

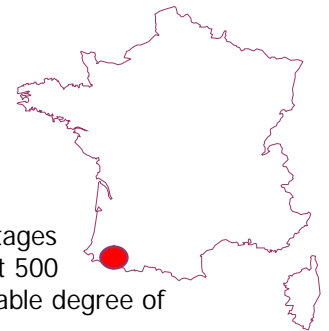
### Season

From mid-April to mid-October

We recommend you to book this tour 3 or 4 months before the departure date if you plan to walk it in summer time. Great demand and few rooms!

### Difficulty: grade 3

No major difficulty, you walk 6 to 8 hours a day. The grade 3 reflects the length of some stages (between 25 or 30 kilometers) and the nature of the terrain. The total altitude gain is about 500 to 700 meters a day, some ascents or descents could be steep. This walk requires a reasonable degree of walking experience and a current good state of fitness. The trail is well marked.



### Itinerary

*9-day and 8-night self-guided walking holidays*

Day 1 : Arrival at AIRE SUR L'ADOUR. An ancient city built on the site of a Gallic oppidum, Aire has had an active history that spans many centuries. Today, a few signs of the past are still evident in the city, of which the most famous is, without argument, the Sainte Quitterie Church, built in the 13th and 14th centuries. It has a gorgeous Gothic façade, and, hidden away in the darkness of the crypt, the 4th century burial place of Sainte Quitterie, sculpted out of a brilliant white marble. The lower city is home to the Saint Jean Baptiste Cathedral, the ancient rectory (now transformed into the town hall), and a beautiful octagonal grain market - Half-board accommodation in a 2-star hotel

Day 2 : AIRE - PIMBO (26 km –7 hour walk). You will begin by crossing Le Tursan, a vast, multicolored plateau planted with corn, tobacco, and vineyards. The vineyards produce Tursan-AOC. Escort by taxi to Latrille. From the small, 16th century church and arcaded pigeon tower, you will head in the direction of Miramont, an old village with a lovely church and tower, and continue to Sensacq. Here, you will visit the small, Romanesque church which houses Carolinian baptismal fonts. Next on the route is Pimbo, a village perched on a lush hilltop. It is one of the oldest villages of Les Landes, having been founded in 1268. Its church dates to the 12th century. Half-board accommodation in chambre d'hôtes (guest house) at Pimbo

Day 3: PIMBO – POMPS (28 km – 7 and half hour walk) you will head to Arzacq Arraziguer, an english bastide before entering Bearn and walk through beautiful and picturesque villages like Louvigny, Lartreulle or Uzan. In Uzan, you will visit a small, rural church and fountain, both of which were dedicated to Sainte Quitterie. You will trek through the vast valley to the small villages of Poms. Half-board accommodation in chambre d'hôtes (guest house) near Poms

Day 4 : POMPS – MASLACQ (20 km – 5 and a half hour walk). From Poms you will head to Castillon, and then climb to the chapel of Caubin, the remains of what was once a sign of the prosperity of the Order of the Malts, also a hospital. You will continue to Arthez de Béarn, a small city perched above the Gave Valley, and will follow the path that runs along the hilltops to Argagnon and the Château de Champetier de Ribes. You will then cross Le Gave de Pau and the highway. Finally you will arrive in Maslasq, a lovely village of homes encircling a château. Half-board accommodation in a 2-star hotel

Day 5 : MASLACQ – NAVARENX (22 km – 6 hour walk). Once past Maslacq, the path climbs up towards Notre-Dame-de-Muret. The oratory was built in the 1930's on the site of one of the oldest sanctuaries of the Béarn region and on the ruins of an ancient convent. Crossing fields and hills, you will reach the Laà Valley and the Sauvelade Abbey, founded by the Benedictines in 1128 and taken over by the Cistercians at the end of the 13th century. The monastery that lies adjacent the church dates to the 17th century. You will continue your hike across the wooded hills towards Boussac and Méritein, in the Gave d'Oloron Valley, and arrive in the end at the ramparts of Navarrenx. The city was fortified at the end of the 16th century, based on an Italian model, and holds two principal doorways, one facing France, the other towards Spain. Spend time visiting this wonderful village, the lovely church and military buildings, the Arsenal, the powder magazine, the barracks, and the recently restored military fountain. Half-board accommodation in a 2-star hotel

