

Technical Sheet | Guided Hike | Level 2/5   | 5.5 Days of Walking

# Terroirs of the Basque Country : welcome to our accommodation !

## Your Tour briefly

- Fairly easy hiking in the Basque Country
- Star-based stay
- Our own accommodation, exclusively for the group, comfortable 3-ears guesthouse with pool and spa, outdoor spaces for relaxation. Hosted by a welcoming family.
- Discovery of the Basque Country's rich and varied cuisine
- On-site massage options available

## Highlights of the Hike

- Easy and "eco-friendly" access via Saint-Jean-Pied-de-Port train station, just 5 minutes from our accommodation !
- Varied hikes (coastline, Camino de Santiago trails, high plateaus)
- Exploration of the Basque Coast and inland Basque Country
- Gastronomy and visits: tastings of various AOP products directly from producers (wines, cured meats, and cheeses), mountain barbecues, and visits to classified villages



This accessible hiking tour takes you to the foot of the Basque Mountains! Discover the incredible variety the Basque Country has to offer, making it a much-loved destination you'll never tire of. Ocean, mountains, lush valleys—the natural beauty here is stunning... This trip is also an opportunity to experience an exceptional cultural identity, walking along the coast where surfers and fishermen share the waves, and then following in the footsteps of pilgrims from around the world who start their journey in Saint-Jean-Pied-de-Port. The hikes have been carefully selected to showcase the Basque Country in all its facets. Your guide, a Basque specialist, will introduce you to this rich culture and ensure you visit must-see sites, such as classified villages and the magnificent Spanish Basque coastline.

This tour also emphasizes local products. Visits and tastings directly at producers' locations are planned at the end of each hike. Irouléguy wine, sheep's cheese, Espelette pepper, veal axoa—already making your mouth water ?

Finally, the accommodation is a highlight of this trip : just steps from the classified town of Saint-Jean-Pied-de-Port, our 3-ears guesthouse is run by Jean and Mathieu, the founders of RESPYRENEES, with the help of their parents Josiane and Jean-Michel. Guests enjoy free access to the pool, spa, and outdoor spaces perfect for relaxation, as well as a gourmet table where local products are lovingly showcased.



## • PROGRAM

### Day 1 : Start of the Trip in Saint-Jean-Pied-de-Port

Meet your guide at 3 :30 PM at Saint-Jean-Pied-de-Port train station (or at 3 :30 PM at the accommodation at the earliest for those arriving by car—by then the whole family will be resting 😊). Drop off your belongings at our accommodation, then set off on foot to “stretch your legs” after the train or car journey.



The program includes a walking tour through Saint-Jean-Pied-de-Port, the capital of the inland Basque Country, listed among the Most Beautiful Villages of France : Vauban citadel, ramparts, church, Roman bridge... We will then return on foot to the accommodation. Settle into your guesthouse for the week, featuring a pool and spa. Welcome drink and briefing on the rest of the stay.

**Note : Late arrivals are possible : you are welcome even if your car or train journey prevents you from joining us at 3 :30 PM (see the “Meeting Point & End of Stay / Practical Info” section).**

• Distance : 4 km, duration : 2h00, ascent : +100m, descent : -100m

### Day 2 : Warming up in the surrounding valleys, followed by an AOP Iroulégué wine tasting



For this first full day, there are several options: the hike can start on foot from our accommodation or from the Ispéguy border pass. Two fairly easy hikes allow the guide and the group to get to know each other. One route ascends the slopes of Jara (812m), offering a magnificent viewpoint over the Pyrenees and surrounding villages ; the other is at the foot of Autza (1305m), overlooking the Baztan and Baïgorry valleys. After the hike, we will head to the village of Saint-Étienne-de-Baïgorry **to meet a couple of independent organic winemakers who will let us taste their production.**

• Distance : 10 to 15 km, duration : 5h00, ascent : +500m, descent : -500m

### Day 3 : Camino de Santiago and pastoral life



Today, we head to the heights of Saint-Jean-Pied-de-Port, along the Camino de Santiago. We will immerse ourselves in this legendary route, just like the thousands of pilgrims who, for centuries, have journeyed from all over the world to undertake this trek. After glimpsing the rooftops of the Roncevaux Monastery from the Lepoeder Pass (1430m), we will leave the Camino behind and enter a completely different world : the high pastures and pastoral life.

