



## A self-guided tour in the French Oriental Pyrenees

**(8 days / 7 nights).**

The Pyrenees are a walker's paradise. From the glory and majesty of the high peaks to the forested slopes of the sheltered valleys, the Pyrenees really have it all. Stretching from the Atlantic to the Mediterranean they are dotted with forts and castles - the legacy of the history of this much disputed region.

Blessed with warm weather through the walking season, any holiday in this region is only further enhanced by the wonderful regional cooking. Visit the Pyrenees at your peril - after you've been here once you will be planning your return visits for years to come!

This holiday is based in the Canigou Massif region of the Oriental Pyrenees as the mountains gradually fall to the warm Mediterranean sea. Note that most days include at least 1000 metres of ascent or descent which is the reason that the distances do not seem overly long.



### **Day 1.**

Arrive at our base in the hamlet of La Preste (known as the end of the road), nestling under the shadows of the Pic de Costabonne.

Explore the river valley or visit the local spa before dinner in our spectacularly located hotel.

### **Day 2 (14km).**

Leaving La Preste, walk along the river before starting a gradual climb through the forested slopes to the Col de Siern where you cross over to Spain.

Follow the border along the ridge and descend to the hamlet of Espinavell. Walk along easy valley tracks to your stay in the picturesque village of Mollo.

### **Day 3 (17km).**

Leave Mollo and retrace your steps for a short while before climbing out of the valley to Fabert. Then ascend to the Col des Basses-de-Fabert where you cross back into France.

Take time for lunch at the Tour du Mir, before starting a steep descent through woodland and back down to the Tech valley at Prats.

### **Day 4 (10km).**

Our transport brings you this morning to a distant col beyond St Laurent-de-Cerdans. Enjoy a beautiful walk along blossom-strewn ridges, and then ascend to the Pilo de Belmaig.

Take in the wonderful views of the Roussillon plain and the distant Mediterranean. Then descend via the

GR10 to the historic town of Arles-sur-Tech.

### **Day 5 (9km).**

Start on the GR10 again today and enjoy an easier day's walking. Ascend gradually along forest trails and local footpaths up to the unique Batterie de Santa Engracia.



Commence your descent along ridges down to the lively town of Amelie-les-Bains and your hotel—secluded on the banks of the Tech.

**Day 6 (13km).**

Once again our local transport transfers you to the start of today's walk. Follow sections of the GR10 as you ascend to a high point at the Puig de Fontfreda. Descend along switch-back paths through deciduous forests to come out on the gentle slopes above Ceret.

**Day 7 (20km).**

Transferred to the GR10 below Puig Neulos you now enjoy a wonderful last day's walking along the border ridge between France and Spain.

Take in the stunning views across the mountains and steep valleys. Marvel at the numerous forts and military installations that dot the high points of this historically disputed coastal region.



Follow a steep descent out of the mountains and down through the vineyards and cork oaks. Continue along lowland paths to the harbour and beach at sparkling Banyuls-sur-Mer, and the end of your wonderful week of walking.



**Day 8.**

The tour is completed following your breakfast in Banyuls.

Take the time to explore Banyuls-sur-Mer or Collioure or just enjoy having the Mediterranean on your doorstep before you transfer to the airport or station.

## Overview

**Grade D  
High Mountains**

**8 Days (7 Nights)**  
Bed & Breakfast.  
Dinner and packed lunch (7).

## Prices and Dates

Please see separate Pricing Sheet.

## Included

7 nights' accommodation, based on two adults sharing.

Meals consist of a full breakfast each day, packed lunch on walking days, and a two/three course meal each evening. Drinks are not included.

Luggage transfer each day, route description and maps.

Transfers to/from Perpignan Airport or train station are included. Please contact us for separate pricing of transfers to/from other airports.