

Technical Sheet | Guided Hiking | Level 3/5  | 6 Days of Walking

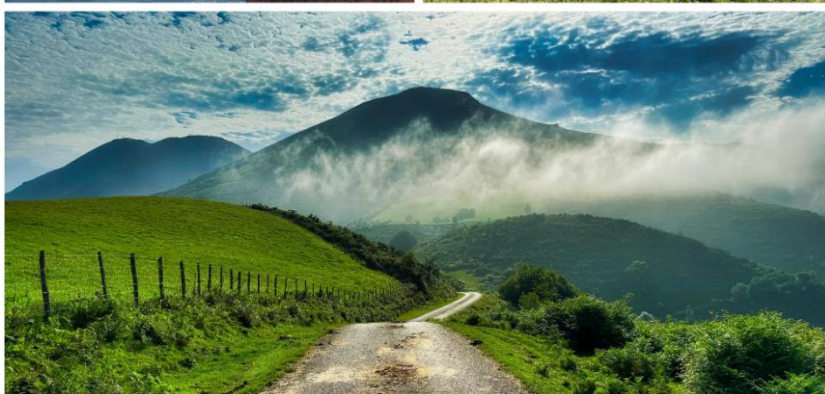
Guided GR10, Part 1 : Hendaye - St Jean Pied de Port

Your Tour briefly

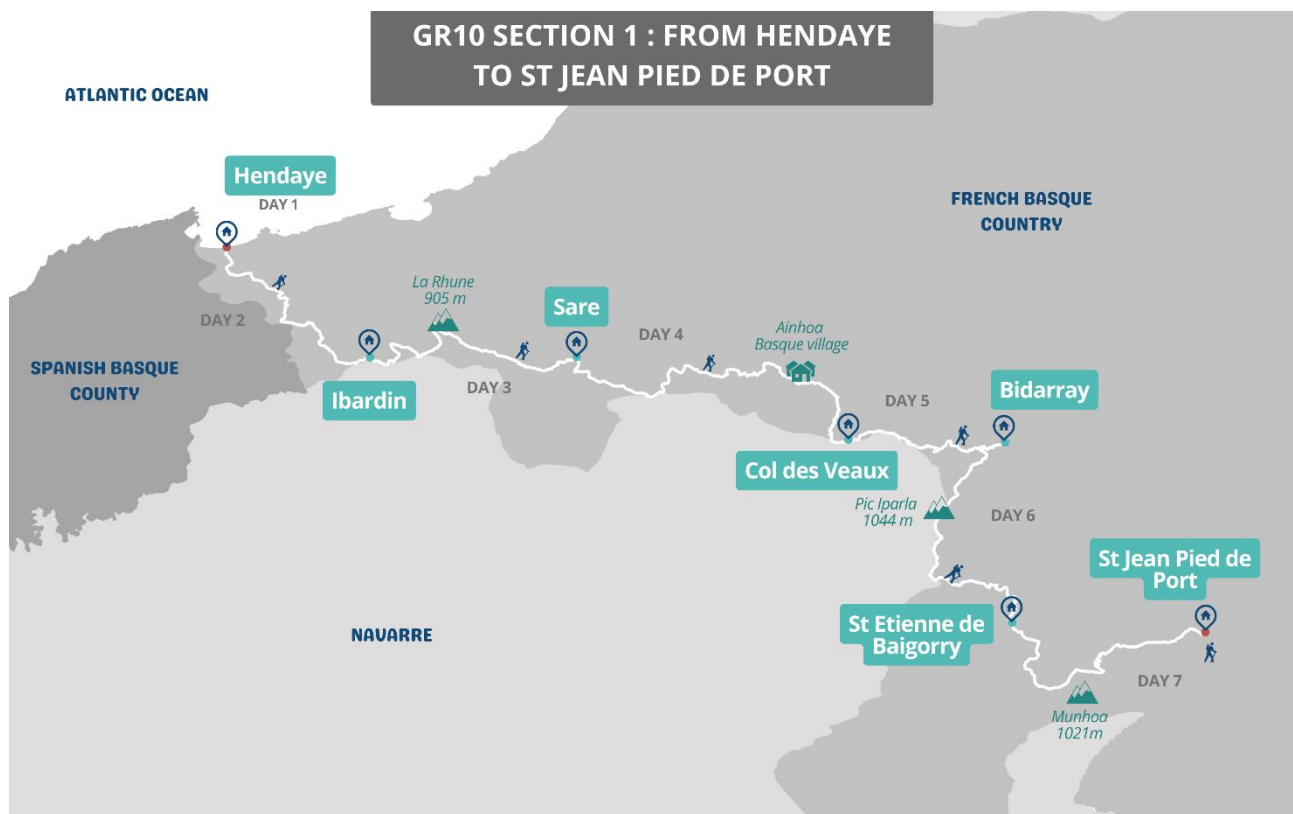
- Guided hike with a certified mountain leader, specialist of the region
- Itinerant tour
- Comfortable accommodation: 5 nights in a private room and 1 night in a shared dormitory
- Luggage transport between each stage
- Easy access and return via Hendaye and Saint-Jean-Pied-de-Port
- Duration: 7 days / 6 nights

