



Pyrénées : GR 10 - 3rd Section from Etsaut to Cauterets

From Etsaut to Cauterets, the GR10 takes you through the Pyrenean National Park. Created in 1967 to preserve an exceptional natural heritage, the park stretches from the Aspe valley to the Aure valley, along the Spanish border and two departments, the Pyrénées-Atlantiques and the Hautes-Pyrénées.

Setting off from Etsaut, via the famous chemin de la Mâtüre, you will reach the grandiose surroundings of the Ossau valley, that opens out before you and affords a spectacular view of the pyramid-shaped Pic de Midi d'Ossau that culminates at 2884m.

From Gabas to Arrens valley, passing by Gourette ski station, you encounter a succession of lakes and villages in stone and slate and a never-ending wilderness that serves as summer pastures. After having discovered the Arrens and Estaing valleys, you finish your holiday at the spa town of Cauterets, capital of the Bigorre.

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

D1 - Start of your holiday in Etsaut

Once you have settled into your accommodation you can visit the villages of Etsaut and Borce and the Park's mansion.

Walk to col de la Coundre

A circular walk that lets you discover the valley d'Etsaut. You will come across lovely scenery as well as relics of the past, such as old mills and barns. You arrive at the Col de la Coundre at an altitude of 1121m.

Distance : 6km, duration : 3h30, altitude gain : +525m, descent : -525m.

D2 - Etsaut to refuge d'Ayous

Today's walk is challenging with 1590m altitude gain. It offers scenery of an amazing magnitude the Chemin de la mature, the plateau of Baigt-Sencours, shepherd's cabins and the pyramid shaped mountain the Pic d'Ossau whos reflection shimmers in the waters of the lake, Lac de Gentau. You will need to carry a rucksack with personal gear for one night in the refuge.

Distance : 15km, duration : 5h45, altitude gain : +1590m, descent : -238m.

D3 - Ayous refuge to Gabas

Setting out from the refuge at Ayous, the GR10 drops down to the village of Gabas. Today's walk is shorter and it's a chance to recuperate after yesterday's efforts. The distance from the lake to the village isn't far and will take about 3h00. The village is typically Pyrenean and situated in the famous valley of Ossau, with an emblematic summit, an exceptional flora and fauna, as well as a super cheese !

Distance : 8km, duration : 3h00, altitude gain : +20m, descent : -920m.

D4 - Goua bridge to Gourette

Today's walk is strenuous, the climb up to the Hourquette d'Arre which culminates at 2465m, this is the highest part of the GR10 in the Pyrenees Atlantiques. You descend towards the lake Anglas and continue down to the ski station, the Gourette. There is a good chance that you will be able to observe some remarkable fauna such as the majestic rare vautour fauve, vultures, royal eagles, mountain isards and marmots.

Distance : 14.5km, duration : 6h45, altitude gain : +1499m, descent : -1119m.

D5 - Gourette to Arrens

Today's stage of the GR10 is a transition, the trail crosses the border between the Béarn and Bigorre regions. You will be walking across high summer pastures and past shepherd's cabins to the Col de Tortes at an altitude of 1799m and on to the Col de Saucède at 1525m. You will arrive at the village of Arrens in the Val D'Azun valley, the first market town of the Bigorre region.

Distance : 12km, duration : 5h15, altitude gain : +590m, descent : -1055m.

D6 - Lac d'Estaing to Ilhéou refuge

The GR makes its way up to the high plains of the Col d'Ilhéou, passing the cabins of Arroussec and Barbat. The col is situated at an altitude of 2242m, from which point the trail drops down to the lake of Ilhéou.

Distance : 9km, duration : 4h45, altitude gain : +1081m, descent : -267m.

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D7 - The refuge of Ilheou to Cauterets

Just a short walk for the last section of this part of the GR10. To Cauterets, passing by the Escala d'Ilhéou, you will no doubt have the chance to see marmottes and isards. In this high, airy mountain ambience there are many traces of glacier erosion, lakes and moraines.

Distance : 7.5km, duration : 3h00, altitude gain : +15m, descent : -1062m.

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 01/06/2010 to 30/09/2010 : Price per Adult 510 €

Supplements/reductions :

- Supplement 4 nights in room (according to availabilities) and 2 nights in dormitories : 60 €/pers.

