Technical Sheet| Guided Hike| Level 3/5 | 6 days of walking

Great Crossing of the Basque Country: from the Mountains to the Ocean

Your Tour briefly

- Guided hike with a BE AMM specialist of the region
- Few transfers
- A long and beautiful **complete** trek.
- Transport of your luggage between each stage
- **Comfortable accommodation 100% in rooms for a "relaxed" evening trek !**
- **Easy access via Saint Jean Pied de Port and Hendaye train stations, thanks to the numerous TGV trains**

Highlights

- Discovery of the Basque mid-mountain landscapes as well as the coast (swimming)
- Cross-border route between France and Spain, from ridges to valleys and summits with beautiful panoramas
- The charm of the villages crossed: St Etienne de Baigorry, Bidarray, Dancharia…
- A well-rooted local heritage: gastronomy, culture, architecture…
- Hikes on the legendary GR10, but also on back roads and wild ridges









www.respyrenees.com
www.maison-iputxainia.com
Tél : (33) 5.34.14.51.50 ou (33) 6.10.97.16.54
info@respyrenees.com

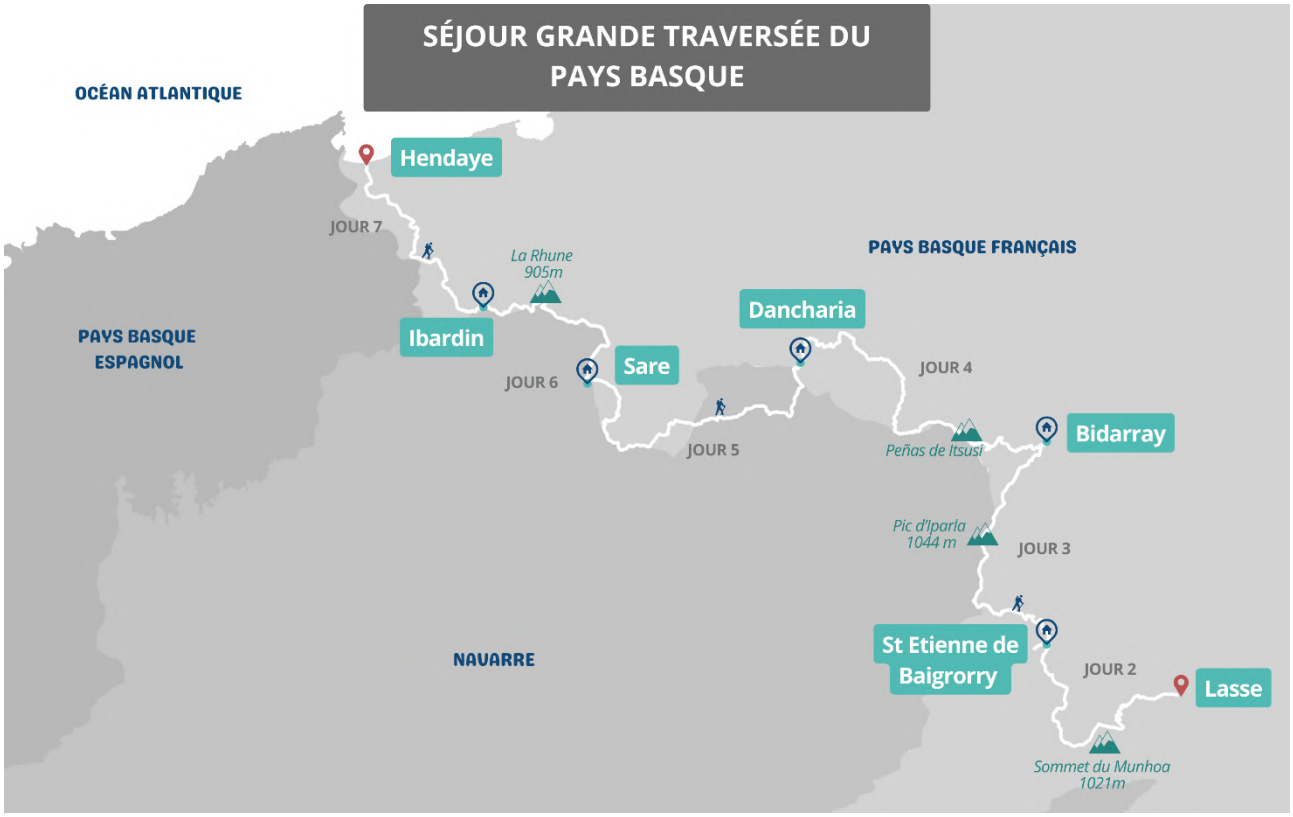
A COMPLETE TREK, 100% COMFORT IN ROOMS

This Great Crossing of the Basque Country, which will take you from the mountains to the Atlantic Ocean, partly follows the famous GR10 route, the great Crossing of the Pyrenees (866 km from the Atlantic to the Mediterranean). It will allow you to discover the dual facets of the Basque Country: a wild yet inhabited land, a territory of cultures and traditions shared between two countries, the green of the mountains and the blue of the Ocean.

This hike offers a sporty approach to everything that makes the Basque Country unique, and as always, our team will be dedicated to helping you discover it like no one else, thanks to our local presence, our knowledge of the terrain, and long-standing relationships with our partners. Yes, we designed this crossing as the culmination of our work and our love for the Basque Country!

After a first comfortable night in our accommodation, Maison IPUTXAINIA in Saint Jean Pied de Port, we will reach the first Basque hills for beautiful viewpoints.

Then, let's start our leapfrog game with the border, which will be our guiding thread throughout the week! Along our stages, between panoramic ridges watched over by vultures seeming to observe us, typical villages, modest summits that still "earn" their reward, forests full of legends… the thread of the Basque Country will unfold before you, until it offers its final surge before the vast blue of the Ocean swallows it… giving you one last restorative swim as a farewell… or rather, a see you again!!!



