

Pyrénées : GR 10 - 2nd Section

From St Jean Pied de Port to Etsaut

7 days, 6 nights

6 or 7 days walking

Who wouldn't be tempted to traverse from end to end the entire Pyrenean chain of mountains on foot. The mythic GR10 starts at the Atlantic ocean and crosses over more than 258 miles of dazzling mountains to arrive at the Mediterranean coast. You amble through stunning scenery that varies enormously, from flower filled meadows and sparkling lakes to cirques and high summits. You'll get a taste of many different cultures, from the Basque country through to Catalonia. Each valley you pass through has its own distinct flavour. It is a great way to explore local life and to absorb the differences, the Pyrenees is a unique blend of many different people.

The first part of the itinerary is in the Pays Basque. The GR10 weaves its way through village to village, without reaching Spanish soil. An opportunity to discover villages typical of the region such as Estérençuby or the hamlet of Logibar.

After Logibar, Sainte-Engrace, the most oriental of the basque mountain villages. From here the GR10 goes into a typically Pyrenean, high mountain setting. In gaining altitude you will reach Saint-Martin before descending upon the village of Lescun, renowned for its famous glacial cirque.

The best part of the walk awaits you at the end of this section at the village of Estaut, in the Aspe valley, gateway to the famous Pyrenean National park.

Tour Aventure Trekking

Agence de voyages LI 02A.06 0002 - Garantie Financière de 137204€ : APS - Contrat RC : n°86 410 716 Gan Eurocourtage IARD

RCS AJACCIO 489 755 470 - Membres du SNAV - E-mail : info@tour-aventure.com - Web site : www.tour-aventure.com

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Program

Day 1 : Start of holiday in Saint Jean Pied de Port

Saint-Jean-Pied-de-Port is the capital of the Pays Basque region. It lies in a circle of hills at the foot of the Roncevaux pass into Spain. After checking into your hotel you may choose to do a walk in the surrounding area. A chance to discover the many delights of this seductive region.

Explore St Jean and its surroundings

Walk through the Irouléguay vineyards and the village of Ispoure, in the surroundings of the capital of the Basse Navarre - a region with many touristic assets.

Distance : 11km, duration : 3h30, dénivelé plus : +160m, dénivelé moins : -160m.

Day 2 : Saint Jean Pied de Port to Phagalcette

The GR10 stays in the Pays Basque for approximately 170km of walking, winding its way through tiny villages but keeping to the French side. The trail heads out in an Easterly direction from St Jean towards the nearby hills.

Following the deepening valley past small, isolated farms, sparkling mountain streams and steep green slopes. You get glimpses of the higher Pyrenean peaks to the East. The culture is rural and distinctly Basque. As you pass through the villages, such as Caro and Estérencuby, you can soak up the ambience.

Distance : 13km, duration : 5h15, dénivelé plus : +820m, dénivelé moins : -390m.

Day 3 : Phagalcette to Iraty

A challenging but beautiful walk today. The GR10 traverses some stunning, rural countryside along cols and ridges with airy views across the beech filled gullies. There are many species of birds such as honey buzzards, black kites, red kites, cranes and storks. Herds of horses, cows and sheep graze on the hillsides. The GR10 swings up onto the flat topped Occabé before arriving in the huge majestic forest.

Distance : 18km, duration : 6h45, dénivelé plus : +1486m, dénivelé moins : -744m.

Day 4 : Iraty to Logibar

Heading off from Iraty, today's walk is mainly downhill with 1185m descent. High mountain passes and ridges with spectacular views across the dense forest. You head towards the ridge of Ugatze at 1170m before heading towards the gite at Logibar.

Distance : 13km, duration : 7h, dénivelé plus : +232m, dénivelé moins : -1185m.

