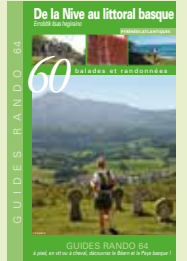


# From the Nive to the Basque Coast

Discover all the available routes ►►  
in Tourist Offices



LEV  
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MOYEN



## ADARREKO ITZULIA

LOUHOSSOA

**M**ountain route in a pastoral area, leading to the summit of Mount Adarre and offering magnificent panoramic views. Possible to adapt the distance and difficulty with a choice of circuits on offer. Circuit for fit or skilled mountain trail runners. Completion times are given as a reference for hikers.



### Getting to the departure point :

Fronton wall carpark in the centre of the village.

From the fronton wall carpark **D** 633770 - 4797249, take the RD 119 towards Hélette for approx. 200 m. Take a small road on the right **1** 633981 - 4797178 which gradually moves away from the valley and up into the pastoral moorland. After a slow shaded ascent, leave the tarmac road and enter open areas via a track leading upwards on the left. The start of this is marked by a cattle grid **2** 634066 - 4796189. The route then progresses along the slopes of Louhossoa. Very frequent stone houses/shelters show the importance of herding activities. Continue along these ridges until you reach a water reservoir at Hartxandegi **3** 635538 - 4796200. Continue right on the track that goes around the hill and leads to the Col d'Ursotei or "Urtsolepo" **4** 636108 - 4795690, at the foot of Mont Adarre. Continue to the right, first along the fence, then the track becomes a path that must be followed for 70m before turning sharp left onto the path that leads directly to the top via a ridge. At the Adarre summit **5** 636513 - 4795083, begin the descent on the other side. The path leads straight to the Col de Xantxo. Just before reaching this pass **6** 636807 - 4794941, cut left on a path which crosses a beech forest and then joins a wide

