

Welcome 2023



BÉARN
des
Gaves
le petit +



+ discoveries!



www.tourisme-bearn-gaves.com

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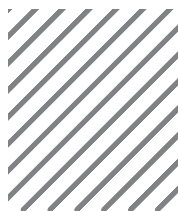
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Navarrenx

The bastion city



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

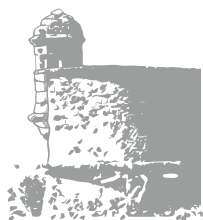
The town has a very important strategic position. Marguerite de Moncade gave it the status of Bastide in 1316.

In the 16th century Henri d'Albret, grandfather of the future king Henri IV, decided to fortify the town. He wanted to protect Béarn 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 Béarn by the French troops of Charles IX.

Thanks to the resistance of Navarrenx, ever loyal to Jeanne d'Albret under the command of Baron d'Arros, Béarn was able to maintain its sovereignty. The fortifications are still intact and take you on a journey through time.

Along your walk, you can admire "the most beautiful visages of France" : caricatures of the town's shopkeepers and inhabitants.





Discover the first fortified city in France

Yellow circuit *The fortified village*

Leaving the tourist office (1), you will see **S^t-Antoine's Barracks (1)** ancient military barracks built after the fortifications to accommodate up to 500 soldiers. In front of you, is **S^t 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 S^t Antoine's Barracks, on your right, you will see the former military prison. Take the steps on the right, and you will reach the **terrace (3)**, which faces 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 made it possible to pull up 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 on you arrive at the **bastion of the bell (4)** protector of the bridge and the S^t 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 the motto of the city, a Béarnaise cry 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 allows sound to echo diagonally, from corner to corner - do try it out!

Next take "rue S^t-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

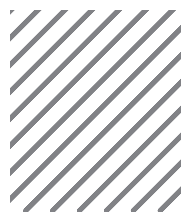
became queen of Navarre and of Béarn. She adopted the calvinist religion and Béarn became part of a small group of protestant nations.

Carry on toward the **S^t-Germain's church (7)**. The church has 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 has the distinctive feature of 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 S^t-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 echo seven times. The steep staircase on the right leads to the Potern of l'Abattoir 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 a 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 tourist centre of the town.



Salies-de-Béarn

The city of salt



This small town owes its fame to alt and salt has shaped its history.

Its discovery was attributed to a wild boar that was found next to a spring with its bristles covered in salt. Since then, 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. In these streets, you'll discover the Museum of Salt and Béarnais Tradition. Nearby, the Thermal quarter has a totally different feel. You are immersed in the Belle Epoque era with the Moorish style Spa, the band stand and the splendid Hotel du Parc, which houses the Salies casino. Together they ooze an old-fashioned charm which appeals to visitors.





Guided tour

Starting from the **Tourist Office** , next to the Town Hall, you will find 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 mourt 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, you'll find an information board and a video about the history of the city of salt. 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 (details from the Tourist Office). It possesses a beautiful stone vault supported by 1-metre-wide pillars. They are supported by an eight-metre pile foundation of chestnut wood. In the square at the corner of the town hall on the first floor flourish 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 bas relief (4)** 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, drawn from the basin in "Place du Bayaà" was carried to the workshop in "sameaux" 92-litre wooden containers. Carry on to the left, "rue des Voisins", then right, "rue du Griffon" and on to the end of "rue du Saleys". Notice, 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.

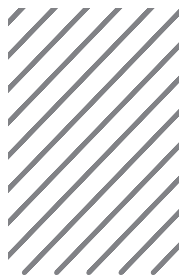
Head towards the "place de la Trompe" then "rue du Moulin", on the right "rue Elysée Coustère" and "rue Larroumette" and you will see the **"Château S'-Pé (8)"**, which was rebuilt

at the end of the 16th century. In the 17th century, witchcraft trials 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" a cabinetmaker of the École de 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 and admire at half-timbered **houses on pillars (10)** including the "maison Marrou" with its wooden galley and suspended bread oven. Follow rue d'Église and you'll reach **S'-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 flourish. Cross the public garden with its **band stand (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 Moorish style in 1888. The west wing is reserved for therapy. The benefits of the water help to heal gynaecological, rheumatological and paediatric complaints. The opposite wing 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 Grotto) and the "Lagon de la Mer Morte" (Dead Sea Lagoon). Imagine fin-de-siècle artists and poets such as Paul-Jean Toulet on the terrace of **Café Cercle du Chalet (14)**.

Be sure to go into the "Hôtel du Parc", built in 1983 with its splendid entrance hall in the form of 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 "avenue Gabriel Graner" and then on your right, "avenue Jacques Dufourcq", you find the **salt manufacturing plant (16)**. This is where the Salies Salt (IGP), pure white and 100% natural, is extracted from the Oraàs salt water spring. 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



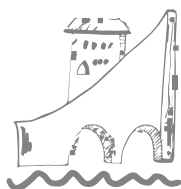
«Here you will find some of the most beautiful countryside in France...

... 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, Sauveterre is surrounded by picturesque countryside.

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





Le petit + de Sauveterre-de-Béarn
by Evelyn

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

... You 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. At night, this drawbridge was raised to prevent entry and to protect the town. I love the idea of passing through from the Medieval town to the river Oloron, from nowadays back to the past.



Walk in the medieval city

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 **S^t 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 chrismon, its angled tower and its rose window. Unusually, S^t 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 **crestiaans**.

Mystery surrounds this population, which was rejected by the Béarnais 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. Notice 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 **"Montréal 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 Sancier, 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 Sancier, 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

+ *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 : - in the walled town of Navarrenx, Salies-de-Béarn, still is the centre of salt production and medieval Sauveterre-de-Béarn. Exploring the surrounding villages and countryside is also a treat for anyone interested in history.





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

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.



In Béarn des Gaves, follow the guides !



Tèrra Aventura

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 litter you might come across on your way and win a special prize !

Storytelling tours

Béarn des Gaves is packed with history, heritage, architectural gems, legends and hidden treasures all waiting for you to discover. Happily, Béarn des Gaves also has people who love sharing the story of this small and special region.

Our enthusiastic team will whisk you back to the Middle Ages, the Renaissance, the Belle Époque and the 20th century. Meet colourful characters from the past, appreciate the architecture of our towns and villages, discover local specialities and see how Nature has shaped a way of life.

Unique, convivial and full of insights. Take a trip through time, tradition and savoir-faire.

Our Heritage tours take you to Audaux, Castetnauc-Camblong, Gurs, L'Hôpital d'Orion, Lay-Lamidou, Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn.

Ask for the programme.



The Orion Rencontre

8A route de Lasbordes - ORION - Tel. 06 40 48 26 13
rencontre.orion@gmail.com - www.rencontre-orion.org

Centre for cultural events, concerts, conferences, lectures and seminars.

Local accommodation available during seminar and event weeks.



