

La Maison de la Fontaine

Chambres d' Hôtes de charme

1 rue de la Fontaine

64190 Araux

France



Activities—Sports & Adventure



Contents

Introduction	1
At a glance	2
Canoeing & Kyaking	8
Canyoning	10
Cars & Motorbikes	12
Caving	14
Climbing	16
Cycling	18
Diving	20
Fishing—River	22
Fishing—Sea	24
Flying	26
Golf	28
Hang gliding & microlights	30
Horses & horseriding	32
Hot Air Ballooning	34
Sailing, windsurfing etc	36
Skiing & snowboarding	38
Surfing	40
Walking	42
White water rafting	44
Notes	46

Introduction

We hope that this guide will provide you with ideas of things you can do whilst you stay with us. It is not exhaustive but we hope very much that it will give you a good idea of what can be done in this beautiful part of the world. There are also similar guides on cultural activities and general tourism activities. As ever, please do not hesitate to ask if you need further help, information or advice.

At a glance.....

Less than 15 minutes from the house

Antiques hunting in the shops at Navarrenx and surrounding villages

Art, Sculpture and Handicrafts in Navarrenx

Cycling to Navarrenx (10 minutes), or the pretty villages of Araujuzon (5minutes, have a drink or meal Chez Labat), Villenave (5minutes, look at pretty church and picnique by the river?), Audax (10 minutes, look at the church, the square, the well, the exterior of the chateau and a drink or meal Chez Claverie), Laas (15 minutes, the Chateau de Laas and its beach, swimming in the Gave d' Oloron, the church, various artisans and a drink or a meal at Auberge de la Fontaine)

Driving to Navarrenx for its shops and sights, driving to Araujuzon, Audax, Laas, Sauveterre to see their churches, bridges and other places of interest

Eating at Chez Labat in Araujuzon, Chez Claverie at Audax, Auberge de la Fontaine at Laas or the Hotel du Commerce, Bar des Sports or the Taverne St Jacques in Navarrenx or the Bar au Coin at Gurs

Fishing in the Gave d' Oloron or Lausset – permits required

Hunting in the local forest – permits required

Mountain biking along the tracks in the woods behind Araux, down to the Gave d' Oloron (picnique or bbq your freshly caught fish – with permit?)

Museum of internment camp at Gurs

Music in Navarrenx (usually at Eglise St Germain)

Rafting, Kyaking and Canoeing at Navarrenx

Swimming in the Gave d' Oloron

Tennis on the public courts at Navarrenx

Walking in the woods behind Araux and observing the multitude of wildlife, walking along the Lausset or down to the Gave d' Oloron and along its shady banks

Watching Pelota on the Fronton at Araux or **Quilliers** (huge skittles) at the Hôtel Rey in Araujuzon or **Rugby** at the Stade in Navarrenx

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15 to 45 minutes from the house

Antiques Hunting in Sauveterre, Salies de Béarn, Pau, Oloron and Soumoulou

Bird watching at Orthez

Bull fighting at St Palais

Casino at Salies de Béarn

Driving into the beautiful countryside of the Payes Basque or a circuit of the Jurancon vineyards or to the interesting towns of Salies de Béarn (with its Museum of Salt, Thermal waters and Health Centres); Oloron St Marie (two splendid churches, the old town and a beautiful tree lined square as well as impressive views up and down the Gave); St Palais; Monein (with its magnificent church); Mauleon (with its chateau); Orthez (a good regional centre) or to the beautiful villages of Hopital St Blaise (with its Roman church) or to Lucq de Béarn

Eating at Hopital St Blaise, Chez Chilo, Barcus; La Clancha, Oloron; Chez Estaminet, Monein

Flying light aircraft and microlights Base ULM just off the road between Navarrenx and Mourenx

Golf at Salies de Béarn

Hot air ballooning at Angous

Karting at Villegure

Horse riding at Les Ecuris des Princes Noirs at Gurs (also carriage driving); also at St Palais or Oloron

