

DAY IDEA

Over time

If you want to take your time, visit the weekly markets to discover the local produce.

Then set off by bike to discover the region. Finish your journey at La Minoterie in Nay for a break from the arts.

A place full of colour, scents and flavours, the markets are a must-see in the Pays de Nay. As well as the delicious produce you'll find, there's a whole new atmosphere to enjoy! In the afternoon, set off by bike along the paths of the Pays de Nay and enjoy the landscapes between the Gave, the plains and the mountains. Whether you're on a mountain bike, a mountain biker or an electric bike, you'll find the route that's right for you at the Tourist Office! 9 maps are available free of charge.

Continue your discovery of the area at the Nay Flour Mill. A former mill that has been restored, the Flour Mill is now a space for contemporary art, hosting temporary exhibitions all year round. A wide variety of artistic techniques are used, including painting, sculpture, photography and ceramics, and events linked to the exhibitions are also on offer.



#1 Weekly markets

#2 Bicycle ride



#3 The Minoterie

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