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

Tel. 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 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 (Opening times vary according to production schedules).

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, visit of the production.

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

In January and February : from Tuesday 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

Tickets : €4.50 - Curiste : €3.50 - Children (6-12 years old) €2.50.

Museum of Salt and Béarnaise Tradition

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



Set in the « Darremoudine », a typical 17th century house, the museum offers a unique visit tracing over 4000 years of history. Learn about the salt's origin and underground wealth of Béarn, the archeological discoveries, the "Part-Prenants" history and their unique management of the salt waters, the "Belle époque" spa therapy and the salt works of the 19th century. The "Part-Prenant" house features a 17th century salt maker's workshop, illustrating the unique skills that shaped a way of life. Traditional salt working demonstration on Sunday during the Salt Festival.

Le petit + : With touchscreen displays and videos, a museum for all the family.

Open from 6 March to 16 December. Monday to Saturday.

From 6 March to 29 April and from 6 November to 16 December, open from 1.30pm to 6pm.

From 1st May to 4th November, open from 1.30pm to 7pm.

Entry : adults €6 - reduced price €5 - children (aged 7-12) €2 - free for under-7s.

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, and a treat for the kids.

Information at the tourist office - SALIES-DE-BÉARN

Tel. 05 59 38 00 33



The Crypt

The Bayaa Crypt, constructed in the 1860's covers the source of salty water, exploited since the Middle Ages. The elegant stone are tastefully floodlit to highlight their beauty.

Le petit + : Unique and not to be missed!

Details and reservations at the Tourist Office - SALIES-DE-BÉARN
Tel. 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 cove 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 preserved elements of their fortifications.

The « Pont de la Légende » and the « tour Monréal » in **Sauveterre-de-Béarn**, were part of the town's hillside defence. Thanks to these buildings and its environment, **Sauveterre-de-Béarn** is recognised as a « 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 defence bastions, as well as various military buildings such as the Arsenal and the Saint-Antoine barracks, have earned Navarrenx one of the highest accolades - it is one of the "Most beautiful villages in France".

The nearby village of **Audaux**, has preserved and restored its communal village laundry, opposite the church of S^t 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"

Tel. 05 59 66 10 22

accueil@ville-navarrenx.fr

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

Le petit + : The volunteers are knowledgeable on everything from geology to Musketeers!

Open July to September,
every day from 3pm to 6pm.

Free

Cinquecento

At the Tourist Office in Navarrenx

Tel. 05 59 38 00 33

contact@bearndesgaves.com

Open during Tourist Office opening hours.

Free

The model of the fortified city of Navarrenx

At the Tourist Office in Navarrenx

Tel. 05 59 38 00 33

contact@bearndesgaves.com

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

Open during Tourist Office opening hours.

Free

The Gurs camp

GURS

Tel. 05 59 38 00 33

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.

Visit the 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. Walk the Internees' Path, where 27 granite columns that pay tribute to each category of internee.

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).

A 3D game that allows you to discover the town as it was when the fortifications were still new.

It's Wednesday - market day - perfect for discovering the sites and meeting the shopkeepers and locals.



Open all year - Free

Individual visits : signs in the camp - free admission.

Guided group tours, ask 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 Santiago de Compostela.

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

Laàs, a Principality? Well, there is 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 the Principality of Laàs! You may smile but this is serious! You can stroll along a Hollywood - style Walk of Fame - « Laàs-Vegas Boulevard » with its 33 stars in homage to celebrities who have performed at the annual Transhumance Music Festival. Laàs may be pocket-sized but this charming Béarnais village has become quite famous. Make a day of it with a meal at the Auberge and a visit to a master cabinetmaker or a pottery studio. Or if you'd like to stay a while, why not book a room at the Auberge or rent a gite ?

Have a wander around the main square, admire the sundials and marvel at the signposts in Laàs, at the crossroad of the world...



Sauveterre Monréal Tower



SAUVETERRE-DE-BÉARN

Tel. 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, recreational 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 + : Spectacular views over the Oloron river

Open from 8 April to 5 November.

April, May, June, September and October

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

July and August :

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

Open by appointment : every day (minimum 5 pers.).

Entry : €4

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

Children (under 12 years old) : free



The Chateau de Laàs Museum



LAÀS

Tel. 05 59 38 91 53

musee@chateau-laas.com

www.musee-chateau-laas.com



Imagine you're a guest wandering through this exceptional 18th century residence, which has been restored to its former glory.

Admire the period furniture, the old masters on the walls, the luxurious tapestry - and even a bed slept on by Napoleon!

Afterwards, relax in a succession of award-winning gardens, from French parterres and fountains and English-style parkland with centenarian trees to exotic riverside plants and Italian floral terraces. Picnic areas and children's activities available.

Le petit + : A cultural and bucolic break

Open from 8 April to 5 November.

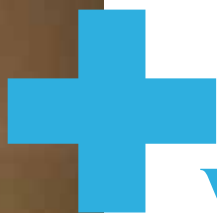
Open every day from 10am to 6pm

(from 8 July to 3 September from 10am to 8pm).

Closed on Mondays and Tuesdays, from September 4th to October 17th included.

Adults : €11 - Children (4-12 years) : €7





Water

+ *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 region's two main rivers (the Gave d'Oloron and Le Saison) 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 +



Thermal water

Rich in minerals and oligo-elements and with a unique concentration of salt (290 g/l, or ten times that of sea water), the thermal water in Salies-de-Béarn is an outstanding natural resource for health, wellbeing and beauty.



THERMAL SPA, SALIES-DE-BÉARN

Place du jardin public - SALIES-DE-BÉARN
Tel. 05 59 38 10 11
reservations@thermes-de-salies.com
www.thermes-de-salies.com

Visits by appointment from March to the end of October (minimum 5 people).

Thermal cures in Salies-de-Béarn

The thermal spa in Salies-de-Béarn provides state-recognised thermal cures of 3 weeks, prescribed by your doctor and covered by the Social Security body in your area.

Rheumatology : rheumatism and arthritis, post trauma recovery.

Gynaecology : female infertility, uterine fibroids, menopausal disorders, pain.

Child development disorders :
bedwetting, osteoarticular conditions.

Dual treatments.

Treatments include : application of salt clay packs, bathing in mother liquor, whirlpool or immersion jet bath, bath with vaginal irrigation, shower jet and conventional shower, mother liquor compresses, exercise pool.

To boost your health or discover the benefits of thermal water treatments, you can also take a 6 day prevention cure. This option is not covered under the health system. A medical certificate stating that there are no contra-indications is required.



The Thermal Spa

With its warm atmosphere and distinctive Moorish elegance, the thermal spa, "Les Bains de la Mude" offers you :

A wellbeing and beauty area with 1 to 5 half-day packages and an à la carte menu of treatments inspired by the benefits of thermal water;

A range of 100% local organic herbal teas;

A thermal leisure area with a spa water swimming pool, a freshwater swimming pool, Californian baths outside and hamman and sauna inside;

A fitness space with a well equipped aerobic and weight training gym and an area for group classes;

A schedule of aquatic and fitness group classes;

Visiting experts to provide therapeutic guidance or wellbeing treatments.

