

Date	Day	Location	POI	Distance	Section	Notes
04-Oct	1	Biarritz	Start	0	0	
04-Oct	1	Mauleon-Licharre	Supermarket	91	91	9am-7.30pm
04-Oct	1	CP1 - Anso- 02:00 05/10	Restaurante Camping Valle de Anso	187	96	13:00 - 15:30 - may need to look for other food
04-Oct	1	Jaca	Hotel / Food	244	57	SLEEP
05-Oct	2	Sabinanigo	Café Lara	262	18	8am - 12am
05-Oct	2	Ainsa	Supermarket	315	53	9am - 8pm
05-Oct	2	El Pont De Suert	Supermarket	390	75	9am - 2pm
05-Oct	2	Control Book A		427	37	
05-Oct	2	Casa Tomas	Restaurant	443	16	8am - 11pm
05-Oct	2	Alins	Hotel Saloria - Passsive Control	483	40	13.30 - 17.00
05-Oct	2	CP2 - La Massana - 14:00 06/10	Secret Spot Hostel	520	37	SLEEP
05-Oct	2	CP2 - La Massana - 14:00 06/10	Secret Spot Hostel	520	0	SLEEP
06-Oct	3	Enveitg	Supermarket	586	66	8am - 1pm
06-Oct	3	Enveitg	Bakery	589	3	Closes at 1pm
06-Oct	3	Egat	Supermarket	600	11	Closes 12:30am
06-Oct	3	Pyrenees 2000m	Pizzeria	607	7	11am - 2pm
06-Oct	3	Control Book B		618	11	
06-Oct	3	Olette	Café	644	26	Open until 8pm
06-Oct	3	Prades	Bakery	660	16	Open until 8pm
06-Oct	3	Control Book C		688	28	
06-Oct	3	Restaurant Can Pere	Restaurant	694	6	10am - 6pm
06-Oct	3	Els Limits	Buffet	743	49	Open until 11pm
06-Oct	3	CP3 - Cap de Creus - 20:00 07/10	Restaurant Cap de Creus	800	57	Open until 11pm

Date	Day	Location	POI	Distance	Section	Notes
06-Oct	3	CP3 - Cap de Creus - 20:00 07/10	Restaurant Cap de Creus	0	0	Open until 11pm
06-Oct	3	Cadaques	Hotel / Supermarket	7	7	SLEEP
07-Oct	4	Els Limits	Supermarket	57	50	07:30 - 11pm
07-Oct	4	Ceret	Supermarket	75	18	Unknown
07-Oct	4	Chez Joseph	Shop	86	11	Unknown
07-Oct	4	Control Book D		112	26	
07-Oct	4	Prades	Supermarket	140	28	8:30 - 8pm - Stockup!
07-Oct	4	Control Book E		176	36	
07-Oct	4	Bensa	Supermarket	243	67	Open until 8pm
07-Oct	4	Bensa		243	0	SLEEP or go on to Tarascon
08-Oct	5	Tarascon	Supermarket	274	31	08:30 - 7:30pm
08-Oct	5	Saint Girons	Supermarket	340	66	8am - 8pm
08-Oct	5	Gaud	Supermarket	401	61	9am - 12.30pm & 2.30pm - 7.30pm
08-Oct	5	Bourisp	Supermarket	463	62	7:30am - 8pm
08-Oct	5	Bourisp	Hotel	463	0	SLEEP
09-Oct	6	Le Doumet	Supermarket	530	67	8am - 8pm
09-Oct	6	La Plaine	Supermarket	552	22	8.30am - 7.30pm
09-Oct	6	Laruns	Supermarket	600	48	9am - 12.30pm & 2.30pm - 7.00pm- Stockup!
09-Oct	6	Cheraute	Supermarket	675	75	9am - 12.30pm & 2.30pm - 7.30pm
09-Oct	6	Col d'Osquich	Hotel	690	15	SLEEP SOMEWHERE
10-Oct	7	Uhart Cize	Supermarket / Hotel	714	24	9am - 7.30pm
10-Oct	7	Ordoqui	Restaurant	746	32	9am - 12am
10-Oct	7	Biarritz	FINISH	796	50	SLEEP!!!!