

Technical details | Guided hike | Level 4/5  | 6 days of walking on the GR10

# Crossing the Pyrenees Part 8: Vernet-les-Bains-Banyuls-sur-Mer

## Your tour briefly

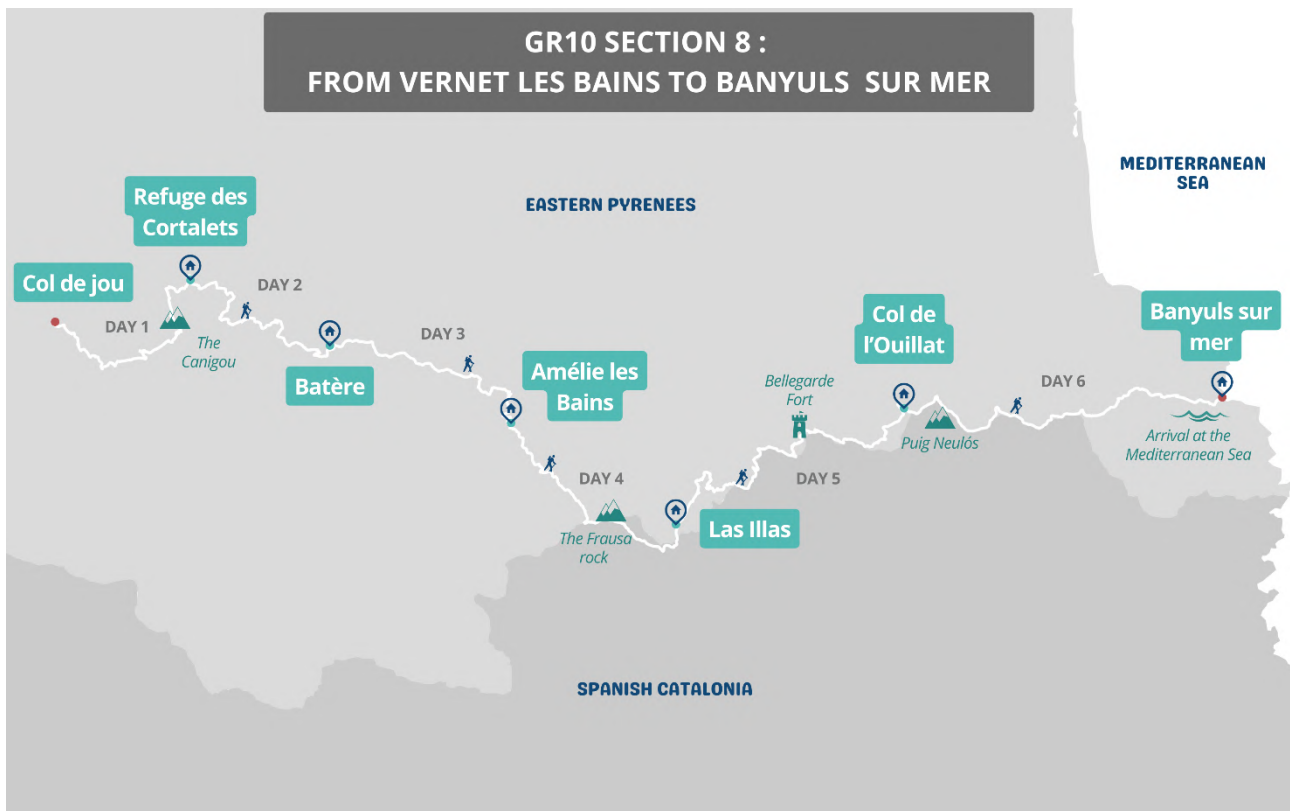
- Guided hike with a BE AMM specialist in the region
- Itinerant stay
- Varied accommodation: hotel, stopover gîte, mountain refuge
- Luggage transport between each stage except for 1 night in a refuge
- Easy access and return via Villefranche de Conflent and Banyuls
- Duration: 7 days/6 nights

## Highlights

- Part of the route within the Catalan Pyrenees Natural Park
- Crossing the Canigou massif with its beautiful panoramic views
- The varied and unspoilt trails of the Canigou balcony
- The Albère massif plunging into the sea
- Arrival at the sea and the magnificent Vermeille coast, the end of the Pyrenees crossing
- A route under the Catalan sun



The eighth and final part of the Pyrenees Crossing, with the famous GR10 trail as its common thread, gradually descends to the Vermeille coast through mountains, forests and scrubland. Right from the start, you will see the Canigou massif, the last proud peak of the Pyrenees before the Mediterranean Sea. From Vernet les Bains and the Mariailles refuge, you will gravitate around this iconic mountain of the Pyrénées-Orientales, a symbol of Catalan identity. Dominating the Roussillon plain and the Mediterranean Sea with its position as a promontory isolated from the rest of the Pyrenees mountain range, omnipresent in the landscape, the Pic du Canigou (2784m) has been aptly nicknamed the Catalan Fujiyama. You will then walk along the most beautiful balconies of the massif to descend towards the Roman city of Arles sur Tech. Then, in the heart of the Vallespir, you will approach the French-Spanish border at Roc de France. Finally, through the Mediterranean scrubland and the Albères massif, the last promontory before the sea, the descent towards the Mediterranean will enchant the end of the itinerary. You will conclude your journey by walking on the sand of Banyuls Bay, one of the most beautiful on the Côte Vermeille.





