

*Welcome 2021*



**BÉARN**  
des  
*Gaves*  
le petit +



**+ discoveries!**



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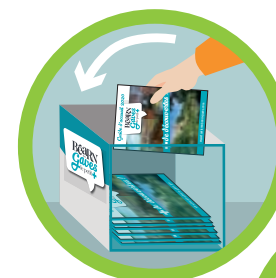
Find the information on our website:

[www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com)

# Instructions for use



*Le petit + to this guide that I hold in my hand, is that I can share it with others, or keep it for life !;)*



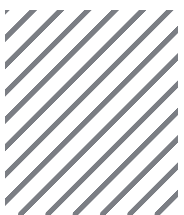
**If you wish, you can drop them off** in the tourist offices in Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn so that it can be used by other visitors after a short period of quarantine!



*A positive action, generous and anti-waste... it's up to you!*

*And thank you!*





# Navarrenx

## *The bastionned city*



**Navarrenx's tranquil appearance belies a rich and powerful history.**

The city has a very important strategic position. Marguerite de Moncade gave it the stature of Bastide in 1316.

In the 16th century Henri d'Albret, grandfather of the future king Henri IV, decided to fortify the town. He wanted to protect Bearn from the greedy clutches of Spain and France.

An Italian architect, Fabricio Sicilano, built here the first fortified town in France, based on the Italian model. The recently completed ramparts proved themselves in 1569 during an attempt to annexe Bearn by the French troops of the Charles IX.

The last bastion loyal to Jeanne d'Albret, defended by Baron d'Arros, the resistance of Navarrenx allowed Bearn to maintain its sovereignty. The fortifications are still intact and can take you on a journey through time.

**Along your walk, you can admire "the most beautiful visages of France": caricatures of the city's shopkeepers (and not only!).**





Le petit + de Navarrenx  
by Monique

"I am attracted  
by the beauty  
of the majestic  
ramparts..."

... So I would like to take you to the cannon from where the 360° viewpoint shows you: St Antoine's door leading to Spain from the town. The bridge over the Gave (Oloron river) is famous for its salmon, the Charron isle, the peaks of the Pyrenees; snow capped in winter and green in summer !  
Turn around and admire the rooftop and the 16th Century gunpowder house."



## Discover the first fortified city in France

### Yellow circuit The fortified village

Leaving the tourist office (i), you will see the **St Antoine's Barracks (1)** ancient military barracks built after the fortifications to accommodate up to 500 soldiers. In front of you, is the **St Antoine's Gate (2)**, one of the only two ancient gates of the city. This gate is protected by an "orillon" and provides shelter from direct artillery fire. Built at the same time as the ramparts, the gate was accessed by a drawbridge, if you look up you will see the two recesses for the drawbridge chains.

Return to St Antoine's Barracks, on your right, you will see the ancient military prison. Take the steps situated on the right, and you will reach the **terrace (3)**, which face the Gave of Oloron, famous for its salmon. On top of the 13th century bridge, there was a sentry tower. Directly to your right you can make out the foundations of the Castérasse, a former castle of the Earls of Béarn. In the middle, the military well permitted to activate the drawbridge. Facing the river, above the orillon, the "échauguette" (sentry box) served for surveillance and defence.

Leave this part of the ramparts and few yards from here and you arrive at the **bastion of the bell (4)** protector of the bridge and the St Antoine gate. This is a lovely viewpoint. A copy of one of the cannons reminds us of the system of defence between the bastions. This cannon named "**Si You ti baü**" is named after motto of the city. A Bearnaise exclamation which means "If I go there."

Head towards the "**Poudrière**" (5) which is the only gunpowder store in the square. It was built in 1580 to free up space in the side-aisle of the church that had previously served that purpose. It can hold up to 25 000 pounds of explosives. The beautiful interior vault resonates with an echo one corner to the other. You ought to try it.

Next take "rue St-Antoine" where you will find **Jeanne d'Albret's house (6)**. It's a beautiful renaissance house. The door is situated within an elliptical arch topped with a triangular pediment. In 1555 Jeanne d'Albret

became queen of Navarre and of Béarn. She adopted the calvinist religion and Béarn became part of a small group of protestant nations.

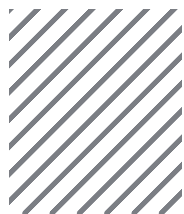
Carry on toward the **St Germain's church (7)**. The church has had a turbulent history. It was completed in 1562; Jeanne d'Albret converted it to a protestant church. In 1620, Louis XIII gave it back to the catholic church. You will notice that the vaults and arches are decorated with sculpted heads, one of which is of a Compostella pilgrim. This illustrates the importance of the chemin du Puy to Navarrenx. Displayed in the porch are copies of the beautiful invoice for three from paintings produced by Murillo, Dubois and Carrache which were presented by Emperor Napoleon III during his visit. As is traditional in the region the church has a special door for the Cagots, who were numerous in the Navarrenx area.

On leaving the church, go up to "rue des échos" until you reach the **Bastion of «Contremines» (8)** which is a distinctive feature of having an underground gallery. To visit it you take the stairs down to the bottom. You will need a torch. By following "le chemin de Ronde" you reach **Bastion of echos (9)**, It protected the St Germain gate which has now been destroyed. It's an example of a primitive fortification without orillons or covered flanks. The openings on the right hand side produce a sevenfold echo. The steep staircase on the right leads to the Potern of l'Abbattoir which served as an escape route in case of attack.

Turn right again on «rue des Echos» and carry on up to the **military fountain (10)** which was converted at the same time as the ramparts. This, during that area, was the only source of water in the town. It was essential in times of siege. After closing in 1952, after typhoid epidemic, it was reopened and restored in 1989.

Finally follow "rue de la Fontaine" and "rue de la prison" towards **L'Arsenal (11)**. This ancient home of the Kings of Navarre was transformed into a storehouse for weapons, ammunition and rations. Today it's the cultural and touristic centre of the town.





# Salies-de-Béarn

*The city of salt*

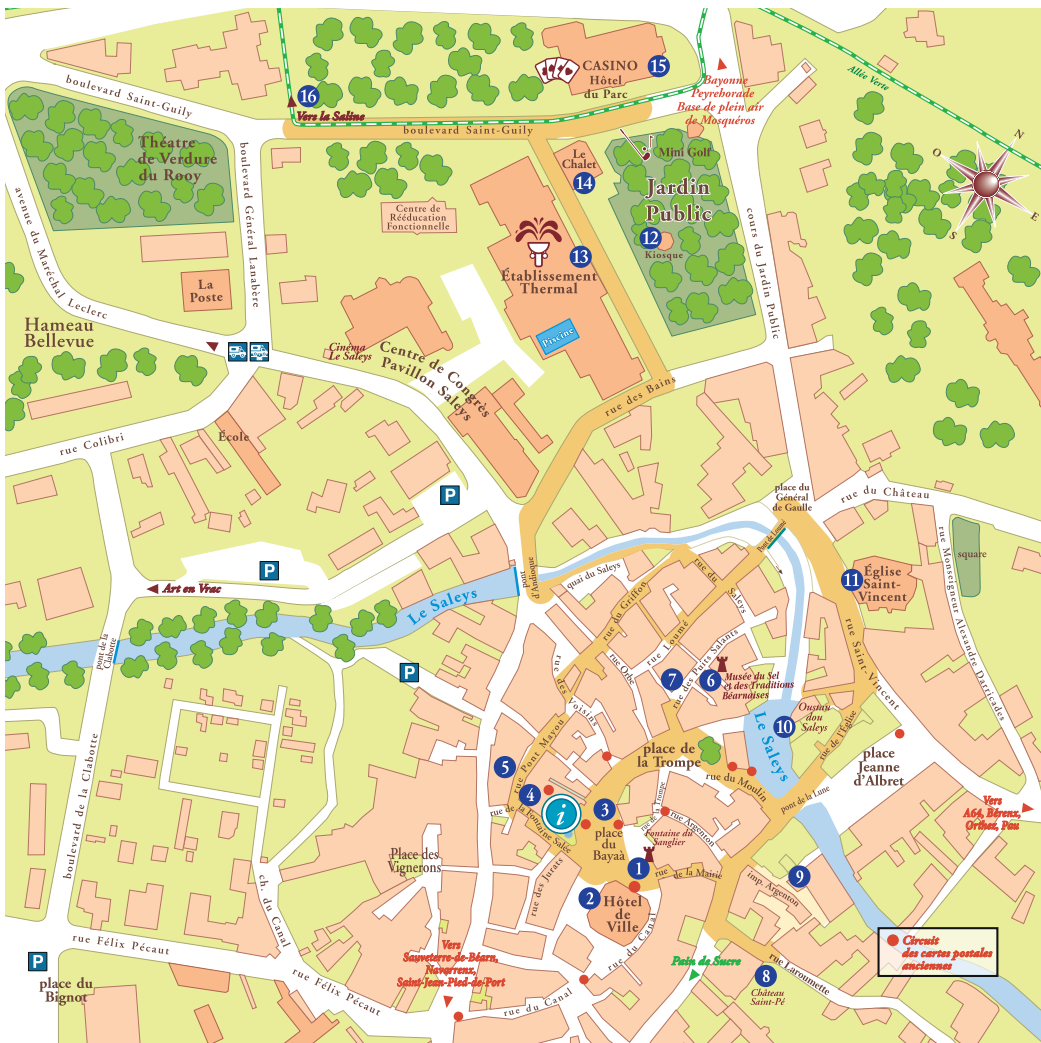


**This small town owes its fame to the salt and this has written the course of its history.**

Its discovery was attributed to a wild boar that was found next to a spring with its bristle covered by salt. Since, Salies has looked after its treasures. It is an inexhaustible spring of salt water which provides health and well being. It still belongs to 500 Salisiens known as Part-Prenants. This tradition has carried on since 1587.

There are two quarters; the oldest like the shape of a snail's shell unfolds from the salt well. Here you can find typical houses of the 17th and 18th centuries and narrow streets decked with flowers. By taking a detour from one of them, you meet the Salt and Béarnais Traditions' Museum. Nearby, the Thermal quarter has a totally different feel. You are immersed in the Belle Epoque era with the Moresque style Spa, the music kiosk and the splendid Hotel du Parc, which houses the Salies casino. Together they ooze an old-fashioned charm which is pleasing to visitors.





Le petit + de Salies-de-Béarn  
by Magalie

*"My favourite  
view is definitely  
the one from the  
"Pont de la Lune"..."*

*... I always stop there as in my opinion it is THE postcard of Salies.  
The view of houses on pillars, the river bed, the Marrou house completely  
restored by its owner.*

*In the background the bell tower and steeple of St Vincent's Church draw  
the eye upwards. A perfect composition, ever changing in different lights  
and weather... I never tire of it !"*

# Salies-de-Béarn

## Guided tour

Starting from the **Tourist Office** (1), next to the Town Hall, you will find the Fountain of the **Fountain of the Sanglier (Boar)** (1), erected in its honour. It tells the story of a wild boar which was injured during a boar hunt. It was discovered dead a few days later in a marsh with its bristles sprinkled with salt. This monument carries the slogan of Salies de Béarn "Si you nou y eri mort arès n'y bibéré" - if I had not died no one would live here.

