

From the Nive to the Basque coast

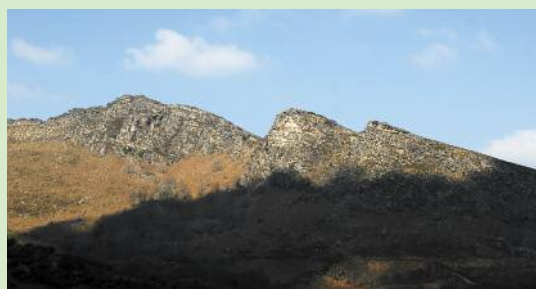
All routes can be found in ►►
Available from tourist offices



LEV
3

AVERAGE

PASS TO PASS
LEPOZ LEPO



The Athekaleun

A long circuit around the mountain sides of the Rhune, enabling you to discover the neglected aspects of this beautiful mountain, such as the gap and pudding stone rocks of Athekaleun or the ancient chapel of Olhain.

D Setting off from the swimming pool car park, follow the signposts of the GR®10. After the cattle grid, leave the GR®10 to climb up the dirt track **1** 0614374-4796306. Follow the yellow signposts until you reach Pharmacien mountain pass. Turn left towards the Rhune **2** 0614042-4796624. After a long climb, you will reach a grassy plateau. Straight ahead, you will see a rugged, terracotta-coloured, rocky incline, which you should follow until you reach the railway track **3** 0612424-4796672. Cross over the track and walk alongside the right side until you get to the junction with the GR®10 **4** 0611617-4796654. At post 128, cross the railway track and turn left along a small track which climbs towards the grasslands. Follow the yellow signposts up to the narrow mountain pass of Athekaleun, where you can enjoy spectacular views **5** 0611845-4795782. Begin the mountain descent. After crossing a small brook, you will arrive at a grassy plateau **6** 0611948-4794909. Cross the plateau to join a

0h27

1h15

2h00

2h20

well-signposted track, leading to a pine forest. Upon leaving the forest, there is the option to walk up to the summit to see the ruins of a hermitage and the remains of the redoubt of Olhain.

At the mountain pass, take the grassy track on the left **7** 0613190-4794410, which descends the mountain side, until it reaches the road **8** 0613360-4795073. Follow it down, then turn left **9** 0613692-4795023, onto the track which runs around the meadow, until you reach some houses.

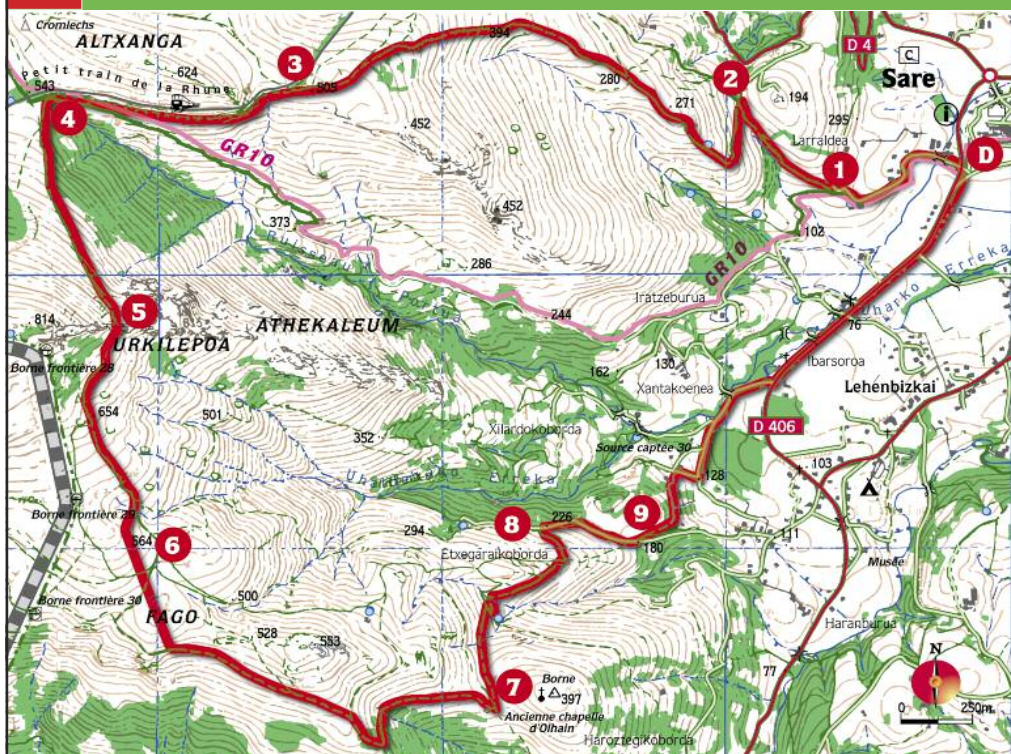
Follow the signposts which lead to the village.

