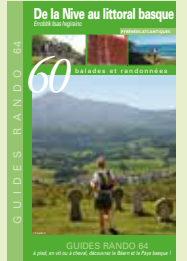


From the Nive to the Basque Coast

Discover all the available routes ►►
in Tourist Offices



LEV
4 DIFFICULT



MOUNTAIN CIRCUIT - Mendiko Itzulia

ESPELETTE



Superb mountain route leading to the Pic du Mondarrain. For experienced hikers and those adept at mountain trail running. Reference times are given for hikers.

Mondarrain summit

Getting to the departure point :

Start from the market square close to the village centre and a large carpark opposite Doxpi restaurant.

From the market square **D** 625909 - 4799691, pass by the château. At the junction (in front of the police station), take the RD 918 road on your left for 150 m, then turn right opposite the market garden **1** 0626177 - 4799844. After a relatively steep ascent **2** 626910 - 4798874, enter the Haranea district **3** 0626742 - 4798358. Cross the main road and continue opposite for 125m as far as the junction. Turn left onto a road which climbs in hairpin bends. Don't miss the path **4** 626858 - 4797790 on your right, which climbs through ferns and gorse and joins a track that you should follow, turning right. At the junction on the Plateau d'Escondray, continue straight ahead, on the side of the mountain. After the peatland slopes, turn left towards the Col d'Amezqueta and its coniferous forest **5** 627222 - 4796503. Turn right in the direction of the Pic du Mondarrain. Do not leave the marked trail at any point during the ascent which goes through

a beech forest and across scree. You will be rewarded with superb panoramic views from the summit **6** 627155 - 4795537. After a steep descent, the path turns into a track and reaches the Col de Zuharreta and the GR®10 footpath **7** 626686 - 4794140. Turn right onto the GR® 10 and take the wide dirt road as far as the small col **8** 625909 - 4795205. Quickly leave the GR® 10 and take the track on the right which climbs quite steeply to a flat area. Take the same track you were on before to the Col des Trois Croix **9** 624431 - 4795590. At the col, do not miss the path on the right which goes down towards the valley. Take the tarmac road again. At "Haltia", take this road as far as Mehaxea Farm where you will join the GR® 8 **10** 624837-4797953. Walk along a fence on your right and then go down again to the valley. Cross the Latsa stream **11** 625262 - 4898780. The village is not far away now.

1h00

1h20

2h00

2h30

3h05

4h15

5h20

5h55

6h30



D Espelette, Market square

GPS : 625909 - 4799691



6h30

17 km
 +908 m
 -908 m

Balisage

- D to 7
- 7 to 8
- 8 to 10
- 10 to 11

Not to be missed

- Col des Trois Croix
- Ruins of the Mondarrain Fortress
- View from the ridges of the Pic de Soporro
- Ridge race: 1st Saturday in July

- Take care on the RD 918
- Keep your distance from animals



Additional information available from:
Cambo les Bains Tourist Office
 Avenue de la Mairie – 64250 Cambo les Bains - Tél : 05.59.29.70.25
 Mail : info@cambolesbains.com - Web : www.cambolesbains.com



Full list of hiking guides in the Pyrénées-Atlantiques at www.rando64.fr

www.rando64.fr

Discover Béarn and the Basque Country by foot, mountain bike or on horseback!

HOW TO CHOOSE YOUR HIKE

Levels and signposting



Difference in altitude : the total cumulative ascent is given for each circuit.



Length : an indication of the length of each circuit is provided. This takes into account the length of the hike, altitude and possible difficulties.



Hiking routes

Hikes are classified by difficulty and differentiated by colours in the practical details for each circuit. For this, we follow the recommendations of the French Hiking Federation (FF Randonnée).

▶ Less than 2hrs walking
Ideal to do as a family on well-marked paths.

▶ Less than 4hrs walking.
For frequent hikers. With parts that are sometimes more difficult or steep.

▶ Less than 3hrs walking.
Can be done as a family. On paths, sometimes with less easy parts.

▶ More than 4hrs walking.
For experienced and more athletic hikers. The route is long or difficult (steep climbs, difficult parts), or both.

Follow the signposting so you stay on the right path

Path signs riding	Local paths and PR [®]	GRP [®]	GR [®]	VTT	Equestre
Right direction					
Turn left					
Turn right					
Wrong direction					

GR[®] (Grande Randonnée), GRP[®] (Grande Randonnée de Pays) and PR[®] (Promenade et Randonnée) are registered trademarks of the French Hiking Federation. Some routes have been selected by the Federation based on quality criteria, they are labelled PR[®].



Hiking trails sign

GPS coordinates of routes

The reference format is
WGS 84 – UTM 30T
Download the GPS tracking
for circuits at:
www.rando64.fr

USEFUL TIPS

▶ Weather 08 92 68 02 64 or 32 50
or visit www.meteofrance.com

Those walking the paths from the Nive to the Basque coast should behave in a way that respects nature and the livelihoods of men and women living in this area.

It is important that a few rules are followed..

Protect nature

▶ Carry a bag to take your rubbish with you. ▶ Show respect for flowers, plants and wildlife. ▶ Stay on marked paths.

Protect yourself

▶ Don't leave without the right equipment.
▶ Avoid going alone.
▶ Do not drink stream water.
▶ Check the weather forecast.

▶ European emergency number : 112

— Have respect for the livelihoods of others —

▶ Close gates.
▶ Avoid walking with your dog. Dogs must be kept on a lead.
▶ Fires are prohibited.
▶ Have respect for private property along the route.

Caution!

During the seasons for pigeon hunting (October to November), group beats (year-round) and stubble-burning (December to March), some circuits should be avoided. Find out more from the Tourist Office.

For more tips :



Your opinion on our paths

Eco-veille

Suggested routes are chosen very carefully. Your comments and observations on the upkeep of our paths interest us, and allow us to keep them in good condition. We invite you to address your comments to us at the Communauté de Communes Errobi on 05 59 93 65 94.

You can download an Ecoveille[®] form at www.rando64.com/ecoveille

You will also find an Ecoveille[®] comments form on the site

www.rando64.fr

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