Day 5 : Logibar to Senta

From the hamlet of Logibar, the GR10 progresses in the direction of the plateau of Ardakhotchia before arriving at the 'cayolar de Saratzé', altitude 1205m. Cayolars are the traditional shepherd's cabins. To arrive at the hamlet of Senta, you will penetrate the valley of Barétous, this is part of the second region you will discover called the Béarn. It is a region that functions to the rhythm of nature's calendar and rural pastoral life. It is possible to do a variant that is off the GR10 and passes the canyon of Holzarté with its famous bridge. For the variant add on about an hour's walking.

Distance : 15km, duration : 6h30, dénivelé plus : +1160m, dénivelé moins : -905m.

Day 6 : La Pierre-Saint-Martin to Lescun

At 7h30 there is a short transfer organised from Santa to La Pierre-Saint-Martin (20mins.) The GR10 makes its way to the Arres de Camplong and on to the massif of L'Anie. There are superb views of the Pas d'Azuns mountains in the direction of the Pic d'Anie at 2504m, one of the first really high summits in the mountain chain. The trail continues into the famous glacier cirque at Lescun. The views are awesome, the summit of Camplong, le Pic Billare and the nearby

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plateau of Sanchèse.

Distance : 15km, duration : 5h00, dénivelé plus : +282m, dénivelé moins : -1022m.

Day 7 : Lescun to Etsaut

This is the last day's walking for this stage of the GR10 between Saint-Jean-Pied-de-Port and Etsaut. The trail comes out of Lescun glacier cirque and progresses towards a series of small charming mountain villages. After passing by the plateau de Lhers and the Col de Barancq, the itinerary arrives at the village of Etsaut in the famous Aspe valley . This is the gateway to the Pyrenean National park.

Distance : 13km, duration : 5h45, dénivelé plus : +790m, dénivelé moins : -1092m.

This programme is an example of the itinerary we aim to adhere to. It may be possible, if situations arise that are beyond our control, for the itinerary to be modified.

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Details

Level of difficulty

The walks are on good footpaths and trails, the terrain is varied but often rocky. You need to be used to walking and take regular exercise to enjoy this holiday.

Price

- From 2008/06/01 to 2008/09/30 : Price per Adult 450 €

Price includes :

6 nights in gites, 5 evening meals, 6 breakfasts, transfer day 6, luggage transfers, the dossier containing your maps, route notes and all necessary details needed for your holiday.

Price does not include :

Entrance fees, additional transfers, drinks, picnics, additional activities, holiday insurance and travel, evening meal day 1.

Encadrement

Self-guided walking.

Carrying

You will need to carry a day sack only, with your water bottle, camera, picnic and gortex jacket.

Our bag-moving service means you can travel light during your walks.

Your main luggage - will be transported by vehicle between the different night stops. We ask you to please limit your main luggage to between 10-15kg to facilitate the transportation and carrying for the taxis. It is also important to consider that it may be necessary to carry your bags short distances at the start or end of your holiday. (Consult with us for left luggage facilities)

Accommodation/food

Accommodation

Half board (communal dormitories), except day 1, bed and breakfast. 6 nights in gites.

Bring light-weight sleeping bag.

Food

- Continental breakfast (tea, coffee, milk, butter, jam)
- Evening meals in gites, often based on local specialities. Day 1 : restaurants available.
- Pic-nics and drinks not included.

Starting point/end

Starting point : Day 1 at your gite in Saint Jean Pied de Port.

If you have done the 1st section of the GR10 the night in St Jean Pied de Port is offered BB in a gite.

End : Day 7 in Etsaut, after your walk.

If you are doing the 2nd and 3rd part of the GR10, the night in Etsaut is offered half board in a gite.

Organisation

We propose a self guided, independent formula. You choose your departure date and we will take care of all the rest

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between the initial rendez-vous time through to the dispersion point. We transport your bags between the hotels, provide the maps and good walking route notes. This is a way of enjoying complete flexibility, you dictate the pace and rhythm of your holiday.

