THE GR10 TRAIL - THROUGH THE FRENCH PYRENEES

The GR10 Trail is one of the world's great journeys. Winding through the French Pyrenees for almost 900 kilometres and including 49000m of ascent and descent this is a walk of epic proportions. Linking the Atlantic Ocean and the Mediterranean sea the GR10 takes in rugged mountain wilderness, charming villages and welcoming pastoral landscapes.

The principal attraction of the Pyrenees is their breathtaking natural beauty and status as one of Europe's greatest wilderness areas. Although the memories you will take away from the GR10 are more likely to be of the people you meet, the charm of her mountain people and the unique cultures you will experience on your walk through the Pyrenees.

Tackling the full 900km of the GR10 would involve two months walking so we offer the GR10 over eight sections of 7 nights and 6 days walking, which can be walked individually or combined. This way you can sample the delights of the GR10 over several visits and perhaps one day complete this iconic mountain journey.

Any walk which takes in 900km of trails, 49000m of ascent and descent, navigational challenges and the vagaries of high mountain weather is going to be filled with challenges and rewards in equal measure. Organising your walk should not be one of those challenges and that is where Macs Adventure comes in. Our walking tours on the GR10 include accommodation, meals, baggage transfer, detailed information packs and emergency support so you can relax and get on with the walking.

The GR10 is dotted with hotels, high mountain refuges, family run guesthouses and basic gites offering a warm welcome to GR10 hikers. Wherever possible we will book private rooms, but these are not available everywhere and many of the nights in the high mountains will be in shared dormitories. This is all part of the fireside camaraderie of the GR10 and an essential part of the experience.

Regardless of whether you would like to spend a week, a few weeks or a couple of months walking the GR10 our destination and adventure specialists can help you plan every aspect of your journey on the GR10. We look forward to hearing from you and welcoming you to the GR10 and the Pyrenees.

HIGHLIGHTS

- Taking in yet another magnificent mountain panorama high in the Pyrenees.
- Soaking in the natural hot springs in Luchon after a tough day on the trail.
- Sharing trail stories with fellow walkers around the table in a high mountain hut.
- Wandering through the deserted streets of a high mountain villages.
- Sneaking into a quiet church in the early morning.
- Reaching the Mediterranean at journeys end.

WHAT'S INCLUDED?

- Accommodation: Gites in private rooms with en suite bathrooms where possible or dormitories. Some nights may be in mountain refuges without access to your main luggage. Accommodations are basic and hot showers are not always guaranteed.
- Meals: A simple breakfast is included which normally consists of coffee and bread. Dinner is included in the package with the exception of the first night.
- Baggage Transfer: Luggage transfer is included.
At 904 kms (565 miles) long, the GR10 can be split into shorter stages. You can walk each of the stages individually over a period of months or years or combine them to walk longer sections. Should you wish to walk the entire route in one go then please contact us directly.

### STAGE 1 — HENDAYE TO ST JEAN PIED DE PORT

Walking Days: 6  
Nights: 7  
Total Distance: 98kms  
Grade: Moderate  
Included: 4 nights in hotel, 3 nights in gites (dormitories), 7 breakfasts and 5 dinners (first and last night not included)

**Description:** This first stage starts at the Atlantic coast in the town of Hendaye in the Pays Basque region of France. You get a real sense of tranquillity and peace as you rise up above the Atlantic on the first stage of this walk.

The scenery is punctuated with traditional villages and rolling hills. Catching a glimpse of the mountains in the distance alludes to the real challenge ahead. From the village of Dancharia high mountain passes and superb views prevail.

### ITINERARY: WFSGR10-1

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive Hendaye and overnight</td>
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<tr>
<td>2</td>
<td>Walk to Ibardin</td>
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<tr>
<td>3</td>
<td>Walk to Dancharia</td>
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<td>4</td>
<td>Walk to Col des Veaux</td>
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<td>5</td>
<td>Walk to Bidarray</td>
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<tr>
<td>6</td>
<td>Walk to Saint Etienne de Baigorry</td>
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<tr>
<td>7</td>
<td>Walk to St Jean Pied de Port</td>
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<tr>
<td>8</td>
<td>Onward travel</td>
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</tbody>
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### STAGE 2 — ST JEAN PIED DE PORT TO ETSAUT

Walking Days: 6  
Nights: 7  
Total Distance: 120.5kms  
Grade: Moderate to Strenuous  
Included: 2 nights in hotel, 5 nights in gites (private rooms if available), 7 breakfasts, 6 dinners (first night not included)

**Description:** Remaining in the Pays Basque region of France, follow the deepening valley past small villages such as Caro and Esterencuby. As you walk along passing sparkling streams and green slopes the abundance or wildlife is apparent with herds of horses, cows and sheep grazing on the hillside.

From the hamlet of Logibar you enter the second region you will explore called The Bearn where daily life very much operates to the rhythm of natures calendar. The glacial landscape at Lescun is a sight to savour en route to the end of this section at Etsaut.

