



CAMOU-CIHIGUE

Otsibarremeheka

Distance **5,3 km** | Height **320 m** | Duration **2h30** | Typology **Circuit** | Sign posting **PR (yellow)**

Go to Camou. Go past the church and at the next small crossroads take the second road on the right (signposted Col d'Oxibar). This road climbs up in twists and turns. At 1.6 km from the village, park near the Artekatea cross.

Start GPS : **UTM : 669155 - 4775602 Lat/Long : 43.11423/0.92086**

You will discover the karstic massif of Arbaïlles on this original route through the Oxibar pass. Local geology gives a particular tone to the landscape, both secret and original, with a cultural dimension that has its sources in protohistory. After crossing a small forest, the first open slopes offer a very nice view of the «Ibar Esküin» valley, Alcay, Lacarry and the high massifs of Soule and Béarn. It is evident here that the soil is limestone. “Maide Korralea” is a beautiful promontory where a few piles of stones are piled up. It shows the ancient history of Soule. Further down, a small cave was also used as a shelter by the first inhabitants of the country. After the Oxibar pass, admire the old barn with its shingled roof (old wood tiles). Further down, massive old oaks are mixed with other younger tree species.

SECTION 1 > Artekatea Cross

UTM : 669155 - 4775602

Turn left onto the stony track. Go through a fence. Several tracks cross on the plateau, walk towards the only barn.

SECTION 2 > The intersection

UTM : 669132 - 4775404

Take the left-hand track and pass the barn. This climbs through the groves. Walk towards a ruin and follow the only path both under the trees and out in the open. At the road, turn left. Pass a typical watering hole with three small stone sinks. The road climbs slightly before going down for 200 m.

SECTION 3 > The path

UTM : 668657 - 4774344

Take the path on your right and follow up the zigzags. It may be difficult in this particular type of highland. Before going down again, pass by the pretty “Maide Korralea” headland : there remains a pile of stones from an ancient protohistoric enclosure. When the path crosses another one in a false flat zone, turn left under the trees. You can have a look at a small cave situated a few meters above the path.



SECTION 4 > Oxibar Pass

UTM : 668080 - 4774499

Take the path downhill on the right below the road. It is followed by a passage in the forest and on an old path. It passes by a shingled barn in a meadow. It continues between undergrowth and open ground. Go through a gate and follow it steadily until the first crossroads and then to the car park.

POINTS OF INTEREST

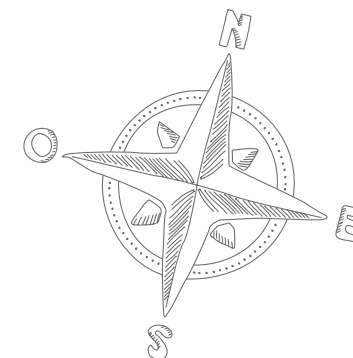
❖ Maide Koralea

“Maide Koralea” are the remains that are being studied of a dry-stone wall with parapets, probably an ancient defensive element. These modest remains prove that in the two centuries BC there was a village or at least a permanent settlement here.

ÉQUIPEMENTS ET SERVICES

- Picnic table, Oxibar Pass..

-Information about the “laminak” (Basque elves) at Basque mythology heritage interpretation center on the 2nd floor of the tourist office in Tardets.



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	MONTAIN 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.