Under the arcades of the **Town Hall** (2) rebuilt in 1810 there is an information board about the Cite du Sel. The ground floor houses temporary exhibitions.

At the heart of the "Cité du Sel", the **"place du Bayaà"** (3) has stood over the saline spring since 1865. This underground basin is called the Crypt even though it has nothing to do with religion. It was built for reasons of hygiene in order to protect the saline spring. Nowadays it is open to the public (information at the tourist office) it possesses a beautiful stone vault supported by 1 metre wide pillars. They are supported by an eight metre bed of chestnut. In the square at the corner of the town hall on the first floor you can find the headquarters of the Corporation of the Part-Prenants direct descendants of the "besis" the original owners of the well since 1587.

In "rue de la Fontaine Salée", on the facade of the cobbler, you can admire the **low relief** (5) which relates the visit of Jeanne d'Albret to Salies in 1568. Take "rue pont Mayou". At number 8 you will find **"couléde"** (5). This stone trough, which is now covered, held the salt water which was carried there in the traditional wooden buckets. The water, pushed into the basin in "Place du Bayaà" was carried to the workshop in "sameaux" 92 liters wooden receptacles. Carry on to the left, "rue des Voisins", then right, "rue du Griffon" and on to the end of "rue du Saleys". Take in, on your right, "rue Loumé" with its pretty floral displays. At the end of "rue du Saleys" turn right into "rue des Puis Salants".

The **Salt and Béarnais Traditions' Museum** (6) is housed in the three storeys of a typical 17th century house, recently renovated. You discover a workshop of a salt manufacturer and a rich collection of items evoking the history of Salies and Béarnaise traditions from their origins up until the present day. Opposite the museum is the **Bourg House** (7), owned by the "Amis de Vieux Salies". You can consult their archives and documents here.

Head towards the "place de la Trompe" then "rue du Moulin", on the right "rue Elysée-Coustère" and "rue Larroumette" and you will see the **"Château St-Pé** (8), which was rebuilt at the end of the 16th century. In the 17th century,

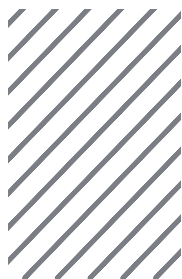
witchcraft tribunals were held here. Nowadays it's a private house. Straight ahead, take the alley, then the gallery, on the right which brings you out "impasse Argenton". You are now in front of the **house of Michel de Bergeras** (9) "Maitre Charpentier" who was cabinetmaker from the school of Salies which developed between the 18th and 19th centuries. He is said to have been descended from the Cagots, pariahs in the Pyrenees up until the Revolution.

At the end of "l'Impasse Argenton", turn right, cross the "pont de la Lune" over the bed of the Saleys river take a look at half-timbered **houses on pillars** (10) including the "maison Marrou" with its wooden galley and suspended bread oven. By following "rue de l'église", you will reach **St-Vincent's church** (11). Its bell tower, a former watchtower, played its part in a system of fortifications long since disappeared.

A few steps further on you, leave the Old town by the Quai de Saleys and you reach the thermal quarter. The high days of thermalism at the end of the 19th century and the beginning of the 20th century saw great hotels and palaces blossom. Cross the public garden with its **music kiosk** (12) and you will see in front of you the **Thermal Baths** (13). The first building was constructed in 1857 and was destroyed by a fire. It was rebuilt in Mauresque style in 1888. The right wing is reserved for therapy. The benefits of the water help to heal gynaecological, rheumatological and paediatric complaints. The right hand side houses "Les Bains de la Mude", a fitness centre with up to date installations which mix pleasure with well being. New! sensory journey through the "Grotte de Sel" (Salt Cave) and the "Lagon de la Mer Morte" (Dead Sea's Lagoon). Imagine the poet Paul-Jean Toulet on the terrace of **Café Cercle du Chalet** (14).

Don't hesitate to go into the "Hôtel du Parc", built in 1983 with its splendid entrance hall in the form of an reversed nave. Since December 1999, it has housed the Salies' **Casino** (15), gaming tables slot machines, a restaurant and a three star hotel. Head toward the "quartier de la Gare", follow the "avenue Gabriel Graner" and then on your right the "avenue Jacques Dufourcq", you find the **salt manufacturing** (16). This is where is extracted the Salies Salt (IGP), from the Oraàs salt water spring, pure white and 100% natural. Bayonne ham must be salted with this salt and no other in order to receive the label "Indication Géographique Protégée".





# Sauveterre-de-Béarn

*The medieval city*



«Here you will find some of the most beautiful countryside in France...

... The works of man ooze with force and nobility amongst the splendour of nature. The dreams and reflections of travellers know no limits." This is how Léon Bérard (academician and Mayor during the thirties) described the "pearl of Béarn".

Welcome to a land fashioned by legends. It is a land of mystery that invites discovery. Let your curiosity carry you away for an hour, a day or even longer. Here the slightest detour tells a tale. This is an ancient moated camp strongly defended inside its stonewalls. Over the centuries it contributed to the maintenance of the sovereignty of Béarn. The gateway to Spain at the foot of the Pyrenees, the countryside surrounding Sauveterre is picturesque.

Since the 10th and 11th centuries pilgrims passing through here have always been greeted with hospitality.



# SAUVETERRE-DE-BÉARN

## Walk in the medieval city



Le petit + de Sauveterre-de-Béarn  
by Evelyne

*"Without doubt the Datter gateway is my favourite spot even if it is a little bit tucked away!..."*

*... One can enter or leave the old centre of Sauveterre via this historic gateway which was once strongly defended. Above the archway was a look-out post for the guards. Imagine walking over the drawbridge covering the deep ditch. In the evening this drawbridge was raised to prevent entry and to protect the town during the night. I love the idea of moving from the Medieval town to the river Oloron, and from nowadays back to the past.*

Start your walk on the esplanade of the **Town Hall (1)** that has as backdrop splendid views of the superb chain of the Pyrenees. This edifice, in renaissance style, was the property of the family of the Marquis de Nays, Earls of Salettes from the 16th century. The town purchased it in 1972.

In front of you stands **St André's church (2)** constructed at the end of the 12th century. There is a mixture of architectural styles. The imposing semi-circular chevet framed by two chapels harmoniously supports the building. Roman influence dominates with beautiful sober facades with only three long, narrow windows piercing the wall. The northern wall is worth a detour with its reverse chrisim, its angled tower and its rose window. Unusually, St André's church was fortified. This is proved by the fact that its beautiful bell tower was crenelated. It played an important part in the defence of the city. On the southern facade, overlooking the river you find the Cagots' door. The Cagots were also called crestiaas.

Mystery surrounds this population, which was rejected by the Bearnais people. Nobody knows the reason. Were they descended from lepers, Visigoths or Saracens? Finally above the main door the tympan displays some magnificent stonework. It shows a majestic figure of Christ flanked by four apostles in their symbolic form. The interior illustrates the transition in style from roman to gothic. The central nave is vaulted with beautiful lancet arches. Remark the tales told by the two columns. The first, adjoining the transept represents lies and greed. The second in the north aisle shows a nativity.

At the bottom of "la place des Salières" is the **"Monréal Tower" (3)**. Its name is due to the family that purchased it in order to save it from destruction, in the 19th century. This defensive tower, dating from the 13th century is 33 metres high. It is built with Bidache stone, as is the church. The facade is interspersed with arches and bay windows on the southern side. Nowadays it houses an astonishing model of the city as well as an exhibition explaining Sauveterre in the Middle Ages.

Take the stairs and at the bottom of the tower turn right then take the footpath that leads to the fortified bridge named The **"Bridge of the**

**Legend" (4)**. Built under Gaston VII Moncade during the 13th century then remodelled under Febus in the 14th century, it's the route towards the kingdom of Navarre. Originally equipped with a drawbridge it provides access to the "île de la Glère". During the 18th century, a violent rise in the water level washed away part of the bridge and gave it its current appearance. It takes its name from the legend of Queen Sencie, in 1170, she was subjected to a terrible judgement of God in the presence of three thousand people. Accused of having killed her newborn son she was thrown, hands and feet tied together, into the river. The crowd waited anxiously until the sovereign drowned. But it didn't happen ! She floated to the surface and the current carried her to the bank. Queen Sencie, now proved innocent, was acclaimed by the public, and transported with joy.

Carry on along the footpath which runs alongside the campsite and you can reach the "île de la Glère" and admire its flora which has been protected and preserved.

Climb up again taking the **"Lester's Gate" (5)**. The upper part of this medieval bridge no longer exists; it has been replaced by a footbridge. The thickness of the walls does, however, testify to the town's fortifications.

Next, take "rue Pléguignou" to the **"Strong House" (6)**. On the left you find the **Arsenal (7)**, now renovated as a dwelling house. It served as a warehouse for weapons. It is linked with the beautiful **fortified "Datter's Gate" (8)** which opens on to the town from the west. Even nowadays it has preserved its arched form. In the past the upper brackets supported the ramparts and the chamber housing the mechanisms of the drawbridge, which was needed to cross the deep ditch encircling the town.

Retrace your steps to reach the "rue des Innocents". In passing, you will notice the remains of **"the Viscount's Castle" (9)**. Probably constructed by Gaston VII Moncade, it was remodelled by Gaston Febus and became both his residence and hunting lodge. Polygonal in dressed stone, it was largely destroyed in the 16th century. Finally turn to your right and return to the church by "rue Léon Bérard".





# Heritage

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## + *Art and History*

Castles, Walled Towns, Protestantism, Fortifications, Gaston Fébus, Jeanne d'Albret... History has shaped Béarn des Gaves. Traces of the past can be found all over the region: the walled town of Navarrenx, Salies-de-Béarn which is the centre of salt production, medieval Sauveterre-de-Béarn. A detour into the surrounding villages and countryside also rewards the visitor interested in the surviving history...

BéARN  
des  
Gaves  
le petit +





## Land of history



During the Middle Ages, Béarn was right at the heart of the many turbulent events.

Gaston Phébus, prince of the Pyrenees had a vision of an independent kingdom stretching from the Atlantic to the Mediterranean.

He built defences throughout the region of which Sauveterre-de-Béarn is an excellent example.

The fortified stone town wall ensured that Béarn was able to retain its sovereignty over many centuries.



An amazing transformation took place in the town when Henri II d'Albret brought Italian architect Fabricio Siciliano to the town to oversee the construction of its ramparts.

It's thanks to these fortifications that Navarrenx was able to resist attacks from Catholic troops against the Protestant troops. In fact, in the 16th century the Béarn was the only region of France where Calvinism was the official religion: Jeanne d'Albret, Henry IV's mother, was the sovereign.



A legend says that Queen Jeanne d'Albret used to take the waters in Salies-de-Béarn, a city famous thanks to its water ten times saltier than sea water.

The city centre reveals the medieval architecture such as the little streets that interlace to form a snail shell.

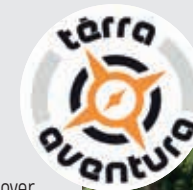
The once independent country of Béarn des Gaves has played an important role in the history of the region.



