

The Pyrenees Trail GR10

Stage by Stage from the Atlantic to the Mediterranean

Fuat Gören

2nd Edition, fully updated and revised



Now including detailed information for hikers with dogs

GPX

Instructions inside
for downloading
the GPX-files

Use menu above to
scroll and zoom
through read sample



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The GR10 ends at this mosaic at the corner of the Banyuls town hall

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Stage maps and route mapping: Fuat Gören

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All written and graphic information in this book has been compiled and checked for accuracy to the best of the author's knowledge and belief, and was correct at the time of his research. Nonetheless, changes to the compiled information can occur after an edition is published. The readers of this hiking guide should therefore, already while planning their hike/trek, check whether the given information for the stages they plan to hike is fully up-to-date.

The author can therefore neither assume any guarantee for the content, such as the correctness of prices, addresses, contact information, date and time information and other information, nor in terms of product liability.

If you do find discrepancies between the information in this book and the actual situation along the trail, please send an email to the address given above.

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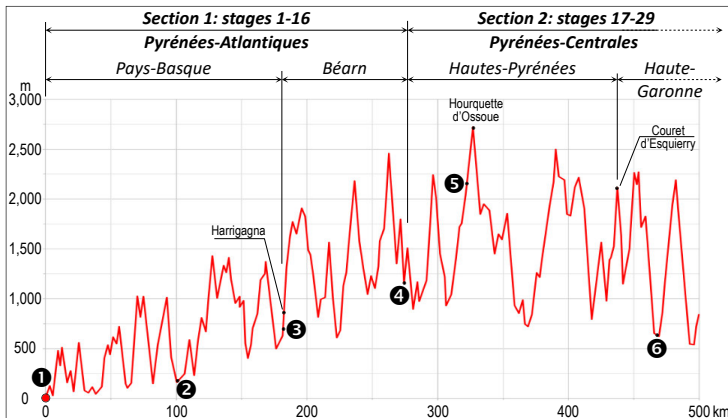
Overview Map (West)



- ❶ Hendaye/Irún, Airport Donostia/San Sebastián
- ❷ Saint-Jean-Pied-de-Port
- ❸ Sainte-Engrâce
- ❹ Cirque du Litor

- ❺ Refuge des Oulettes de Gaube
- ❻ Bagnères-de-Luchon
- ❼ Col d'Auérán

Elevation Profile (West)



Overview Map (East)



⑥ Bagnères-de-Luchon

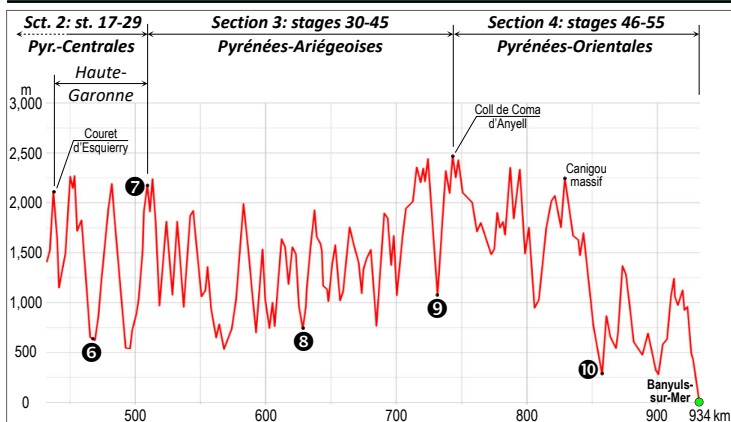
⑨ Mérens-les-Vals

⑦ Col d'Auérán

⑩ Arles-sur-Tech

⑧ Aulus-les-Bains

Elevation Profile (East)



Symbols and Abbreviations

Symbols

≠ differing from, contrary to (used mainly to indicate a deviation between the actual situation on the trail and the contents of the referenced maps)



(in texts) Attention! Caution! Warning! Possible danger!



(in graphics) Warning! Possible danger!



start of stage



end of stage



normal route of GR10



variant of GR10, or alternative route



variant of GR10, or alternative route



distance, length of stage or section



duration, time needed



elevation gain (ascent)



elevation loss (descent)



altitudes of the lowest and highest points of a stage



map reference, book advice



POIs numbered in tables, text, maps, elevation profiles and GPX-tracks



attention, not good



hint, good



see (reference to text after/below)



see (reference to text before/above)



vista point



point-of-interest, attraction, historical site



cable-car



chair-lift, ski-lift



(public) toilet, water-closet



No. of stage overview map or stage elevation profile, here stage 2 map/profile 1 (if divided in two parts)



motorway, freeway



route national, major country road



minor rural or country road



small local road or street



railway



country borders



section "borders" (Pyr. Atl., etc.)



"borders" between Pays-Basque/Béarn and Hautes-Pyrénées/Haute-Garonne



river, stream, creek



col, saddle, pass



mountain, peak, summit



settlements, other places, rail stations



direction of described stage



water-source, fountain, water-point, spring



emergency (unserviced) hut/shelter/bothy/refuge, shed, lean-to



altitude of location above sea level, or height of a mountain



picnic table(s)



tourist office, information point



gîte d'étape, serviced refuge



(fee-based) campsite-/ground, pitch possibility where permission is needed





















free aire-de-bivouac, or wild camping



hotel, guest/boarding house, pension



spa/thermal bath in town

	dog allowed in lodging or certain rooms (conditions may apply)		landline telephone number
	restaurant, snack-bar		mobile telephone number
	café/bistro		homepage, website
	bar/bistro		e-mail address
	small grocery store, grocery sale		business period and/or service hours
	supermarket		kitchen/kitchenette for self-suppliers/ self-caterers
	sports shop with hiking/trekking equipment and supplies		shower(s)
	bank, cash dispenser/terminal, ATM		washing machine, dryer, coin-op laundry
	pharmacy		access to internet, WiFi
	post-office		bank/credit cards accepted
	bus terminal/stop/connection		swimming pool
	train station/connection		electricity, charging possibility for mobile phones
	taxi, transport-service		
	airport, flight		flag of France
	luggage/backpack transfer service		flag of Spain
	transition/passage possible to GR11		flag of Andorra

Abbreviations

AC =	Alpine Club	e.g. =	for example
AD =	Andorra	ES =	Spain
addl. =	additional	EU =	European Union
approx. =	approximately	FB =	Facebook
ATM =	cash-dispenser, Automated Teller Machine	FR =	France
B =	breakfast	fr. =	French
BB =	bed and breakfast	hol. =	legal holiday(s)
BO =	bed only	h =	hour(s)
°C =	degrees centigrade (temperature)	HP =	half-pension, i.e., bed + dinner + breakfast
ca. =	circa, approximately	HQ =	headquarters
D =	dinner	IG =	Instagram
dly. =	daily	i.e. =	that is
DR =	double-occupancy room	incl. =	including, inclusive
DY =	dormitory, i.e., rooms for 5-6 persons or more	kg =	kilogram(s)
E =	east, eastwards	km =	kilometre(s)
		L =	lunch

LP =	lunch-pack, as take-away for the next day	NW =	northwest, northwestwards
ltr =	litre(s)	OT =	Office de Tourisme (tourist office)
m =	metre(s)	P =	person(s)
min =	minute(s)	POI =	point(s) of interest
ml =	millilitre(s)	prtl. =	partially, partly
MR =	multiple-occupancy room for up to 4-5 persons	resp. =	respectively
N =	north, northwards	S =	south, southwards
NE =	northeast, northeastwards	SC =	self-caterers, self-suppliers (i.e., preparing your own food using your own supplies)
No. =	number (e.g., of a map)	SE =	southeast, southeastwards
SP =	sleeping places: not the same as no. of beds; e.g., a DR may have one large bed for two people, hence two SPs; bothies usually have no beds, but offer space to sleep with your sleeping-bag, etc.		
SR =	single-occupancy room		
SW =	southwest, southwestwards		
TP =	tent pitch (allocated place to pitch tent)		
uns. =	unserviced accommodation, i.e., unmanned and/or unmanaged; usually a hut, bothy, shelter or refuge		
u.n.o. =	unless noted otherwise		
vm =	vertical metres, meaning elevation gain or loss, or difference in altitude		
W =	west, westwards		
WC =	water closet, toilet		
wknd. =	weekend(s)		
Xmas =	Christmas		

About the Author


Fuat Gören (Instagram @one_great_earth.de,  <https://one-great-earth.de>) has been on numerous hiking and outdoor tours since the early 1990s, including in Tanzania on the Kilimanjaro and Mount Meru, in Corsica on the GR20 and the Mare-a-Mare-Centre, in Canada by canoe on the Yukon, by motorcycle through 33 US-states, in the Dolomites, as well as on the Nibelungensteig in Germany's Odenwald region (a trail retracing some of the locations of the famous Nibelungen-Saga), and in the Pyrenees on the GR10 and the HRP (Haute Route Pyrénéenne).



His first hike of the GR10 was in June and July 2017, after which he wrote a German hiking-guidebook about it, titled “*Frankreich: Pyrenäenweg GR 10 – von Hendaye nach Banyuls-sur-Mer*” and published by the German publishing house *Conrad Stein Verlag* in August 2018.

In June and July 2023 he throughhiked the GR10 again for the 2nd edition of his German book as well as this 2nd edition of his English E-Book.

The updated 2nd edition of his German book (ISBN 978-3-86686-840-3) was released in January 2025, and is available at:

 <https://shop.autorenwelt.de/products/frankreich-pyrenaenweg-gr10-von-fuat-goren?variant=53768892514629>

He has also written articles about his GR10-hikes and other hikes, that have appeared in German and international magazines, and gives public photo-/video-presentations about his hiking adventures.

Pages 16-24
not included in Read Sample

Travel Information from A to Z

The Gare de l'Est is one of several major national railway hubs in Paris

The Gare de l'Est is one of several major national railway hubs in Paris

Accommodation/lodging

General

Many lodging operators in almost every part of the Pyrenees have been groping with a rural “exodus” for many years now. In addition many of them were hit so hard by the additional negative economic effects of the Covid-19-pandemic, that they had to shut down. This is true for gîtes d’étape as well as hotels, other types of accommodations and campsites. This means that there is always the possibility that lodgings listed in this guide may be obsolete by the time you read this book. I therefore strongly recommend that you check well ahead of your hike whether a lodging is open or still exists or not, if you intend to walk without a tent.

All lodging/accommodation descriptions in the stages are based on my personal on-site impressions during my latest throughhike on the GR10 in summer 2023. Since then, some may have changed for the better, some for the worse. Information I received about any changes since then has been taken into account. Still, as nothing is invariable, you might encounter deviations from the descriptions in the stages, by the time you are on the trail yourself.

This hiking guide lists all types of accommodations (gîtes d’étape, refuges, pensions, hotels, campsites, emergency huts, aires-de-bivouac) that can be found in the respective stages.

But especially in the big towns, naturally not all available accommodations can be listed. You can find more accommodations on the websites of the tourist offices (👉 “Tourist information offices network”) or in their local offices in major towns.

👉 You should generally make reservations for all accommodations at least 1-2 weeks in advance, even if you only want to eat there and bivouac nearby in your own tent. Unlike in previous years, this is now valid also outside of the high season (mid-July - end of August) and during normal weekdays. Else you



The historic centre of Saint-Jean-Pied-de-Port offers many types of lodgings for pilgrims and hikers alike (stage 5)

risk finding the lodging fully booked. In the *Pyrénées-Ariégeoises* (stages 30-45) the search for accommodations can be difficult due to the weaker infrastructure and lower population density. Plan ahead in good time for that section. Details are given in the respective stage descriptions.

Prices for accommodations are always given for a stay of one night for one person, unless noted otherwise. For almost all accommodations, you have to add the visitor's tax ("*taxe de séjour*") of €0.15-1.00/P per day to the prices listed in this book.

Most lodgings also offer dinner (D) and breakfast (B) or half pension (HP). If you want to make use of that, inform the hosts already when you make your reservation, as they (especially at *gîtes d'étape* and refuges) usually only shop and cook according to the expected number of guests.

In almost all accommodations you usually have to take off your hiking boots in the entrance area. Many refuges and some *gîtes d'étape* lend you rubber flip-flops or slippers (fr. *chansons*) for free. Some *gîtes d'étape* and refuges also offer a limited number of pitches for tents, with the option (fee-based or free) of using showers, toilets and self-catering kitchens as well as eating in the lodging.

Gîtes d'étape

The most common types of accommodation on the GR10 are the mostly privately operated *gîtes d'étape*, hikers' hostels that must meet a certain minimum standard, which is slightly higher than for refuges and slightly lower than for guest houses, with a wide range of quality and facilities.

The *gîtes d'étape* usually offer one or more dormitories (fr. *dortoir*) in which at least 4 and up to 10 people sleep. The *dortoirs* are almost always equipped with bunk beds. Some *gîtes d'étape* also have single (SR) or double rooms (DR) in small numbers or multiple occupancy rooms (MR) for up to 4 or 5 people. The terms "multiple occupancy room" and "*dortoir*" are often used interchangeably

Gîtes d'étape are basic hikers' lodgings



by the hosts themselves. Toilets and hot showers are always available and shared by everyone.


There is usually a common room where meals are taken together. Most gîtes d'étape also have a self-catering kitchen with utensils where you can prepare your own food and eat in the common room. This also applies to gîtes d'étape that offer dinner. The quality of the dishes served is usually high and the servings plentiful. Many hosts buy the ingredients from local producers, often from organic farming.

Serviced/managed refuges (mountain huts/lodges)



The Refuge des Oulettes de Gaube has a superb location with a view on the Vignemale-massif (stage 19)

Serviced *refuges* are mostly mountain huts or lodges away from settlements and with limited infrastructure (electricity, telephone, water). Foods and supplies are often brought by mule or backpack, sometimes by helicopter. The capacities range from 15 to over 100 sleeping places.

If refuges are affiliated with the French Alpine Club **FFCAM** ( "Sources of additional information / Hiking associations"), this is indicated accordingly in the stages. Members of Alpine Clubs of other countries often receive a 50% discount on the accommodation fee there, if they present a valid AC membership card (reciprocal rights). In most cases, an online reservation with a small advance payment is necessary. If you are already on the trail and cannot make any bank transfers or credit card payments, you can often reserve by phone directly calling the refuge. A few FFCAM refuges may still have the outdated abbreviation **CAF** (*Club Alpin Français*) in their names or on the building.

Almost all of the refuges only offer dortoirs for up to 30 people per room, mostly with bunk beds. Toilets are always available (mostly as dry toilets and sometimes outside the building), occasionally there are no showers or only ones with cold water. For hot showers, usually a token has to be bought.

If you plan to eat in the refuge, you should indicate this when you make your reservation, as they mostly cook only according to the number of reservations. In the off-season, if you spontaneously decide on a refuge (without

previous reservation), you should arrive there preferably before 17:00, so that the hosts might be able take you into account preparing dinner.

In almost all refuges it is common for the backpack to remain in a separate room/vestibule in the entrance area. If that is the case, plastic baskets are often available, so that you can take with you to the dortoir what you need at night. Since many refuges get their electricity from solar panels, sockets are usually rare. Therefore, to be on the safe side, you should carry a power bank with you, in case you need to charge a GPS device, mobile phone or camera.

☒ **Unserviced/unmanned emergency huts or bothies (cabanes, refuges, abris, orris)**

Unserviced/unmanned *cabanes* and *refuges* (sometimes also called *abri* or *orri* instead of *cabane*) are mostly simple bothies or emergency huts made of stone masonry or with rock walls, and sometimes of wood or sheet metal. In rare cases they have no door and only serve as an emergency shed/lean-to in thunderstorms.



The renovated Cabane d'Ayguets-Cluses is in excellent condition and surrounded by rugged ridges (stage 21)

There is a wide range in terms of size (2-16 P), features and condition. The details provided in the respective stages may change from one year to the next, as some bothies are renovated, while others deteriorate due to vandalism or improper use. Also, some huts shown as emergency huts

on the IGN-maps may be seasonally occupied by shepherds who may deny access.

Unfortunately, sometimes the bothies are not left very clean, although hikers should always make sure they are. In some cases, bedbugs (fr. *punaises de lit*) may be a problem, too. Hosts of the gîtes d'étape or of the serviced refuges sometimes have information whether bedbugs exist in bothies on the stage ahead. You can also ask hikers coming from the direction you are heading to, as they may have spent the night there.

The following website offers fairly up-to-date information about emergency huts in the Pyrenees, often with photos: 🌐 www.pyrenees-refuges.com

🏠 Hotels and Chambres d'hôtes

In larger towns and cities you can always find hotels, but they are usually comparatively expensive. They are classified in the usual national categories and can mostly be booked on the Internet on their own websites or on hotel search portals.

Chambres d'hôtes, on the other hand, can also be found in smaller towns and often in villages. They correspond to a B&B standard and are usually cheaper than hotels, but a little more expensive than gîtes d'étape. They can often be recognized by the round, green sign "*Gîtes de France*", not to be confused with a gîte d'étape. Some chambres d'hôtes require an overnight stay of at least two nights.



Economical, clean and just a stone's throw from the beach – the Hôtel Casa Dina (formerly Canal) in Banyuls (stage 55)

⛶ ⚙️ Camping/Aire Naturelle/Aire-de-Bivouac/Zone-de-Bivouac

If you don't want to stay in lodgings, you'll find campsites or bivouac possibilities everywhere along the GR10, with the exception of a handful of stages. Details are given in the stage descriptions. Size and amenities of a campsite depend on whether any of the official national classifications (1-4 stars) apply



A "camping municipal" is usually less expensive than a privately held campsite

to it. In addition to privately operated campsites, there are also campsites operated by municipalities, then labelled "*Camping Municipal*", which are usually cheaper. "*Aires naturelles*" are serviced campsites in natural settings with simple sanitary facilities. Most campsites offer shared toilets, cold showers are almost always available, hot showers are often subject to a charge (with token).

Aires-de-bivouac (sometimes also called *zone-de-bivouac*) are freely accessible and simply prepared areas where you can bivouac for free. There are usually no sanitary facilities. Camping in the aires-de-bivouac is usually only allowed for one night, but this is rarely checked. Open fires are usually not allowed or only in designated fire pits.

You should avoid bivouacking/wild camping (pitching a tent in open, wild nature) as much as possible, if only for reasons of nature protection. If you do bivouac, show respect for nature and fellow hikers by adhering to the “leave no trace”-rule. In the nature reserves and core zones of national parks (*Parc Naturel*, *Réserve Naturelle*), bivouacking is highly regulated or even prohibited. Outside of nature reserves and core zones of national parks, wild camping is allowed and there are many suitable spots along most of the stages. As the suitability is often a matter of personal preferences, I usually didn't mention them in the text. Also, most hikers will probably follow the stage division as outlined in this book and plan their progress accordingly, and therefore won't bivouac in the middle of a stage. The others will certainly be able to find suitable spots to their liking as they go along.



If the spot you plan to camp is private property, you should of course ask the owner for permission beforehand. And obviously you should never camp on agricultural fields.

In the texts, fee-based campsites are shown with the symbol . I also used the same symbol for camping possibilities (free of charge or fee-based) offered by lodgings on their property, and for which you have to obtain their permission to pitch your tent.


Bivouac possibilities where you don't need to obtain anyone's permission to pitch your tent, are shown with the symbol . No matter if a nearby lodging (refuge or other) allows wild-campers to use their sanitary facilities for free or fee-based, or offers dining.

Arrival and departure

Automobile








Since the GR10 is not a circuit track, it is usually not recommended to get there by car. If you do decide to travel by car, you can use the information below, on arriving by bus or train, as a guide.

Flights

The easiest way to get to the Pyrenees and return back home is by aeroplane, but depending on the airport chosen, a connection of up to 200km by bus or train is required from or to the airport. Depending on whether you want to hike the entire GR10 or only a certain portion ( “GR10 stages and portioning”), you can choose between the following airports (from west to east):

- **France:** Biarritz/Bayonne (BIQ), Pau (PUF), Tarbes/Lourdes (LDE), Toulouse (TLS), Carcassonne (CCF), Perpignan (PGF)
- **Spain:** Bilbao (BIO), Donostia/San Sebastián (EAS), Pamplona (PNA), Girona (GRO), Barcelona (BCN)

Some airlines offering flights to/from the aforementioned airports, and flight search engines:

- **Air France:**  www.airfrance.com
- **Iberia:**  www.iberia.com
- **Eurowings:**  www.eurowings.com
- **Ryanair:**  www.ryanair.com
- **Expedia** (search engine):  www.expedia.com
- **Momondo** (search engine):  www.momondo.com
- **Skyscanner** (search engine):  www.skyscanner.com

If you can't find direct flights between your country and one of the above-mentioned airports, you will have to book a flight to a major international airport such as Paris or Madrid, with a connecting flight from there (and vice versa).

Intercity (long-distance) buses/coaches

If you are from a country in Europe, or arrive from overseas in a different country than France, intercity bus/coach companies with international con-






nections can be an inexpensive option for travel to/from the GR10. However, for example from central Europe you have to accept at least one stopover in France and total travel times of up to 24 hours. From northern or eastern Europe these figures are likely to be higher. The advantages, on the other hand, are lower prices compared to flights and trains and a greater flexibility in choosing the destination.

The major European intercity bus companies have connections from numerous European cities to the following cities close to the GR10 in their schedules, mostly with a stopover in France: Hendaye, Biarritz, Bayonne, Pau, Tarbes, Lourdes, Toulouse, Saint-Gaudens, Perpignan.



The bus terminal in Paris-Bercy is a major intercity coach hub

Some intercity coach operators (many of them also have apps for smartphones), and coach search engines:

- **FlixBus:**  <https://global.flixbus.com>
- **BlaBlaCar Bus:**  www.blablacar.com
- **ComparaBUS** (search engine):  www.comparabus.com/en-in
- **Omio** (formerly **GoEuro**, search engine):  www.omio.com
- **Busradar** (search engine):  www.busradar.com

There are many more intercity coach operators in all European countries, with connections to France. Check coach operators in your country of origin (or country of first arrival if from overseas and not landing in France or Spain).



Trains

Many cities close to the GR10 can also be reached by train from various starting points in Europe. However, even though the travel times are often comparable to intercity bus journeys, often more changes than by coach are required. Also, the prices are usually significantly higher than the coaches, which in turn can make flights more economically attractive. Besides, your backpack or its



SNCF's TGVs reach speeds of more than 300 km/h

contents could be subject to theft in a train, if you are travelling alone and you want to go to the toilet for example (most train toilets are too small to fit in with the backpack).

On the other hand, the SNCF and other train operators often offer sleeping cars in night trains, which is much more comfortable than sleeping in a bus.

English language websites of some European train operators (all have apps for smartphones), and train search engines are listed below. On most of the websites you can also select other languages than English:



Locomotive of an "Intercité de Nuit" night-sleeper train

- **SNCF**, France: 🌐 www.groupe-sncf.com/en/group/passengers
- **SNCF-Connect** (formerly **Oui.SNCF**), France: 🌐 www.sncf-connect.com/en-en
- **Renfe**, Spain: 🌐 www.renfe.com/es/en
- **Deutsche Bahn**, Germany: 🌐 <https://int.bahn.de/en>
- **National Rail**, United Kingdom: 🌐 www.nationalrail.co.uk
- **Eurail**, The Netherlands (rail ticket brokers): 🌐 www.eurail.com/en
- **RailEurope**, France (rail ticket brokers): 🌐 www.raileurope.com/en

Connections exist to the following major cities in or near the Pyrenees: Hendaye Biarritz, Bayonne, Bordeaux, Pau, Tarbes, Toulouse, Carcassonne, Perpignan.

For travel within France, the affordable regional network trains of the **SNCF** are suited best. You can quickly find the connection you need on the homepages of the **TER-SNCF** (**T**ransport **E**xpress **R**égional) and with their apps.

Original French homepages:

- **Main homepage**: 🌐 www.sncf-voyageurs.com/fr/voyagez-avec-nous/en-france/ter
- **Region Nouvelle-Aquitaine** (containing the Pyrénées-Atlantiques): 🌐 www.ter.sncf.com/nouvelle-aquitaine
- **Region Occitanie** (containing the rest of the Pyrénées): 🌐 www.ter.sncf.com/occitanie


English versions of the above:

- **Main homepage**: 🌐 www.sncf-voyageurs.com/en/travel-with-us/in-france/ter
- **Region Nouvelle-Aquitaine**: currently no English version
- **Region Occitanie**: currently no English version

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not included in Read Sample



- ❑ **Headgear:** hat or visored cap for sun protection and a warm beanie for cold weather or evenings.
- ❑ **First aid kit:** rescue blanket gold/silver, adhesive plaster/band-aid, several rolls of adhesive bandage tape, blister plaster, gauze bandage, painkiller (ibuprofen, paracetamol, etc.), disinfectant, anti-diarrhoea medication, antiseptic ointment, tick tong. Take all in sufficient quantities, as pharmacies are usually only found in larger towns.
- ❑ **Wash/toilet bag:** toothbrush, toothpaste, shower gel or soap without perfumes, shaving kit, tampons, comb, sun blocker, toilet paper, *Micropur* tablets (or similar) or filter for water purification, travel laundry detergent. If you have special personal prescription drugs, remember to take along a sufficient amount for the intended duration of your hike.
- ❑ **Mosquito/insect repellent spray:** good mosquito/insect repellent spray from an outdoor store or a pharmacy, with the longest possible duration of effectiveness. Particularly in the more humid regions, especially in the Ariège, horseflies (fr. *taons*) are omnipresent and very aggressive, their bites are painful. A good spray effectively wards off horseflies, flying ants and other insects for several hours. If necessary, you should reapply the spray every 2-3 hours on exposed parts of the body, as its effect diminishes due to sweating.
- ❑ **Light flip-flops or slippers:** for evening use or in lodgings if none are available there.

