

ACHIEVE IT & SOULWANDERING

# CROSSING THE PYRENEES

**AUG 29–SEPT 7, 2026**

Biarritz → Pamplona

This journey begins on the French side of the Camino, weaving together French elegance, quiet countryside, and the dramatic landscapes of the Pyrenees. It's a route that carries a strong sense of tradition and challenge, where the physical effort naturally opens space for reflection and spiritual depth.

Designed for those who are drawn to a more demanding walking experience, this trip offers a true Camino feeling while maintaining a carefully curated 5-star level of care. Logistics are handled with attention and ease, allowing you to fully engage with the journey—body, mind, and spirit—as you move step by step toward Pamplona.









# CROSSING THE PYRENEES

## BIARRITZ TO PAMPLONA





# DAILY TRIP

## DAY 1. MEETING IN BIARRITZ



Our journey begins in Biarritz, an elegant seaside town on France's Atlantic coast, known since the 19th century for its dramatic sunsets, rocky cliffs, and wide beaches, and later for its role as a pioneering European surf destination.

We stay in a stylish city hotel close to the ocean and renowned seafood restaurants. After settling in, we gather for introductions and an overview of the Camino, setting the tone for the days ahead, with the rest of the evening free to explore the town at your own pace.

## DAY 2. ARTHEZ-DE-BÉARN → SAUVELADE



**11.2 miles; 702 ft elevation gain**

After breakfast, a transfer takes us to Arthez-de-Béarn, where we begin walking the final stretches of the Chemin du Puy. The route gently introduces the rhythm of the Camino, following rolling countryside and quiet rural paths. We reach the Abbey of Sauvelade, a former Benedictine monastery with a Romanesque church, and stay overnight in a charming guesthouse surrounded by nature.

## DAY 3. SAUVELADE → NAVARRENX



**8.7 miles; 984 ft elevation gain**

Leaving Sauvelade after breakfast, we walk through peaceful farmland, forests, and small hamlets typical of southwestern France, continuing to ease into the journey. We arrive in Navarrenx, one of the best-preserved fortified towns in the country, enclosed by Renaissance ramparts. After exploring its historic center, we settle in for the night.



## DAY 4. NAVARRENX → AROUE



**12.2 miles; 951 ft elevation gain**

Today's stage passes through one of the most characteristic landscapes of the French Camino, with woodland paths and shaded forests. After a picnic lunch and, "weather permitting, a dip in the river, we reach the village of Aroue and transfer to nearby Saint-Palais. Here we stay overnight in a comfortable hotel and enjoy dinner featuring local specialties.

## DAY 5. ST PALAIS → LARCEVEAU



**13.7 miles; 1,444 ft elevation gain**

A memorable and symbolic day. Shortly after setting out, we reach the stele marking the junction of the three great French pilgrimage routes, followed by a short but demanding climb to the Chapel of Soyarza with sweeping views over the Basque countryside. The route then continues through pastoral landscapes and historic villages to Larceveau.

## DAY 6. LARCEVEAU → ST JEAN PIED DE PORT



**13.7 miles; 1,148 ft elevation gain**

Our final stage in France leads through varied rural scenery, passing ancient pilgrim shelters, traditional villages, and well-known Camino landmarks. By afternoon, we arrive in Saint-Jean-Pied-de-Port, the historic gateway to Spain. We stay in a refined hotel overlooking the Pyrenees and enjoy a special dinner at a Michelin-listed restaurant.



## DAY 7. ST JEAN PIED DE PORT → RONCESVALLES



**16.8 miles; 4,314 ft elevation gain**

One of the most epic stages of the Camino, crossing the Pyrenees along a historic mountain route. The ascent passes key landmarks before reaching the high point near 5,000 feet, followed by a long descent into Roncesvalles. We spend the night in historic pilgrim lodgings centered around its medieval religious buildings.

## DAY 8. RONCESVALLES → LARRASOAÑA



**18.0 miles; 1,713 ft elevation gain**

A demanding but gentler day descending through the forests of Navarra, landscapes once linked to ancient legends. Passing through woodland paths and small villages, we pause in Zubiri by its medieval bridge before continuing to Larrasoaña. In the evening, we enjoy a private dinner prepared by a two-Michelin-star chef.

## DAY 9. LARRASOAÑA → PAMPLONA



**9.9 miles; 656 ft elevation gain**

A relaxed final stage leads us into Pamplona, with a visit to the monastery of Zabaldika along the way. After settling into our hotel, we explore the historic center, including the cathedral. The journey concludes with a farewell dinner at the iconic Café Iruña.



## DAY 10. FAREWELL

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After breakfast, we take time to reflect together on the journey we've shared. A comfortable transfer then brings us back to our points of departure.

As we part ways, we hope the mindfulness, connections, and memories of this journey will continue to accompany you far beyond the Camino.





# PACKING LIST



## MINIMALIST MENTALITY :-)

- SMALL TO MEDIUM SUITCASE
- DAY BACKPACK
- HIKING POLES
- 2 PAIRS HIKING SHOES (ONE WATERPROOF)
- SHORTS, YOGA PANTS, OR HIKING PANTS
- RAIN PONCHO OR JACKET
- CASUAL WEAR AT NIGHT





# WE GUIDE YOU THROUGH EVERY STEP

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## ■ CARE BEFORE WE GO

- Monthly group gatherings in the months leading up to departure.
- Guidance on equipment, packing, training, airfare, insurance, money exchange.
- Practical support so no one arrives feeling rushed or unready.
- Assistance with additional travel logistics

## ■ CARE ALONG THE WAY

- Lodging arranged along the route.
- Maps, phone numbers, group WhatsApp, 4 support coaches so no one is LAST.
- Ongoing personal coaching throughout the journey.

## ■ CARE FOR YOUR PERSONAL JOURNEY

- Space for reflection without pressure or performance
- Gentle teaching and thoughtful questions
- A community grounded in kindness, care, and compassion

### WHAT'S INCLUDED?

- All accommodations
- All meals (except 2 dinners)
- Porter service
- All wine tours, & special guided walks
- Training calendar
- Packing list
- Pilgrim passports for ceremony city stamps
- 5 monthly zoom support calls
- 4 coaches for daily support
- Final group reflection call upon return
- We handle all the logistics, so you can focus on walking — including internal transfers, hotel check-ins, and daily organization



## FAQs

### **How many miles do we walk each day?**

It depends. A typical stage is around 15–16 miles (about 5–6 hours of walking per day).

In any case, our daily program clearly lists the distance and elevation gain for each stage.

If you have questions or concerns, just ask — we're happy to help.

### **Where will we stay?**

We will stay mostly in 3- or 4-star hotels and luxury rural hotels, in double rooms with private bathrooms.

On one night in France, accommodations will include triple or quadruple rooms (shared only within our group). Even in this case, it is the best accommodation available: a charming rural B&B with a garden and swimming pool.

### **Do we need to carry our luggage?**

Your luggage is transported for you from hotel to hotel. You only walk with a daypack.

### **What level of fitness is required?**

We will support you in the preparation process, and the journey is accessible to anyone in reasonable walking shape..

### **What happens if I can't walk a stage?**

If needed, we can arrange alternative transportation (price not included) so you can rejoin the group later that day.

### **Is this a religious trip?**

The Camino has religious origins, but today it is walked for many reasons: cultural, personal, spiritual, or simply for the joy of walking. No religious belief is required.

### **What is the group size?**

We travel in a small group, which allows for flexibility, personal attention, and a relaxed atmosphere.



# CONTACT US

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