## In Béarn des Gaves, follow the guides !



**Terra Aventura**  
[www.terra-aventura.fr](http://www.terra-aventura.fr)



The incredible treasure hunt where you can discover surprising places and stories.

We offer 4 different courses in Laàs, Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn.

With riddles to solve, treasure to find and prizes to collect, both children and adults will share some great moments and discover local heritage in a new, exciting way.

Equipped with the 100% free smartPhone. App, you're ready for adventure !

**Le petit +** : Pick up any rubbish you might come across on your way and win a special prize !



## Passion Heritage

The Béarn des Gaves is rich of its heritage, its history, its architecture nuggets, legends, and secret corners that are just waiting to be revealed. The Béarn des Gaves is also and above all rich of its inhabitants who have the passion and motive to share the history of this small country!

A team of passionate people will take you on a captivating journey with them. They make you discover or rediscover the three cities and the beautiful villages around. Unique moments of discoveries, conviviality and sharing which will make you travel through time, and traditions.

Ask for the program at the tourist office, or find it on our website: [www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com)  
Free and payable visits accordingly.



## Les Rencontres d'Orion

Château - ORION - Phone. 05 59 65 07 74  
[info@chateau-orion.com](mailto:info@chateau-orion.com) - [www.chateau-orion.fr](http://www.chateau-orion.fr)

Center for art, culture and meetings, «weeks of reflection», cultural events, weddings, seminars ...  
Possibility of accommodation on site.





## Salt, a natural resource

In the Middle Ages, Salies-de-Béarn developed and derived its name from its own natural treasure: salt.

Legend says that Salies' salt was discovered when a wild boar was found covered with white salt. Intensive exploitation of the salt in medieval times brought economic prosperity to the town. Since 1587, Salies has had a unique, economic and social organisation named "la Corporation des Part-prenants" which is still in existence.

## La saline (salt-production plant)

Av. du Dr Jacques Dufourcq - Salies-de-Béarn  
Phone. 05 59 38 96 90  
boutique@selsaliesdebearn.com  
www.sel-salies-de-bearn.com



Salt-production in Salies was industrialised in the nineteenth century, and the Saline (Salt Works) now produce 2,000 tonnes of salt a year. The salt from Salies is the only salt allowed to be used in the production of genuine Bayonne ham ("Jambon de Bayonne").

The Salt Works may be viewed from the exterior free of charge. You will be provided with boards which tell you everything you need to know about the plant and the processes involved in the crystallisation of the salt water. At certain times you can also see the harvesting of salt by hand (according to opening days and hours during the production time).

Museum area: with an audio guide in English you will learn about the history of the Saline (the wild boar legend, growth of the town, etc.).

The visit ends by tasting the salted Bayonne ham with spring salt from the Salines de Salies-de-Béarn.

**Le petit +:** In summer, visits of the production and activity «apprentice».

**Opening times: 10am to 12pm and 2:30pm to 6pm**

In January and February: from Wednesday to Saturday

In March, April, November and December:

from Monday afternoon to Saturday

From May to October: from Monday to Saturday

Last entrance for the Exhibition at 11am and 4:30pm

Prices: Adult: 4€ - Curist at Salies-de-Béarn: 3€ - Children (6 to 12 years old): 2€.

## Salt and Béarnaises traditions museum

15 rue des Puits Salants  
SALIES-DE-BÉARN  
Phone. 05 59 65 84 98  
museedusel64@orange.fr  
www.museedusel64.fr



Set in the « Darremoudine », a typical house of the XVII century, the museum offers a unique visit tracing over 4000 years of history. Learn about the salt's origin and the wealth of Béarn's underground, the archeological discoveries, the "Part-Prenants" history and their unique management of the salt waters, the "Belle époque" balneology and the salt works from the XIX century. The unusual salt makers workshop from the XVII century and the structures of the "Part-Prenant" house represents these people's craftsmanship. A salt makers exhibition is available on August 15th and on the salt festival's Sunday.

**Le petit +:** Ludic course available for everyone with touchscreens and videos.

**Please enquire for Opening hours**

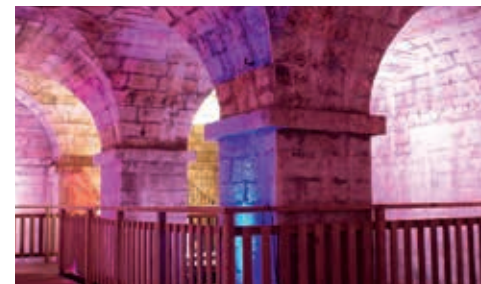
Prices: 5€ - Reduced price: 4€ - Children (7 to 12 years old): 2€  
Guided Visit: 6€

## The Little Tourist Train

Once upon a time, in Salies-de-Béarn, there was a little train... On-board, the passengers discovered the beauty of the salt city: its medieval houses, its bridges and its majestic thermal quarter...

**Le petit +:** a fun half hour tour, to please the kids.

Information at the tourist office - SALIES-DE-BÉARN  
Phone. 05 59 38 00 33



## The Crypt

The Bayaa Crypt, constructed in the 1860's covers the source of salty water which had been exploited since the Middle Ages. The elegant stone arches, tastefully floodlit will enchant you: **A site not to be missed !**

**Le petit +:** Absolutely an exceptional site to visit !

Information at the tourist office - SALIES-DE-BÉARN  
Phone. 05 59 38 00 33



## Nearby

In 1292 Countess Marguerite de Moncade founded **Labastide Villefranche**. Traces of its bastide Character can still be seen. The Town Hall was built incorporating the arches. In the 14th century a fortified tower was constructed and its ruins still overlook the Pounte lake.

The village of **Lahontan** meaning "the fountain" possesses three fountains to which miraculous healing powers have been attributed. The Chapelle Notre Dame d'Abet was erected in the Middle Ages after the discovery in a copse of a statue of the virgin Mary.





## Defensive architecture

The architectural heritage of Béarn des Gaves bears testimony to troubled times during the Middle Ages. Sauveterre-de-Béarn and Navarrenx have all conserved elements of their fortifications.

The « Pont de la Légende » and the « tour Monréal » in **Sauveterre-de-Béarn**, were part of the town's defence, built on the hillside. Thanks to these buildings and its environment, **Sauveterre-de-Béarn** is awarded « Petite Cité de Caractère ».

**Navarrenx** is remarkable in terms of its fortifications. Built in the 16th century, it still has its imposing ten-meter-high ramparts, listed as Historic Monuments. The defense bastions, as well as various military buildings such as the Arsenal and the Saint-Antoine barracks, the military architecture of Navarrenx enabled the city to be awarded one of the highest accolades « Most beautiful villages of France » in 2015.

The nearby village of **Audaux**, has conserved and restored its communal village laundry, opposite the church of St Vincent. The Château de Gassion in the village was built between the 12th and 13th centuries but was partly burned down in 1560 during the religious wars. The present building dates back to 1650 and is now home to a private school.

You can see some different styles of Béarnais architecture in the village of **Castetnau-Camblong** and note the stone bridges in the surrounding area dating back to Roman times.

## Le Centre d'Interprétation de Navarrenx (small museum)

In the "Arsenal"  
Phone. 07 86 44 03 06  
[www.char-navarrenx.fr](http://www.char-navarrenx.fr)

Exhibition space showing several models and plans illustrating the rich history of Navarrenx. Free entrance to the Arsenal.

**Le petit +**: The volunteers know everything from the geology to the Musketeers.

Open in the afternoon from 3pm to 6pm  
from June 15th to September 15th

Free

## Cinquecento

At the Tourist Office in Navarrenx  
Phone. 05 59 38 32 85  
[contact@bearndesgaves.com](mailto:contact@bearndesgaves.com)

Open during Tourist Office opening hours.

Free

## The model of the fortified city of Navarrenx

At the Tourist Office in Navarrenx  
Phone. 05 59 38 32 85  
[contact@bearndesgaves.com](mailto:contact@bearndesgaves.com)

Model of the fortified town of Navarrenx with 15 minutes commentary in several languages including English.

Open during Tourist Office opening hours.

Free

A 3D game that allows you to discover the city, after the building of its fortifications.

We are on Wednesday: market day, perfect to discover the different sites and to meet the locals and the shopkeepers.

## The Gurs camp

GURS  
Phone. 05 59 38 32 85  
[contact@bearndesgaves.com](mailto:contact@bearndesgaves.com)

A French internment camp created in March 1939 to hold fighters of the Spanish Republican army, notably the Basques. Later used as a prison for "undesirables" during the Vichy regime and a deportation point for foreign Jews who had taken refuge in France.

Reception building, National memorial, tribute stele for the Righteous among the nations, memory path and an historical path which passes through a shack rebuilt exactly as it was in 1939. Internees' path: 27 granite columns, that pay tribute to each category of internees.

Located at the historical entrance of the camp, which is on the way to L'hôpital Saint Blaise.

Film on the history of the camp shown on large screen (duration 12 mins).



Open all year - Free

Individual visits: signs in the camp - free admission.

Guided group tours, inquire at the tourist office.





## Rural heritage

Gaston Fébus hunted in the woods around **Hopital d'Orion**, which takes its name from the word "espitau", a place which welcomed pilgrims passing through on the way to Saint-Jacques-de-Compostelle.

The 12th century fortified church of **St Gladie** has a bell tower and is designed similar to that of the main town, Sauveterre-de-Béarn.

**Laàs**, a Principality ? Well, there's a Customs Post at the entry to the village ! But don't worry the barrier is always open and you will always be welcome in Laas Principality ! You may smile but this is serious ! You can stroll along a starry way... «Laàs-Vegas Boulevard» with its 33 stars in homage to celebrities who have performed at the annual Transhumance Music Festival. But that isn't all ! In Laas, this charming Béarnais village, small in size but really widely renowned, where you can eat well at the Auberge, visit artisans such as a cabinetmaker, a potter. If you would like to linger longer why not stay at the Auberge or rent a gîte ? Take time to wander into the main square, study the sundials & marvel at the signs which indicate Laàs and its distance from the major cities worldwide.



## Sauveterre Monréal Tower



SAUVETERRE-DE-BÉARN

Phone. 06 70 36 79 05 or 06 86 80 15 18

amis-sauveterre@orange.fr

www.amis-sauveterre.fr

In the majestic setting of Monréal Tower, travel through the Béarn in medieval times, thanks to a modern and playful scenographic display.

In the centre, there is a model of the town, created by using thousands of stones, beams and joists on a scale of 1:100. It invites you to discover spaces explaining the great moments of history of Sauveterre-de-Béarn, its heritage, the history of Béarn, of Navarre, of France...

**Le petit +** : The panorama on the Oloron river

**Open from April 3th to October 31th**

April, May, June, September and October

from Tuesday to Saturday, from 2:30 to 6:30pm

July and August :

from Tuesday to Saturday from 10:30 to 12:30pm and from 2:30 to 6:30pm

Open by appointment: every day (minimum 6 pers.).

Entry: 4€.

Young people and students (aged from 12 to 21): 3€.