If you camp or stay in emergency huts, or if you are a self-caterer, you will also need some or all of the following:

- ❑ **Tent:** with ripstop floor, outer tent and sufficiently large vestibule for backpack and boots. A very light yet spacious tent is, e.g., the *Nordisk Telemark 1* or *2* ( <https://nordisk.eu>)
- ❑ **Sleeping pad/mat:** for use in tent or emergency huts.
- ❑ **Camping-stove:** If you use a camping stove with a threaded connector (for screw-on/threaded canisters with a “Lindal valve”), you should also take a threaded adapter for pierceable or easy-click/clip-on canisters with you, as screw-on canisters may be difficult to find in some areas of the Pyrenees. 🖐 Stoves are not allowed in flight luggage if they still contain fuel residues, not even in checked baggage. Therefore, clean it thoroughly before packing.
- ❑ **Fuel:** Depending on the type of stove, you need alcohol/spiritus, petrol/gasoline or butane/propane gas. 🖐 Gas canisters are not allowed in flight baggage at all, not even in checked baggage! The same applies to petrol/alcohol receptacles if they still contain fuel residues. In the Pyrenees, gas canisters can be found in every well-stocked hiking/mountain sports store, on many campsites and in some gîtes d'étape, refuges and mini-markets. But mostly you will only find pierceable or clip-on canisters, sometimes also canisters with screw-on/threaded type nozzles.
- ❑ **Storm-proof/torch lighter or storm-proof matches**

- ☐ **Outdoor water filter or disinfectant/purifying tablets** (☞ Food and water)
- ☐ **Camping crockery and cutlery:** pot, cup, pan, plate, cooking spoon, cutlery.
- ☐ **Food:** depending on the stages, food/provisions for 2-3 days.
- ☐ **Dish sponge and dish towel**

Optional:

- ☐ **Antifriction stickers for insoles:** to reduce friction between socks and insoles, e.g.  www.blasenstopper.de
- ☐ **Antifriction balm:** to reduce friction between feet and socks and prevent chafing, e.g.  www.bodyglide.com
- ☐ **Camera and memory cards**
- ☐ **Power bank:** with high capacity, to be able to charge GPS device and/or mobile phone during stages without external power supply.

Food and water

General

Many refuges and gîtes d'étape that allow wildcamping near them or that have an aire-de-bivouac near them, offer the possibility to eat dinner/breakfast and/or buy lunchpacks in the lodging even if you don't book a night's stay with them but camp nearby.

☞ In that case you have to reserve your meals at least 3-5 days in advance by telephone, in order for their kitchen to be able to plan ahead properly (they usually only cook for the number of guests anticipated by reservation). Otherwise you may not be able to get any food.

Breakfast

Unfortunately, breakfast in almost all gîtes d'étape and refuges consists only of bread, butter and jam, and even that is often quite meagre. If you want cheese, sausage or eggs for breakfast, you should stop at a well-stocked grocery store and stock up on durable hard cheese and hard-cured sausage or ham. The hosts of the lodgings don't mind if you supplement your breakfast with your own supplies. The French categorically eat cheese only for lunch or dinner.

Lunch

In almost all of the stages you can stay at serviced accommodations at the end of the day's hike, and almost all of them offer lunch-packs for take-away (called *pique-nique*, *panier repas*, or *casse-croûte*) for your lunch break on the next day's

stage. In most lodgings you are expected to place your order at the latest by dinner time, to get your lunch-pack at or after breakfast time the next morning. Even if not explicitly asked, I strongly advise you to order in the evening if you want to make sure to get a lunch-pack.


Self-suppliers can use the opportunity to see if they can stock up on their supplies.


Dinner


The servings in the lodgings are generally generous. Almost every dinner in the hostels includes meat, from beef to pork, lamb and poultry to rabbit or fish, mostly with pasta, rice or potatoes and cooked vegetables. Salads are most likely to be found in the gîtes d'étape, but seldom in the refuges. Vegetarians or vegans or people with certain food-intolerances (e.g. gluten) should always inform the hosts by telephone in advance of their diet. The hosts then often try to shop accordingly and, if you wish, prepare a special dish for you (which may come at an additional charge).

Drinking/potable water

Water from house taps/faucets is generally safe to drink. At fountains with a spout-pipe and the sign "*Eau non-contrôlée*", the water quality is not checked, the sign "*Eau non-potable*" means "No drinking water". Water from springs/sources with spout-pipes, such as those occasionally found along the trail away from populated areas, is usually potable – but take a quick look around to check if the water comes from an open spring near extensive pastures and thus might be contaminated with animal droppings.

Springs at higher altitudes, especially above the tree line and if evidently not near pastures (steep slopes, cliffs, glaciers), are usually safe. Avoid water from lakes if possible. For rivers and streams, the same cautions apply as for springs. However, it cannot be ruled out that faeces from wildlife or dead animals lie upstream. In case of doubt, you should either purify the water with a germicidal agent (e.g. *Micropur*) or filter it with an outdoor-filter (e.g. *Minivell L600*  www.minivell.net), or boil it as a last resort.

Drinking water fountains and sources with good or acceptable water quality are marked with the symbol  in the stage texts. Smaller streams with uncertain water quality are excluded from such marking. In addition, springs that may be dry in midsummer are indicated accordingly in the text (e.g., "seasonal").

 It is also recommended to let water from faucets (taps) run briefly until the water temperature drops noticeably (or at least 20-30 seconds), to drain

water that may have been stagnant in the pipes for more than 4 hours. The reason is that stagnant water in pipes may bear the risk of germs forming or multiplying. A brief draining of the pipes helps flush out stagnant, old water that may carry germs. It also drains water that may have been warmed up if parts of the supply pipes are exposed to warm ambient air or even direct sunlight.

GPS/GPX

For more and more hikers, navigating the trail by the use of GPS-compatible devices is a convenient alternative to hiking with paper maps and compass. Both methods have their pros and cons, which everyone has to weigh for themselves. Many books provide very good and up-to-date information on GPS-usage. At this point I just want to give you a few basic tips.

For a long battery time on mobile phones, activate flight mode and the GPS function, stop all apps except the GPS/maps app, use offline maps, and leave the screen dark except when checking the map. That way, my many-years-old mobile phone uses no more than 30% of the battery capacity even on the longest stages. Test your own mobile phone at home in due time before you start your trip. On dedicated GPS devices, set the screen options such that it stays dark unless you actively wake it up to check your location or to record a waypoint.

Use a sturdy, waterproof GPS device that works also in rain. If you use a smartphone: protect it from moisture, as some touchscreens may react erratically or incorrectly when they get wet or moist (e.g., due to rain, sweat or in case you slip when crossing a stream) or when you touch them with moist fingers. A simple way to protect the display from moisture is a small, transparent plastic bag closed at its end, possibly with a ziplock. But first try out whether the display still responds properly with the bag.

Early on at home, make yourself familiar with all the features of the GPS device, the GPS apps and the installed maps, so that you are confident using them on the hike. Nowadays, there is a multitude of paid or free GPS apps with varying degrees of complexity and usability. Good, established free apps are e.g., Mapy, OruxMaps, GPSies or Locus.

Maps for GPS-compatible devices are also available in many versions, from paid to free. Check whether they are suitable for your GPS device, or your iOS or Android smartphone. The maps should definitely be usable offline. Sources

Pages 49-52
not included in Read Sample

Mediterranean coast. Like the GR10, it is fully developed and blazed. Being predominantly on the south slopes of the mountain range, it offers warmer, sunnier weather more often than the GR10. There are a number of locations where a passage from the GR10 to the GR11 is possible. They are indicated in the stage descriptions by “↔ GR11”. Passages exist in stages 2, 5, 12, 14, 19, 26, 38, 43, 48 and 53, as well as at the beginning and end of the GR10.

The HRP (*Haute Route Pyrénéenne* or *Haute Randonnée Pyrénéenne*, Spanish *Alta Ruta Pirenaica* (ARP)) starts and ends in *Hendaye* and *Banyuls-sur-Mer* like the GR10. But it runs mainly along the high ridges of the Pyrenees and thus switches back and forth between French (slightly more than 50%) and Spanish (40%) territory and Andorra (slightly less than 10%) as well, diving deep into each along the way. It often follows the marked paths of the GR10 and regional trails, but also runs unmarked in parts.

Thus, there are many variants of the trail along the way and figures for its length and elevation gain vary, but it is around 750-850km long with about 48,000 elevation metres.

Due to numerous stretches running through uninhabited areas, you have to carry your own provisions for up to a week straight, and bivouac or use emergency huts in those parts. Most of the paths of the HRP are of challenging quality, often rocky and very steep. Many times the trail goes across very narrow ridges or on narrow paths on the sides of steep, high cliffs or rockwalls. Some sections are only recommended for those with a very good head for heights. Snow fields are more frequent than on the GR10.

All these factors make the HRP a much more demanding and taxing hike than the GR10. But if you are up to it, the landscapes are breathtaking.

Hiking maps

For the GR10 there are a total of 22 maps with scale 1:25,000 (*Série TOP25*) by the French **IGN (Institut National de l'Information Géographique et Forestière)**, 10 maps with scale 1:50,000 (*Rando Éditions*) and one map with scale 1:100,000 (this one specifically just for the GR10).

The *TOP25* maps are suitable for detailed preparation, but too heavy to take along if you are throughhiking the GR10 in one go. The 1:50,000 maps are less detailed, but offer a rough orientation with the main locations. The 1:100,000 map is printed on both sides and waterproof, and suits itself to be carried along due to its good overview of the GR10 in just one map, including elevation profiles.

All maps listed below were the latest available editions as of April 2023, there may be newer editions available in the meantime. Each group of maps covers the entirety of the GR10, depending on the scale you choose. The map numbers are also listed in the stage details.

Where deviations from the maps are mentioned in the stages, they refer to the 1:25,000 maps. 🖐 Some of the 1:50,000 maps still show deviations from the actual current route (as waymarked in the field) in some places, the 1:25,000 maps almost completely matched the waymarks at the time of my hike.

The map numbers and titles listed below are the official ones from the IGN. The year of edition is given in round brackets. The numbers in square brackets indicate which stages of the GR10 are covered fully or partially by the map.

Cover photos of the 1:100,000 and the 1:25,000 IGN-maps listed here are provided at the very end of this entire section “Travel Information from A to Z”, after the chapter “Walking durations”.



You may want to consider taking along maps for all or some of the trail

Map 1:100,000 (waterproof, duplex-printed, with elevation profiles)

- No. 89030 Traversée des Pyrénées GR10 (2021) [1-55]

Maps 1:50,000 (Rando Éditions)

- | | | |
|----------|-----------------------------|-----------------------------|
| • No. 01 | Pays Basque Ouest (2021) | [1-4, 5 partially] |
| • No. 02 | Pays Basque Est (2015) | [3 prtl., 4-10, 11 prtl.] |
| • No. 03 | Béarn (2015) | [9 prtl., 10-16, 17 prtl.] |
| • No. 04 | Bigorre (2016) | [15 prtl., 16-23, 24 prtl.] |
| • No. 05 | Luchon (2016) | [24-28, 29 prtl.] |
| • No. 06 | Couserans/Val d'Aran (2017) | [29 prtl., 30-36, 37 prtl.] |
| • No. 07 | Haute-Ariège (2015) | [37 prtl., 38-45] |
| • No. 08 | Cerdagne-Capcir (2016) | [42-48, 49 prtl.] |
| • No. 10 | Canigou-Garrotxa (2019) | [48 prtl., 49-52, 53 prtl.] |
| • No. 11 | Collioure-Cadaqués (2017) | [52-55] |

Maps 1:25,000 (Série TOP25)

- No. 1245 OT Hendaye, Saint-Jean-de-Luz (2021) [1-2, 3 prtl.]

- | | | |
|---------------|-----------------------------------|--|
| • No. 1345 OT | Cambo-les-Bains, Hasparren (2021) | [3 prt., 4 prt.] |
| • No. 1346 OT | Saint-Jean-Pied-de-Port (2021) | [4-5, 6 prt.] |
| • No. 1346 ET | Forêt d'Iraty (2022) | [6-7, 8 prt.] |
| • No. 1446 ET | Tardets-Sorholus, Arette (2017) | [8 prt., 9-10, 11 prt.]  Note |
| • No. 1546 ET | Laruns, Gourette (2023) | [15 prt., 16 prt.] |
| • No. 1547 OT | Ossau, Vallée d'Aspe (2021) | [10 prt., 11-14, 15 prt.] |
| • No. 1647 OT | Vignemale (2022) | [14 prt., 15, 16 prt., 17-18, 19 prt.] |
| • No. 1748 OT | Gavarnie (2022) | [17 prt., 18-20, 21 prt., 22 prt.] |
| • No. 1748 ET | Néouvielle (2022) | [21 prt., 22-23, 24 prt.] |
| • No. 1848 OT | Bagnères-de-Luchon (2022) | [24 prt., 25-27, 28 prt.] |
| • No. 1947 OT | Aspet (2018) | [28-30, 31 prt.] |
| • No. 2047 ET | Massat (2022) | [38-40, all prt.] |
| • No. 2048 OT | Aulus-les-Bains (2023) | [31 prt., 32-36, 37 prt.] |
| • No. 2148 OT | Vicdessos (2018) | [37 prt., 38-41, 42 prt.] |
| • No. 2148 ET | Ax-les-Thermes (2023) | [41-44, all prt.] |
| • No. 2249 OT | Bourg-Madame, Puig Carlit (2023) | [42 prt., 43-44, 45 prt.] |
| • No. 2249 ET | Font-Romeu (2023) | [45 prt., 46] |
| • No. 2250 ET | Bourg-Madame, Mont-Louis (2023) | [46 prt., 47-48] |
| • No. 2349 ET | Massif du Canigou (2023) | [49-51, 52 prt.] |
| • No. 2449 OT | Céret (2023) | [52 prt., 53, 54 prt.] |
| • No. 2549 OT | Banyuls-sur-Mer (2023) | [54 prt., 55] |

For cover photos of the 1:100,000 and 1:25,000 maps of the IGN listed here, see the end of this section "Travel Information from A to Z".

Note to map 1446 ET: In the meantime, the 2024 edition of the map is available, which didn't exist at the time of my hike. For stages 8-10, the information in the route descriptions and any possible mention of deviations from the map refers to the 2017 edition of the map.

Purchasing maps

The listed maps can be purchased at online bookshops or directly from the IGN-webshop, in Europe you should also be able to get them from local book stores or outdoor stores. Depending on the chosen source of supply, there may be outdated EAN or ISBN numbers shown for the same map, so always use the map number and title as a search criterion. Furthermore, the latest edition may not be available everywhere. Some online shops do not indicate what year of issue/edition they offer, whereas the IGN-webshop always provides this information. Therefore, I recommend comparing the offers before buying and, if not already indicated in the search results, asking by email about the year of issue/edition and about availability. My best recommendation is to order

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not included in Read Sample

with this system in due time to avoid unpleasant surprises. Below are a few examples.

Date as dd.mm.yyyy or dd/mm/yyyy. Leading zeros in single-digit days and months are often omitted, years are often shown only with their last two digits.

- 17.06.2025 or 17/06/2025 means 17 June 2025
- 07.12.2025 or 07/12/2025 means 7 December 2025
- 5.8.2024 or 5/8/2024 means 5 August 2024
- 12.1.24 or 12/1/24 means 12 January 2024

Time as hh:mm with 24-hours-count, which is also referred to as “military time”. Those accustomed to “am/pm”: simply subtract 12 from any hour larger than 13 to obtain the “pm” time. All hours up to 11:59 are “am” time, unless noted otherwise.

- 8:00 means 8 o'clock in the morning or 8am
- 13:00 means 1 o'clock in the afternoon or 1pm
- 19:45 means 7:45pm (i.e., in the evening)

The following websites can help you get acquainted with the military time concept:

- 📖 <https://clockify.me/military-time-converter>: explains the concept and includes an online converter gadget that converts to and from any military time or am/pm.
- 📖 <https://militarytimechart.com>: explains the concept and includes time charts for the full hours.






Tourist information offices network

Many local tourist information offices (*Office de/ du Tourisme*, OT) have teamed up in regional networks with a common website from which you can continue to the specific OT-website of a town or city. The OTs are often a good starting point when it comes to searching accommodation, public transportation, restaurants or sight-seeing. Listed below are the websites of the OT-networks relevant for the Pyrenees. Some of them have an option



The Office de Tourisme in Gourette (stage 15)

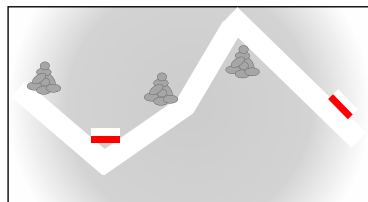
that lets you choose the English version of the website, sometimes even other languages, too, such as Spanish or German. If local OTs have their own dedicated website, it's detailed in the respective stage.

- **Pyrénées-Atlantiques (stages 1-16):**  www.tourisme64.com/en and www.en-pays-basque.fr/en/homepage
- **Hautes-Pyrénées (stages 16-25):**  www.tourisme-hautes-pyrenees.com (English version www.pyrenees-holiday.com)
- **Haute-Garonne (stages 25-29):**  www.pyrenees31.com/en
- **Pyrénées-Ariégeoises (stages 29-45):**  www.pyrenees-ariegeoises.com and <https://en.pyrenees-ariegeoises.com>
- **Pyrénées-Orientales (stages 45-55):**  www.tourisme-pyreneesorientales.com (English version www.tourism-mediterraneanpyrenees.com)

Trail waymarks

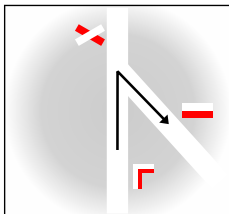
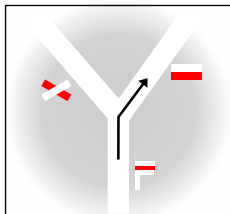
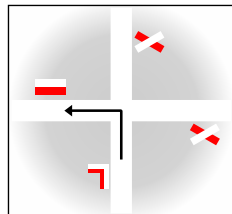


The GR10 is waymarked with a white-red double bar, either painted or as a small plate. Waymarks are placed mostly on trees, in towns often on power- and lamp-posts, on posts of traffic signs and on house walls.

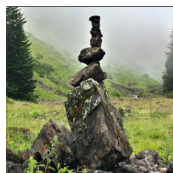


rocks, so-called cairns (fr. *cairn*, too), instead of painted waymarks.

Invalid or wrong turns/turn-offs at junctions, at bifurcations or at changes of direction are waymarked with a white-red cross. Changes in direction and



In treeless sections, blazes are found either on stones or rocks or on short wooden stakes stuck in the ground. Often you also see small piles of



turn-offs/turns are usually waymarked with a kinked double or triple bar placed shortly before the turn.



At many junctions and points of interest, you will also find signposts with mostly yellow sign plates.

Transportation

Within the stages of the GR10, regional bus lines and trains are the most effective means of getting to places off the GR10 (👉 “Arrival and departure”), for example to buy provisions or get cash. However, buses often only run a few times a day, sometimes they have to be booked by telephone at least one day in advance (“*Transport-à-la-Demande*”).

Occasionally there are local taxi companies nearby that can take you from A to B. The best source of information about this are the hosts of the lodgings or the local *Office de Tourisme*. When taxi companies are based in reasonable proximity to the stage destination, they are listed in the stage descriptions. Sometimes the lodging’s hosts are also willing to drive you for a small fee, if you ask them and if they can schedule it.

Contrary to what locals say, hitch-hiking doesn’t work as well anymore as it used to. This is partly due to the fact that smaller towns have suffered more and more from rural exodus in the last 15-20 years, therefore being less traffic on the streets. Any tourists possibly passing by with cars, are understandably not particularly open to hitch-hikers.

Updates

If you find any changes to the information in this book while you’re on the GR10, please feel free to inform me about them. You can do so by sending me an e-mail to kontakt@one-great-earth.de, so that I can adopt the change in the next update of the book.

Walking durations

In the stage headers and the texts, the net walking times are marked with the symbol ⌚. “Net” means they are the mere walking times not including breaks (for food, water, photos, looking for the right path, catch a breath, etc.).

As net walking times may vary depending on the personal fitness, I did not use my own personal net walking times. Instead, I have used a standardized calculation model: the net walking times shown are calculated according to the DAV standards and formula (DAV = *Deutscher Alpenverein* = German Alpine Club), based on average speeds of 4km/h horizontal, 300vm/h uphill and 500vm/h downhill (vm = vertical metres, altitude metres). The same formula is also used by the French Alpine Club. Reasonably trained hikers may be able to undercut the specified times by 20-30% and divide the stages differently.

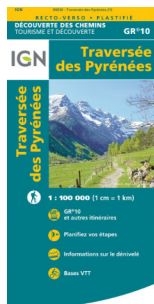
The DAV has an online walking-time-calculator that gives you the freedom to **calculate your individual times** by entering your personal average speeds for all three directions, if they differ from the DAV averages. If you have existing GPS-records from your past hikes, you can roughly estimate your personal average speeds by analysing the data. If you don't know your personal average speeds and don't have own GPS-records, you might want to consider making a few test hikes around where you live. Even without recording GPS-data, you can thus get a good estimate by simply noting your times for known distances and for known climbs and descents.

There is a very good **English version of the DAV walking time calculator online** (by a renowned mountaineering online-shop), which is easy to understand, explains pretty well the underlying basics and formula, and also gives an additional estimate including break times. You can find it here:

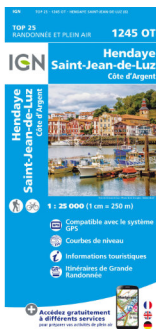
 www.bergfreunde.eu/walking-time-calculator

The original **German version on the website of the DAV itself** doesn't seem to exist any longer.

For all your maps for the Pyrenees Trail GR10, visit the IGN-shop at <https://boutique.ign.fr>.
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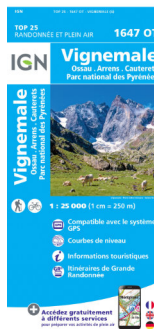
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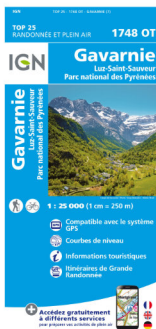
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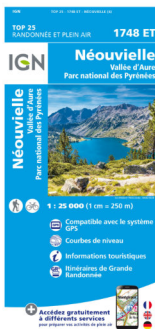
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IGN TOP 25 RANDONNÉE ET PLEIN AIR 1947 OT

Aspet
Pic de Maubornet



1 : 25 000 (1 cm = 250 m)


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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2047 ET

Massat
Pic des Trois Seigneurs
PNR des Pyrénées Ariégeoises



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Aulus-les-Bains
Mont Vallier



1 : 25 000 (1 cm = 250 m)

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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2148 OT

Vicdessos
Pic d'Estats
Pic du Montcalm



1 : 25 000 (1 cm = 250 m)

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- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

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Ax-les-Thermes
PNR des Pyrénées Ariégeoises



1 : 25 000 (1 cm = 250 m)

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- Informations touristiques
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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2249 OT

Bourg-Madame
Puig Carlit
Col de Paythorrens



1 : 25 000 (1 cm = 250 m)

- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2249 ET

Font-Romeu
Capcir



1 : 25 000 (1 cm = 250 m)

- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2250 ET

Bourg-Madame Mont-Louis
Réserve naturelle de la Vallée d'Agnès



1 : 25 000 (1 cm = 250 m)

- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2349 ET

Massif du Canigou
Massif del Canigó



1 : 25 000 (1 cm = 250 m)

- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

Accédez gratuitement à différents services pour préparer vos activités de plein air

IGN.fr

IGN TOP 25 RANDONNÉE ET PLEIN AIR 2449 OT

Céret
Anielles-Bains-Paladès
Vallée du Tech



1 : 25 000 (1 cm = 250 m)

- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
- Itinéraires de Grande Randonnée

Accédez gratuitement à différents services pour préparer vos activités de plein air

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IGN TOP 25 RANDONNÉE ET PLEIN AIR 2549 OT

Banyuls-sur-Mer
Côte Vermorel
Col du Perthus



1 : 25 000 (1 cm = 250 m)

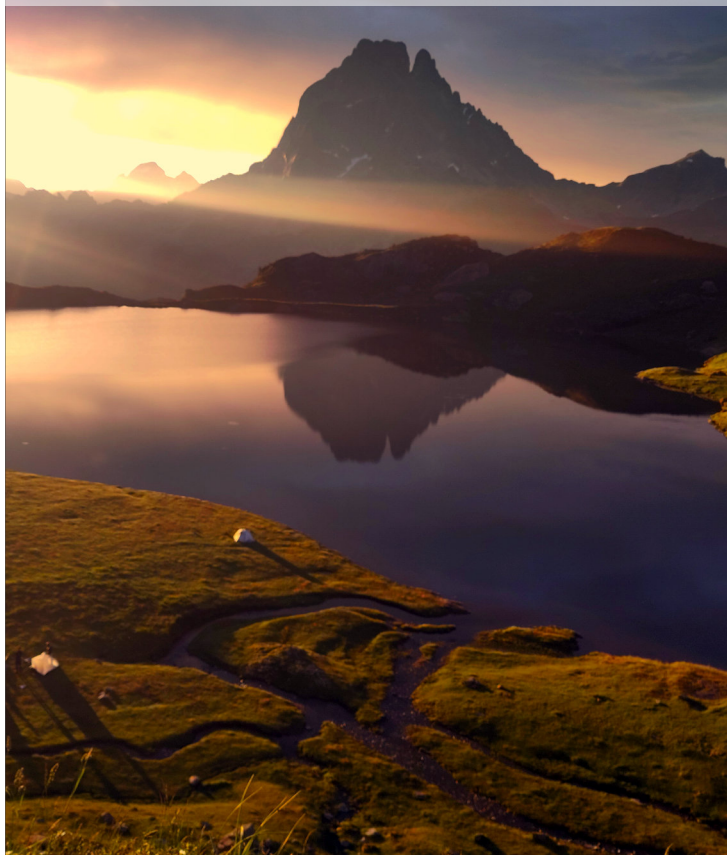
- Compatible avec le système GPS
- Courbes de niveau
- Informations touristiques
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Section 1 Stage-by-Stage: Pyrénées-Atlantiques

➡ 295 km, ⌚ 126 h, ⬆ 16,992 m, ⬇ 15,878 m, ⬆ 0-2,474 m



From the Refuge d'Ayous you can watch the Pic du Midi d'Ossau towering majestically over the Lac Gentau at sunrise (stage 13)



At the Atlantic coast of the **Pays-Basque**, the first part of the **Pyrénées-Atlantiques**, the Pyrenees seem to be rising gently out of the sea, giving the unsuspecting hiker the impression that they might be off to an easy start. Sure, the altitudes of the highest points of the stages increase gradually, giving you enough time to acclimatize. But already the first stage takes you steeply up and then back down low repeatedly, which is the typical nature of most of the stages of the GR10, giving you a foretaste of things to come.

