



LOUHOSSOA Adarre



Distance **13 km** | Height **467 m** | Duration **4h30** | Typology **Circuit with a back and forth section** | Signposting **PR (yellow)**

From the “fronton” pilota court square, Walk on D119 towards the school. Park on the school car park in front of Harri Xuri village hall. The ramble starts there.

Start GPS : UTM : 633585/4797277 Lat/Long : 43.316461/-1.352611

On this ramble, you will enjoy many beautiful viewpoints while you are walking on ridge lines. It is located at the intersection of the Basque provinces of Labourd and Lower Navarre and from the top of Adarre, the viewpoint on Baigura and Iparla mountain is exceptional. This small mountains is also a paradise for pottok, the local tiny horse race. Climbing on Adarre also requires a good physical condition as the slopes are steep almost on all the way.



SECTION 1 > Starting point

UTM : 633585 - 4797277. Walk towards the pilota court (fronton) and towards Helette on D119. Turn right after 400 m and stay on the left-hand road which climbs for about 1 km.

SECTION 2 > Road intersection

UTM : 634070 - 4796200. Turn left and cross the cattle grid. The road goes on rising until you meet another crossing after 500 m.

SECTION 3 > On the track

UTM : 634426 - 4796157. Turn right along a high hedge, the road soon becomes a track. Stay on it for 1.1 km and pass under electric cables.

SECTION 4 > Between two passes

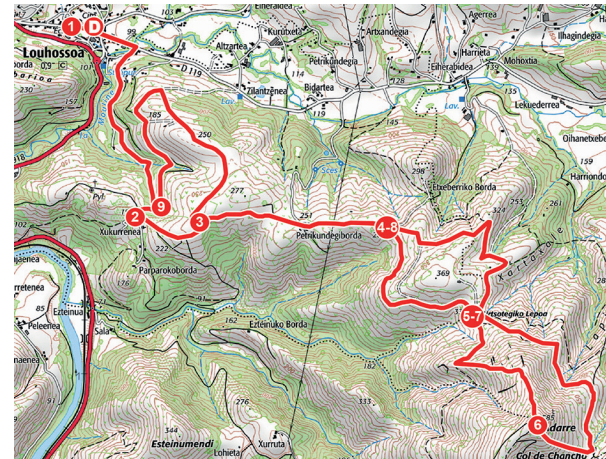
UTM : 635537 - 4796201. Come close to a disused building and turn right on the track to walk on it for 1.2 km. You go around a small mountain and reach the next pass.

SECTION 5 > Climbing to the top of Adarre

UTM : 636105 - 4795699. At Urtzolepo pass, turn right and walk along the fence. 450 metres further on, turn left towards the top on a small grassy area. The climb becomes very steep.

SECTION 6 > Going down from the top of Adarre

UTM : 636499 - 4795086. Enjoy the open viewpoint on the mountains at the top, you can even see the ocean on clear days. Go down on the opposite side of the path you climbed on, to a very steep and rocky path. Go down to the grassy area



and turn left towards “Base de loisirs”. Turn left 300 m further to walk on the path back to Urtzolepo pass..

SECTION 7 > Back to the disused building

UTM : 636105 - 4795699. From Urtzolepo pass, take the rightmost track . 600 m further, walk on the red dirt track that goes up on the left and becomes a path on the side of the mountain a little further on. On a small plateau, join a new track to the right to go back to the disused building.

SECTION 8 > Back to section 2

UTM : 635537 - 4796201. Walk on the same track on the way back.

SECTION 9 > An alternative path to go back

UTM : 634426 - 4796157. You can go back on an alternative path. Cross the cattle grid on the right and keep going on a track. At the bottom of a steep slope on an asphalt road, follow another track on the left to join the road 600 m further on.

SECTION 10 > Down to the village

UTM : 634181 - 4796224. On the road, go down on the right to walk back to Louhossoa..



POINTS D'INTÉRÊT

❖ The church of Our Lady of the Assumption in Louhossoa

This church dates from the 17th century. It is in the Labourd Basque province style and it is surrounded by a cemetery with discoidal funeral stela. The church was classified as a historical monument in 2014.

❖ The pottok

Pottok are a local breed of small horses that live in the Basque mountains. They can be seen in a wide area, from the Basque coast to the mountains around Saint-Jean Pied de Port. Winters are too harsh beyond this limit for them to survive. This originally wild breed nearly disappeared between the 70's and the 80's, it was bred afterwards for reintroduction and nowadays the herds belong to private owners..

❖ The “bordes” (sheepfolds)

The “borde” is a small sheepfold built far from the village or its owner's house. It was used to keep the herds, the crops or the hay or the fern. Today, many of them are in ruins and others have been renovated to be used as a second home or for holiday rental.

POINTS OF ATTENTION

- Very steep slope from the top. The route is not recommended for beginner hikers and without proper mountain shoes. Watch the rocky steepest area, you may also walk back down on the way you climbed on.

UTM : 636593 - 4794991

- Pastoral area : close the gates, do not frighten the animals, keep dogs on a leash, always stay away from the cattle.

FACILITIES AND SERVICES

No facilities or services outside the village.

Section 6



Hiking and biking trails

Useful things to know

LEVELS OF DIFFICULTY

The degree of difficulty is detailed in the guide leaflet for each trail and is categorised according to the classification used by the French Hiking Federation (Fédération Française de Randonnée Pédestre).