Our favourite wellbeing packages :

CRISTALLINE - €69

ESCAPADE SALISIENNE - €150

SUBLIME BEAUTÉ - €447

Bathing cap, swimsuit and flip-flops are compulsory.

Swim shorts not allowed.



Aqua fun and fitness classes for all levels!

The thermal spa is also a centre for regular group activities, including aquagym, aquabike, trampobike, aquazumba, thighs, bums and tums, back gym, body sculpt, pilates and more.

Details at www.thermes-de-salies.com

Sample the Escale Sensorielle and experience new sensations!

The Escale Sensorielle is a relaxing sensory journey through different spaces designed to awaken your senses and take you out of yourself. The gentle heat, the peaceful surroundings, the scents, the effects of light and sound transport you to another place.

You'll discover salt in its different forms until at last you're cradled in it, floating weightlessly in an exceptionally salty (290 g/l), lagoon. A unique and relaxing experience.

1 hr pass - Escale Sensorielle €34

2 hr pass - Escale Sensorielle + Aqua-leisure area €40





Aquatic games

Where there's water, there's sport!

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

+ **Rafting,**
canoe, megacraft,
stand-up paddle

**Rafting 64 /
Experience Béarn**



MONTFORT

Tel. 05 59 66 04 05

contact@experience-bearn.com

www.experience-bearn.com



+ **Canoe rental,**
megacraft,
stand-up paddle

2x aventures

Meeting point in Sorde l'Abbaye, impasse du Poun
Tel. 06 10 61 79 02

contact@2xaventures.com

www.2xaventures.com

+ **Canoe rental**
USSCK

Meeting point at the bridge in Osserain

Tel. 07 82 34 24 04 or 05 59 38 93 75

kayak.sauveterre@gmail.com

www.ussck.sauveterre.free.fr

Swimming pools

Intercommunal pool

NAVARRENX
Allée des Marronniers
Tel. 05 59 66 53 10
Open-air

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

Recreational pool

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



Fishing

Fishing spot in Navarrenx Gave d'Oloron

(first category)

LE POOL MASSEYS

Sport fishing in Gave d'Oloron

(first category)

VIELLENAVE-DE-NAVARRENX

Bidala pool

(second category)

CARRESSE

Fishway

NAVARRENX

For more information visit : www.federation-peche64.fr

Fishing licence

Le Poisson Roy

24 Rue Saint-Germain - NAVARRENX
Tel. 05 59 66 28 76 or 06 74 78 04 86
www.lepoissonroy.com

Pêche Chasse Passion

48 rue Elysée Coustère - SALIES-DE-BÉARN
Tel. 05 59 38 12 56

OFFICE DE TOURISME

Place Royale - SAUVETERRE-DE-BÉARN
Tel. 05 59 38 00 33

Sport fishing

Hervé BALTAR

7 Chemin des Tuileries - SUSMIQU
Tel. 05 59 66 04 39
herve.baltar@peche-pyrenees.com
www.peche-pyrenees.com





Countryside and outdoor leisure

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 the Camino de Santiago

Follow in the footsteps of the thousands of pilgrims who walk the Way of Saint James. Walk alongside them, take your pilgrim's staff and get to know the countryside and the pilgrims, as you 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 land of contrasting landscapes, criss-crossed by the Oloron river, mountain streams and seductive countryside where you're never far from nature in all her splendour.

Against a backdrop of the Pyrenees, you'll discover a rural heritage of daily life in the past as you pass through the forests and valleys.

Several routes, some of which follow the paths to Santiago de Compostela, form a network of hiking circuits that can be walked independently.

Details of some walks are available from the tourist office or download them for free on our website.

Cycling

The terrain is also excellent for mountain biking - many tours are offered throughout the area.



Get close to nature

Yearning for freedom and fresh air? Béarn des Gaves has lots of spots that let you to get off the beaten path.

Walks and hikes

Castetnau-Loisirs

CASTETNAU-CAMBLONG

Mountain walks tel. 06 31 96 26 87

Club Marche et Santé

SALIES-DE-BÉARN

Tel. 05 59 65 30 73



Ile de la Glère
SAUVETERRE-DE-BÉARN



Stroll in the heart of a listed natural site and you'll 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.

Find out more about this exceptional flora by playing the interactive game at the Tour Monréal (see opening times p. 25).



Viewpoints



In OGENNE-CAMPTORT - In BURGARONNE - In SAUVETERRE-DE-BÉARN
3 outstanding vantage points offering stunning views of villages, rivers and the Pyrenees in all their immensity. At Ogenne, you'll also find a strange telescopic device to bring the landscape closer.

La Voie Verte

SALIES-DE-BÉARN

Along the old railway line, this flat footpath path is accessible to pedestrians or cyclists, recommended even for the less athletic among us!

Discovery trail

SALIES-DE-BÉARN

A 600 metre walk along the disused railway track, with information on protected local flora and fauna along the way. New for 2023 : walk the 649 meter long tunnel (with lighting) connecting Salies-de-Béarn and Bellocq!

Le Lac de la Pounte

LABASTIDE-VILLEFRANCHE

A managed fishing lake below the bastide. Fishing permit (daily or yearly) available to buy from the fish warden (Philippe Lepine : 06 13 68 05 40).

Le Pain de Sucre (Colline de la Sègue)



SALIES-DE-BÉARN

The thermal town's own Sugarloaf hill offers great views. You'll cross paths with the animals (pigs, llamas, fallow deer etc), grazing quietly. Dogs are allowed but must be kept on the lead.

The Pène de Mu



CASTAGNÈDE

Following a short climb from la Voie Verte, you end up in at a superb viewpoint with an orientation table to explain the landscape.



Sports activities

Horse-riding Center Les Écuries des Gaves

Route d'Orion - Quartier Lasbordes - Maisonnave
SAUVETERRE-DE-BÉARN
Tel. 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 Béarn countryside, be at one with the horse and nature !

Cheval Nature 64

Chemin du Touroun - SALIES-DE-BÉARN
Tel. 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
Tel. 06 74 52 70 71
david.laplace@live.fr
www.squash-salies.com

Tennis

Tennis Navarrenx

NAVARRENX
Tel. 05 59 66 10 22 - accueil@ville-navarrenx.fr
Reservation of courts at Beau Rivage campsite or at the town hall.

Tennis Club Sauveterre

SAUVETERRE-DE-BÉARN
Complexe - Avenue Jean Récapet
Tel. 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 Mosquères
Tel. 05 59 38 15 53
59640042@fft.fr

Golf

Golf-club Hélios

4, chemin de Labarthe - SALIES-DE-BÉARN
Tel. 05 59 38 37 59
golf.salies@wanadoo.fr - www.golfsalies.com
9 hole course.