At the *Rocher des Perdrix* and the *Xoldoko Gaina*, which you cross in the first stage, remember to turn around and say goodbye to the Atlantic, as these will be some of the last few occasions at which you can still see the Atlantic fairly well. On clear days you can see as far as *Saint-Jean-de-Luz* in the north and *Donostia/San Sebastián* in the west on the Spanish side, with the prominent *Jaiizkibel* on the Spanish coast.

The trail soon takes you through the lush, green, rolling hills of the Basque Country, across highland plateaus strewn with wildflowers of all colours, and through shaded forests. Half-timbered houses with red or green framework make for picturesque villages and hamlets, where you can quench your thirst in a small café with an ice-cold *panaché* and taste the traditional Basque cake *gâteau basque*. Being from Germany myself, the beautiful landscape reminds me of the Black Forest region in Southern Germany, except that this one is at the Atlantic coast. But as gentle as the landscape may look from a distance, it also offers breathtakingly sheer escarpments along whose edges the GR10 takes you, and stunning views of the mountains ahead. Crossing the 1,000m altitude the first time on the fourth stage, you rise to above 1,400m altitude in the following days and cross a vertiginously deep gorge on a suspension footbridge, before you leave the *Pays-Basque* in stage 10 and enter the **Béarn**.

In the **Béarn** you reach alpine levels, climbing to altitudes of more than 2,000 metres, and pass through the sublime *Parc National des Pyrénées*. Herds of sheep and *Pottok* ponies graze lazily on highland pastures, and you start seeing more and more marmots. Hiking through karstic landscapes with bizarre rock formations and walking on ledges above steep cliffs, you get superb views on some of the iconic mountains of the Pyrenees, such as the *Pic du Midi d'Ossan* which the French affectionately call *Jean-Pierre*. Some of the legendary mountain passes of the *Tour de France* are at just a stone's throw distance from the GR10.

Getting to and lodging near Hendaye

Since the GR10 starts in *Hendaye*, choosing it as the place of arrival for the night before setting off for the hike is probably the first that comes to mind. But you may equally well decide to arrive and spend the night in the neighbouring Spanish city of *Irún*, or in *Biarritz* which is only a 30-minute train ride north of *Hendaye*, or in *Saint-Jean-de-Luz* halfway between *Biarritz* and *Hendaye*. Below is some information on each of these cities.



There is also the possibility that you arrive in *Bayonne* by night-train (with sleeping-cars) and well-rested in the morning, then directly continue from there by train to *Hendaye* to start walking without spending another night. 🙌 In either case, when you come to *Hendaye* by train on the morning of the start of your hike, get off the train at *Les Deux-Jumeaux* instead of the main station *Gare de Hendaye*. *Les Deux-Jumeaux* is much closer to the GR10-start than the main station.

Hendaye is located at the Atlantic coast directly at the Spanish border and, thanks to its sandy beach of 3km length, is in no way inferior to the more famous *Biarritz* located 30km north of it. In the summer, the Atlantic reaches temperatures of up to 23°C here and is popular with surfers almost all year round. With a population of more than 18,000, *Hendaye* offers a

The beautiful Baie de Chingoudy in Hendaye



very good infrastructure as the starting point for your GR10-hike. The beach promenade and the walkways along the beautiful *Baie de Chingoudy* bay in the middle of the city, as well as numerous caf  s, are an invitation to stroll and soak up the sun. You can even walk to the neighbouring Spanish city of *Ir  n*, which is only a 30 minutes' walk away and lies on the other side of the border-river *Bidasoa*.

To get to *Hendaye*, you have to take trains or buses either from *Bayonne/Biarritz* or *Donostia/San Sebasti  n* (☞ Travel Info — Arrival and departure). Depending on where in *Hendaye* you spend the night before, you'll need to walk up to 2km to get to the starting point of the GR10 directly across from the old casino (*Ancien Casino*) by the beach.

Hendaye (64700)



- Office de Tourisme**, Boulevard de la Mer 67bis (opposite the old casino), ☎ 05/59 20 00 34, 🌐 www.hendaye-tourisme.fr, ✉ tourisme@hendaye.com, 🕒 all-year Mo.-Sa. 9:00-12:30 and 14:00-18:00, Su. (Jun.-Sep.) and hol. 10:00-12:30, 💰 free
- H  tel Bellevue**, Boulevard du G  n  ral Leclerc 36 (600m S of start of GR10), ☎ 05/59 20 00 26, 🌐 www.hotelbellevue-hendaye.fr, ✉ contact.hotelbellevue64@gmail.com, 🕒 all-year, BO in DR   75-150, B   11, 💰 free,   
- Camping Ametza**, Boulevard de l'Empereur 156 (2km E of start of GR10), ☎ 05/59 20 07 05, 🌐 www.camping-ametza.com, ✉ contact@camping-ametza.com, 🕒 Apr.-Oct., TP for 2 P   31-58 varies seasonally, 🏊 pool, ✂ and 🚿 on the campground, 🧺 washer, 💰,   

The more famous **Biarritz**, also at the Atlantic coast, is 30km north of *Hendaye*. Formerly a small fishermen's village, it became a chic royal residence from the middle of the 19th century, and thus the classy place to be for Europe's royalty as well as for the rich and the famous. In the 1960s, surfing became popular here and spread also to other coastal cities like *Hendaye*. Although it has a population of only about 25,000, it also offers many cultural and sightseeing opportunities. The sandy beach (*Grande Plage*)

























The magnificent Biarritz beach (Grande Plage)



Pages 76-78
not included in Read Sample

Stage 1: Hendaye – Olhette

🌀 22.0 km, ⌚ 8 h 45 min, ⬆️ 1,143 m, ⬇️ 1,083 m, 📏 0-513 m, 📖 No. 01 Pays Basque Ouest,
No. 1245 OT Hendaye/Saint-Jean-de-Luz

0.0 km	↑	0 m	● Hendaye        
3.2 km / 1 h	↑	108 m	● Junction with gravel track 
7.3 km / 2 h 20 min	↑	60 m	● Junction to Biriattou  
8.5 km / 2 h 55 min	↑	159 m	● Fork normal/variant route 
14.2 km / 5 h 45 min	↑	410 m	● Ventas d'Ibardin    
15.1 km / 6 h	↑	320 m	● Fork right from D404 
18.6 km / 7 h 25 min	↑	150 m	● Venta d'Inzola 
19.8 km / 8 h	↑	272 m	● Deskargahandiko Lepoa  
22.0 km / 8 h 45 min	↑	60 m	● Olhette    

For lodging near Hendaye the night before this stage, or getting to Hendaye to start this stage, see 🖐 “Getting to and lodging near Hendaye”.

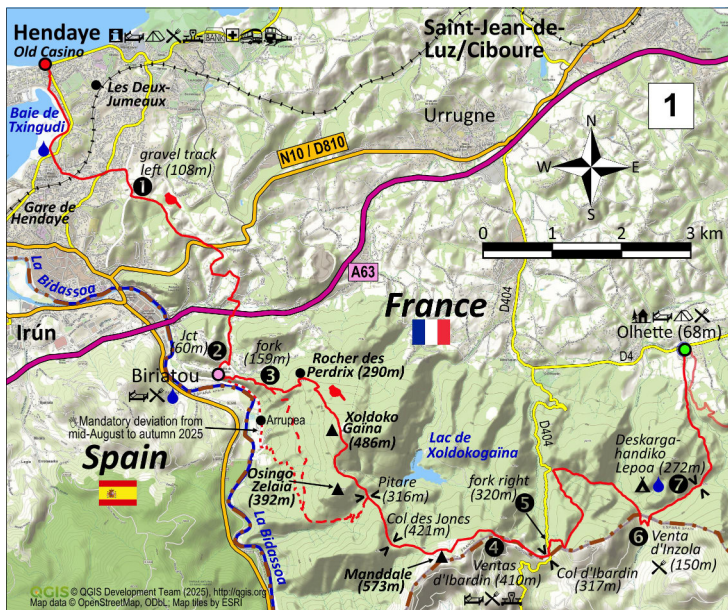
Going through settlements at first, the stage soon takes you onto the rolling hills of the Pays-Basque. Once you reach the Rocher des Perdrix (after ❸) you get nice views back towards the Atlantic coast, and later towards the landmark peak of the La Rhune. At the Ventas d'Ibardin ❹ you can grab a bite to eat.

In rain and fog with low visibility, you might want to bypass the official route over the Xoldoko Gaina and the Osingo Zelaia, since the rather steep climbs can be very slippery when wet, and panoramic view is likely poor. In that case, you can opt at ③ to bear right and use a relatively flat variant path around the west slopes of the two mountains, in order to proceed faster (👉 details in main text).

👉 *Note: due to construction work on high-voltage pylons between mid-August and autumn 2025 there is a mandatory deviation starting at Biriaton (after **2**) during this period. Details in 👉 infobox.*

The GR10 starts in *Hendaye* at the big GR10-infoboard just opposite the old casino (*Ancien Casino*), which itself is right by the beach and houses restaurants, cafés and shops today. From the infoboard, follow the *Boulevard du Général Leclerc* 150m into the city to a roundabout, then at its third exit follow the *Rue*

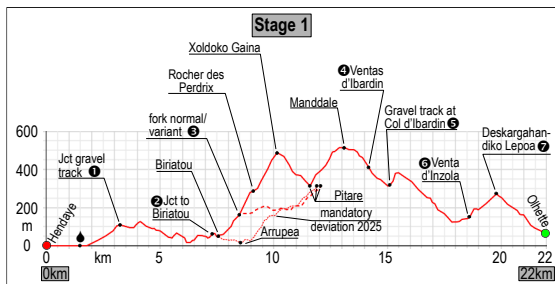




des Citronniers half-right towards the bay where you follow the promenade *Boulevard de la Baie de Chingudy* to the left. After another kilometre, you will pass a sports field enclosed with hedges. After the sports field leave the beach promenade to the left, soon passing by a fountain. Then pass under the stone-arch bridge and follow the GR10-waymarks on lamp-posts and signposts in the *Rue Pellot*.

At the next roundabout, there is a building at half-right with a red pillar and a passageway at its corner. Go through the passageway below the building and through its courtyard. After 50m turn left into the *Rue de Suberno*. The route now goes up E, passes through a pedestrian tunnel under the railway tracks and, at a small roundabout, follows the *Chemin de Bianténia* straight up. You reach the main road *Boulevard de l'Empereur*, follow it to the left for 100m, then cross it and follow the *Rue Errondenia* uphill until it ends at the *Rue de Pansoa* at the eastern outskirts of town.

Turn right into the *Rue de Pansoa* and stay on the rural road until you reach its high point ① with a gravel track going off to the left, and the signpost *Marizabalenea*. Take the gravel track, leave it after 50m for the path half-right



through the grove and follow the waymarks until the main road *Route de Bébobie/ D810/N10*. Follow the main road 50m to the left, then cross it and take the path

branching to the right and descending SE.

After 250m the GR10 turns right at a fork and soon changes into a small asphalt road. After another 1.4km on paved roads, the GR10 crosses under the A63 motorway and then turns S. About 800m after the A63, a road merges diagonally from the right at a junction ❷.

👉 Note: from mid-August to autumn 2025, you have to turn right here and go down to *Biriattou*, due to a mandatory deviation from the main route (👉 infobox below), so the next regular paragraph doesn't apply during this period.

👉 Mandatory deviation mid-August 2025 for several months

From mid-August 2025 for a period of several months, construction work is taking place at high-voltage pylons around the *Rocher des Perdrix*. Due to this, a mandatory deviation has been set up which bypasses the *Rocher des Perdrix* and the *Xoldoko Gaina*. The deviation is included in the GPX-files of the stage as a separate file (👉 Travel Info A-Z / GPS/GPX).

To follow the deviation turn sharp right at junction ❷ and go down to *Biriattou* as described in the main text. You can get refreshments there if you want (see village details). When leaving the village centre below the church to the right, follow the street only 15m until the end of the wall on the right. Then continue on the temporary deviation by going through the small gate and following the signs leading downhill to the right onto a path.

After 230m you reach a picnic area by a rural road along the left bank of the border river *Bidassoa*, with Spain on the other side. Go left on the road for about 700m, turning gradually from E to S, to the hamlet of *Arrupeace*. Stay on the road for another ca. 400m, now going gently uphill again, until it makes a wide left turn and after another 70m reaches a right turn below a house.

At the end of the curve take the path to the right of the house that branches off to the left from the road and goes uphill. Passing through two gates you

reach another path at an altitude of about 85m. Turn left onto the path and follow the yellow waymarks uphill for approximately 1.3km. Here the deviation connects with the GRT02 and the variant for bad weather mentioned in the main text, and follows it for another 1.3km to *Pitare* (↑ 316m, formerly *Col des Poiriers*). From *Pitare* follow the normal route of the GR10.

If you don't feel the need to get refreshments or water, you can shortcut the GR10 at junction ❷ and bypass *Biriatou* by continuing straight ahead SE and reconnecting after 200m to the regular GR10 at a T-junction with GR10-signposts.

If you want to get refreshments or water, turn sharp right at junction ❷ and follow the regular GR10 down the village road in a large counter-clockwise bend 300m to the centre of **Biriatou**. Here you find inns and a public WC, and a ♀ water tap at the east wall of the town hall (*mairie*) below the church.

Biriatou (64700)



Hôtel-Restaurant Les Jardins de Bakea, Rue Herri Alde 1134, ☎ 05/59 20 02 01, www.jardins-de-bakea.fr, contact@bakea.fr, all-year except 22.01.-22.02. and 19.11.-06.12., BO €95-190/DR, HP addl. €58/P, menus from €29, B €15, LP €9, 17 rooms,

Hôtel-Restaurant Hiribarren, Place du Fronton (directly below the church), ☎ 05/59 29 96 77, www.aubergehiribarren.fr, auberge.hiribarren@gmail.com, all year except Tu.+We., BO €170-240/DR (varies seasonally), B €15/P, menus €13-24, 5 DRs, , ,

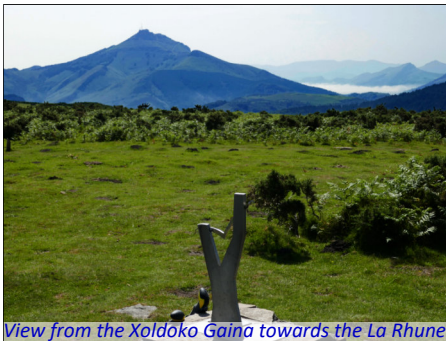
Following the waymarks, leave the village centre below the church to the right and follow the street 230m uphill to a T-junction with GR10-signposts (here the shortcut mentioned above reconnects with the GR10). Turn right into a small street and follow it uphill 250m towards a parking lot. At the parking lot sign 50m before the parking lot itself, follow the waymarks to the right into the forest, then immediately fork left. After another 50m fork left again and climb the path through the forest up to a fork ❸ with the signpost *Errekaldea* just before a power-line pylon. Here the GR10 forks half left and climbs steeply straight up E, right past the pylon and crossing under the power-lines.

However, if the weather is bad, you can avoid the steep climb ahead by turning right to take a variant path that runs relatively flat on the western flanks of the *Xoldoko Gaina* and the *Osingo Zelaia* and meets the normal route again at

Pitare (Col des Poiriers). The variant is included in the GPX-files of the stage as an alternative (👉 Travel Info A-Z / GPS/GPX).

Else, at ❸, follow the normal path straight up to the 🏠 vista point below the **Rocher des Perdrix** (⬆ 290m) at a gravel track nearby another pylon. A semi-circular info-panel provides information about the views in each direction and, taking a short break at the picnic table by the rocks, you can enjoy a great view of *Hendaye, Irún* and the Atlantic coast all the way to *Biarritz*. Shortly afterwards, the GR10 branches off the track to a path at half-right.

The path soon climbs steeply and partly in serpentine to the summit of the *Xoldoko Gaina* (⬆ 486m), which is marked with a small steel sculpture on a brick pedestal. From there, you



View from the Xoldoko Gaina towards the La Rhune

descend on similar paths to the *Col Osiingo Lepoa* (⬆ 371m), then SE across the northeast slopes of the *Osiingo Zelaia* and down to a gravel junction at *Pitare* (⬆ 316m, formerly *Col des Poiriers*), where the bad-weather variant joins from the right.


After *Pitare*, the GR10 climbs SE and swings to the left at the *Col des Jones* (⬆ 421m). Climbing E you pass the highest point of the stage (⬆ 513m) just north of the summit of the *Manddale* (⬆ 573m), then descend NE until you reach the start of the **Ventas d'Ibardin** ❹ directly on the GR10 on the Spanish side.

From here you can again see the Atlantic with *Saint-Jean-de-Luz* in the north, and in the east the iconic mountain **La Rhune** (⬆ 905m), which you will circle tomorrow. There are numerous shops (👉 infobox below), accommodations, restaurants, supermarkets and an ATM at the *Ventas*.


Ventas d'Ibardin (31780, ES)




🏠 ✂ **Venta Elizalde Restaurant et Appartements Touristiques**, directly at the start of the Ventas on the right, ☎ +34/948/63 10 24, ✉ ventaelizalde@gmail.com, 📅 02.02.-14.12., BO starting at €50 (varies seasonally), daily menu €15-25, seven MRs for 2-4 P each and mostly with a kitchenette 🍽, small food-store 🛒, 🇪🇺, 🐕 (has to stay in garage at night)

✂  **Venta Peio**, shortly before the end of the Ventas on the right, shop, restaurant and supermarket, menus €15-25

The Spanish Ventas



In the *Pays-Basque*, which extends from the Atlantic to *Sainte-Engrâce* ( stage 9), there are quite a few *Ventas* along the French-Spanish border, whose main purpose is to sell souvenirs, clothing, electronics, alcohol, tobacco, cosmetics, foodstuff and kitsch cheaply. Many *Ventas* are run by families whose ancestors were involved in smuggling well into the 20th century – tolerated at the time by the respective government authorities. Many French living near the border come to the *Ventas*, as shopping here is much cheaper than on the French side.

Follow the road along the *Ventas* down to the *Col d'Ibardin* (↑ 317m) at the roundabout on route D404. Go left on the D404 about 70m, then take the gravel track ⑤ branching well-marked uphill to the right. After another 150m, turn right in front of a gated fence and climb up the steep path along the fence until you reach a large crossroads (↑ 383m) in fern meadows. Now follow the second path from the left (the farm track) moderately downhill NE. The track swerves to the left after the *Quai des Carriers*, the site of a 19th century rock-loading area for the quarries nearby, and continues downhill as a gravel track.

The GR10 branches off half-right after the parking lot (↑ 250m) of a paddock shortly before the D404, and follows a dirt path downhill into the woods. After 50m, the trail turns right again, clearly marked, and heads E. It then descends largely unmarked along a creek and partly steep ( slippery when wet) to a large crossroads in a well-marked clearing named *Oyanbelza* (↑ 120m). Turn right to cross the creek and follow the wide path SE through the forest.

After 600m the path comes to a borderstone (↑ 146m) by another creek and you cross the Spanish border. Here, small paths run along both sides of the creek. You should switch to the path on the left side, since the path on the right side leads partly over large smooth or mossy rocks that are slanted towards the creek and can be slippery when wet. Either path takes you to a small concrete slab over the creek, directly in front of the **Venta d'Inzola** ⑥, where you can have a snack in the restaurant before the last 3.5km to *Olhette*.

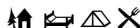
✂ **Venta d'Inzola**, Xantellerreka 17, ☎ +34/661/34 56 53, ☎ +34/948/63 12 28, 📺 daily at noon Jul.-Aug., else in the summer daily except Mo./We., menus €10-30, sandwiches €5-7

The GR10 turns left immediately before the *Venta* (crossing the creek via the concrete slab if you came along its right bank) and climbs well-marked through the woods to a large clearing at the saddle  *Deskargahandiko Lepoa*  (well-suited for wild camping, water at a creek 100m before the saddle).

Cross the saddle, then turn half left and follow the dirt track down to the paved road *Chemin de Manttubaita* (↑ 100m). The map still shows the *Gîte Manttu Baïta* immediately at the beginning of the paved road on the left side, since it used to be a gîte d'étape in the past. However, it is now a “chambre d'hôtes/gîte de séjour” with a minimum stay of three nights and thus unattractive for hikers. Also, unlike shown on the map, the GR10 does not turn sharply to the right here to follow the small road, as the footbridge across the creek about 50m away has been destroyed a few years back, and hasn't been rebuilt since.

Therefore, follow the road 450m further downhill to the eastern part of **Olhette** and the *Gîte d'étape Trapéro Baïta d'Olhette* on the left side of the street. The gîte d'étape, which had shut down temporarily in September 2018, reopened in 2023, but the host seems to have made a decision to shut it down for good at the end of 2025. Currently I have no information whether a new host might take over afterwards or not. Also, another 50m further down, at the intersection *Route d'Olhette/D4*, the *Hôtel-Restaurant Trabenia* is just across the street on the right side.



Olhette (64122)



  **Gîte d'étape Trapéro Baïta d'Olhette**, Chemin de Manttubaita 49, ☎ 05/59 54 42 59, 📞 06/66 08 56 95, ✉ leteich@hotmail.fr, 📅 01.03.-30.10., HP €50, LP €3-4, 16 SPs in DY and MR, 🛏, small 🛏, 🐾 ok but mustn't go inside.

There are also four 🛏 TPs in the garden of the gîte, TP €10, HP €30.

The friendly host André Lesbordes also speaks English.

  **Hôtel-Restaurant Trabenia**, Route d'Olhette, ☎ 05/59 54 01 91, 📞 06/23 58 58 84, 🌐 www.trabenia.com, ✉ hotel.trabenia@orange.fr, 📅 Mar.-Dec., BO €60-95/DR, HP addl. €32/P, D €35-49 if you don't stay overnight, B €12, LP €14, 15-28 SPs in 8 rooms, 🛏, 📺, 🐾, sale of regional products. The host Greg Silva also speaks English.

Stage 2: Olhette – Ainhoa

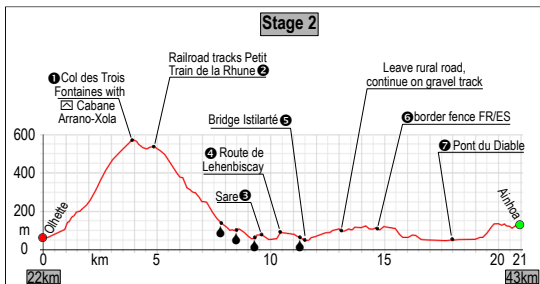
📏 20.9 km, ⌚ 7 h 30 min, ⬆️ 865 m, ⬇️ 803 m, 📏 48-574 m, 📖 No. 01 Pays Basque Ouest, No. 1245 OT Hendaye/Saint-Jean-de-Luz

0.0 km	⬆️ 60 m	● Olhette 🏠 🚗 🏔️ ✕
3.9 km / 2 h 10 min	⬆️ 574 m	① Col des Trois Fontaines 📏
4.8 km / 2 h 30 min	⬆️ 542 m	② Railroad tracks Petit Train de la Rhune
9.6 km / 4 h 10 min	⬆️ 77 m	③ Sare 🏠 🚗 ✕ 🚰 🚚 🚗 🚚 🚚 🚚 🚚 🚚 🚚 🚚 GR11
10.4 km / 4 h 30 min	⬆️ 90 m	④ Lehenbiscay 🚗 🏠 🏔️ ✕
11.5 km / 4 h 40 min	⬆️ 48 m	⑤ Bridge Istilarté
14.7 km / 5 h 30 min	⬆️ 110 m	⑥ French-Spanish border
18.0 km / 6 h 30 min	⬆️ 51 m	⑦ Pont du Diable
20.9 km / 7 h 30 min	⬆️ 123 m	● Ainhoa 🏠 🚗 ✕ 🚚 🚚 🚚 🚚 🚚 🚚 🚚 🚚

An easy and pleasant stage awaits you today. The only notable climb is from the start to the Col des Trois Fontaines ①. After Sare ③, the path heads with small ups and downs to Ainhoa. Forest- and meadow-tracks, farm tracks and asphalt keep alternating.

