



VERY EASY

LAHONCE

# Bartas de Lahonce



Distance <b>2,6 km</b>	Height <b>0 m</b>	Duration <b>1h00</b>	Typology <b>Circuit</b>	Signposting <b>PR (yellow)</b>
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On the eastern outskirts of Bayonne, go near Ametzondo shopping center (A64 towards Pau) and follow the direction of Lahonce and Urcuit. On the roundabout on Adour river bank, take D52 towards Lahonce, Urcuit and Urt. Turn left on D261 towards Urt and Lahonce. Turn right after 2 km towards Lac de l'Arbéou and park on the car park before the small lake.

Start GPS : **UTM : 629299 - 4816794 Lat/Long : 43.49287/-1.40084**

The "Barthes de Lahonce" site is the last wetland on the left bank of Adour river. With a very diversified vegetation and a mosaic of meadows, fences, water points and fields, it is a place of rest and food for many birds such as marsh harriers, white elands, little egrets, falcons and storks. Starting from the Arbéou small lake and going along canals, this flat and easy small route is pleasant to walk or cycle on quietly.



## SECTION 1 > From Arbéou lake to Argelas

UTM : 629299 - 4816794

From the car park, come close to the lake and turn right on the footpath. After the three plane trees, take the V81 signposted cycle path on the right that goes between wet meadows and houses to Argelas area.

## SECTION 2 > From Argelas to the barthes de Lahonce

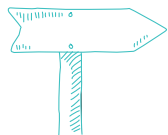
UTM : 628692 - 4816929

Walk between Argelas beautiful houses and follow the Bayonne signposted road on the left. At the end of the straight line, turn left before the small bridge in Charre area (follow Errecart canal signpost) and turn right before the red shuttered house on a path between a fence and a small canal. Keep walking under big trees.

## SECTION 3 > Back to Arbéou lake

UTM : 628635 - 4816320

At the canal intersection in front of the wet meadows of Lahonce, turn left to follow the Hondarrague canal. Walk along the poplar plantation and the canal, you



can see the Barthes with the houses of Lahonce above. At a track intersection, keep going straight away on the car forbidden stony path which is forbidden for car passage. Back to Arbéou lake, follow the path on its right side towards the car park.



### POINTS OF INTEREST

#### ❖ The black poplars (1,7 km)

They share adaptation to water-logged grounds with the willow, their botanical cousin. They were planted here in order to create a wet woodland. Their long and flat leaves flutter in the slightest breeze and bees look for the abundant pollen they can find in young leaves and for propolis they can find in the buds.

UTM : 628721 - 4816384

#### ❖ The wetland ecosystem (2,3 km)

Wetlands have real ecological functions in the landscape mosaic, and it is important to preserve them from urban development. They regulate water levels and are the favourite biotope for many insect larvae and batrachians, which are the basis of several food chains.

UTM : 629177 - 4816551

#### ❖ The port of Aiguette (750 m away from the route)

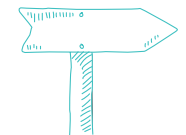
The river port of Lahonce has the name of a branch of Adour river. It separates the island of Lahonce from the rest of the village. There is a sailing school and leisure boats that follow the up and down rhythm of the Atlantic ocean tides.

UTM : 629687 - 4816977

### FACILITIES AND SERVICES

Picnic tables, drinkable water, games for children.

UTM : 629299 - 4816794





# 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](http://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	×	×	×	×

# 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](http://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](http://sentinelles.sportsdenature.fr)

### USEFUL ADDRESSES

#### Basque Country Tourist Information Office:

- URT : place du marché +33(0)5 59 56 24 65
- BIDACHE : place du fronton +33(0)5 59 56 03 49
- HASPARREN : place Saint-Jean +33(0)5 59 29 62 02
- LA BASTIDE-CLAIRENCE : Place du Fronton +33(0)5 59 56 03 49

### 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.