Quad biking at Villegure

Rafting, Kyaking and Canoeing at Sauveterre

Swimming and water activities at the Stade Nautique in Mourenx or water activities at Aqua Béarn

Taking the waters at Salies de Béarn

Water skiing and bird watching at Orthez

Wine tasting and wine buying at many of the Jurancon vineyards

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45 to 90 minutes from the house

Bayonne, Biarritz, St Sebastien and Pau are exciting, vibrant cultural centres with much to do and see

Car Racing and the Historic Grand Prix at Pau

Casinos at Biarritz, Pau and Eaux Bonnes

Canyoning at Ossau

Concerts at Bayonne, Pau and many other towns

Diving at Biarritz and St Sebastien

Forest adventure course and tree climbing at Aramits

Geus – a very different and much drier region

Golf at Pau and Biarritz

Mountain train at Artous

Mountain Walking at Gourette and other ski centres

Museums at Bayonne, Biarritz (sea life and eastern antiquities) and Pau

Opera at Bayonne, Biarritz, Pau

Planetarium at Pau, Biarritz or Anglet

Sailing, Windsurfing, Jet Skiing & Water Skiing on the Atlantic Coast at Ciboure

Sea Fishing out of ports on the Atlantic Coast such as Capbreton

Skiing at Gourette, La Pierre St Martin etc

Theatres at Bayonne, Biarritz, Pau

Spanish Border and lots of interesting shopping

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Over 90 minutes from the house

Aragon in Spain – beautiful countryside and very different

Major cities of Bordeaux, Toulouse, Bilbao (Guggenheim Museum) and Pamplona

Canoeing & Kayaking

The fast running and clear Gaves (rivers) of Béarn, the Gave d' Oloron and Gave de Pau, offer some excellent canoeing and kayaking throughout the year for people of all ages and all abilities. Even at the height of summer when there appears to be not a lot of water in the Gaves some of the hidden rapids can prove to be thrilling and in winter they can be exhilarating or terrifying depending on your perspective! The nearest centres are just a few minutes away from us at Navarrenx and at Sauveterre where you will find inflatable canoes for 2 people. Leisurely picnics or bbqs can be arranged at landing points – to make a perfect day on the water.

Further afield there are many other exciting rivers descending from the Pyrenees - the Olympic Canoe-Kayak French Team training centre is at Lourdes and a local canoeist is the current (2008) Olympic champion.

For further information please consult:

www.touradour.com/towns/Rafting.htm

Contact details for centres—French / Spanish

www.ffcanoe.asso.fr

Much general information and useful links—French



Canyoning

Climbing cliff faces, scrambling over huge boulders, launching oneself into foaming white water, bobbing along a turbulent stream, abseiling down a rock face and swinging on the end of a long rope to make a traverse across a gorge are all a part of canyoning—it is a truly exciting and mentally demanding sport for anyone who is reasonably fit and wants to test themselves against nature in a safe environment. Children love it, adults often return pleased with what they have been able to achieve during the half day or day spent canyoning—bruises and cuts are kept to a minimum by the obligatory protective clothing and safety ropes, life jackets and helmets.

One of the best locations to go canyoning in the Pyrenees is in the Ossau Valley which is some 60 minutes from our house. There are a number of operators who organise the canyoning trips.

For further information please consult:

www.escalade-canyoning.com

Lots of information on canyoning and climbing, with offices based in Morenx 20 minutes away—French / English

www.guides_pyrenees.fr

Extensive site covering many activities including canyoning—French

www.krapahut.com

Large site covering details of many activities including canyoning—French

www.descente-canyon.com

Useful information and lots of photos—French



Cars & Motorbikes

For motorcycle touring enthusiasts there is plenty to do here as conditions are generally excellent with good tarmac surfaces, relatively little traffic, many straightish roads, many twisty roads and very few speed cameras off the main highways. The generally good climate all year round means you can regularly be out on your bike – even in the depths of winter.

