

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

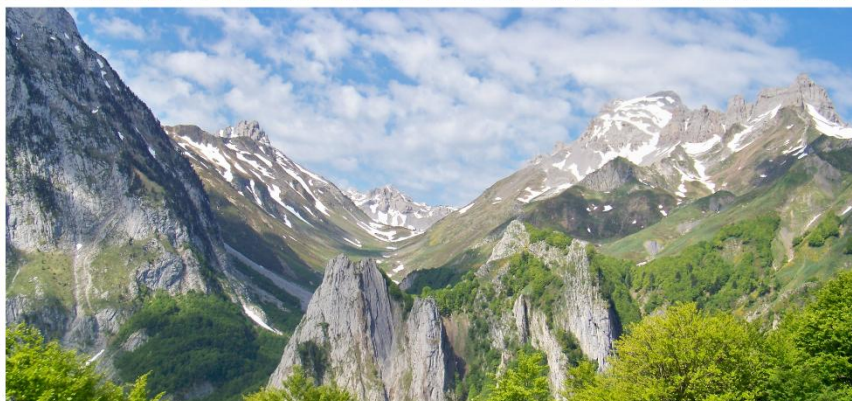
Guided GR10, Part 2: St Jean Pied de Port - Etsaut

Your Tour briefly

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

Highlights

- The GR10 as the main route
- Discovering two specific regions: the Basque Country and Béarn
- Lescun and its magnificent cirque
- The Holzarté gorges
- Discovering the first high Pyrenean peaks, including Pic d'Anie with its lunar lapiaz
- Ascent of Pic d'Orhy, the highest point of the Basque Country
- Iraty, the largest beech forest in Europe
- The prehistoric site of the Occabé cromlechs



The second part of the Pyrenees Crossing, with the famous GR10 as its main route, has the particularity of offering hikers the chance to discover two specific regions within a single journey: the Basque Country and Béarn. From Saint-Jean-Pied-de-Port, you will gradually approach the first Pyrenean peaks over 2,000 meters. Across vast and magnificent pastures, you will first reach the immense Iraty forest, after discovering the curious prehistoric site of the Occabé cromlechs.

Then, departing from Col Bagargui, which hosts the largest bird migration in Europe, you will set out to conquer Pic d'Orhy (2,017 m), the highest point of the Basque Country, offering a fantastic panoramic view. You will then enter Haute-Soule and explore the impressive Holzarté gorges, with its famous suspension bridge above the void.

The route continues into Béarn, passing through surreal, lunar-like landscapes, culminating at Pic d'Anie, the emblematic peak of the area at 2,504 m. Finally, you will reach Lescun and its magnificent cirque reminiscent of the Dolomites before arriving at the village of Etsaut, in the Aspe Valley, gateway to the renowned Pyrenees National Park.



• PROGRAM

Day 1: From Saint-Jean-Pied-de-Port to Phagalcette



Meet your guide at 9:00 a.m. in Saint-Jean-Pied-de-Port at the start of the hike. After leaving the capital of the Basque Country, you will gradually approach the first small peaks of the Pyrenees in the Pyrénées-Atlantiques, moving eastwards, hill by hill. The route first passes through the village of Caro, then the Col d'Handiague at 587 m, where you can admire the upper Nive valley, before beginning a zigzag descent towards Estérençuby. You will then climb onto the green plateau of Phagalcette, where the Basque influence is strongly felt.

- **Distance: 16km, duration: 6h, ascent: +900m, descent: -450m**

Day 2: From Phagalcette to Iraty



Today's stage has a sporty character due to its distance combined with the rugged topography of the hike. The route crosses several mountain passes and offers a variety of enchanting landscapes. Across beautiful and vast pasture plateaus with wide-open views, you will reach the magnificent site of the Occabé Cromlechs, a prehistoric monument of stones planted in the ground and arranged in a circle. From there, you will enter the Iraty forest, the largest beech forest in Europe, spanning France and Spain. You will then reach the Iraty chalets at Col de Bagargui.

- **Distance: 20.5km, duration: 7h45, ascent: +1400m, descent: -700m**

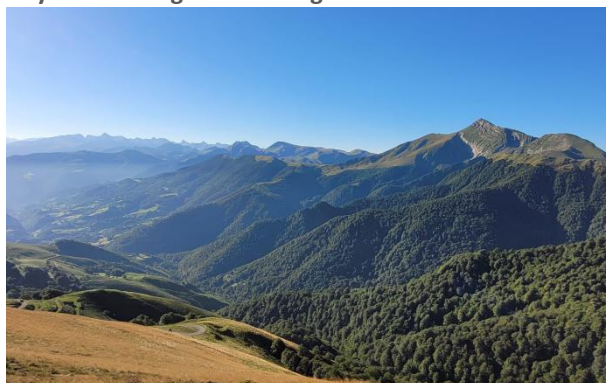
Day 3: From Iraty to Logibar



Starting from the Iraty chalets and Col Bagargui, a prime bird-watching site, today's stage offers a magnificent ridge route. You will make the elegant ascent of the majestic Pic d'Orhy (2,017 m), the highest point of the Basque Country and the first peak over 2,000 m when coming from the Ocean. In good weather, you will enjoy splendid views between the Basque Country and Béarn, with the Iraty forest still visible below. After a long descent, you will reach Logibar via Larrau, a small traditional and welcoming village in Soule.

