

Technical Sheet | Guided Hiking | Level 4/5  | 6 Days of Walking

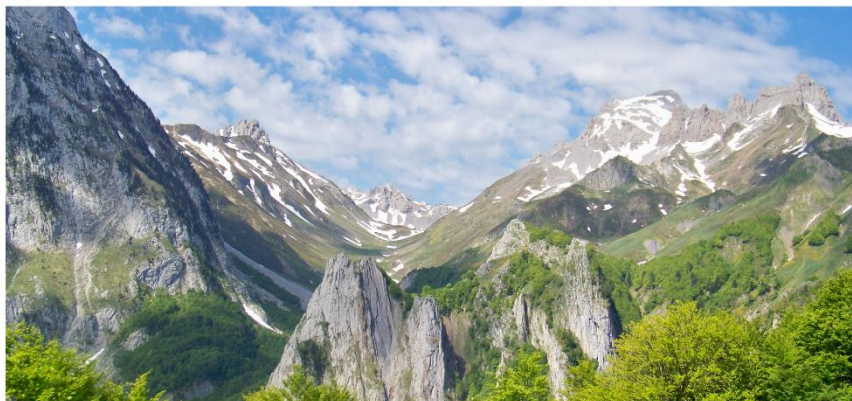
Guided GR10, Part 2 : St Jean Pied de Port - Etsaut

Your Tour briefly

- Guided hike with a certified mountain leader specialist of the region
- Itinerant tour
- Varied accommodations: stopover lodge, mountain chalet, mountain inn
- Luggage transport between each stage
- Easy access and return via Saint-Jean-Pied-de-Port and Etsaut
- Duration: 7 days / 6 nights

Highlights

- The GR10 as a guiding thread
- Exploration of two distinct regions: the Basque Country and Béarn
- Lescun and its magnificent cirque
- The Holzarté gorges
- Discovery of the first high Pyrenean peaks, including Pic d'Anie and its lunar limestone formations
- Ascent of Pic d'Orhy, the highest peak in the Basque Country
- Iraty, the largest beech forest in Europe



The second part of the Pyrenees Crossing, with the famous GR10 as the common thread, has the particularity of offering the hiker, within a single journey, the discovery of two specific regions: the Basque Country and Béarn. Starting from St Jean Pied de Port, you will gradually approach the first Pyrenean peaks over 2000 meters high. Through vast and magnificent pastures, you will first reach the immense Iraty forest after discovering the curious prehistoric site of the cromlechs of Occabé. Then, from the Bagargui pass, home to the largest bird migration in Europe, you will set off to conquer the Pic d'Orhy (2017m), the highest point of the Basque Country with a fantastic view. You will then enter Haute Soule and discover the impressive Holzarté gorges and its famous suspension bridge above the void. The next part of the route then enters Béarn and approaches surreal, lunar landscapes, culminating at the Pic d'Anie, an iconic peak of the area at 2504 meters above sea level. Finally, you will reach Lescun and its wonderful cirque, resembling the Dolomites, before reaching the village of Etsaut, in the Aspe Valley, gateway to the famous Pyrenees National Park.



• PROGRAMME

Day 1 : From Saint Jean Pied de Port to Phagalçette



Meet your guide at 9:00 AM in St Jean Pied de Port for the start of the hike. Leaving the Basque Country's capital, you will gradually approach the first small peaks of the Atlantic Pyrenees, heading east. The route first crosses the village of Caro, then the Handiague Pass (587m), offering a view of the Nive Valley, before descending in switchbacks to Estérençuby. You will then ascend to the green plateau of Phagalçette, where Basque heritage is strongly present.

- **Distance: 16km | Duration: 6h | Ascent: +900m | Descent: -450m**

Day 2 : From Phagalçette to Iraty



This stage is challenging due to its length and rugged terrain, with several passes to cross amidst stunning landscapes. The route reaches the prehistoric cromlechs of Occabé, a megalithic stone circle. From there, you enter the vast Iraty forest, the largest beech forest in Europe, straddling France and Spain. The day ends at the Iraty chalets at Bagargui Pass.

- **Distance: 20.5km | Duration: 7h45 | Ascent: +1400m | Descent: -700m**

Day 3 : From Iraty to Logibar



Starting from the Iraty chalets and Bagargui Pass, a renowned bird migration observation site, the route follows a spectacular ridge path. You will ascend Pic d'Orhy (2017m), the highest point in the Basque Country and the first 2000m peak from the ocean. Enjoy breathtaking views over the Basque Country and Béarn. A long descent follows, leading to Logibar via the charming village of Larrau.

- **Distance: 18km | Duration: 7h | Ascent: +800m | Descent: -1500m**

Days 4 : From Logibar to Belagua



Departing from Logibar, you will reach the stunning Holzarté canyon and its famous suspension bridge, perched 150m above the void. The trail then ascends beyond the GR10, leading to wild pastures before entering the Béarn region and reaching the Belagua refuge on the Spanish side.