For car enthusiasts there are opportunities to drive cars of their dreams – be they classic or ultra modern! The Historic Grand Prix at Pau takes place annually, normally in late May and has several categories including historic cars, Aston Martins, Formula 3, Junior Racing etc. At ‘Circuit Pau Arnos’ it is possible to spend half days or full days driving Ferraris, Lamborghinis, Porsches, or trying Formula 3 racing cars such as the Monoplace Martini MK75.

For further information please consult the following websites:

www.grandprixhistorique.com

Much information about the Historic grand Prix at Pau—
French

www.circuit-pau-arnos.com

Information about driving days and events—French



Caving

Slithering along a muddy tunnel on elbows and knees, bracing yourself to climb a chimney, dodging stalactites, wading through icy water, experiencing total blackness when torches are turned off, finding ancient traces of animal and human existence, climbing underground cliff faces, abseiling down underground valley walls and experiencing a totally new dimension to life are just some of the joys of caving.

Anyone who is reasonably fit can try caving and experienced cavers will find something to challenge them in the caves of the Ossau Valley some 60 minutes from our house. Helmets, torches, protective overcloathing, ropes and harnesses are all required but provided by the operators who run half day and day caving trips.

For further information please consult:

www.guides_pyrenees.fr

Extensive site covering many activities including caving—French

www.krapahut.com

Large site covering details of many activities including caving—French

www.descente-canyon.com

Useful information and lots of photos—French



Climbing

In the mountains about 60 - 90 minutes away from us you can find the world class climbing the Pyrenees are famous for. Rock climbing, bouldering, mountaineering and ice climbing are all incredibly well catered for and without the crowds you find in many places. We can put you in touch with other climbers who will help you with choice of crag, conditions, routes etc.

For further information please consult:

www.epyrenees.com

Much information about climbing throughout the Pyrenees—English / French / Spanish

www.guides-pyrenees.com

Excellent site covering many activities including several types of climbing—French

www.kevreynolds.co.uk/thepyrenees1.html

Excellent photos and good advice—English

www.parc-pyrenees.com

Official site—French

www.lespyrenees.net

Huge site dedicated to all things Pyreneean—French / English / Spanish



Cycling

Cycling in France is **the** national sport and nearly everyone, young and old alike, cycles at some time in the year. Here in the Béarn and neighbouring Pays Basque cycling and mountain biking is a particular passion. In the immediate vicinity of our house, there are many kilometres of roads and lanes that are quiet, well – maintained and pass through the beautiful countryside and many more kilometres of tracks in the fields and forests that surround us. The climate here also makes cycling an enjoyable and therapeutic sport throughout the year. Cycling here is also safer than it often is elsewhere as, invariably, French motorists and lorry drivers are considerate to cyclists - which does much to boost one's confidence on narrow lanes! For those wishing to travel further afield long distance rides up and across the Pyrenees are challenging and rewarding, with spectacular views along the routes. For those who follow the Tour de France, often the route passes within a few minutes of our house and there are several mountain stages of Le Tour nearby. Why not come and ride the hills around here, spend a few days further afield in the Pyrenees and return to us to ride in the Etape de Tour?

For those interested in mountain biking there are plenty of routes locally which will take you through fields, woods, forests and along riverbanks.

We have cycles that you can rent by the half day or day and Le Mollet Futé in Navarrenx, 5 minutes away, also has cycles and mountain bikes for hire and can also take you on guided trips around marked circuits of 10 – 60 km distance.

For further information please consult:

www.bern-pyrenees.com/commerce/cycles-navarrenx-molletfute.html

Bike hire and tour information—French

www.parc-pyrenees.com

Official site—French

www.lespyrenees.net

Huge site dedicated to all things Pyrenean—French / English / Spanish



Diving

Scuba diving can be one of the most beautiful sports in the world. Just 60 minutes away from us the novice or experienced diver alike can dive the Atlantic coast at Biarritz and Ciboure. Being so close, it is perfectly possible for those with family commitments to combine a half day's diving with other less specialist activities! (Also, the Marine Museum in Biarritz is a wonderful way for the non diver to enjoy some of the wonders of the underwater world or to check the identity of a fish you have spotted.) The sea is always relatively warm though wetsuits or drysuits are usually worn, the visibility can be excellent, particularly further out, and there is plenty of sealife to marvel at and some wrecks to explore. For the novice diver (or for those just wanting to snorkel), shore diving from the beaches at Socoa is a worthwhile experience with much to see along the harbour wall, particularly on the seaward side in calm weather. Boats provide the more experienced diver with opportunities to dive further out to sea.