Leisure parks

Escape Castle ? An escape game in a castle!



Chateau grounds - LAÀS
Tel. 06 31 50 51 25
contact@escape-game-64.com
www.escape-game-64.com



Adventure calls! You have 60 frantic minutes to escape from one of 2 mystery rooms in the Chateau de Laàs : Poudlaàs, the famous school of magic or the 19th world of the Gentlemen Thieves. Adrenaline and high spirits guaranteed in this fantastic experience where team work, logic and speed are everything!

Le petit + : a stunning decor in a magnificent chateau.



Family activities

Dare to explore the underground galleries of the fortified town of Navarranx, try your hand at Basque pelote, enjoy the views by the Lac de la Pounte... Béarn des Gaves is great for family-friendly getaways!

The castle of enigmas

Chateau grounds - LAÀS
Tel. 05 59 65 00 34
laas@chateau-enigmes.com
www.chateau-enigmes.com



New at the Château des Énigmes : "Willy and the Secret Spell Book" - a bewitching treasure hunt full of fantastic creatures, suitable for families or groups of friends.

A chateau where you are the hero!

For just under 3 hours, you'll discover 12 hectares of parkland in the role of a sorcerer's apprentice joining Willy on his heroic quest.

Step into a world of magic while roaming the landscaped gardens, bamboo grove and riverside nature.

Be sure to challenge yourself in our sensory experiences, including the barefoot path, the zipwire ride and our treetop adventure.

Le petit + : set in a superb theatre of greenery with river views and bamboo galore.





Apprentices in Béarn des Gaves

A range of activities to experience, with good company and discoveries thrown in!

Information at the Tourist Office -
Tel. 05 59 38 00 33



Apprentice pelote player

Trinquet Saint-Martin – SALIES-DE-BÉARN

Philippe Duhalde, qualified sports instructor, recounts the history of pelote and gives you an initiation into 4 of its specialities : bare hand, pala, Xare and chistera. The equipment's included, you just need your sneakers.

Le petit + : fun for the whole family, grown-ups and children aged 6 and above.

Initiation for adults and children.

On Thursdays from 13 July to 31st August, from 4.30pm to 6pm.

Information and booking at the Tourist Office -
SALIES-DE-BÉARN - Tel. 05 59 38 00 33

Single price : €15

Wear sports clothing and bring a bottle of water.

Picnic areas

In Castagnède, by the fishing spot at the Gave d'Oloron, with barbecue and shelter.

In Laàs, in the chateau's exotic garden, with a bridge on stilts and a bamboo cabin.

In Labastide-Villefranche, beside the Lac de la Pounte.

In Lahontan, by the lake.

In Navarrenx opposite the remparts.

In Salies-de-Béarn open air Theatre du Rooy, in the Parc de Mosqueros and on the Pain de Sucre.

In Sauveterre-de-Béarn below the remparts, beside the Gave d'Oloron.

Just a few of the perfect picnic spots in Béarn des Gaves!

Pelote courts

In Navarrenx there are two walls (frontons) for pelote Basque : one beside the stadium, the other next to the church (the latter open on request).

In Salies-de-Béarn the frontons at Mosqueros and Saint-Martin are ideal places to play.

In Sauveterre-de-Béarn, you'll find two frontons : one on the Salies road and the other on avenue Jean Récapet, for games of pelote with palas or tennis rackets, cycling and rollerblading.

Le petit + : free entry all day long!



Playgrounds

In Araujuzon village square.

In Navarrenx, one near the church, the other on the esplanade. The playgrounds have slides, swings and games for tots.

In Salies-de-Béarn swings, slides and other games make for a fun afternoon in Mosqueros park.

In Sauveterre-de-Béarn the playground is close to the centre, next to the tennis courts. You'll find slides and a cabin for little explorers to play in!

More playgrounds in Dognen, Bugnein, Audaux, Auterrive, Carresse-Cassaber and L'Hôpital d'Orion.



Play or watch boules

In Guinarthe, Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn.

Le petit + : in Sauveterre-de-Béarn, the perfect setting, with shady trees and views of the Pyrenees!

Toy Libraries

Ludothèque Tip-Tap

Youth centre - Rue des Lauriers - NAVARRENX

Tel. 06 80 42 25 07 - ludotheque.tip-tap@laposte.net

Open : Wednesday, from 10am to 12 noon and from 2.30pm to 5.30pm; Thursday, from 9.30am to 11.30am, special session for toddlers.

Ludothèque des Francas

Hameau Bellevue (entrance on rue Colibri) - SALIES-DE-BÉARN

Tel. 06 84 42 95 91 - ludo@francas64.fr

Open : Monday to Friday from 9am to 12pm during school holidays; Tuesday, Wednesday, Saturday from 10am to 12pm and Thursday from 2pm to 5pm during school term.

Visiting the underground passages

Still intact, the remparts invite you to take a walk in the past... This unique visit, taking you down through the countermines of the bastion into the underground gallery, is a hit with children!

Bring a lamp and suitable footwear.

Le petit + : step into another age and listen out for signs of an enemy attack!

Check out the map of Navarrenx on page 6 for details.

Tèrra Aventura



A trail with a difference that helps you discover the area, its history and anecdotes while having fun together.

Get the Tèrra aventura smartphone app, and the family's ready for adventure! By uncovering the clues, solving the puzzles and hunting for treasure, adults and children get to explore the village and seek out the grail : the Poi'z. These little fellows from "Tèrra Aventura" are there to guide you - and there are badges to collect! This fantasy world helps make a memorable family moment as you discover places that few people even know about.

4 geocaching routes in Béarn des Gaves :

Viva Laàs Vegas !, in Laàs

Saving Sancier, in Sauveterre-de-Béarn

The tortoise of Navarrenx, in Navarrenx

Salies, the salt town, in Salies-de-Béarn

See page 19 for information.



Leisure parks

Rafting 64 / Expérience Béarn



MONTFORT

Tel. 05 59 66 04 05

contact@experience-bearn.com

www.experience-bearn.com

A major outdoor watersport specialist, offering canoeing, kayaking, rafting, canyoning, Stand Up Paddle and Big SUP.

We also provide other outdoor activities such as bubble football, archery tag and paintball.

Or why not opt for some wild adventure with zip rides across the Gave d'Oloron and treetop thrills? The setting is breathtaking, beside the river and below the Pyrenees. Suitable for family or groups of friends.

There's something for everyone!

Le petit + : with a large choice of activities, you're sure to find something that appeals.

La Véloroute 81

Between Atlantic and Mediterranean, this is a 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.

Bik'in64

4 avenue de la Concorde - SALIES-DE-BÉARN

Tel. 05 59 38 50 12

bikin64@hotmail.com

Bike rental : electric, hybrid and mountain bikes for adults and children.

