

Factsheet | Guided walking | Level 4/5  | 6 walking days on the GR10

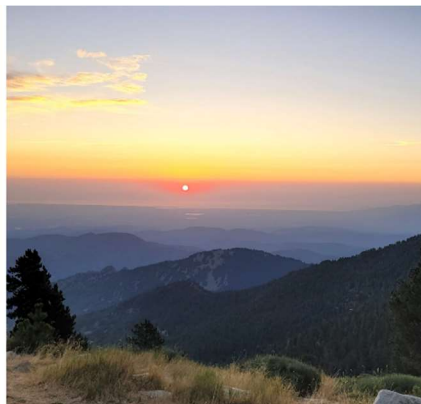
Guided GR10, Part 8 : From Vernet les Bains to Banyuls sur Mer

Your Tour briefly

- Guided hike with a certified mountain leader, specialist of the region
- Itinerant tour
- Comfort option available with 4 nights in private rooms
- Hike with family, friends, or as a couple
- Luggage transfer between stages (except for 1 night in a refuge), depending on the chosen option
- Easy access and return via Vernet-les-Bains and Banyuls
- Duration: 7 days / 6 nights

Highlights

- A section of the route within the Catalan Pyrenees Natural Park
- The crossing and ascent of Mount Canigou with its breathtaking panorama
- Diverse and well-preserved trails along the Canigou balcony
- The Albère massif descending into the sea
- The arrival at the sea and the stunning Côte Vermeille, marking the end of the Pyrenees crossing
- A journey under the Catalan sun



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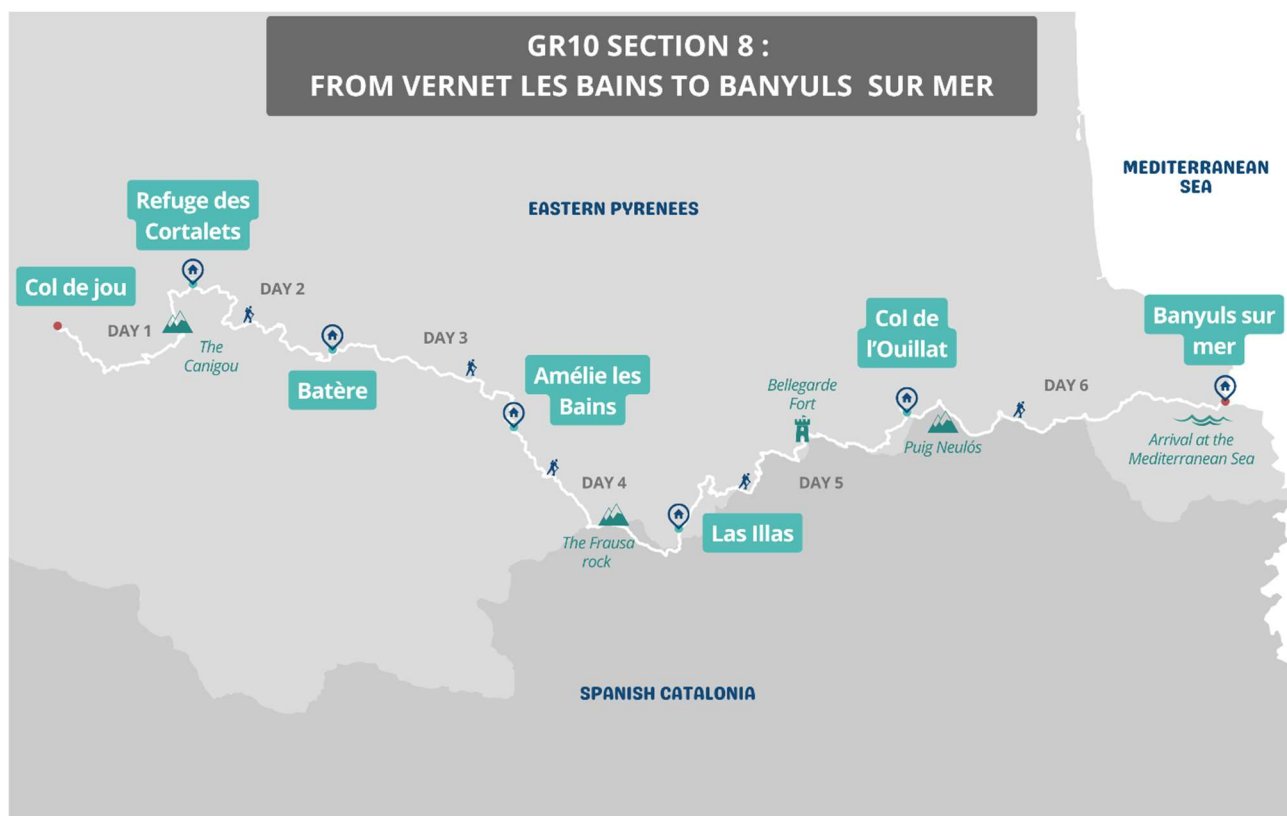
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The 8th and final stage of the Pyrenees Crossing, with the famous GR10 as its guiding thread, gradually descends to the Côte Vermeille through mountains, forests, and scrubland. Right from the start, you'll encounter the Canigou Massif, the Pyrenees' last proud outcrop before meeting the Mediterranean Sea.

