

Technical Sheet | Guided Hiking | Level 3/5  | 6 Days of Walking

Guided GR10, Part 3 : Etsaut - Gavarnie

Your Tour briefly

- Guided hike with a certified Mountain Leader (BE AMM) specializing in the region
- Itinerant tour
- Accommodation in guesthouses and mountain refuges
- Luggage transport between each stage, except for 3 nights in a refuge
- Easy access and return via Etsaut and Lourdes
- Duration: 7 days / 6 nights

Highlights

- The GR10 as a common thread
- Part of the route within the Pyrenees National Park
- The Ossau Valley and Pic du Midi d'Ossau, an iconic site of the Pyrenees
- The stunning Arriel valley
- The high-mountain site of Arrémoulit
- Numerous lakes along the route
- The impressive North Face of Vignemale
- The magnificent Gaube and Marcadau valleys
- The possibility of climbing a peak over 3,000m: Petit Vignemale

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The third section of the Pyrenees crossing, with the renowned GR10 as its guiding thread, enters the Pyrenees National Park and its protected areas. From the Aspe Valley in the heart of Béarn, the Chemin de la Mâtüre will first lead you to the magnificent Ayous Lakes. One of the most breathtaking sights in the Pyrenees awaits as you discover the Pic du Midi d'Ossau, an iconic peak whose majestic silhouette is beautifully reflected in Lac Gentau.

After leaving the Ossau Valley, you will venture onto the stunning trails at the foot of the Balaitous. This imposing and legendary granite massif, dotted with lakes, is the first peak rising above 3,000 meters when approaching from the ocean. Through the high-mountain site of Arrémoulit, the route then takes you to the Respomuso Refuge on the Spanish side of the Pyrenees, passing through the Arriel Valley, with its breathtaking turquoise lakes.

After this brief incursion into the southern slopes of the Pyrenees, the itinerary returns to France, leading to the magnificent Marcadau and Gaube Valleys, true gems of the National Park, at the foot of the impressive North Face of Vignemale. The journey concludes in Gavarnie, a charming village nestled at the foot of the famous Cirque de Gavarnie.



•PROGRAM

Day 1 : From Etsaut to Ayous Refuge



Meet your guide at 8:00 AM in Etsaut at the start of the hike. The day's stage is both physically demanding and exceptionally scenic, offering a stunning variety of landscapes: the famous Chemin de la Mâtüre, the Baigt de Sencours plateau, shepherds' huts, and the grand finale—the breathtaking view of the Pic du Midi d'Ossau reflecting in Lac Gentau at sunset, with its shimmering rock colors mirrored in the lake.

- **Distance: 15 km | Duration: 6h45 | Ascent: +1650m | Descent: -300m**

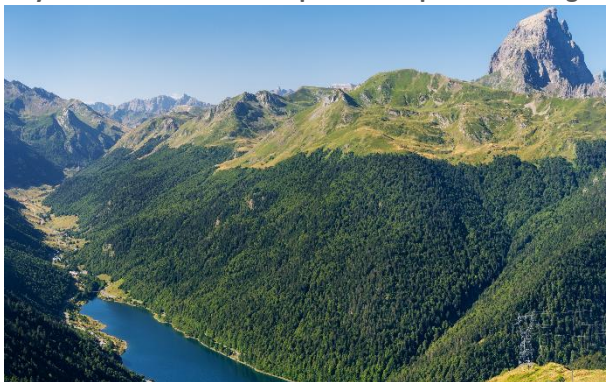
Day 2 : From Ayous Refuge to Bious Artigue



Departing from Ayous, you will complete the Tour of the Pic du Midi d'Ossau, first skirting the beautiful Bersau and Castérau lakes, then reaching Col Peyreget and Pombie Refuge, located at the very foot of the peak. You will then descend via the pastoral Magnabaigt Valley, crossing Col Suzon. Looking back, you'll enjoy an impressive view of the steep North Face of the Ossau, also known as "Jean-Pierre." The journey concludes at Bious Artigue Lake, where a shuttle will take you to Laruns (30 min) in the valley.

- **Distance: 17 km | Duration: 7h | Ascent: +950m | Descent: -1600m**

Day 3 : From Caillou de Soques to Respomuso Refuge



Morning transfer from Laruns to Caillou de Soques (30 min). This magnificent cross-border route climbs to Col d'Arrious (2259m) before following the famous Orteig Passage, a carved rock path that is more impressive than difficult. The trail then leads to Arrémoulit Refuge and Lake (2265m), a stunning high-mountain site beneath the elegant Pic d'Arriel. After a short ascent to Col d'Arrémoulit (2448m), you cross into Spain, exploring the sublime Arriel Valley and its turquoise lakes, overlooked by the majestic Balaitous (3144m). A scenic path along the Aguas Limpias brings you to Respomuso Refuge.

