

# GR 10 : From Canigou to the sea From Vernet-les-Bains to Banyuls/Mer

Self-guided circuit

7 days 6 nights with 7 days of hiking

Difficult Level 2/5



The last part of the GR10, but not the least ! A beautiful journey into the mountains to discover the medieval town of Villefranche de Conflent and the famous Abbaye de Saint Martin du Canigou. From the Massif du Canigou, legendary summit of the Catalan Pyrénées, we cross over the Vallespir mountains before being lifted by the ridges of the Albères to the 'big blue'.

Between land and sea, we follow the 14th century signalling towers along the French-Spanish border to the beaches of Banyuls.

**KEY POINTS:**

- The mountains to the sea: rich and varied landscapes.
- Light which has captured the imagination of countless famous painters.
- The scents of the Mediterranean: the garrigue, vineyards and the sea air.
- True mountain stages.

## PROGRAMME

### **Day 1 : Villefranche de Conflent**

4km -1h30- Altitude Difference : +520m

Welcome and meeting at 4pm at Villefranche de Conflent train station for a transfer to the Col de Jou before a short hike to the Mariailles Refuge. Before meeting, you have the option to visit the 11th century medieval town and abbey of St Martin du Canigou.

Night in a mountain refuge (you will not have your luggage for this night).

### **Day 2 : From Mariailles Refuge to Cortalets Refuge:**

Following the GR10 you pass by the famous Mont Canigou via the Ségalès mountain pass, a superb 'balcony' route in the mediterranean mountains. 17.5km -6h- Altitude Difference : +980m -690m. Night in a mountain refuge (you will not have your luggage for this night).

### **Day 3 : The summit of Canigou and/or the Cortalets Refuge to Batère :**

Today there are 2 options to take you directly to Batère :

16km -4h30- Altitude Difference : +290m -1010m

From the Canigou balcony path, enjoy a stunning panorama stretching from the Roussillon to the Mediterranean via the Corbières and the Black Mountains. Discover the old Batère and Pinosa iron mines, a story of men and iron...night in a gite.

Or, from the refuge, you can climb the Canigou:

There and back +7.5km 2h30 Altitude Difference : +560m -560m

### **Day 4 : From Batère to La Fargassa :**

20km -6h45- Altitude Difference : +780m -1420m

Descend into the charming Roman town of Arles-sur-Tech, a beautiful meeting of diverse vegetation, from the alpine to the mediterranean. Night in a gite, in a dormitory.

### **Day 5 : From La Fargassa to Las Illas :**

21km -6h- Altitude Difference : +980m -1190m

Big Pyrénéen stage where, from the Roc de France, the panorama opens up over the Spanish plains of Girona. The GR10 links the mountain passes of Puits de la Neige and Cirères, before diving in the direction of the charming village of Las Illas.

Night in a gite, in a dormitory.

### **Day 6 : From Las Illas to the Ouillat mountain pass :**

23km -7h- Altitude Difference : +1070m -730m

A change of atmosphere here as the Mediterranean is coming! The GR10 trail approaches the Albères, the last Pyrénéen massif before reaching the sea, next to the Franco-Spanish border. The twists and turns of the Perthus Pass will soon be forgotten as you rejoin the mountains.

Night in a gite.

### **Day 7 : The Ouillat mountain pass to Banyuls :**

22km -6h45- Altitude Difference : +620m -1420m

Final stage of the GR10, a dive into the Mediterranean and a stage submersed in the aromas of thyme, lavender and rosemary. This stage takes you along the high Albères ridges, the Pic Neulos, the Pic des Quatre-Termes and the Pic de Sailfort. From the Tour Madeloc, you start your descent into Banyuls, weaving through vineyards bathed in beautiful light.

End of trip.

## DURING YOUR STAY

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

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N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

## **KEY INFORMATION :**

### **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:**

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.

### **ACCOMMODATION:**

**4 nights in a gite; 2 nights in a mountain refuge on a half-board basis.**

Gites and refuges : Selected specifically for their warm welcome and friendly atmosphere. More often than not, you will share a dormitory of 4-6 beds. Sheets and towels are not provided.

HALF-BOARD (dinner, night stay and breakfast included)

### **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:**

From 2 people.

