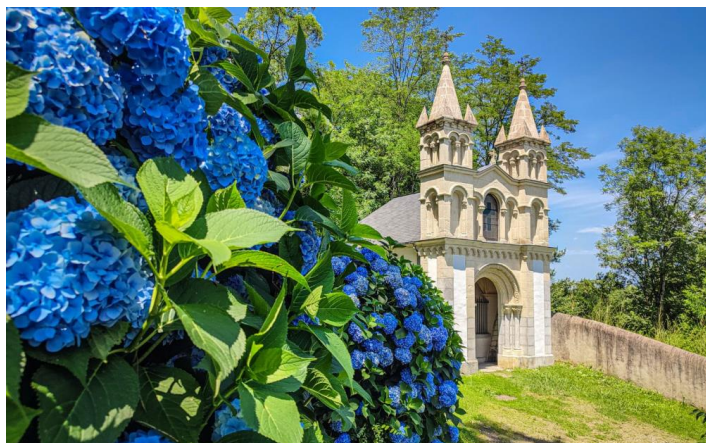


Lestelle Montaut Les Bastides

LESTELLE-BETHARRAM

WALKING

This circular walk between the villages of Lestelle-Bétharram and Montaut in the Pays de Nay showcases various landscapes and exceptional examples of the area's heritage. Since the Middle Ages, Bétharram has been a strategic crossing point between Bearn and Bigorre, protected by the fortified towns of Montaut and Lestelle. A first bridge made of wood was constructed in the 15th century. On the Piedmont Way towards Santiago de Compostela and after the "miracle" of the "beau rameau" (beautiful branch), a chapel, then a sanctuary and a Calvary were built between the 17th and the 19th centuries. The priests of Bétharram also built a monastery, a seminary and a school. The impressive size of the buildings testifies to the success of these establishments. More recently they have become, respectively, a museum, a retirement home and a secondary school.



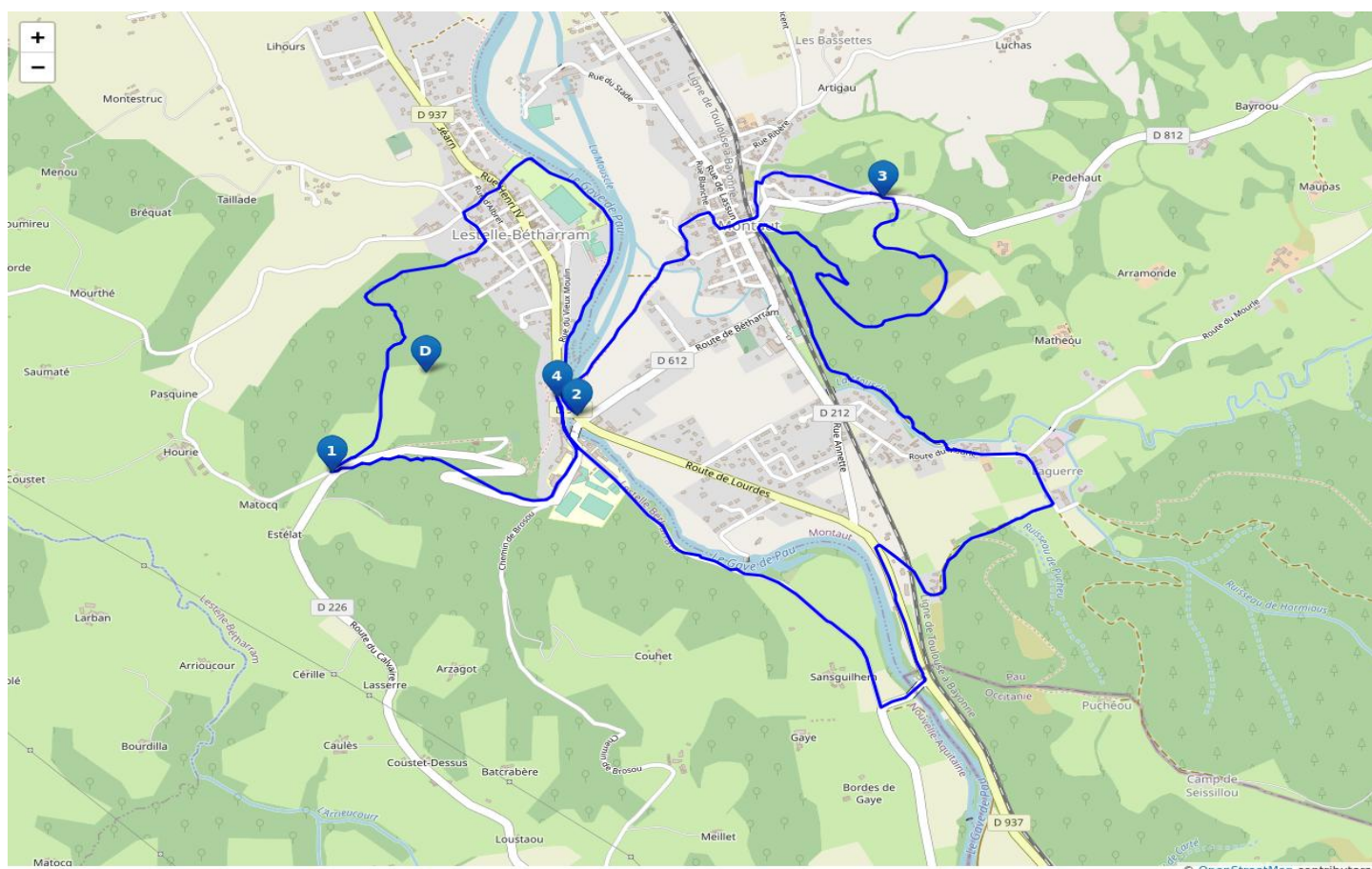
<p>Départ : LESTELLE-BETHARRAM Arrivée : LESTELLE-BETHARRAM</p>	<p>Distance : 11.9 km</p>	<p>Dénivelé : 354 m</p>	<p>Durée : 3h30</p>
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Appel d'urgence : 112