Highlights

- The GR10 as a guiding thread
- Exploration of the Basque coast and mid-mountain landscapes
- The charm of the villages along the way: Sare, Ainhoa, Saint-Étienne-de-Baïgorry, Saint-Jean-Pied-de-Port...
- A strong local heritage: gastronomy, culture, architecture...
- The breathtaking Iparla ridge trail
- The ascent of La Rhune, an iconic peak of the Basque Country
- Numerous small summits offering stunning panoramas



This first section of the Pyrenees Crossing, with the famous GR10 as its guiding thread, showcases a variety of landscapes unique to the Basque Country, nestled in the heart of the Pyrénées-Atlantiques. Here, perhaps more than anywhere else, as you move eastward, the landscapes reveal a distinct character and originality that you won't find elsewhere. The Basque Country isn't defined by towering peaks and high mountains but rather by its charm and exceptional cultural identity. You will explore rolling hills and small summits offering breathtaking panoramas between the ocean and the mountains: La Rhune, Gorospil, Artzamendi, Munhoa... At the foot of these remarkable viewpoints lie picturesque villages such as Sare and Ainhoa, where traditional Basque architecture and atmosphere invite you to taste delicious local specialties. Further along, the charming villages of Bidarray and Saint-Étienne-de-Baïgorry, nestled along the Nive River, provide a peaceful retreat beneath the stunning and imposing natural wall of Iparla. Finally, you will reach the medieval town of Saint-Jean-Pied-de-Port, the historical capital of the Basque Country.



•PROGRAM

Day 1: From Hendaye to Col d'Ibardin



Meet your guide at 9 AM in Hendaye at the start of the hike. Leaving the beach and bay behind, you will ascend the first foothills of the Pyrenees through green landscapes steeped in Basque culture. Behind you, spectacular views of the vast Atlantic coastline unfold. You will reach the Col d'Ibardin on the border, known for its numerous ventas (traditional Spanish shops) and lively atmosphere. From here, the summit of La Rhune, the first peak rising above the ocean, comes into view.

- **Distance: 15km | Duration: 5h30 | Ascent: +850m | Descent: -450m**

Day 2: From Col d'Ibardin to Sare



From the heights of Col d'Ibardin, the hike begins with the ascent of La Rhune (Larrun: "grazing land" in Basque) via a less-traveled path. Standing at 905m, La Rhune is considered the first Pyrenean peak from the Atlantic and holds a sacred place in Basque culture. Its panoramic views stretch from the Landes coast to the Central Pyrenees. You will descend via another secluded path to reach the charming village of Sare, renowned for its traditional Basque architecture.

- **Distance: 13km | Duration: 5h30 | Ascent: +850m | Descent: -1150m**

Day 3: From Sare to Col des Veaux



This stage begins with a journey through the picturesque Basque countryside before arriving in Ainhoa, a beautiful 12th-century bastide village. Passing small summits and cols, the route skirts the Ereby (583m) and Atxulegi (617m) before reaching Col Zuccuta, a stunning viewpoint. A ridge path leads to the peak of Gorospil, offering breathtaking views of the Basque mountains. A short descent brings you to Esteben Borda at Col des Veaux, straddling the French-Spanish border.

- **Distance: 21.5km | Duration: 7h | Ascent: +800m | Descent: -300m**

Day 4: From Col des Veaux to Bidarray



A day of exploration between small peaks and villages rich in Basque identity. After reaching Col de Méhatché (716m), a round trip to the summit of Artzamendi offers panoramic views from the ocean to the Pyrenees' high peaks. A passage through Peñas de Ichusi, "the wicked rocks," provides a closer look at soaring vultures. The descent to Bidarray includes a stop at Harpeko Saindua, a miraculous cave adorned with votive offerings.

- **Distance: 14km | Duration: 5h | Ascent: +550m | Descent: -950m**

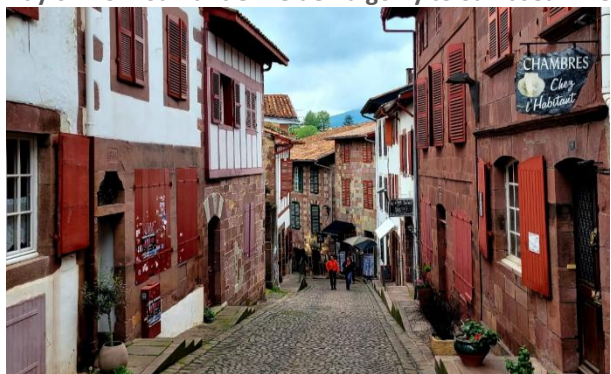
Day 5: From Bidarray to Saint Etienne de Baïgorry



Today's sporting stage represents one of the most beautiful hiking routes in the Basque Country. From the charming village of Bidarray, you start your ascent towards the Iparla ridges, which look like a long, impassable wall from the valley floor. On the heights of these superb red sandstone cliffs, you walk along the void but at a respectable distance. From up there, you'll still be able to enjoy an immense panorama... Then you'll head back down towards Saint Étienne de Baigorry, a magnificent village in the Basque Country, with many buildings typical of Bas-Navarra architecture.