- **Distance: 13.5 km | Duration: 6h | Ascent: +1250m | Descent: -600m**

Day 4 : From Respomuso Refuge to Pont d'Espagne



From Respomuso Refuge, today's stage quickly reaches the pleasant and bucolic green plateau of Campo Plano and its lake. At this point, a trail rises, allowing you to return to the French side of the Pyrenees via the Col de la Fache (2664 m). Then you will begin the descent to Pont d'Espagne through the magnificent Marcadau Valley. Overnight in Cauterets.

- **Distance: 17 km | Duration: 6h30 | Ascent: +650m | Descent: -1250m**

Day 5 : From Pont d'Espagne to Bayscellance Refuge



Today's route follows the spectacular Gaube Valley, home to a stunning mountain lake. After passing Lac de Gaube, a gently sloping path leads to Oulettes de Gaube Refuge (2151m), situated beneath the imposing North Face of Vignemale (3298m), the highest peak in the French Pyrenees. Continuing on, you climb to Hourquette d'Ossoue before reaching Bayscellance Refuge (2651m), the highest guarded refuge in the Pyrenees. For those who wish, there is an optional round-trip summit climb to Petit Vignemale (3032m), offering breathtaking views of the Ossoue Glacier.

- **Distance: 13 km | Duration: 5h30 | Ascent: +1300m | Descent: -200m**

Day 6 : From Bayscellance Refuge to Gavarnie



Today's stage leads to Gavarnie and its famous Cirque de Gavarnie. From Bayscellance Refuge, a long and scenic descent awaits. After passing the Bellevue Caves, carved by Count Henry Russell between 1881 and 1893, the route descends into the Ossoue Valley. Beyond Ossoue Dam, a stunning balcony trail takes you to the village of Gavarnie, where you will enjoy spectacular views of the world-famous cirque.

- **Distance: 17 km | Duration: 6h | Ascent: +250m | Descent: -1500m**

Day 7 : End of the Trip in Lourdes

After breakfast, transfer to Lourdes train station (1h), marking the end of your journey.

The programs were established based on the latest information available at the time of writing. However, unforeseen circumstances are always possible, and situations beyond our control may alter the course of events. 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 THE TRIP

Meeting Point:

On Day 1 at 8:00 AM in Etsaut, at the starting point of the hike with your guide. Briefing about the trip, distribution of your day's picnic, and drop-off of your luggage with the transporter. The guide will contact you a few days before the trip to confirm the exact meeting location.

End of Stay:

On Day 7 at Lourdes train station after the transfer.

• DATES AND PRICES

Number of Participants

Group of 4 to 11 people.

Departure

Departure is guaranteed with a minimum of 4 participants.

From Sunday 28/06/2026 to Saturday 04/07/2026

From Sunday 19/07/2026 to Saturday 25/07/2026

From Sunday 09/08/2026 to Saturday 15/08/2026

From Sunday 30/08/2026 to Saturday 05/09/2026

Price: €995 per person

Supplements:

- Return transfer from Lourdes to Etsaut: €90 per person
- Additional night in Etsaut and/or Gavarnie: Please contact us

The price includes:

- Full-board accommodation from the picnic on Day 1 to breakfast on Day 7
- Luggage transport between accommodations, except for 3 nights in mountain huts on Days 1, 3, and 5
- Transfers mentioned in the program
- Guidance by a certified mountain leader (BE AMM) specializing in the region

The price does not include:

- Insurance
- Transfers not included in the program
- Visits
- €15 booking fee
- Drinks
- Airport transfers
- Arranging an extra night

• TECHNICAL INFORMATION

Nature of the Terrain

Hikes on well-maintained trails, with varied but often rocky terrain.

Level 4

For experienced hikers in good physical condition who already have significant mountain hiking experience. Expect hikes of 7 to 8 hours per day on average, with elevation gains of 1,000 to 1,300 meters, on accessible trails but also sometimes on rugged terrain (scree, rocky slopes...) and occasionally unmarked paths.

Note: The indicated hiking times are for reference only; they are average estimates that account only for the actual walking duration, excluding breaks. Depending on weather conditions, the hiking pace may vary, ranging from +300m to +500m of ascent per hour.