Les montagnes basques et béarnaises sont des espaces pastoraux. Evitez de partir avec votre chien. Dans tous les cas, tenez-le en laisse. Merci !

★ À ne pas manquer

- The view from the Croix des Hauteurs.
- The riverbanks of the Gave.
- The fortified towns of Lestelle and Montaut.
- The slalom kayak circuit at the bridge Pont des Grottes.



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★ Étapes

Step 1. Reach the Croix des Hauteurs. Pass by the sanctuaries and turn to the right after the second bridge, towards the Croix des Hauteurs (the Cross of the Heights). Go up to the right and once again to the right on a path beneath the trees. Cross the road and continue on the path that goes up. Back on the road, go towards the cross.

Step 2. Turn right in front of the cross. Follow the path for 400m (≈ 1312.34ft.). Go down to the left by a sunken path. At the end, turn right. Back on the asphalt continue straight ahead. At the stop sign, turn left. At the next stop sign, turn right. Cross the road and take the no-entry. Cross the road D937 and go down ahead towards the Gave. Turn right at the riverbank of the Gave and go along it for 1km (≈ 0.62mi.). Go up on the road by steps, cross the bridge of the sanctuaries.

Step 3. Towards Montaut. Turn left at the end of the bridge and follow the path along the field. Cross a small bridge and go up to the left on the street Rue Blanquine. Turn right then left in front of the church of Montaut. Cross the road and the railway. At the washhouse turn left Cami de Beryes. Walk for 100m (≈ 328ft.) and turn right. Go up on a really steep path with stairs. Go up to the left following the back alley.

Step 4. Back to Lestelle-Bétharram. On the small square continue for 50m (approx. 164ft.) and turn right on a track. Go along a field. At the end of it turn left. Back to the point (4) in Montaut turn left. Go up then go down. At the crossroads go up to the left. Continue by a path that goes along a stream. Cross the bridge with attractive barriers. Turn left on the road. At the crossroads turn right, then once again to the right on a path. At the end, turn right. Cross the railway, go down and turn left on the road D937. Turn right on the bridge Pont des Grottes then once again to the right 50m (approx. 164ft.) further on the path Chemin du Chèze.

★ Attention

- Stay safe while crossing and walking by the roads.

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