From the *Gîte d'étape Trapero Baïta* go down 50m to the D4. Turn sharp right and follow the small road opposite the *Hôtel Trabenia*, going S uphill for 700m to a parking lot at its end (⬆️ 100m).

At the end of the parking lot you re-connect to the GR10 well-marked on the left side. The path now ascends steadily SE until the **Col des**



Trois Fontaines ①. About 150m left of the col and a bit higher, the emergency hut 📏 *Cabane Arrano-Xola* stands at the foot of the rocky outcrops.

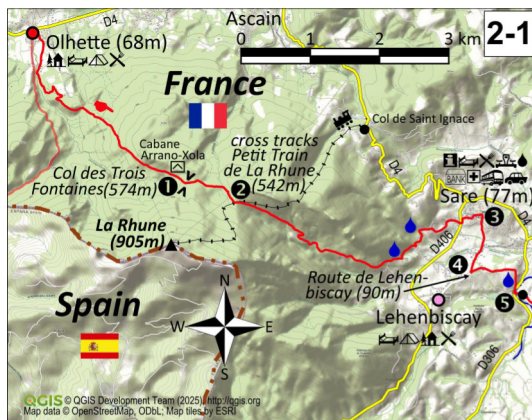
📏 **Cabane Arrano-Xola**, shelters 2-4 P, wooden platform, water might be found in the marshy ground by the col, but probably not in midsummer

At the col the path briefly goes E, then turns again SE until you reach the railroad tracks ② of the rack train 🚂 *Petit Train de la Rhune*.



Petit Train de La Rhune, www.rhune.com, several times a day between the *Col de Saint Ignace* and the *La Rhune* summit (↑ 905m)

Cross the tracks and turn left, then descend to the right of the rail tracks, passing some small ruins along the way. At 200m altitude the path swings to



the left, soon passes two springs (↑ 139m and 100m) and descends to the outskirts of *Sare*. There, cross the rural road D406 and go left through the caravan-parking on the opposite side. After 50m, at the water faucet at the end of the parking lot, turn right, go up the hairpins of the

small pedestrian path and follow the blazes to the centre of **Sare** ③, where you can get some refreshments before the rest of the stage. There is a fountain at the village square in the centre, and a Spar mini-market just after the *fronton* (the paved field where the traditional ball-game *Pelota* is played) right along the GR10.

Sare (64310)


GR11


Office de Tourisme, village centre (in the town hall), ☎ 05/59 54 20 14, www.en-pays-basque.fr, ✉ sare@otpaysbasque.com, 📅 all-year Mo.-Fr. 9:00-12:30 and 14:00-17:30, Sa. (Jun.-Sep.) 9:00-12:30, 💰 free

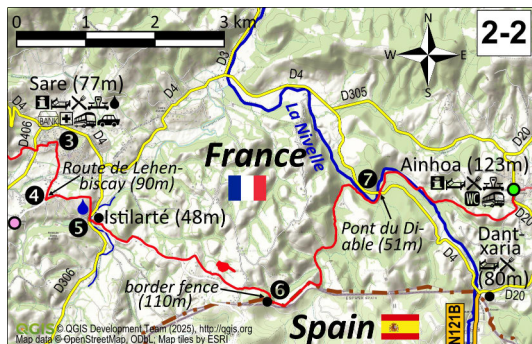
Bistrot Charcuterie Arka, directly on the GR10 just before the village centre, ☎ 07/87 22 25 70, www.arka.eus, ✉ contact@arka.eus, 📅 all-year Tu.-Sa. 9:00-18:00 (Apr.-Aug. Fr.+Sa. until 22:00), very good menus from €16, sale of meat and other food products from own organic production, 💰

Hôtel Restaurant Arraya, ☎ 05/59 54 20 46, www.arraya.com, ✉ hotel@arraya.com, 📅 mid-Mar. to mid-Nov., BO from €130/DR, menu €18-35

Line 45, www.txiktak.fr, multiple daily runs to **Saint-Jean-de-Luz**, from there connections to **Hendaye** or **Biarritz**

 **Taxi Argain,** ☎ 06/07 42 83 56

 **GR11** Passage to GR11 via *Col de Lizarrieta* (FR/ES), from there to *Vera de Bidasoa* (ES) or *Elizondo* (ES)






Like many other villages along the border, *Sare* was a smugglers' village until as far as the 20th century, where many families were involved in the smuggling of tobacco, alcohol and foodstuff.


The GR10 leaves *Sare* southbound to the *Route de Lehenbiscay* ④, which you could follow to the **Lehenbiscay** district 500m SW of the GR10, where there is a campsite with a gîte d'étape and a hotel-restaurant.

Lehenbiscay (64310)



  **Hôtel Restaurant Pikassaria**, Lotissement Arganea 15, ☎ 05/59 54 21 51, 🌐 www.hotel-pikassaria.com, ✉ hotelpikassaria@orange.fr, 📅 18.03.-13.11., BO in DR €55-75/night, HP in DR €80 for 1 P, menu €22-29, B €9, LP €9, 17 rooms, 🍷

 **Camping de la Petite Rhune**, Maison Esponda, ☎ 05/59 54 23 97, ☎ 06/15 29 36 38, 06/16 34 44 80 and 06/20 22 08 93, 🌐 www.lapetiterhune.com, ✉ contact@lapetiterhune.com, 📅 15.06.-15.09., TP for 2 P €16-25 varies seasonally, 20 TPs, 💰 coin-op washer and dryer €4 each (tokens), 🍷 bread to order, 🏊 pool (open 01.06.-30.09.)

 **Gîte d'étape Erretera-Goxoa**, part of Camping de la Petite Rhune, ☎ 📞 🌐 📧 see Camping de la Petite Rhune, 📅 all-year, BO €17-20, B €7, 20 SPs in 4 MRs, 🚶, 🍷

To stay on the GR10, turn left at the *Route de Lehenbiscay*, walk 700m E and turn right. After 120m you pass a ♣ fountain (⬆ 60m) and 180m after that you reach the D306 and follow it 50m straight, to the bridge ⑤ over the brook on the left. Cross the bridge to **Istilarté**. Further blazes take you through the village and onto a rural road in SE direction. The GR10 leaves the road 1.4km




later in a slight right bend (↑ 99m), going left/straight onto a gravel track which soon becomes a paved road. After another 1.6km, now a gravel track again, the trail reaches the French-Spanish border ⑥ and then turns left.

The gravel track soon heads predominantly NE until you reach the *Pont du Diable* ⑦. Crossing the D4 and soon the stream, you climb up moderately through the forest, then follow the waymarks to the centre of **Ainhoa**. The *Gîte d'étape et Camping Harazpy*, although still shown on the map, doesn't exist anymore, but you can find B&Bs on the website of the OT.



Ainhoa (64250)



-  **Office de Tourisme**, Herriko Etxeko Inta 24 (alley opposite the church), ☎ 05/59 29 93 99, 🌐 www.en-pays-basque.fr, 📧 contact form on website, 🕒 all-year Mo.-Fr. 9:00-12:30 and 14:00-17:30, Sa. 9:00-12:30, 🆓 free
-  **Chambre d'hôtes Maison Kampo Ederrena**, Hiltegiko Bidea 48 (behind the church), ☎ 06/87 58 22 81, 📧 joseph.ibarluacia@sfr.fr, 📅 Apr.-Oct., BO in DR €35 for 1 P and €70 for 2 P, D €20, B €5, LP €7, 🛏. Private accommodation for pilgrims and GR10-hikers, but only one DR.
-  **Line 47**, 🌐 www.txiktak.fr, multiple daily runs to **Saint-Jean-de-Luz**, from there connections to **Hendaye** or **Biarritz**


With its many half-timbered buildings, *Ainhoa* offers a typical Basque townscape and is visited for this reason by many tourists from all around the world. There is a small supermarket, two grocery stores and more lodgings, as well as two public WCs.

Alternatively, if you want to bivouac, you could continue from the village centre about 1 hour along 📍 stage 3 to the chapel above the village, behind which there's now an ▲ aire-de-bivouac with a 💧 water fountain. Or you could go to *Dantxaria*, 2.5km off the GR10 directly at the French-Spanish border, to a hotel-restaurant (📧 infobox below).

In **Dantxaria**, 2.5km away (far off the GR10) and directly on the French-Spanish border, there is a hotel-restaurant. The campsite *Camping Xokoan*, which is still shown on the maps, has been shut down.

Dantxaria (64250)



 **Hôtel Restaurant Ur Hegian**, directly at the D20, 100m before the border on the French side, ☎ 05/59 29 91 16, 🌐 www.hotel-ur-hegian.com, ✉ ur-hegian@wanadoo.fr, 📅 01.03.-31.12., closed Mo., BO in DR €77-95/night, D €14-24, B €9, 19 rooms, ❄ air-conditioned, 🍷, 🐾

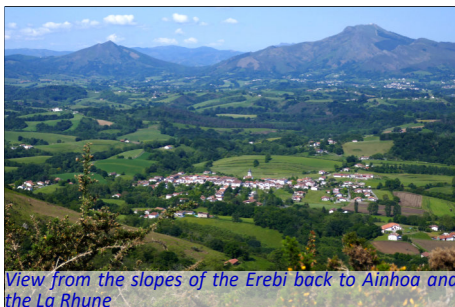
Stage 3: Ainhoa – Bidarray

📍 21.9 km, ⏱ 8 h 10 min, ⬆ 1,015 m, ⬇ 980 m, 📏 109-719 m, 📄 No. 01 Pays Basque Ouest, No. 1245 OT Hendaye/Saint-Jean-de-Luz, No. 1345 OT Cambo-les-Bains/Hasparren

0.0 km	⬆ 123 m	● Ainhoa 🏠 🛖 ✂ 🚰 🚰 🚰
2.2 km / 1 h 10 min	⬆ 389 m	① Chapelle Notre Dame de l'Aubepine ⚓ 🌳
4.7 km / 2 h	⬆ 512 m	② Col des Trois Croix
6.5 km / 2 h 30 min	⬆ 430 m	③ Cabane de Gainekoborda 📧 🌳
10.9 km / 4 h	⬆ 560 m	④ Ferme Esteben Borda 🏠 ✂
11.6 km / 4 h 20 min	⬆ 540 m	⑤ Col des Veaux
13.4 km / 5 h	⬆ 716 m	⑥ Col de Méhatché
20.2 km / 7 h 30 min	⬆ 116 m	⑦ poorly marked turn-off from the road
21.9 km / 8 h 10 min	⬆ 143 m	● Bidarray 🏠 🛖 🛖 ✂ 🚰 🚰 🚰 🚰 🚰 🚰 🚰 🚰

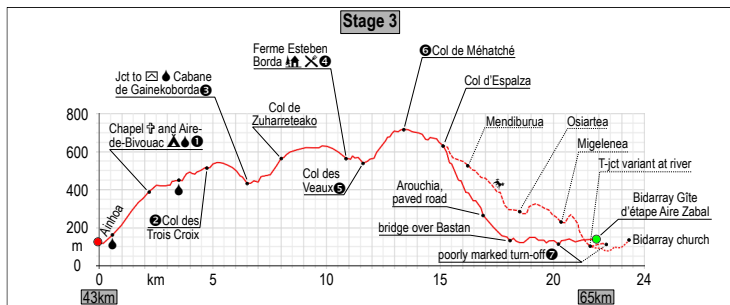
The mostly shadowless stage leads partly over paved roads. Fill up water at the Ferme Esteben Borda ④. Nice views after the Col de Méhatché ⑥. In the last section of the stage, watch out for the relatively poorly marked branch-off from the road at ⑦. 🗋 The descent from the Col d'Espalza is not suitable for 🐾, alternative route described in infobox below.

In the town centre, go into the small alley with the Office de Tourisme opposite the church. The waymarks of the GR10 guide you downhill E. After 150m, follow the street across 400m uphill and turn right at the 🌳 drinking fountain (⬆ 158m) at its end. After 100m follow the way of the crosses on the left, going up in serpentines on a gravel track to the 🏠 Chapelle Notre-Dame de l'Aubépine ①. Behind the small chapel, there is an ⚓ aire-de-bivouac, and a 🌳 water tap on the large, round stone.



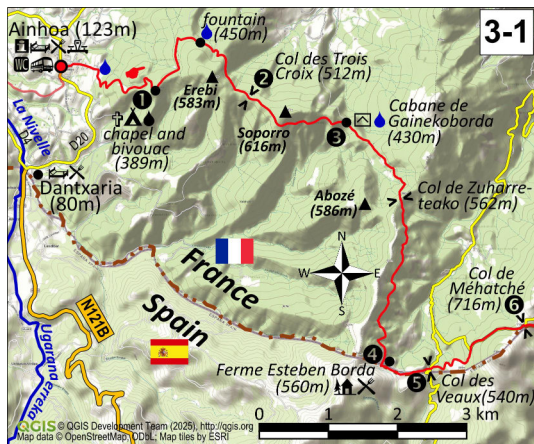
View from the slopes of the Erebi back to Ainhoa and the La Rhune

Pass the three crosses by the chapel and follow the waymarks uphill NE. The path goes around the **Erebi** (⬆ 583m) and brings you to a 🌳 fountain with potable water (⬆ 450m) on its northern slope. Going further uphill SE, you pass a 🌳 source next to a cattle trough (⬆ 460m) and soon arrive at the **Col des Trois Croix** ②. Continuing in the southeast direction, the GR10 skirts the





south slopes of the **Soporro** (↑ 616m) and leads to a junction ③ near the ☒ **Cabane de Gainekoborda**. The path on the half-left would lead to the cabane after 100m.

☒ **Cabane de Gainekoborda**, shelters 8 P, entrance in the back, concrete floor, tables and benches for 30 P, kitchen sink with tap inside the bothy, fireplace outside, outhouse with sink ca. 20m behind the hut a little lower

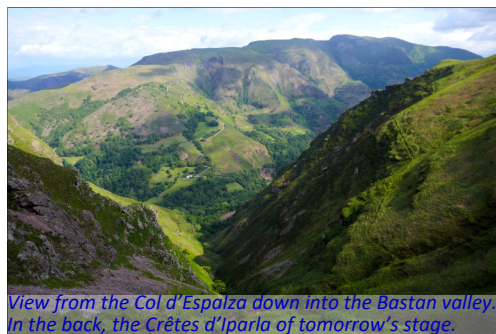


There, turn left to get to the lower entrance ④ of the **Ferme Esteben Borda**. The farm with a gîte d'étape offers lunch, too.

The GR10, however, follows the gravel track SE, crosses a well-flowing brook (↑ 525m) and soon climbs to the **Col de Zuharreteako** (↑ 562m). At the junction, follow the path straight ahead going at first gently uphill S, and after crossing a small streamlet (↑ 590m) descending to a concrete

  **Ferme et Gîte d'étape Esteben Borda**, Itxassou, directly at the GR10, ☎ 05/59 29 82 72, 📅 15.04.-15.11. (restaurant Mar.-Nov.), HP €65, LP from €7, sandwiches €6-10, 🐕 have to stay in the courtyard with the farm dogs

To stay on the GR10, go past the entrance of the farm and follow the concrete road 200m SE. The GR10 leaves the road just before the right-hand bend (⬆ 555m), continues straight ahead uphill on a path, soon swings E and follows a paved road to the **Col des Veaux** ⑤. Cross the intersection and follow the gravel track straight ahead in north-easterly direction, going up steeply until you join another street (⬆ 639m). The GR10 follows the road up to the right until the **Col de Méhatché** ⑥.



View from the Col d'Espalza down into the Bastan valley. In the back, the Crêtes d'Iparla of tomorrow's stage.

There it leaves the road to the right and follows a wide path E, soon turning SE and going gently downhill to the **Col d'Espalza** (⬆ 635m), just before a bergerie. The saddle provides a good lookout over the valley of *Bidararray* and the hills beyond. At the saddle, the path swings well-markedly to the right and descends steeply towards the valley. 🖐 Parts of the descent are very steep (some secured with steel cables), and often lead over rough scree and rocky sections with high steps that require sure-footedness and a head for heights (hikers with 🐕 see 📖 infobox below for alternative route, as the descent is mostly unsuitable for dogs).

Alternative route for hikers with 🐾

The descent from the *Col d'Espalza* is mostly not suitable for 🐾. Instead, take the path branching off from the col to the left, which takes you to a small street near *Mendiburua* (↑ 526m). Follow the street to the right, going via *Osiartea* (↑ 286m), *Olhartea* (↑ 326m), *Bixixana* (↑ 300m) and *Migelenea* (↑ 230m), until you reach a road on the left bank of the *Bastan* river. There you can either turn right, to get to waypoint 7 shortly before *Bidarray* and follow the rest of the normal stage. Or you can turn left and cross a bridge at *Olba* (↑ 80m), then ascend past the train station *Pont Noblia* to upper *Bidarray* to the stage's end.

A separate GPX-file for this alternative is included in the GPX-collection (👉 Travel Info A-Z / GPS/GPX). The alternative route is about 1.5km longer than the normal route and has approx. 100vm more climb and descent each. According to the DAV standard formula (👉 Travel Info A-Z/Walking durations) it should therefore be theoretically about 45 minutes longer. But since you and your four-legged friend will probably be able to move at a much quicker pace on paved roads, it shouldn't really be that much longer.



Descending on the regular GR10 from the *Col d'Espalza*, you pass the impressive cave *Grotte d'Harpekosaindoa* (↑ 360m) on the left side of the path. Then you soon reach a paved road at the signpost *Arouchia* (↑ 262m) and follow it in hairpins down to the left bank of the *Torrent Le Bastan*. Turn left, following the road NE, cross a bridge over the river (↑ 131m) and continue on the now sparsely marked road. After another 2km you approach another bridge. 🐾 20m before the bridge


the GR10 forks relatively poorly marked to the right 7, through a gap in the undergrowth, and briefly climbs steeply S. After 50m the path turns to the left (↑ 140m) and after another 500m it comes to a road (↑ 135m). The road soon swings to the left and leads NE until the town hall at the entrance of

Bidarray (↑ 135m). The 🏠 *Gîte d'étape Aire Zabai* (↑ 143m) and the 🏠 municipal aire-de-bivouac are located 200m NE of the church. Public WCs and warm pay-showers are located in the town hall.











Church of Bidarray


Opposite the town hall, there is a  *Vival* mini-market (closed Mo., open Tu.-Sa. 8:45-12:15 and 16:00-19:00, Su. 8:00-12:00). A  drinking water faucet is located at the cemetery wall opposite the *Hôtel-Restaurant Barberaenea*.










 The owners of the restaurant *Auberge Iparla* next to the mini-market told me explicitly that they do not wish any hikers to stop in. They are very inhospitable towards hikers and will kick you out!



Bidarray (64780)






 **Gîte d'étape Aire Zabal**, Rue de la Poste (after the church go up left 125m),  07/50 04 11 61,  <https://giteairezabal.fr>,  giteairezabal@gmail.com,  all-year, BO €20, B €5, 30 SPs in SRs and MRs,  washer €2,  free, terrace with nice view on the *Crêtes d'Iparla*. Arrival mandatory 16:00-19:00.  not allowed inside, but they can spend the night in the garden behind the gîte.

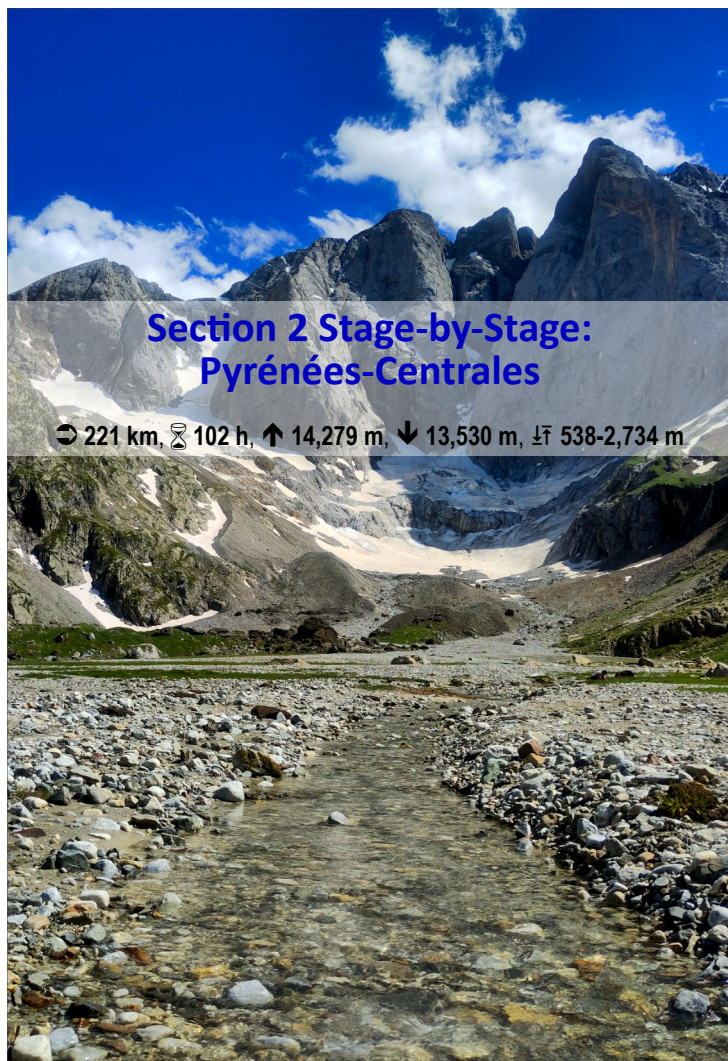
 **Aire-de-Bivouac municipal**, directly opposite the gîte d'étape, managed by the town hall (town hall closed Mo.),  05/59 37 71 51,  www.bidarray.fr,  mairie.bidarray@wanadoo.fr,  all-year, TP €5 payable only in the gîte d'étape, 20 TPs, WC, picnic table, warm  in town hall €2 (token can be purchased in the gîte d'étape, in the town hall or in the *Hôtel-Restaurant Barberaenea*)

 **Hôtel-Restaurant Barberaenea**, Place de l'Église (opposite the church),  05/59 37 74 86,  www.hotel-bidarray.com,  hotel@barberaenea.fr,  May-Oct. (restaurant Apr.-Nov.), BO in DR €60-85/night, HP addl. €20/P, D €19-26, B €7, LP €8, 9 rooms for 1-4 P each,   (to indicate at reservation),  from €10
 TPs are available for free upon request, with utilisation of public WCs at the town hall and fountain at the church wall opposite the hotel.

 **Line 54**, multiple daily runs of trains in the directions of **Saint-Jean-Pied-de-Port** and **Bayonne**,  www.ter.sncf.com/nouvelle-aquitaine

 **Hegoak Transport Express**, Bidarray,  06/16 70 00 35,  hegoakexpress@gmail.com, transfer of backpacks to *Saint-Étienne-de-Baigorry* or *Saint-Jean-Pied-de-Port*, €30 if only one backpack, €9/backpack for 5 or more backpacks

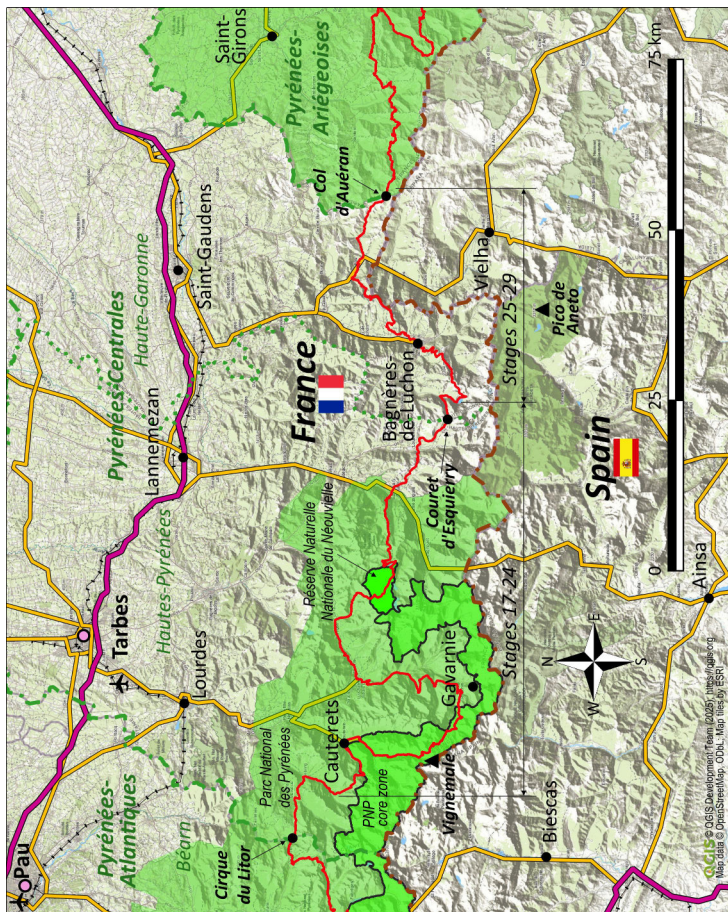
Pages 96-164
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Section 2 Stage-by-Stage: Pyrénées-Centrales

↻ 221 km, ⌚ 102 h, ↑ 14,279 m, ↓ 13,530 m, ± 538-2,734 m

The mighty Vignemale-massif with (from right to left) Vignemale, Piton Carré, Pointe Chaussenque and Petit Vignemale rising over 1,000m above the valley floor (stage 18)



In stage 16 you entered the **Hautes-Pyrénées**, the first part of the **Pyrénées-Centrales**. The word “*hautes*” in the name says it all, it is the French word for “high”. The *Hautes-Pyrénées* are the roof of the French side of the mountain range, you enter alpine terrain. The limestone, granite and basalt nature of the mountains, of which you already got a first taste in the *Béarn*, is showcased perfectly here.