To dive at one of the centres, to hire equipment and to fill cylinders it is necessary to have PADI, BSAC or SSI certification. Most of the dive centres also offer training courses for those wishing to try the sport or for those wanting to advance their qualifications.

Please see the following links for further information:

www.touradour.com/TOWNS/diving.htm

A list of dive centres and contact details—French / English

www.padi.com

The site of the international diving organisation – much information etc—English

www.bsac.com

British Sub Aqua Club main site—English

www.divessi.com

Scuba Schools International main site—French / many

www.museedelamer.com

Biarritz Marine Museum site—French / English / Spanish



Fishing – River

River Fishing

Novice? Experienced? Never fished before but want to learn? The very name of our region, 'Béarn des Gaves', means that this is the place for you, Gave being the Béarnais word for 'river'. There are two very famous Gaves close to us - the Gave d' Oloron, which is only a few minutes by foot from our house at its nearest point, and the Gave de Pau, which is accessible within 20 minutes. Both Gaves are fast flowing throughout the year and their water is unpolluted and often crystal clear. With only a relatively short distance between their source and the Atlantic Ocean, the Gave d' Oloron and the Gave de Pau and their many small tributaries offer some of the best river fishing in Europe and at prices which are a fraction of the price in the UK and elsewhere in the fishing world. World class salmon fishing has made Navarrenx the 'capital du pêche du salmon en France' and the world salmon fishing championships are held here each year (often with a salmon cooking competition in Navarrenx after the competition. There are also sea trout, brown trout, black bass and barbel to be caught in the fishing season which normally runs from mid March to the end of August. Fishing permits are required but these are relatively cheap and easily obtainable from '**Le Poisson Roy**' located in rue St. Germain in Navarrenx.

Further afield, the lakes in the nearby Pyrénéan mountains offer an idyllic location in which to fish - and fishing here continues well beyond the river fishing season. The lakes provide brown trout, rainbow trout and brook trout as well as L' Omble Chevalier (related to Salmon) and Cristivomer (grey trout), both of which were introduced in the first half

of the 20th Century. For further information on lake fishing see **Lakes of the Pyrénées** (hyperlink).

For more information please consult the following websites:

www.lepoissonroy.com

Fishing permits, equipment, advice, tuition—French

www.peche64.fr

Practical information on fishing in the gaves, nives and lakes of Béarn and Pays Basque—French / English / Spanish

www.lacsdespyrenees.com

All about fishing the lakes throughout the Pyrenees—French & Spanish

www.touradour.com/towns/fishing.htm

Useful information on fishing in Pays Basque and Landes—French / English



Fishing—Sea

Coastal sea fishing is possible on the nearby Atlantic coast some 60 minutes away from us – throughout the year, fishing from harbour walls and beaches at Socoa, Ciboure, St Jean de Luz, Biarritz and towns and villages further north is popular with locals and tourists alike. Fishing from boats can be arranged in most ports, be it going out a few kilometres or further.

For more information please consult the following websites:

www.touradour.com/towns/Biarritz/Biaboat.htm

Sea fishing boat hire in Pays Basque—French / English



Flying

If you are a licensed pilot and want to fly, if you have a plane and you want to hangar it and have easy access to good workshop facilities for maintenance, if you want to learn to fly, if you want to be taken up for a joy ride to take some photographs or if you simply want to enjoy time on a small airfield located in beautiful countryside and enjoy a snack and drink then Base ULM located just off the Navarrenx to Mourenx Road and about 20 minutes from our house has something to offer you!

Flights over the beautiful Béarn countryside, over the foothills of the Pyrenees with spectacular mountain views and over the local historic towns are awe inspiring and anyone in moderately good health can enjoy them.