Very Easy. Less than 2 hours along well-marked paths. Ideal for families with young children.

Easy. Less than 3 hours, can be walked with children; slight difficulties may be encountered on some sections of the path.

Medium. Less than 4 hours. Suitable for walkers used to hiking; some sections of the trail may require a higher degree of effort, with some elevation gain.

Medium. Over 4 hours. For experienced and seasoned hikers. The trail is long and/

or difficult (elevation gain, challenging sections).

MOUNTAIN BIKE TRAILS

Veru easy. Wide, smooth rolling trail, less than 300 m elevation gain.

Easy. Fairly smooth trail, less than 300 m elevation gain.

Medium. Technically challenging trail, less than 800 m elevation gain.

Difficult. Very difficult terrain, 300-800 m elevation gain.

HEIGHT

The cumulative uphill climb.

DURATION

The amount of time required is given as an indication only. It takes into account the length of the trail, elevation gains and any potential difficulties. The duration is calculated without taking any rest breaks into account.

PR® CERTIFIED HIKING TRAILS®

These trails have been given the French Hiking Federation (Fédération Française de Randonnée Pédestre) seal of approval based on various quality criteria that take into account environmental, touristic, technical and other accreditation aspects. (Further information available at www.ffrandonnee.fr)

GPS COORDINATES

The coordinates of the departure point are given in latitude/longitude so that you can log the GPS position into your device. All other data (stages along the trail) are provided in UTM coordinates. The reference format is as follows: WGS 84 - UTM 30T TRAIL MARKERS

MARKING

The trails presented here are PR® certified and are marked in yellow. Some stretches of the path may also be part of a long-distance GR footpath, in which case red and white markers will show the direction to take. This will be fully explained in the guide leaflet.

	LOCAL FOOTPATHS AND PR®	REGIONAL FOOTPATHS GRP PAYS	LONG DISTANCE FOOTPATHS GR®	MOUNTAIN BIKE TRAILS
RIGHT direction	—	—	—	▲
Turn LEFT	⌞	⌞	⌞	◀
Turn RIGHT	⌞	⌞	⌞	▶
WRONG direction	X	X	X	✖

The Dos and Don'ts

when hiking and biking

Enjoying Basque Country footpaths and trails means behaving in an appropriate and respectful way, not only towards nature but also towards the men and women who work in this countryside. It is very important to ensure some rules are followed.

Be prepared before you set off:

- Don't leave without all the necessary equipment (map, water, suitable clothing and footwear, etc.)
- Avoid going alone. Remember to inform a relative or friend, or even the town hall of your itinerary. The lack of telephone network in some areas may prevent you from contacting someone or being contacted.
- Don't drink water from the streams and rivers, and don't swim in them.
- Check on the forecast just before setting off; the weather can change very quickly.

Find out about any scheduled events taking place along your itinerary: stubble burning, hunting, forestry activities, etc.

Preserve and protect nature

- Put a recyclable bag in your backpack so that you can take your rubbish home.
- Don't approach animals; observe them in silence from a distance.
- Don't pick wild flowers, berries or mushrooms without permission to do so.

Pay careful attention to signposting and stay on the marked paths.

Show respect and consideration for agricultural and pastoral activities

- Slow down when driving near herds or flocks. Only park in especially provided places so you don't impede traffic.
 - Avoid hiking with your dog. If you do take your dog, it must be kept on a lead at all times.
 - If you open a gate, make sure you close it behind you.
 - Show respect and consideration for private properties situated along your itinerary.
 - Keep your distance from free-roaming animals. Don't feed them.
 - Don't light any fires or barbecues.
- Only camp in authorised areas.

Managing your waste when hiking and biking

Keep your rubbish in your backpack when out enjoying the Basque countryside. Then, you can sort through your waste for recycling when you get home!

USEFUL TELEPHONE NUMBERS

- Météo France (weather forecast): 08 99 71 02 64 or 32 50 or www.meteofrance.fr

- Assistance / Emergency services : Europe-wide emergency number 112, Fire Brigade: 18, Police / Gendarmerie: 17, Emergency SMS number for the deaf and hard of hearing : 114



YOUR FEEDBACK

The greatest care and attention has been given to the itineraries that we have recommended to you. So we would be delighted to have your impressions and observations with regard to the condition of the trails and footpaths. Your feedback will also enable us to ensure they are maintained in good condition. Please inform us of any problem you encountered or if you have any useful comments to make, go to sentinelles.sportsdenature.fr

USEFUL ADDRESSES

Basque Country Tourist Information Office

- ESPELETTE, rue principale +33(0)5 59 93 95 02

- SAINT-PÉE-SUR-NIVELLE, rue du fronton +33(0)5 59 54 11 69

- AINHOA, rue principale +33(0)5 59 29 93 99

- SARE, mairie +33(0)5 59 54 20 14

- ASCAIN, rue Oletako bidea +33(0)5 59 54 00 84

- URRUGNE, place René Soubelet +33(0)5 59 54 60 80

- CAMBO, Herriko Etxeko etorbide +33(0)5 59 29 70 25

CONTACT THE PROFESSIONALS

Numerous professional guides and qualified activity coordinators are available to accompany you off the beaten track. To find out more, just contact the front desk at the Basque Country Tourist Information Offices.