

Introduction

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Section 1 Hendaye to Lescun

Day 1 Hendaye to Col de Lizuniaga
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Day 4 Les Aldudes to Roncevalles
Day 5 Roncevalles to Egurgui
Day 6 Egurgui to Col Bagargui
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Section 2 Lescun to Gavarnie

Day 10 Lescun to Refuge d'Arlet
Day 11 Refuge d'Arlet to Candanchu
Day 12 Candanchu to Refuge de Pombie
Variant: From Lac de Peyreget via the Col de l'Iou (2194m) to Refuge de Pombie
An easy summit: Pic d'Ayous (2288m)
Day 13 Refuge de Pombie to Refuge de Larribet
Day 14 Refuge de Larribet to Refuge Wallon
Variant: Refuge d'Arrémoulit to Refuge Wallon
Ten classic summits – 1: Grande Fache (3005m) from Refuge Wallon
Day 15 Refuge Wallon to Refuge de Bayscellance
Ten classic summits – 2: The Vignemale (3298m) from the Refuge de Bayscellance
Day 16 Refuge de Bayscellance to Gavarnie
Ten classic summits – 3: Le Taillon (3144m) from Gavarnie

Section 3: Gavarnie to Salardu

Day 17 Gavarnie to Héas

Ten classic summits – 4: Piméné (2801m) from Refuge des Espuguettes

Day 18 Héas to Parzan

Day 19 Parzan to Refugio de Viados

Day 20 Refugio de Viados to Refuge de la Soula

Day 21 Refuge de la Soula to Refuge du Portillon

Ten classic summits – 5: Pic Perdiguère (3222m) from Refuge du Portillon

Day 22 Refuge du Portillon to Refugio de la Renclusa

Ten classic summits – 6: Pico de Aneto (3404m) from Refugio de la Renclusa

Haute Route escape route: From Refugio de la Renclusa to Bagnères-de-Luchon

Variant: Hospital de Benasque – GR11 trail

Day 23 Refugio de la Renclusa to Hospital de Vielha

Day 24 Hospital de Vielha to Refugi de la Restanca

Variant: GR11 from Estany de Rius to Refugi de la Restanca

Day 25 Refugi de la Restanca to Salardu

Ten classic summits – 7: Montardo d’Aran (2826m) from Coll de Crestada

3-day Variant – GR11 from Viados to Hospital de Vielha

Section 4: Salardu to l’Hospitalet-près-l’Andorre

Day 26 Salardu to Refugi Gracia Airotó

Day 27 Refugi Gracia Airotó to Alos de Isil

Day 28 Alos de Isil to Refugi Enric Pujol

Ten classic summits – 8: Mont Roig (2868m) from Refugi Enric Pujol

Day 29 Refugi Enric Pujol to Refugi de Certascan

Variant 1: Via Tavascan to Pla de Boavi

Variant 2: Noarre via Camping Masia ‘Bordes de Graus’

Ten classic summits – 9: Pic de Certascan (2853m) from Col de Certascan

Day 30 Refugi de Certascan to Refugi del Cinquantenari

Short-cut: From Coll de Sellente to Estany de Sottlo

Day 31 Refugi del Cinquantenari to Refugi de Coma Pedrosa

Ten classic summits – 10: Pica d’Estats (3143m) and Montcalm (3077m) from Refugi de Vall Ferrera

Day 32 Refugi de Coma Pedrosa to El Serrat

Day 33 El Serrat to Cabana Coms de Jan

Day 34 Cabane Coms de Jan to Refuge du Rulhe

Day 35 Refuge du Rulhe to l’Hospitalet-près-l’Andorre

Section 5: l’Hospitalet-près-l’Andorre to Banyuls-sur-Mer

Day 36 l’Hospitalet-près-l’Andorre to Refuge des Bésines

Day 37 Refuge des Bésines to Barrage des Bouillouses

Variant: GR10 avoiding Pic Carlit

Consolation walk 1: From Chalet-Refuge des Bouillouses to Pic Carlit summit

Day 38 Barrage des Bouillouses to Eyne

Day 39 Eyne to Refugi d'Ull de Ter

Day 40 Refugi d'Ull de Ter to Refuge de Mariailles

Day 41 Refuge de Mariailles to Mines de Batère

Variant: The GR10 from Refuge de Mariailles to Chalet-Refuge des Cortalets

Consolation walk 2: The ascent of Canigou from Cortalets

Day 42 Mines de Batère to Moulin de la Palette

Day 43 Moulin de la Palette to Las Illas

Day 44 Las Illas to Col de l'Ouillat

Day 45 Col de l'Ouillat to Banyuls-sur-Mer

Appendix 1 Useful addresses

Appendix 2 Glossary

Appendix 3 Facilities list