•PROGRAM

Day 1: Start of stay in Hendaye (or St Jean Pied de Port)
Meeting at 5:30 PM in front of Hendaye train station.

ECO-FRIENDLY TIP: Why not reach St Jean Pied de Port by train? It's less convenient, but more ecological! To do so, you will need to take the Bayonne-St Jean Pied de Port train line. Feel free to contact us for more information!



Check-in at your accommodation in Saint Jean Pied de Port, our guesthouse, where you can enjoy the pool and jacuzzi to recover from your journey and best prepare for the hike. Welcome drink and briefing on the stay.

Day 2: From Lasse to St Etienne de Baigorry



A warm-up hike that, by ascending Munhoa (1021m), offers us a wide panorama with breathtaking views of the surrounding valleys and, in the distance, the high Pyrenean peaks peeking through. A truly beautiful discovery of the Basque mountains awaits you, before reaching the charming village of St Etienne de Baigorry through part of the Irouléguy vineyard.

- **Distance: 16 km, duration: approximately 7h00, positive elevation +800m, negative elevation -1090m. Transfer 15 min**

Day 3: From Saint Etienne de Baïgorry to Bidarray



Today's stage, 100% on the GR 10, will take you to Bidarray, a very charming village perched above the Nive valley, through the pink sandstone cliffs of the Iparla ridge with its summit at 1044m. A panoramic hike offering magnificent views of both France and Spain!

- **Distance: 16 km, duration: approximately 7h, positive elevation +1000m, negative elevation -1190m. Transfer 10 min.**

Day 4: From Bidarray to the "Xareta" territory, where the word "border" does not exist



Stage among small summits and villages with a strong Basque identity. During the ascent to the Col des Veaux, passing by the Peñas de Itsusi, "the naughty rocks," will allow you to get a closer look at the impressive flight of vultures circling above your head. Then the Gorospil ridge and its breathtaking view of the Rhune, with the Ocean seeming already very close.

- **Distance: 21 km, duration: approximately 7h30, positive elevation +950m, negative elevation -1000m.**

Day 5: From Dancharia to Sare



Crossing the "land of witches," a territory full of legends and caves… and where the modest but very beautiful Atxuria ridge (759m) stands, offering superb views of the imposing Rhune massif, which will be the focus of the next day's hike. Then, through forests and pastures, we will cross the wood pigeon hunting areas before reaching Sare.