From Vernet-les-Bains and the Mariailles refuge, you'll circle around this emblematic mountain of the Eastern Pyrenees, a symbol of Catalan identity. Overlooking the Roussillon plain and the Mediterranean Sea from its isolated promontory, set apart from the rest of the Pyrenean range, the Pic du Canigou (2,784 m) dominates the landscape and has been aptly nicknamed the Catalan Fujiyama.

You will then follow some of the most beautiful balconies of the massif as you descend towards the Romanesque town of Arles-sur-Tech. In the heart of Vallespir, you'll approach the Franco-Spanish border at Roc de France. Finally, crossing the Mediterranean scrubland and the Albères Massif—the last promontory before the sea—your descent toward the Big Blue will be a captivating finale.

You will complete your journey by stepping onto the sands of Banyuls Bay, one of the most beautiful spots along the Côte Vermeille.



• PROGRAM

Day 1: From Col de Jou to the Cortalets Refuge



Meet your guide at 8 a.m. at Villefranche de Conflent train station (or Vernet-les-Bains if you stayed there the night before) for a transfer to Col de Jou, the starting point of the hike (20 min). This splendid site overlooks spectacular gorges in the heart of the wild forests of the Cadi basin. From there, the route ascends the famous Canigou, a sacred and emblematic mountain for the Catalans, and the last high peak of the Pyrenees. If conditions are not favorable, an alternative route will be taken.

• Distance: 17.5 km | Duration: 7h30 | Ascent: +1650 m | Descent: -600 m

Day 2: From the Cortalets Refuge to Batère



Leaving the Cortalets refuge, you will follow the Canigou balcony trail for most of the day. Along the route, you'll discover magnificent panoramas: from Roussillon to the Mediterranean, and from the Corbières to the Montagne Noire, reaching as far as Sète and the Cévennes. You'll also encounter the different vegetation zones of the Canigou massif, from high-altitude meadows to dense forests. From alpine to Mediterranean levels, the diversity of landscapes is truly exceptional.

• Distance: 16 km | Duration: 5h30 | Ascent: +400 m | Descent: -1050 m

Day 3: From Batère to Amélie-les-Bains



Starting from the Batère refuge, enjoy another day of descent into the heart of Vallespir. As you move through the Mediterranean mountain landscape, you'll gradually leave behind the Canigou massif, which alone hosts a quarter of France's recorded plant species and shelters a wide variety of mountain wildlife. Eventually, you'll arrive at Amélie-les-Bains, a spa town in the Tech Valley.

• Distance: 16 km | Duration: 5h | Ascent: +50 m | Descent: -1300 m

Day 4: From Amélie-les-Bains to Las Illas



From Amélie-les-Bains, you'll ascend towards the Roc de France or Roc de Frausa (1450 m), offering expansive views over Spain, French Catalonia, and the Côte Vermeille with the Mediterranean Sea as a backdrop. The trail continues to the Col du Puits de la Neige and the Col des Cirères before descending towards the charming village of Las Illas. This stage offers contrasting landscapes and Mediterranean-influenced vegetation.

• **Distance: 18 km | Duration: 7h30 | Ascent: +1250 m | Descent: -950 m**

Day 5: From Las Illas to Col de l'Ouillat



A pivotal stage in crossing the Pyrenees, as you'll now approach the Albères massif, running along the French-Spanish border to the Col du Perthus, where you'll make only a brief stop. The Albères are the final mountain barrier of the Pyrenees before descending towards the Mediterranean. The route, alternating between scrubland and forests, is gentle and enjoyable, with contrasting landscapes and Mediterranean vegetation. After passing Perthus, the trail ascends towards Col de l'Ouillat for your final night before reaching the sea.

