

GR® 10

NIV
3

AVERAGE

AINHOA - COL DES VEAUX



This short walk, after a tough climb to the calvary of Arantzé, crosses rounded crests on easy, barely sloping tracks and footpaths. There is a beautiful view over the plain of Labour and the valleys that disappear into nearby Navarre. It can be profitably combined with the walk to Bidarray. That would make it a stage of about seven hours..

Getting to the start:

From Bayonne and exit number 5 of the A 63, take the D 932. At Cambo, turn right on the D 918 in the direction of Espelette; 1 km after Espelette, turn left on the D20 towards Ainhoa Dancharria. There is a car park at the entrance of the village. Come back on the D20 and walk to the centre of the village, where the church is on your right. The tourist office is opposite the church, on the left-hand side of the road.

- D** From the village, follow the GR® or orange signposts or directions to the 'oratoire' which take you to the beginning of a steep track that leads, after many bends (and stations, because this is a Way of the Cross, a local pilgrimage site) to the calvary of Arantzé **1** (388m - 623096 4795597). From the chapel, turn left onto a track that leads over a grassy knoll. You will walk close to an old mine. Soon after this **2** (415m - 623433 4796359) leave the track for a footpath on the right leading towards a large boulder. The footpath quickly joins another horizontal track. Soon afterwards, the footpath cuts the bends of the track, which becomes wider and clearer, and which you now follow. You go by the foot of a small wood and reach the col of the three crosses **3** (513m - 624449 4795538). The track changes sides, climbs a little bit, then gently descends towards another col. The track now climbs steeply (spring) to reach the col de Zanarretéako **4** (566m - 626720 4794136). Cross the col and take a grassy, almost horizontal track on the right. It becomes a footpath: follow this, mostly horizontally. Above the Esteben farm, it joins a nice track **5** (3h10 - 562m 626456 4791709) that you take to the left. Follow this track as it skirts round hillocks on the right. After a concreted area, you come out on a road. Climb up this road for a few metres to reach the col des Veaux **6** (537m 627181 4791670).
- 0h45**
1h00
1h30
2h30
3h10
3h30



**NIV
3****AVERAGE****AINHOA - COL DES VEAUX****D** Ainhoa (621755 4795956).**3h30****11,6 km****117 m mini
629 m maxi****Cumulative ascent:** 700 m**Type of terrain:**

10,6km of paths, 1km of roads.

Signposting:

The entire route is consistently signposted in red and white.

Cartographie : IGN au 25 000*

GPS (WGS84 – UTM-30T)

Téléchargez la trace GPS sur www.rando64.fr**Not to be missed:**

- The calvary of Arantzé
- The view to the south before the col of the three crosses



For additional informations contact:

**Ainhoa**
Tel : 05 59 29 93 99
www.ainhoa.fr**Cambo-les-Bains**
Tel : 05 59 29 70 25
www.cambolesbains.com**www.rando64.com**

on foot, mountain bike or horseback, discover Béarn and Basque country !



Remerciements à l'O.N.F.



CHOOSING THE RIGHT HIKE FOR YOU

The elevation indicated on the sheets represents the total distance climbed. Stops are not included in hiking times.

Hikes are classified by difficulty and distinguished by colours on each route's practical sheet. We adhere to the recommendations of the French Federation of Hiking.

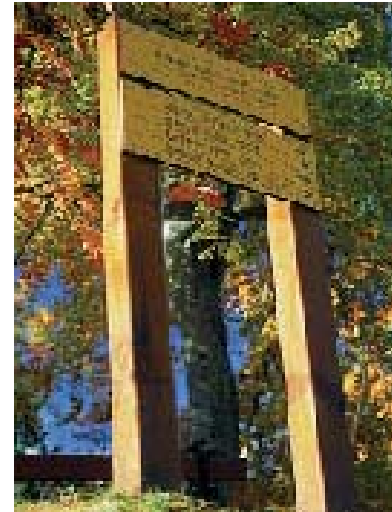
Very easy less than 2 hours of walking. Ideal for families, on well marked-off paths.

Easy less than 3 hours of walking. Suitable for families. On paths, occasionally with more.

Medium less than 4 hours of walking. For hikers who are used to walking. With occasional challenging sections or slopes.

Difficult more than 4 hours of walking. For experienced and athletic hikers. The itinerary is long and/or difficult (slopes, difficult sections).

Duration of the hike: The duration of each route is indicated for information only. It is calculated based on the length of the hike, slopes and possible difficulties.



Trail sign

Marking

Follow the markers to stay on the right path

Trail markers	Sentiers de Pays and PR®	GRP®	GR®	Mountain biking	Horseback riding
Right direction					
Turn left					
Turn right					
Wrong direction					

Your opinion of our trails

The utmost attention has been paid to our various itineraries. We are interested in your impressions and observations concerning the state of our trails so we may keep them in good condition. To send us your comments, please contact CRDP 64: 05.59.14.18.80.

Or download an "Ecoville" observation sheet at: www.rando64.fr

Useful recommendations

Weather 08 92 68 02 64

European emergency number 112

When discovering Béarn and Basque Country trails, you are asked to adopt behaviour that respects nature and the men and women who work to bring this territory to life.

There are a few rules that you need to follow.

Preserve nature

Bring a bag for your trash
Respect the fauna and flora
Stay on the marked trails

Protect yourself

Do not leave without the necessary materials
Do not hike alone
Do not drink stream water
Check the weather forecasts in advance

Respect activities and humans

Remember to close fences
Fires are prohibited
Respect the private properties that line our itineraries

Please note!

The Basque and Béarn mountains are pastoral areas. If possible, do not bring your dog along. In all cases, keep it on a leash. Thanks!

Hiking labels

PR® labelled itineraries

With this label, the French Federation of Hiking certifies a certain number of hiking routes based on quality criteria. It makes its selection according to pleasure, technical, tourist and environmental criteria (For more info, visit www.ffrandonnee.fr)

Horseback riding

This logo guarantees an itinerary that has been labelled by the Departmental Committee of Equestrian Tourism based on specific specifications.

(For more info, visit www.cheval64.org)

Mountain biking:



wide and easy trail, elevation less than 300 m.



fairly easy trail, elevation less than 300 m.



technical trail, elevation less than 800 m.



very difficult trail, elevation from 300 to 800 m.

www.rando64.com

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