- **Distance: 18km, duration: 7h, ascent: +800m, descent: -1500m**

Day 4: From Logibar to Belagua



From Logibar, you head towards the Holzarté canyon and its famous suspension bridge, one of the most spectacular sites in the western Pyrenees. After crossing the bridge 150 m above the void, the route leaves the GR10, gains altitude, and reaches pleasant wild pastures. After winding through the lovely meadows along the border, the landscape changes. The mountains rise, the Basque Country is now behind you, and Béarn welcomes you as you reach the Belagua refuge on the Spanish side.

- **Distance: 17km, duration: 7h30, ascent: +1650m, descent: -650m**

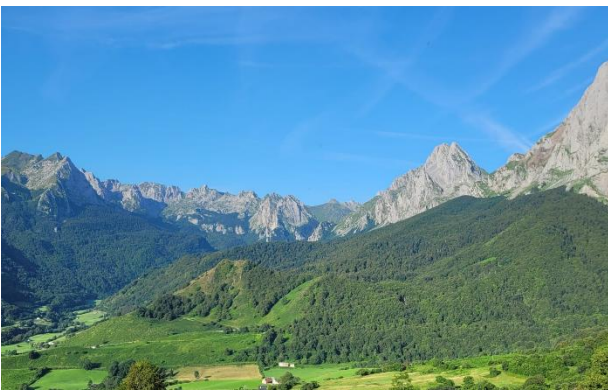
Day 5: From Belagua to Lescun



The beginning of the stage takes you through a fantastic karst landscape. After reaching Col d'Anaye, located on the border and the Pyrenean watershed, the route passes along the southern slope of Pic d'Anie, the first major Pyrenean peak from the ocean, rising to 2,504 m. After crossing the Anaye valley and the beautiful Sanchèse plateau with its waterfalls, the hike ends in the Lescun cirque, one of the most beautiful sites in the Western Pyrenees.

• **Distance: 19km, duration: 7h, ascent: +750m, descent: -1250m**

Day 6: From Lescun to Etsaut



Today's stage leaves the dolomitic Lescun cirque via the pretty village of the same name. You will pass through a succession of foothill villages with very beautiful views of the cirque, amid areas of pastoralism and ancient traditions. Further on, you will reach the Lhers plateau, a true haven of peace perched at 1,000 meters in the heart of the Aspe Valley. Then you will cross Col de Barrancq to reach the village of Etsaut, gateway to the Pyrenees National Park, on the banks of the Gave d'Aspe.

• **Distance: 16km, duration: 6h, ascent: +850m, descent: -1150m**

Day 7: End of Stay in Etsaut

End of stay in Etsaut after breakfast.

The programs have been prepared based on the latest information available at the time of writing: unforeseen events may always occur, and situations beyond our control may alter the itinerary. On site, our guides are the best judges and may modify the route depending on the weather or if the safety of the group requires it.

• MEETING POINT AND END OF STAY

Meeting Point:

On Day 1 at 9:00 a.m. in Saint-Jean-Pied-de-Port at the start of the hike with your guide: briefing about the stay, handover of your packed lunch for the day, and deposit of your luggage with the carrier. The guide will contact you a few days before the stay to give the exact meeting point.

End of Stay:

On Day 7 at your accommodation in Etsaut after breakfast.

• DATES AND PRICES

Number of Participants

Groups of 4 to 11 people.

Departure

Guaranteed departure from 4 participants.

Sunday 21/06/2026 to Saturday 27/06/2026

Sunday 12/07/2026 to Saturday 18/07/2026

Sunday 02/08/2026 to Saturday 08/08/2026

Sunday 23/08/2026 to Saturday 29/08/2026

Price: €925 per person

Supplements:

- Return transfer from Etsaut to Saint-Jean-Pied-de-Port: €75 per person
- Extra night in Saint-Jean-Pied-de-Port and/or Etsaut: please inquire

The price includes:

- Accommodation on a full-board basis from the packed lunch on Day 1 to breakfast on Day 7
- Luggage transport between accommodations
- Guidance by a BE AMM certified mountain leader, specialist of the region

The price does not include:

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

• TECHNICAL INFORMATION

Nature of the Terrain

Hikes on good trails; the terrain is varied but often rocky.

Level 4

For trained walkers in good physical condition, with prior experience in mountain hiking. Hikes average 7–8 hours per day, with elevation gains of 1,000–1,300 m on average, on accessible trails but sometimes on rough terrain (scree, rocky paths...) and occasionally unmarked paths.

