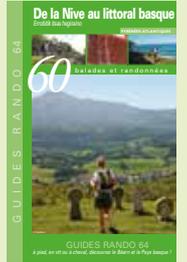


# From the Nive to the Basque Coast

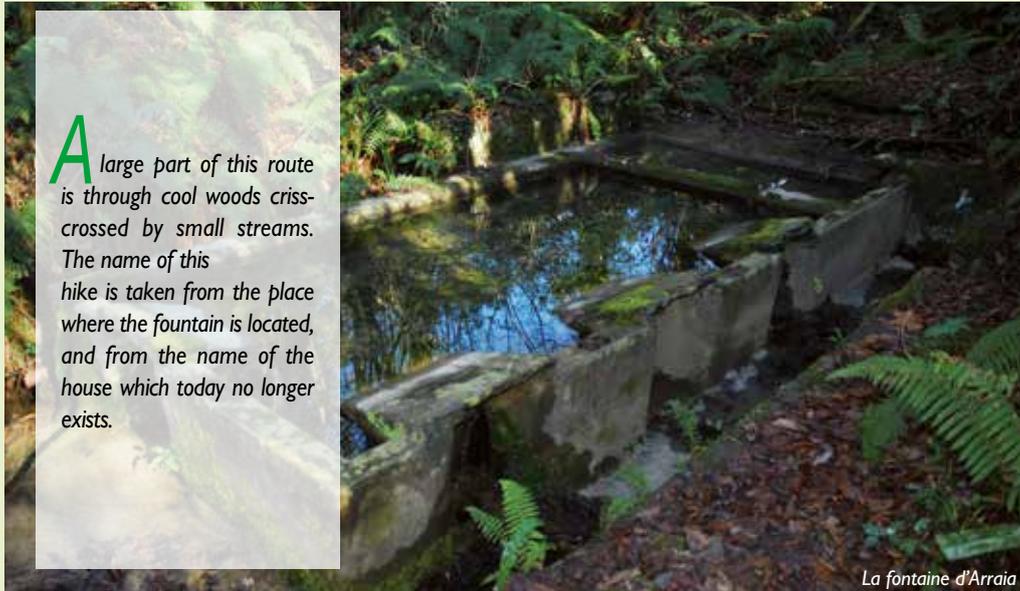
Discover all the available routes ►►  
in Tourist Offices



LEV  
**1** VERY EASY

ARRAIA

HALSOU



**A** large part of this route is through cool woods criss-crossed by small streams. The name of this hike is taken from the place where the fountain is located, and from the name of the house which today no longer exists.

La fontaine d'Arraia

## Getting to the departure point :

At the carpark in the village centre, situated between the roundabout and rail line.

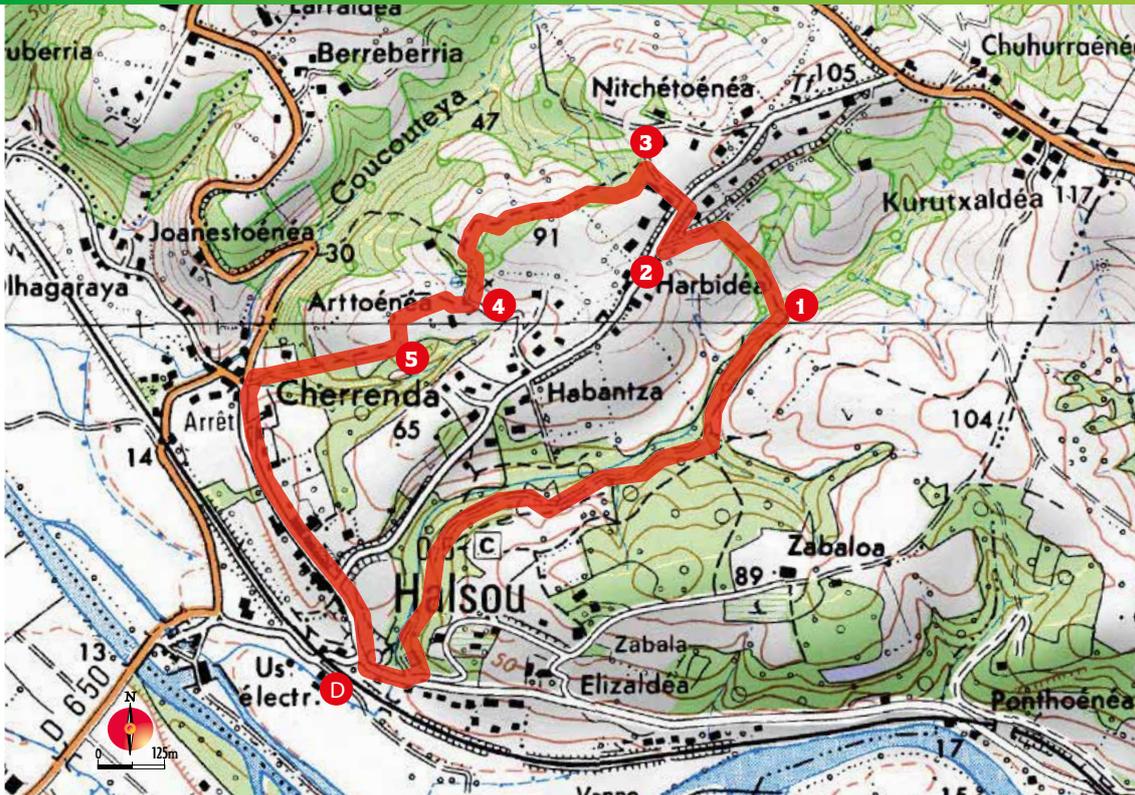
From the carpark **D** 627686 - 4803619, start in the direction of Bas-Cambo. After 75m cross the road to reach the "Maison Pour Tous". The route then takes you through a particularly pleasant coppice forest as far as a wooden bridge **1** 628438 - 4804270, the separation point for the 2 hikes. Cross the bridge and continue on the path that joins a small local road **2** 628223 - 4804383 which you will need to take briefly on the right. Then take a path on the left. Continue along the path and you will reach the highest point of the hike.

