

# From the Nive to the Basque coast

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



LEV  
1

VERY EASY

INTSOLA  
INTZOLA



*The chapel of Olhette*

The proposed route is a round trip departing from the chapel of Olhette to the venta of Intsola. A peaceful walk taking in varied forested ambiances, it is perfect for a family stroll.

**D** Departing from the car park at the chapel of Olhette, take the path which runs alongside the Intsola stream at the bottom of the valley in a forested ambiance. At point **1h30**

**0h30** **1** 607575-4797084, turn left, crossing

the stream, where the route follows a portion of the GR®10. Follow the path until you arrive at the ventas of Intsola **2** 607992-4796505. Follow the same path on your return.

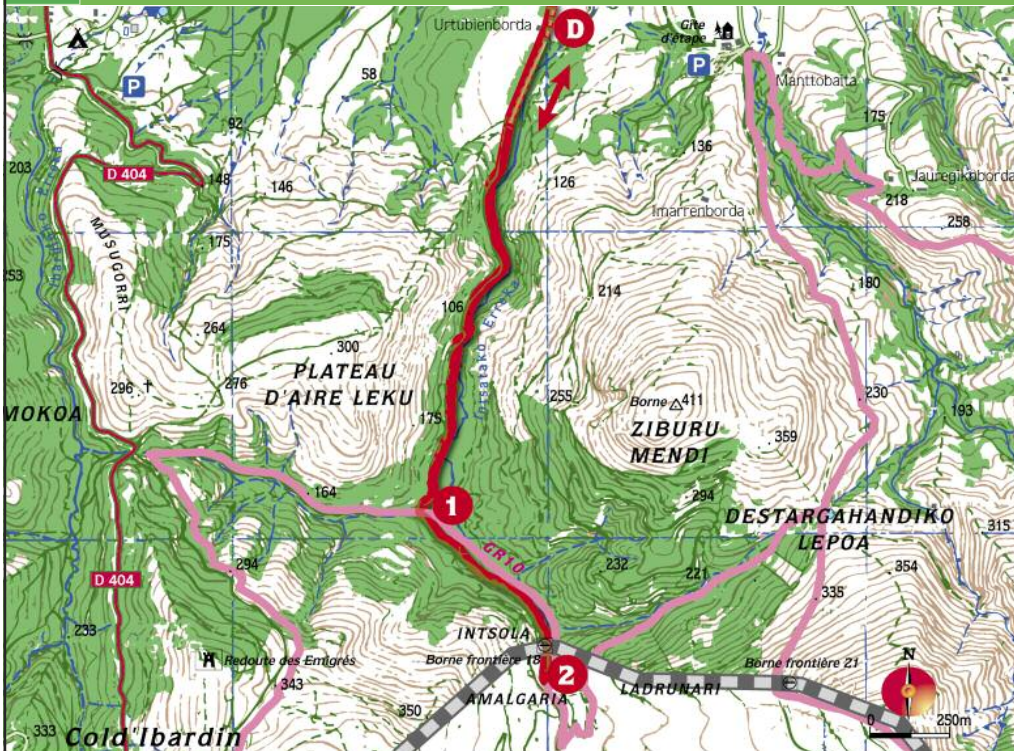


*The Intsola stream*

LEV  
**1**

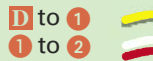
VERY EASY

INTSOLA  
INTZOLA



**D** Urrugne,  
chapel of Olhette  
GPS : 607999-4798781

**Signposting**



**Not to be missed**

- Pollard oak forests



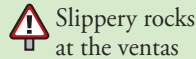
1h30



5,3 km



50 m



Slippery rocks  
at the vents

**URRUGNE - URRUÑA**

A Labourdin village situated between the ocean and the end of the Pyrenean mountain chain, Urrugne stretches over five hectares between La Rhune and Socoa.

At the gateway to the village, the château d'Urtubie occupies a strategic position on the edge of the neighbouring valleys. In the centre of the village, the great Saint-Vincent church displays the following motto on its sundial: "VULNERAT OMNES, ULTIMA NECAT" (meaning "all hours wound, and the last hour kills"). One of the finest Labourdin houses in the village, the village hall is located in the square.



Aerial view of Urrugne

Further information is available from:

**Urrugne tourist office**

Place René Soubelet - 64122 URRUGNE - Tel : 05 59 54 60 80

Fax : 05 59 54 63 49 - Mail : [info@urrugne.com](mailto:info@urrugne.com) - Web : [www.urrugne.com](http://www.urrugne.com)



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

## Your views on our footpaths - Ecovaille®

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 Ecovaille® observation form at [www.rando64.com/ecovaille](http://www.rando64.com/ecovaille)

## 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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