From the Nive to the Basque coast

All routes can be found in Available from tourist offices



PANORAMIC BIXTA EDER



walk which offers magnificent views of the ocean, the surrounding mountains and Aïnhoa, on several occasions.

From place Dolharea (with the banana D trees), leave the square on the right side and take the 1st right when you reach the autres circuits sign, following a gently slo- 1h38 6 ping municipal road. 200 m further along, leave the GR®10 and turn left 1 0621635-4795556. After a hill which begins with a sharp bend, continue straight forward to the junction. Several metres further along 20621669- 1159 mountain 7 0624095-4795252. The 4795124, turn left onto the RD20.

EASY

Cross over the road, and turn right

- 0h26 3 0622232-4795058. Descend to the stream and cross over using the stepping stones. Follow the track for 250 m, then take the track on the left which rises to join the municipal road
- **0h52** leading to the quarry **4** 0622598- **2h30** wards the village. 4794393. Ascend using the footpath on the left, until you reach the ridge, where you can enjoy magnificent views.

Follow the ridge, which passes round the left hand side of a meadow. The footpath leads to the summit of a second hill 6 0623441-4794332.

Descend nack down via a footpath,

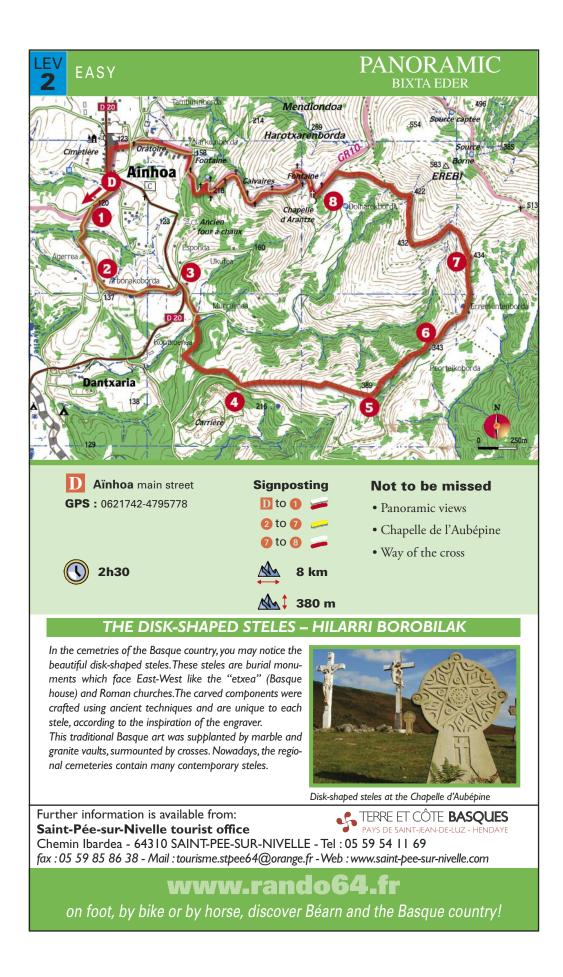
and pass round a second meadow on the left hand side. Cross over the fence, to arrive at a new sheepfold 0623863-4794678. The footpath emerges onto a track suitable for motor vehicles.

Make your way to the hill and climb up through the grasslands. Halfway up, turn left along the side of the

route passes a single beech tree several metres further along. Continue until you reach the oratory, where you rejoin the GR[®]10. At the oratory **8 0623090-4795644**, you can admire the scenery and panoramic views, before beginning the descent back down to-



The way of the cross



ONLY TO BE SOLD BY A PYRÉNÉES-ATLANTIQUES TOURIST OFFICE

CHOOSE THE RIGHT WALK

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 co-

lours 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
The right direction		
Turn left	IL.	I
Turn right	-	1
The wrong direction	×	×

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Your views on our footpaths - Ecoveille®

The routes we offer have been carefully selected. We would like to hear your opinions and observations about the state of the footpaths as this will enable us to ensure they are well maintained. We invite you to to send us your comments by contacting the Syndicat Nive-Nivelle on 05 59 93 90 86

You can download an Ecoveille® observation form at www.rando64.com/ecoveille

Useful recommendations

Weather forecast 08 92 68 02 64 European emergency number 112 Visitors who use the Nive-Nivelle footpaths in the Southern Basque country are required to behave in a respectful manner towards the natural environment and the inhabitants of the area. It is important that certain rules are followed.

Taking care of nature

- Take a bag with you to carry your waste
- Ensure you respect the wildlife
- Stay on signposted footpaths

Taking care of yourself

• Do not set off without the necessary equipment

- Avoid walking alone
- Do not drink water from streams

• Make sure you are aware of weather conditions

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



A local photo of footpath signposting

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)

GPS co-ordinates for routes

GPS co-ordinates for each stage of the route are provided for all routes.

The reference format is as follows:

WGS 84 - UTM 30T

Please note!

It is advisable to avoid certain routes during the wood pigeon hunting season (October and November) and the controlled burning season (December to March).

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