• **Distance: 25 km | Duration: 7h30 | Ascent: +1000 m | Descent: -600 m**

Day 6: From Col de l'Ouillat to Banyuls-sur-Mer



The final stage before reaching the sea, starting with the summits of Pic Neulos and Pic des Quatre-Termes. The ultimate highlight is Pic de Sailfort, the last promontory before the Mediterranean. At 980 meters, it offers stunning views over Banyuls-sur-Mer, Roussillon, Spanish Empordà, and the Bay of Roses. Here, in the heart of Mediterranean vegetation shaped by the tramontane wind, the landscape transforms into vineyards with stone huts and dry-stone shelters. Finally, you'll arrive at the beach in Banyuls-sur-Mer—marking the end of your Pyrenees crossing!

• **Distance: 23 km | Duration: approx. 8h | Ascent: +650 m | Descent: -1600 m**

Day 7: End of the Trip in Banyuls

End of the trip after breakfast.

The programs have been designed based on the latest information available at the time of writing. Unforeseen circumstances are always possible, and situations beyond our control may alter the course of the itinerary.

• MEETING POINT AND END OF THE TRIP

Meeting Point:

On Day 1 at 8 a.m. at Villefranche de Conflent train station (or Vernet-les-Bains if you stayed there the night before) with your guide. There will be a briefing about the trip, distribution of your picnic lunch for the day, and a transfer to Col de Jou, the starting point of the hike. The guide will contact you a few days before the trip to confirm the exact meeting location.

End of the Trip:

On Day 7 at your accommodation in Banyuls-sur-Mer after breakfast.

• DATES AND PRICES

Number of Participants

Group of 4 to 11 people.

Departure

Guaranteed departure with a minimum of 4 participants.

Dates:

- From Sunday, August 3, 2025, to Saturday, August 9, 2025
- From Sunday, August 24, 2025, to Saturday, August 30, 2025

Price: €945 per person

Supplements:

- Return transfer from Banyuls to Villefranche de Conflent/Vernet-les-Bains: €85 per person
- Additional night in Vernet-les-Bains and/or Banyuls-sur-Mer: Contact us for details

The Price Includes:

- Full-board accommodation from the picnic on Day 1 to breakfast on Day 7
- Luggage transport between accommodations, except for one night in a refuge on Day 1
- Transfers mentioned in the program
- Guidance by a certified mountain leader (BE AMM) specialized in the region

The Price Does Not Include:

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

• TECHNICAL INFORMATION

Terrain

Hikes on well-marked trails; the terrain is varied but often rocky.

Level 4

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

Note: The indicated hiking times are approximate and reflect average walking durations, excluding break times.

Depending on weather conditions, the hiking pace may vary, with ascents ranging from +300 m to +500 m of elevation gain per hour.

Guidance

The hike is led by a certified mountain guide (BE AMM) specializing in the region.

Luggage

During the hike, you will only carry your personal belongings for the day, your picnic, and enough water. For the night in the refuge on Day 1, you will need to carry your personal overnight essentials (sleeping bag liner, change of clothes, toiletries). Please bring an easily transportable follow-on bag (see our equipment recommendations).

•ACCOMMODATION / MEALS

Accommodation

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

- 2 nights in a hotel in private rooms on Days 3 and 6
- 3 nights in mountain lodges (*gîtes d'étape*) in shared dormitories on Days 2, 4, and 5
- 1 night in a mountain refuge in a shared dormitory on Day 1

For nights in private rooms: rooms for 2 to 3 people.

Meals

- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals often featuring local specialties, including a starter, main course, and dessert
- Picnic lunches included
- Beverages not included

•PRATICAL INFORMATION

How to reach Villefranche de Conflent / Vernet les Bains:

- By air: Toulouse-Blagnac Airport; Perpignan Airport
- By train and bus: TER train from Perpignan station to Villefranche de Conflent. Then take a bus from Villefranche de Conflent to Vernet les Bains
- By car: From Perpignan, take the N116 road to Villefranche-de-Conflent, then Vernet-les-Bains.

Parking:

Free parking at Villefranche de Conflent station.

All parking is free in Vernet: above Place de la République, next to the schools, or the Post Office parking lot.

How to leave Banyuls:

TER train from Banyuls to Perpignan (Cerbère to Perpignan line).

How to reach Villefranche de Conflent / Vernet-les-Bains from Banyuls:

TER train from Banyuls to Perpignan (Cerbère to Perpignan line). Then, take a TER from Perpignan to Villefranche de Conflent. Finally, take a bus from Villefranche de Conflent to Vernet les Bains.

Option to book a return shuttle to Villefranche/Vernet les Bains: €85 per 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.