- **Distance: 17km | Duration: 7h30 | Ascent: +1650m | Descent: -650m**

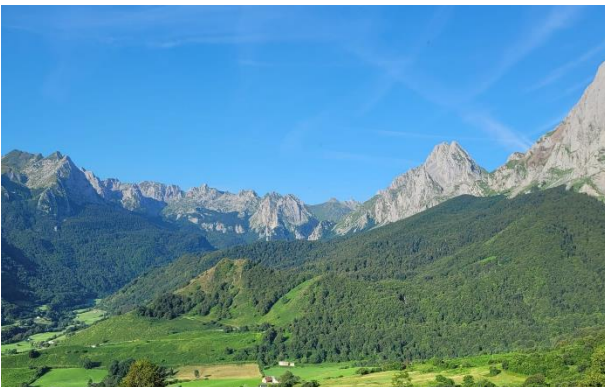
Day 5 : From Belagua to Lescun



The route traverses an incredible karst landscape. After crossing the Anaye Pass at the Pyrenean watershed, you will pass below Pic d'Anie (2504m), the first great Pyrenean peak from the ocean. The hike continues through Anaye Valley and the scenic Sanchèse plateau before concluding in the breathtaking cirque of Lescun.

- **Distance: 19km | Duration: 7h | Ascent: +750m | Descent: -1250m**

Day 6 : From Lescun to Etsaut



Leaving the Dolomite-like cirque of Lescun, the trail descends through picturesque piedmont villages, offering pastoral landscapes and ancestral traditions. You will cross the serene Lhers plateau (1000m) in the Aspe Valley before climbing the Barrancq Pass and descending to Etsaut, gateway to the Pyrenees National Park.

- **Distance: 16km | Duration: 6h | Ascent: +850m | Descent: -1150m**

Day 7 : End of the Tour in Etsaut

The tour concludes in Etsaut after breakfast.

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

• MEETING POINT AND END OF THE TRIP

Meeting point:

On Day 1 at 9:00 AM in Saint Jean Pied de Port, at the start of the hike, with your guide: Briefing about the trip, distribution of your daily picnic, and drop-off of your luggage to the transport service. The guide will contact you a few days before the trip to provide the exact meeting location.

End of the trip:

On Day 7 at your accommodation in Etsaut, after breakfast

• DATES AND PRICES

Number of participants

Group of 4 to 11 people.

Departure

Departure guaranteed with 4 people.

From Sunday, June 22, 2025, to Saturday, June 28, 2025

From Sunday, July 13, 2025, to Saturday, July 19, 2025

From Sunday, August 3, 2025, to Saturday, August 9, 2025

Price: 895€/person

Supplements:

-Supplement for return transfer from Etsaut to Saint Jean Pied de Port: 80€/person

-Extra night in Saint Jean Pied de Port and/or Etsaut: Please contact us

The price includes:

- Full board accommodation from the Day 1 picnic to the Day 7 breakfast
- Luggage transport between accommodations
- Supervision by a certified AMM guide specializing in the region

The price does not include:

- Insurance
- Transfers not included in the program
- Visits
- 15€ booking fee
- Beverages

• INFOS TECHNIQUES

Terrain Type

Hikes on well-maintained trails, with varied terrain, often rocky.

Level 4

For experienced hikers in good physical condition, with prior mountain hiking experience. Average hikes of 7-8 hours per day, with ascents of 1000-1300m, on accessible trails but sometimes on rough terrain (scree, rocky paths, etc.) and occasionally unmarked.

Note: The walking times mentioned are indicative, representing average times that only account for actual walking time, excluding breaks. Depending on weather conditions, the walking pace may also vary, ranging from +300m to +500m of elevation gain per hour.

Supervision

The hike is led by a certified AMM (Mountain Hiking Guide), specialized in the region.

Luggage

During the hike, you will only carry your personal belongings for the day, your picnic, and enough water. Please bring a follow-up bag that is easily transportable (see our equipment recommendations).

• ACCOMMODATION /FOOD

Accommodation

Full board (overnight stay + dinner + breakfast + picnic)

4 nights in a gîte (mountain lodge) in shared dormitories on Days 1, 3, 5, and 6

1 night in a mountain refuge in a shared dormitory on Day 4

1 night in a mountain chalet in a shared dormitory on Day 2

Meals

- Continental breakfast (tea, coffee, milk, bread, butter, jam).

- Evening meals, often featuring local specialties, including a starter, main dish, and dessert.

- Picnic lunches included.

- Drinks not included.

• IMPORTANT INFORMATION

How to get to St Jean Pied de Port:

- By plane: Biarritz Airport, Pau Airport
- By train: Numerous TER trains depart from major cities toward Bayonne, then to Saint Jean Pied de Port (<https://www.oui.sncf>)
- By car: A63 Highway: Paris - Madrid; Exit Bayonne, then 50 km (D 932) / A64 Highway: Mediterranean, Toulouse; Exit Salies de Béarn, then 60 km (D 933) / A15, A63 Highways: Pamplona; Exit Bayonne, then 50 km (D 932)

Parking for vehicles:

- Parking in St-Jean-Pied-de-Port:
No problem leaving your vehicle.
No guarded parking. You can park your vehicle in the village for free.
- Parking in Etsaut:
No problem leaving your vehicle.
No guarded parking. Parking available at Place de l'Eglise, opposite the town hall.

If you leave your vehicle for the duration of your stay, please check with the tourist office to see if any events (festivals, markets, etc.) are scheduled in the parking area.

How to leave Etsaut:

Bus from Etsaut to Bedous (Canfranc – Bedous line). TER train from Bedous to Pau. From Pau, connections to several cities: Toulouse, Bayonne, Bordeaux...

How to get to St Jean Pied de Port from Etsaut:

Bus from Etsaut to Bedous (Canfranc – Bedous line). TER train from Bedous to Pau. TER train from Pau to Bayonne. TER train from Bayonne to St Jean Pied de Port.

Option to book a return shuttle to Saint Jean Pied de Port: 75€/person.

• 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.