



## SAINT-JUST-IBARRE

# The springs of Bidouze river

Distance <b>9 km</b>	Height <b>407 m</b>	Duration <b>3h00</b>	Typology <b>Back and forth route</b>	Signposting <b>PR (yellow)</b>
-------------------------	------------------------	-------------------------	---	-----------------------------------

In the village of Saint-Just-Ibarre, continue on D918 towards Col d'Osquich. Turn right towards Eztigar cider factory and keep going for 3.5 km to reach the car park and the route starting point.

Start GPS : UTM : **660213/4780933** Lat/Long : **43.164193/1.029244**

This peaceful route through the undergrowth offers the hiker the opportunity to discover a rich natural heritage. The fauna and flora of this route are very rich, with the presence of white-backed woodpeckers, rosalia alpinae beetles, beautiful specimens of beech trees and a wide variety of ferns. In addition to these natural curiosities, information signposts about Basque mythology line the beginning of the route. Arriving to the Bidouze springs and their water seepage in a wide stony porch under the cliff is a great moment for the whole family.

### SECTION 1 > On the forest track

UTM 660213/4780933

From the car park, take the "Source de la Bidouze" signposted track. Walk in the undergrowth for about 3 km until reaching a picnic area. Cross the stream on a small footbridge.

### SECTION 2 > Towards Bidouze water seepage

UTM : 660734/4778475

Cross the stream and follow the bends on the path that goes up. Keep going on this beautiful shady path and enjoy the waterfalls and natural pools below. Turn left on a sharp bend and keep going straight away on rocky screes until you reach the foot of a cliff and the natural porch of Bidouze water seepage. Come back to the car park on the same route.



### POINTS OF INTEREST

#### ❖ Basque mythology

Basque mythology has many strange and wonderful figures : Herensuge the dragon-snake, Mari as a representation of Nature, laminak who could be compared to elves...Signposts at the beginning of the route give more information (in French) about Basque mythology figures.

#### ❖ The white-backed woodpecker

The white-backed woodpecker is a rare and protected species. In France they can only be seen in Basque country in old-growth forests where they find food in dead trees or windfalls.

#### ❖ The Bidouze water seepage

Bidouze river comes from a vast underground network in the Arbailles massif. Rain water drops and seeks inside a karstic environment before getting out from the water seepage to enter the Adour river in Guiche 82 km further. UTM : 660733 - 4777112



### POINTS OF ATTENTION

Muddy and slippery paths on section 2, proper mountain shoes are necessary.

### ÉQUIPEMENTS ET SERVICES

Picnic area.  
UTM : 660734 - 4778475

# 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](http://www.ffrandonnee.fr))

### GPS COORDINATES

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
GOOD direction	—	—	—	▲
Turn on the LEFT	└	└	└	◀
Turn on the RIGHT	┘	┘	┘	▶
BAD direction	X	X	X	✘

# 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](http://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.sportsdenature.fr](http://sentinelles.sportsdenature.fr)

### USEFUL ADDRESSES

**Basque Country Tourist Information Office:**

- SAINT-ÉTIENNE-DE-BAÏGORRY  
Place de la mairie  
+33(0)5 59 37 47 28

- SAINT-PALAIS  
1 route de Gibraltar  
+33(0)5 59 65 71 78

- SAINT-JEAN-PIED-DE-PORC  
Place Charles de Gaulle  
+33(0)5 59 37 03 57

### 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.