**A shepherd will welcome us to introduce his sheep’s cheese, which he makes every day during the summer in his mountain hut, right after the milking.**

At the end of the hike, free time in Saint-Jean-Pied-de-Port, a classified village located on the Camino de Santiago.

• Distance : 13 km, duration : 4h30, ascent : +385m, descent : -325m. Transfer : 25 minutes each way.

#### Day 4 : Crossing into Spain via the stunning coastal trail



You can't hike for a week in the Basque Country without breathing in the ocean air! So, we head into Spain (Southern Basque Country). Overlooking the Bay of Txingudi, which separates Hendaye from Hondarribia at Spain's far northwest tip, Mount Jaizkibel, a coastal mountain rising to 545m, welcomes us on its slopes to soak in the sea breeze so cherished by the Basque people, traditionally fishermen and great travelers... We then hike at the western end of the Pyrenees, where ocean and mountains merge into breathtaking landscapes of forests, heathlands, and coastal cliffs. A true snapshot of the Basque Country !

**This excursion into Spain will also be an opportunity for your guide to introduce you to Txakoli, a white wine produced along the Spanish Basque coast.** Note : Today, the transfer to

our hiking starting point is a bit long, but it's well worth it !

- Distance : 9 km, duration : 4h, ascent : +250m, descent : -400m. Transfer : 1h15 each way.

#### Day 5: Ascent of Larla



Larla (705m): Despite its modest height, the viewpoint from the summit is stunning, facing the legendary Iparla ridges with the ocean in the distance. We will set out to discover the many secrets this mountain has to offer.

- Distance : 10 km, duration : 4h, ascent : +500m, descent : -500m. Transfer : 20 minutes each way.

**This day will also be an opportunity to discover the secrets of Basque pig farming, with a stop at one of our local producers, renowned for their charcuterie.**

#### Day 6 : Iraty : GR10, forests, and high mountains



Today, to end the week in style, we gain some altitude! We head up to Iraty, with views opening onto the High Pyrenees. Forests, high pastures, and vast landscapes are on the agenda. We will occasionally follow the GR10, the transPyrenean trail that connects the Atlantic to the Mediterranean in... 40 days. Since we're here for enjoyment, we will only walk a few hours at a gentle pace, which may give us the chance to spot some chamois, reintroduced in the Escaliers Massif (1472m).

**We will take advantage of the stunning mountainous setting of the Iraty forest to enjoy a convivial meal around a barbecue : lamb, grilled camembert... and, above all, good cheer will be on the menu for this final lunch together !**

**Weather is unpredictable, we will enjoy lunch in a cozy little inn instead.**

- Distance : 11.5 km, duration : 5h30, ascent : +530m, descent : -510m. Transfer : 35 minutes each way.

#### Day 7 : End of your stay

The stay concludes after breakfast. For those who arrived by train : transfer to Saint-Jean-Pied-de-Port station, arriving around 8 :45 AM (train departure at 9 :01 AM).

*The programs have been prepared based on the latest information available at the time of writing; unforeseen circumstances may arise, and situations beyond our control could alter the schedule. On-site, our guides are the best judges and may adjust the itinerary depending on the weather or if the group's safety requires it.*

## • MEETING POINT AND END OF STAY

### Meeting point :

#### 1/ If you wish to join the guided walk through Saint-Jean-Pied-de-Port :

Train arrivals : Meet your guide at 3 :30 PM in front of SAINT-JEAN-PIED-DE-PORT train station.

Car arrivals : Earliest meeting at 3 :30 PM at Maison IPUTXAINIA (**opening at 3 :30 PM ; the family will be resting until then 😊**).

#### 2/ If you do not wish or cannot join the guided walk through Saint-Jean-Pied-de-Port :

Train arrivals : Meet your guide at 7 :30 PM (June/July/August/September) or 8 :35 PM (April/May/October) in front of SAINT-JEAN-PIED-DE-PORT train station.

Car arrivals : Earliest meeting at 3 :30 PM at Maison IPUTXAINIA (**opening at 3 :30 PM ; the family resting until then 😊**), latest by 6 :30 PM.

### End of stay:

Day 7 at around 8 :35 AM, after breakfast. Transfer to ST JEAN PIED DE PORT station (arrival at around 8:45 AM) for those arriving by train.