For further information please consult:

www.ulm64.com

Official site of ULM64 with contact and planning details



Golf

Whether you are a beginner or experienced Pro, the south west of France boasts some 60 golf courses with greens and fairways that are green throughout the year thanks to excellent management, the fertile ground and the near perfect climate. Among these 60 courses are several of Europe's top golf courses and many of France's best golf courses. In Biarritz alone, just 60 minutes away from us, there are 4 courses in Europe's top 100 and four courses in France's top 50. At Pau, just 45 minutes away from us, there is the oldest golf club in continental Europe, Billere, which was created for and by the British Army in 1856 and, reputedly, was the first club to admit women. The courses offer a wide variety of styles including American, parkland and links and a wide variety of challenges. With such diversity within a relatively small geographical area it is quite possible to play a different course everyday for a week or more – and the prices here are lower than in Spain or the UK for courses of comparable quality.

For more information please consult the following web site:

www.touradour.com/golf/gb/pagolf.asp

Much useful information with links to courses in Pyrénées Atlantiques and other departments—French / English



Hang gliding & Paragliding

If you are an experienced hand at hang gliding or paragliding you can hire a machine—or use your own—to launch at a number of sites. If you are a beginner or want to learn or just have a taster session then there are several operators for you. The experience is amazing—exhilaration beyond imagination with the feeling of what it is like to be a bird or free of earthly toils! The views are spectacular, whether they be verdant valleys, rolling hills, ancient towns or the magnificent and often snow-caped Pyrenees.

Base ULM located just off the Navarrenx to Mourenx Road and about 20 minutes from our house is the nearest base for paragliding.

For further information pleas consult:

www.ULM64.com

Official site of ULM64 with contact and planning details

www.krapahut.com

Large site covering details of many activities including paragliding—French



Horses & horseriding

We are surrounded by fantastic countryside for horse riding: within the immediate vicinity of our house are tracks passing through open countryside, through deciduous woods, along river banks and up into the gently rolling foothills of the Pyrenees. The nearest riding school is at Gurs, just some 10 minutes away from us, which caters for all levels of ability and interest and has a wonderful collection of some 50 Princes Noir – genuine Pyrenean horses. It is possible to have lessons which are based in the large outdoor covered arena and to learn to play competitive horse sports like horseball. For the more experienced the one or two hour local hacks around Gurs involve crossing fast moving streams and traversing boggy ground as well as riding through the forest which now covers the site of the Gurs internment camp – a moving experience. Day long expeditions take you into the Pyrenees and the School runs an amazing 4 day expedition across the Pyrenees and into Spain. Also, several times a yuear, there are expeditions to the coast to ride along beaches, over dunes and through the surf! The School also has a very sporty carriage (calèche) for those who prefer to enjoy the thrills of being pulled by a team of horses at high speed! The owners are also experts in dressage and have won many competitions at national and international levels for those who are interested in pursuing this art. Further afield there are good riding schools at Oloron (25 minutes away) and St Palais (30 minutes away).

For those particularly enthusiastic about horses there is, at Pau some 45 minutes away, the annual 3 Day Event Horse Show, known as Les Etoiles de Pau, held

in late October at the competition ground. This prestigious event is one of only 6 worldclass events at 4 star level and attracts many top international riders but it has the huge and distinctive advantage that it is much less crowded than other venues such as badminton. Typically, Wednesday and Thursday are practise days, Friday is dressage, Saturday is cross country and Sunday is the showjumping. There is also a 2 star, 3 day event and an endurance event running at the same time.

For further information please consult the following websites:

www.merens.rmc.fr

Site of the riding school at Gurs – lots of information—
French

www.event-pau.fr

All about the Pau 3 day event - French / English

www.oloron-ste-marie.com

Office of Tourism site for Oloron – much general information but follow ‘tourism equestre’ menu for information on horseriding—French / English / Spanish



Hot Air Ballooning

The sensation of hearing the mighty roar of the propane gas burners, the feeling that one is leaving the ground, actually leaving the ground and seeing everything diminish in size before your eyes, then, with the burners off, drifting almost silently through the skies, the sudden roar of the burners again and a rapid ascent, near silence again, magnificent valley and mountain views and great companionship from your three fellow voyagers cocooned in the wicker basket are all joys to be experienced by everyone at least once in their life! Champagne, smoked salmon sandwiches and strawberries can only add to the occasion!