## •PROGRAM

### Day 1: From Col de Jou to Cortalets refuge



Meet your guide at 8 a.m. at Villefranche de Conflent 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 minutes), a splendid site overlooking spectacular gorges in the heart of the wild forests of the Cadi basin. From there, the route climbs the famous Canigou, a sacred mountain emblematic of the Catalans and the last high peak in the Pyrenees. If conditions are not favourable, you will take an alternative route.

• **Distance: 17.5km, duration: 7.5 hours, Ascent: +1650m; Descent: -600m.**

### Day 2: From the Cortalets refuge to Batère



Leaving the Cortalets refuge, you will follow the Canigou balcony for most of the day. Along the route, you will discover magnificent panoramic views: from Roussillon to the Mediterranean and from Corbières to Montagne Noire, all the way to Sète and the Cévennes. You will also encounter the different vegetation zones of the Canigou massif, from high-altitude grasslands to forests. From the alpine to the Mediterranean levels, you will be treated to a diversity of exceptional landscapes.

• **Distance: 16km, duration: 5.5 hours, Ascent: +400m, Descent: -1050m.**

### Day 3: From Batère to Amélie les Bains



Starting from the Batère refuge, another day of descent into the heart of Vallespir. During this route through the Mediterranean mountains, you will gradually move away from the Canigou massif, which alone accounts for a quarter of the plant species recorded in France and is home to all the wildlife characteristic of mountain species. You will then arrive at Amélie les Bains, a spa town in the Tech valley.

• **Distance: 16km, duration: 5 hours, Ascent: +50m, Descent: -1300m.**

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



From Amélie les Bains, you will climb back up towards Roc de France or Roc de Frausa (1,450 m) and its sweeping views of Spain, French Catalonia and the Côte Vermeille, with the Mediterranean Sea in the background. Further on, the route joins the Puits de la Neige pass and then the Cirères pass, before descending towards the charming village of Las Illas. The stage takes you through contrasting landscapes and Mediterranean-influenced vegetation.

• **Distance: 18km, duration: 7h30, Ascent: +1250m, Descent: -950m.**

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



This is a pivotal stage in the crossing of the Pyrenees as you approach the Albères massif, bordering the French-Spanish frontier to the Col du Perthus, where you will not linger. The Albères are the last mountain range and Pyrenean rampart before plunging down to the Mediterranean Sea. The crossing between scrubland and forests is gentle and pleasant, through contrasting landscapes and vegetation that is still influenced by the Mediterranean. After Le Perthus, the path climbs towards the Col de l'Ouillat with one last night before reaching the sea.

• **Distance: 25km, duration: 7h30, Ascent: +1000m, Descent: -600m.**

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



The last stage before the welcome arrival, starting with the Pic Neulos and Pic des Quatre-Termes passes. But the best 'diving board' remains the Pic de Sailfort, the last promontory before the sea, which, at a height of 980 metres, offers a beautiful view of Banyuls sur Mer, Roussillon, the Spanish Empordà and the Bay of Roses. Here, in the heart of Mediterranean vegetation, everything has been shaped by the tramontane wind. Further down, the vegetation of the Pyrenean foothills takes on the appearance of vineyards, with its casots and dry stone huts. Then it's on to Banyuls beach, the end of the Pyrenees crossing !

• **Distance: 23km, duration: 8 hours, Ascent: +650m, Descent: -1600m.**

#### Day 7: End of stay in Banyuls

End of stay after breakfast.

*The programmes have been drawn up based on the latest information available at the time of writing: unforeseen circumstances are always possible and situations beyond our control may affect the itinerary. Our guides are the best judges on site and may modify the itinerary depending on the weather or if the safety of the group requires it.*

### • MEETINGS AND END OF STAY

#### Meeting point:

Day 1 at 8am at Villefranche de Conflent station (or Vernet Les Bains if you stayed there the night before) with your guide: Briefing about the trip, handover of your picnic for the day and 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 point.

#### End of trip:

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

### • DATES AND PRICES

#### Number of participants

Groups of 4 to 11 people.

#### Departure

Departure guaranteed for groups of 4 or more people.

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

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

From Sunday 13/09/2026 to Saturday 19/09/2026

## **Price: 995€/person**

### **Supplements:**

- Return transfer supplement from Banyuls to Villefranche de Conflent/Vernet les Bains: £85/person.
- Additional night in Vernet les Bains and/or Banyuls sur Mer: Please contact us.