Children (under 12 years old): free



## The Serbat Museum and its gardens



LAÀS

Phone. 05 59 38 91 53

contact@musee-serbat.com

www.musee-serbat.com



Imagine yourself to be a guest wandering through this exceptional refurbished 18th Century residence.

Admire period furniture, paintings ("old masters"), quality tapestry, even a bed once used by Napoleon !

Children can benefit from a fun visit, audio-guided.

Afterwards wander through the various gardens (award winning !): laid out in French style with fountains, English style garden with hundred year old trees, another with exotic plants on the riverside, Italian style floral terraces, picnic areas and games for children.

**Le petit +** : A cultural and bucolic break

**Open from April 3th to November 7th.**

Every day from 1pm to 6pm during school holidays (July-August from 1 pm to 7pm).

Wednesdays, Saturdays and Sundays from 1pm to 6pm the rest of the year.

Prices guided tours and park access: 10€

Child (under 12): 6€





# Water

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## *Aquatic pleasure*

Rivers, streams, lakes, springs... Water plays an important role in Béarn des Gaves. Thanks to its salty properties, the water of Salies-de-Béarn has become synonymous with health and well-being. The white waters of the two main rivers ( Gave d'Oloron and Le Saison) of the regions are the perfect place for water sports, fishing or walks along the water's edge, discovering the flora and fauna.

BÉARN  
des  
Gaves  
le petit +





## Spa and thermal water

The water in Salies-de-Béarn, ten times saltier than seawater, enriched by twenty-six trace elements, therapeutic and benefactor properties.



### LES THERMES DE SALIES-DE-BÉARN

Cours du jardin public - 64270 SALIES-DE-BÉARN  
Phone. 05 59 38 10 11 Fax 05 59 38 05 84  
reservations@thermes-de-salies.com  
www.thermes-de-salies.com

Visits: from march to November, every monday at 3:30pm (minimum 5 people)

## The thermal medicine

The spa treatments can be prescribed by your doctor. Thermal Spa certification Aquacert HACCP Thermalisme and Aquacert Spa Thermal.

**Rheumatology:** symptoms of rheumatism, degenerative osteoarthritis and the after-effects of trauma.

**Gynaecology:** female infertility, uterine fibroids, disorders of the menopause and gynaecological pain.

**Paediatrics:** childhood troubles (such as bedwetting, osteo-articular pathology).

**Treatments:** consisting of an application of mud / thermal water applied to the skin and covered with a wrap, vaginal irrigation, colonic irrigation, water-jet shower, thermal water compress plus a session in the pool.



## The thermal SPA

Situated in an historic listed building, the salt water of the thermal health spa at Salies has both **soothing and stimulating qualities** due to its richness in magnesium, lithium, potassium, calcium, iron etc.

The water rejuvenates and revitalizes the skin.

The **know-how** of the service team will provide you with the optimal health care.

**A human dimension**

## Health, beauty and fitness

**Refined atmosphere and personalized care.**

Half-day programmes or health treatments "à la carte": bubbling bath, mud, pressotherapy, water jet and "slim shower", hydrojet, hammam, sauna, ionization, californian bath, seaweed envelopping, massage or modelling, palpate and rolling massage, lymphatic drainage, treatments for face or body (also available for men). Body activities: gym, bodybuilding, aquagym, aquabiking, pilates, yoga...

The new orientation of prevention completes the offer of healing with a team of professionals in hypno-therapy, aquatic osteopathy, plantar reflexology, beauty treatments, relaxation therapy, Shiatsu, Thai massage.

**Our very favorites:**

**LE TRÉSOR SALISIEN - 80€**  
**ESCAPADE SALISIENNE - 120€**

## Healthy swimming-pool

The salt water pool heated to 32°C is available to all (minimum age 3 years).

Hot baths, swimming against the current, steam room, jets, waterfalls, sauna and freshwater pool heated to 32°C.

**Open seven days a week**

## L'escalade sensorielle

An extraordinary experience dedicated to the SPA waters of Salies-de-Béarn presented in a surprising way. A trip to awaken your senses !

"The Salt Cave Crystal de Source" is a well-being trip through the world of salt and spa water in a succession of 3 rooms offering benefits of aromatherapy, chromotherapy and halotherapy.

"The Dead Sea Lagoon" offers the unforgettable sensation of floating and total relaxation.

"The Soleil Bleu" allows you to relax at the end of your sensorial trip.

In creating this exceptional product on a European scale the Spa of Salies-de-Béarn gives real sense to the words "creation and innovation".

Access 1h: 30€ / person

Access 1h + 1h of swimming-pool: 35€ / person

By appointment only







## Aquatic games

### Water, it's sport !

The two most beautiful Pyrenean rivers, the **Gave d'Oloron** and **Le Saison**, are perfect for sailing. Pleasure and discovery are guaranteed !

## + Rafting, canoë, mégacraft, stand-up paddle

### Rafting 64

2 bis - RD 936 - MONTFORT  
Phone. 05 59 66 04 05  
contact@rafting64.com  
www.rafting64.com



## + Renting of canoë, mégacraft, stand-up paddle

### 2x adventures

Meeting point in Sorde l'Abbaye, impasse du Poun  
Phone. 06 10 61 79 02 or 06 72 39 22 99  
contact@2xaventures.com  
www.2xaventures.com

## + Canoë rental USSCK

Meeting point at the bridge in Osserain  
Phone. 07 82 34 24 04 or 05 59 38 93 75  
kayak.sauveterre@gmail.com  
www.ussck.sauveterre.free.fr

## + Swimming pools

### Intercommunal pool

NAVARREX  
Allée des Marronniers  
Phone. 05 59 66 53 10  
Open-air

SALIES-DE-BÉARN  
Base de Loisirs de Mosqueros  
Phone. 05 59 38 14 43  
Open-air

### Recreational pool

SALIES-DE-BÉARN  
Les Thermes  
Phone. 05 59 38 10 11  
Inside



## + Fragile natural environments

**Ile de la Glère**  
SAUVETERRE-DE-BÉARN  
(see page 37)



**The Laàs domain  
and its gardens**

LAÀS  
(see page 25)



## Fishing

**Place to fish in Navarrenx  
Gave d'Oloron**  
(first category)

LE POOL MASSEYS

**Sport place  
in Gave d'Oloron**  
(first category)

VIELLENAVE-DE-NAVARREX

**Bidala pool**  
(second category)

CARRESSE

**Fishway**

NAVARREX

For more information visit: [www.federation-peche64.fr](http://www.federation-peche64.fr)

## + Fishing licence

**TOURIST OFFICE**  
Place Royale - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 32 86

## + Guide of fishing

**Hervé BALTAR**  
7 Chemin des Tuileries - SUSMIOU  
Phone. 05 59 66 04 39  
herve.baltar@peche-pyrenees.com  
www.peche-pyrenees.com





## Apprentices

Do you want to spend a studios vacation, well not too much, but full of beautiful places and discoveries? An apprentice is someone who learns a profession. Here, it is rather the know-how that we want to share with you. So, during your summer vacations, become a multi-category apprentice in the Béarn des Gaves.

For reservations, nothing could be easier :  
[www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com) or at the Tourist Office.

## + Apprentice on the farm

Young passionate farmers open their farms to share their daily life. The objective of all their actions is the Blondes of the Aquitaine, beautiful cows with a light coat. Everything is set up like clockwork for this evening ritual: fetching them from the meadow, bringing the calves to feed, and preparing the fodder for a good vegetable dinner. Everyone gets to work before the final debriefing over a well-deserved drink.

In July and August, Tuesdays and Thursdays from 6pm to 8pm, from 4 to 9 persons, 11 euros per person.



## + Apprentice Pelote Basque

Even if each village has its own fronton, one is far from imagining all the Pelote Basque specialties that can be practiced there. Philippe, a sports educator, after a quick history and a lot of humor, offers you to try the Bare Hand, the Pala, the Xare and finally the chistera.

Every Thursday from 4:30pm to 6pm, with a minimum of 5 participants, 10 euros per person.

## + Apprentice Eveil des Sens (awakening of the senses) in Navarrenx

The sparkling Domi, sophrology and sports educator, takes you for a Sophro Hike. It combines physical relaxation exercises and breathing improvement. This 2-hour sensory walk (4 to 8 km) will awaken your mind to different sensations: your breathing, your movements, the smells that surround us, the singing of the birds, the clinking of the water, the warmth of the sun on your skin, and the wind breeze.

Wednesday mornings, in groups of 6 to 12 people, 11 euros per person.

## + Apprentice at the Saltworks

At the saltworks, we explain the whole process of salt extraction in Salies-de-Béarn and the reason for this water to be 10 times saltier than sea water. From the belvedere, you can watch the extraction of the white gold and the flower of salt, in the pans that are at 85°C. Then, you let your imagination run wild to personalize your own jar of flower of salt, which you will be taking home at the end of the workshop.

Fridays from 11:30 am to 12:30pm and from 3:30 pm to 4:30pm, on a basis of 5 to 15 participants, 4 euros per person.

## + Druid apprentice in Orion

The lack of creating magic potion, it is a morning in immersion in the gardens of Lacaze aux sottises, in Orion, between Salies-de-Béarn and Sauveterre-de-Béarn, that we propose to you.

In this experimental and alternative eco-place, the Man and the Environment are in the center of all the projects. After the visit of the market gardens and the orchard, it is the time to pick mint, thyme, basil or lavender to prepare the 100% natural syrup.

Tuesday mornings from 10am to 12pm, in groups of 8 to 12 people, children are accompanied by adults, 11€/person.

## + Apprentice fisherman

A «Gave» is a river that comes straight down from the Pyrenees and in its clear and sometimes impetuous waters live trout, salmon, eels, minnows and much more. To introduce you to fly fishing and to the discovery of this rich aquatic environment, Esteban, a passionate fisherman and guide, will help you discover this 100% natural and preserved world. Providing you with equipment and advice, you are ready to proceed.

July 21st in Navarrenx, July 28th in Salies-de-Béarn, August 4th in Sauveterre-de-Béarn, from 9am to 12:30pm From 10 years old (accompanied by an adult). Maximum 6 participants, 10 euros person.







# + Open air

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## + *Freedom*

Hills, valleys, ridges, forests...

Béarn des Gaves offers a diverse landscape and stunning views whatever the season, signposted country walks, mountain bike circuits, mushroom picking...

BéARN  
des  
Gaves  
le petit +





# Walks

## On the paths of St-Jacques-de-Compostelle

Follow in the footsteps of the thousands of pilgrims who walk on the paths heading for Saint Jacques de Compostela. Walk alongside them, take your pilgrim's staff and encounter the countryside and the pilgrims, rediscover yourself... Three of the four principal routes used by the pilgrims pass through the Béarn des Gaves: the Vézelay Route, the Puy-en-Velay Route and the Tours Route.

## Walking on the paths of Béarn des Gaves

A territory of contrasting landscapes, crossed by the Oloron river, mountain streams, seductive countryside where nature in all her splendour is ever present.

With a backdrop of the Pyrenees you can discover, as you pass through the forests and valleys, the rural heritage of everyday life of yesteryear.

Several routes, some of which follow the paths to Saint Jacques de Compostela, form a network of numerous hiking circuits.

