



IDAUX-MENDY

Kaskaborro

Distance **9,5km** | Height **250 m** | Duration **3h30** | Typology **Circuit** | Signposting **PR (yellow)**

Idaux-Mendy is a community of two villages. On the D147 at the crossroads (mid-way between Idaux and Mendy), park in front of the town hall and the Arbailak school.

Start GPS : UTM : 669359 - 4782307 Lat/Long : 43.17455/0.91631

This beautiful walk in the foothills offers a great variety of landscapes. Meadows with their borders, woods, ferns dotted with pollarded oaks, not forgetting the streams along which the watermills were built. You can see the richness of this multifaceted Basque agro-pastoral culture. The walk offers a lot of view points: the nearby Arbailles karstic massif, the flysch hills and the Madeleine summit, as well as the mountains of Haute-Soule.



SECTION 1 > Idaux-Mendy town hall and school

UTM : 659359 - 4782307

Take the small road that goes to the riding centre following the sign near the car park. 250 m after the riding centre, turn right on a small road towards the church. Cross the D147, walk down 50 m and turn left on a small road that goes down to Aphurhura stream. Cross the bridge. Upstream, you can see on the left an imposing building between the trees, the old Xamalbide mill. Keep walking along the road and then turn left. Soon you get into the woods and leave the asphalt road section.

SECTION 2 > The intersection with the fence

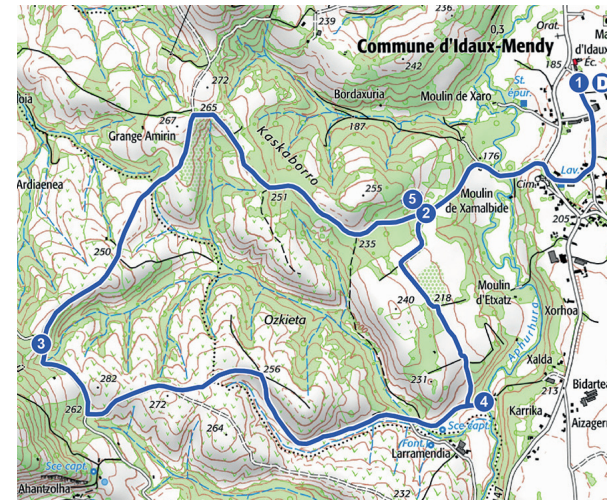
UTM : 668740 - 4781602

Turn right and keep climbing very gradually on the stony main track under the shade of the oaks until reaching a small hill. At the crossroads turn left. The path goes down along the edge of meadows before going up and ending up on the road between the villages of Aussurucq and Ordiarp.

SECTION 3 > The intersection

UTM : 667053 - 4780898

Turn left towards Aussurucq and stay on the road for 500 m. At the bottom of a hill before the bend, turn left onto a stony track. You get to a fern area dotted with pollarded oaks. You can see the nearby Arbailles massif on the right and a cliff with vulture nests. After 500 m near a clump of pollarded oaks, turn on the path on the



left. At a flat area 300 m further on, turn right onto the track that goes down. Walk on the path along the stream and keep walking straight ahead. Stop 50 m before the bridge, at a crossroads.

SECTION 4 > The intersection before the bridge

UTM : 669063 - 4780769

Go up on the left, with some slightly steep passages. After a false flat climb along the edge of the meadows, you come to a crossroads. Turn right onto the small road which goes down to the crossroads where you join the route upwards.

SECTION 5 > The intersection with the fence

UTM : 668740 - 4781602

Go back down the hill to the car park. Remember the picnic table found on the way up, near the bridge and the Xamalbide mill. Interesting view of the church of Mendy and its calvary bell tower.



POINTS OF INTEREST

❖ Forest and pastoralism

The Souletine shepherds have developed an agroforestry system combining trees, ferns and grass growing. The pruning of trees for wood (pollarded oaks for example), fodder (meadows, borders), the mowing of ferns for litter and manure, but above all pastoral fire, testify of very elaborate cultural techniques.

❖ The Arbailles massif

Historically, Soule was divided into three messageries: Basse-Soule (Pettara), Haute-Soule (Basabürüa) and Arbailles (Arbaia). The latter includes the villages of Aussurucq, Roquiague, Garindein, Gotein-Libarrenx, Idaux-Mendy, Menditte, Musculdy, Ossas-Suhare, Ordiarp, Pagolle and Sauguis-Saint Etienne.

❖ The calvary steeples

17th century calvary steeples are characteristic of the Souletine churches. Their three-headed points are surmounted by three crosses. First called "trinitarian bells", they were called later "calvary bell towers". The crosses symbolize crucifixion rather than the Holy Trinity. The magnificent gilded altarpieces that adorn the most modest churches in Soule also come from this period: Aussurucq, Gotein, Idaux-Mendy, Espès-Undurein.

POINTS OF ATTENTION

- Take care when crossing the D117 road.

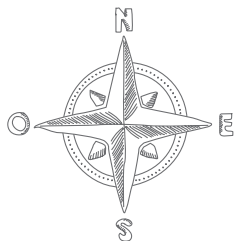
UTM : 669293 - 4781817

- Pastoral area: close the gates, do not frighten the animals, keep dogs on a lead, always stay away from the cattle.

