From the Nive to the Basque coast

All routes can be found in Available from tourist offices



EASY

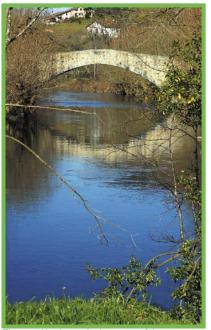
LES BERGERIES



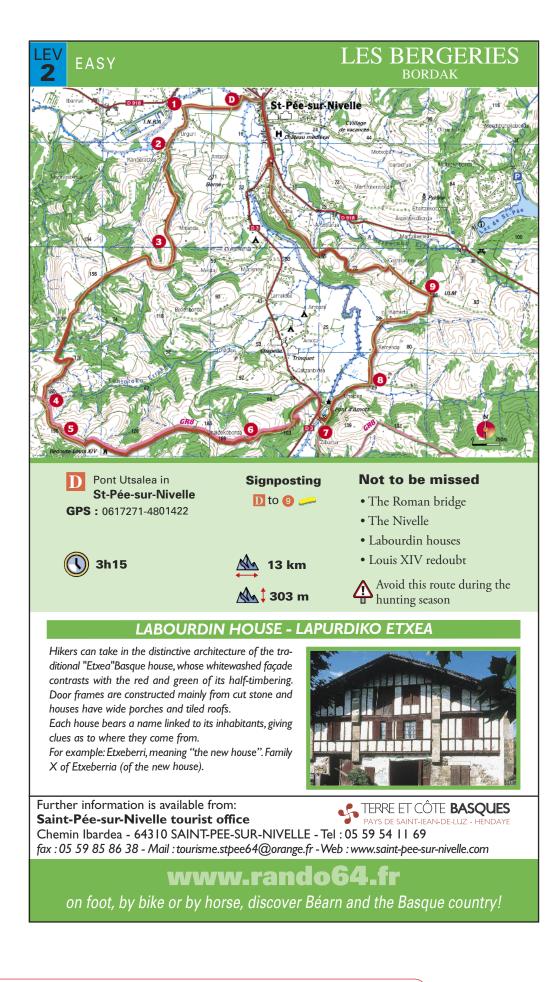
n interesting route taking in the Urguri district with its striking Labourdin houses. Ridges at the panoramic viewpoints overlooking the valleys of Saint-Pée-sur-Nivelle and Sare, the presence of the Nivelle, and rural moorland add to the charm of this route.

- Cross the river via the pont Utsalea, turn left **1** 0616733-4801350 towards the Urguri region which the route passes through. Take the path on the left which climbs up towards the hills 2 0616588-4800935. The route
- 4800221 and continues straight forward.
- Follow the signposts to join the tar-1h20 macked track (4) 0615453-4798487. Stay on this path for 400 m, then take the path on the left **5** 0615496-4798333. Continue forward along the road, passing a nearby ancient redoubt. The road then takes you over a cattle grid and past the Uhaldekoborda
- 1h54 farm 6 0617323-4798163. Continue down the road until you reach the RD3. Turn right and cross over the Nivelle, then turn left immediately after the bridge, along the small tarmacked track 70 0618004-4798348. You will then pass the ancient pont d'Amotz which boasts outstanding architecture.

Bear left onto the small tarmacked then follow the track. At the end, 2h26 track (8) 0618461-4798696 and continue forward until you reach the top of the hill (by the light aircraft runway). Bear left to return to the village (9) 0619016-4799556 using the signposting of the "Lac" road, 0hi37 passes a wayside cross 3 0616586- 3hi15 towards the Olha district.



The pont Utsalea at the beginning of the circuit



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!