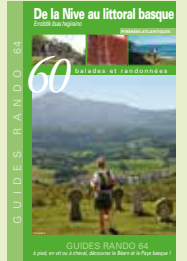


# From the Nive to the Basque Coast

Discover all the available routes ►►  
in Tourist Offices



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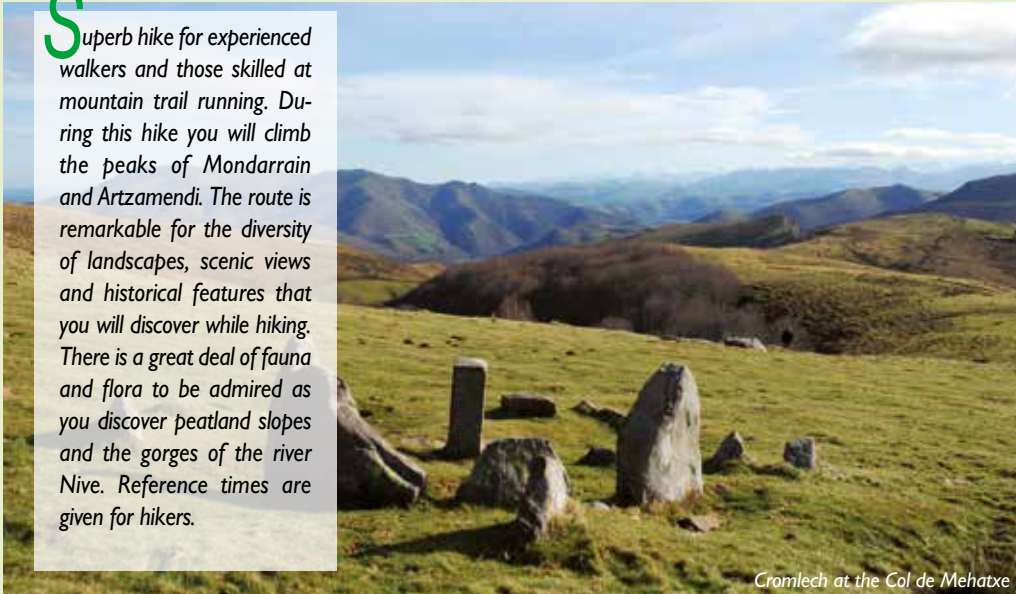
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MONDARRAIN AND ARTZAMENDI - *Mundarrain eta Artzamendi*

ITXASSOU

**S**uperb hike for experienced walkers and those skilled at mountain trail running. During this hike you will climb the peaks of Mondarrain and Artzamendi. The route is remarkable for the diversity of landscapes, scenic views and historical features that you will discover while hiking. There is a great deal of fauna and flora to be admired as you discover peatland slopes and the gorges of the river Nive. Reference times are given for hikers.



Cromlech at the Col de Mehatxe

## Getting to the departure point :

From the main street of the village ("La Place" district), go around the fronton wall and take the road going south. Turn right after 100m and park your vehicle in the carpark.

At the carpark exit **D** 628743 - 4798876, turn right. Follow the road until the Basseboure stream **1** 628661 - 4798503 which you should cross. Go past a beautiful mill. Follow the road towards Atharri mountain. You will go through a beautiful chestnut grove.

When you arrive at the crossroads called "Cinq-Cantons" (five paths) **2** 628745 - 4798274, turn right and follow a track leading to a tarmac road and a group of farms. Take the tarmac road for 200m and turn left onto the first track you see which climbs upwards **3** 628023 - 4798142. As you climb, you will cross a vast grazing area on the sides of the Atharri mountain. The track goes to the Col de Legarre **4** 627588 - 4797533. Cross the tarmac road and take the track opposite which climbs towards the Mondarrain peak. When you arrive at the edge of a small conifer wood at the Col d'Amezketta **5** 627222 - 4796503, continue in the direction of the Pic du Mondarrain. Follow the signposting across the moorland, then cross a beech wood on a scree slope and begin the ascent to the summit **6** 627155 - 4795537. You will be rewarded by superb panoramic views. The descent is on the opposite side. After a section on the way down which is a bit steep, the path continues into a grassy area and goes as far as the Col de Zuharreta and the GR®10 **7** 626686 - 4794140. Swiftly leave the GR® by taking a path which climbs towards the ridge line of Mont