Your transfers

Day 6 : At 7h30, transfer from Senta to la Pierre St Martin.

Dates

Every day from mid-June to the end of September.
(For a departure on a different date, consult us).

Number of participants

From 2 people

Access

Biarritz Parme airport, Bordeaux autoroute, TER trains in direction Hendaye.

Bibliography

Rough Guide the Pyrenees - Marc Dubin 2004

Practical info

- Béarn tourism committee – Pays Basque : 22 ter rue JJ de Monaix, 64000 Pau - Tel : 0033 559300130, and 4 rue des Platanes, 64100 Bayonne - Tel : 0033 559465252
- Saint Jean Pied de Port/St Etienne de Baigorri tourist office : 14 Place de Gaulle, 64220 St Jean Pied de Port - Tel 0033 5593757 - Fax : 0033 559373491 - E-mail : saint.jean.pied.de.port@wanadoo.fr - www.terre-basque.com
- Oloron Sainte Marie tourist office : Place de la Résistance, 64400 Oloron - Tel : 0033 559399800 - Fax 0033 559394397
- Vallée d'Aspe tourist office : 64490 Bedous - Tel 0033 559347148 - Fax 0033 559345251 - E-mail : aspe.tourisme@wanadoo.fr
- Train information : 0033 892353535, or www.ter-sncf.com
- Local weather : 0892680264
- Mountain rescue : PGHM d'Oloron - Tel : 0559398622

ACCESS :

How to get to Saint-Jean-Pied-de-Port :

- By air :

Biarritz Parme airport (25km) : daily flights from Paris, London, Lyon.

- By train :

TER trains to Hendaye, from main cities.

Contact the SNCF www.ter-sncf.com to confirm timetable.

- By car :

Bordeaux auto route A63, 172km ; then D918 from Bayonne to Saint-Jean-Pied-de-Port, 48km.

Toulouse auto route A64, 293km, then Bayonne to Saint-Jean, 48km.

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PARKING:

Parking in Saint Jean Pied de Port :

- Free : Top of the rue d'Espagne in front of the collège.
- Not free : 1km from St Jean in Uhart-Cize, at the Renault garage - Tel : 0033 5.59.37.00.57

How to leave Etsaut :

From Etsaut, bus to Pau via Oloron.

- Every day, departure from Etsaut : 13h36 – arrive in Oloron : 14h18 - departure from Oloron : 14h38 – arrive in Pau : 15h13.
 - From Monday to Saturday, departure from Etsaut : 18h16 – arrive in Oloron : 18h58 - departure from Oloron : 19h13 - arrive in Pau : 19h48.
- Cost : around 9,80E

How to get to Saint Jean Pied de Port d'Etsaut to collect your car:

Once in Pau, you can get to St Jean Pied de Port : to do this you need to have caught the bus from Etsaut at 13h36.

- Departure from Pau at 16h26 or 18h39 – arrive in Bayonne at 17h43 or 19h44.
- Departure from Bayonne at 21h03, arrive in St Jean Pied de Port at 22h.

Cost : around 30E

To carry in your luggage

- Bags

A small day pack for your water bottle, camera, picnic and waterproof.

A bag, rucksack or suitcase for your main luggage 10kg maximum per person.

- For Walking

Good walking shoes or boots with a good grip sole

Walking socks.

Warm fleece

Shorts and T shirts.

Swimming costume or trunks

Towel

2 Walking poles (optional)

Water bottle (one litre minimum)

Personal first aid kit with good blister protection

- For your picnics

A good cutting knife, fork, spoon, plastic cup and plate
some plastic bags

- Sun and rain protection

Sunglasses and sun cream

Sun hat

Wind and waterproof jacket (Gore-tex stlye)

- Relaxing time

Trainers or open sandals

Warm Fleece and casual wear

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With your service

The Tour Aventure team is present and always at hand to ensure the smooth running of your holiday. We are on the ground and ready to assist in any eventuality.

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