# From the Nive to the Basque coast



All routes can be found in Available from tourist offices

#### LE\ **VERY EASY**

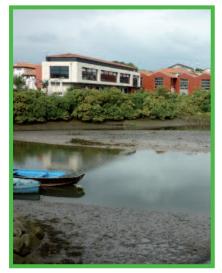
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## **BORDAGAIN - UNTXIN**



his family walk will take you through wooded areas and diverse aquatic environments, and you'll discover a rare example of the region's traditional architectural heritage.

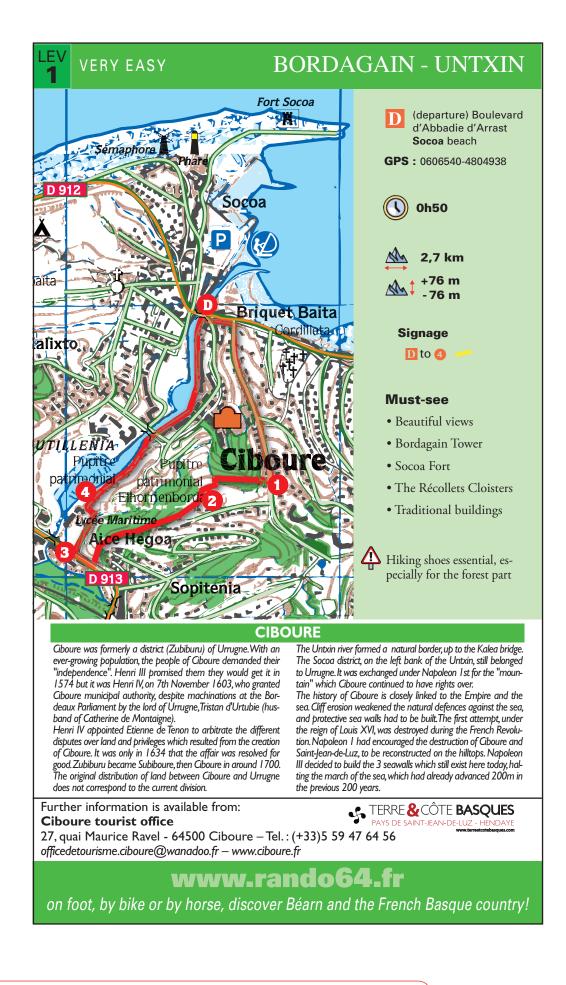
- Opposite Socoa beach, take Boulevard D d'Abbadie d'Arrast which goes up the sides of Bordagain hill. Before getting to the top, turn right, go through the wooden gate 1) 0606744-4804354 to take the Chemin rural Elorriko bidea. The path goes deeper into the woods then comes out onto a meadow which you'll bypass at the top, revealing an exceptional view over the ocean and Socoa fort **2** 0606518-4804303. Continue towards the forest and go along the ownership limits then carry on into the undergrowth until you get to the RD913. Take a right. Go along the road until
- 0h'30 you get to Lycée Maritime 3 0606056-4804088. Turn right onto Avenue Eugène Corre then turn left straightaway after the high school. Take the steps to get back to Untxin's riverbanks. Turn right onto the Promenade Pierre Larretche **4** 0606147-4804356. You'll have the opportunity to observe the typical flora and fauna of this wetland area. Carry **0h50** straight on to go to the beach.



Untxin at low tide



Promenade Pierre Larretche



# CHOOSE THE RIGHT WALK

### Levels

The change in altitude indicated in each guide represents the total increase. Times are calculated without stops.

# Walking routes are classified by difficulty and are differentiated by co-

lours in each route's practical guide. These classifications have been made following recommendations from FF Randonnée.

**Very easy** under 2 hours of walking *ldeal for families, using clearly marked paths.* 

**Easy** under 3 hours of walking Can be done as a family. Follows footpaths, with some more difficult parts.

**Average** under 4 hours of walking For those with some walking experience. Contains some fairly challenging aspects or changes in altitude.

**Difficult** more than 4 hours of walking For experienced walkers. Routes are long and/or challenging (steep ascents, difficult parts).

Walk times: The time taken to complete each route is given as a guide only, taking account of the length of the route, the change in altitude and any difficult aspects.

## Signposting

Use the signposts to stay on the right track

Signposting	Regional and PR® footpaths	GR® footpaths
The right direction		
Turn left	<b>II</b>	U.
Turn right		
The wrong direction	×	×

GR®, GRP® and PR® are registered trademarks of the Fédération Française de Randonnée Pédestre.

## Your views on our footpaths - Ecoveille®

The routes we offer have been carefully selected. We would like to hear your opinions and observations about the state of the footpaths as this will enable us to ensure they are well maintained. We invite you to to send us your comments by contacting the Agglomération Sud Pays Basque on (+33)5 59 48 30 85.

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

### **Useful recommendations**

Weather forecast (+33)8 92 68 02 64 or 32 50 or www.meteofrance.com European emergency number 112 Visitors who use the Nive-Nivelle footpaths in the Southern Basque country are required to behave in a respectful manner towards the natural environment and the inhabitants of the area. It is important that certain rules are followed.

#### Taking care of nature

- Take a bag with you to carry your waste
- Ensure you respect the wildlife
- Stay on signposted footpaths

#### Taking care of yourself

• Do not set off without the necessary equipment

- Avoid walking alone
- Do not drink water from streams

• Make sure you are aware of weather conditions

# Respecting local activities and inhabitants

• Make sure you close gates

• Avoid walking with a dog. If you do have a dog with you, ensure it is kept on a lead at all times.

- Starting fires is strictly forbidden
- Ensure you respect private property located near footpaths



A local photo of footpath signposting

## Walking labels

#### **PR®** routes:

A number of hiking trails are designated as PR® routes by the FF Randonnée in accordance with quality criteria. They are selected using environmental, tourist, technical and attractiveness criteria. (Further information is available at www.ffrandonnee.fr)

## GPS co-ordinates for routes

GPS co-ordinates for each stage of the route are provided for all routes.

The reference format is as follows:

WGS 84 - UTM 30T

#### **Please note!**

It is advisable to avoid certain routes during the wood pigeon hunting season (October and November) and the controlled burning season (December to March).

on foot, by bike or by horse, discover Béarn and the French Basque country!