Aquitaine Montgolfiers, based at Angous and just 20 minutes from our house, are the nearest operators of Hot Air Balloons and offer taster sessions, day flights, night flights (even more inspiring?), tethered flights (to give fixed aerial views of events) and marketing opportunities for those who want to advertise their products.

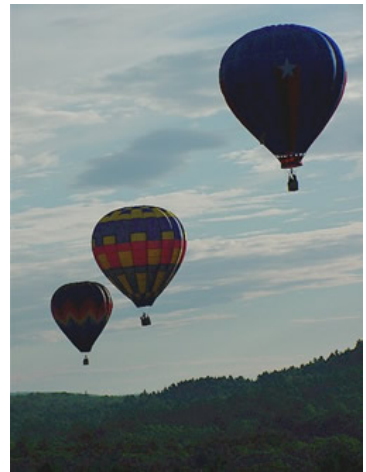
For further information please consult:

www.aquitaine-montgolfieres.fr

Site of Aquitaine Montgolfiers with contact and booking information.

www.krapahut.com

Large site covering details of many activities including ballooning—French



Sailing (wind surfing & sand yachting)

Salt spray on your face, wind rushing through your hair, waves crashing over the bow, the sensation of speed and the knowledge that you are part of a wind driven machine working with the waves are some of the exhilarations to be enjoyed in sailing—be it a wind surfboard, dinghy or yacht. Much the same exhilaration can be enjoyed off the water on the long sandy beaches with sand yachts and wind powered sand buggies.

The nearest stretch of Atlantic coast is some 60 minutes away from us: the beaches at Bidart, the harbours of St Jean de Luz, Ciboure and Socoa and the beaches further south offer splendid sailing and windsurfing opportunities, and increasingly kite surfers are to be seen making use of the wind and surf together.

Whether you are experienced, inexperienced and want to improve or want to try one of these wind powered sports there are plenty of operators to choose from. Yacht Club Basque based at Ciboure, south of Biarritz, offers taster sessions, training programmes and regattas for Optimist, Catamaran (Colibri & HCI6) and Open 5.7 boats as well as a full programme for windsurfers.

For further information please consult:

www.ycbasque.org

Yacht Club Basque website with much information



Skiing (and snowboarding etc)

Alpine skiing, Nordic skiing (cross country skiing), snow boarding, sledging, high level snow walking, are all on the menu in the French Pyrenees which offer some of the best skiing experiences both in France and in Europe to people of all ages and all abilities. There are some 43 ski stations throughout the Pyrenees, with a handful just across the Spanish border, which mostly offer both alpine and Nordic skiing together with other snow sports such as snowboarding. For those less inclined to be adventurous a trip in a ski lift will allow easy access to high altitudes and some excellent winter walks with stunning wintery panoramas on clear days. Ski and lift passes are needed but can be bought at the ski stations. They tend to be cheaper than elsewhere in France and Europe generally, as does the food, drink and equipment hire in the ski resorts.

Gourette, just 70 minutes from us, is a favourite ski station for French and Spanish families. It offers excellent Alpine and Nordic skiing on the slopes and in the forests above the small town which is well equipped with good bars and restaurants and a handful of shops which provide a distraction for the non – skier. Walks along the roads and paths are fairly straightforward for those wanting to do something whilst not skiing and, in good weather, offer excellent views. Much the same can be said for La Pierre – St – Martin which is about 60 minutes from us although this tends to be busier if smaller and a little more commercial. Artouste is a small resort with fields of snow, some of which is reserved as a freestyle area which is equipped with a sound system! Iraty, some 60 minutes, away offers first

rate Nordic skiing through its deciduous forests with plenty of breathtaking views and opportunities to see interesting wildlife.

