

THE GR10 TRAIL

Through the French Pyrenees: Le Sentier des Pyrenees

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Guidebook to the GR10, the Sentier des Pyrénées, a 954km trek across the French Pyrenees from Hendaye on the Atlantic Coast to the Mediterranean coast at Banyuls-sur-Mer. Divided into four sections and 55 day stages, the route can be walked either in its entirety or section by section. Good bus and rail links throughout the region ensure plenty of access options for walkers completing the trek in sections.

Of the three long distance routes traversing the Pyrenees, the GR10 is regarded as the easiest, despite a total climb of 53,000m. The route is well waymarked and follows good mountain paths. Towns and villages are frequent so finding accommodation and supplies is rarely a problem. The region offers sublime mountain vistas, and is rich with birdlife, making it a tantalising destination for the avid birdwatcher.

Step by step route descriptions are accompanied by 1:100,000 mapping and gradient profiles. Useful practical information is also included such as when to go, getting there and back, camping, accessing fuel and water, plus handy equipment tips and more.

Key marketing points

- Superb flora and fauna
- Best walked between July and September
- Wide range of accommodation options on route

About the author

Since taking early retirement from his career as a physics and sports teacher, Brian Johnson has found time for three thru-hikes of the Pacific Crest Trail, a 2700-mile round-Britain walk, three hikes across the Pyrenees from the Atlantic to the Mediterranean as well as a single summer completion of the Munros and has climbed all the Corbetts in Scotland.

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