- **Distance: 18.5km | Duration: 7h30 | Ascent: +1250m | Descent: -1250m**

Day 6: From Saint Etienne de Baïgorry to Saint Jean Pied de Port



Following the bucolic Nive des Aldudes, the trail ascends above St Etienne de Baïgorry to the Oylarandoy massif. The route then leads to the Munhoa peak (1021m), overlooking Saint Jean Pied de Port, which you will reach after a long descent. Enclosed by pink sandstone ramparts, this medieval town is famous for its cobbled streets, old bridge, picturesque waterfront houses, and the impressive Vauban-designed citadel.

- **Distance: 19.5km | Duration: 7h | Ascent: +950m | Descent: -950m**

Day 7: End of Stay in Saint Jean Pied de Port

The trip concludes in Saint Jean Pied de Port after breakfast.

The programs have been designed based on the latest available information at the time of writing. However, unforeseen circumstances may arise, and situations beyond our control could alter the planned itinerary. On-site, our guides are the best judges and may adjust the route depending on weather conditions or if necessary for the safety of the group.

• MEETING POINT & END OF THE TRIP

Meeting Point:

On Day 1 at 9:00 AM in Hendaye, at the starting point of the hike with your guide. You will receive a briefing about the trip, your picnic for the day, and will drop off your luggage with the transporter. Your guide will contact you a few days before the trip to confirm the exact meeting location.

End of the Trip:

On Day 7, after breakfast, at your accommodation in Saint-Jean-Pied-de-Port.

• DATES AND PRICES

Number of participants

Group of 4 to 11 people.

Departure

Departure guaranteed with a minimum of 4 people.

From Sunday 14/06/2026 to Saturday 20/06/2026

From Sunday 05/07/2026 to Saturday 11/07/2026

From Sunday 26/07/2026 to Saturday 01/08/2026

From Sunday 16/08/2026 to Saturday 22/08/2026

Price: €935/person

Extras :

- Return transfer from Saint Jean Pied de Port to Hendaye: €65/person
- Extra night in Hendaye and/or Saint Jean Pied de Port: Please contact us

The price includes:

- Full board accommodation from the picnic on Day 1 to breakfast on Day 7
- Luggage transport between accommodations
- Supervision by a qualified mountain guide (BE AMM) who specializes in the region

The price does not include:

- Insurance
- Transfers not included in the program
- Visits
- €15 administration fee
- Drink

•TECHNICAL INFORMATION

Nature of the Terrain

Hiking on good trails, the terrain is varied but often rocky.

Level 3

For regular hikers in good physical condition, with prior mountain hiking experience. Hikes last an average of 6-7 hours per day, with elevation gains of 700-1000m on average, on fairly easy trails, with occasional small technical challenges. Note: The hiking times mentioned are for reference only; they are average times that only account for actual walking time without including breaks. Depending on weather conditions, the pace may also vary, ranging from +300m to +500m of elevation gain per hour.

Guiding

The hike is led by a certified mountain guide (BE Accompagnateur en Montagne) who specializes in the region.

Luggage

During the hike, you will only carry your personal items for the day, your picnic, and enough water. Be sure to bring easily transportable luggage (see our equipment advice).

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge you an extra fee at the end of the hike if the luggage is too heavy or too numerous.

•ACCOMMODATION / FOOD

Accommodation

Full board (overnight stay + dinner + breakfast + picnic)
2 nights in a ** hotel in a room on Days 2 and 4
1 night in a Spanish venta equivalent to a ** hotel in a room on Day 1
1 night in a youth hostel (equivalent to a ** hotel) in a room on day 6
1 night in a gîte d'étape (hiking lodge) in a room on Day 3
1 night in a gîte d'étape (hiking lodge) in a shared dormitory on Day 5

For the nights in rooms: 2 to 3 people per room

Meals

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals often featuring local specialties, including 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:

- Paid parking at EFFIA Gare d'Hendaye

How to leave Saint Jean Pied de Port:

- From Saint Jean Pied de Port, bus or SNCF train to Bayonne. From Bayonne, connections are available to Hendaye (<https://www.oui.sncf>).

Option to book a return shuttle to Hendaye: €65/person

•WHAT TO BRING AND PACK

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge you an extra fee at the end of the hike if the luggage is too heavy or too numerous.

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.