

From the Nive to the Basque Coast

Discover all the available routes ►►
in Tourist Offices

LEV
2 EASY

LA MOULINE

LOUHOSSOA

This route crosses varied landscapes. The trail takes the hiker through forests and across grazing slopes before reaching the valley and its small streams. The main one is a tributary of the Nive called the Mouline.



Panoramic views from the Mouline

Getting to the departure point :

Start from the fronton wall carpark at the centre of the village.

From the fronton wall carpark **D** 633770 - 4797249, take the RD 119 in the direction of Hélette for about 200m. Take a small road on the right **1** 633981 - 4797178 which gradually leaves the valley behind and climbs towards the pastoral moorland. After a slow, sheltered climb, leave the tarmac road and take a track sloping upwards to the left which leads into wide open areas. The start of this track is marked by a cattle grid **2** 634066 - 4796189.

The route then continues on the slopes of Louhossoa. Frequent stone houses/shelters testify to the importance of herding activity.

At the Etxeberrikoborda stone house/shelter **3** 635765 - 4796422, which is easily identifiable by its chestnut grove, start the descent towards the valley.

Pass in front of a stone house/shelter and go through the gate without forgetting to close it. Take the RD 119 **4** 635447 - 4797046 to the left

for approx. 200 m. Turn right onto a small country road and continue as far as the start of a narrow path **5** 635016 - 4797368 on the left, which continues boxed-in between two slopes. Take this small road as far as the RD 119 **6** 634597-4796968 which you should cross. Continue along a dirt track. At the end, take the same path used at the beginning on your right **7** 634171 - 4796223, which goes down towards the village.

1h35

1h55

2h15

0h25

0h55


1h10




©IGN

D Louhossoa fronton wall


Balisage

D to **7** 

GPS : 633770 - 4797249

 **8,7 km**

 **2h15**

 **+362 m**
-362 m

Not to be missed

- Panoramic views
- Stone houses/shelters
- The Mouline stream



- Avoid during the hunting season
- Take care when crossing the RD 119

STONE HOUSES – BORDA

During your walks, you will come across shelters or small stone houses called “bordas”.

In the Basque Country, many animals live in semi-freedom (Pottok ponies, the small Basque Betizu breed of cow, sheep, etc). These bordas serve as both stables and homes and provide shelter for animals and shepherds in bad weather.

Some are furnished as temporary homes as during the summer months, shepherds still sleep next to their livestock in the mountains.

They are also called Etxola (huts) or Cayolar.



A “borda”



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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