

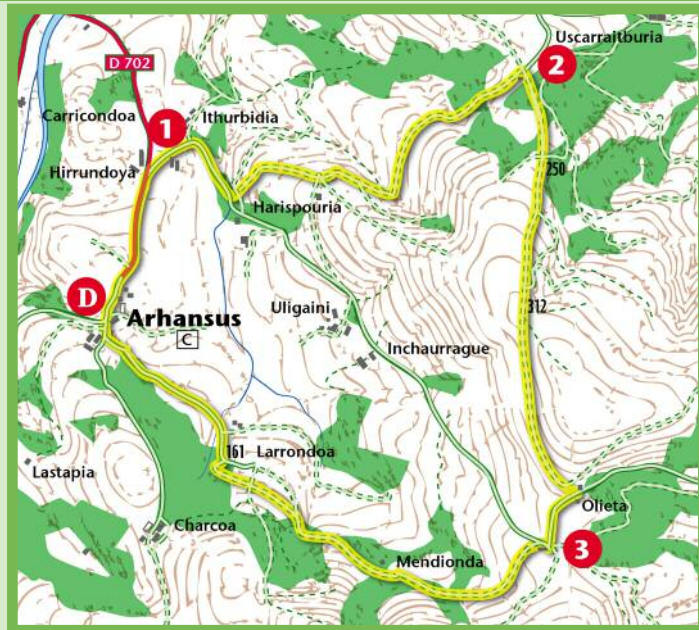
Amikuze Iholdi Oztibarre

All routes can be found in ►►
Available from tourist offices



NIV
2 EASY

ARHANSUS (OLATS)



D the fronton court in the village of **Arhansus**

2h00

6 km

220 m

Dogs allowed if kept on leads

Start GPS (UTM)
30T-659520-4791389

Signposting

1 to 3

Please firmly close all gates

Not to be missed

- the view over the mountains of the Basque Country seen from the ridge



Cider

The Basques from Biscay were the first to plant apple trees on the Atlantic coast. The strain had been brought in by the Moors when they came to the country in the Middle Ages. Many coastal farms had an orchard devoted to the family production of sagarno (in Basque «apple wine»). Cider in the French Basque country owes its rebirth to the Sagartzea association that reintroduced cider apple varieties into the region from the 1990s. The Eztigar cooperative at St Just Ibarre currently numbers 32 producers.

NIV
2 EASY

ARHANSUS (OLATS)



The view over the valley

A pleasant walk along the ridge of the village. The many fences that enclose crops have to be crossed using stiles («ateka»). Along the ridge, the walk looks out over the valley of the Bidouze and draws the sightseer's eye to the distant mountains of the Labourd. At the end of the itinerary, you can book a visit to the Larrondoia farm where they sell ewe's milk cheese and bottles of cider (sagarno).

D 30T-659520-4791389 Go down the D702, and take the first road on the right.

0h10 1 30T-659598-4791779 Having crossed the bridge, continue up for 150 meters and follow the track on the left. Then take the right hand track and turn left onto the next one.

1h20 2 30T-660803-4792118 At the first pass, turn right and follow the fence line up to the summit. Go down to the road and go right up to the second pass. Take a small detour and climb Gazteluzare.

1h20 3 30T-660936-4790554 Follow the cobbled track to the right of the cross and carry on downwards to the village of Arhansus. Below the church, turn left on the D702 until you reach the fronton court.

2h00



Further information is available from:

Basse-Navarre tourist office

• 14 Place Charles de Gaulle, 64120 Saint-Palais - Tel 05 59 65 71 78

www.tourisme-saintpalais.com

GUIDES RANDO 64

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

ONLY TO BE SOLD BY A PYRÉNÉES-ATLANTIQUES TOURIST OFFICE

CHOOSE YOUR WALK WISELY

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

Very easy under 2 hours of walking
Ideal 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	Mountain bikes/hybrid bikes	Horse-riders
The right direction				
Turn left				
Turn right				
The wrong direction				

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Your views on our footpaths - Ecoville®

Immense care has been taken when planning the suggested itineraries. We value your impressions and comments on the state of our routes because this enables us to maintain them in good order. Please do not hesitate to send us your comments by contacting the Basse Navarre tourist office at Saint-Palais on +33 559 657 178. You can obtain an Ecoville comments sheet from that office.



A photograph of local paths or signposts

Useful recommendations

Weather forecast +33 892 680 264

Check the weather forecast.

European emergency phone number 112

Respecting local activities and inhabitants

When you ramble through the routes of Basse Navarre, we would ask you to show respect for the environment and for the men and women who bring this region to life. It is important that you follow certain rules.

- 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

Preserve the natural environment

Always carry a bag for collecting your waste and disposing of it responsibly. Respect the fauna and flora. Keep to the signposted paths.

Attention!

During the woodpigeon shooting season (October to November) and during the burn-beating period (December to March), some itineraries must be avoided. Please check with the tourist office.

Look after yourselves

Never start out on a walk without taking the right equipment. Try not to go it alone. Do not drink water from the streams.

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)



Itinéraires équestres : ce logo garantit un itinéraire labellisé par le Comité Départemental de Tourisme Equestre sur la base d'un cahier des charges précis. (Plus d'info sur www.cheval64.org)

Classement des itinéraires VTT



: chemin large et roulant, dénivelé inférieur à 300 m



: sentier assez roulant, dénivelé inférieur à 300 m



: sentier technique, dénivelé inférieur à 800 m



: sentier très difficile, dénivelé de 300 à 800 m