# From the Nive to the Basque Coast

Discover all the available routes

in Tourist Offices

EASY





#### Getting to the departure point:

From the main street of the village ("La Place" district) go to the fronton wall, go around it and take the road that goes south. After 100m turn right to park your car in the carpark.

At the exit of the carpark **D** 628743 - 4798876, take the road to the right. Follow this, continuing straight ahead until you reach the Basseboure stream 1 628661- 4798503, which you should cross. Pass a beautiful mill. Follow the road in the direction of Atharri mountain. Cross a very beautiful chestnut grove. Once you have arrived at the crossroads known as Cinq-Cantons (five paths) 2 628745 - 4798274, continue opposite on a track which crosses a meadow area before coming back into a wood. The track leads to a tarmac road which you should follow to the right and continue straight along until reaching the crossroads of the Pas de Roland road @ 629428 - 4798074. Turn right onto this scenic road that follows the gorges of the Nive to the Laxia district. After the right-hand bend at the entrance to the district continue straight on, passing in front

of the restaurant, then after 50m turn right onto the road leading up the mountainside <a>629562</a> - 4796803. At the next three-way junction, continue straight ahead on the path which gains in altitude as it crosses the moorland. At the end of the long path, the path crosses a first track which you should ignore and continue straight on.

At the next crossing **6** 627973-4797401, turn left and on your way down rejoin the tarmac road near a farm. Follow this to the right as far as the Col d'Atharri 6 627588 - 4797533, the highest point of the hike. At the col turn right onto the track that passes behind the house and goes down through a large grazing area. Admire beautiful panoramic views over the Basque coast. The track joins a tarmac road at a group of farm buildings 0 628023 - 4798142. Turn right for approx. 200 m and continue straight ahead on a track through woodland as far as the crossroads known as Cinq-Cantons 2. Turn left onto the part of the route which you took on the outward journey. Take this as far as the carpark.

0h23

2h25

2h00

Itxassou. Ateka Sanoki carpark

GPS: 628743 - 4798876



3h00

#### Balisage





+410 m 410 m

#### Not to be missed

- Pas du Roland gorges
- The Nive river
- Basseboure Mill
- Panoramic views over the Basque coast and Nive valley



Keep your distance from animals.

#### LE PAS DE ROLAND - ATEKAGAITZ

Along a mule track follows the Ateka and Nive gorges, a narrow passage cut in the rock connects the valley to the border. Legends are attached to this and the passage has retained the name "Pas de Roland". According to some, Roland, the nephew of Charlemagne, came up against an impassable rock on his way to Roncevaux to fight the Saracens (in reality the Basques). His "Durandal" sword which never left him, allowed Roland to cut a passage for his soldiers who were thus able to continue their journey. According to other legends, this gap in the rock is the result of a kick from Roland's horse. Whichever legend you subscribe to, the beautiful scenery is worth the detour.



The Pas de Roland



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 - Web: www.cambolesbains.com



Full list of hiking guides in the Pyrénées-Atlantiques at www.rando64.fr

# www.rando64.fr

# OW 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 3hrs walking. Can be done as a family. On paths, sometimes with less easy parts.
- Less than 4hrs walking. For frequent hikers. With parts that are sometimes more difficult or steep.
- ▶ 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

<u> </u>					
Path signs riding	Local paths and PR®	GRP®	GR®	VTT	Equestre
Right direction	1	-	-	A	
Turn left	Emp (	1		<:	1
Turn right	<u>-</u>	-		\$▶	<b>F</b>
Wrong direction	×	×	×	×	<b>30</b>

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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

#### **USEFUL TIPS**

▶ Weather 08 92 68 02 64 or 32 50 ▶ European emergency number : 112 or visit 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

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.

- 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 stubbleburning (December to March), some circuits should be avoided. Find out more from the Tourist Office.

## For more tips :





# Your opinion on our paths )

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® form at www.rando64.com/ecoveille

You will also find an Ecoveille® comments form on the site