0h40

1h20

1h50

2h15

2h45

3h40

4h05

4h45

5h20

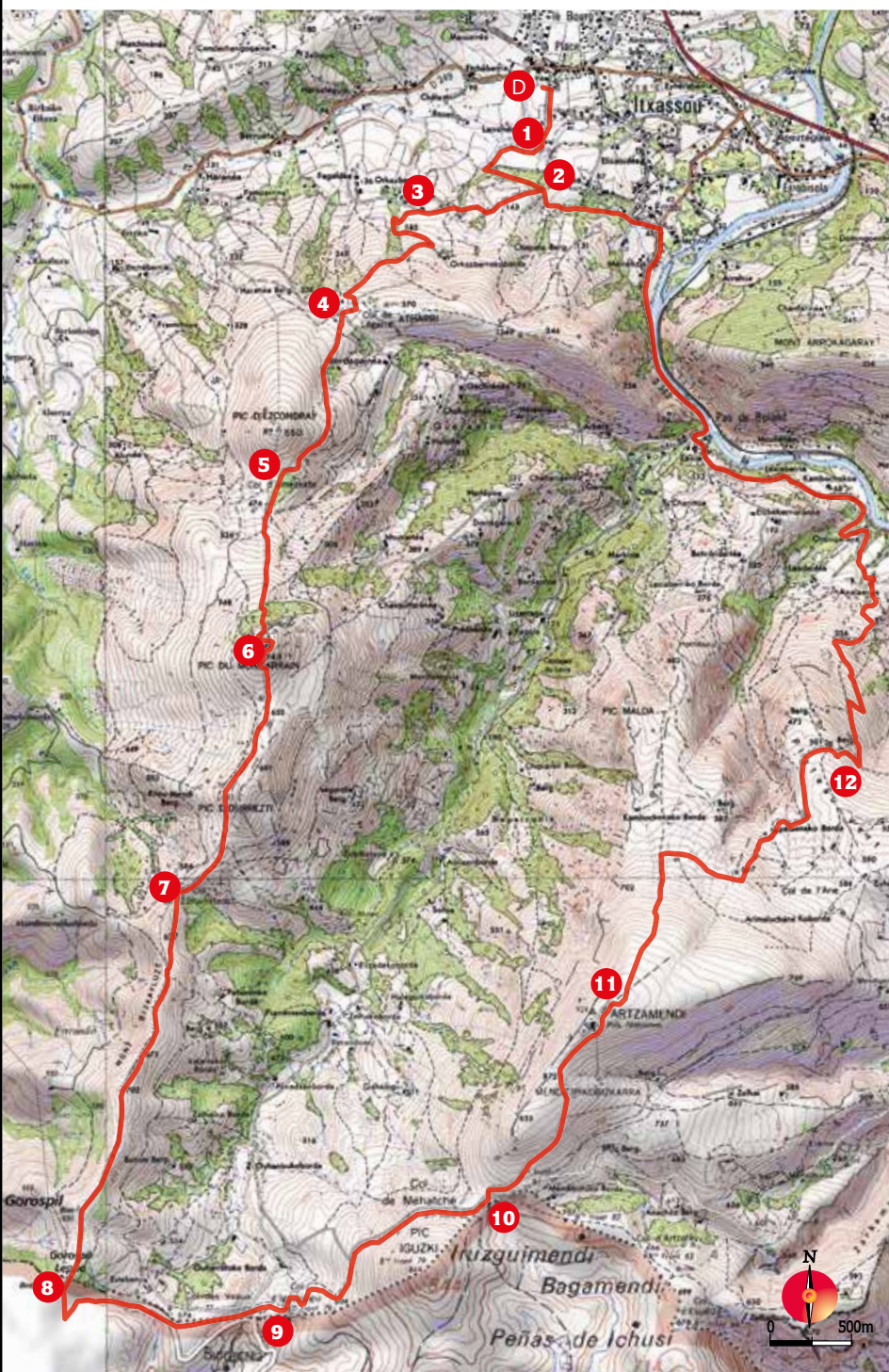
6h05

7h10

8h15

Bizkayluze. Follow this until the Col de Gorospil **8** 626058 - 4791799 on the Spanish border. Go down again by the road on your left. After the Esteben Borda farm, take a path on the left between two fences, which leads quite quickly to the Col des Veaux **9** 627154 - 4791691. Cross the road and take the track opposite which climb upwards. Follow the white and red signs of the GR®10 and take the tarmac road as far as the Col de Mehatxe **10** 628490 - 4792344, known for its prehistoric monuments (cromlechs). At boundary marker 80, leave the GR® in the direction of the Artzamendi peak. At the summit **11** 629276 - 4793528, pass in front of the dome and continue straight on as far as the fence which you need to cross. Follow the yellow signs and start a very steep descent in the direction of the Pas de Roland, visible from far away, between Atharri mountain and Mont Arrokararay. Follow the milestones which guide you straight on across a rocky area into a grassy area. Continue straight ahead for 300m, then turn right in the direction of a small ridge which you should cross to reach the ruins of two sheepfolds at the heart of the area known as the "Plateau Vert". Continue on a wide track leading to the locality of Kaskaitza **12** 630485 - 4795040. Very soon afterwards turn left and follow the zigzag path as far as a tarmac road after a long descent which is sometimes steep and difficult technically. The tarmac road leads to the Laxia district **13** 629720 - 4796785. Go to the Pas de Roland and follow the signs to the village.








©IGN

**D** Itxassou,  
Ataka Sanoki carpark

GPS : 628743 - 4798876



 **8h15**



 **24 km**  
 **+1385 m**  
 **-1385 m**

**Balisage**

**D** to **9**   
**9** to **10**   
**10** to **13** 

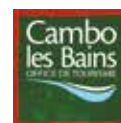
**Not to be missed**

- Peatland slopes
- Ruins of the Mondarrain Fortress
- Cromlechs (burial monuments)
- Panoramic views over the Basque coast and Nive valley.

-  • Avoid in bad weather
-  • Keep your distance from animals
- Have respect for the sites
- For hikers in good physical condition only



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®	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](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® form at [www.rando64.com/ecoveille](http://www.rando64.com/ecoveille)

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

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

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