Some of these walks are available individually, please enquire to the tourist office ; or download for free on our website.

## Cycling

The terrain is also very conducive to mountain biking, many tours are offered throughout the area.

### VTT TRACKS OF NAVARRENNX

225 km of marked mountain bike trails with different levels of difficulty.  
Starting point (panel next to the Carrefour Express store).

## Walks and hikes

### Castetnau-Loisirs

CASTETNAU-CAMBLONG

Mountain walks Phone. 05 59 66 51 25

Country walks Phone. 05 59 66 57 40

### Club Marche et Santé

SALIES-DE-BÉARN

Phone. 05 59 65 30 73



Ile de la Glère  
SAUVETERRE-DE-BÉARN



A stroll in the heart of a listed natural site – discover not only the flora but also the history and the legends of the island.

Regularly inspected by the ONF (Office National des Forêts) for the preservation of plants and flowers.

Continue in a fun way the discovery of this exceptional flora thanks to the new interactive game at the Monréal Tower (see openings p.25)



## Walks, close to nature

### Viewpoints



In OGENNE-CAMPTORT - In BURGARONNE - In SAUVETERRE-DE-BÉARN  
3 amazing viewpoints to study the stunning landscape facing you: villages, rivers, the majestic Pyrenees. In addition to that in Ogenne, you will see a funny, telescopic piece of equipment to help you !

### La voie verte

SALIES-DE-BÉARN

Along the old railway line, a walk is laid out on a flat route. Accessible to everything that runs without an engine, it is recommended even for the less athletic among us!

### Discovery way

SALIES-DE-BÉARN

600 meters to discover the fauna and flora ending up on a former train track & tunnel.

### La Pounte lake

LABASTIDE-VILLEFRANCHE

An adapted fishing lake near the fortified town.

### Le Pain de Sucre (sugar bread)



A hill overlooking the spa town offering a pretty view. You can wander on the tracks while watching the animals lazing peacefully (pigs, lamas, deer ...).

### The Pène de Mu



CASTAGNÈDE

Following a short climb from the green way, you end up in front of a superb viewpoint with an orientation table to explain the landscape.





## Sport activities

### Horse-riding Center Les Ecuries des Gaves

Route d'Orion - Quartier Lasbordes - Maisonnave  
SAUVETERRE-DE-BÉARN  
Phone. 06 89 52 94 64 or 06 76 96 93 89  
ecuriedesgaves64@gmail.com  
www.ecuriedesgaves.com

An Ideal environment to contemplate nature and be at one with the animals. Outings for the day with picnic the Béarn's countryside are offered with your own horse or with a horse from our center.

**Le petit +** : The beauty of the Bearn countryside, be at one with the horse and nature !

### Cheval Nature 64

Chemin du Touroun - SALIES-DE-BÉARN  
Phone. 06 23 84 27 37  
chevalnature64@gmail.com  
www.chevalnature64.ffe.com

Cheval Nature 64 welcomes all ages, 3 years and up ! As an introduction, to perfect your horse riding or to just enjoy a gentle ride around the countryside, the instructors will convey their unique passion for horses.

**Le petit +** : The club has «animal welfare» and «école d'équitation française» certification labels.

### Squash Club des Arceaux

Rue de la Tannerie - SALIES-DE-BÉARN  
Phone. 06 74 52 70 71  
www.squash-salies.com

### Tennis Tennis Navarrenx

NAVARRENX  
Phone. 05 59 66 10 22 - mairie.navarrenx@wanadoo.fr  
Reservation of courts at Beau Rivage campsite  
or at the town hall.

### Tennis Club Sauveterre

SAUVETERRE-DE-BÉARN  
Complexe - Avenue Jean Récapet  
Phone. 05 59 38 59 36 or 06 88 21 33 85  
cyrilcazeaux@yahoo.fr  
Reservation of courts at the tourist office,  
in July and August.

### Stade Salisien Tennis

SALIES-DE-BÉARN  
Base de Loisirs de Mosquéros  
Phone. 05 59 38 15 53  
stade.salisien-tennis@orange.fr

### Golf Golf-club Hélios

Chemin de Labarthe - SALIES-DE-BÉARN

### Mini golf

Jardin Public - SALIES-DE-BÉARN  
Phone. 05 59 38 10 11

### Leisure parks Escape Castle ? An escape game in a castle!

LAÀS  
Phone. 06 31 50 51 25  
contact@escape-game-64.com  
www.escape-game-64.com



A thrilling adventure in which you have just 60 minutes (no more than that) to try escaping from the 2 mysterious rooms inside the Castle of Laàs: the famous Poudlard magic school or the XIX century universe from the "Gentlemen Cambrioleurs"!

**Le petit +** : A very beautiful setting within a magnificent castle.



### The castle of enigmas

LAÀS  
Phone. 05 59 65 00 34  
laas@chateau-enigmes.com  
www.chateau-enigmes.com



Within the Laàs Domain is a castle unlike any other... Once inside the "castle of enigmas" you will face a big paper chase around the theme of the famous musketeers.

**Le petit +** : An exceptional setting with a view of the Gave, bamboos, and the unusual garden theater...



### Expérience Béarn

2 bis - RD 936 - MONTFORT  
Phone. 05 59 66 04 05  
contact@experiencebearn.com  
www.experiencebearn.com

A wonderful environment next to the Oloron river between Navarrenx and Sauveterre-de-Béarn to enjoy plenty of activities: bubble football, Archery Tag, paintball or adventure paths, here is the opportunity to take exercise outside with your family, friends or colleagues.

**Le petit +** : The guarantee of a fun experience with a wide choice of activities..

### La Véloroute 81

Between Atlantic and Mediterranean, this is long-distance cycling route within everyone's reach. Castles, watchtowers, bridges and other architectural wonders can be found throughout the Béarn des Gaves.

**Le petit +** : The exceptional view of the Pyrénées.





## Archery Compagnie des archers du sanglier

4 avenue des Salines - SALIES-DE-BÉARN  
Phone. 06 08 60 88 97  
cas.salies@wanadoo.fr  
www.cas-salies.clubeo.com

**Le petit +** : We can give lessons by the hour !

## + Never stop playing ! Play areas

DOGNEN, NAVARRENX, ARAUJUZON  
BUGNEIN, AUDAUX, AUTERRIVE,  
CARRESSE-CASSABER, SALIES-DE-BÉARN,  
L'HÔPITAL D'ORION, SAUVETERRE-DE-BÉARN.

## Skate park

Base de loisirs de Mosquéros - SALIES-DE-BÉARN

## Cinéma Le Saleys

Av. du M<sup>al</sup> Leclerc - SALIES-DE-BÉARN  
Answering machine: Phone. 05 59 65 05 37  
lesaleys@orange.fr - www.lesaleyscinema.fr  
Classified room Art house / Young audience.  
Air-conditioned room, disabled access, equipped  
for people with impaired hearing. Animations and movies  
in english with french subtitles...  
Open every day.

## Casino

Boulevard Saint-Guily - SALIES-DE-BÉARN  
Phone. 05 59 38 31 31  
hotelduparc@partouche.com - www.casinosalies.com  
Slot machines, English roulette stations and black jack  
electronics are available to you in the superb listed hall of a  
Belle Époque hotel, a jewel of Salisian architecture.

## Library

### NAVARRENX

Place d'Armes  
Phone. 06 86 30 82 22 or 05 59 66 22 82  
raymonde.fournier4@orange.fr  
www.bearndesgaves.fr/bptnavarrenx

Library for everyone.

**Open all year long: Wednesday from 9:30am to 12:30pm  
and from 3pm to 5pm, Friday from 3pm to 5pm, Saturday  
from 10am to 12:30pm.**

### SALIES-DE-BÉARN

1 rue des Bains  
Phone. 05 59 28 97 47

Library for everyone.

**Open all year long: Monday, Wednesday and Friday from 4pm  
to 6pm, Thursday and Saturday from 10am to 12pm.**

### SAUVETERRE-DE-BÉARN

Place Royale  
biblisauv@orange.fr

**Open all year long: Tuesday from 3pm to 5pm, Wednesday  
from 10am to 12pm, Saturday from 9:30am to 12pm.**



# + Art of living

## + Share

Jewellers, potters, weavers, soap makers and many others  
have found inspiration here in the Béarn des Gaves to  
produce their work. Far from keeping their know-how secret,  
they would like, on the contrary to open their doors to you.

Poule au pot Henri IV, garbure, wood pigeon salami,  
cep omelette... Eat well, live well in the Béarn-des-Gaves.

Traditional cold meats and hams such as ham cured with  
Salies salt or the famous «andouille» Béarnaise. A sausage  
eaten at the beginning of a meal.

Roasted game, «brebis» cheese made from ewe milk  
accompanied by cherry jam made in the neighbouring  
Basque country.

BéARN  
des  
Gaves  
Le petit +





## Handcraft

Unique know-how, passion for creation, craftsmanship meets consumers expectations, quality, local producers and artisans are ready to share their passion for their art and love of the countryside.

In general, it is preferable to call before going directly to the Saline.



## Soap maker

### Aromanature

370 chemin Lajusa - BURGARONNE  
Phone. 05 59 38 51 86 or 06 19 81 01 53  
infos@aromanature.com  
www.aromanature.com

## Potter ceramicist

### Poterie Parabis

Route de Salies - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 54 81 or 06 74 01 30 21  
parabis@laposte.net



## Weaver Craft

### Atelier Katy

7 rue Saint-Vincent - SALIES-DE-BÉARN  
Phone. 05 59 38 23 97  
atelier.KATY@wanadoo.fr



## Jewellery manufacture

### Nathalie Saint-Maxent

20 rue du Gave - VIELLENAVE-DE-NAVARRENX  
(Art et Création, 41 rue Saint-Germain - NAVARRENX)  
Phone. 06 07 88 66 99  
nathalie.saintmaxent@wanadoo.fr  
www.nathaliesaintmaxent.odavia.com

### Atelier Quid Novi

3 bis rue Orbe - SALIES-DE-BÉARN  
Phone. 05 59 28 96 36  
quidnovi@outlook.fr - www.quidnovi-bijoux.com



## Sculptor

### Bernard Saint-Maxent

20 rue du Gave - VIELLENAVE-DE-NAVARRENX  
Phone. 06 07 88 66 99  
b.saintm@orange.fr  
www.bapdesign.odexpo.com

### Noël Bertrand

Maison l'Espitau - 8 rue de l'Église - SAINT-GLADIE  
Phone. 06 32 15 42 80 - noelbertrandpuyau1@orange.fr

## Photo studios

### Olivier Robinet

54 rue Saint-Germain - NAVARRENX  
Phone. 05 59 66 02 79  
robinetolivier@mac.com  
www.robinetolivier.format.com

### Clin d'oeil studio

23 rue du Temple - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 52 98  
clindoeilstudio64@gmail.com

## Well-being

### Pierre d'eau vive

Maison le Jugla - Chemin du Jugla - SAUVETERRE-DE-BÉARN  
Phone. 05 59 69 24 59 or 06 24 33 68 66  
pierre-eau-vive@orange.fr  
www.pierre-eau-vive.com





## Gastronomy

### Local produce

The Béarn des Gaves can be talked about around a dining table.