3h00

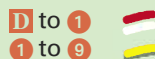
3h30



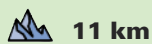
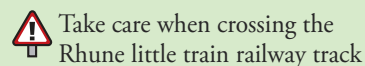
Signpost at the foot of the redoubt of Olhain

**LEV
3****AVERAGE****PASS TO PASS**
LEPOZ LEPO

D Sare swimming pool
car park
GPS : 0614843-4796373

Signposting**Not to be missed**

- Breathtaking views
- Ancient chapel of Olhain

**3h30****11 km****604 m**

Take care when crossing the Rhone little train railway track

THE CHAPEL OF OLHAIN – OLHAIN KAPERA

Olhain is separated from the Rhone by a mountain pass which was once a rural passageway. All that remains is the ruins of the chapel, the vestiges of a relatively sizeable structure which must have measured 20 m x 8.80 m. According to the older inhabitants of Sare, this place may have been the refuge of a hermit between 1793 and 1813. The inhabitants of the region have strong traditions, and have continued to make the processional journey to this site over the years, particularly on the eve of the Ascension.

The chapel of Olhain is surrounded by the ruins of a pentagonal-shaped redoubt, two sides of which measure more than 25 metres. (extract taken from the book, "Autrefois Sare" by J. Antz, 2005 Atlantica edition)



The ancient chapel of Olhain

Further information is available from:

Sare tourist office

Le Bourg - 64310 SARE - Tel : 05 59 54 20 14

Fax : 05 59 54 29 15 - Mail : otsi.sare@wanadoo.fr - Web : www.sare.fr
TERRE ET CÔTE BASQUES
PAYS DE SAINT-JEAN-DE-LUZ - HENDAYE
RANDO 64 TREKKING GUIDES

on foot, by bike or by horse, discover Béarn and the Basque country!

CHOOSE THE RIGHT WALK

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.



A local photo of footpath signposting

Signposting

Use the signposts to stay on the right track

Signposting	Regional and PR® footpaths	GR® footpaths
The right direction		
Turn left		
Turn right		
The wrong direction		

GR®, GRP® and PR® are registered trademarks of the Fédération Française de Randonnée Pédestre.

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)

Your views on our footpaths - Ecoveille®

The routes we offer have been carefully selected. We would like to hear your opinions and observations about the state of the footpaths as this will enable us to ensure they are well maintained. We invite you to send us your comments by contacting the Syndicat Nive-Nivelle on 05 59 93 90 86

You can download an Ecoveille® observation form at www.rando64.com/ecoveille

GPS co-ordinates for routes

GPS co-ordinates for each stage of the route are provided for all routes.

The reference format is as follows:

WGS 84 - UTM 30T

Useful recommendations

Weather forecast 08 92 68 02 64

European emergency number 112

Visitors who use the Nive-Nivelle footpaths in the Southern Basque country are required to behave in a respectful manner towards the natural environment and the inhabitants of the area. It is important that certain rules are followed.

Taking care of nature

- Take a bag with you to carry your waste
- Ensure you respect the wildlife
- Stay on signposted footpaths

Taking care of yourself

- Do not set off without the necessary equipment
- Avoid walking alone
- Do not drink water from streams
- Make sure you are aware of weather conditions

Respecting local activities and inhabitants

- 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

Please note!

It is advisable to avoid certain routes during the wood pigeon hunting season (October and November) and the controlled burning season (December to March).

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