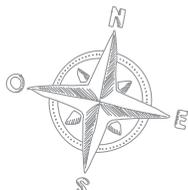




AINHOA

Bistaeder



Distance 8,6 km	Height 450 m	Duration 3h00	Typology Circuit	BSignposting PR (yellow) and GR (red and white)
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On the A63, take exit n°5 (Bayonne sud) and follow the D932 towards Ustaritz and Cambo-les-Bains. After 15 km, turn right towards Espelette (D918). 800 m after leaving Espelette, at the crossroads of the D20, turn left to Ainhoa. Pass Pinodieta pass and reach Ainhoa. The car park is near the "fronton" (pilota court) and behind the town hall.

Start GPS : **UTM : 621733 - 4796023 Lat/Long : 43.30718 -1.49901**

Situated between the Nive valley and the Navarrese border, Ainhoa is classified as one of the most beautiful villages in France. This 12th century bastide-village, was founded to welcome pilgrims on their way to Santiago de Compostela. You will appreciate the green combination of the hills with the white and red facades of the ancient houses. There is a steep but short climb in the company of pottok (local race of small horses) and flocks of sheep which takes you up on the hillsides and mountains. It is followed by a beautiful path, offering a vast view over Spain, the Nivelle valley, the Rhune and the Basque coast. Three huge white crosses proudly dominate Ainhoa and face the pyramid-shaped summit of Atxuria. Notre Dame de l'Aubépine spot is a divine place for a picnic. Splendid Basque disk-shaped steles add to the spiritual dimension of this unique viewpoint. You will go back to Ainhoa on the "Chemin de Croix" path by the fountain of Arrantzazu fountain, the Virgin of the Rock.



SECTION 1 > From Ainhoa Fronton Square to the bridge

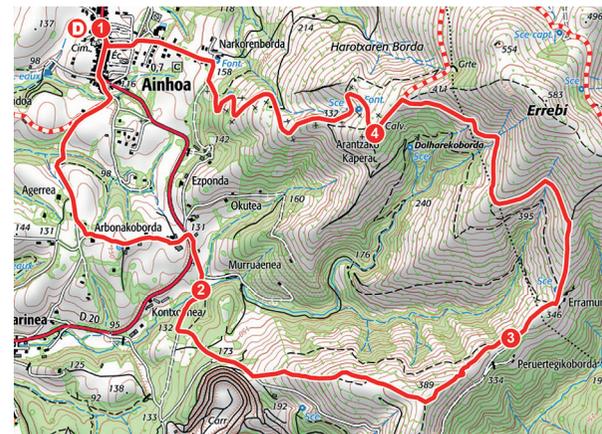
UTM : 621733 - 4796023.

Go along the main road (D20), and leave it before the first bend. Go straight down and then left. After 50m, take the road on the right and turn right at the car park and the stream. At the next Y intersection, turn down to the left (a dead end road goes straight on). The road goes up. Go past the first house and after 100 m at the crossroads, turn left for 80 m, then left again. Keep walking until you reach D20 (stop sign). Cross the road and stay on the road that goes down to the right. At the bottom on the bend (107 m), keep going straight on a track for 50 m until you reach a footbridge and a ford.

SECTION 2 > From the footbridge to the gate

UTM : 622307 - 4794800.

Cross the footbridge and stay on the track. After 250 m, go up a steep track to the left and reach a road that you climb to the left. After 200 m just after a cattle grid, leave the road and go up on the left on a track which is followed by a path. Further up, follow a straight fence on the left and keep going in the same direction to a small summit (389 m). From this point turn left on the ridge and go down towards a meadow (with sheepfold), walk along its edge on the left towards a gate below.



SECTION 3 > From the gate to Arantza chapel (From the gate to Arantza chapel (Our Lady of the Hawthorn))

UTM : 623835 - 4794684.

After the gate take the track on the left. Leave the entrance (two red wooden posts) of Erremuntenborda farmhouse on your right and keep going straight up. Halfway up the slope between Erremuntenborda and the ridge above you, leave the main path and go left on a balcony path. At a small beech grove, the path passes right on the left of the large beech tree. Keep going on this path until you reach three large white crosses on your left : reach them (red and white GR10 signposts) as well as Arantza chapel (Notre Dame de l'Aubépine).

SECTION 4 > From Arantza chapel to Ainhoa

UTM : 623103 - 4795637.

On the right side of the chapel, go down on a stony track. Follow it past the Arrantzazu fountain (on the left, a Virgin Mary statue on the rock). When it reaches a small road, turn left on the right. At the first intersection, go down the left-hand road and follow it until a large crossroads with a wine-coloured cross: go left and 30 m further on, take the pedestrian street between the recycling containers and the village hall (Maison pour Tous). Go up the alleyway which leads to the main street (D20) towards the church and the "fronton" pilota court.



POINTS OF INTEREST

❖ The pottok (4,1 km)

On the slopes of the Errebi, you will probably see a few Pottok: this large, local, rustic breed of horse runs free in these mountains, spending most of its life there. For centuries, it was used by peasants for farm work, but also in certain mines thanks to its small size and docility.

❖ The disk-shaped steles (6,4 km)

Near the chapel, several disk-shaped steles are placed at the foot of the three large crosses. Their granite base is surmounted by a disk with various engraved designs, these steles are not always associated with tombs. The variety of designs probably date back from a BC period. UTM : 623 103 - 4795 637

❖ Arantza chapel (6,4 km)

Situated on an idyllic panoramic viewpoint, the Arantza chapel (Arantza means hawthorn in Basque) was built after the apparition of the Virgin Mary to a young shepherd. She appeared to him near the village, in a hawthorn bush UTM : 623 103 - 4795 637

POINTS OF ATTENTION

Beware of traffic when crossing D20 road.
UTM : 622 221 - 4795 054

FACILITIES AND SERVICES

- Ainhoa, "fronton" pilota court, drinkable water point, toilets, picnic tables
UTM : 621 733 - 4796 023
- Arantza Chapel, an ideal place for a picnic
UTM : 623 103 - 4795 637

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				

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.