Note: The walking times indicated are for guidance only; they represent average durations and count only the actual walking time, excluding breaks. Depending on weather conditions, the pace may vary, with +300 m to +500 m of ascent per hour.

Guidance

Hikes led by a BE mountain guide, specialist of the region.

Carrying

During the hike, carry only your personal belongings for the day, your packed lunch, and sufficient water. Bring a small, easily transportable “support bag.”

Your Support Bag

Your luggage must be deposited at your accommodation by 9:00 a.m. at the latest. It will be delivered to your next accommodation before 5:00 p.m. Only one support bag per person is accepted. For logistical reasons, we ask you to limit the weight of your support bag to a maximum of 15 kg and to avoid rigid suitcases: our logistics partners handle dozens per day, sometimes up and down stairs. The carrier may charge an extra fee at the end of the hike if the bags are too heavy or too numerous.

• ACCOMMODATION / MEALS

Accommodation

Full board (overnight + dinner + breakfast + packed lunch)
4 nights in stopover gîtes with shared dormitories on Days 1, 3, 5, and 6
1 night in a refuge with shared dormitory on Day 4
1 night in a mountain chalet with shared dormitory on Day 2

Meals

Continental breakfast (tea, coffee, milk, bread, butter, jam)
Evening meals often based on local specialties, including a starter, main course, and dessert
Packed lunches included
Drinks not included

• PRACTICAL INFORMATION

How to Reach Saint-Jean-Pied-de-Port

- By plane: Biarritz Airport, Pau Airport
- By train: Numerous TER trains from major cities to Bayonne, then to Saint-Jean-Pied-de-Port (<https://www.oui.sncf>)
- By car: A63 motorway: Paris – Madrid; Exit Bayonne then 50 km (D932) / A64 motorway: Mediterranean, Toulouse; Exit Salies-de-Béarn then 60 km (D933) / A15 A63 motorways: Pamplona; Exit Bayonne then 50 km (D932)

Parking

- In Saint-Jean-Pied-de-Port:

No problem leaving your vehicle.

No guarded parking. Free parking available in the village.

- In Etsaut:

No problem leaving your vehicle.

No guarded parking. Parking at Place de l'Église, opposite the Town Hall.

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

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 Return to Saint-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 Saint-Jean-Pied-de-Port.

Optional return shuttle to Saint-Jean-Pied-de-Port: €75 per person

• TO BRING IN YOUR LUGGAGE

Your Support Bag

Your luggage must be deposited at your accommodation by 9:00 a.m. at the latest. It will be delivered to your next accommodation before 5:00 p.m. Only one support bag per person is accepted. For logistical reasons, we ask you to limit the weight of your support bag to a maximum of 15 kg and to avoid rigid suitcases: our logistics partners handle dozens per day, sometimes up and down stairs. The carrier may charge an extra fee at the end of the hike if the bags are too heavy or too numerous.

Backpack

The size of your backpack is very important and can vary depending on the type of stay:

- For a hike without baggage transport: minimum 30 L
- For a hike with light or partial baggage transport: minimum 50 L
- For a hike with baggage transport: minimum 60 L

Your backpack should contain:

- Essentials (rainwear, warm clothing, spare t-shirt, sunglasses, sunscreen, first-aid kit, picnic kit, personal items...)
- Packed lunch for the day (bring a plastic box)
- Sufficient water (minimum 1.5 L bottle)

Footwear

This is one of the most important elements. Shoes must be comfortable, waterproof, and breathable. Good ankle support is essential. If you buy a new pair, try them before your stay. Do not choose shoes that are too small, as your

feet may swell. For short hikes, we recommend soft trekking shoes with a good sole and heel support. For mountain hikes over 4 hours, choose high-cut shoes with a fairly rigid sole. Shoes that have been stored for a long time may also degrade; their lifespan is 2–5 years. Over time, soles may detach, and stitching can come undone.

Specific Clothing for Hiking

- Waterproof windproof jacket (e.g., Gore-Tex)
- Fleece jacket or sweater
- Hiking pants, shorts, t-shirts (prefer breathable materials)
- Spare clothes and personal laundry
- Swimsuit and towel
- At the beginning or end of the season, bring light gloves and a hat for high-altitude hikes

Bedding

- A sleeping bag liner is essential for all stays in gîtes or refuges (blankets provided)
- Earplugs

Picnic

- Cutlery (fork, folding knife)
- Water bottle, minimum 1.5 L, or a CamelBak for convenience

Small Equipment

- Pair of sneakers or sandals for the evening
- Pair of telescopic poles (optional)
- Sunglasses and sunscreen
- Hat, cap, or sunhat
- Camera
- Small toiletry kit, including towel
- Flashlight or headlamp
- Toilet paper
- Mini first-aid kit: personal medication, Compeed for blisters, elastic bandage, gauze, disinfectant, arnica granules, aspirin for minor injuries... plus a survival blanket