



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	II	U.
Turn right		
The wrong direction	×	×

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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!