

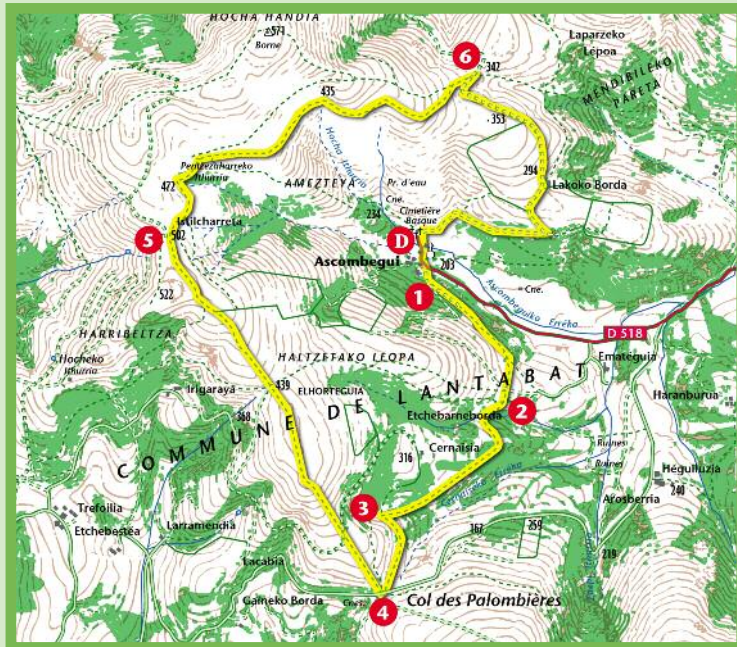
Amikuze Iholdi Oztibarre

All routes can be found in ►►
Available from tourist offices



NIV 3
MEDIUM

LANTABAT (AZKONBEGI)



D the Azkonbegi quarter in the village of **Lantabat**



Dogs allowed if kept on leads

Start GPS (UTM)
30T-648974-4789789

3h00

8 km

350 m

Signposting

D to 6



Avoid this route during the hunting season

Not to be missed

- the Azkonbegi chapel and cross, the disk-shaped steles

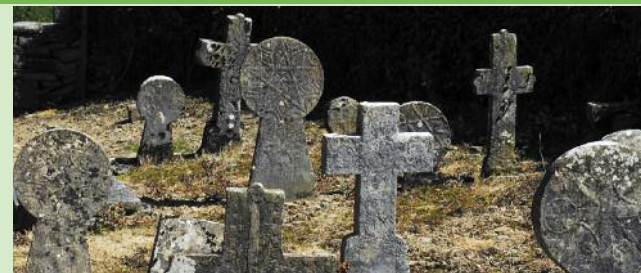


The woodpigeon shoot

October and November see numerous flocks of woodpigeons flying through the skies. Hunters use two traditional methods to trap these birds: either they place live decoys in trees within gunshot range or they use mock sparrow hawks that chase the woodpigeons into huge vertical nets. The Col des Palombières at Lantabat is one of the ten remaining sites where the traditional netting method is deployed. In October and November, you will see many warning signs such as « attention palombière » [warning: woodpigeon shooting lodge] which means that silence and discretion must be your watchwords.

NIV 3
MEDIUM

LANTABAT (AZKONBEGI)



The Azkonbegi cemetery

A splendid walk starting from the Azkonbegi district; in Basque language, this means «the badger's eye». Why? Well, that is a question you might put to the inhabitants of this peaceful quarter nestling on the floor of the valley. In the cemetery of the magnificent 12th century chapel, you can see one of the finest groups of disk-shaped steles. There is also a medieval wooden statue of Saint-Cyprien. If you would like to visit the chapel, just ask the church's next door neighbour for the key.

D Access: from the Louisenia bar on the D8 crossroads, follow the D508 towards Lantabat. Follow the road right down to the floor of the valley. Leaving the col des Palombières route on your left hand side, continue right to the end of the Azkonbegi quarter. Please park thoughtfully without obstructing access to houses or to tracks.

30T-648974-4789789 Walk back some 50 metres. Take the last track on the right in front of farm buildings.

0h05 **1** 30T-648979-4789771 Turn left and go through the gate, taking care to close it after you, leaving the route that rises to the right.

