

ACTIVITIES

Walks and horse trekking in Hasparren, pony rides for children in Saint-Martin d'Arberoue, mountain biking and all-terrain scooters on Mt. Baigura, introduction to paragliding and lessons on Mt. Baigura, canoeing down the river at La Bastide Clairence, water sports centre and water-jumping in Guiche, cable water-skiing in Sames, go-karting in Briscous.



BIKE RIDES

The old towpath from the ports of Guiche, Bidache and Came, the Nive towpath between Ustaritz and Bayonne, paths through the Barthes wetlands of the River Ardanavy in Urcuit, cycling route 81 from Urt to Salies-de-Béarn.

HIKING

Easy family hikes: Markigarro to Mendionde, Belekarré to Saint-Martin d'Arberoue, Urgorri to Bardos, Etchepette Barthes to Urt, the Abbey path to Lahonce, the educational nature trail from Ardanavy to Urcuit, the Artaga path to Saint-Pierre d'Irube.

Challenging hikes setting off from Mt. Baigura and Mt. Ursuia.

Beach at Sames Lake with inflatable games, beach at Arroques Lake in Guiche with inflatable games.

SWIMMING

Swimming pools open in summer at Hasparren, La Bastide Clairence and Bidache.

HERITAGE SITES TO VISIT

- Churches open for visits in Hasparren, La Bastide Clairence, Hélette, Arancou, Bidache.
- Gramont Château in Bidache (guided visits organised by the Tourist Information Office)
- Lahonce Abbey (key provided upon request during opening times at the Town Hall).
- Tour of La Bastide Clairence village, Bidache heritage trail (map available in Tourist Information Offices).
- Small local heritage sites: Bergouey-Viellenave bridge, the ports of Urt, Guiche and Bidache, the Croix de Mouguerre, the panoramic viewpoint from Miremont belvedere in Bardos.

LOCAL PRODUCTS

Sheep's milk and goat's milk cheeses, Bayonne ham and salted meats, pastries and Gâteaux Basques, products made from sweet chestnuts, local beers.

Farmers' market in Hasparren on Saturday morning (all year round) and in La Bastide Clairence (July to September). Retail outlets for local producers in Lahonce, La Bastide Clairence and Hasparren.

The Basque Country Tourist Information Office is at your disposal to answer any questions regarding accommodation, hiking trails, entertainment, transport, visits and leisure activities...

TO CONTACT US:

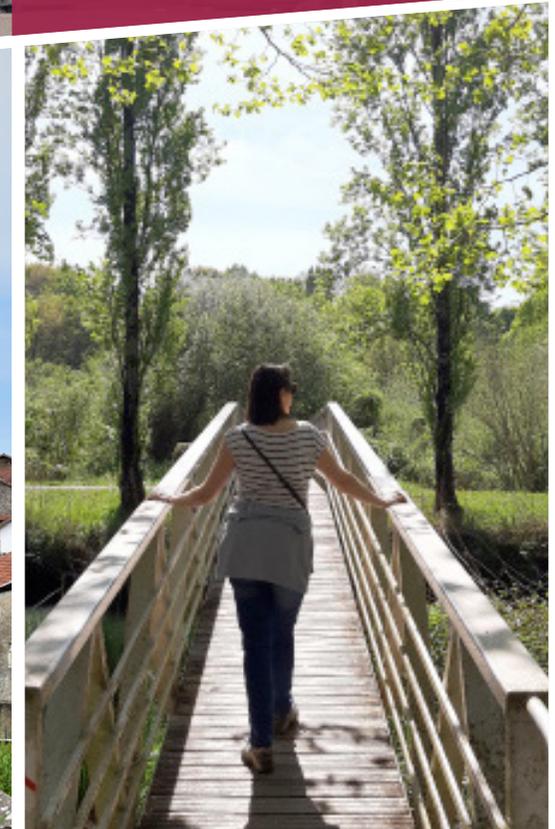
- La Bastide Clairence : +33 (0) 559 296 505
labastideclairence@otpaysbasque.com
- Hasparren : +33 (0) 559 296 202
hasparren@otpaysbasque.com
- Bidache : +33 (0) 559 560 349
bidache@otpaysbasque.com

FIND US ON OUR INTERNET WEBSITE
www.en-pays-basque.fr



HASPARREN, LA BASTIDE-CLAIRENCE, URT, BIDACHE

VILLAGES
HERITAGE
ACTIVITIES



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THE BASQUE COUNTRY HILLSIDES

HASPARREN – LA BASTIDE CLAIRENCE – BIDACHE – URT NIVE ADOUR



■ HASPARREN

Hasparren covers a large surface area and, with its 77km², is the most extensive town in the Basque Country.

There are some wonderful walks to enjoy from the centre of Hasparren to Mt. Ursuia, which overlooks the town. Set off from the church square to discover the town's sloping streets; you will be able to admire the half-timbered houses and old farmhouses that date from the 17th and 18th centuries.

Drive along the imperial Route des Cimes between Bayonne and Hasparren: this road enabled Napoleon I's troops to reach



Saint-Jean-Pied-de-Port during the Peninsular War. Take in the breathtaking view of the whole chain of Pyrenean peaks ("cimes").

■ LA BASTIDE CLAIRENCE

The walls of La Bastide Clairence, listed as one of the Most Beautiful Villages in France, recount...



700 years of history. Founded in 1312 under the name of Bastida de Clarenza, the village has retained the original and particular features of bastides in the South-West. Take a stroll around the village and you will be able to visit the church and Trinquet (where

Basque Pelote is played) that was used to play the Jeu de Paume in the 16th century. The village of La Bastide Clairence has a long tradition of welcoming craftsmen and women. Their workshops are situated under the arches, in the streets, in the house in Darrieux Park.

A famous ceramic market is organized every year on the first weekend in September.

■ BIDACHE

The village, situated in the Basque province of Basse Navarre, maintains its Gascony cultural traditions and strives to preserve the Gascon language. Bidache's rich heritage can be explored in the narrow streets and pathways: Gramont Château, characterful houses, the old chemin de ronde walkway, the port, which is typical of others along the Rivers



Adour and Bidouze, with a terraced structure that enabled boats to berth regardless of the tide. Its development was boosted by its port on the River Bidouze, which saw trade in wood, wine and Bidache stone, renowned for its hardness and blue veins. Bidache stone can be seen adorning all the façades of the houses in the village's narrow streets.

■ URT

Urt marks the entrance into the Basque Country; everything in the village evokes water. The iron bridge that crosses the River Adour between Les Landes and the Basque Country, the small terraced port, similar to the ports in Guiche and Bidache, the Barthes wetlands that enabled

merchandise to be moved. For that matter, the Basque name for Urt is Ahurti, meaning "that which comes from the water". From the port, the GR8 hiking trail takes walkers along the River Ardanavy to Urcoit, Lahonce and Mouguerre.



ONE COUNTRY, TWO LANGUAGES

The Basque people first define themselves by their language, Euskara: the euskaldun is "someone who has the Basque language". The exact origin of Basque is unknown but today it is used in many fields: signposts, media, literature, live shows, music and dance.

The Basque language is spoken by many people around Hasparren and Saint-Pierre-d'Irube.

La Bastide Clairence and Bidache are in "charnègou" country. In other words, the Gascon culture and language is more predominant and there is a local community of people that speak Basque.