Le petit + : electric bikes are especially popular in our rolling countryside.

Archery

Archers du Sanglier archery club

4 avenue des Salines - SALIES-DE-BÉARN

Tel. 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!

Skate parc City stade

Base de loisirs de Mosquéros - SALIES-DE-BÉARN

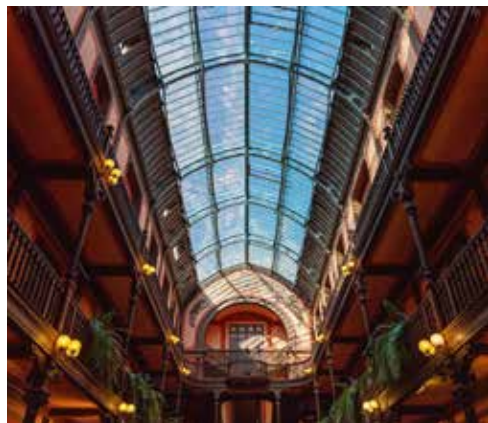
Casino

Boulevard Saint-Guily - SALIES-DE-BÉARN

Tel. 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.



Cinéma

Le Saleys

Ave. du Maréchal Leclerc - SALIES-DE-BÉARN

Answerphone : 05 59 65 05 37

lesaleys@orange.fr - www.lesaleyscinema.fr

Le Saleys is a community cinema with 2 auditoriums seating 118 and 69. Renovated and enlarged in 2022, it provides a quality programme and a unique welcome. Open every day before and after screenings, its new hall is equipped with a lounge area where you can relax and chat, as well as a corner for co-working and design. Throughout the year, the team offers an entertaining, discerning and up-to-date programme, with film previews and new releases. It supports local creativity (screening of regional films) and emerging talent (programme of court-métrages, amateur films), alongside a programme of special events organised by volunteers and cultural partners. The auditoriums are accessible to people with reduced mobility (7 PRM seats in total) and are equipped with amplification for the hard of hearing.

Library

NAVARRENNX

Place d'Armes

Library for everyone.

Open all year : Wednesday from 9.30am to 12.30pm and 3pm to 5pm.

SALIES-DE-BÉARN

1 rue des Bains - Tel. 05 59 28 97 47

bibliotheque.salies@gmail.com

Library for everyone.

A collection of English language books are available for you to borrow.

Open all year : Monday and Friday from 4pm to 6pm, Wednesday from 2pm to 6pm, Thursday and Saturday from 10am to 12pm.

SAUVETERRE-DE-BÉARN

Place Royale - Tel. 05 59 38 87 07

biblisauv@orange.fr

Open all year : Tuesday from 3pm to 5pm, Wednesday from 10am to 12 noon, Saturday from 10am to 12pm.



Le Chale



Art of living



Share

Jewellers, potters, weavers, soap makers and many others have been inspired to live and work here in Béarn des Gaves. Rather than keeping their savoir-faire a secret, they're keen to open their doors to you.

Poule au pot Henri IV, garbure, wood pigeon salami, porcini omelette... every day's a feast in Béarn des Gaves.

Savour traditional cold meats and hams such as ham cured with Salies salt or the famous andouille Béarnaise, a sausage served at the beginning of the meal.

Enjoy roast game, brebis cheese made from ewe milk accompanied by cherry jam made in the neighbouring Basque country.

BéARN
des
Gaves
le petit +



Handicraft

With their unique savoir-faire, our artisans and crafts people offer the high quality, local produce that customers appreciate and expect, and they're always ready to share their art and love of the countryside.

We recommend phoning ahead before you visit.

Weaver Craft

Atelier Katy

7 rue Saint-Vincent - SALIES-DE-BÉARN

Tel. 05 59 38 23 97

atelier.katy@wanadoo.fr



**Jewellery designer,
upholsterer,
interior decorator,
soft furnishing maker**

Where talents converge

41 rue Saint-Germain - NAVARREX

Tel. 06 07 88 66 99

nathalie.saintmaxent@wanadoo.fr

Jewellery making

Atelier Quid Novi

3 bis rue Orbe - SALIES-DE-BÉARN

Tel. 06 71 29 11 83

quidnovi@outlook.fr - www.quidnovi-bijoux.com

Quid Novi is the studio of master goldsmith and jeweller, Jean-Eric Rebeté. Open Monday to Friday from 9.30am to 12.30pm.





Potier Céramiste

Poterie Parabis

Chemin de la Poterie Parabis, route de Salies - ORAÀS
Tel. 05 59 38 54 81 or 06 74 01 30 21
parabis@laposte.net

Atelier du Colibri

Rue du Maréchal Leclerc - SALIES-DE-BÉARN
Tel. 06 11 40 94 57
colette.larquier@orange.fr

Savonnier

Aromanature

370 chemin Lajusa - BURGARONNE
Tel. 05 59 38 51 86
infos@aromanature.com
www.aromanature.com



Sculptor

Bernard Saint-Maxent

20 rue du Gave - VIELLENAVE-DE-NAVARREX
Tel. 06 07 88 66 99
b.saintm@orange.fr

Noël Bertrand

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





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



The Blonde d'Aquitaine

The Blonde d'Aquitaine is a cross of 3 breeds of cattle local to the South West, the "garonnaise", the "quercy" and the "pyreneenne". It has a quiet temperament with good fertility and longevity. Its maternal instincts guarantee the calves grow well under the mother. Muscular, powerful and well-rounded with a fine skeleton, the meat is excellent and you can savour it in good restaurants in Béarn des Gaves.

The "Foire de la blonde d'Aquitaine" held in Sauveterre-de-Béarn in mid-August is not to be missed!



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

The best-seller of the South West, duck features everywhere in Béarn des Gaves - as foie gras, magret, confit and more.

Do try «garbure», a thick vegetable soup with morsels of duck!



Adour kiwi

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

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

Top up your 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 farm produce)
Sauveterre-de-Béarn

Sunday morning :

Navarrenx from the middle of June to the middle of September

These premium local products are recognised for the savoir-faire and concern for quality by those who grow or make them.

It's also best to phone ahead before visiting.