### **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 programme
- Supervision by a BE AMM specialist in the region

### **The price does not include:**

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

## **•TECHNICAL INFORMATION**

### **Terrain**

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

### **Level 4**

For experienced walkers in good physical condition who already have considerable experience of mountain hiking. Hikes lasting 7-8 hours per day on average, with an average elevation gain of 1,000-1,300 metres, on accessible trails but also sometimes on rough terrain (scree, scree slopes, etc.) and sometimes unmarked trails.

NB: The walking times mentioned are given as a guide only; they are average times that only take into account the actual walking time without counting breaks. Depending on weather conditions, the walking pace may also vary, ranging from +300m to +500m of ascent per hour.

### **Supervision**

Hike supervised by a qualified mountain guide who is a specialist in the region.

### **Portage**

During the hike, you will only need to carry your personal belongings for the day, your picnic and sufficient water. Except for the night in the refuge on Day 1, when you will need to carry your personal belongings for the night (sleeping bag liner, change of clothes, toiletries). Please bring a suitcase that is easy to transport (see our advice on equipment).

### **Your luggage**

Your luggage must be dropped off by 9am at the reception of your accommodation. It will be delivered to your next accommodation before 5pm. Only one piece of luggage per person will be transported. For logistical reasons, we ask you to limit the weight of your luggage to a maximum of 15kg and to avoid hard suitcases: our logisticians and transport partners have to load and unload dozens of them every day, sometimes involving a lot of stairs... The carrier may charge you a supplement at the end of the hike if your luggage is too heavy or too numerous.

## • ACCOMMODATION / FOOD

### Accommodation

Full board (accommodation + dinner + breakfast + picnic)

2 nights in a hotel on days 3 and 6

3 nights in a stopover gîte in a shared dormitory on days 2, 4 and 5

1 night in a mountain refuge in a shared dormitory on day 1

**For nights in a room: room for 2 to 3 people**

### Meals

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

- Evening meals often based on local specialities, including a starter, main course and dessert.

- Picnics included.

- Drinks not included.

## • PRACTICAL INFORMATION

### How to get to Villefranche de Conflent / Vernet les Bains:

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

### Car parking:

Free parking at the station in Villefranche de Conflent.

All free in Vernet: above Place de la République, next to the schools, or at the Post Office car park.

### How to leave Banyuls:

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

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

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

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

## • TO PACK IN YOUR LUGGAGE

### Your luggage

Your luggage must be dropped off by 9 a.m. at the reception desk of your accommodation. It will be delivered to your next accommodation before 5 p.m. Only one piece of luggage per person will be transported. For logistical reasons, we ask that you limit the weight of your luggage to a maximum of 15kg and avoid hard suitcases: our logisticians and transport partners have to load and unload dozens of them every day, sometimes involving lots of stairs... The transport company may charge you a supplement at the end of the hike if your luggage is too heavy or too numerous.

### The rucksack

The size of the rucksack is very important and may vary depending on the type of trip.

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

The latter should contain:

- Bottom of bag (rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic essentials, personal items, etc.)

- Picnic lunch for the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

### **Footwear**

This is one of the most important items. Above all, your shoes must be comfortable, waterproof and breathable. Good ankle support is essential. If you need to buy a new pair, we recommend trying them on before you set off on your trip. Do not choose a size that is too small, as your feet will tend to swell. For short hikes, we recommend flexible walking shoes such as trekking boots with good soles and good heel support. For mountain hikes lasting more than 4 hours, choose high-top shoes with fairly rigid soles. Be careful with shoes that have been stored in a cupboard for too long. The lifespan of a shoe is 2 to 5 years. After a certain amount of time, the soles come unstuck and the seams can tear.

### **Specific clothing for hiking**

- A waterproof windbreaker jacket (Gore-Tex type)
- A fleece jacket or jumper
- Walking trousers, shorts, T-shirts (preferably made from breathable fabrics)
- Change of clothes and personal laundry
- Swimsuit and towel
- For the beginning and end of the season, bring thin gloves and a hat for hiking at high altitudes

### **Sleeping gear**

- A sleeping bag liner is essential for all trips involving nights in lodges or refuges (blankets provided).
- Earplugs.

### **Picnic**

- An airtight plastic container (0.8 L) to carry picnic salads.
- Cutlery (fork, folding knife)
- Water bottle (minimum 1.5 L) or Camelback, which is much more practical...

### **Small items**

- A pair of trainers or sandals for the evening
- A pair of telescopic walking poles (optional)
- Sunglasses and sun cream
- Hat, cap or sun hat
- Camera...
- A small toiletries bag with a towel
- A torch or head torch
- Toilet paper
- A mini first aid kit: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin for minor injuries... a survival blanket.