The richness of gastronomy in the region can partly be explained by the variety of regional produce but also by the tradition of passing culinary heritage from generation to generation.



### The salt from Salies-de-Béarn

The salt has been exploited since the Bronze Age. The salty source is still the property of the descendants from the first families who have lived in the village since the Middle Ages.

The culinary qualities of salt from Salies-de-Béarn are appreciated by gourmets and by top chefs.

Bayonne Ham has its special quality label thanks to Salies salt.

The Fleur de Sel (fine surface crust) is collected by hand to protect its lightness. Sprinkled on grills and fresh vegetables, it will seduce your taste buds.

Every year, Salt is celebrated on the second Sunday of September at the Salt Festival.

[www.sel-salies-de-bearn.com](http://www.sel-salies-de-bearn.com)



### The Blonde d'Aquitaine (cattle breed)

Born from the mix of 3 local breeds of South-West: the "garonnaise", the "quercy" and the "pyrénéenne", the Blonde d'Aquitaine is a quiet temperament, gets a good fertility, and an interesting longevity.

Her maternal qualities guarantee a good growth of the calves under the mother. Thanks to a powerful musculature and well-rounded, a fine skeleton, her meat is excellent !

You can savour it on good restaurants of Béarn des Gaves. And what you have to do is to come mid-August, at Sauveterre-de-Béarn, for the "Foire de la blonde d'Aquitaine".



### Ossau-Iraty cheese

Cheesemakers making ewe cheese known as Ossau-Iraty are situated in the Béarn & Pays Basque, so share the same landscape, similar terrain and even expertise.

They follow a strict formula in order to comply with AOP Ossau-Iraty conditions in order to guarantee the authenticity of the cheese (breed of ewe, locally produced ewe milk, type of fodder, method of milking, production of the cheese).



### Duck

Best-seller of the South-West, obviously you will eat duck in Béarn des Gaves: foie gras, magret, confit ...

We advise you to taste "garbure", thick vegetable soup with bits of duck !



### Adour kiwi

From China via New-Zealand to Béarn des Gaves: near of Adour and the Pyrenees.

Two quality labels: Label Rouge and IGP Kiwi de l'Adour, to prove the traceability.

Stock up on vitamin C, magnesium and fibres from November to May !





## Local produce

### Markets

**Tuesday morning :**  
Salies-de-Béarn, farm "La Motte" July and August

**Wednesday morning :**  
Navarrenx

**Thursday morning :**  
Salies-de-Béarn

**Saturday morning :**  
Salies-de-Béarn (local farmers' product)  
Sauveterre-de-Béarn

**Sunday morning :**  
Navarrenx from the middle of June to the beginning  
of September

### Craft markets and farmer

**BURGARONNE**  
Producers market: 17/07

**NAVARRENX**  
Exposition artisanale (Craft exhibition): 10 to 11/07

**SALIES-DE-BÉARN**  
Les Métiers d'Antan (Old handcrafts): 15/08  
Fête du Sel (Salt Festival): 11 and 12/09

**SAUVETERRE-DE-BÉARN**  
Foire de la Blonde d'Aquitaine: 21/08

### Market of local producers

**CARRESSE-CASSABER** 8/07  
**SAUVETERRE-DE-BÉARN** 22/07  
**NAVARRENX** 30/07  
**NARP** 6/08



*Thanks to craftsmen, producers, farmers  
concerned about quality of local products and  
recognized know-how.*

In general, it is preferable to call before going directly.

### Butcher shops Canning factories

#### Conserverie Gratien

Quartier de la Gare - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 59 41 - [contact@gratien.fr](mailto:contact@gratien.fr)  
[www.conserverie-gratien.com](http://www.conserverie-gratien.com)

#### Sarl Brana Patrick

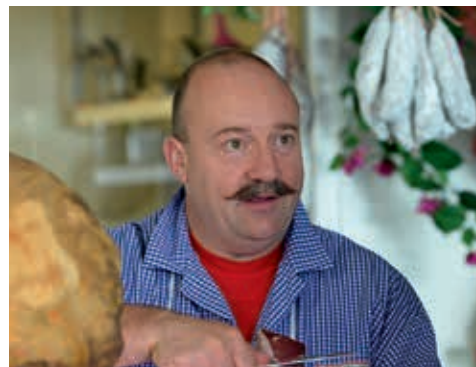
8 Place des Casernes - NAVARRENX  
Phone. 05 59 66 59 96 - [patrick-brana@orange.fr](mailto:patrick-brana@orange.fr)  
[www.boucherie-charcuterie-brana.com](http://www.boucherie-charcuterie-brana.com)

#### Jean-Michel Ihidoy

Rue du Temple - SAUVETERRE-DE-BÉARN  
Rue Félix Pécaut - SALIES-DE-BÉARN  
Phone. 05 59 38 55 35

### Charcuterie Oyharçabal Comme à la ferme

Place du Bayaà - SALIES-DE-BÉARN  
Phone. 05 59 38 49 55 or 05 59 38 30 61  
[danieloyharcabal@orange.fr](mailto:danieloyharcabal@orange.fr)  
[www.oyharcabal.com](http://www.oyharcabal.com)



### Jam

#### L'apiconfiturier

13 rue de l'Abreuvoir - NAVARRENX  
Phone. 05 47 72 41 31 or 06 86 89 16 18  
[lapiconfiturier@hotmail.fr](mailto:lapiconfiturier@hotmail.fr)

### Pastry shop

#### De Par'empart

4 rue Labourdette - SUS  
Phone. 05 59 66 11 77 or 06 83 68 08 24  
[alain-et-noelle@orange.fr](mailto:alain-et-noelle@orange.fr)

### Pâtisserie La Bonbonnière

6 rue Saint-Vincent - SALIES-DE-BÉARN  
Phone. 05 59 38 00 44

### Beer

### Boutique artisanale Shakespeare

30 rue Saint-Antoine - NAVARRENX  
Phone. 05 59 66 52 14 or 06 47 13 00 21  
[william@shakespearebrasserie.com](mailto:william@shakespearebrasserie.com)  
[www.shakespearebrasserie.com](http://www.shakespearebrasserie.com)





## Kiwi

### Maisonnave Jean-Marc

Quartier Peyrède - ORAÀS  
Phone. 05 59 38 90 63 or 06 89 57 54 28  
maisonnave.jean-marc@neuf.fr

## Bread

### Le Pain du Coin

1400 chemin du Bois - SALIES-DE-BÉARN  
Phone. 06 17 94 10 01 - breadisnotdead@gmail.com

## Farms

### La Ferme la Motte

1770 quartier Beigmau - SALIES-DE-BÉARN  
Phone. 05 59 38 22 22 - ferme.lamotte@gmail.com  
www.ferme-lamotte.com  
**Local ducks, open-air farm.**



### La Ferme Sahouret

Maison "Ange" - 36 chemin Oreyte - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 56 59 - caro.sahouret@hotmail.fr  
**Animals raised outdoors: chickens, ducks and Blonde d'Aquitaine cows.**

### La Ferme Erbin

Maison SERBIELLE - ANGOUS  
Phone. 05 59 66 50 20 - benat.erbin@orange.fr  
www.ferme-serbielle.fr  
**Family farm which produces its sheep cheese from the Ossau-Iraty PDO.**



### La Ferme Moulinaou

ANDREIN  
Phone. 05 59 38 95 18  
jacquesbaradat@orange.fr  
**Blonde d'Aquitaine cows and free range ducks.**

## Vineyard

### Domaine Mont Oraàs

Quartier Saline - ORAÀS  
Phone. 05 59 38 53 11  
contact@mont-oraas.com  
www.mont-oraas.com

### Domaine Lapeyre Guilhemas

Avenue des Pyrénées - SALIES-DE-BÉARN  
Phone. 05 59 38 10 02 or 06 03 74 05 70  
scea.pascallapeyre@orange.fr

### Domaine d'Audaux

1 rue Jean de Gassion - AUDAUX  
Phone. 05 59 66 13 15 or 07 85 03 81 06  
jessandjamie@domainedaudaux.com  
www.domainedaudaux.com



# Food lover

## Garbure Recipe by Mamie Alice

- 1 ham hock
- 4 confit or conserved duck legs
- 200 gr of carrots
- 200 gr of potatoes
- 3 leeks
- 500 gr of white haricot beans
- 150 gr turnip
- 2 onions
- 1/2 a cabbage
- 200 gr of beans (depending on the season)
- bouquet garni, garlic, coarse salt of Salies-de-Béarn and black pepper
- tomato puree

#### Method:

Peel **the vegetables**, clean them and roughly chop.

Put a half-full pot of water **on the cooker** with a handful of Coarse Salt from Salies-de-Béarn and a good pinch of pepper.

As of the first «broths», **add the ham**, the vegetables, the bouquet garni, the tomato puree, a spoon of duck fat. **Cook over low heat** for 2 1/2 hours.

#### Check from time to time ...

When the vegetables are cooked, add the cabbage, duck then the potatoes. After another 1/2 hour of cooking **the garbure** must be a little thick and bound by the vegetables. Adjust the seasoning at the end of cooking.

**Close your eyes... smell and taste!**



## Master restaurateur's title

The quality of the title of «**Master Restaurateur**» assures you the excellence the best professionals of the traditional restoration, by valuing their competence as well as their commitment in favour of the quality.





## Restaurants in or near Navarrenx

### Bar des Sports

Rue Saint-Antoine - NAVARENX  
Phone. 05 59 66 50 63

Menus from 14€  
Dining room: 45 seats - Terrace: 60 seats  
**Closed on Sunday evening.**

### La Taverne de Saint-Jacques

Place Bertrand Dufresne - NAVARENX  
Phone. 05 59 66 25 25

Menus from 14,50€  
Dining room: 70 seats - Terrace: 120 seats  
**Open every day.**

### L'Estanquet

50 rue Saint-Germain - NAVARENX  
Phone. 05 59 66 56 52

Dishes from 10 €  
Dining room: 12 seats - Terrace: 18 seats  
**Closed on Wednesdays.**

### Auberge Claverie



2 place de l'Estanquet - AUDAUX  
Phone. 05 59 66 03 80

Menus from 14€  
Dining room: 50 seats - Terrace: 70 seats  
**Closed on Sunday evening, Monday, and Wednesday evening.**

### Chez Germaine



18 route de Josbaig - GEÛS D'OLORON  
Phone. 05 59 88 00 65

Menus from 15€  
Dining room: 220 seats - Terrace: 25 seats  
**Closed on Sunday evening and on Monday and on Thursday lunchtime (in winter).**



## Restaurants in or near Salies-de-Béarn

### À la fraich' (restaurant-pizzeria)

16 place du Bayaà - SALIES-DE-BÉARN  
Phone. 05 59 65 04 17

Menus from 13,50€  
Dining room: 40 seats - Terrace: 20 seats  
**Closed on Tuesday evening, on Wednesday and on Thursday.**

