUTXAINIA. You will have access to the spa and pool at Maison IPUTXAINIA, as Maison LAIA does not have a spa (though it does have a pool).

Here is the website for Maison LAIA if you'd like to take a look before agreeing to stay there: www.maisonlaia.com

• PRACTICAL INFORMATION

How to get to/from St Jean Pied de Port by train:

DID YOU KNOW? Traveling by train reduces CO2 emissions by an average of 90% compared to flying or driving (according to ADEME data).

Since the St Jean Pied de Port train station is only 5 minutes away from our accommodation, we've decided to no longer offer pick-ups at the Bayonne station. **It may be less convenient, but it's more ethical !**

Here's all the information you'll need to join us by train:

First, you need to reach Bayonne station:

- TGV + Intercités from Paris (Strasbourg/Lille/Rouen... connected to Paris)
- TGV + Intercités from Lyon and Marseille, via Toulouse
- Intercités from Toulouse
- Intercités + TER from Nantes via Bordeaux
-

Information about the TER line between Bayonne and Saint Jean Pied de Port:

At each of the times listed for St Jean Pied de Port station below, a member of our team (guide or other) will be there to welcome you or take you back.

	All year round	June to September	April/May/October
Departure BAYONNE	2:19 PM	6:19 PM	7:29 PM
Arrival ST JEAN PIED DE PORT	3:20 PM	7:20 PM	8:30 PM

Departure ST JEAN PIED DE PORT

Arrival BAYONNE

All year round

9:38 AM

10:40 AM

Feel free to contact us if you need information about train options. You can also use the following very practical websites:

- www.sncf-connect.com
- www.tictactrip.eu
- www.rome2rio.com

If you arrive early or need to wait in Bayonne, why not take the opportunity to explore the city?

1/ Luggage Storage: The Hôtel Côte Basque, located across from the Bayonne train station, offers luggage storage (5€/bag, no prior reservation needed, 2023 rate subject to change). Hôtel Côte Basque, 2 rue MAUBEC, 64100 BAYONNE. Phone number: +33 5 59 55 10 21.

2/ Visit Bayonne: The Bayonne Tourist Office offers a discovery guide of the city. You can download it below, or visit the tourist office to pick it up at Place des Basques - 64108 Bayonne.

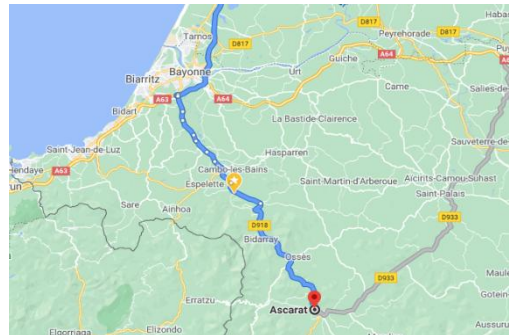
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How to reach us/leave by car:

Go to Maison Iputxainia, 64200 ASCARAT, 1.5 km from Saint Jean Pied de Port.

Free private parking on-site

- From Bordeaux, take the A63 highway, 207 km. From Toulouse and Bayonne, take the A64 highway, 293 km, then Bayonne A63 highway, exit 5, direction Cambo-les-Bains. If you are coming by car, we recommend parking at Ascarat at your accommodation: Chambres d'hôtes Iputxainia.



•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.