Butcher shops *Canning factories*

Conserverie Gratien

Quartier de la Gare - SAUVETERRE-DE-BÉARN
Tel. 05 59 38 59 41 - contact@gratien.fr
www.conserverie-gratien.com

Brana Patrick

8 Place des Casernes - NAVARENX
Tel. 05 59 66 59 96 - patrick-brana@orange.fr
www.boucherie-charcuterie-brana.com

Casamayou

70 rue Saint-Germain - NAVARENX
Tel. 05 59 66 50 88
www.charcuterie-casamayou.fr

Jean-Michel Ihidoy

Rue du Temple - SAUVETERRE-DE-BÉARN
Rue Félix Pécaut - SALIES-DE-BÉARN
Tel. 05 59 38 55 35 - jean-michel.ihidoy@orange.fr

Charcuterie Oyharçabal Comme à la ferme

Place du Bayaà - SALIES-DE-BÉARN
Tel. 05 59 38 49 55 or 05 59 38 30 61
danieloyharcabal@orange.fr
www.oyharcabal.com



Chocolate factory

Fèves et chocolat

62 rue Paul-Jean Toulet - SALIES-DE-BÉARN
Tel. 05 59 65 61 50
fevesetchocolat@gmail
Chocolate roaster and maker - Bean to Bar

Pastry shop

De Par'empart

4 rue Labourdette - SUS
Tel. 05 59 66 11 77 or 06 83 68 08 24
alain-et-noelle@orange.fr
**Croquignoles are a speciality -
buy them at the Tourist Office, Navarrenx.**

Pâtisserie La Bonbonnière

6 rue Saint-Vincent - SALIES-DE-BÉARN
Tel. 05 59 38 00 44
Try a «pavé salisien», a house speciality.

Pâtisserie Charrier

Rue Léon Bérard - SAUVETERRE-DE-BÉARN
Tel. 05 59 38 55 10 - charrier-chocolatier@wanadoo.fr
Speciality : Medieval.

Flour

Lo Molièr

810 chemin du moulin - SAINT-PÉ-DE-LÉREN

Tel. 06 83 43 63 13 - contact@lomolier.fr

The only certified **organic mill** in Departement 64.

Bread

Le Pain du Coin

1400 chemin du Bois - SALIES-DE-BÉARN

Tel. 06 17 94 10 01 - breadisnotdead@gmail.com

Stall at the market, Salies-de-Béarn.

Farms

La Ferme la Motte

1770 quartier Beigmau - SALIES-DE-BÉARN

Tel. 05 59 38 22 22 - ferme.lamotte@gmail.com

www.ferme-lamotte.com

Open all year from 3pm to 5pm except on Sundays (we recommend phoning ahead before you visit).

Free range farming from a local breed of duck.



La Ferme Sahouret

36, chemin d'Oreyte - SAUVETERRE-DE-BÉARN

Tel. 06 70 87 14 14 - caro.sahouret@hotmail.fr

Free range farming - chickens, ducks, Blonde d'Aquitaine cattle.

La Ferme Erbin

Maison SERBIELLE - ANGOUS

Tel. 05 59 66 50 20 - benat.erbin@orange.fr

www.ferme-serbielle.fr

Family farm making AOP Ossau-Iraty ewe cheese.



La Ferme Moulinaouï

ANDREIN

Tel. 05 59 38 95 18

jacquesbaradat@orange.fr

Blonde d'Aquitaine cattle and free range ducks.

Beer

Boutique artisanale Shakespeare

30 rue Saint-Antoine - NAVARRENNX

Tel. 05 59 66 52 14 or 06 47 13 00 21

william@shakespearebrasserie.com

www.shakespearebrasserie.com

Brasserie Clouque

Chemin de Lagisquet - SALIES-DE-BÉARN

Tel. 07 68 59 63 23

rene@clouque.com

www.clouque.com

Kiwi

Maisonnave Jean-Marc

Quartier Peyrède - ORAÀS

Tel. 05 59 38 90 63 or 06 89 57 54 28

maisonnave.jean-marc@neuf.fr

Buy his kiwi nectar at the Béarn des Gaves Tourist Office.

Vineyards

Mont d'Oraàs Estate

6 bis, chemin de la Saline - ORAÀS

Tel. 05 59 38 53 11 or 06 34 23 12 09

contact@mont-oraas.com

www.mont-oraas.com

Lapeyre Guilhemas Estate

56 avenue des Pyrénées - SALIES-DE-BÉARN

Tel. 05 59 38 10 02 or 06 03 74 05 70

scea.pascallapeyre@orange.fr

www.domaine-lapeyre-guilhemas.fr

Cave de Bellocq

6 Chemin du Glé - BELLOCQ

Tel. 05 59 65 10 71

www.cavedejurancon.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 chop roughly.

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

As it comes to the boil, **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 title

The title «Master Restaurateur» is a badge of excellence held by top professionals in traditional restaurants. It recognises both skill and commitment to quality.



Restaurants in or near Navarrenx

Bar des Sports

10, rue Saint-Antoine - NAVARENX
Tel. 05 59 66 50 63

Menus from €16
Seats 45 inside - Terrace seats 40
Closed on Saturdays.

Le petit + : generous helpings at a family restaurant.

La Taverne de Saint-Jacques

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

Menus from €15.50
Seats 70 inside - Terrace seats 100
Closed on Sundays.

Le petit + : pilgrim atmosphere and decor.

L'Arsenal

Place des Casernes - NAVARENX
Tel. 06 10 82 91 19

Menus: ask for information
Seats 70 inside - Terrace seats 40
Closed on Mondays until the end of March.

Le petit + : a lovely terrace on a pleasant square.

Le P'tit Bistrot

4 place d'Armes - NAVARENX
Tel. 05 24 35 13 18

Menus from €15
Seats 45 inside - Terrace seats 80
Closed Sunday evenings and Mondays.

Le petit + : a pleasant terrace in the heart of the village.

L'Estanquet

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

Menus from €15
Seats 14 inside - Terrace seats 24
Closed on Saturdays, except during summer.

Le petit + : fresh, artisanal ingredients.





Restaurants in or near Navarrenx

Auberge Claverie



2 place de l'Estantquet - AUDAUX
Tel. 05 59 66 03 80

Menus from €16

Seats 100

Closed on Sunday evenings and Mondays.

Le petit + : local, seasonal cuisine.

Chez Germaine



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

Menus from €19

Seats 80 inside - Terrace seats 25

Closed on Sunday evenings, Mondays and Tuesdays.

Le petit + : instinctive cuisine using local products.



Tea Rooms

L'Enchanté

35 rue Saint-Germain - NAVARRENX
Tel. 05 59 66 29 32

Seats 10 inside - Terrace seats 34

Closed on Mondays and Tuesday.

Le petit + : a large choice of artisanal delicacies available.



Shakespeare bar and café

30 Rue Saint-Antoine - NAVARRENX
Tel. 06 47 13 00 21

Seats 20 inside - Terrace seats 30

Closed on Sundays (except from May to September), Mondays and Tuesdays.

Le petit + : large selection of hot and cold drinks, beers and sweet treats.



Restaurants in or near Salies-de-Béarn

À la fraich' (restaurant-pizzeria)

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

Menus from €15

Seats 45 inside - Terrace seats 20

Closed on Tuesday evening, on Wednesday and on Thursday.

Le petit + : imaginative cuisine to suit all tastes!

L'Atrium

Hôtel du Parc - Boulevard Saint-Guilly - SALIES-DE-BÉARN
Tel. 05 59 38 31 31

Menus from €15

Seats 50 inside - Terrace seats 20

Closed on Tuesdays and Wednesdays. No lunch service except on Sundays.