## **BEFORE YOUR DEPARTURE**

### **PRICES:**

See the price table on our website <http://www.larebenne.com>

## **REGISTER:**

At LaRébenne, we place great importance on having contact with our travellers. We love to talk to you about our travels and trips and would like to maintain a close relationship with you. Exchanging, sharing and enjoyment remain the key objectives for every LaRébenne trip.

To contact us and register it's easy! Call us or send us a quick email.

contact@larebenne.com Tél +33(0)5 61 65 20 93 Ou +33(0)6 81 53 77 75
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## **Sales contract and deposit**

We will send you the sales contract, the insurance form, as well as the general sales conditions and any special sales conditions. Registration is complete once we have received your signed contract with a deposit of 40% of the total cost of the stay. A receipt will then be sent to you for your records.

## **Payment of outstanding balance :**

The total balance must be paid one month before the departure date. If you register less than one month before departure, you will pay the full cost of the trip when you register.

## **Validation and confirmation :**

Upon receipt of the total balance, you will be sent your 'trip file'. This will include details of the meeting point, the list of required equipment as well as all necessary contact details, etc.

## **Formalities**

- A valid official ID.
- We recommend travel insurance with repatriation included.

## **DIFFICULTY LEVEL: 2/5**

4 to 6.5 hours of hiking per day. Technical Difficulties: 1070m maximum positive altitude.

You are in good physical condition and you are prepared to hike for several days. 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.

## **PERIOD :**

From June to October

## **Return :**

## **THE PRICE INCLUDES:**

- Half-board accommodation
- Luggage transportation
- Group transfer
- Digital TopoGuide
- GPS tracks in a .gpx format (if asked)

## **THE PRICE DOES NOT INCLUDE:**

- Drinks
- Insurance
- Personal expenses
- Picnics
- Accommodation for the night before departure
- Visit to monuments

## **OPTIONS :**

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Contact us directly about the following options:

- Accommodation for the night before departure or at the end of the trip
- Return on private minibus (contact us)
- Rental of a GPS device with saved tracks

### **INSURANCE:**

In accordance with the regulations of our profession, La Rébenne 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 baggage, 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 good preparation is synonymous with a successful trip, here are a few tips regarding equipment you should take to ensure your trip goes as smoothly as possible (non-exhaustive).

#### **Your luggage**

As far as possible, please do not exceed one large bag per person: sports bag of around 55L. These bags will be transported to your accommodation by vehicle. We will provide you with address tags to attach to your luggage.

#### **Your backpack**

1 medium-sized backpack to carry the essentials for the day (55 litres).

#### **To include in your backpack**

- A compass and altimeter for self-guided trips
- A raincoat
- A minimum of two 1 litre water bottles
- A first aid kit (contents as advised by your doctor): double-skin dressings, bio-gauze disinfectant, strips, sterile gauze, purification tablets for drinking water, aspirin, any personal medications and a survival blanket.
- Personal items: a camera, hat, binoculars etc.

#### **Shoes**

- Good quality hiking boots. They must be comfortable, waterproof and breathable. Shoes which support the ankle are essential. If you need to buy a new pair, we advise you to test out your shoes prior to the start of your trip. Do not take a smaller size as feet tend to swell during hiking.

#### **Clothes**

- A jacket that is both windproof and waterproof (gore tex, poncho, etc.).
- A big sweater or a fleece jacket.
- Comfortable walking trousers.
- Shorts, t-shirts..., and breathable underwear.
- A change of clothes.
- A warm hat and a pair of gloves.
- A swimsuit (for some stays).

#### **Sleeping (for nights in a 'gite' or dormitory):**

- A sleeping bag or bedsheets
- Earplugs (you never know!)

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### **Picnic**

- An airtight and waterproof plastic lunchbox, with a section for salad and with your initials marked on both the lid and box.
- Cutlery (fork, folding knife, spoon).
- 'Race food' (energy bars, dried fruit etc.)

### **Extras**

- Light and airy shoes for the evenings (trainers or sandals)
- A pair of telescopic hiking poles or a 'shepherd's stick'.
- Sunglasses, sunscreen and protective lip balm.
- A cap or sunhat.
- Camera, binoculars
- A small toilet bag with a towel.
- A torch or head torch with spare batteries.
- Toilet paper.
- Mobile phone

## **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.

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### **CONTACT**

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