

From the Nive to the Basque coast

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



LEV
3

AVERAGE

THE RHUNE MOUNTAIN TRACK

LARRUNGO BIDEA



Ocean view from the Rhune

A hike which will take you to the summit of the Rhune, where you can get your breath back before tackling the descent. This route boasts exceptional views.

D Park in the quarry car park which you will find by taking the first road on the right after the village hall, towards Sare. At the top of the car park, take the stone path on the right ① 0611218-4797702, then the first path on the left which climbs up towards the summit. The initial descent crosses young oak and birch tree plantations.

0h58

When you reach the “plum tree” at a Y-shaped junction ② 0610859-4796924, turn onto the footpath on the right, which travels west towards the Miramar plateau, offering a beautiful view of the Basque coast.

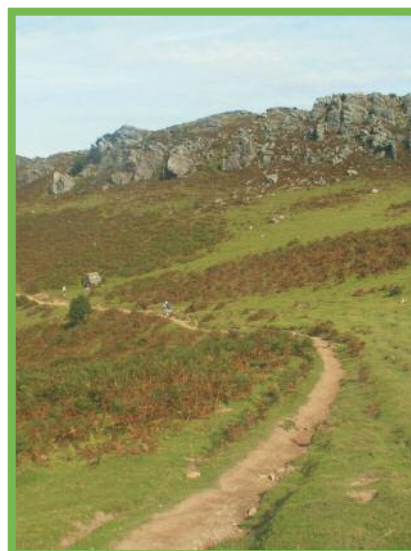
1h46

After passing a number of restored sheepfolds, you will reach a small conifer forest where the oratory and ancient viewing table used by the Empress Eugénie de Montijo when climbing the Rhune, are located. After the oratory, rejoin the path at a plateau, which will then lead you to the summit of the Rhune ③ 0611626-4798683. Once you reach the summit, you can take in the breathtaking views before retracing your steps to

begin your descent.

This time, avoid the Miramar plateau and descend directly via the main track using the yellow signposts until you reach the quarry car park. You may have the opportunity to observe the mountain crag martins and admire their aerobatics.

4h30



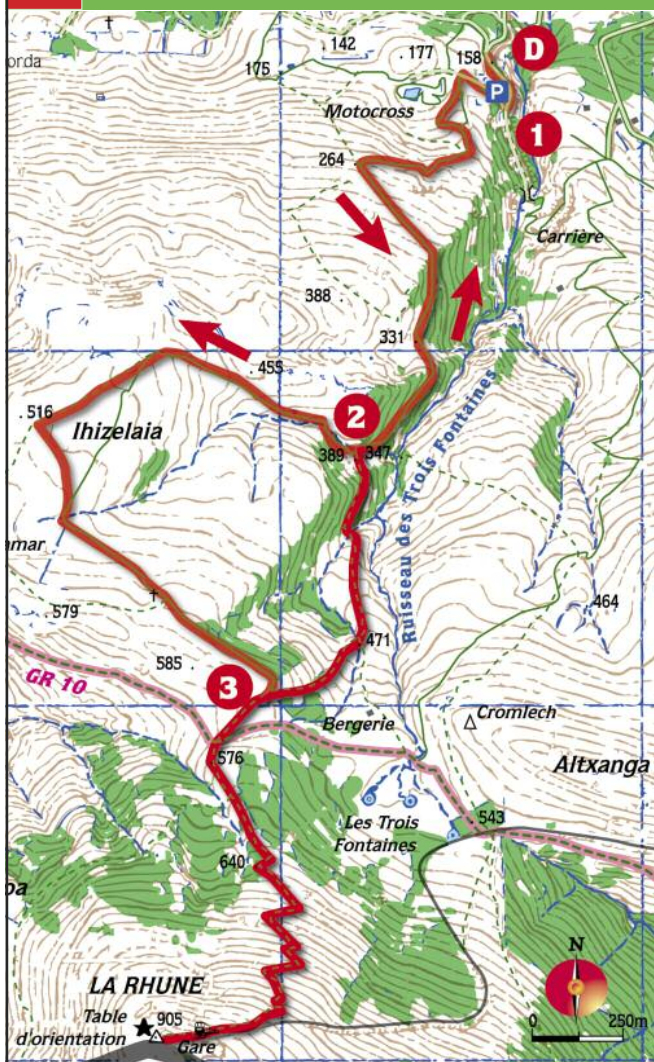
The Rhune mountain track

**LEV
3**

AVERAGE

THE RHUNE MOUNTAIN TRACK

LARRUNGO BIDEA

**D** Ascain,
quarry car park

GPS : 0611582-4798806

4h30

9,5 km

782 m

Signposting**D** to **3** **Not to be missed**

- The Rhune (panoramic view)
- Beautiful cayolars (cabins)
- Oratory

- Avoid this route during bad weather conditions
- Steep change in altitude

THE RHUNE – LARRUN

The sandstone summit of the Basque contry, the Rhune (Larrun in Basque) reaches its peak at 905 m and offers magnificent views over the mountains and the ocean. In clear weather, the view stretches as far as the pine forests of the Landes.

Much of the Rhune is used as rangeland, as shown by the countless flagstone roof "cayolars" (sheepfolds) and flocks of sheep and pottoks. The summit can also be accessed via a small cog railway train, which departs from the mountain pass of Saint-Ignace.



Summit of the Rhune

Further information is available from:

Ascain tourist office

Rue San Ignacio - 64310 ASCAIN - Tel : 05 59 54 00 84

Mail : ascain.tourisme@wanadoo.fr - Web : www.ascain-tourisme.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 - 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

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

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

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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