- **Distance: 17 km, duration: approximately 6h30, positive elevation +900m, negative elevation -600m.**

Day 6: Crossing the Rhune massif



For this penultimate day of the week, the Rhune massif (905m) rises before us, the ultimate barrier of the Pyrenees, seemingly defending the mountains against the Ocean! A magnificent massif with varied landscapes, which we approach from its southeast side, the least frequented. After a well-deserved refreshing drink at the summit, the descent to the Ibardin Pass follows a beautiful ridge path.

- **Distance: 13 km, duration: 6h00, positive elevation +1100m, negative elevation -1100m.**

Day 7: Arrival at the Ocean… final hike and swim!



From the border and through green landscapes, we gradually leave the first foothills of the French Pyrenees to descend to the village of Biriatou. Leaving the Rhune behind, we reach the shores of the Atlantic Ocean and Hendaye, a lively coastal town bordered by the superb Txingudi Bay. One last picnic, a swim… some may be tempted to extend their stay!

- **Distance: 15 km, duration: approximately 5h00, positive elevation +450m, negative elevation -850m.**

End of stay around 4:00 PM, in Hendaye.

The programs have been prepared according to the latest information available at the time of writing: unforeseen circumstances are always possible, and situations beyond our control may alter the schedule. On site, our guides are the best judges; they may need to modify the itinerary based on the weather or if the safety of the group requires it.

•MEETING POINT AND END OF STAY

Meeting point:
On Day 1 at 5:30 PM in front of Hendaye train station (64) for a transfer to Saint Jean Pied de Port (1h05).

ECO-FRIENDLY TIP: Why not reach St Jean Pied de Port by train? It's less convenient, but more ecological! To do so, you will need to take the Bayonne-St Jean Pied de Port train line, instead of continuing to Hendaye. Feel free to contact us for more information!

Accommodation the night before or on the last day: see our Accommodation section.

End of stay:
On Day 7 around 4:00 PM, in Hendaye. Luggage storage is provided, allowing you to enjoy the beach and the town.

•DATES AND PRICES

Number of participants
Group of 4 to 12 people.

Departures
Departure guaranteed from 4 people.

From Saturday 10/04/2027 to Friday 16/04/2027
From Saturday 01/05/2027 to Friday 07/05/2027
From Saturday 15/05/2027 to Friday 21/05/2027
From Saturday 12/06/2027 to Friday 18/06/2027
From Saturday 26/06/2027 to Friday 02/07/2027
From Saturday 10/07/2027 to Friday 16/07/2027
From Saturday 24/07/2027 to Friday 30/07/2027
From Saturday 07/08/2027 to Friday 13/08/2027
From Saturday 21/08/2027 to Friday 27/08/2027
From Saturday 04/09/2027 to Friday 10/09/2027
From Saturday 18/09/2027 to Friday 24/09/2027
From Saturday 02/10/2027 to Friday 08/10/2027

Price per person:
€990
€1020 from 10/07 to 24/09

Supplements:
- Single room supplement: €205/person, subject to availability
Note: Single room supplement available from Saturday (Day 1) to Wednesday (Day 5); the last night is in a shared room for 2, 3, or 4 people.

The price includes:
- Accommodation with full board from Day 1 dinner to Day 7 picnic
- Transfers mentioned in the program
- Luggage transport between each stage
- Supervision by a BE AMM specialist of the Basque Country
- Luggage storage until 4:00 PM in Hendaye

The price does not include:
- Insurance
- Meals not indicated in « the price includes »
- Transfers not included in the program
- Drinks
- Visits
- €15 registration fee

•TECHNICAL INFORMATION

Nature of the terrain
Hikes on good trails ; the terrain is varied but often rocky.

Level 3/5
For hikers with previous mountain hiking experience and in good physical condition. The walking times mentioned are indicative ; they are average times that only account for actual walking duration without including breaks. Depending on weather conditions, the walking pace may also vary.

Supervision
Hike led by a certified guide specializing in the Basque Country.
The RESPYRENEES guide team is 100% local. Based in the Basque Country or the Pyrenees, the landscapes, culture, and history of these areas hold no secrets for us !

Carrying
During the hike, you will only carry your personal belongings for the day, your picnic, and enough water.

