

INTRODUCTION



National and Natural Parks
From the Atlantic to the Mediterranean
The GR11
Weather and when to go
Wildlife
Getting to the start
Getting home
Equipment
Culture and language
Accommodation
Camping
Water
Using this guide



THE GR11

Getting to Cabo de Higuer from Irún

Stage 1 Cabo de Higuer to Bera (Vera de Bidosoa)

Stage 2 Bera to Elizondo

Stage 3 Elizondo to Puerto de Urkiago

Stage 4 Puerto de Urkiago to Burguete (Auritz)

Stage 5 Burguete to Hiriberri (Villanueva de Aezkoa)

Stage 6 Hiriberri to Ochagavía (Otsagabia)

Stage 7 Ochagavía to Isaba (Izaba)

Stage 8 Isaba to Zuriza (over Peña Ezkaurri, GR11-4)

Stage 9 Zuriza to La Mina

Stage 9A Zuriza to Hotel Usón (Puen de Santana)

Stage 10 La Mina to Candanchú (GR11)

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

Stage 10B Refugio de Lizara to Candanchú (La Senda de Camille)



Stage 11 Candanchú to Sallent de Gállego (Sallén de Galligo)

Stage 12 Sallent de Gállego to Refugio de Respomuso

Stage 13 Refugio de Respomuso to Baños de Panticosa

Stage 14 Baños de Panticosa to San Nicolás de Bujaruelo (Buxargüelo)

Stage 15 San Nicolás de Bujaruelo to Refugio de Góriz

Stage 16 Refugio de Góriz to Refugio de Pineto

Stage 17 Refugio de Pineto to Parzán

Stage 18 Parzán to Refugio de Biadós (Viadós)

Stage 19 Refugio de Biadós to Puen de San Chaime (Puente de San Jaime)

Stage 20 Puen de San Chaime to Refugio de Cap de Llauset

Stage 21 Refugio de Cap de Llauset to Refugi de Conangles

Stage 22 Refugi de Conangles to Refugi dera Restanca

Stage 23 Refugi dera Restanca to Refugi de Colomers (by Port de Caldes, GR11-18)

Stage 24 Refugi de Colomers to Espot
Stage 25 Espot to La Guingueta d'Àneu
Stage 26 La Guingueta d'Àneu to Estaon
Stage 27 Estaon to Tavascan
Stage 28 Tavascan to Àreu
Stage 29 Àreu to Refugi de Vallferrera
Stage 30 Refugi de Vallferrera to Refugi de Comapedrosa
Stage 31 Refugi de Comapedrosa to Arans
Stage 32 Arans to Encamp
Stage 33 Encamp to Refugio de l'Illa
Stage 33A Encamp to Refugi Xalet Cap del Rec (GR11-10)
Stage 34 Refugio de l'Illa to Refugi de Malniu
Stage 34A Refugi Xalet Cap del Rec to Refugi de Malniu (GR11-10)
Stage 35 Refugi de Malniu to Puigcerdà
Stage 36 Puigcerdà to Camping Can Fosses, Planoles
Stage 37 Camping Can Fosses, Planoles to Núria
Stage 38 Núria to Setcases
Stage 39 Setcases to Beget
Stage 40 Beget to Albanyà (via Sant Aniol d'Aguja)
Stage 41 Albanyà to Maçanet de Cabrenys
Stage 42 Maçanet de Cabrenys to La Jonquera
Stage 43 La Jonquera to Els Vilars
Stage 44 Els Vilars to Llançà
Stage 45 Llançà to Cap de Creus

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Appendix B Facilities table

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