

# 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

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.

## Strengths

- 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.

# SCHEDULE

## **Day 1 : Villefranche de Conflent : 2 km - 0h45 - Elevation: + 200 m**

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).

Shelter

## **Day 2 : From Mariailles Refuge to Cortalets Refuge : 17.5 km - 6h - Elevation: + 980 m - 690 m**

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).

Shelter

## **Day 3 : The summit of Canigou and/or the Cortalets Refuge to Batère : 16 km - 4h30 - Elevation: + 290 m - 1010 m**

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

Stopover gite

## **Day 4 : From Batère to La Fargassa : 20 km - 6h45 - Elevation: + 980 m - 1190 m**

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.

Stopover gite

## **Day 5 : From La Fargassa to Las Illas : 21 km - 6h - Elevation: + 980 m - 1190 m**

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.

Stopover gite

## **Day 6 : From Las Illas to the Ouillat mountain pass : 23 km - 7h - Elevation: + 1070 m - 730 m**

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 gîte.

Stopover gîte

**Day 7 : The Ouillat mountain pass to Banyuls :** 22 km - 6h45 - Elevation: + 620 m - 1420 m

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.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage transport by cab

Registration for 2 people	740€
Registration for 3 people	650€
Registration for 4 people	595€
Registration for 6 people	560€

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# GENERAL INFORMATION

## How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

[contact@larebenne.com](mailto:contact@larebenne.com)

+33 561 652 093

+33 681 537 775


## Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

\* Either go directly to your tour's page on our website and click on registration.

\* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

## Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

## Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:  
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:  
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:  
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.