Price includes :

Half-board accommodation, transfers Day 4 and Day 6 and luggage transfers Day 3, Day 4, Day 5 and Day 7, 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.

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, (except for the nights in refuges, D2 and D6, where you have to carry your personal belongings necessary for the night, lightweight sleeping bag or liner, change of clothes, toiletries.

Your main luggage - will be transported by vehicle between the different night stops, which you will have nights 3, 4, 5 and 7. 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 in communal dormitories in gites (4 nights) and mountain refuge (2 nights).

Bring a light-weight sleeping bag or a liner.

Possibility to sleep 4 nights in room and 2 nights in dormitory (according to availabilities), with a 60€/pers supplement.

Food

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

Starting point/end

Starting point : Day 1 at your gite in Etsaut.

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

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End : Day 7 in Cauterets, after your walk.

If you are doing the 3rd and 4th sections of the GR10 the night in Cauterets is offered half-board in a gîte.

Organisation

We propose a self guided, independent formula. You choose your departure date and we will take care of all the rest between the initial rendez-vous time through to the dispersion point. We transport your bags between the hotels D3, D4, D5 and D7 and your transfers D4 and D6. We 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 4 : At 7h30, From Gabas to the Pont du Goua.

Day 6 : At 7h30, short transfer from Arrens to the Lac d'Estaing.

Dates

Every day from mid-june to the end of September.

(for a departure on a different date, consult us). Bookings from 2 persons or more.

Number of participants

From 2 people

Access

TER and SNCF bus in Etsaut, Tarbes Ossun airport.

Bibliography

Rough Guide the Pyrenees - Marc Dubin 2004

Practical information

- Vallée d'aspe tourist office : 64490 Bedous - Tel : 0033 559347148 - Fax : 0033 559345251

E-mail : aspe.tourisme@wanadoo.fr

- Parc National des Pyrénées :

A Pau, 59 route de Pau, 65000 Pau - Tel : 0033 562443660

Cauterets, Parc office - Tel : 0033 562925256

- Cauterets tourist office : Tel : 0033 562925050 - www.cauterets.com - Email : accueil@cauterets.com

- Trains info: 0033 892353535, or www.ter-sncf.com

- Local weather : 0033 892680264

- High Montagne police : Tel : 0033 562927507

- Mountain rescue : PGHM d'Oloron - Tel : 0033 559398622

- Maison du Parc Vallée d'Aspe : Tel : 0033 559348830

ACCESS :

How to get to Etsaut :

- By air:

Tarbes Ossun airport, tel 0033 562329222 - www.tarbes-lourdes.aeroport.fr

Toulouse-Blagnac international airport (180km) : Tel : 0033 561424400

Pau-Uzein airport, tel 0033 559333300 - www.pau.aeroport.fr

Air France, reservations : Tel : 0870 142 4343

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- By train :

Transfer by TER and bus SNCF from Pau to Etsaut, via Oloron Sainte Marie.

- To get to Pau : line Nice - Toulouse - Irun stops at Pau, or line Paris - Bordeaux - Tarbes, a stop at Pau.
- To get to Oloron Sainte Marie : many TER trains from Pau to Oloron, then SNCF bus from Oloron to Etsaut.

Oloron station tel 0033 0559390061 (regional and local information)

Contact SNCF www.ter-sncf.com or www.ter-sncf.com/aquitaine to confirm timetable.

- By car:

To get to Pau (autoroute from Bordeaux or Toulouse); then Pau, N134 to Etsaut, via Oloron Sainte Marie.

PARKING :

- Parkings in Etsaut :

No problems parking.

Place de l'Eglise, in front of the Mairie or ask the manager of the gîte in Etsaut.

- Parkings in Cauterets :

Free : Bus station, Place de la gare

Thermes César, (town centre)

Guarded parking : Parking Municipal souterrain, Rue de Belfort, tel 0033 562925557, or 0033 562925034 (Mairie), or 0033562925050 (Tourist office).

How to leave Cauterets :

- By train :

Bus SNCF from bus station - arrival in Lourdes, 1h later.

From Lourdes, connections with Toulouse, Bordeaux.

From Cauterets, rejoin Etsaut to get your car :

Bus SNCF from Cauterets to Lourdes .

From Lourdes, lign Lourdes to Irun, stop in Pau. Then from Pau to Etsaut, connections possible with departures from Cauterets.

What to bring and pack

- 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)

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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

Tour Aventure Backup

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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