

GR 10 : The Basque Mountains

From St-Jean Pied de Port to Lescun

Self-guided tour, accommodation in hotels and gîtes
7 days - 6 nights - 7 hiking days

Level 3/5



From Saint-Jean-Pied-de-Port to the doors of the Pyrenees National Park, in Lescun, this second stage of the famous GR10 brings you to the high plateaus of Iraty, well-known for its delicious goat cheese, the Soule canyons and the karstic plateau of la Pierre Saint-Martin.

This route is a real hyphen between the Soule Basque region and the Bearn, two areas with strong identities and common customs.

HIGHLIGHTS:

- Huge variety of landscapes: from the Basque forests to the Soule canyons.
- A “light” route: you only carry a little bag for the day, your luggage is transferred by car everyday.
- No transfer during the tour, except the journey in train to come back at St Jean Pied de Port.
- Espelette chili, Bayonne ham, Ossau-Iraty goat cheese...

PROGRAMME

Day 1 : Arrival to St Jean Pied de Port.

You can visit the ancient capital city of Lower-Navarre, situated on the 2 banks of the river Nive. Surrounding walls, old timbered houses, old stone bridge, and every part of this city brings you back to Middle Ages. Night and breakfast in hotel.

Day 2 : From St-Jean Pied de Port to Phagalcette

16 km / 5h15 - Height difference : +835 m -490m

Point of departure of your route : St Jean Pied de Port. Its medieval citadel is surrounded by houses from XVIIth and XVIIIth centuries. You pass over Caro and its wall to play Basque pelota and reach then Estérençuby, nested into a gorge, under Iramendy peak.

Dinner and night in gîte in Phagalcette.

Day 3 : From Phagalcette to the Col d'Iraty

20 km / 7h00 - Height difference : +1320 m -733 m

Prepare yourself for a long stage where your calves will be put to severe testing, you will climb several passes between forests and meadows to reach finally the high plateau of Iraty.

Dinner and night in Iraty.

Day 4 : From the Col d'Iraty to Logibar

17 km / 6h00 - Height difference : +600 m -1380 m

Use your energy to hike along the crests until the pass of Ugatzé. En route, you discover several “cayolars”, places of work and living for the shepherds.

Variant if the weather forecast is not fine : descent by the Larrau valley (13km- 3h30 Height difference : +150m -850m).

Dinner and night in gîte.

Day 5 : From Logibar to Sainte-Engrâce

22km / 7h15 - Height difference : +1300 m -1100 m

The Haute Soule region is well known for its canyons. Your path goes along Holzarte gorge and Kakouetta canyon, going down to Sainte-Engrâce valley (entrance to the canyon charged between April to November). To finish, enjoy a last stop in Sainte-Engrâce small church, to admire amazing sculptures. Dinner and night in gîte.

Day 6 : From Sainte-Engrâce to Arette la Pierre Saint-Martin

12 km / 4h - Height difference : +1080 m -230 m

This stage is stressed by ravines, gorges and defiles to lead you to the pass of the Pierre-Saint-Martin where you enjoy a large panoramic view over the Anie's peak massif. You pass close to the famous chasm of the Pierre-Saint-Martin, hotspot for speleologists.

Dinner and night in refuge.

Day 7 : From Arette la Pierre Saint-Martin to Lescun

16 km / 5h00 - Height difference : +560 m -1175 m

From Arette la Pierre-Saint-Martin, you cross the Arres of Camplong, a long calcareous plateau. En route, you overhangs the Aspe valley and its mountains and then the Oloron valley with its surrounding peaks : Soumcouy, Anie and Coutendé.

Stare at the magnificent chain of peaks called « Camplong organ » from Lescun, this is one of the most beautiful panoramas of the Pyrenees massif.

End of the stay.

DURING YOUR STAY

SUPERVISION:

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix

Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com

RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 – N° SIRET :

502 157 076 00014 NIF FR 33502157076 APE:7911Z2

Self-guided formula :

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the Pyrenees have to say.

LUGGAGE TRANSPORT:

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle or assistance vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

YOUR ACCOMMODATION:

Half board formula:

5 nights in gites and refuges in half board formula: dinner, night and breakfast included. You share the ambient and conviviality in each mountain gite. You sleep and share little dormitories of 4/6 places. Sheets and towels are not provided.

1 bed and breakfast night in St Jean Pied de Port: dinner not included, feel free to choose your restaurant in the town.

FOOD:

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide : well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

NUMBER OF PARTICIPANTS:

Starting from 2 people.

BEFORE YOUR DEPARTURE

FEES:

See fares in our website

REGISTRATION:

At LaRébenne we like to inform our customers about our trips and to create a strong relationship with them. Sharing and pleasure are a really important part of our trips.