Enjoy a break near the "Arraia Fountain" found below the path with an old washing place **3** 628177 - 4804536.

Continue along the path through fern moorland and woods. Arrive at the "Arttoenia" crossroads **4** 627877 - 4804276. Turn right then in approx. 200 m, leave the road to dip into the small valley by taking an old rural road which is hemmed

**0h45** between two embankments **5** 627744 - 4804202. After crossing the stream, take the tarmac road and turn left towards the village centre.

0h25



©IGN

**D** Halsou,  
church carpark

**Balisage**  
D to 5

**Not to be missed**

- 16th century church
- Old washing-place

GPS : 627686 - 4803619

 **3,2 km**

 **0h45**

 **+100 m**  
**-100 m**

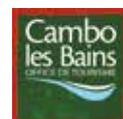
**HALSOU - HALTSU**

The etymological origin of Halsou comes from the Basque “abundant alders”. The alder is a familiar shrub on the banks of streams.

The church in Halsou is a remarkable monument for its architecture. It was built in 1512 at the request of Lord Martin Uhalde. The story goes that in the 16th century, the daughter of this lord drowned while crossing the Nive by boat to go to Mass in Larressore, and her father built this church dedicated to the Blessed Virgin. Hiking trails run through the green hills which overlook the Nive valley.



Additional information available from:  
**Cambo les Bains Tourist Office**  
Avenue de la Mairie – 64250 Cambo les Bains - Tél : 05.59.29.70.25  
Mail : [info@cambolesbains.com](mailto:info@cambolesbains.com) - Web : [www.cambolesbains.com](http://www.cambolesbains.com)



Full list of hiking guides in the Pyrénées-Atlantiques at [www.rando64.fr](http://www.rando64.fr)

**www.rando64.fr**

Discover Béarn and the Basque Country by foot, mountain bike or on horseback!

# HOW TO CHOOSE YOUR HIKE

## Levels and signposting



**Difference in altitude :** the total cumulative ascent is given for each circuit.



**Length :** an indication of the length of each circuit is provided. This takes into account the length of the hike, altitude and possible difficulties.



### Hiking routes

Hikes are classified by difficulty and differentiated by colours in the practical details for each circuit. For this, we follow the recommendations of the French Hiking Federation (FF Randonnée).

▶ Less than 2hrs walking  
Ideal to do as a family on well-marked paths.

▶ Less than 4hrs walking.  
For frequent hikers. With parts that are sometimes more difficult or steep.

▶ Less than 3hrs walking.  
Can be done as a family. On paths, sometimes with less easy parts.

▶ More than 4hrs walking.  
For experienced and more athletic hikers. The route is long or difficult (steep climbs, difficult parts), or both.

Follow the signposting so you stay on the right path

Path signs riding	Local paths and PR <sup>®</sup>	GRP <sup>®</sup>	GR <sup>®</sup>	VTT	Equestre
Right direction					
Turn left					
Turn right					
Wrong direction					

GR<sup>®</sup> (Grande Randonnée), GRP<sup>®</sup> (Grande Randonnée de Pays) and PR<sup>®</sup> (Promenade et Randonnée) are registered trademarks of the French Hiking Federation. Some routes have been selected by the Federation based on quality criteria, they are labelled PR<sup>®</sup>.



Hiking trails sign

### GPS coordinates of routes

The reference format is  
WGS 84 – UTM 30T  
Download the GPS tracking  
for circuits at:  
[www.rando64.fr](http://www.rando64.fr)

## USEFUL TIPS

▶ Weather 08 92 68 02 64 or 32 50  
or visit [www.meteofrance.com](http://www.meteofrance.com)

Those walking the paths from the Nive to the Basque coast should behave in a way that respects nature and the livelihoods of men and women living in this area.

It is important that a few rules are followed..

### Protect nature

▶ Carry a bag to take your rubbish with you. ▶ Show respect for flowers, plants and wildlife. ▶ Stay on marked paths.

### Protect yourself

▶ Don't leave without the right equipment.  
▶ Avoid going alone.  
▶ Do not drink stream water.  
▶ Check the weather forecast.

▶ European emergency number : 112

— Have respect for the livelihoods of others —

▶ Close gates.  
▶ Avoid walking with your dog. Dogs must be kept on a lead.  
▶ Fires are prohibited.  
▶ Have respect for private property along the route.

### Caution!

During the seasons for pigeon hunting (October to November), group beats (year-round) and stubble-burning (December to March), some circuits should be avoided. Find out more from the Tourist Office.

For more tips :



### Your opinion on our paths

**Eco-veille**

Suggested routes are chosen very carefully. Your comments and observations on the upkeep of our paths interest us, and allow us to keep them in good condition. We invite you to address your comments to us at the Communauté de Communes Errobi on 05 59 93 65 94.

You can download an Ecoveille<sup>®</sup> form at [www.rando64.com/ecoveille](http://www.rando64.com/ecoveille)

You will also find an Ecoveille<sup>®</sup> comments form on the site

[www.rando64.fr](http://www.rando64.fr)

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