0h25

0h50

1h12

1h42

2h15

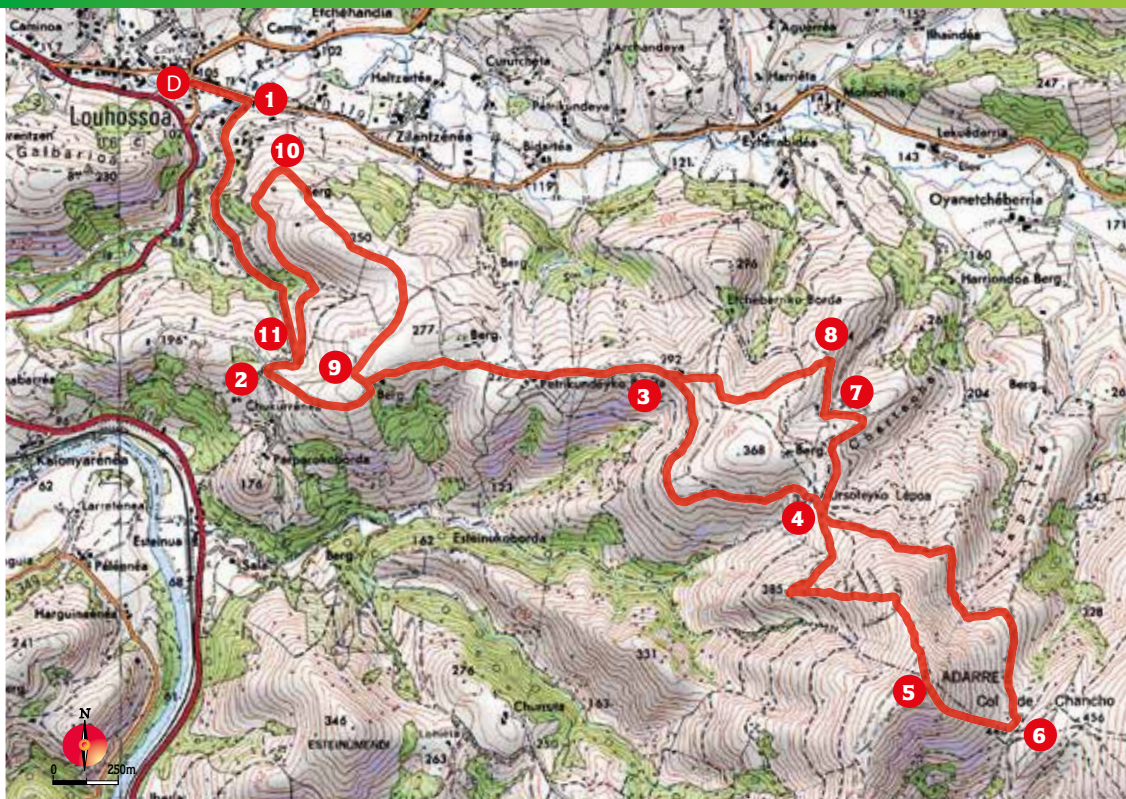
2h28

2h40

3h00

3h50

track. Continue straight on until a three-way junction where you should go left along the path that bypasses Mont Adarre on the northern side and comes back to Urtsolepo **4**. Continue on the right-hand track until reaching a renovated sheepfold with a gravel track leading left away from the fold. Take this until the first bend **7** 636138 - 4796072 and leave the track to continue on the track opposite that passes a first sheepfold and leads to a ruined fold **8** 636130 - 4796260, in front of which you must turn left through a fern-covered area. Come back onto a small path onto the northern side of the hill and joining a track. Follow this to the right until you reach the reservoir in Hartxandegi (**3**). Continue opposite on the route already taken on your outward journey through the pastoral area along the ridge. At the second crossroads, at a private house **9** 634427 - 4796159, turn right on a track through an agricultural area and go down this until you reach another track **10** 634099 - 4796933. Go up this track to the left. At the end of this, turn right onto the path already taken on the outward journey **11** 634171 - 4796223, leading down to the village.



©IGN

**D** Louhossoa fronton wall

GPS : 633770 - 4797249



**3h50**

**Balisage**

**D** to **11**

**13 km**

**+655 m**  
**-655 m**

**Not to be missed**

- Panoramic views
- Stone houses/shelters
- Basque Pottok ponies



Avoid during the hunting season

## LOUHOSSOA - LUHOSO

Louhossoa is a small village nestled in the wooded hills of the Labourd province.

Home of the famous Larralde and Beheran «pelota», Basque pelota is naturally played there.

Louhossoa expanded in 1834 with the discovery of large deposits of feldspar and kaolin. The quarry and factory are now closed, but you can still see the remains of mines at the Maison Irrituenea.

Two streams, tributaries of the Nive, flow through the village: the Mouline and Harrichurria streams were once the driving force of flour mills, the remains of which can still be seen. The cold, well-oxygenated waters of the Nive are fed by mountain streams and host a rich fish fauna (including trout, eels, salmon) to the delight of fishermen.

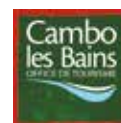


Additional information available from:

**Cambo les Bains Tourist Office**

Avenue de la Mairie – 64250 Cambo les Bains - Tél : 05.59.29.70.25

Mail : [info@cambolesbains.com](mailto:info@cambolesbains.com) - Web : [www.cambolesbains.com](http://www.cambolesbains.com)



Full list of hiking guides in the Pyrénées-Atlantiques at [www.rando64.fr](http://www.rando64.fr)

**[www.rando64.fr](http://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 <sup>®</sup>	GRP <sup>®</sup>	GR <sup>®</sup>	VTT	Equestre
Right direction					
Turn left					
Turn right					
Wrong direction					

GR<sup>®</sup> (Grande Randonnée), GRP<sup>®</sup> (Grande Randonnée de Pays) and PR<sup>®</sup> (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<sup>®</sup>.



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](http://www.rando64.fr)

## USEFUL TIPS

▶ Weather 08 92 68 02 64 or 32 50  
or visit [www.meteofrance.com](http://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<sup>®</sup> form at [www.rando64.com/ecoveille](http://www.rando64.com/ecoveille)

You will also find an Ecoveille<sup>®</sup> comments form on the site

[www.rando64.fr](http://www.rando64.fr)

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