**YOU CAN FIND ALL PRACTICAL INFORMATION ABOUT TRAIN SCHEDULES AND CONNECTIONS IN THE « PRACTICAL INFO » SECTION. AND ABOVE ALL, DON'T HESITATE TO CONTACT US FOR ANY ADDITIONAL INFORMATION.**

## • DATES AND PRICES

### Number of participants :

Groups of 3 to 14 people.

### Departures :

**EVERY WEEK FROM APRIL 05 TO OCTOBER 25, 2026.**

Departures are guaranteed each week.

### Price per person :

**€895 in April and October**

**€935 in May, June, and September**

**€990 in July and August**

### Extras :

#### Triple room discount : -€65/person

- Standard single room supplement (excluding July/August) : €190/person
- Standard single room supplement (July/August) : €210/person
- Double room for single use supplement (excluding July/August) : €225/person
- Double room for single use supplement (July/August) : €255/person
- Extra night in BB double room : €59/person
- Extra night in BB standard single room : €89/person

### Price includes:

- Accommodation with full board from dinner on Day 1 to breakfast on Day 7
- Transfers during the stay
- All visits and tastings
- Supervision by a certified mountain guide (BE AMM) specializing in the Basque Country

### Price does not include:

- Insurance
- Meals not mentioned in "Price includes"
- Transfers not included in the program
- Drinks
- €15 registration fee

## • TECHNICAL INFORMATION

### Type of terrain

Fairly easy hikes on good trails ; the terrain is varied but often rocky.

### Level 2

These trips are designed for those seeking active holidays. A reasonable level of physical fitness is required. Expect 4 to 5 hours of walking per day. Average ascent rate\*: +300 m per hour.

*\*Please note that walking times are average estimates and refer only to actual hiking time, not including breaks.*

### Supervision

Hike supervised by a certified mountain guide specializing in the Basque Country.

### Carrying

Only your personal belongings and picnic for the day.

## • ACCOMMODATION / FOOD

### Accommodation

6 nights in comfortable guest rooms with pool, spa, and outdoor spaces ideal for relaxation, in double-room accommodation.

Single rooms available on request, with a supplement and subject to availability. Private parking is available for those arriving with their own vehicle.

**At Maison Iputxainia, you'll feel right at home ! The whole family is there for you — Josiane, Jean-Michel, Jean, and Mathieu will cook delicious meals, welcome you warmly, and guide you in the mountains.**

Discover our home : <https://www.maison-iputxainia.com>



**Meals**

- Generous continental breakfast (subject to the health regulations in effect at the time of your stay): tea, coffee, milk, bread, butter, homemade jam, and the chef's special touches...
- Evening meals often feature Basque specialties, including a starter, main course, and dessert. A refined cuisine showcasing the richness of local gastronomy.
- Picnics included.



### OTHER ACCOMMODATION OPTIONS

On certain dates, due to group size and room distribution, we may work with our neighbors and friends at Maison d'hôtes LAIA, a very charming and comfortable guesthouse located just 200 meters from us. If this is the case, you will be informed before your booking is confirmed so that the choice is yours.

For guests staying at Maison LAIA : breakfasts are taken on site, while dinners are shared with the group at Maison Iputxainia. You will have access to the spa and pool at Maison Iputxainia, as Maison LAIA does not have a spa (but it does have a pool).

Here is the Maison LAIA website if you want to take a look before deciding: [www.maisonlaia.com](http://www.maisonlaia.com)

### ● PRACTICAL INFORMATION

**How to reach/leave Saint-Jean-Pied-de-Port by train :**

**DID YOU KNOW ?** Traveling by train produces on average 90% less CO<sub>2</sub> than traveling by plane or car (ADEME data).

Since Saint-Jean-Pied-de-Port station is only 5 minutes from our accommodation, we have chosen not to offer pick-ups from Bayonne station. **It may be slightly less convenient, but it's more ethical !**

**Here's all the information you need to reach us by train :**

First, get to Bayonne station :

- TGV + Intercités from Paris (Strasbourg/Lille/Rouen... connected to Paris)
- TGV + Intercités from Lyon and Marseille, via Toulouse
- Intercités from Toulouse
- Intercités + TER from Nantes via Bordeaux
- ...