Be prepared for spectacular views for as far as the eyes can see, and for quite a few superlatives. You cross the highest point of the normal route of the GR10, the 2,734m high *Hourquette d'Ossoue*. The highest serviced refuge of the entire Pyrenees, the *Refuge de Bayssellance*, awaits you at 2,651m altitude. You almost shake hands with the highest mountain of the French Pyrenees, the mighty, 3,298m high *Vignemale* directly at the border to Spain. You pass near one of the highest waterfalls in Europe, the *Grande Cascade*, with a total drop of more than 400m. Located in the majestic *Cirque de Gavarnie*, a UNESCO World Heritage Site since 1997, it is well worth leaving the GR10 for a day to visit it. Just a few days later the small but stunningly beautiful *Réserve Naturelle Nationale du Néouvielle* will make your eyes shine with joy as you cross it.

The **Haute-Garonne** is just as exciting, with its southern tip, through which the GR10 passes, rising almost as high as the *Hautes-Pyrénées*. Walking through this part of the *Haute-Garonne*, you would never think that it is the *département* along the GR10 with the highest population. But the population is mostly around *Toulouse* in the northern half, where aircraft producer Airbus has its headquarters, and all sorts of industries are located.

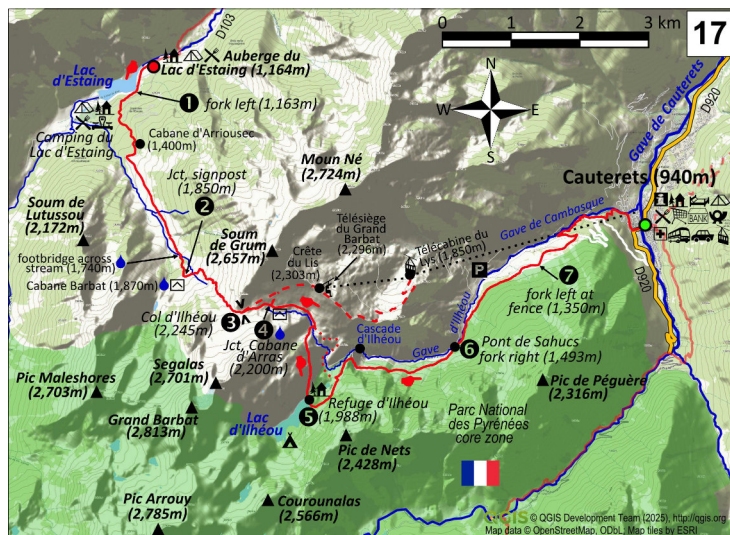
The 300m high *Cascade d'Oô* is a perfect setting to enjoy a nice cool drink at the *Refuge du Lac d'Oô*, at the end of a strenuous day with very steep climbs and descents.

Ascending on the ridges to the *Pic de Bacanère*, you get 360°-views into the valleys on both the French and Spanish sides.

In both the *Hautes-Pyrénées* and the *Haute-Garonne*, the GR10 takes you across numerous, beautiful high-mountain valleys with an incredibly rich flora, with all kinds of wildflowers spreading out on the high meadows and pastures. Rhododendrons often cover the terrain like a seemingly endless carpet of all hues of red. Marmots can be seen regularly, whistling excitedly to warn their peers as you pass by on the trail.

up S, crosses a gravel track at a signpost (↑ 1,442m), then turns SE, becomes a comfortable meadow path and soon crosses a small stream (↑ 1,608m). After a small metal footbridge across a larger stream (↑ 1,740m) you reach a signpost ② with a cow's skull at a junction next to a fenced cattle-paddock. The emergency hut ☒ ♣ *Cabane Barbat* is 160m to the right (SW) of the signpost and 20m higher, it is the rear one (metal hut on the left) of the two huts.

☒ ♣ **Cabane Barbat**, shelters 6-8 P, wood floor, metal bedstead with dirty mattresses, water at stream NW of the hut. The metal hut is incorrectly labelled “*Cabane de Berger*”, but it is open.



At the signpost ②, the GR10 follows the meadow path around the cattle pen up NE, soon swings to the right and climbs SE very steeply in serpentine to the **Col d'Ilhéou** ③ at a distinctive red rock next to a small tarn, at the foot of the *Soum de Grum* (↑ 2,657m). In bad weather, from the *Col d'Ilhéou* you could follow the path going up along the slopes on the left to the **Crête du Lis**, from where you could descend to *Cauterets* by ☒ chairlift and ☒ cable-car. The path to the chairlift is included in the stage's GPX-tracks as a separate file (☞ Travel Info A-Z / GPS/GPX).

By chairlift and cable-car from the Col d'Ilhéou to Cauterets

If you want to go from the *Col d'Ilhéou* ③ to the chairlift (e.g. due to bad weather), take the path going up on the left side along the flanks of the *Soum de Grum* for 1.2km to the *Crête du Lis*. If you stayed on the GR10 past ③, the T-junction at ④ would be your next and last chance to get to the chairlift. Both paths to the chairlift are included in the stage's GPX-tracks as a separate file (👉 Travel Info A-Z / GPS/GPX). At the **Crête du Lis** (↑ 2,296m) you reach the 🚡 *Télesiège du Grand Barbat*, which takes you down to the upper terminal of the 🚡 *Télécabine du Lys* (↑ 1,850m), which goes down to *Cauterets*.

🚡 🚡 **Télesiège du Grand Barbat and Télécabine du Lys**, ☎ 05/62 92 50 50, 🌐 www.cauterets.com, 📅 01.07.-03.09. daily 9:30-17:15, combi-ticket for chairlift and cable-car from €16

Otherwise, to continue on the GR10 from the col ③, follow the well-marked trail eastwards downhill, past the spout-pipe of a ⚓ source in the ground, and 100m after that to a T-junction ④. To the right of the junction there are two huts about 50m off the path. The upper stone hut is a shepherd's hut, the lower metal hut is the open emergency hut ☒ ⚓ *Cabane d'Arras*.



The rust-coloured rock outcrop at the Col d'Ilhéou facing the Soum de Grum, is suited for a lunch break

☒ ⚓ **Cabane d'Arras**, shelters 3-4 P, 3 bedsteads, water from tap at exterior wall of stone hut above, or from spout-pipe 100m back directly on the GR10. ☹ In summer this hut, too, is mostly occupied by shepherds.

The path leading up to the left at the T-junction ④ is the last chance to go to the chairlifts (👉 infobox above).

The GR10, however, continues straight downhill, branches off to the right after 250m and descends in parts steeply to a junction on a small plateau (↑ 2,049m) at the *Gave d'Ilhéou*. The path branching to the left at the plateau would reconnect to the GR10 on a gravel track after 30 minutes and thus

shorten the stage by 15 minutes (the GPX-track of the shortcut is included in this stage's GPX-tracks, 📖 Travel Info A-Z / GPS/GPX). In bad weather, however, I recommend staying on the normal route as the *Refuge d'Illhéou*, where you can find protection, is only 25 minutes away.

Thus, follow the normal GR10 to the right at the plateau-junction, cross the stream and turn left to descend S on a rocky path to the 🏠 **Refuge d'Illhéou** 📍 by the **Lac d'Illhéou**.

🏠 **Refuge d'Illhéou**, at north shore of the *Lac d'Illhéou*, ☎ 05/62 92 07 18 (then dial option 2), 📞 06/79 08 20 64, 🌐 www.refuge-ilheou.csvss.fr, 📧 guilhem.garrigues@gmail.com, 🕒 25.05.-29.09., BO €18, HP €45, D €19, B €8, LP €10, 🏠 €3, 22 SPs in DY, warm meals also 11:30-14:30, 🐾 allowed in back entrance, 📺. Superb view from the terrace of the refuge, of the *Courounalas* (⛶ 2,566m) towering above the south end of the lake.

⚓ **Aire-de-Bivouac**, on southeast shore of the lake, set up by the *Parc National de Pyrénées*, 10min walk

To continue on the GR10 follow the gravel track around the refuge to the left, to hike downhill above the east shore of the **Lac Noir**. Shortly after the *Lac Noir* the GR10 turns off to the right well-markedly (⛶ 1,890m) onto a path.



The Refuge d'Illhéou lies directly by the Lac d'Illhéou, with the mighty Courounalas towering in the back

This is where the shortcut from the plateau-junction mentioned above reconnects with the GR10. In bad weather, you could stay on the gravel track from here to *Cauterets*.

The normal route of the GR10, however, turns off to the right and continues on a path descending NE. After 400m (⛶ 1,820m) you descend on a short, very steep section (👉 slippery when wet) to the gravel track and follow it 80m to the right, where the GR10 forks to the left, well-marked. The path passes near the **Cascade d'Illhéou** and now runs over scree and rock, crossing the gravel track once more (⛶ 1,740m). After another 1.2km it reconnects with the gravel track (⛶ 1,520m) and follows it down to a junction 📍 just before the *Pont de Sabucs*.

Here the GR10 forks to the right, leaving the gravel track, follows a path to the right banks of the *Gave d'Ilhéou* (👉 some sections are slippery even in summer, sometimes large steps) and soon descends gently on meadow paths. At a barbed-wire fence on the left side, the GR10 forks off the current path to the left 📍 well-markedly and descends along the fence and a row of trees.

Shortly afterwards you pass two houses, reach a street (↑ 1,250m) and follow it down to the left. After 100m fork right onto a path that shortly takes you to a gravel track which you follow downhill to the right. Following the blazes you soon pass underneath the cables of the cable-car, then reach a junction where the GR10 forks off the track to a path on the left (↑ 1,215m). The path descend in serpentines NE through the forest towards *Cauterets*.

The path reaches a small road at a bridge over the *Gave de Cambasque* (↑ 1,120m). Follow the road to the right 10m to a T-junction at the right-bend of a major road and follow this road 250m downhill to a signpost (↑ 1,040m). Leave the road to the left and go steeply downhill on the forest path (👉 slippery when wet). Fork left at a junction of paths (↑ 985m) to descend along a stone channel to reach again the *Gave de Cambasque* at the outskirts of *Cauterets*. The waymarks direct you down to the right on a path along the stream, then on streets to the city centre with the *Office de Tourisme* of **Cauterets**.

Cauterets is a popular destination for hikers and other tourists. In addition to thermal baths, there are sports shops (where you can also find gas canisters with screw-type nozzles, hiking-maps, crampons) and coin-op laundromats. You can pay by card almost everywhere.

Cauterets (65110)






Office de Tourisme, Place Maréchal Foch, ☎ 05/62 92 50 50, 🌐 www.cauterets.com, 📧 infos@cauterets.com, 🕒 all-year daily 9:00-12:30 and 14:00-18:00

Gîte d'étape Le Beau Soleil, Rue du Maréchal Joffre 25 (300m SE of the *Office de Tourisme*), ☎ 05/62 92 53 52, 📞 06/61 10 27 21, 🌐 www.gite-beau-soleil.fr, 📧 gite.beau.soleil@orange.fr, 🕒 all-year, BO €20-30, HP €46-56 (no HP in the two weeks following Easter and All Saints, respectively), D €18, good B €8, LP €9, 36 SPs in MRs and DYs, 🏠, 🚰, 📶, 🐕.


I highly recommend this tastefully decorated, clean gîte with a quiet garden. The host couple Anouk and Yannick are very friendly. Breakfast and dinner are very good and copious.


Gîte Le Cluquet, Avenue du Docteur Domer 3 (1km NE of the *Office de Tourisme*), 📞 06/74 81 66 22, ☎ 05/62 92 52 95, 🌐 www.gite-lecluquet-cauterets.com, 📧 contact@gite-lecluquet-cauterets.com, 🕒 all-year, BO €11-17 in MR, €13-26 in


"Bungalow", €15-28 in small room or in "Bungalow with own washroom", 58 SPs (DY, MRs, and huts called "Bungalows" for 2-3 P each, but partly without own washrooms), , 


 There are also 5 TP's on the premises, TP €8/P. From 01.07.-31.08., so-called "Marabouts" set up by the gîte-proprietors are also available for lodging (large ready-made tents for 8-12 P each), BO €10-13/P.



 **Camping Les Glères**, Route de Pierrefitte 19 (700m N of the *Office de Tourisme*), ☎ 05/62 92 55 34, 🌐 www.gleres.com, ✉ camping-les-gleres@wanadoo.fr, 📅 15.12.-20.10., TP €9.75-11.20/tent with 1 P, each addl. P €5.10-6.05/night, 75 TP's, clean sanitary facilities with warm , 


 **La Cordée Ski-Trail-Montagne**, Rue de la Raillère 2 (50m S of the *Office de Tourisme*), ☎ 05/62 92 70 11, 🌐 www.ski-trail-gavarnie-cauterets.fr, ✉ lacordee65@orange.fr, 📅 Mo.-Sa. 9:00-12:30 and 14:30-19:00, Su. 9:00-12:30, sports shop with skiing, hiking and climbing equipment.


If snow conditions in stage 19 warrant crampons and you don't have your own, you can rent a pair here for €30 and drop them off at their main store at the end of  stage 19 in **Gavarnie**. You can check relatively up-to-date snow conditions (for the main cols and important sections of the GR10) on the website of the *Association des Amis GRdistes* at 🌐 <https://gr10.org/index.php/surveillance-ville-enneigement-sur-le-gr10>

 **Maison du Parc National des Pyrénées**, Avenue de la Gare (300m N of city centre, next to *Gare Routière*), ☎ 05/62 92 52 56, 🌐 www.pyrenees-parcnational.fr, 📅 Mo.-Fr. 8:30-12:30 and 14:00-17:00

 **Line 965** several daily runs to **Lourdes**, and to **Barèges** and **Luz-Saint-Sauveur** (change bus in *Pierrefitte-Nestalas*), ☎ 08/06 80 03 50, 🌐 www.lio-occitanie.fr, departures from old train station/*Gare Routière* (Avenue de la Gare). Connections from *Lourdes* by bus and train to **Tarbes** or **Pau**.

 **Navettes** (pay-shuttles) to and from the **Pont d'Espagne** ( stage 18), ☎ 05/62 94 10 78, 📅 07/89 07 76 10, ✉ actl@caralliance.fr, 📅 several daily runs from old train station/*Gare Routière* and city centre, timetables on 🌐 www.cauterets.com. One-way €5.50, round-trip €8.50.

 **City Cab**, free city-shuttles every 30-40min, ☎ 05/62 92 50 50, 🌐 www.cauterets.com, ✉ infos@cauterets.com, timetables and route map obtainable in the *Office de Tourisme*.

 **Taxi André Houssat**, ☎ 05/62 92 61 62, 📅 06/12 91 83 19, **Taxi Philippe** 📅 06/14 25 58 20

Stage 18: Cauterets – Refuge des Oulettes de Gaube

🕒 15.9 km, ⏱ 7 h, ⬆ 1,413 m, ⬇ 196 m, 📏 940-2,150 m, 📖 No. 04 Bigorre, No. 1647 OT Vignemale

0.0 km /	⬆ 940 m	● Cauterets	🏠 🚶 🚰 🏔 ✂ 🚰 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠 🏠
0.9 km / 30 min	⬆ 1,050 m	① Anciens Thermes de Pauze	🚶 🚶 🚶
3.4 km / 1 h 25 min	⬆ 1,050 m	② Thermes des Griffons	✂ 🚰
5.0 km / 2 h 20 min	⬆ 1,250 m	③ Cascade du Cerisey	
7.8 km / 3 h 40 min	⬆ 1,500 m	④ Pont d'Espagne	✂ 🚶
10.2 km / 4 h 45 min	⬆ 1,725 m	⑤ Lac de Gaube	✂
11.7 km / 5 h 15 min	⬆ 1,780 m	⑥ Cabane du Pinet	🏠 🌊
13.0 km / 6 h	⬆ 1,949 m	⑦ Cascade d'Esplumouse	
15.9 km / 7 h	⬆ 2,150 m	● Refuge des Oulettes de Gaube	🏠 ✂ 🏔

This stage first takes you along numerous roaring cascades, then through the sublime Vallée de Gaube and finally to the foot of the highest mountain in the French Pyrenees, the mighty Vignemale (⬆ 3,298m).

If you want, you can take a bus to the Pont d'Espagne ④ and from there take the chairlift to the Lac de Gaube ⑤ (📖 infobox “By bus and chairlift to the Lac de Gaube”). That way, however, you would miss out on beautiful sections between the Thermes des Griffons ② and the Lac de Gaube.

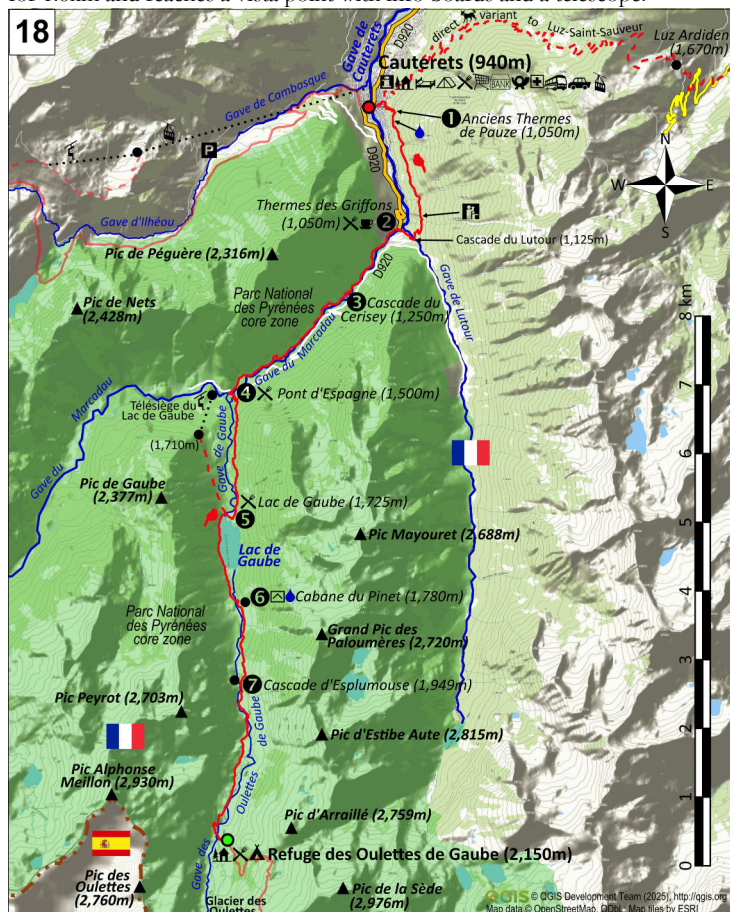
🐾 🐕 *Hikers with dogs should take the variant of the GR10 that goes directly to Luz-Saint-Sauveur (the destination of 📖 stage 20), since dogs are not allowed on the normal GR10-route of stages 18 and 19, as it passes through the core zone of the Parc National des Pyrénées (📖 infobox “Variant directly to Luz-Saint-Sauveur”).*

👋 Important notice for 2025:

The Refuge des Oulettes de Gaube, this stage's destination, informs that it will be closed for extensive renovation works from 31 August onward, and therefore will be completely inaccessible due to this for the rest of the year.

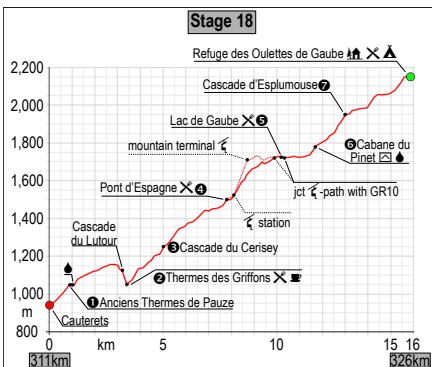
Therefore, if you happen to walk this stage during the closure periods of the refuge, I recommend continuing directly for another 2h 40min to the 📖 Refuge de Bayssellance, waypoint ③ of stage 19 (remember to make timely reservations there), which requires setting off from Cauterets accordingly earlier. Alternatively, if you have a tent, you could camp in the bivouac zones around this stage's destination, but would then need your own provisions.

From the *Office de Tourisme* in *Cauterets* walk NE through the *Allée du Parc* towards the **Thermes de César**. Going up the stairs to the left of the spa building, you go behind the thermal baths. Here the GR10 climbs well-markedly on a forest path in hairpin-bends SE. At the **Anciens Thermes de Pauze** ❶ the path climbs around the left side of the building, then turns right (S) at its backside. Passing by a ♠ spring after 150m, the path climbs moderately for 1.6km and reaches a vista point with info boards and a telescope.



After another 200m, fork right (↑ 1,170m) to descend to the **Cascade du Lutour** (↑ 1,125m). After the bridge at the waterfall, the trail turns right and descends to the bridge ② at the **Thermes des Griffons**. You can get refreshments in various ✕ restaurants and ☕ cafés at both ends of the bridge.

Cross the bridge over the *Gave du Marcadon* and, immediately after it, enter the parking lot on the left. At the signpost at the left end of the parking lot, follow the **Sentier des Cascades** heading towards the *Pont d'Espagne*.



Soon entering the core zone of the *Parc National des Pyrénées*, the GR10 climbs up steeply along the right bank of the *Marcadon* river through the *Val de Jéret*, past the spectacular **Cascade du Cerisey** ③ and many more roaring cascades. At the **Pont d'Espagne** ④ you can refresh yourself in the ✕ restaurant before continuing.

✕ **Hôtellerie du Pont d'Espagne**, Pont d'Espagne, ☎ 05/62 92 54 10, 🌐 www.hotel-du-pont-despagne.fr, 📅 May-Sep. daily all-day, menus €15-25, salads, omelettes, sandwiches, etc., 📍

If you want to take the 🚡 chairlift from the *Pont d'Espagne* to the *Lac de Gaube* (👉 infobox below), follow the path at the left side of the restaurant 300m.

By bus and chairlift to the Lac de Gaube

You can use public transportation to save time and energy if you want.

There are 🚌 pay-shuttles (*Navettes*) from **Cauterets** via the *Thermes des Griffons* ② to the *Pont d'Espagne* ④. You would save ➡ 7.8km, ⬆ 689m,

↓ 129m, ⌚ 3h 40min minus the travel time of the *Navette* (approx. 25-30min). But keep in mind that by using the shuttles you would miss out on the many spectacular cascades between ❷ and ❹.



Navettes Pont d'Espagne, ☎ 05/62 94 10 78, 📠 07/89 07 76 10, 🌐 www.cauterets.com, ✉ infos@cauterets.com and act1@caralliance.fr, departures at the *Gare Routière* (bus terminal in old train station) and *Centre-Ville* (*Esplanade des Oeufs*), 🕒 daily 10:00-16:00 every 2h, one-way fare €5.50

Near the *Pont d'Espagne* you'll find the valley terminal of the 🚡 chairlift that goes up to just before the *Lac de Gaube* ❸. The chairlift-ride up to the mountain terminal takes 12min, walking from the mountain terminal to the *Lac de Gaube* another 15min. You would save ➡ 0.8km, ⬆ 210m, ⬇ 0m, ⌚ 45min (minus the travel time of the chairlift).



Télesiège de Gaube, valley terminal 300m W of the *Pont d'Espagne*, ☎ 05/62 92 50 50, 🌐 www.cauterets.com, ✉ infos@cauterets.com, 🕒 18.05.-01.10. daily 9:45-17:15, €16

Else, to stay on the regular GR10 at ❹, cross the *Pont d'Espagne*, fork right after 70m and follow the path above the *Gave de Gaube* southwards. Passing the *Lac des Huats* (⬆ 1,670m) in the forest about halfway, and going over big, smoothly withered rocks with bizarre patterns from trees' roots on them, you eventually get to the northeast banks of the **Lac de Gaube** and to the ✂ **Restaurant Lac de Gaube** ❸.






Restaurant Lac de Gaube, Lac de Gaube, 📞 06/74 51 56 28, 🕒 mid-May - end of Sep. daily 9:00-18:00, hot/cold plates and menus from €15

Just before the restaurant the GR10 turns right, circles the north end of the lake, then follows its west shore S. 500m after the southern end of the lake you cross the *Gave des Oulettes de Gaube* on a small footbridge to the left (⬆ 1,770m). About 100m after the bridge, now out of the forest, a path branching off to the left would take you to the emergency hut 🏠💧 **Cabane du Pinet** ❹ about 50m off the trail.



Cabane du Pinet, shelters 4-6 P, stone hut ca. 50m to the left of the trail, concrete floor and platform, fireplace, water at stream nearby

Continuing above the left bank of the stream uphill through the sublime *Vallée de Gaube*, you pass the upper end of the **Cascade d'Esplumouse 7** and, after another 600m, cross the stream over a small footbridge to the right (↑ 1,980m). By now, impressive views are revealed of the **Pic d'Estibe Aute** (↑ 2,815m) and the **Pic d'Arrailé** (↑ 2,759m) on the left side, and the gigantic rock wall of the *Vignemale*-massif closing off the end of the valley, consisting of the impressive **Vignemale** (↑ 3,298m), the **Piton Carré** (↑ 3,197m), the **Pointe Chausenque** (↑ 3,204m) and the **Petit Vignemale** (↑ 3,032m). You cross the *Petites Oulettes* wetlands, soon climb up steeply over rocks and reach the    **Refuge des Oulettes de Gaube** perched on a rocky knoll above the wetlands.