### ITINERARY: WFSGR10-2

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive St Jean Pied de Port and overnight</td>
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<tr>
<td>2</td>
<td>Walk to Phagalcette</td>
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<td>3</td>
<td>Walk to Iraty</td>
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<td>4</td>
<td>Walk to Logibar</td>
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<td>5</td>
<td>Walk to Senta</td>
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<tr>
<td>6</td>
<td>Walk to Lescun</td>
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<tr>
<td>7</td>
<td>Walk to Etsaut</td>
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<td>8</td>
<td>Onward Travel</td>
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</tbody>
</table>

### STAGE 3 — ETSAUT TO CAUTERETS

Walking Days: 6  
Nights: 7  
Total Distance: 88.3kms  
Grade: Moderate to Strenuous  
Included: 3 nights in gites (private rooms if available), 2 nights in gites (dormitories), 2 nights in mountain refuges, 7 dinners and 7 breakfasts.

**Description:** There are some challenging days ahead as you enter the Pyrenean National Park. Setting off from Etsaut you come across the Chemin de la Mature, a path carved into a sheer rock face over 200m above the Aspe River Valley.

The Ossau Valley opens up before you with a spectacular view of the Pic de Midi d’Ossau whose reflection shimmers in the waters of Lac de Gentau. Pass small villages made from the local slate and wide open pastures before reaching the spa town of Cauterets.

### ITINERARY: WWFSGR10-3

<table>
<thead>
<tr>
<th>Day</th>
<th>Route</th>
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<tbody>
<tr>
<td>1</td>
<td>Arrive Etsaut and overnight</td>
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<tr>
<td>2</td>
<td>Walk to Refuge d’Ayous</td>
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<td>3</td>
<td>Walk to Gabas</td>
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<td>4</td>
<td>Walk to Gourette</td>
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<td>5</td>
<td>Walk to Arrens</td>
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<tr>
<td>6</td>
<td>Walk to Lleeou Refuge</td>
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<tr>
<td>7</td>
<td>Walk to Cauterets</td>
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<td>8</td>
<td>Onward Travel</td>
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</table>
STAGE 4 — CAUTERETS TO LUCHON
Walking Days: 6
Nights: 7
Total Distance: 120.3kms
Grade: Moderate to Strenuous
Included: 4 nights in gites (2 in private room if available and 2 in dormitories), 2 nights in mountain refuges (1 night in private room if available and 1 night in dormitory), 6 dinners (last night not included), 7 breakfasts.
Description: This section takes you right to the heart of the Pyrenees. The villages in the area are renowned for the benefits of their thermal spas. Discover the flora and fauna of the Pyrenees whilst walking through the nature reserve of Neouvielle. The path continues through high mountain passes with glacial lakes. The Valley of Light ‘Vallee Lumiere’ is a real joy for walkers and a highlight of the section.

STAGE 5 — LUCHON TO AULUS LES BAINS
Walking Days: 6
Nights: 7
Total Distance: 155.8kms
Grade: Moderate to Strenuous
Included: 2 nights in hotel, 4 nights in gites (dormitories), 1 night in mountain refuge (dormitory), 7 breakfasts and 5 dinners (first and last night not included)
Description: From Luchon the GR10 follows ancient pathways that were used as a means of transportation between the deep valleys. Approaching the foothills of the Ariege Mountains, the wide-open, airy views make you think that you are on top of the world. Take time to savour the ambience of the small mountain villages that you pass through where time seems to stand still. Give yourself time to experience the thermal spa’s at the end of this section in Aulus les Bains.

STAGE 6 — AULUS LES BAINS TO MERENS
Walking Days: 6
Nights: 7
Average Daily Distance: 81.5kms
Grade: Moderate to Strenuous
Included: 4 nights in gites (3 nights in rooms if available, 1 night in dormitory), 2 nights in mountain refuges, 1 night in hotel, 7 breakfasts and 7 dinners.
Description: This itinerary crosses the western and central sections of the Pyrenees. High plateau’s, deep valley’s hemmed in by soaring summits and snow dusted peaks are very much a feature of this area. Your walk is ever-changing as the mood of the mountains changes with the light. Roman churches, traditional shepherds huts and high mountain farms dot the landscape as you make your way towards Merens.

STAGE 7 — MERENS LES VALS TO VERNERY LES BAINS
Walking Days: 6
Nights: 7
Average Daily Distance: 81.5kms
Grade: Moderate to Strenuous
Included: 4 nights in gites (3 nights in rooms if available, 1 night in dormitory), 2 nights in mountain refuges, 1 night in hotel, 7 breakfasts and 7 dinners.
Description: The eastern Pyrenees give way gradually to the Roussillion plains on this section of the walk. Watch out for izards (from the antelope family) and wild mountain sheep as you descend to lake Bouillouses. Winding your way around mountain lakes and through national forest brings you to the village of Planes. You will pass the stunning gorge at Caranca and the nature reserves at Py and Mantet. The end of this part of the GR10 is at the
spa town of Vernet le Bains at the foot of Mount Canigou the proud symbol of the sunny Catalan region.

