

INTRODUCTION

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From the Atlantic to the Mediterranean

The GR11

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Culture and language

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THE GR11

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Stage 4 Puerto de Urkiago to Burguete (Auritz)

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Stage 10A Hotel Usón to Refugio de Lizara (GR11-1)

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Stage 13 Sallent de Gállego to Refugio de Respomuso

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