The terrace of the refuge offers a magnificent view of the north walls of the *Vignemale*-massif towering more than 1,000m tall above the flat wetlands of the valley. The *Glacier des Oulettes* is centered at the foot of the rock wall, the Y-shaped *Glacier du Petit Vignemale* can be seen at the upper left below the *Petit Vignemale*. At sunset and sunrise the summits glow magically in hues of yellow and red with the last and first rays of the sun.



From the Refuge des Oulettes de Gaube you have a fantastic view on the Vignemale-massif

Important notice for 2025:

The *Refuge des Oulettes de Gaube*, this stage's normal destination, informs that it will be closed and therefore completely inaccessible from 31 August 2025 until the end of the year due to extensive renovation works.

Therefore, if you happen to walk this stage during the closure periods of the refuge, I recommend continuing directly for another 2h 40min to the  *Refuge de Bayssellance*, waypoint **3** of stage 19 (remember to make timely reservations there), which requires setting off from *Canterets* accordingly earlier. Alternatively, if you have a tent, you could camp in the bivouac zones around the *Refuge des Oulettes de Gaube*, but would then need your own provisions.



Refuge des Oulettes de Gaube (FFCAM), ☎ 09/88 18 41 46, 🌐 <https://refugeoulettesdegaube.ffcam.fr>, 📧 refugeoulettesdegaube@ffcam.fr, 📅 all-year (service-period 24.02.-28.04. and 17.05.-13.10.), BO €26.50 during service-period (else €8), HP €57.38, AC-members BO €13.25 and HP €44.13 during service-period, D €21, B €9, LP €11, 95 SPs in 5 DYs, warm 🌡 €3 (token), winter room with 30 SPs and fireplace (but no running water, no 🚽)

📌 **Note:** The refuge is closed from 31 August 2025 until the end of the year for renovation, therefore neither any of the services listed above will be available during the closure period, nor sanitary facilities. See notice above in main text for detailed info and alternatives.



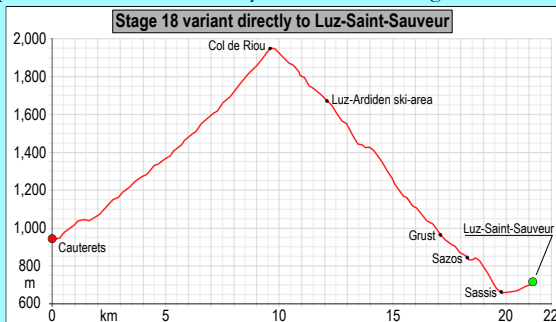
There are designated free bivouac zones near the refuge. The sanitary facilities of the refuge may be used. If you want to bivouac but still get meals in the refuge, you have to order in advance by telephone.

Variant directly to Luz-Saint-Sauveur

Hikers with 🐕 dogs should take the variant of the GR10 that goes directly from *Canterets* to *Luz-Saint-Sauveur* (the destination of 📍 stage 20). The reason being that dogs are not allowed at all in the core zone of the *Parc National des Pyrénées* (PNP, see more details about regulations in 📖 Travel Info A-Z / National parks). Here in stage 18 the trail enters the core zone of the PNP directly after waypoint ②, and leaves it only at the end of stage 19. Hikers without dogs are of course also free to take this shortcut if they wish.

The variant is shown in the map of stage 18 as a dashed line until *Luz-Ardiden*, a ski-area. The remainder from *Luz-Ardiden* to *Luz-Saint-Sauveur* is shown in map 20-2 of stage 20. In IGN-maps 1647 OT and 1748 OT it is designated as “GR 10 variante”.

Leaving *Canterets* north-eastwards, the variant gradually turns E and proceeds with a predominantly E bearing for the most part. Reaching its highest point, the *Col de Riou* (📏 1,950m), about halfway, it then descends to the ski-



area *Luz-Ardiden* (⬆ 1,670m). In the last quarter the variant continues with a predominantly SE bearing, passing through the villages *Grust*, *Sazos* and *Sassis* before reaching *Luz-Saint-Sauveur*.

I have included a GPX-track for the variant in the GPX-files for stage 18 (👉 Travel Info A-Z / GPS/GPX). Since the variant is already long as it is, I have modified its end after *Sazos* compared to the course of the variant in the IGN-maps, in order to avoid the unnecessary long climb and redescent at the end.

Approximate key figures for the variant modified by me are:

➡ 21.2km, ⬆ 1,111m, ⬇ 1,325m, ⌚ 9h.

If you take this variant I recommend taking advantage of the day saved thus, by taking a bus from *Luz-Saint-Sauveur* to *Gavarnie* for a day-hike to the spectacular *Cirque de Gavarnie* (👉 stage 19). Just remember to not miss the last bus back from *Gavarnie* to *Luz-Saint-Sauveur*.

Stage 19: Refuge des Oulettes de Gaube – Gavarnie

📍 19.5 km, ⏱ 8 h 30 min, ⬆ 879 m, ⬇ 1,533 m, 📏 1,495-2,734 m, 📖 No. 04 Bigorre, No. 1748 OT Gavarnie

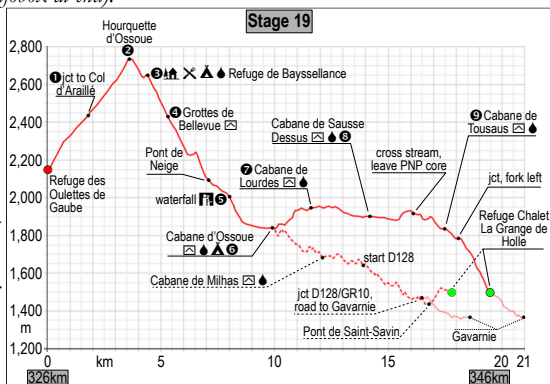
0.0 km /	⬆ 2,150 m	● Refuge des Oulettes de Gaube 🏠 ✂ ⚓
1.8 km / 1 h 10 min	⬆ 2,435 m	① Junction to Col d'Araillé
3.6 km / 2 h 20 min	⬆ 2,734 m	② Hourquette d'Ossoue
4.4 km / 2 h 40 min	⬆ 2,651 m	③ Refuge de Baysseance 🏠 ✂ ⚓
5.3 km / 3 h 15 min	⬆ 2,430 m	④ Grottes de Bellevue ☑
8.0 km / 4 h 30 min	⬆ 2,005 m	⑤ Waterfall 🌊
9.9 km / 5 h 10 min	⬆ 1,840 m	⑥ Cabane d'Ossoue ☑ ⚓ ⚓
11.6 km / 5 h 50 min	⬆ 1,947 m	⑦ Cabane de Lourdes ☑ ⚓
14.2 km / 6 h 30 min	⬆ 1,900 m	⑧ Cabane de Sausse Dessus ☑ ⚓
17.5 km / 7 h 30 min	⬆ 1,835 m	⑨ Cabane de Tousaus ☑ ⚓
19.5 km / 8 h 30 min	⬆ 1,495 m	● Refuge Chalet La Grange de Holle 🏠 ☑ ⚓
(Gavarnie 🏠 🏠 🚚 ☑ 🚚 ✂ ✂ 🚚 🚚 📏 11)		

This stage takes you across the highest point of the normal route of the entire GR10, the Hourquette d'Ossoue ② saddle, past the Petit Vignemale and past the highest serviced refuge in the entire Pyrenees, the Refuge de Baysseance ③.

The breathtaking views during the ascent and the wonderful, green landscape of the Vallée d'Ossoue on the descent make for a very memorable stage. Remember to bring warm clothing, as the higher sections can be cold and partly snowy even in midsummer.

The village Gavarnie, 1.5 km past the stage destination, is worth a quick visit or even an overnight stay (📖 infobox at end).

From the refuge, the GR10 climbs up in a south-easterly direction, with the magnificent, more than 1,000m high north wall of the Vignemale-massif and the Glacier des Oulettes always in sight. The path, going mostly on

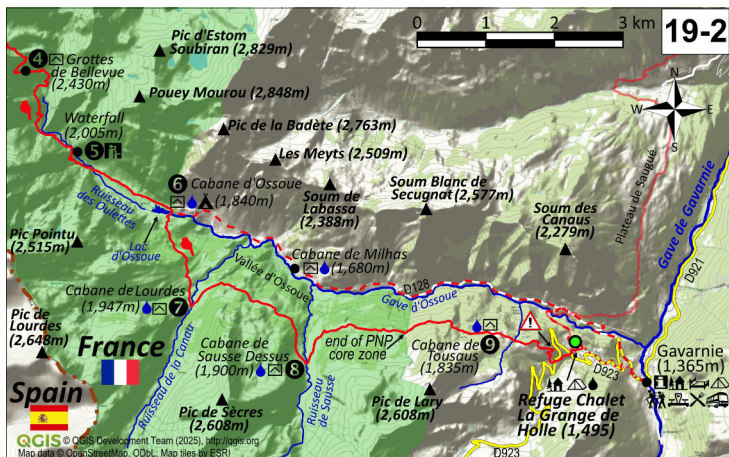




rocks and scree, climbs up partly with large steps, forks left at 2,255m altitude, and immediately turns S again. 200m after that it makes a hairpin-turn northwards (↑ 2,300m), then turns E after another 250m and now climbs up very steeply in serpentine.

From here onward, most of the path is marked only with cairns which are not always easily recognizable in the rocky, craggy terrain, but the path is well discernable. Some sections of the path and waymarks can be covered by snow fields even in midsummer. Use the traces of other hikers as a guide to avoid

breaking through into cavities under thin covers of snow, and use your hiking poles to secure yourself against slipping. At these altitudes, sudden changes in weather with thunderstorms and hail are possible even in midsummer.



You come to a junction ❶ with a signpost where the path branches off towards the **Col d'Arrailé**. But the GR10 turns to the right in the direction of *Bayssellance*, and soon you also get a good, close look at the *Glacier du Petit Vignemale* higher up and on the left side of the rock wall. Climbing steadily S, soon across extended snow- and scree-fields and along the glacier, you reach the highest point of the entire GR10 (not considering variants), the **Hourquette d'Ossoue** ❷ saddle directly below the *Petit Vignemale*.

The reward is a breathtaking panorama of the *Petit Vignemale*, the *Pointe Chausenque*, the *Piton Carré* and the *Vignemale* in one line, and the mountain ranges along the Spanish border in the west. You might even see folks climbing up the ridge of the *Petit Vignemale*.

The impressive view from the Hourquette d'Ossoue



Ahead and further down you can already see the 🏠 ✂️ ⚠️ 💧 **Refuge de Bayssellance** ❸, the highest serviced refuge in the entire Pyrenees. From the saddle, descend E in serpentines to shortly get to the refuge. On the east side of the refuge there is a 💧 water tap.

🏠 ⚠️ **Refuge de Bayssellance (FFCAM)**, ☎ 09/74 77 66 52 (off service-period 🕒 06/88 29 89 60), 🌐 <https://refugebayssellance.ffcaml.fr>, ✉ refugebayssellance@ffcaml.fr, 🗓 all-year (service-period mid-May - mid-Oct.), BO €26 during service-period (else €8), HP €56.75, AC-members BO €13 and HP €43.75 during service-period, D €22, B €8, LP €11, 58 SPs in 6 DYs, 💧 water available at tap outside and in 🚽 (except in winter), ✂️ warm/cold plates mid-day €6-12, winter room with 19 SPs and fireplace (but no running water, no 🚽).

⚠️ Bivouacking is permitted free of charge near the refuge. If you bivouac, advance reservations by telephone are required for dinner and breakfast.

⌚ For many hikers, especially in the high season, the refuge is the starting point for a climb to the *Vignemale* or the *Petit Vignemale* and is therefore fully booked early. You should therefore make a reservation at least one week in advance. You can only reserve online!

From the refuge, the GR10 descends steeply SE and offers a splendid view of the *Pouey Mouron* (↑ 2,848m) in the southeast and the south face of the *Vignemale*-massif with its *Glacier d'Ossoue* in the west. At a junction (↑ 2,465m) at which a climb to the *Vignemale* branches in a south-westerly direction, the GR10 turns to the left and soon passes by the ☒ **Grottes de Bellevue** ④, with a pretty sundial on the rockwall. These are three doorless caves hewn into the rock that can serve as emergency shelters for 10-15 people in bad weather. Between 1881 and 1893, the French-English Count *Henry Russell* had a total of seven such caves carved into the rocks in the vicinity of the *Vignemale* — as accommodations for his mountain tours and as emergency shelters.



The Barrage d'Ossoue

From the *Grottes de Bellevue* the path descends E, soon turns S (☞ watch out not to break through melt-water cavities under snow fields) and offers a magnificent view of the *Vallée d'Ossoue*. You pass an unnamed ☒ waterfall ⑤ and shortly afterwards turn left, heading SE.

Down in the valley, you cross a small footbridge (↑ 1,870m) across the *Ruisseau des Oulettes* to the left and follow the path SE through this wonderful mountain valley brimming with wildflowers, to the **Lac d'Ossoue**. At the end of this small reservoir, you reach the emergency hut ☒ ⬆ ⚙ *Cabane d'Ossoue* ⑥ on a small knoll directly above the dam wall.

☒ ⬆ **Cabane d'Ossoue**, shelters 4 P, stone masonry hut, concrete floor, water at the stream nearby. Next to the cabane, there is an ⚙ aire-de-bivouac.

In case of bad weather, you could follow the gravel track behind the cabane to shorten the stage (☞ infobox below).

Shortcut to shorten the stage and/or to go directly to Gavarnie

In bad weather, you could follow the gravel track (which becomes the paved D128 after about 4km) from the *Cabane d'Ossoue* ⑥ southeast towards *Gavarnie* to shorten the stage and/or visit the town. The total distance from the reservoir dam to *Gavarnie* is 9km (⌚ 3-4h, ⬆ 320m, ⬇ 760m). Two separate GPX-

tracks for this shortcut/variant are included in the GPX-files of this stage (👉 Travel Info A-Z / GPS/GPX): one going on the variant gravel track to the *Refuge Chalet La Grange de Holle* (the regular stage end), and an extension of it going directly on the road all the way to *Gavarnie* without passing by the refuge.

To take the shortcut, go behind the *Cabane d'Ossoue* ⑥ and follow the gravel track above the left bank of the *Gave d'Ossoue* 2.2km to reach the emergency hut ☒💧 *Cabane de Milhas* (⬆ 1,680m).

☒💧 **Cabane de Milhas**, shelters 4 P, concrete floor, fireplace, water at stream

The gravel track continues to follow the stream and after another 1.8km becomes the paved D128 (⬆ 1,640m). Follow the road for 2.6km until you reach a signpost at a gravel track branching off the road sharply to the right (⬆ 1,470m).

If you want to go to the *Refuge Chalet La Grange de Holle* (the regular stage destination), turn right onto the gravel track. At the first left bend of the track take the path branching off to the right, going down to the small footbridge *Pont de Saint-Savin* (⬆ 1,470m) across the *Gave d'Ossoue*. Fork left 50m after the bridge, climbing up into the forest and following the waymarks to backtrack along tomorrow's portion of the GR10 until you reach the refuge.

Else, to continue from the junction with the signpost directly all the way to *Gavarnie* (👉 details in infobox at end) without going to the refuge, stay on the D128 for another 2.1km downhill until you reach the *Office de Tourisme*.

To stay on the regular path of the GR10 at ⑥, go down to the right before the cabane and cross the small bridge just below the dam wall across the *Gave d'Ossoue*. Climbing back up on the right-hand side of the stream, turn left and follow the path S over green alpine meadows with wildflowers to the ☒💧

💧 *Cabane de Lourdes* ⑦.



The Cabane de Lourdes amidst beautiful mountain meadows

☒💧 **Cabane de Lourdes**, shelters 6 P, masonry hut, 4 bedsteads, table, water from stream nearby

Immediately after the cabane, cross a small footbridge over the *Ruisseau de la Canan*, fork left and follow the path heading NE. After about 500m the path gradually veers SE, and after another 2km takes you to the ☒ ● *Cabane de Sausse Dessus* ⑧.

☒ ● **Cabane de Sausse Dessus**, stone masonry hut, shelters 2 P, table, chairs, fireplace, water from stream nearby. ☹ Often occupied by shepherds in the summer.

After the cabane, cross the *Ruisseau de Sausse*, then turn left and take the upper of the two paths, going NE again. After ca. 500m the path swings E. Going about another 1.2km you cross a small stream (↑ 1,915m) and leave the core zone of the *Parc National des Pyrénées*. Approximately 1.3km after that you pass by a ● source on the right side of the path, and 100m after the source you reach the ☒ ● *Cabane de Tousaus* ⑨.

☒ ● **Cabane de Tousaus**, shelters 2 P, stone hut, one table, two benches, water from source 100m before on the GR10

Fork left ca. 20m after the cabane, onto a path that descends E but shortly turns SE. 500m after the cabane and about 170m after a stream, you come to a junction (↑ 1,785m) and follow the left-side path 120m to the northeast. The path then turns to the right and descends steeply and partly through undergrowth to the D923.











The Refuge Chalet La Grange de Holle


☞ Caution: There are very high, sheer cliffs to the left of the path. If you have trouble discerning the path due to the dense shrubbery or possible fog, or in case of doubt, I advise proceeding by bearing rather to your right side until you reach a slightly higher section of the D923 than you'd reach on



the regular path.


Reaching the street near a GR10-signpost (↑ 1,610m), go 20m to the left, then cross the street and follow the GR10 turning off downhill to the right. Cross the street again after 300m (↑ 1,520m) and follow the path down 200m

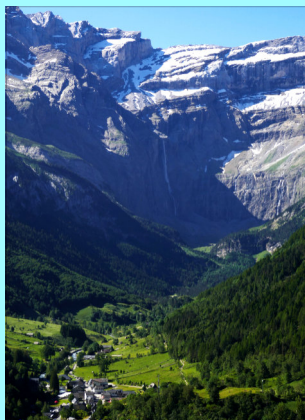
to the stage destination, the    **Refuge Chalet La Grange de Holle** (↑ 1,495m).

 **Refuge Chalet La Grange de Holle (FFCAM)**, above *Gavarnie*, ☎ 05/62 92 48 77,  <https://chaletlagrangedeholle.ffcam.fr>,  chaletlagrangedeholle@ffcam.fr,  all-year except 01.04.-30.04. and 01.11.-25.12., BO €16.50, HP €44.75, AC-members BO €11.55 and HP €40.55, D €20 (addl. “*taxe hors sac*” fee of €10 if no D or HP taken), B €8, LP €10, 62 SPs in DYs, warm , no winter room,  only in garden,  Meals have to be pre-ordered by telephone.  If you don't check-in by 18:00, your reservation may get cancelled. If you feel that you might be running late, I advise trying to call the refuge ahead of time (you may have mobile reception from the *Cabane de Tousaus* onward).

 In a pinch, you may camp in the garden of the refuge, price upon enquiry (free if you eat D and B in the refuge). If you want to camp and eat D or B in the refuge, you have to pre-order the meals by telephone a few days ahead.

If you want to, or if the refuge is fully booked, you can continue descending from the refuge to *Gavarnie* (ca. 1.5km). You can stay the night or take a day of pause for an excursion to the  **Cirque de Gavarnie** (UNESCO World Heritage Site since 1997) with the  **Grande Cascade**. With a drop of 422m, the waterfall is one of the largest in Europe. The walls of the *Cirque* rise 1,500m from the valley floor. In the high season, the village is a popular destination for tourists from all over the world.

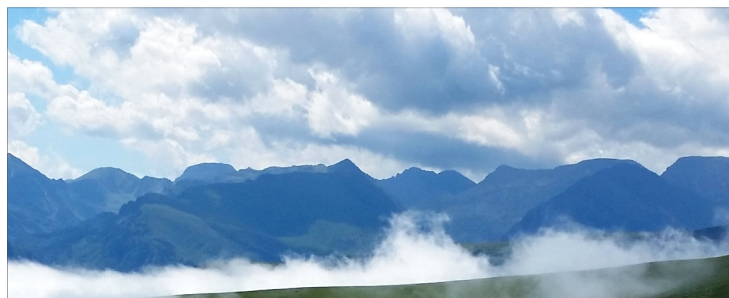
 An excursion to the *Cirque* and back will take you at least 3 hours, and if you stay overnight, tomorrow's already long stage will be lengthened by 1.5km.



The breathtaking Cirque de Gavarnie, UNESCO World Heritage Site

To descend from the refuge to *Gavarnie*, follow the gravel track in front of the refuge down to the D923. Follow the road 650m downhill, past a sharp left-bend of the road, to a junction (↑ 1,400m). Fork sharp right onto a path going downhill to the D128 and follow this road 200m to the right to the *Office de Tourisme* (↑ 1,365m). A separate GPX-track for the descent from the *Refuge*

Pages 189-238
not included in Read Sample



Section 3 Stage-by-Stage: Pyrénées-Ariégeoises

➡ 240 km, ⌚ 118 h, ⬆ 16,594 m, ⬇ 16,482 m, ⬆ 532-2,470 m



Wisps of fog roll across the Col du Sasc (stage 41), giving the landscape a mystical touch. Fog is a frequent companion on the trail in the Ariège, due to the deep-cut valleys, dense, humid forests and the Atlantic dominating the weather.



The **Pyrénées-Ariégeoises**, or simply the *Ariège*, is the most remote part of the Pyrenees trail. If it wasn't for the gîtes d'étape and the serviced refuges at the ends of the stages (note that stages 31, 32, 34 and 41 end in unserviced emergency huts), you could go for days on end almost without seeing a single soul. The GR10 mostly goes through the *Parc Naturel Régional des Pyrénées-Ariégeoises*, characterized by its dense, dark forests and deep cut valleys into which you descend repeatedly. Most climbs and descents in this part of the GR10 are the steepest on the whole trail. This is also the section with the most total elevation differences. To me personally, this makes it also the physically and mentally most challenging part.

Due to the humid climate, fog and rain are your regular companions. Walking through protected forests where nature is left to itself, branches of trees are often covered with thick, fluffy moss, and fungi grow out of rotten branches and tree trunks lying on the ground, leaving you with a sense of being in an enchanted forest. Ferns often grow man-high. But when the trail ascends to above the tree line, the views are extensive and fascinating, such as the view of the *Cirque de Cagatelle* or of the *Étangs de Fontargente*, or the views from the precipitous *Crête des Isards*. In the last few stages of the *Ariège* section, the GR10 passes very close to the border of the Principality of Andorra.

Wild boars and brown bears have made the *Ariège* their main home in the Pyrenees. You cross high alpine pastures where large herds of sheep and goat cover complete flanks of mountains. *Mérens* horses with their elegant, jet-black fur roam the pastures and lakesides freely. Some towns and road-passes along the trail are regular venues of the *Tour de France*, the world-famous bicycle race.

Stage 30: Refuge de l'Étang d'Araing – Eylie d'en Haut

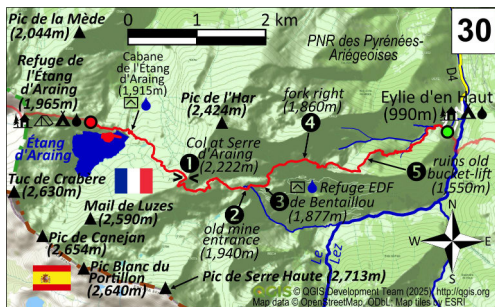
🕒 7.9 km, ⏱ 4 h 50 min, ⬆ 354 m, ⬇ 1,330 m, ⚖ 990-2,244 m, 📖 No. 06 Couserans/Val d'Aran, No. 1947 OT Aspet

0.0 km /	⬆ 1,965 m	● Refuge de l'Étang d'Araing 🏠 🏔 🌧
2.0 km / 1 h 30 min	⬆ 2,222 m	❶ Col at Serre d'Araing
3.7 km / 2 h 20 min	⬆ 1,940 m	❷ Old gallery entrance of the Mines de Bentaillou
4.0 km / 2 h 30 min	⬆ 1,877 m	❸ Refuge EDF de Bentaillou 🏠 🌧
4.9 km / 2 h 45 min	⬆ 1,860 m	❹ Unmarked jct, fork right from gravel path
6.1 km / 3 h 30 min	⬆ 1,550 m	❺ Ruins of old bucket-lift terminal
7.9 km / 4 h 50 min	⬆ 990 m	● Eylie d'en Haut 🏠 🏔 🌧

A short stage with beautiful panoramas awaits you today. Some steep sections can be very slippery when it rains. The route is poorly marked between the Refuge de Bentaillou ❸ and the ruin of the old bucket-lift terminal ❺, so I advise using the GPX-track provided (👉 Travel Info A-Z / GPS/GPX)

The GR10 descends from the refuge SE to a junction (⬆ 1,893m) below the dam wall of the *Étang d'Araing*. The path to the left would take you down to *Biros*, the GR10 follows the path going uphill to the right. After 120m you pass by the emergency hut *Cabane de l'Étang d'Araing* (⬆ 1,915m, 👉 details in stage 29) and climb up steeply in hairpins on high meadows with lush green grass and carpets of rhododendron. Eventually you reach the **Col at Serre d'Araing** ❶ with the ruins of an old bucket-lift terminal, and the impressive crags of the SW-ridge of the *Pic de l'Har* (⬆ 2,424m) on the left.

At the col the GR10 first goes 120m uphill to the right on a ridge, then forks to the left of the ridge. After another 30m the path turns sharp left (⬆ 2,235m).