Contact us

contact@larebenne.com
Tél/Fax +33(0)5 61 65 20 93
Ou +33(0)6 81 53 77 75

Sale contract and deposit

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that will be done, we'll send you a confirmation letter.

Balance outstanding payment

It has to be paid one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration.

Once the payment done, you'll receive a full list of information about your stay.

Validation

Once the payment done, you'll receive a full list of information about your stay.

PROCEDURES

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS) and repatriation insurance as well.

LEVEL : 3/5

From 4 to 7 h hiking hours per day.

Technical difficulty : +1320m of positive height difference maximum. This hike is addressed to adult hikers in good physical shape able to walk between 4 to 7 hours a day and prepared to walk during several days. You must know how to orientate yourself, using a map, a road book and a compass. You must be mountain experienced.

PERIOD :

From mid-June to October

DEPARTURE AND MEETING POINT : First day of the tour advised : on Sunday

How to get there:

By car : A 63 highway : Paris – Madrid, exit Bayonne and then puis 50 km (D 932) ; A 64 highway : Méditerranée, Toulouse, exit Salies de Béarn and then 60 km (D 933) ; A15 and A 63 highways : Pampelune, exit Bayonne and then 50 km (D 932)

By train : Saint-Jean-Pied-de-Port train station

By plane : Bayonne – Anglet – Biarritz airport and then bus shuttle

Journey back : the best solution is to take the train (and/or the bus) to the point of departure. If you arrive by car, the most comfortable is to leave and park your car to Lescun and then take the train to St Jean Pied de Port.

THE PRICE INCLUDES:

The accommodation in half board and bed and breakfast basis during the hike, the luggage transfers, the transfers during the tour, the maps with the routes highlighted and the electronic GPS routes at GPX format if asked.

THE PRICE DOES NOT INCLUDE :

The drinks, the picnics, the insurances, the personal purchases, the accommodation the day before departure, the entrance fees to visit the tourist sites, day 1 dinner.

OPTIONS:

- Extra night before the departure in St Jean Pied de Port

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- Extra night at the end of the tour in Lescun
- Extra lunches, all the picnics are provided during the hike
- Journey to the departure point in private coach
- GPS rental with registered routes

INSURANCE:

In accordance with the regulations of our profession, LaRébenne is insured for Professional Civil Liability. However, each participant must hold an individual liability policy as well as individual multi-risk coverage in order to protect themselves from incidents or accidents that may occur before or during the hike or trip.

Any additional insurance shall be invoiced on an individual basis and must be purchased on the day you register for the trip.

We offer 2 options - Multi-risk and Cancellation

Package no. 1 - Multi-risk: full guarantee in the case of cancellation, loss of luggage, repatriation assistance, medical expenses, interruption of stay. Coverage provided by ASSUREVER.

Package no. 2 - Cancellation: guarantee only in the case of an impediment prior to departure. Coverage provided by ASSUREVER.

Please refer to the price list on our website, practical information - insurance (infos pratique - assurances): <http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

As a good preparation if often synonymous with a successful stay, here are some tips to take in your materials list to make your trip happens in the best conditions (not exhaustive list):

YOUR LUGGAGE

If possible, limit your luggage to one bag by person: type sport bag about 55l. These bags are transported by vehicle. We will give you labels to attach to luggage.

YOUR BACKPACK

1 medium backpack to put the equipment for the day (around 30 litres)

THE BOTTOM OF BAG

- A rainwear.
- Water two litres minimum.
- A first aid kit: Double-skin plaster, disinfectant and gauze compresses, water disinfectant pastilles, aspirin, personal medicine and a survival blanket.

(Don't hesitate to check with your doctor for any further information)

- Your personal items: camera, hat, binoculars, mobile phone...

YOUR SHOES

Light trekking shoes, covering up the ankle. First of all they have to be comfortable, waterproof and breathable. A good maintenance of the ankle is indispensable.

If you have to buy a new pair of shoes, we advice you to try it before to start the trip. Do not choose a smaller size than your everyday shoes because of your feet will inflate during the walk.

YOUR CLOTHES

- A windproof and waterproof jacket (gore tex, poncho...)
- A sweater or a fleece jacket
- Comfortable pants for walking
- A short, t-shirts and breathable underwear
- Clothes and personal laundry
- A cap and a pair of gloves
- A bathing suit (for some holidays)

FOR YOUR PIC-NIC

- A hermetic plastic box (0,5L) with a waterproof lid, big enough for on portion of food, with your initials written on both parts.
- Cutlery (fork, knife and spoon).
- Food for race (energetic food, dried fruits...).

SMALL MATERIAL

- Light and airy shoes for the evening
- A pair of telescopic baton or « shepherd baton»
- Sunglasses and sun cream

- Lip stick
- Hat, cap or bob
- Camera, binocular...
- A small toilet bag with towel
- An electric torch (frontal if possible) with extra batteries
- Toilet paper and lighter
- A first aid kit

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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