Day 6 : NAVARENX – AROUE (18.5 km – 5 hour walk). You will leave the village through the Porte Saint Antoine and cross over the Gave by a bridge whose grand arch dates to the 13th century. You will pass through the village of Castelnau-Camblong, one of the last Béarnais villages on this hike. Passing through forests and fields, you will come to the Château de Mongaston and will then cross over the Saison, the border between Le Béarn and the Basque Country. You will continue through Lichos to Aroue. A taxi will then bring you to Saint Palais for the night. Half-board accommodation in a 2-star hotel at St Palais

Day 7 : St PALAIS – LARCEVEAU (26 km – 7 and a half hour walk). You will join the route of Santiago de Compostela heading to Gibraltar , a place where a stone marker indicates the assumed point at which the three northern pilgrimage routes – Le Puy, Vézelay, and Tours – join to form one path. You will climb to the Soyarza Chapel and continue towards the small village of Harambeltz. Here is located the Saint Nicolas Chapel, the last remains of a Benedictine priory and hospital. You will next arrive in Ostabat, once an important center for the gathering of pilgrims coming from different corners of Europe. Your day will end at Larceveau, where you will overnight.  
Half-board accommodation in a 2-star hotel

Day 8 : LARCEVEAU – SAINT JEAN PIED DE PORT (19.5 km – 5 hour walk). The last stage of the Pilgrimage of Santiago de Compostela on French soil! The landscape is breathtaking and the route takes small trails and paths in the countryside. The path will lead you to discover beautiful villages full of historical richness. You will arrive in Saint Jean le Vieux, the last roman village before entering the Pyrenees Mountains. You will follow the banks of the Laurhibar River into Saint-Jean-Pied-de-Port, a small, 14th century village on the banks of the Nive River. The higher city is encircled by ramparts and was crossed by many pilgrims' journeys. They entered by the Doorway of Saint James, passed before the church of Notre-Dame, passed over the old medieval bridge to cross the Nive River, and left again through the Doorway of Spain to trek the Pyrenees - Half-board accommodation in a 2-star hotel

Day 9 : SAINT-JEAN-PIED-DE-PORT. Tour ends after breakfast.

## Access to and from

### Outward journey

By train : Go to Bordeaux by TGV or Express trains from the main French stations. Connection to Mont de Marsan where you take a bus to reach Aire sur l'Adour.

By car : Go to Toulouse or Bayonne (via Bordeaux) along motorways and then follow the A64 motorway. Exit at Berenx and continue along D933 road to Aire sur l'Adour.

Where to park : several free unguarded car parks in Aire sur l'Adour

### Inward journey

By train: Several trains a day to Bayonne on the Hendaye -Bordeaux–Paris line

Getting back your car : bus or train to Bayonne, connections at Dax to reach Mont de Marsanrail station. Bus to Aire sur l'Adour. This journey is over 5 hours

## Accommodation

8 overnight stops in 1or 2 star hotel or guesthouse on a half-board basis.

*Accommodation is normally in large bed or twin-bedded rooms, with en-suite facilities (at least shower, washbasin and toilet) when available, which is 95% of the time. However, you can stay in remote spots or small villages where there is little or no choice of accommodations and where facilities may be limited. In this case, you will share a bathroom or shower room and toilets with some other people on the same storey.*

*Picnic lunches are not included in the tour but are available from the hotel on request the previous evening, alternatively picnic materials can be bought at the stop village or at each of the towns and villages along the route. We indicate in the route notes where there are suitable restaurants or cafés for lunch stops. We recommend you to carry food and drinks if there are none convenient to the trail.*

## Included

- Twin share accommodation with private facilities
- Baggage transfer between hotels (except for STD option)
- Route notes and maps
- 8 dinners
- Emergency phone number (8:00am to 7:00pm every day)

## Not included

- Visa fees, transportation fees to and from the walk area
- Insurance (strongly recommended on all trips)
- Transfers except those mentioned above
- Drinks
- Additional meals
- Spending of personal nature e.g. laundry, souvenirs, phone calls...



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