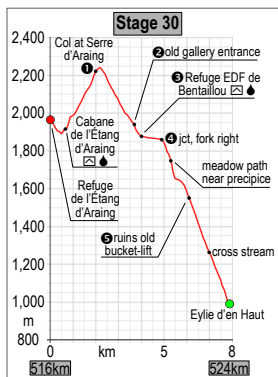
You now descend on meadows, generally E but with numerous changes in direction, towards the ruins of the old mine buildings below, which are already in sight. Looking south you have an awesome panoramic view of the mountain ranges along

the French-Spanish border. Turning right at an old concrete wall at the signpost *Bentaillou Aqueduc* (↑ 1,951m), then left again after 20m, you soon pass by an old mining-gallery entrance ② (on the right and 20m below the path), which can offer protection in the event of a thunderstorm.



Sheep grazing on the slopes above the ruins of the Anciennes Mines de Bentaillou

Immediately afterwards follows a short but very steep section descending NE among the ruins of old mining structures and rails, which is muddy even in midsummer. It can be very slippery, especially when wet, and requires a great deal of sure-footedness.



After the steep section the path turns E again and you shortly reach the ruins of the **Anciennes Mines de Bentaillou** and some buildings of the utility company EDF (*Électricité de France*). As soon as the path flattens out, the emergency hut ☒ ● *Refuge EDF de Bentaillou* ③ is 30m to the right of the path, directly behind the large ruin. It's the solid bothy with lattice bars at the windows and a small, walled porch at the side with the door.

☒ ● **Refuge EDF de Bentaillou**, shelters 5 P, solid bothy with lattice bars on windows and small walled porch, fireplace, table, bench, bedsteads, ● faucet at a stone trough at the corner of the neighbouring stone building next to the path. The bothy is sometimes used by shepherds in the summer. There is a signplate on the locked door with an EDF emergency number (☎ 05/61 96 26 00), which probably serves to get info about where to find the door key.

After the mine ruins and the signpost *Bentaillou Mines*, the GR10 turns to the left (N). Crossing a small stream after 150m (↑ 1,875m) the trail veers NE and continues 650m on a flat, initially wide but later narrower, gravel and dirt path along the slopes to an unmarked bifurcation ④ that can easily be missed.

Taking the narrow path to the right, you descend in partly very steep switch-backs, at first SE.

The fog amplifies the already eerie aura of the ruins of the old mine buildings.



left going downhill SE. After 60m stay straight along the slope (↑ 1,640m) on the less distinct path, do not take the misleading path descending to the large concrete foundations of a ruin on the left. Continue 120m until you reach the far end of the ruins, then branch off half-left (↑ 1,630m).

After another 120m E the path turns sharp left at 1,620m altitude and continues to descend, gradually turning NE. Soon you pass by the ruins of an old bucket-lift terminal ⑤, from where you can already see *Eylie* in the valley and have a good view of the slopes to be climbed on tomorrow's stage. Descending steeply NE into the forest, the path crosses a stream (↑ 1,260m) and follows its right-hand bank downhill NE to **Eylie d'en Haut** 🏠 ⚠️ 💧. The *Gîte d'étape d'Eylie* is located 30m to the right of the stream and footbridge, directly on the GR10. A 💧 water tap is located directly in front of the gîte.


Weather vane at the Gîte d'étape d'Eylie



🏠 **Gîte d'étape d'Eylie**, ☎ 05/61 96 14 00, 📞 06/83 59 65 28, 🌐 <https://giteseylie.jimdo.com>, ✉ taranne.elsa@neuf.fr and gite.eylie@wanadoo.fr, 📅 mid-May - end of Sep., 🏠 €19, 🍷 €48, 🍷 €20, 🍷 €8, 🍷 €12, 14 SPs in DYs, 🐕 🐶 only outside, common meals taken in dining annex of host family's house (by the houses above in the village). Small sale of cheese and sausages.

The friendly host family Elsa, Nelly and Claude can provide detailed information on the availability of the gîtes on subsequent stages. In addition, Claude has a small

mining "museum" in the dining annex and is author of books on the old mines (now ruins) and their workers.

Check out also the cool, humorous figures made of felt (including animals, food items, etc., my favourites are the rats), that are at display in the dining annex of the host family. They are all handmade by local artist *Birgit Nägelke* ( <http://birgitnagelke.free.fr>) and are available for purchase.



Aire-de-Bivouac communal, 300m SE below the gîte, directly on the GR10, small cleared area for 5-6 tents, free. If you plan to bivouac here but would like to dine at the gîte, call the gîte a few days in advance for dining reservations.

Stage 31: Eylié d'en Haut – Cabane du Trapech du Milieu (uns.)

📏 16.3 km, ⌚ 9 h 50 min, ⬆️ 1,681 m, ⬇️ 1,119 m, ⚖️ 949-1,821 m, 📖 No. 06 Couserans/Val d'Aran, No. 1947 OT Aspet, No. 2048 OT Aulus-les-Bains

0.0 km /	⬆️ 990 m	● Eylié d'en Haut 🏠 ⚓ 🔱
4.1 km / 3 h	⬆️ 1,665 m	① Abri sous le Col de l'Arech 🏠, junction
5.0 km / 3 h 30 min	⬆️ 1,802 m	② Col de l'Arech
6.6 km / 4 h 10 min	⬆️ 1,638 m	③ Cabane de l'Arech 🏠 🔱 🌿
8.2 km / 5 h	⬆️ 1,312 m	④ Crossing Ruisseau de l'Arech 🔱
9.6 km / 5 h 40 min	⬆️ 1,104 m	⑤ Junction to Cabane de Graüllès 🏠 🔱
12.9 km / 7 h 50 min	⬆️ 1,540 m	⑥ Cabane de Besset 🏠 🔱
14.2 km / 8 h 50 min	⬆️ 1,821 m	⑦ Cabane du Clot du Lac 🏠
15.4 km / 9 h 25 min	⬆️ 1,730 m	⑧ Junction to Cabane du Trapech d'en Haut 🏠
16.3 km / 9 h 50 min	⬆️ 1,550 m	● Cabane du Trapech du Milieu 🏠 ⚓ 🔱

This stage with two ascents leads over numerous high pastures and offers great views. It ends at an unserviced emergency hut. The source at the Cabane de Besset ⑥ can be dry in summer, so you shouldn't rely on it when planning your water needs.

The GR10 follows the path in front of the gîte downhill to the right, past the aire-de-bivouac, and crosses a small wooden bridge over the *Lez* stream (⬆️ 949m). After the wooden bridge, the GR10 follows the gravel track 50m to the right, then turns left well-marked onto a path.

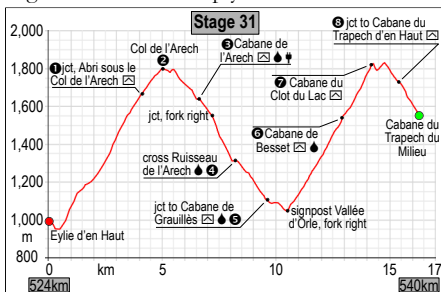


The path climbs NE and slowly rotates SE from about 1,150m altitude. From ca. 1,260m altitude it climbs steeply SE through a beautiful forest in tight switchbacks, the slope easing up a little bit from

1,375m altitude and turning SW. At 1,500m altitude it leaves the forest, now climbing again in hairpins steeply SE until it reaches the emergency hut 🏠 *Abri sous le Col de l'Arech* ①.

- ☒ **Abri sous le Col de l'Arech**, shelters 2-4 P, stone hut, no door, roof partly leaking, scattered rock piles to sit on the otherwise naked ground, generally just adequate as cover from a thunderstorm

20m to the left of the hut you reach a junction with a wooden signpost. The GR10 follows the path to the right and climbs steeply SE 280m to another junction (↑ 1,718m). Here you fork left towards the old, waymarked steel mast, for a moderate climb 500m E to the signpost at the **Col de l'Arech** ②. Turning left at the col the path goes 300m N along the ridge to an outcrop of rocks (↑ 1,800m) from where you can see the emergency hut ☒ *Cabane de Lasplanous* (↑ 1,838m) on the hill straight ahead in ca. 300m distance off the GR10.



- ☒ **Cabane de Lasplanous**, shelters 4 P, masonry hut, fireplace, table, bench, often used by shepherds in the summer



The Cabane de l'Arech has a water tap and electricity

From the rock outcrops the GR10 descends to a low saddle where the path forks. The path straight ahead would take you to the cabane. The GR10, however, forks half-right and climbs up NE along the right shoulder of the hill, turning E at the high point and redescending. If you look across the valley to your right (eastwards), you can see the next climb that awaits you and the next ridge you have to cross. Turning sharp right at about 1,745m altitude, you first descend S, then NE in a long switchback to the emergency hut ☒ ⚡ ⚡ *Cabane de l'Arech* ③ at the beginning of a gravel track. The left part is a shepherd's hut, the part on the right is for hikers.

- ☒ ● **Cabane de l'Arech**, shelters 5 P, stone masonry, fireplace, table, chairs, ♣ and electrical light, wooden platform, mattresses, faucet at exterior right wall of the hut

From the cabane, follow the gravel track 500m downhill to a well-marked junction (↑ 1,550m) with a signpost. Follow the path forking right, descending SE steeply in hairpins. The path soon enters the forest, forks right at 1,330m altitude to go 150m W almost flat and crosses the **Ruisseau de l'Arech** ④. Now descending SE again, you reach a junction ⑤ with a signpost for the emergency hut *Cabane de Grauillès* off the GR10. The path to the right would take you to the emergency hut ☒ ● *Cabane de Grauillès* (↑ 1,150m) in 300m distance at the upper edge of a clearing.

- ☒ ● **Cabane de Grauillès**, shelters 6 P, solid hut, fireplace, table, chairs, wooden platform, water at stream 100m E at lower edge of clearing

The GR10, however, turns left at the junction, crosses the wooden bridge over the river *Orle* (↑ 1,090m). Now follow a path to the left 400m, running NE across meadows, parallel to the river. At the signpost *Flouquet* (↑ 1,087m) continue straight.

450m after *Flouquet* the path crosses a tributary of the *Orle*, forks right at the signpost *Vallée d'Orle* (↑ 1,047m) and soon climbs up in steep hairpins through the forest. At the signpost *Bois*

Great views on the final descent



de Besset at 1,260m altitude fork left, turn sharp right after 40m and continue climbing in steep switchbacks. Leaving the forest at an altitude of 1,450m, the path goes 300m N, climbing moderately, then turns sharp right (S) climbing steeper, and after another 120m you reach the emergency hut ☒ ● *Cabane de Besset* ⑥.

- ☒ ● **Cabane de Besset**, solid hut, shelters 6-8 P, fireplace, table, benches, bedsteads, wooden platform, clean spring directly by the hut (but often dry in summer!)

After the cabane the path climbs up steeply 1.3km in a mix of shorter and longer switchbacks, but with a general E direction, to the emergency hut ☒ *Cabane du Clot du Lac* ⑦.

- ☒ **Cabane du Clot du Lac**, shelters 6 P, stone masonry hut, two rooms, woodstove, table, bench, wooden platform

Turn left at the cabane, pass the signpost, walk 120m downhill NE and then fork off sharply to the right (↑ 1,810m). The path runs 500m gently uphill along the slope, then 400m moderately downhill. At the signpost *Trapech d'en Haut* (↑ 1,756m) the path turns sharply to the left. After 150m, directly at the first right-turn hairpin, you reach an unmarked junction ⑧, from which the path straight ahead would take you 100m slightly uphill to the emergency hut ☒ *Cabane du Trapech d'en Haut* at the foot of the cliffs.

- ☒ **Cabane du Trapech d'en Haut**, shelters 2 P, stone hut, earth floor, low door




Cabane du Trapech du Milieu with a nice source

The GR10, however, turns sharp right at the unmarked junction, and switchbacks on meadows through the cirque steeply downhill with a north-east-erly orientation, until you reach the ☒ ▲ ● **Cabane du Trapech du Milieu** next to a cattle paddock and cattle trough with spout pipe.

- ☒ ● **Cabane du Trapech du Milieu**, shelters 4-8 P, stone masonry hut, two rooms, fireplace, clean wooden platform, clean spring at cattle trough with spout pipe next to hut, ▲ bivouacking possible on flat spots around hut

Pages 250-316
not included in Read Sample



Section 4 Stage-by-Stage: Pyrénées-Orientales

↻ 178 km, ⌚ 73 h, ↑ 8,513 m, ↓ 10,530 m, ± 0-2,380 m

Light-flooded, fragrant, coniferous forests and maquis characterise the Pyrénées-Orientales, as here at the Lac des Bouillouses shore (stage 45). The climate becomes more and more mediterranean as you move east, and chances for steadily warm, sunny days are high.



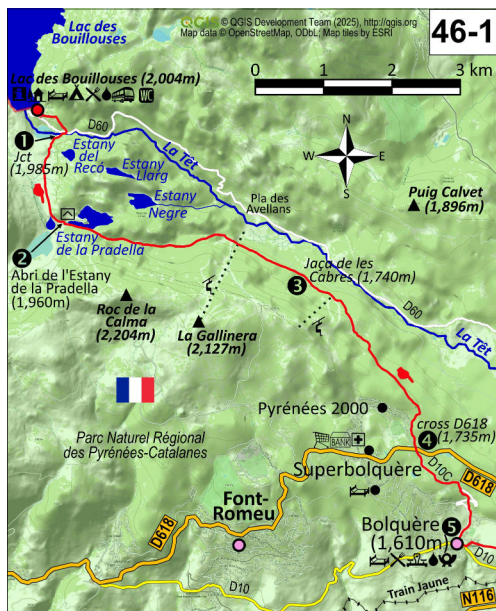
With the transition from the *Ariège* into the **Pyrénées-Orientales**, the Mediterranean climate quickly dominates, affording you the joy of lots of sunshine and steadier, warmer weather. The heavenly shores of the reservoir lake *Lac des Bouillouses* welcome you shortly after the transition. The first two-thirds of the GR10 in this section pass through the beautiful *Parc Naturel Régional des Pyrénées-Catalanes*, which was the first regional nature reserve in France. The flora of course is adapted to the Mediterranean climate, with fragrant, coniferous forests suffused with light and the shrubbery mainly consisting of maquis.

The *Puig Carlit*, 2,921m high and the highest mountain of this section, dominates the skyline of the first few stages. But soon you spot the “holy mountain” of the Catalans south and north of the border: the *Pic du Canigou* (Spanish: *Pico del Canigó*). Due to its distinct shape and exposed setting, it is visible on clear days even at more than 100km distance from the plains in France and Spain. Due to this, it was thought to be the highest mountain in the Pyrenees well into the 19th century. In stage 50, you can choose between the normal route of the GR10 or two variants. One variant crosses the peak of the *Canigou* at 2,784m altitude, offering a first view of the Mediterranean Sea. The other variant goes via the *Crête du Barbet*, climbing up to 2,712m.

Cultural and historical highlights along the trail and off the trail are numerous, such as the *Abbaye Sainte Marie* in *Arles-sur-Tech*, ruins of Roman settlements, or the fortifications built by the French military architect *Vauban* in the 17th century. Passing through the border town of *Le Perthus*, which nowadays is a noisy shopping hell, remember that *Hannibal* is said to have crossed the Pyrenees with his elephants here in 218 BC.

In stark contrast to their gradual rise out of the Atlantic, the Pyrenees seem to literally plunge into the Mediterranean Sea with a dramatic drop of more than 1,200m on the very last stage. Descending on rocky paths and scree, then past olive groves and vineyards, the GR10 finally takes you to the mosaic dedicated to this fantastic trail at the corner of the town hall of *Banyuls-sur-Mer*. From there, the beach is a mere 100m away to take off your boots and cool off your feet in the ocean.

Afterwards, I highly recommend spending a few days of rest and relaxation there at the wonderful *Côte Vermeille*, soaking up the “*savoir vivre*” and enjoying Mediterranean food and prized wines. When it’s time to return home, *Perpignan* is the hub where all means of transportation can be found.

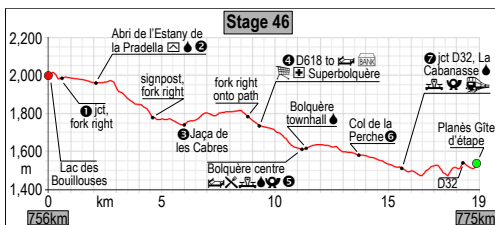



From the signpost after the emergency hut, follow the forest track along the right shore of the lake 400m to the left, in the direction of *Col del Pam*. The track then swings half-right at a signpost (\hat{u} 1,965m) towards *Pla des Aveillans* and into the forest, going primarily downhill from now on. At the junction with the signpost *Els Esquits* (\hat{u} 1,891m) continue to the left towards *Pla des Aveillans*, and at the next junction (\hat{u} 1,780m) half-right towards *Bolquère*. After another ca.


1.4km you reach the large junction at the *Jaja de les Cabres* ③.

Follow the forest track half-right uphill towards *Bolquère* through the forest for about 2.8km. After a left curve (\hat{u} 1,785m), the GR10 leaves the forest track and well-markedly forks right onto a path towards *Bolquère*, passes by some buildings of the ski resort **Pyrénées 2000** and reaches a large intersection on the D618 ④.

From here you could go to **Superbolquère** to the **Chambre d'Hôtes Les Ramiers** or to a large mall with a supermarket, both off the GR10. To go to the lodging, you would have to follow the D618 to the right (W) 500m uphill, then turn left into the *Avenue des Érables*. For the ATM in the supermarket you would have to follow the D618 for a total of 800m uphill W.





 **Chambre d'Hôtes Les Ramiers**, Avenue des Érables 3, 66210 Superbolquère, ☎ 04/68 30 37 48, 🌐 www.lesramiers.fr, ✉ les.ramiers@orange.fr, 📅 all-year, BB in DY €35, D €18, LP €10, 28 SPs in DRs/MRs/DY, 🍽️, 📶, 📺


 **Large mall**, on the D618, with ATM inside the supermarket, bakery, butcher shop, pharmacy








The GR10, however, crosses the D618 at the junction ④ and follows the D10C downhill towards Bolquère. After 1km you reach a well-marked junction on the right (↑ 1,685m). The GR10 leaves the road, crosses it once (↑ 1,650m) and reunites with it at 1,630m altitude.

Follow the D10C 450m down to the left into   Bolquère ⑤ and


to the lowermost point in the village. Off the GR10, 100m to the right and going up the stairs, is a well-assorted mini-market and a post-office.

 **Utile Maison Blanc**, Grand Rue 9 (100m to the right, W of the GR10), ☎ 04/68 30 51 20, 🌐 www.boucherie-blanc-bolquere.fr, 📅 Mo.-Sa. 8:15-12:15 and 16:00-19:00 (Mo. closed in off-season) and Su. 8:15-12:15, very well-assorted mini-market with bread, cheese, sausages, bacon, etc., and screw-on gas cartridges, 📺




To stay on the GR10 follow the blazes through the village another 120m to a  fountain. The   **Restaurant-Hôtel Le Lassus** is then located 60m to the right.

  **Restaurant-Hôtel Le Lassus**, Place Pierre Patau 14, ☎ 06/77 38 79 21, ☎ 09/74 56 14 70, 📅 all-year, restaurant 📅 Mo.-Sa. noons and evenings, BO from €70/DR, HP addl. €29/P, B €8, LP from €10, 14 rooms, 📶

From the fountain the GR10 goes up the road to the left. Directly at the corner of the town hall it turns off to a staircase on the left (there is another fountain by the entrance of the town hall). After 80m follow a street to the left, then turn right at the signpost (↑ 1,625m) towards *Mont-Louis*. After another 150m the street becomes a gravel track, leaving the village eastwards, going almost flat past farm fields.






After 1.1km turn sharp right at the signpost *Pla de les Artigues* (↑ 1,625m) onto a farm track SW towards *La Cabanasse*. You reach the D10 at the signpost *Els Emprins* (↑ 1,593m) near the *Bolquère-Eyne* train station of the  *Train Jaune* and follow the road SE to the left.



Train Jaune, train station Bolquère-Eyne, 66210 Bolquère, ☎ 0800/31 31 31,  <https://letrainjaune.fr>,  all-year several daily runs, one-way fare in Jul./Aug. €5 (else from €11),  €7 one-way, tickets bought in train.

Located at 1,593m altitude, the *Bolquère-Eyne* station is the highest regular train station in all of France. The train, also called “*Le Canari*” because of its yellow colour, is a tourist train that started commuting more than 100 years ago on a now 63km long, often picturesque route at 30km/h between **Latour-de-Carol-Enveitg** and **Villefranche-de-Conflent**, stopping at 21 stations along the way.

Go 300m down the D10, cross the N116 at the crossroads at the **Col de la Perche** ⑥ diagonally to the right and follow the D33 southward towards *Llo* and *Eyne*. After 130m, turn left onto the farm track (↑ 1,580m) towards *La Cabanasse/Planès* and hike about 2km NE past farm fields to the D32 ⑦ just above *La Cabanasse*.

Go down the D32 to the left 200m, to the intersection with the D10 (↑ 1,490m) in **La Cabanasse**   . *La Cabanasse* has a laundromat and a train station where the *Train Jaune* stops. At the road intersection D32/D10, follow the GR10 to the right through the village. After 100m you pass the  fountain at the church and a small grocery store. Shortly afterwards you reach a bifurcation with a larger  fountain.

From the bifurcation you could visit **Mont-Louis** ⓘ ⓘ ⚔, off the GR10 and north up on the hill, but you would have to make a 1.5km (one-way, same coming back) side-trip off the GR10 (👉 infobox *Mont Louis*).

Mont-Louis (66210)



In *Mont-Louis* there is, among other things, a ⚔ **citadel**, which is part of one of the twelve **Fortifications of Vauban**, which were designated **UNESCO World Cultural Heritage** in 2008. Visiting the citadel requires prior registration with the *Office de Tourisme*, as 2,500 soldiers from French special forces are still stationed there.



www.mont-louis.net/patrimoine/citadelle

To continue on the GR10 at the bifurcation take the street downhill to the right towards *Planès*. After 350m, the GR10 branches off to the right (⬆ 1,472m), well-marked at the signpost *Ingénieur Gisclard*, and follows a path SE towards *Planès*.

La Cabanasse (foreground) and the citadel of Mont Louis (top centre), a UNESCO World Cultural Heritage site



You cross a bridge over a small stream, ascend through a small grove, then hike on a path SE through meadows and farm fields. If you take a look back, you can get a better view on the impressive *Mont Louis* citadel now. Towards the end of the meadows and farm fields the path crosses two more

streams (partly dry). After the second stream it climbs up on a hill, forks left (⬆ 1,515m) and descends briefly, then climbs up steeply on a gravel path to the D32 (⬆ 1,540m) at the entrance to **Planès**. Turn left and go downhill on the D32, and after the left curve you'll see the 🏠 *Chambre d'hôtes Le Malaza* on the left-hand side, and a 💧 fountain (often dry in summer) at the roadbend ahead.

Turning S at the roadbend keep going downhill on the D32. After the bridge over the *Ribera de Planès* the GR10 turns half right into the alley. Follow the waymarks 150m uphill to the 🏠 🏠 🏠 *Gîte-Auberge l'Orri de Planès* (⬆ 1,535m) on the right-hand side of the road.

Planès (66210)



Gîte-Auberge l'Orri de Planès, Cases del Mitg, ☎ 04/68 04 29 47, 📞 06/22 32 25 32, 🌐 www.orrdeplanes.com, ✉ contact@orrdeplanes.com, 📅 end of Nov. - mid-Oct. (except school holidays in April), BO €25, HP addl. €35/P, D €25, very good B €12, LP €13.50, 16 SPs in DY, 🧺, 🧺 washer and dryer €5 each (token), free lockers for valuables, 🏊 pool (Jun.-Sep.), 🏠, 📺, 🐕 only outside (garden, porch). Sale of IGN-maps and a small selection of basic provisions.

△ The gîte also has ca. 10 TPs and in Jun.-Sep. offers 4 yurts (small round cabins for max. 4 P each). Both include usage of 🚽/🚻 WCs of the gîte and the pool. D and B in dining hall can be booked additionally, see above for D/B/LP. TP €15/P, yurts BO €40/P with 2 P and €60 for 1 P.

🛏 In addition, the auberge offers rooms in the chambre d'hôtes part, BB €50-60/P in DR (varies seasonally), D/LP see above, 20 SPs in 5 rooms.

😊 The new host couple Delphine and Julien are very hospitable. Delphine speaks also English and Spanish.

Chambre d'hôtes Le Malaza, Hameau Al Castell (at top entrance of village), ☎ 04/68 04 83 79, 📞 06/66 29 03 79, ✉ le.malaza@orange.fr and annemarie.allies@orange.fr, 📅 all-year, BB €25, HP €40, 4 SPs in 2 DRs, 🏠, 🐕.

Charming little chambre d'hôtes with very friendly owner Anne-Marie Allies. From the garden, you have an excellent view of the **Puig Carlit** in the west and the **Pic de l'Orri** and **Pic Redoun** in the southwest.