Le petit + : a superb, historic setting.

Au Petit Béarn

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

Menus from €20

Seats 25 inside

Open from 1st February to 15 June and from 15 July to 15 October. Closed on Fridays.

Le petit + : garbure, a traditional favourite!

Bistrot des 4 Grains

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

Menus from €17.50

Seats 60 inside - Terrace seats 40

Closed on Monday, Thursday evening and Sunday evening.

In summer, closed on Monday only.

Le petit + : modern cuisine.





Restaurants in or near Salies-de-Béarn

La Grignotine

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

Menus from €15

Seats 20 inside - Terrace seats 15

Closed on Saturdays and Sundays. Closed Sundays and Monday evening from mid-June to mid-October.

Le petit + : the Butcher's choice - or the vegetarian meal!

Le Lodge

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

Menus from €19

Seats 100 inside - Terrace seats 50

Open from Monday to Friday.

July-August : open from Monday to Friday, Saturday and Sunday evenings.

Closed during Christmas holidays.

Les petits + : view of the golf course and the hotel pool, electric charging points.



Restaurant des Voisins

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

Menus from €24

Seats 30 inside - Terrace seats 30

Closed on Monday, Tuesday and Wednesday.

Le petit + : a Michelin «Bib Gourmand» offering great value in the heart of the old town.

Au Repaire

14 avenue Al Cartero - SALIES-DE-BÉARN
Tel. 05 59 65 06 30 - No reservations.

Main course from €10.15

Seats 40 inside - Terrace seats 50

Closed on Tuesday and Wednesday. Open 7/7 in July and August.

Le petit + : a shady terrace.





Restaurants in or near Salies-de-Béarn

O' Sabrés

1 rue de la Tannerie - SALIES-DE-BÉARN
Tel. 05 59 69 92 12

Menus from €8.50

Seats 24 inside - Terrace seats 50

Closed Sundays and Mondays.

Le petit + : home-made from local produce, to eat in or take out.

Auberge du Relais

BÉRENX
Tel. 05 59 65 30 56



Menus from €16

Seats 80 inside - Terrace seats 70

Closed from 14 April to 23 April 2023.

Closed Monday lunchtime, Friday evening, Saturday and Sunday evening.

Le petit + : culinary skill passed from father to daughter.

La Belle Auberge

CASTAGNÈDE
Tel. 05 59 38 15 28

Menu à partir de €15

Seats 95 inside - Terrace seats 90

Closed on Sunday evening and on Monday evening.

Le petit + : delicious meals, generous servings.

L'escale

2, rue de Navarre - AUTERRIVE
Tel. 05 59 38 46 16

Menus from €14

Seats 80 inside - Terrace seats 80

Open midday every day except Saturday.

Le petit + : close by the Gave d'Oloron.

Le restaurant de la gare

4, boulevard Saint-Guily - SALIES-DE-BÉARN
Tel. 05 59 28 95 21

Menus from €15

Seats 40 inside - Terrace seats 20

Open midday from Monday to Friday.

Closed Saturday and Sunday.

Le petit + : family fare and generous servings.

La tour de pizza

8, place Jeanne d'Albret - SALIES-DE-BÉARN
Tel. 05 59 38 02 07

Main course from €4.80

Seats 12 inside - Terrace seats 12

Closed Sundays and Mondays.

Le petit + : friendly welcome, eat in or take out.



Restaurants in or near Salies-de-Béarn

Le Marrakchi

14, rue Paul Jean Toulet - SALIES-DE-BÉARN
Tel. 06 06 78 08 36

Menus from €12.50
Seats 14 inside - Terrace seats 8

Open Monday lunchtime and from Thursday to Sunday noon.

Le petit + : a ray of homespun Moroccan sunshine - to eat in or take out.

Wine bar/ Tapas

Le Chalet

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

Menus from €11
Seats 50 inside - Terrace seats 40

Midday : restaurant / evening : wine bar, tapas

Closed on Sunday.

Le petit + : a sunny terrace opposite the thermal spa.



Tea Rooms

L'Instant Thé (Tarterie salée/sucrée)

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

Menus from €11.90
Seats 14 inside - Terrace seats 14

Open from 10am to 6pm. Closed on Wednesday.

Le petit + : the Duck Burger and vegetarian courses.

La Pause Gourmande

18 place du Bayaà - SALIES-DE-BÉARN
Tel. 05 47 73 06 58

Set menu from €12.90
Seats 42 inside - Terrace seats 22

Open from 9am to 6pm.

Closed on Tuesday and Wednesday.

Closed from 24 to 27 December and on 31 December.

Le petit + : a cosy atmosphere in a typical Salisien house.



Restaurants in or near Sauveterre-de-Béarn

Bar de la mairie

1 rue Pannecau - SAUVETERRE-DE-BÉARN

Tel. 05 47 06 03 57 or 06 03 33 18 03

Menus from €14.50

Seats 40 inside - Terrace seats 40

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.

Le petit + : a shady terrace in the village.

Auberge Blondain

AUTEVIELLE - Tel. 05 59 38 54 76

Menus from €14 - Seats 50 inside

Closed on evenings and on Saturday.

Le petit + : re-discover traditional dishes.

Auberge du Cheval Blanc

Place Royale - SAUVETERRE-DE-BÉARN

Tel. 05 59 67 36 52

Menus from €16.50

Seats 65 inside - Terrace seats 60

Open from 24 April to 30 September. Closed on Wednesday.

Le petit + : traditional cuisine.

La Légende

5 rue de l'abbé Duplech - SAUVETERRE-DE-BÉARN

Tel. 09 86 68 99 47

Re-opening in Spring. For more information, contact the Tourist Office on 05 59 38 00 33.

Le petit + : fresh, local and tasty!

Auberge de la Fontaine

Place de l'Église - LAÀS

Tel. 05 59 38 20 20

Menus from €16

Seats 55 inside - Terrace seats 60

Closed on Wednesday and on Sunday evening.

Le petit + : a subtle marriage of flavours.

Le Relais du Gave

8 route des Pyrénées - BARRAUTE-CAMU

Tel. 05 59 09 42 62

Menus from €15

Seats 50 inside

Reception room seats 100

Closed Monday evening, Friday evening, Saturday evening and Sunday.

Le petit + : plats traditionnels.

Jardin de thé

Au fil de l'eau

Chemin du moulin - SAUVETERRE-DE-BÉARN

Tel. 06 70 28 13 98

Open from 1st June to 30 September, from 10am to 8pm.

Closed in the event of rain.

Le petit + : deck chairs with the Gave at your feet.



eMercat

I shop in **Béarn des Gaves**

e-merc.com

*Activities, crafts, delicious food...
buy Béarnais in a couple of clicks
and collect your purchases straight from the vendor!*



Your responsible local marketplace



The big events of the year

+
*smiles and
celebrations*



Check our
diary to make
sure you don't
miss out!