For more information please consult the following links:

www.n-py.com

Operator of some of the ski resorts – lots of useful information, weather reports etc updated on a daily basis—French

www.altiservice.com

Operator of some of the ski resorts – lots of useful information, weather reports etc updated on a daily basis—French

www.touradour.com/ski/skipyrenees.asp

Useful list of ski resorts with contact numbers and links to each resort—French / English

www.guides_pyrenees.fr

Extensive site covering many activities including skiing & snowboarding—French



Surfing

The Atlantic coast is just some 60 minutes from us and it is here that the Bay of Biscay with its pronounced underwater features funnels deep Atlantic swells onto the long, open sandy beaches, producing world class surf and so providing some of the very best surfing opportunities in the world – indeed Biarritz hosts the famous Biarritz Surf Festival each year and often rounds of the World Surf Championship. Whether you are a novice body board surfer practising on the edge of the ocean or a experienced long board surfer far out searching that once in a life time big one you will find something for you in the water off on one of the beaches there.

Increasingly, skim boarding and kite boarding are to be found here too, with some of the surf schools offering courses tailored to these activities.

Our favourite surfing beach is at Bidart which is often not as busy as the others and is backed by the beautiful Basque village of Bidart which boasts excellent cafés and arguably the best butcher in the SW of France! Experienced pros will often go to beaches further north, Capbreton and Hossegor being favourites.

For more information please consult the following links:

www.touradour.com/surf

Lots of useful practical information, surf reports, surf shops and surf schools—French / English

www.surf-wax.co.uk/sports/index.htm

Heaps of useful information and good photos—English



Walking

The walking in this area has something for everybody - easy walks from our front door, well signed pathways through the fields and woods surrounding our house, day walks in the beautiful countryside of Béarn and Pays Basque, multi day tours in the high mountains, to the famous coast-to-coast GR10 and the GR65 – which is part of one of the pilgrim routes to ‘St Jacques de Compostelle’, with a section of it running through the woods at the back of our house. We can provide you with walking guides and maps and provide you with useful local advice on the best way to tackle some of the routes.

For further information please consult:

www.chemins-compostelle.com

All about the Chemins de Compostelle with lots of practical info—French

www.guides_pyrenees.fr

Extensive site covering many activities including walking | snow walking—French

www.lespyrenees.net

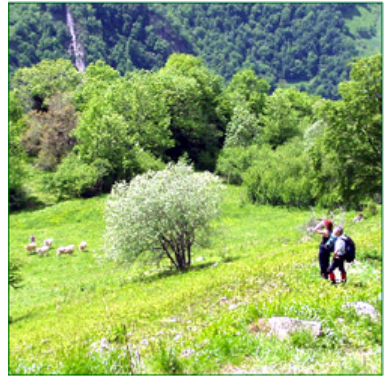
Huge site dedicated to all things Pyreneean—French / English / Spanish

www.parc-pyrenees.com

Official site—French

www.balades-pyrenees.com

Many photos, much advice, GR10 centred—French



White-water rafting

The fast running and clear Gaves (rivers) of Béarn, the Gave d' Oloron and Gave de Pau, offer some excellent rafting throughout the year for people of all ages and all abilities. Even at the height of summer when there appears to be not a lot of water in the Gaves some of the hidden rapids can prove to be thrilling and in winter they can be exhilarating or terrifying depending on your perspective! The nearest centres are just a few minutes away from us at Navarrenx and at Sauveterre where you will find large inflatable rafts that can take up to 12 people and smaller inflatable rafts for 4 to 6 people. Leisurely picnics or bbqs can be arranged at landing points – to make a perfect day on the water.

Further afield there are many other exciting rivers descending from the Pyrenees.

For further information please consult:

www.touradour.com/towns/Rafting.htm

Contact details for centres—French / Spanish

www.ffcanoe.asso.fr

Much general information and useful links—French

www.krapahut.com

Large site covering details of many activities including rafting—French



Notes

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