Information on the TER line between Bayonne and Saint-Jean-Pied-de-Port :

**At each of the Saint-Jean-Pied-de-Port station times listed below, a member of our team (guide or staff) will be there to welcome you or take you back.**

Feel free to contact us if you need information on train options. You can also use these very practical websites:

- [www.sncf-connect.com](http://www.sncf-connect.com)
- [www.tictactrip.eu](http://www.tictactrip.eu)
- [www.rome2rio.com](http://www.rome2rio.com)

	PERIOD		
<b>Departure: Sunday</b>	<b>All year round</b>	<b>June to September</b>	<b>April / May / October</b>
<b>Departure BAYONNE</b>	<b>2:25 PM</b>	<b>6:20 PM</b>	<b>7:30 PM</b>
<b>Arrival ST JEAN PIED DE PORT</b>	<b>3:26 PM</b>	<b>7:20 PM</b>	<b>8:31 PM</b>
<b>Return: Saturday</b>	<b>Todo el año</b>		
<b>Departure ST JEAN PIED DE PORT</b>	<b>9:01 AM</b>		
<b>Arrival BAYONNE</b>	<b>10:03 AM</b>		

## If you arrive early, or need to wait, in Bayonne : why not take the opportunity to visit the city ?

1/ Luggage storage: Hôtel Côte Basque, located opposite Bayonne train station, offers luggage storage (€5 per bag, no prior reservation required, 2023 rate subject to change).

Hôtel Côte Basque, 2 rue MAUBEC, 64100 BAYONNE. Phone number : 05 59 55 10 21.

2/ Visit Bayonne :

The Bayonne Tourist Office publishes a guide to discovering Bayonne. You can download it below, or go to the Tourist Office to pick it up, Place des Basques - 64108 Bayonne

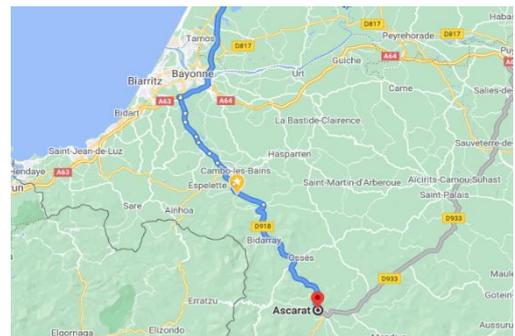
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## How to reach/leave us by road :

**Go to Maison Iputxainia, 64200 ASCARAT, 1.5 km from Saint Jean Pied de Port**

## Free and private parking on site

- De Bordeaux autoroute A63, 207km. De Toulouse et Bayonne, From Bordeaux via the A63 motorway, 207 km. From Toulouse and Bayonne, via the A64 motorway, 293 km, then Bayonne via the A63 motorway, exit 5 towards Cambo-les-Bains. If you are coming by car, we recommend parking it in Ascarat at your accommodation : Chambres d'hôtes Iputxainia.



## •TO TAKE IN YOUR LUGGAGE

### Luggage

- A hiking backpack with a capacity of about 35 liters, useful for carrying your personal belongings during the day

### Clothing

- 1 sun hat or cap
- T-shirts (1 for 2 or 3 days of hiking). Avoid cotton, as it takes a long time to dry ; prefer short-sleeve T-shirts (breathable material) in Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo), etc.
- 1 thermal top (same remarks as above) or long-sleeve shirt
- 1 fleece jacket
- 1 trekking pants
- 1 comfortable pants for the evening
- 1 lightweight Gore-Tex style jacket
- 1 swimsuit and a bath towel to access the pool and spa
- Warm underwear
- Hiking socks (1 pair for 2 to 3 days of hiking). Avoid "tennis" type socks (cotton), which take a long time to dry and have a high risk of blisters ; prefer ones made with Coolmax, for example
- 1 pair of waterproof hiking boots with good ankle support (Vibram-type sole)
- 1 pair of casual shoes for the evening

The clothing list should be adapted according to the chosen season

#### **Small equipment**

- 1 pair of high-quality sunglasses
- 1 water bottle (minimum 1.5 liters)
- 1 pocket knife (to be placed in checked luggage)
- Toiletry kit
- Toilet paper, sunscreen + lip balm
- For the picnic: cutlery (boxes provided)

#### **Personal first aid kit**

- Your usual medications
- Vitamin C or multivitamins
- Pain relief medication: preferably paracetamol
- Elastic adhesive bandage (Elastoplast type, 6 cm wide)
- Sets of adhesive plasters + disinfectant compresses
- Second skin (SOS Blisters by Spenco, available in sports stores, pharmacies, or parapharmacies)

#### **Group first aid kit**

- First aid kit placed under the responsibility of your guide