

# VTC2 La boucle du gave

MOYEN

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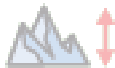
From the town of Nay located between Pau and Lourdes, discover the Saligat, the name given to the riverbanks of the Gave de Pau where willows grow. This environment results from the movement of the stream and its water level. On a pebbled and sandy ground, we can find a variety of willows and alders, as well as tall plants such as summer lilac, Japanese knotweeds and Himalayan balsam. Herons, egrets, ducks and kingfishers are honoured visitors as are coypu and otters, along with frogs, toads, newts and salamanders. During migration, many birds stop over those rich areas, still unspoilt and wild. We have chosen to describe this route clockwise. But it can be done in both directions, by following the signposts.



Départ :  
**NAY**  
Arrivée :  
**NAY**



Distance : **24.9 km**

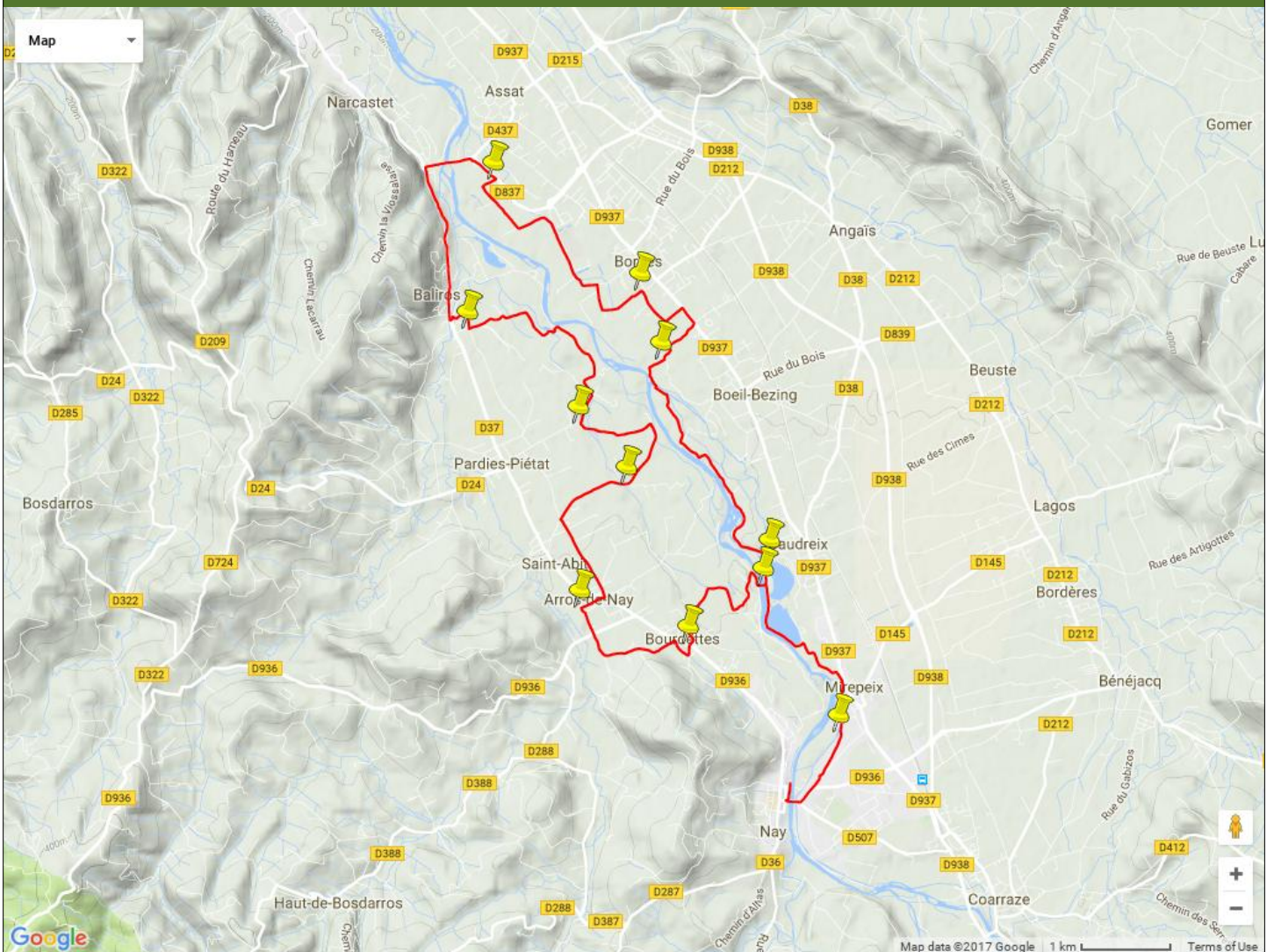


Dénivelé : **179 m**  
Dénivelé négatif cumulé : **0 m**



Temps de parcours : **4h**

Balisage : **Green**  
(marquage : VTC2 La boucle du gave)



## Étapes

**Step 1. Towards Bourdettes.** Go up the riverbank of the Gave. Cross Claracq bridge to the left. At the roundabout turn left. After 200m (??656ft) turn left and 100m (? 328ft) further turn left. Arriving at large buildings, on the left, go along the canal then turn left on the road Chemin du Saligat. At a lake, turn left. Turn left once more, cross a footbridge, turn right then left. Cross a bridge and turn right. Turn left in front of the church of Bourdettes then right.

**Step 2. Towards the Espoune Mill.** Cross the road D936 and go up to the right in the housing estate Riu de Lanne. At the crossroads, turn left and 200m (? 656ft) further turn right. At a small square, turn right towards the village. Cross the road and straight ahead. Turn right in front of the church of Arros-de-Nay, cross the road D37 and turn left on the street Rue de le Roundade, then at the stop sign, turn right. Ride through fields for 1km (??0.6mi), cross 2 bridges. Then turn left on a road and at the end, turn left, pass by the mill of Espoune and go up the road

**Step 3. Towards the bridge of Assat.** At the crossroads with a cross made of stone, turn right. Ride during 300m (? 984ft), cross a bridge and turn left towards a barn. Continue on the track that turns right and then turn left towards the riverbank of the Gave. To the left, cross a footbridge. Turn right then left. In Balirios in front of the church turn right then left, pass by the castle. Turn right then left. At the cross roads turn right on the road D37 towards the bridge of Assat. Cross the bridge, turn right on the road Route de Pau and Lourdes for 100m (??328ft).

**Step 4. Towards Baudreix.** Turn right on a track then turn left twice through fields. Once back on a road turn right. At the crossroads after the factories turn right then left. Turn right on the street Rue du Gavarres. At the stop sign, turn right and once again to the right at a small square where there are plane trees. Go straight ahead after a farm (Mill of



Segassie). Follow a track along a stream and turn left twice. Reach the Gave, cross the footbridge. Follow the path along the Gave. At Baudreix water sports centre cross a small footbridge to the right. Go straight to reach the large footbridge and come back by the road you took at the start.

### À ne pas manquer

- **Natural site.** The riverbanks of the Gave, the view of the Pyrenees, the water sports centre of Baudreix
- **Built heritage.** The farms with inner courtyards and gates and sculpted lintels / cartouches, shacks and barns

### Attention

- Be careful crossing roads
- Do not go near the water during floods

### Recommandations utiles

Appel d'urgence : **112**

Préservez-vous  
Préservez la nature  
Respectez la montagne

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



[www.tourisme-bearn-paysdenay.com](http://www.tourisme-bearn-paysdenay.com)



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