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<tr>
<th>Day</th>
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<tr>
<td>1</td>
<td>Arrive Merens Les Vals and overnight</td>
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<tr>
<td>2</td>
<td>Walk to the refuge of Besines</td>
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<tr>
<td>3</td>
<td>Walk to Lake Bouillouses</td>
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<tr>
<td>4</td>
<td>Walk to Planes</td>
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<tr>
<td>5</td>
<td>Walk to the refuge of Ras de la Caranca</td>
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<tr>
<td>6</td>
<td>Walk to Py</td>
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<tr>
<td>7</td>
<td>Walk to Vernet-les-Bains</td>
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<td>8</td>
<td>Onward Travel</td>
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**MULTI STAGE ITINERARIES**

Should you wish to combine any of these stages together or walk the entire GR10 please contact us. We are happy to tailor make an itinerary to meet your requirements. So whether you have one week, two weeks or an entire month then there is an itinerary to suit you!

**HOLIDAY INFORMATION**

Luggage
Your main luggage is transferred to the different night stops that are accessible by vehicle. There are some stops on stage 3, 4, 5, 6, 7 & 8 that you will not have access to your main bags therefore you will need to carry minimal overnight gear on these days.

Navigation
The route has been way marked with flashes of red and white paint in both directions. The flashes can be seen on rocks at regular intervals along the route. There is a wrong-direction red and white cross marked on paths, tracks and roads which should not be followed.

Accommodation
The accommodation along the trail can be quite basic and you will be staying in a mixture of gites and mountain refuges in private rooms if available, otherwise in communal dormitories.

Some nights you will be accommodated in hotels. Hot showers are not always guaranteed in the refuges. There may be a short transfer on some days to and from your accommodation, if this is the case then this is included in the price.

Equipment
Your information pack has a detailed equipment list which includes standard walking gear such as good walking boots or shoes, lightweight clothes, waterproofs and a day pack. You must bring a light sleeping bag or sleeping bag liner with you.

Solo Walkers
The GR10 is unfortunately not available to solo walkers.

**DATES & PRICES**

Availability
The GR10 is available from mid-May until the end of September. The start and finish dates for each section vary slightly depending on altitude. Please contact us for further details.

You can start on any date that suits your travel plans and you will find up to date availability on our website.

Price
Please see our website for a current list of prices.

Included
- Accommodation and meals as per itinerary description.
- A detailed information pack for the group leader including route notes, maps, local information.
- Emergency support from our local and UK offices in the event of a problem.
- Transfers to and from your accommodation from the trail if necessary. Details will be provided on arrival.
TRAVEL INFORMATION

Getting to and from France

By Air: The closest airport to Hendaye is Biarritz Parme (25kms). Easyjet have regular flights from London Gatwick, Lyon and Paris. The closest airport from Banyuls sur Mer at the end of the GR10 is Girona in Spain (117kms). Flights are available to many UK and European destinations.

By Train: Both Hendaye and Banyuls sur Mer are accessible by train from many of the main French cities. See TGV website for details.

For further information on travel details please see our travel blog.

Visas

Please check your visa requirements with the foreign office before travelling to France. UK passport holders do not need a visa if they are staying for less than 3 months.

Language

English is not widely spoken in the towns and villages along the GR10 so you may want to learn a few words of French before you go.

MACS RESPONSIBLE TRAVEL

We operate holidays in some of the most beautiful areas of the world and try to operate in an environmentally aware and sustainable manner. We do this by following our M.A.C.S. Responsible travel policy. The full policy is available online.

HOW TO BOOK

Once you have read all the information in this factsheet or our website and decided on your preferred itinerary, visit our website or give us a call to confirm availability. You can then book securely online at www.macsadventure.com by phone: +44 (0) 141 530 8886, Fax/Post: Download or request a booking form and post it to Macs Adventure Ltd, 44 Speirs Wharf, Glasgow, G4 9TH, UK or fax it to +44 (0) 845 527 5688.

BOOK WITH CONFIDENCE

Financial Security

In accordance with "The Package Travel, Package Holidays and Package Tours Regulations 1992" all passengers booking with Macs Adventure Ltd are fully protected for the initial deposit and subsequently the balance of all monies paid to us, including repatriation if required (this insurance will not cover repatriation to the country of origin for the passengers outside of the EU), arising from cancellation or curtailment of your travel arrangements due to the insolvency of Macs Adventure Ltd.

Macs Adventure Holidays is a Member of ABTA. ABTA and ABTA members help holidaymakers to get the most from their travel and assist when things don’t go according to plan. We are obliged to maintain a high standard of service to you by ABTA’s Code of Conduct.

For more information on ABTA, the Code of Conduct and the arbitration scheme available to you if you have a complaint, contact ABTA, 30 Park Street, London SE1 9EQ, tel 020 3117 5811.

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