•ACCOMMODATION / FOOD

Accommodation
3 nights in a 2** hotel or equivalent, 3 nights in comfortable guesthouses. Double room arrangement (except for the last night, which may be in a room for 2 to 4 people).
Single room available on request, with a supplement and subject to availability.

Meals
- Continental breakfast (tea, coffee, milk, bread, butter, jam)
- Evening meals often based on Basque specialties, including a starter, main course, and dessert
- Picnics included
- Drinks not included

Accommodation before or after the stay:

Hôtel BELLEVUE:
Comfortable 2** hotel located near the train station and the bay
36, boulevard du Général Leclerc

64700 HENDAYE
Tel: 05.59.20.00.26
http://hotelbellevue-hendaye.com/

Other option: our accommodation in Saint Jean Pied de Port
https://www.maison-iputxainia.com/english-1/



•PRACTICAL INFORMATION

Start: Day 1 at 5:30 PM, at Hendaye train station (64). **You can also choose to join us by train at St Jean Pied de Port. We will pick you up at the station.**

End: Day 7 around 4:00 PM, in Hendaye (64). Luggage storage is provided until 4:00 PM, allowing you to enjoy the beach and the town.

How to reach Hendaye:

- By train: Numerous TER trains from major cities to Bayonne, then Hendaye (https://www.oui.sncf)
- By car: From Bordeaux via A63 motorway, 207 km. From Toulouse and Bayonne via A64 motorway, 293 km, then Bayonne to Hendaye via A63 motorway, 32 km.
- By plane: Biarritz Airport – daily flights to and from Paris, London, Lyon, Clermont Ferrand…

Parking in Hendaye:
All paid and free parking options visible on this page: https://www.hendaye-tourisme.fr/fr/infos-pratiques/parkings-et-stationnement/

If you leave your vehicle for the entire duration of your stay, please check with the tourist office to see if any events (festivals, markets…) will take place at your parking location.

ECO-FRIENDLY TIP: Why not reach St Jean Pied de Port by train? It's less convenient, but more ecological! To do so, take the Bayonne-St Jean Pied de Port train line instead of continuing to Hendaye. Feel free to contact us for more information!

How to reach Saint Jean Pied de Port by train:

Numerous TGV trains to Bayonne from major cities.
From Bayonne, take the TER line Bayonne-St Jean Pied de Port. 4 departures on Saturdays:

Departure Bayonne 8:14 AM, arrival St Jean Pied de Port 9:15 AM
Departure Bayonne 11:20 AM, arrival St Jean Pied de Port 12:21 PM
Departure Bayonne 2:20 PM, arrival St Jean Pied de Port 3:21 PM
Departure Bayonne 6:20 PM, arrival St Jean Pied de Port 7:21 PM

•WHAT TO BRING IN YOUR BAG

Luggage

• A hiking backpack of about 35 liters, useful for carrying your personal belongings during the day.

Clothing

• 1 sun hat or cap
• T-shirts (1 for every 2 or 3 days of hiking). Avoid cotton, as it takes a long time to dry; prefer short-sleeve breathable
•T-shirts in Capilene (Patagonia), Dryflo (Lowe Alpine), Light Effect (Odlo), etc.
• 1 thermal base layer (same notes as above) or long-sleeve shirt
• 1 fleece jacket
• 1 trekking pants
• 1 comfortable pants for the evening
• 1 Gore-Tex style jacket, simple and lightweight
• 1 swimsuit and a bath towel
• Warm underwear
• Hiking socks (1 pair for 2 to 3 days of hiking). Avoid cotton tennis-type socks, which take long to dry and increase the risk of blisters; prefer Coolmax-based socks, for example
• 1 pair of waterproof hiking boots with good ankle support (Vibram sole recommended)
• 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 liter)
• 1 pocket knife (to be packed in checked luggage)
• Toiletry kit
• Toilet paper, sunscreen + lip balm
• For the picnic: cutlery

Personal first aid kit

• Your usual medications
• Vitamin C or multivitamins
• Pain relief medication: preferably paracetamol
• Elastic adhesive bandage (type Elastoplast, 6 cm wide)
• Set of adhesive bandages + disinfectant compresses
• Blister protection (SOS Blisters by Spenco, available in sports stores, pharmacies, or parapharmacies)

Group first aid kit

• First aid kit under the responsibility of your guide