

Amikuze Iholdi Oztibarre



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

NIV 2 EASY

GABAT (UR HANDIA)



D village of **Gabat**
in front of the town hall

Dogs allowed if kept on leads

Not to be missed

• A path that overhangs the Bidouze river

1h30

Start GPS (UTM)
30T-659164-4803760

5 km

Signposting

D to **3**

100 m

The Bidouze river

This river springs from a small underground lake at Eltzarreko Ordokia, at Ahusqy to the north of the forest of Arbailes and flows into the Adour in Guiche. This water course, which is unpredictable during the rainy season, can cause major flooding. The origins of the name of this river are not clear. It is similar to that of the Bidassoa that flows into the Atlantic Ocean in Hendaye.



ONLY TO BE SOLD BY A PYRÉNÉES-ATLANTIQUES TOURIST OFFICE

NIV 2 EASY

GABAT (UR HANDIA)



The Gabat Lake

This pleasant family walk skirts an artificial lake on the path that overhangs the Bidouze. Here, you are advised not to leave the path and to hold children by the hand because the path is dangerous if you go too near its edge. This itinerary is not recommended during the woodpigeon shooting season.

D 30T-659164-4803760 Take the D124 towards St Palais for 250 metres.

0h10 **1** 30T-658962-4803654 When you reach the cross, turn right at the next two intersections. At the next crossroads, turn left, and then turn right towards the lake (bathing is not permitted)

0h40 **2** 30T-658673-4804968 Turn right. Climb to the panoramic viewpoint above the Bidouze. Continue along the side of the valley and take the right hand path that leads to the D124.

1h10 **3** 30T-659646-4805148 At the D124,
1h30 turn right to return to the town hall.



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!

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