Guiding

The hike is led by a certified mountain guide (BE AMM) who specializes in the region.

Luggage Carrying

During the hike, you will only carry your daily essentials, including personal items, a picnic, and a sufficient amount of water.

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge an extra fee at the end of the hike if the luggage is too heavy or too numerous.

•ACCOMMODATION / FOOD

Accommodation

Full board (overnight stay + dinner + breakfast + picnic)

2 nights in a hikers' lodge with shared dormitory on days 2, 4, and 6

4 nights in a mountain refuge with shared dormitory on days 1, 3, and 5

Meals

- Continental breakfast (tea, coffee, milk, bread, butter, jam)

- Evening meals often feature local specialties, including a starter, a main course, and a dessert

- Picnics included

- Drinks not included

•PRATICAL INFORMATION

How to get to Etsaut:

- By plane: Pau Airport; Tarbes-Lourdes Airport; Toulouse Airport
- By train and bus: TER train from Pau to Bedous (<https://www.oui.sncf>) and bus from Bedous to Etsaut (line Bedous – Canfranc)
- By road: Reach Pau (motorway from Bordeaux or Toulouse); then from Pau, take N134 to Etsaut, via Oloron Sainte Marie.

Vehicle parking:

Parking in Etsaut:

No problem leaving your vehicle.

No guarded parking. Place de l'Eglise, in front of the Town Hall.

Parking in Lourdes:

SNCF train station parking.

How to leave Lourdes:

From Lourdes, trains to several cities: Toulouse, Pau, Bordeaux...

How to get to Etsaut from Lourdes:

TER train from Lourdes to Pau. TER train from Pau to Bedous. Bus from Bedous to Etsaut (line Bedous – Canfranc).

Possibility to book a return shuttle to Etsaut: €90/person

•WHAT TO BRING AND PACK

Your accompanying luggage

Your luggage must be dropped off at your accommodation reception no later than 9 a.m. It will be delivered to your next accommodation before 5 p.m. Only one accompanying bag per person is accepted. For logistical reasons, we ask you to limit the weight of the accompanying bag to a maximum of 15 kg and to avoid hard-shell suitcases: our logistics team and transport partners have to load and unload dozens of bags every day, sometimes with many stairs... The carrier may charge an extra fee at the end of the hike if the luggage is too heavy or too numerous.

Your main luggage (if package includes luggage transport between accommodations) :

For logistical reasons, we ask you not to bring more than one item/person. Its weight should not exceed 12kg - 15kg.

Your day backpack

The size of your bag varies upon the type of activity.

For a walk without portage : 30L minimum

For a walk with partial portage : 50L minimum

For a walk with portage : 60L minimum

Whatever activity you participate in, you should always carry in your rucksack:

- Rainwear, warm clothing, spare T-shirt, sunglasses, sun cream, first aid kit, picnic kit, personal items, etc.)
- Picnic lunch of the day (bring a plastic box)
- Sufficient water (minimum 1.5 litre water bottle)

Walking Boots

The type of boot depends upon the activities you take part in however they are one of your most important items.

They should be comfortable, waterproof and breathable. For the best protection we advise ankle boots.

We recommend our young walkers to wear flexible walking boots with a good sole and back.

For mountain walking for more than 4 hours long we recommend a boot with a fairly ridged sole.

If you need to buy a new pair of boots, we advise you wear them in before the start of your holiday. Don't wear boots that are too small because feet have a tendency to swell up. Be careful with your shoes that have been left in the wardrobe for too long. The lifespan of a shoe is 2 to 5 years. After a while the soles will come off and the seams can tear.

Clothes:

- A wind and rainproof jacket
- A thick jumper or a fleece
- Comfortable walking trousers
- Shorts, t shirts as well as breathable base layers
- Spare clothes
- Swimwear and towel
- For the start and end of season, hat and gloves suitable for GR10 walks at altitude.

For Sleeping

-Sleeping bag liner for all nights spent in the gites and mountain shelters (blankets are provided)

- Earplugs

For Picnics

- Sealed plastic box (0.5L) to carry salads
- Cutlery (folding knife and fork)
- A 1,5L minimum flask

Small equipment

- A pair of tennis shoes, or sandals for the evening
- A pair of telescopic poles (optional)
- Sunglasses and sun cream
- Hat, cap or bob
- Camera...
- A small toilet bag, with towel
- Torch or headlamp
- Toilet paper
- A mini-pharmacy: personal medication, Compeed for blisters, elastoplast, gauze, disinfectant, arnica granules and aspirin in case of minor injuries, a survival blanket.