### L'Atrium

Hôtel du Parc - Boulevard Saint-Guily - SALIES-DE-BÉARN  
Phone. 05 59 38 31 31

Menus from 24€  
Dining room 34 seats - Terrace: 26 seats  
**Open every day.**

### Au Petit Béarn

Rue Bellecave - SALIES-DE-BÉARN  
Phone. 05 59 38 17 42

Menus from 18€  
Dining room: 25 seats  
**Open every evening by reservation only.**

### Bistrot des 4 Grains

Place Jeanne d'Albret - SALIES-DE-BÉARN  
Phone. 09 81 41 48 37

Menus from 15,90€  
Dining room: 60 seats - Terrace: 34 seats  
**Closed on Sunday evening, on Monday and on Tuesday evening.**

### La Grignotine

11 rue du Canal - SALIES-DE-BÉARN  
Phone. 05 59 38 15 50

Menus from 13€  
Dining room: 20 seats - Terrace: 22 seats  
**From September to June, closed on Sunday, and on Monday.**  
**In July and August, closed on Sunday and on Monday evening.**





## Restaurants in or near Salies-de-Béarn

### Le Lodge

Quartier Hélios - Chemin de Labarthe - SALIES-DE-BÉARN  
Phone. 05 59 67 75 23

Menus from 15€  
Dining room: 80 seats - Terrace: 40 seats

**From September to June, closed on Saturday and on Sunday.**

**July and August, closed on Saturday lunchtime and on Sunday lunchtime.**

### Restaurant des Voisins

12 rue des Voisins - SALIES-DE-BÉARN  
Phone. 05 59 38 01 79

Menus from 18€  
Dining room: 30 seats - Terrace: 30 seats  
**Closed on Monday and on Tuesday.**



### La Tannerie

Place de la Tannerie - SALIES-DE-BÉARN  
Phone. 05 59 38 34 19

Menus from 14€  
Dining room: 32 seats - Terrace: 40 seats

**Open every day.**

**From November to March, dinner on reservation.**

### Auberge du Relais

BÉRENX  
Phone. 05 59 65 30 56



Menus from 14,50€  
Dining room: 40 seats - Terrace: 50 seats

**From September to June: closed on Friday evening, on Saturday lunchtimes, and on Sunday evening. July and August : closed on Saturday lunchtimes.**

### La Belle Auberge

CASTAGNÈDE  
Phone. 05 59 38 15 28

Menus from 14€  
Dining room: 95 seats - Terrace: 90 seats  
**Closed on Sunday evening and on Monday evening.**



## Restaurants in or near Salies-de-Béarn

### Wine bar / Tapas

#### Le Chalet

1 boulevard Saint-Guily - SALIES-DE-BÉARN  
Phone. 07 86 30 95 91

Dishes from 9,50€  
Dining room: 50 seats - Terrace: 40 seats

**Closed on Sunday.**



### Tea Rooms

#### L'Instant Thé (Savoury / sweet tarts)

5 place Jeanne d'Albret - SALIES-DE-BÉARN  
Phone. 05 59 38 42 10

Menus from 9,90€  
Dining room: 15 seats - Terrace: 12 seats

**Closed on Wednesday.**



### La Pause Gourmande

18 place du Bayaà - SALIES-DE-BÉARN  
Phone. 05 24 37 13 10 or 06 72 29 32 69

Dining room: 42 seats - Terrace: 22 seats  
**Closed on Sunday morning.**





## Restaurants in or near Sauveterre-de-Béarn

### Bar de la mairie

1 rue Pannecau - SAUVETERRE-DE-BÉARN  
Phone. 05 47 06 03 57 or 06 01 03 19 11

Menus from 12€  
Dining room: 45 seats - Terrace: 30 seats  
**Open every lunchtime and on Friday and Saturday evenings out of season.**  
**Open every lunchtime and every evenings in season (except on Monday evening).**  
**Closed Tuesdays all year round.**

### Auberge Blondain

AUTEVIELLE  
Phone. 05 59 38 54 76

Menus from 14€  
Dining room: 60 seats  
**Closed on evenings and on Saturday.**

### La Légende

5 rue de l'abbé Duplech - SAUVETERRE-DE-BÉARN  
Phone. 09 86 68 99 47

Menus from 18€  
Dining room: 28 seats - Terrace: 20 seats  
**Open from Tuesday to Sunday.**

### Auberge de la Fontaine

Place de l'Eglise - LAÀS  
Phone. 05 59 38 20 20

Menus from 15€  
Dining room: 50 seats - Terrace: 50 seats  
**Closed on Wednesday and on Sunday evening.**

### Le Relais du Gave

8 route des Pyrénées - BARRAUTE-CAMU  
Phone. 05 59 09 42 62

Menus from 14€  
Dining room: 50 seats  
Reception room or banquet room: 100 seats  
**Closed on Sunday and on Monday evenings.**

### Tea garden

### Au fil de l'eau

Chemin du moulin - SAUVETERRE-DE-BÉARN  
Phone. 05 59 38 96 95 or 06 80 51 42 11

Possibility of picnic on site if you buy refreshments from cafe (drink, ice cream, cake...)  
**Open every days from May 1st to September 31st.**



eMercat

The Bearn des gaves, at your home and everywhere !

Go and discover it !

[www.e-mercato.com](http://www.e-mercato.com)

Wherever you are, in a click, you will have a glimpse of your vacation.



eMercat



+ flavor

+ know-how

+ gift ideas



# The big events of the year

## + *smiles and celebrations*



### April

**3 to 5 / SALIES-DE-BÉARN**  
ART EN VRAC

**9 to 11 / SAINT-PÉ-DE-LÉREN**  
LO PRINTEMPS DE L'ARRIBERA

### July

**Every Tuesday / NAVARRENX**  
MARDIS MUSICAUX

**7 to 11 / BÉARN DES GAVES**  
INTERNATIONAL FESTIVAL OF GUITAR

**8 / CARRESSE-CASSABER**  
MARKET OF LOCAL PRODUCERS

**10 to 11 / NAVARRENX**  
CRAFT EXHIBITION

**11 to 14 / SALIES-DE-BÉARN**  
SALIES À PEINDRE

**17 / BURGARONNE**  
PRODUCERS MARKET

**19 to 22 / BÉARN DES GAVES**  
PRÉAMBULES DE LA FÊTE DES SOTTISES

**22 / SAUVETERRE-DE-BÉARN**  
MARKET OF LOCAL PRODUCERS

**23 to 24 / LAÀS**  
LES TRANSHUMANCES MUSICALES

**23 to 25 / SALIES-DE-BÉARN**  
FÊTE DES SOTTISES

**24 / SAUVETERRE-DE-BÉARN**  
LES MÉDIÉVALES

**30 / NAVARRENX**  
MARKET OF LOCAL PRODUCERS

### August

**Every Tuesday / NAVARRENX**  
MARDIS MUSICAUX

**3 to 21 / SAUVETERRE-DE-BÉARN**  
«COW ART» CONTEST

**6 / NARP**  
MARKET OF LOCAL PRODUCERS

**6 to 8 / SALIES-DE-BÉARN**  
SALIES FESTIVAL

**6 to 12 / NAVARRENX**  
NAVARRENX FESTIVAL

**15 / SALIES-DE-BÉARN**  
LA PIPERADÈRE & LES MÉTIERS D'ANTAN

**21 / SAUVETERRE-DE-BÉARN**  
FOIRE DE LA BLONDE D'AQUITAINE

**22 / LAÀS**  
LES 3 HEURES DE LA BROUETTE

### September

**9 to 12 / SALIES-DE-BÉARN**  
SALT FESTIVAL

**17 to 19 / SAUVETERRE-DE-BÉARN**  
SAUVETERRE FESTIVAL

**18 to 19 / BÉARN DES GAVES**  
EUROPEAN HERITAGE DAYS

### October

**10 / LAÀS**  
CORN FESTIVAL

**23 to 24 / SALIES-DE-BÉARN**  
SHORT FILMS FESTIVAL LA 25<sup>e</sup> HEURE

This provisional schedule is subject to change due to health conditions.



# Practical information

## Town Hall

### Navarrenx

Place d'Armes  
Phone. 05 59 66 10 22 / Fax 05 59 66 58 07  
mairie.navarrenx@wanadoo.fr  
www.ville-navarrenx.fr

### Salies-de-Béarn

Place du Bayaà  
Phone. 05 59 38 00 40 / Fax 05 59 38 06 34  
accueil@salies-de-bearn.fr  
www.salies-de-bearn.fr

### Sauveterre-de-Béarn

Place Royale  
Phone. 05 59 38 50 17 / Fax 05 59 38 94 82  
accueil.mairie@sauveterre-de-bearn.fr  
www.sauveterre-de-bearn.fr

## POST OFFICE

### NAVARRENX

Porte Saint-Germain / Phone. 05 59 66 02 03

### SALIES-DE-BÉARN

Boulevard Lannabère / Phone. 05 59 65 09 80

### SAUVETERRE-DE-BÉARN

Rue du Temple / Phone. 05 59 38 52 58

## EMERGENCY - HEALTH

Emergencies 112 - Gendarmerie 17  
Fire brigades 18 - Emergency medical services 15

### HOSPITAL CENTRE ORTHEZ

Rue du Moulin - ORTHEZ  
Phone. 05 59 69 70 70

### HOSPITAL CENTRE ST PALAIS

Av. Frederic de Saint Jaymes - ST-PALAIS  
Phone. 05 59 65 45 25

### HOSPITAL CENTRE D'OLORON

1 Av. Alexander Fleming - OLORON-STE-MARIE  
Phone. 05 59 88 30 30

## TRANSPORTS

### BUS

#### TRANSPORTS NOUVELLE-AQUITAINE

Phone. 0800 730 146  
www.transports.nouvelle-aquitaine.fr

- DAX / PUYOÛ / SALIES-DE-BÉARN  
SAUVETERRE-DE-BÉARN / MAULÉON

- LIGNE 809 : ORTHEZ / SALIES-DE-BÉARN  
SAUVETERRE-DE-BÉARN / ST-PALAIS

### TAXIS

#### CHAUBERT AURÉLIEN

CASTETNAU-CAMBLONG  
Phone. 05 59 66 02 50 or 06 31 24 86 06

#### TAXI LGL

SALIES-DE-BÉARN  
Phone. 05 59 65 06 76 or 06 67 66 08 49

### SNCF

SNCF ORTHEZ - Phone. 05 59 65 25 20  
SNCF PUYOÛ - Phone. 36 35  
SNCF DAX - Phone. 36 35

## RELIGIOUS SERVICES

#### ÉGLISE SAINT-GERMAIN - NAVARRENX

Sunday: 10:30am

#### ÉGLISE SAINT-VINCENT - SALIES-DE-BÉARN

Sunday: 11am

#### TEMPLE - SALIES-DE-BÉARN

2nd Sunday, and 3rd Sunday every 2 months: 10:30am

#### ÉGLISE SAINT-ANDRÉ - SAUVETERRE-DE-BÉARN

Sunday: 10am

#### TEMPLE - SAUVETERRE-DE-BÉARN

4th Sunday in the month: 10:30am





## THIRD-PARTY VENUES / CO-WORKING

### LACAZE AUX SOTTISES

11 route de Lasbordes - ORION

Phone. 05 59 38 68 71

lacazeauxsottises@gmail.com

www.lacaze-aux-sottises.org

A space for social life and sharing, and a resource center with a solidarity laboratory for market gardening and fruit processing.