0h20 **2** 30T-649335-4789211 Go through a new gate, go downwards for a few metres and pick up the path on the side of the valley towards the right. Having followed the magnificent dry stone walls that form the meadow boundaries, the path rises from the floor of the valley

on the right hand side.

1h00 **3** 30T-648782-4788671 At the farm track, turn left and continue along the track to the Col des Palombières.

1h10 **4** 30T-648782-4788295 From there, take the right fork and climb up the slope, following the hunter's lodges for 1.900 km.

2h00 **5** 30T-647773-4789910 Leave the path and go down a narrow track towards the watering trough and then follow the path along the side of the Hoxa Handi summit.

2h40 **6** 30T-649190-4790694 Having walked for 1.900 km, follow the main track on the right which goes down to the Azkonbegi chapel.



Further information is available from:

Basse-Navarre tourist office

• 14 Place Charles de Gaulle, 64120 Saint-Palais - Tel 05 59 65 71 78

www.tourisme-saintpalais.com

GUIDES RANDO 64

on foot, by bike or by horse, discover Béarn and the Basque country!

ONLY TO BE SOLD BY A PYRÉNÉES-ATLANTIQUE TOURIST OFFICE

CHOOSE YOUR WALK WISELY

Levels

The **change in altitude** indicated in each guide represents the total increase. Times are calculated without stops.

Walking routes are classified by difficulty and are differentiated by colours in each route's practical guide. These classifications have been made following recommendations from FF Randonnée.

Very easy under 2 hours of walking
Ideal for families, using clearly marked paths.

Easy under 3 hours of walking
Can be done as a family. Follows footpaths,

with some more difficult parts.

Average under 4 hours of walking
For those with some walking experience. Contains some fairly challenging aspects or changes in altitude.

Difficult more than 4 hours of walking
For experienced walkers. Routes are long and/or challenging (steep ascents, difficult parts).

Walk times: The time taken to complete each route is given as a guide only, taking account of the length of the route, the change in altitude and any difficult aspects.

Signposting

Use the signposts to stay on the right track

Signposting	Regional and PR® footpaths	GR® footpaths	Mountain bikes/hybrid bikes	Horse-riders
The right direction				
Turn left				
Turn right				
The wrong direction				

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Your views on our footpaths - Ecoville®

Immense care has been taken when planning the suggested itineraries. We value your impressions and comments on the state of our routes because this enables us to maintain them in good order. Please do not hesitate to send us your comments by contacting the Basse Navarre tourist office at Saint-Palais on +33 559 657 178. You can obtain an Ecoville comments sheet from that office.



A photograph of local paths or signposts

Useful recommendations

Weather forecast +33 892 680 264

Check the weather forecast.

European emergency phone number 112

When you ramble through the routes of Basse Navarre, we would ask you to show respect for the environment and for the men and women who bring this region to life. It is important that you follow certain rules.

Preserve the natural environment
Always carry a bag for collecting your waste and disposing of it responsibly. Respect the fauna and flora. Keep to the signposted paths.

Look after yourselves
Never start out on a walk without taking the right equipment. Try not to go it alone. Do not drink water from the streams.

Respecting local activities and inhabitants

- Make sure you close gates
- **Avoid walking with a dog. If you do have a dog with you, ensure it is kept on a lead at all times.**
- Starting fires is strictly forbidden
- Ensure you respect private property located near footpaths

Attention!

During the woodpigeon shooting season (October to November) and during the burn-beating period (December to March), some itineraries must be avoided. Please check with the tourist office.

Walking labels

PR® routes:

A number of hiking trails are designated as PR® routes by the FF Randonnée in accordance with quality criteria. They are selected using environmental, tourist, technical and attractiveness criteria.

(Further information is available at www.ffrandonnee.fr)



Itinéraires équestres : ce logo garantit un itinéraire labellisé par le Comité Départemental de Tourisme Equestre sur la base d'un cahier des charges précis. (Plus d'info sur www.cheval64.org)

Classement des itinéraires VTT

- : chemin large et roulant, dénivelé inférieur à 300 m
- : sentier assez roulant, dénivelé inférieur à 300 m
- : sentier technique, dénivelé inférieur à 800 m
- : sentier très difficile, dénivelé de 300 à 800 m