EQUIPMENT AND SERVICES

Riding centre.

UTM : 669458 - 4782113



Hiking and biking trails

Useful things to know

LEVELS OF DIFFICULTY

The degree of difficulty is detailed in the guide leaflet for each trail and is categorised according to the classification used by the French Hiking Federation (Fédération Française de Randonnée Pédestre).

Very Easy. Less than 2 hours along well-marked paths. Ideal for families with young children.

Easy. Less than 3 hours, can be walked with children; slight difficulties may be encountered on some sections of the path.

Medium. Less than 4 hours. Suitable for walkers used to hiking; some sections of the trail may require a higher degree of effort, with some elevation gain.

Medium. Over 4 hours. For experienced and seasoned hikers. The trail is long and/

or difficult (elevation gain, challenging sections).

MOUNTAIN BIKE TRAILS

Veru easy. Wide, smooth rolling trail, less than 300 m elevation gain.

Easy. Fairly smooth trail, less than 300 m elevation gain.

Medium. Technically challenging trail, less than 800 m elevation gain.

Difficult. Very difficult terrain, 300-800 m elevation gain.

HEIGHT

The cumulative uphill climb.

DURATION

The amount of time required is given as an indication only. It takes into account the length of the trail, elevation gains and any potential difficulties. The duration is calculated without taking any rest breaks into account.

PR® CERTIFIED HIKING TRAILS®

These trails have been given the French Hiking Federation (Fédération Française de Randonnée Pédestre) seal of approval based on various quality criteria that take into account environmental, touristic, technical and other accreditation aspects. (Further information available at www.ffrandonnee.fr)

COORDONNÉES GPS

The coordinates of the departure point are given in latitude/longitude so that you can log the GPS position into your device. All other data (stages along the trail) are provided in UTM coordinates. The reference format is as follows: WGS 84 - UTM 30T TRAIL MARKERS

MARKING

The trails presented here are PR® certified and are marked in yellow. Some stretches of the path may also be part of a long-distance GR footpath, in which case red and white markers will show the direction to take. This will be fully explained in the guide leaflet.

	LOCAL FOOTPATHS AND PR®	REGIONAL FOOTPATHS GRP PAYS	LONG DISTANCE FOOTPATHS GR®	MOUNTAIN BIKE TRAILS
RIGHT direction	—	—	—	▲
Turn LEFT	└	└	└	◀
Turn RIGHT	┐	┐	┐	▶
WRONG direction	×	×	×	✗

The Dos and Don'ts

when hiking and biking

Enjoying Basque Country footpaths and trails means behaving in an appropriate and respectful way, not only towards nature but also towards the men and women who work in this countryside. It is very important to ensure some rules are followed.

Be prepared before you set off:

- Don't leave without all the necessary equipment (map, water, suitable clothing and footwear, etc.)
 - Avoid going alone. Remember to inform a relative or friend, or even the town hall of your itinerary. The lack of telephone network in some areas may prevent you from contacting someone or being contacted.
 - Don't drink water from the streams and rivers, and don't swim in them.
 - Check on the forecast just before setting off; the weather can change very quickly.
- Find out about any scheduled events taking place along your itinerary: stubble burning, hunting, forestry activities, etc.

Preserve and protect nature

- Put a recyclable bag in your backpack so that you can take your rubbish home.
 - Don't approach animals; observe them in silence from a distance.
 - Don't pick wild flowers, berries or mushrooms without permission to do so.
- Pay careful attention to signposting and stay on the marked paths.

Show respect and consideration for agricultural and pastoral activities

- Slow down when driving near herds or flocks. Only park in especially provided places so you don't impede traffic.
 - Avoid hiking with your dog. If you do take your dog, it must be kept on a lead at all times.
 - If you open a gate, make sure you close it behind you.
 - Show respect and consideration for private properties situated along your itinerary.
 - Keep your distance from free-roaming animals. Don't feed them.
 - Don't light any fires or barbecues.
- Only camp in authorised areas.

Managing your waste when hiking and biking

Keep your rubbish in your backpack when out enjoying the Basque countryside. Then, you can sort through your waste for recycling when you get home!

USEFUL TELEPHONE NUMBERS

- Météo France (weather forecast):
08 99 71 02 64 or 32 50
or www.meteofrance.fr

- Assistance / Emergency services :
Europe-wide emergency number 112,
Fire Brigade: 18
Police / Gendarmerie: 17
Emergency SMS number for the deaf
and hard of hearing : 114



YOUR FEEDBACK

The greatest care and attention has been given to the itineraries that we have recommended to you. So we would be delighted to have your impressions and observations with regard to the condition of the trails and footpaths. Your feedback will also enable us to ensure they are maintained in good condition. Please inform us of any problem you encountered or if you have any useful comments to make, go to sentinelles.sportdenature.gouv.fr

USEFUL ADDRESSES

Basque Country Tourist Information Office

- TARDETS
Rue Arhanpia
+33(0)5 59 28 51 28

- MAULÉON
Rue Jean-Baptiste Heugas
+33(0)5 59 28 02 37

CONTACT THE PROFESSIONALS

Numerous professional guides and qualified activity coordinators are available to accompany you off the beaten track. To find out more, just contact the front desk at the Basque Country Tourist Information Offices.