### L'ÉPICERIE SANS FIN

2 rue Léon Bérard - SAUVETERRE-DE-BÉARN

Phone. 09 86 60 56 51

contact@lepiceriesansfin.org

Space for meetings and sharing, workshops, educational garden, grain library, cultural relay, talks, tasting.

### LA STATION

D 27 - SAUVETERRE-DE-BÉARN

Phone. 05 59 09 46 31

contact@espace-station.fr

www.espace-station.fr

Co-working, meeting rooms, Fablab, nursery space.



## CYBER POINTS IN BÉARN DES GAVES

### CYBER-BASES BÉARN DES GAVES

Paid Wi-Fi and cyber points

cyberbase@ccbearndesgaves.fr

www.cyberbases64.canalblog.com

### NAVARRENX

14 rue Saint-Germain

Phone. 05 59 66 22 19

Wednesday from 10am to 1pm

Friday from 2pm to 5pm

### SALIES-DE-BÉARN

Maison des services - Villa Al Cartéro

Phone. 05 59 38 11 70

Monday from 10am to 1pm

Thursday from 2pm to 5pm

### SAUVETERRE-DE-BÉARN

Place Royale

Phone. 05 59 38 50 36

Tuesday from 2pm to 5pm

Thursday from 10am to 1pm

### WI-FI AT THE TOURIST OFFICES

NAVARRENX - SALIES-DE-BÉARN - SAUVETERRE-DE-BÉARN

### SAVOIR PARTAGÉ

2 avenue Al Cartero - SALIES-DE-BÉARN

Phone. 05 59 38 37 01 / le-savoir-partage@orange.fr

www.savoirpartage.wixsite.com

Free access on the computers.

Open from Monday to Friday (except on

Tuesday morning) from 9am to 5:30pm

Free for the computer available.

### CLIN D'ŒIL STUDIO

23 rue du Temple - SAUVETERRE-DE-BÉARN

Phone. 05 59 38 52 98

From Tuesday to Saturday from 10am to 12pm

and from 3pm to 7pm.



## OFFICE DE TOURISME DU BÉARN DES GAVES

www.tourisme-bearn-gaves.com

contact@bearndesgaves.com



The tourist office of Béarn des Gaves has been awarded the French QUALITE TOURISME label in compliance with the Office de Tourisme de France quality process.

We're here to help, to provide a warm welcome and pleasant facilities, and to share our knowledge of the region with you.

The reception of Navarrenx and Sauveterre-de-Béarn are labeled Tourism & Handicap on the 4 aspects:



hearing impairments, physical disabilities, visual impairments, and mental disabilities.



Communauté de Communes  
du **Béarn des Gaves**  
terre de partage

289 route d'Orthez

64270 SALIES-DE-BÉARN

Tél. 05 59 38 30 46



For your leisure activities, to visit an area or a museum, here is our advice:

**White water activities:** sunscreen, closed and non-slippery shoes to go in water, hat and sunglasses, underwater swimming certificate and a change of clothes.

**Crypts and fortification visits:** closed and non-slippery shoes, take a torch to see in the dark!

**Salt water pool:** protect any cuts, wear plastic shoes.

**Pool:** do not forget to shower there before entering and after leaving the pool.

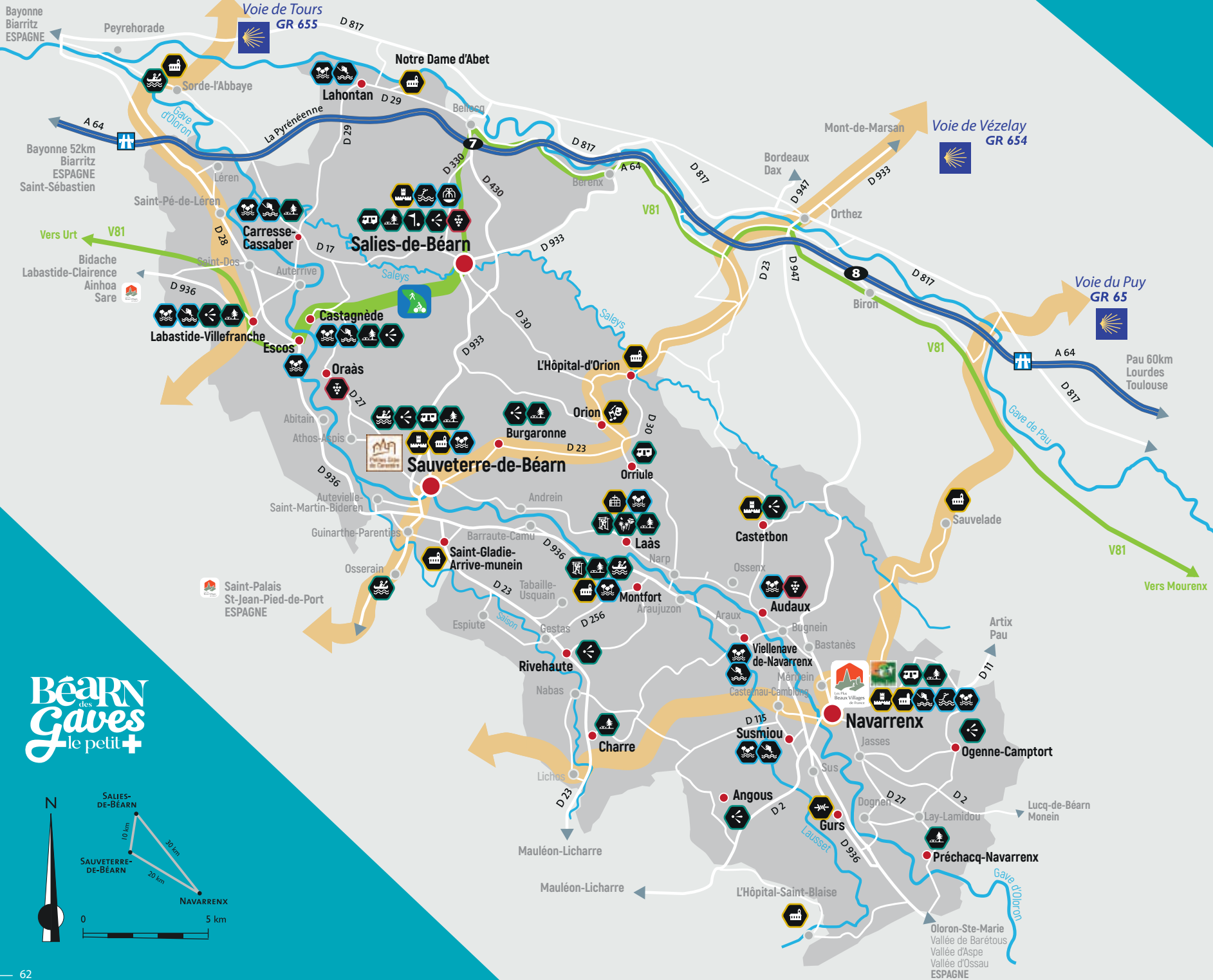
**Any activity in warm weather,** make sure to bring drinks and/or hats and sunglasses.

**In general we encourage you to show common sense for your own safety and health.**

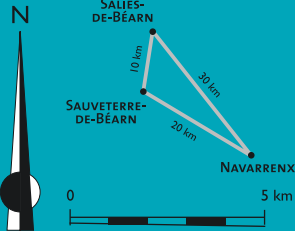
The services presented to you in this guide are collaborators of the tourism office and do not represent the complete offers available in the area. You can find it on our website [www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com)

Despite our efforts, some services are not accessible to people with reduced mobility.





**Béarn**  
des  
*Gaves*  
le petit+



Office de Tourisme

**BÉARN**  
des  
**Gaves**  
le petit +

## NAVARRENX

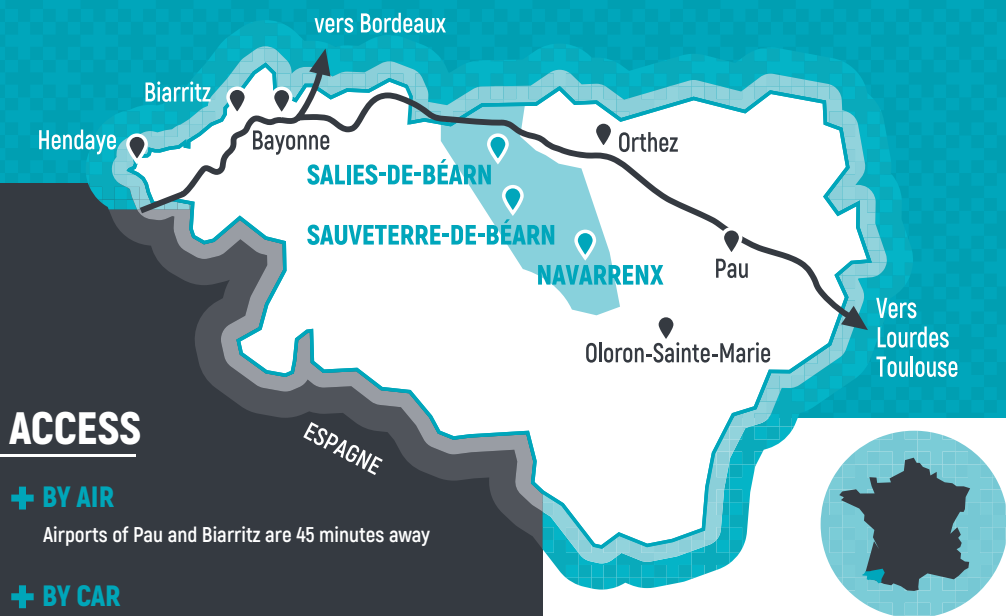
2 place des Casernes - 64190 Navarrenx  
Phone. 05 59 38 32 85

## SALIES-DE-BÉARN

8 rue de la Fontaine Salée  
BP 26 - 64270 Salies-de-Béarn  
Phone. 05 59 38 00 33

## SAUVETERRE-DE-BÉARN

Place Royale - 64390 Sauveterre-de-Béarn  
Phone. 05 59 38 32 86



## ACCESS

### + BY AIR

Airports of Pau and Biarritz are 45 minutes away

### + BY CAR

Toulouse - Pau - Biarritz - Motorway A 64  
Exits 7 (Salies) or 8 (Orthez)

Bordeaux - Bayonne Motorway A 63  
Exit 8 (St Geours de Maremne)

### + BY TRAIN

TGV Dax connection Salies-de-Béarn/  
Sauveterre-de-Béarn by bus

TGV Orthez connection bus Salies-de-Béarn/  
Sauveterre-de-Béarn by bus line 809 or taxi

TER Puyoô connection Salies-de-Béarn/  
Sauveterre-de-Béarn by bus or taxi

le petit +

[www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com)

[contact@bearndesgaves.com](mailto:contact@bearndesgaves.com)



05 59 38 00 33



Conception : Agence [www.bixoko.com](http://www.bixoko.com)

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