Stage 47: Planès – Refuge du Ras de la Carança

🕒 14.6 km, ⏱ 7 h 30 min, ⬆ 1,196 m, ⬇ 902 m, ⚖ 1,535-2,380 m, 📖 No. 08 Cerdagne-Capcir, No. 2250 ET Bourg-Madame/Mont-Louis

0.0 km /	⬆ 1,535 m	● Planès 🏠 🚚 ⚡ 💧
2.8 km / 1 h 30 min	⬆ 1,911 m	❶ Pla de Cedelles
6.4 km / 2 h 45 min	⬆ 1,810 m	❷ Refuge de l'Orri ☒ 💧
8.4 km / 3 h 20 min	⬆ 1,684 m	❸ Cabane d'Aixeques ☒ 💧
10.8 km / 5 h 10 min	⬆ 2,110 m	❹ Fontaine du Coll Mitja 💧
11.8 km / 6 h	⬆ 2,367 m	❺ Coll Mitja
14.6 km / 7 h 30 min	⬆ 1,830 m	● Refuge du Ras de la Carança 🏠 ⚡ 💧

Going mostly through shadony forests up to the Fontaine du Coll Mitja ❹, the stage then proceeds mostly on slopes with low vegetation. At the Coll Mitja ❺ you get a breathtaking view of the Coma Mitjana high-valley in the southeast.

In bad weather you could follow a gravel track from the Cabane d'Aixeques ❸ or from the Coll Mitja all the way to the destination, in order to avoid orientation problems, especially in the poorly marked section after the Coll Mitja. The GPX-file of the gravel tracks is included in the GPS-tracks for this stage (👉 Travel Info A-Z / GPS/GPX).

If you have stayed at the *Chambre d'hôtes Le Malaza*, follow the description at the end of stage 46 to the *Gîte-Auberge l'Orri de Planès*. From the gîte-auberge follow the waymarks along the road uphill E, fork right at the high point towards Ras de la Carança and after 40m (well-marked) turn left onto a gravel path.



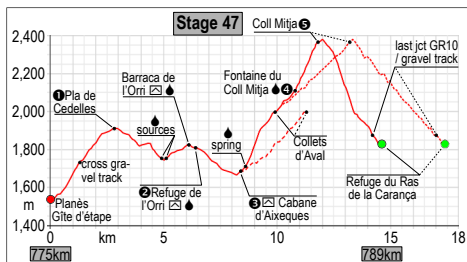
After 250m the path turns to the right (↑ 1,572m), going uphill. 60m further you fork right onto another path going uphill and follow it SE, soon entering the forest. Climbing ca. 700m you cross a gravel track at the signpost *Forêt de Planès* (↑ 1,732m), then continue on a gravel path uphill SE for another 1.5km and reach the **Pla de Cedelles ❶** on a clearing.



The left half of the Refuge de l'Orri is used by a friendly shepherd, the right half is for hikers

The path now descends through the forest first SE, crosses a tiny stream (↑ 1,880m), then turns E. At ca. 1,825m altitude it veers S and descends along the eastern flanks of the **Pic de l'Orri** (↑ 2,561m), passing two small ♠ sources on the right-hand side of the path (↑ 1,755m both). Descending to an altitude of 1,740m the path then starts ascending S, parallel to the *Ribérole* stream whose right-hand bank it eventually touches at 1,800m altitude. On the **Jaça Grossa** plain you reach the emergency shelter ☒ ♠ *Barraca de l'Orri* (↑ 1,825m).

☒ ♠ **Barraca de l'Orri**, low rock hut, shelters 2-4 P max., no door, very small entrance, water at stream



Shortly afterwards you cross a small concrete foot-bridge over the stream and turn left, now heading N. 300m after the bridge you arrive at the emergency hut ☒ ♠ *Refuge de l'Orri ❷* to the left of the path on a small knoll on a clearing.

☒ ♠ **Refuge de l'Orri**, shelters 6-8 P, rock masonry hut in good condition, wooden platforms, bench, woodstove, faucet at exterior wall of left half. The left half of the hut is used by a shepherd, the right half is open to hikers.

From the hut, a dirt track that soon becomes a gravel track descends N to a bifurcation (↑ 1,761m). Staying on the track to the left, you cross a stream (↑ 1,690m) and ignore a path to the right (↑ 1,685m). After a steel cattle gate you reach another bifurcation (↑ 1,665m) and hike up on the track to the right. Directly after the right-hand bend of the track, the emergency hut ☒ ● *Cabane d'Aixeques* ⑤ is on the right side.

☒ ● **Cabane d'Aixeques**, shelters 2 P, fireplace, very basic rock masonry hut without door, earthen floor, source at plastic trough with spout-pipe 200m SE (often dry in summer)

Looking back while ascending to the Coll Mitja, you get a fantastic view towards Bolquère, Mont-Louis, the Puig Carlit and the immensity of the Ariège left behind



In bad weather, you could follow the gravel track from here to the left past the barn, going up in long bends to the *Collets d'Aval* and to the *Coll Mitja*, and descending from there in switchbacks to the stage destination. But beware that the track has a total length of 10.5km from here to the refuge, with the same amount of elevation gain and loss as the GR10 (same section on GR10 for comparison: ➡ 6.2km, ↑ 700m, ↓ 555m). The GPX-file for the gravel track is included in the GPS-tracks for this stage (☞ Travel Info A-Z / GPS/ GPX).

To stay on the GR10, go through the wooden cattle gate 10m after the *Cabane d'Aixeques*, leaving the gravel track and onto a path on the right, and follow the waymarks SE towards *Coll Mitja*. After 200m you pass a ● source

(↑ 1,710m, often dry in summer) with a spout-pipe at a plastic cattle trough on the right. The path climbs up more steeply now and turns N after about 300m, climbing up in steep hairpins until you reach the forest (↑ 1,890m).

The path turns NE and ascends less steeply through the forest. You pass by two 🍃 sources (often dry in summer) and reach a bend of the gravel track (↑ 1,985m) shortly after the second source. Follow the right fork of the track 100m uphill NE to the **Collets d'Aval** (↑ 1,996m), where the track turns to the right and climbs 250m SE to a sharp right-bend (↑ 2,030m). If you wanted, you could stay on the gravel track from here to the *Coll Mitja*.

The GR10 leaves the gravel track here by forking left onto a path steeply uphill SE, and reaches an intermediate plateau with the shepherd's hut **Cabane Jasse dels Clots** (↑ 2,055m, low stone hut by the rocks to the left). The hut is open and could serve as an 🏠 emergency lean-to in a pinch, but it is very dirty and cluttered with junk.

Go past the hut uphill SE 500m, first moderately then steeply, to the clean spring 🍃 **Fon-taine du Coll Mitja** ④, which is encased by a pipe on the ground directly on the path. The path keeps climbing up



steeply, crossing the gravel track several times and leading to the **Coll Mitja** ⑤, where great panoramas are revealed. Looking southeast you have a breathtaking view of the *Coma Mitjana* high valley wedged between the ridges across, and looking back you can enjoy one more time the view on the plains and mountain ranges you came from.

From the coll, the GR10 ascends 100m to the left, reuniting with the gravel track and passing through an opening in the cattle fence (↑ 2,380m). The track descends 200m NE to a sharp right-bend where it turns SW and takes you to a junction (↑ 2,320m) after another 220m.

👉 Starting here, the route as waymarked in-situ deviates considerably from the map. Also, all the way down the slope, the path is poorly marked and hardly discernible due to high shrubbery, and is of poor quality (tripping hazards). All these factors can complicate orientation and progress and pose threats to

safety, especially in bad weather. In case of doubt, stay on the gravel track all the way down until you reach the refuge.

To continue on the regular GR10 at the junction (↑ 2,320m), branch off sharply to the left onto a path. The path briefly descends NE, then turns right

The Refuge du Ras de la Carança is located in a beautiful valley



and descends predominantly SE through shrubbery. During the steep descent the poor quality path (steps and hidden tripping hazards under shrubbery) crosses and shortcuts the gravel track several

times and also follows it briefly several times (if in doubt, refer to main GPX-track of stage; 📖 Travel Info A-Z / GPS/GPX). Occasionally you catch a glimpse of the refuge in the valley below to the right.

At 1,875m altitude, the GR10 turns right onto the gravel track one last time and now follows it 400m downhill SW to the 🏠 ⚠️ 🔥 Refuge du Ras de la Carança.

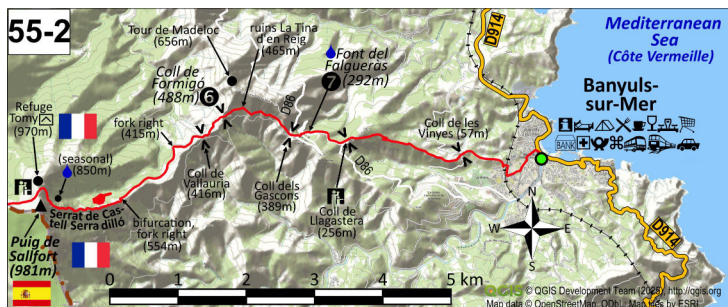
🏠 ⚠️ **Refuge du Ras de la Carança**, ☎ 09/88 66 73 81 during service period (else 📞 07/70 78 69 58), 🌐 www.refugelacaranca.com, ✉ refuge.caranca@outlook.fr, 🇫🇷 all-year (service period mid-May - mid-Sep.), BO €12, HP €35, D €17, B €8.50, LP €10, à-la-carte menus €5-12 from 10:00-17:00, 20 SPs in DY, no 🌧. There is no 🛖, but using own camping stove is permitted in dining hall after common dinner of regular guests, or in the annex. 🐾 only outside (roofed porch) or in bivouac. In the non-serviced period 19 SPs and the fireplace are available, water at 🔹 source (small concrete pit with hose and valve) 100m NE of the refuge or from the river (the faucet directly next to the refuge is shut off in winter).

If there are no vacancies in the DY, you can ask by telephone to be put on the waiting list or you can rent one of their 30 rental tents for €6/night (€33 with HP) and put it up at the bivouac area (see below).

⚠️ 150m NE of the refuge there is a free bivouac area. If you want to bivouac but also eat at the refuge, you have to make a D and/or B reservation by phone ahead of time.

Pages 331-365
not included in Read Sample

marks on the pasture path going left. The path climbs NE well-markedly above the D71a and along the left side of the border fence, all the way to the radio- and telecommunication-masts at the **⚡ Puig Neulós ①**.



The peak, a rock outcrop directly on the border, which is shaped like a sharp triangle here, is marked with a stone pillar with a flagpole flying the Catalan flag. From here, looking east you can see the Mediterranean Sea, in the south the Spanish plains all the way to **Figueres**, in the west the **Roc de France**, and in the north the French plains as far as **Perpignan** and the *Corbières*-range behind it.

The GR10 turns left before the stone pillar, crosses the street and follows the gravel track to the right going completely around the transmitter site and climbing up a few metres. Behind the transmitters, you descend steeply SE on a scree path (slippery when wet) and soon leave the forest.

Now descending on a meadow path through shrubbery, you reach the source **Font de la Tan-yareda ②** with a spout pipe from a concrete structure at the right side of the meadow path. Make sure to com-

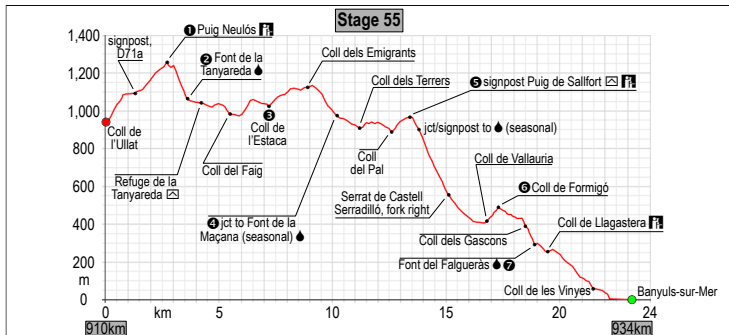


The view from the Puig Neulós is breathtaking, despite the telecommunication-masts

pletely stock up your water supplies here, as the *Font de la Maçana* spring further ahead is mostly dry in summer and the rest of the stage is mostly shadowless. Following the meadow path down SE for 500m, you reach the **Pla de la Tan-yareda** (1,044m) with the emergency hut **Refuge de la Tanyareda**.

☒ 🚰 **Refuge de la Tanyareda**, shelters 12 P, solid hut, fireplace, wooden platforms, table, chairs, benches, water at the *Font de la Tanyareda* 500m NW

The trail enters a beautifully light-filled, oriental beech forest and proceeds with ups and downs along the border fence. Soon descending to the **Coll del Faig** (↑ 985m) and leaving the forest, the GR10 veers E and leads to a signpost at the **Collada de l'Orri** (↑ 973m). Here the trail turns NE and climbs up steeply across meadows in the direction of *Puig de Sallfort*.



At 1,060m altitude, the path crosses the **Coll de les Mosqueres** on a meadow plateau and veers left to descend to the **Coll de l'Estaca** ⑤. At the coll the path forks half left and goes NE into the forest (👉 do not confuse with the forest track further left). Climbing steadily but moderately, the path turns to the right after ca. 750m, now going SE with minor ups and downs, and leaves the forest shortly before the **Coll dels Emigrants** (↑ 1,125m).

At the coll veer half-left to go E 200m to a signpost (↑ 1,135m) north of



Fill up plenty of water at the Font de la Tanyareda, as subsequent sources may be dry in midsummer

the **Puig dels Quatre Termes** (↑ 1,158m), where the path turns half right. Gradually descending SE on the rocky pasture plateau you reach a poorly marked bifurcation after 450m (↑ 1,070m). The GR10 forks right and, descending steeply along the left side of the ridge, continues to fol-

low the borderline and soon reaches a junction ④ to the **Font de la Maçana** source. The source is located 120m NW of the junction and at the edge of the forest (↑ 968m), but is mostly dry in midsummer.

At the junction the GR10 continues descending SE across meadows, swings to the left at 940m altitude north of the **Puig de la Carbassera** (↑ 1,000m) and descends NE to the **Coll dels Terrers** (↑ 907m). Now ascending briefly, the trail then descends further E to the **Coll del Pal** (↑ 888m).



Heading from the Coll de les Mosqueres across the meadows towards the Coll de l'Estaca

The path now climbs steeply E to a signpost on a saddle ⑤ north of the **Puig de Sallfort** (↑ 981m), from where you can already see *Banyuls-sur-Mer*, *Port-Vendres* and *Collioure*. The emergency shelter ☒ *Refuge Tomy* is hidden in a crevice at the right side of a large rock formation 200m N (left) of the signpost.

☒ **Refuge Tomy**, shelters 2-3 P (bedstead only for 1 P), shack with plexiglass front in crevice of right side of rock formation 200m N of signpost, low entrance, clean, wooden planks as benches and bedstead

From the signpost at the saddle the GR10 goes straight ca. 120m, then turns right and descends steeply SE with partly large steps (👉 slippery when wet). About 100m after you pass a small reliquary shrine (↑ 900m), an easy-to-miss plexiglass sign points to a **source** (↑ 850m, may be dry in summer) about 100m to the left of the path.



View from the Coll del Pal towards Perpignan, with the Torre de la Maçana on the left peak

The trail passes the sign and gradually turns from SE to E. Soon descending in switchbacks along the ridge, you reach a bifurcation with a signpost (↑ 554m) at the **Serrat de Castell Serradilló**.

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Rest and Relaxation / Getting back home

I highly recommend taking a few days off for rest and relaxation in the area, before returning back home. The French **Côte Vermeille**, meaning “bright red coast”, and the Spanish **Costa Brava**, meaning “wild coast”, offer everything to let your tired muscles come to rest and indulge yourself in this mediterranean heaven.

Soak up the sun on various day-hike trails through the magnificent vineyards or along the coast, or go for a swim in the Mediterranean Sea in one of the many beautiful bays. Enjoy great food that’ll make you smack your lips, and taste the award-winning regional wines. Explore the region and history of *Ban-*



yuls and the neighbouring towns of *Port Vendres*, *Cerbère* and *Collioure*, or *Portbou* on the Spanish side, with their historical old towns, castles on hills, lighthouses and picturesque marinas. Find out about the human tragedies that took place in this border region during the turmoils of the mid-20th century wars. Or explore works of world-famous French and Spanish artists of the region.

All of the places mentioned below can be reached by bus and/or train from *Banyuls-sur-Mer* (☞ bus and train in stage 55). And when it's time to return back home, you can reach *Perpignan* by train in about half an hour, catching a final magnificent view of the *Pic du Canigou* during the train ride. In *Perpignan* you can choose from all types of transportation for your trip back, including an international airport (☞ "Travel Info A to Z / Arrival and departure").



The lively beach promenade of Banyuls-sur-Mer

The lively coastal city of **Banyuls-sur-Mer** shines not only with a great location and several public beaches in beautiful bays, but is also known for its award-winning wines, which you should definitely try in one of the many wineries or in a restaurant.

As with most communities along the French-Spanish border, smuggling used to be an important part of trade here for centuries. The fishermen of *Banyuls* were known for their rebelliousness, which is why *Louis XIV* scolded the village "*République contrabandière*" (Smuggling Republic). The large cast iron cannon at the beach bears witness to the battles fought with pirates who attacked and raided the coastal village frequently between the mid-17th and the 19th century.



This historic cannon stands at the Banyuls beach

The *Banyulencs* (that's how the denizens of *Banyuls* are called) also call their city "*la lumineuse*" – the shining one – and the city presents itself fittingly both in the setting evening sun and through the

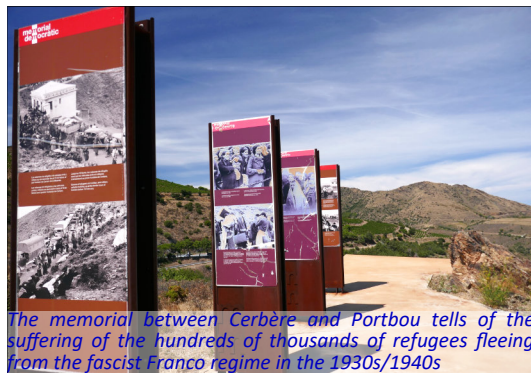
various well-thought-out lightings such as those under the arched bridge in the main bay *Anse du Fontaulé*. With a permanent population of only about 5,000 (15,000 in summer), *Banyuls* appears much larger to the unsuspecting visitor due to the numerous tourists, but still preserves its natural charm.

Friends of the arts and cultures also get their money's worth, such as the “*Aristide-Maillol-Circuit*” with sculptures by the world-famous artist from *Banyuls*, or the *Musée Maillol*, and many other artists' sculptures. In the summer evenings, high-quality concerts and shows of all kinds, such as performances of the traditional Catalan dance *La Sardane*, are often held on the *Place Paul Reig*, right by the town hall.

Cerbère, with a population of less than 1,500, is the southernmost village of continental France. Located directly at the border to Spain, it was one of the main train transfer stations between France and Spain until the first decade of this century. Due to different rail gauges in Spain and France, travellers and freight change trains here. The train terminal was designed and built by *Gustave Eiffel*, the famous architect of the *Eiffel Tower* in Paris, and opened in 1878. A railway tunnel connects *Cerbère* with the neighbouring Spanish village of *Portbou*, where a similar terminal exists.



Cerbère, southernmost village of continental France



The memorial between Cerbère and Portbou tells of the suffering of the hundreds of thousands of refugees fleeing from the fascist Franco regime in the 1930s/1940s

But *Cerbère* was also the point of entry for more than half a million refugees fleeing from the terrors of the Spanish Civil War and the fascist *Franco* regime from 1939 onward. This exodus is remembered in many memorial sculptures

in and around *Cerbère* and *Portbou*. Alas, with the occupation of France by the fascist German regime during WW II, the refugees found themselves as if jumping out of the frying pan and into the fire, but many managed to continue fleeing to the Americas, to Africa and other parts of the world.



The marina of Port-Vendres at nightfall

Port-Vendres, located 7km north of *Banyuls* in the *Ansa de l'Espeluga* bay, is slightly smaller than *Banyuls*. Having been a traditional fishermen's and wine-growing village for centuries, fishing and viniculture are still important here, along with tourism. But it is less

crowded by tourists, as it is not directly on the main coastal road like *Banyuls*. Sitting in one of the restaurants by the marina, you can have breakfast to get ready for the day or enjoy a splendid dinner in the evenings.

A stroll along the marina takes you to the fishermen's quay, where they sell fresh fish from steel sheds. Strolling a little further up on narrow residential streets, you can walk up to the *Statue de la Vierge* overlooking the north entrance of the bay. With the *Fort Saint Elme* high up on the hills behind you, you can let your eyes roam across the Mediterranean Sea and watch fishing boats come and go. You may even want to hike up to the *Fort Saint Elme*, from where you can overlook almost the entire *Côte Vermeille*, with *Collioure* on the other side of the hill right before your eyes.

Collioure (Catalan: *Cotlliure*), nestled like a picture-postcard motive in the small bay *Anse de la Baleta*, has only half the population of *Banyuls*, but is very popular with tourists from all over the world.

Located halfway between *Banyuls* and



Château Royal de Collioure, marina and Fort Saint Elme (hill)

Perpignan, the charming village with many narrow, quaint alleys and the impressive *Château Royal de Collioure* is hopelessly overrun by tourists in the high season, and can therefore be quite a downturn. But if you manage to ignore the



The clock tower of the church used to be a lighthouse

crowds, you will be rewarded with lots to see. Colourful Catalan sailboats are moored in the marina next to modern yachts. Famous painters and artists such as *Henri Matisse*, *Georges Braque* and *Pablo Picasso* spent time here to capture the light of the *Côte Vermeille*. The clock tower

of the fortress church *Église Notre-Dame des Anges de Collioure* used to be a lighthouse before military architect *Vauban* built the church at the end of the 17th century and repurposed the lighthouse.

On the Spanish side, just across the hill from *Cerbère*, the village of **Portbou** lies in the *Badia de Portbou* bay. With little more than 1,000 population, the size of its train terminal impresses already when you see it from the *Coll dels Belitres*, the border saddle. This is owed to its historical significance as one of the main international transfer terminals for trains between Spain and France since the end of the 19th century, as described above



Portbou (Spain) with its historical train terminal

for *Cerbère*. The cafés in the beautiful bay are not only much cheaper than on the French side, but also a perfect spot to listen to the waves and watch sailboats pass by.

But during the turmoils of WW II, the town was also the point of entry for French and German refugees fleeing from the Nazi terror regime. Israeli artist *Dani Karavan* created a memorial called “Passages” which was inaugurated

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Appendices

Appendix 1: Pocket Dictionary

Appendix 2: Index



Before the Thermes des Griffons (stage 18), the trail comes out of the forest and this marvellous view on the cascades of the Gave du Marcadau is revealed.

Appendix 1: Pocket Dictionary

General

good morning, hello	bonjour
good evening	bonsoir
goodbye	au revoir
Mrs/Mr	Madame/Monsieur
see you soon/shortly	à bientôt, à toute à l'heure
yes/no	oui/non
Please...	s'il vous plaît...
Thank you/You're welcome	merci beaucoup/de rien
Excuse me/Sorry	pardon
Do you speak English/Spanish/German?	Parlez-vous anglais/espagnol/allemand?
I didn't understand (you).	Je n'ai pas compris.
Is there a/an ... (around) here?	Il y a un/une ... ici?
I need ...	J'ai besoin de ...
Do you have ...?	Avez-vous ...?
mobile phone/cell phone	le portable
backpack	le sac-à-dos
because of ...	à cause de/du/de la/des ...

Pharmacy/Doctor

pharmacy	la pharmacie
drugstore	la droguerie
doctor/physician	le/la médecin
hospital	l'hôpital
head/chest/back/belly	la tête/la poitrine/le dos/le ventre
arm/leg/knee/foot	le bras/la jambe/le genou/le pied
diarrhoea	la diarrhée
headache	le mal de tête
strained/pulled muscle	la tension musculaire
bruise/contusion	la contusion
pain	la douleur
rabies	la rage
sunburn	le coup de soleil
sunstroke/insolation	l'insolation
plaster/bandage/band-aid	le sparadrap, le pansement

Payments

How much does this cost?	Ça coûte combien?
The bill/check/tab, please.	L'addition s'il vous plaît.
credit card	la carte bleue, la carte de crédit
bank-/debit-/ATM-card	la carte bancaire, la carte de débit
cash (payment)	en espèces (paiement)
deposit/advance payment	l'arrhes
cash dispenser/terminal/ATM	le banque-distributeur automatique

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30	trente	Monday	lundi
40	quarante	Tuesday	mardi
50	cinquante	Wednesday	mercredi
60	soixante	Thursday	jeudi
70	soixante-dix	Friday	vendredi
80	quatre-vingt	Saturday	samedi
90	quatre-vingt-dix	Sunday	dimanche
100	cent		
110	cent dix	morning	le matin
200	deux cent	noon	le midi
201	deux cent un	afternoon	l'après-midi
300	trois cent	evening	le soir
350	trois cent cinquante	night	la nuit
1,000	mille	midnight	le minuit
1,500	mille cinq cent		
2,000	deux mille	spring	le printemps
		summer	l'été
What time is it?	Quelle heure est-il?	fall, autumn	l'automne
It is ... o'clock.	Il est ... heure.	winter	l'hiver
minute	la minute		
hour	l'heure	January	janvier
day	le jour	February	février
week	la semaine	March	mars
early/late	tôt/tard	April	avril
yesterday	hier	May	mai
today	aujourd'hui	June	juin
tomorrow	demain	July	juillet
as soon as ...	dès que ...	August	août
from now on	désormais	September	septembre
until now	jusqu'à présent	October	octobre
now and then	de temps en temps	November	novembre
always	tout le temps	December	décembre

legal holiday(s)	jour(s) férié(s)
school vacations	vacances scolaire
Easter	Pâques
Pentecost	Pentecôte
All Saints'/Hallows' Day	Toussaints
Christmas	Noël

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