April

SAINT-PÉ-DE-LÉREN

LO PRINTEMPS DE L'ARRIBERA

SALIES-DE-BÉARN

ART EN VRAC

NAVARRENX

CRAFT EXHIBITION

July

Every Tuesday / **NAVARRENX**

MARDIS MUSICAUX

BÉARN DES GAVES

FESTIVAL OF ART GLASS

BÉARN DES GAVES

INTERNATIONAL FESTIVAL OF GUITAR

CARRESSE-CASSABER

MARKET OF LOCAL PRODUCERS

BURGARONNE

PRODUCERS MARKET

SALIES-DE-BÉARN

SALIES À PEINDRE

BÉARN DES GAVES

PRÉAMBULES DE LA FÊTE DES SOTTISES

SAUVETERRE-DE-BÉARN

MARKET OF LOCAL PRODUCERS

SALIES-DE-BÉARN

FÊTE DES SOTTISES

SAUVETERRE-DE-BÉARN

LES MÉDIÉVALES

NAVARRENX

MARKET OF LOCAL PRODUCERS

August

Every Tuesday / **NAVARRENX**
MARDIS MUSICAUX

SAUVETERRE-DE-BÉARN

«COW ART» CONTEST

NARP

MARKET OF LOCAL PRODUCERS

SALIES-DE-BÉARN

SALIES FESTIVAL

NAVARRENX

NAVARRENX FESTIVAL

SALIES-DE-BÉARN

LA PIPERADÈRE & LES MÉTIERS D'ANTAN

SAUVETERRE-DE-BÉARN

FOIRE DE LA BLONDE D'AQUITAINE

LAÀS

LES 3 HEURES DE LA BROUETTE

September

SALIES-DE-BÉARN

SALT FESTIVAL

SAUVETERRE-DE-BÉARN

SAUVETERRE FESTIVAL

BÉARN DES GAVES

EUROPEAN HERITAGE DAYS

October

LAÀS

CORN FESTIVAL

SALIES-DE-BÉARN

BEARN'FESTIVAL - FÊTE DE LA BIÈRE

SALIES-DE-BÉARN

SHORT FILMS FESTIVAL LA 25^e HEURE

This provisional schedule is subject to change.

Practical information



Town Hall

Navarrenx

Place d'Armes
Tel. 05 59 66 10 22
accueil@ville-navarrenx.fr
www.ville-navarrenx.fr

Salies-de-Béarn

Place du Bayaà
Tel. 05 59 38 00 40
accueil@salies-de-bearn.fr
www.salies-de-bearn.fr

Sauveterre-de-Béarn

Place Royale
Tel. 05 59 38 50 17
accueil.mairie@sauveterre-de-bearn.fr
www.sauveterre-de-bearn.fr

POST OFFICE

NAVARRENX

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

SALIES-DE-BÉARN

Boulevard Lannabère / Tel. 05 59 65 09 80

SAUVETERRE-DE-BÉARN

6, rue du vieux lavoir / Tel. 05 59 38 52 58

EMERGENCY - HEALTH

Emergencies 112 - Gendarmerie 17

Fire brigades 18 - Emergency medical services 15

CENTRE HOSPITALIER

Rue du Moulin - ORTHEZ

Tel. 05 59 69 70 70

CENTRE HOSPITALIER DE SAINT-PALAIS

Avenue Frédéric de Saint-Jayme - S^T-PALAIS

Tel. 05 59 65 45 35

CENTRE HOSPITALIER D'OLORON

1, avenue Alexander Fleming - OLORON-S^TE-MARIE

Tel. 05 59 88 30 30



TRANSPORTS

BUS

TRANSPORTS NOUVELLE-AQUITAINE

Tel. 0970 870 870

www.transports.nouvelle-aquitaine.fr

LIGNE 523 : ORTHEZ / SALIES-DE-BÉARN
/ SAUVETERRE-DE-BÉARN / S^T-PALAIS

TAXI

CHAUBERT AURÉLIEN

CASTETNAU-CAMBLONG

Tel. 05 59 66 02 50 or 06 31 24 86 06

TAXI LGL

SALIES-DE-BÉARN

Tel. 05 59 65 06 76 or 06 67 66 08 49

SNCF

SNCF ORTHEZ - Tel. 05 59 65 25 20

SNCF PUYOÛ - Tel. 36 35

SNCF DAX - Tel. 36 35

RELIGIOUS SERVICES

ÉGLISE SAINT-GERMAIN - NAVARRENX

Sunday : 10:30am

ÉGLISE SAINT-VINCENT - SALIES-DE-BÉARN

Sunday : 10:30am

TEMPLE - SALIES-DE-BÉARN

2nd Sunday in the month 10:30am

ÉGLISE SAINT-ANDRÉ - SAUVETERRE-DE-BÉARN

Saturday : 6pm

Sunday : 9:30am (Gregorian) 11am

TEMPLE - SAUVETERRE-DE-BÉARN

4th Sunday in the month : 10:30am

THIRD-PARTY VENUES / CO-WORKING

LACAZE AUX SOTTISES

11 route de Lasbordes - ORION

Tel. 05 59 38 68 71

lacazeauxsottises@gmail.com

www.lacaze-aux-sottises.org

An eco-responsible third place, dedicated to collaborative living and sustainable development.

L'ÉPICERIE SANS FIN - COMMUNITY THIRD PLACE - VILLAGE COMMUNITY SPACE

2, rue Léon Bérard - SAUVETERRE-DE-BÉARN

Tel. 09 86 60 56 51

contact@lepiceriesansfin.org

Workshops, events and conviviality organised by local people throughout the year...

LA STATION

D 27 - SAUVETERRE-DE-BÉARN

Tel. 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

ESPACE NUMERIQUE DU BÉARN DES GAVES

Paid Wi-Fi and cyber points

espacenumerique@ccbearndesgaves.fr

NAVARRENX

CCBG - Rue de la Fontaine

Tel. 07 54 38 11 51

Wednesday from 10am to 1pm

Friday from 2pm to 5pm

SALIES-DE-BÉARN

Maison des services - 2, avenue Al Cartéro

Tel. 07 54 38 11 51

Monday from 10am to 1pm

Thursday from 2pm to 5pm

SAUVETERRE-DE-BÉARN

Maison Rospide - Place Royale

Tel. 07 54 38 11 51

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

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

www.savoirpartage.wixsite.com

Computer base, workshops and lessons.

Open Monday, Wednesday, Thursday from 9.30am to 12.30pm and 2pm to 5.30pm Tuesday from 2pm to 5.30pm and Friday from 2pm to 5pm.

Free, computer access included.

CLIN D'ŒIL STUDIO

23 rue du Temple - SAUVETERRE-DE-BÉARN

Tel. 05 59 38 52 98 - clindoeilstudio64@gmail.com

Shop and photography.

From Tuesday to Saturday from 10am to 12pm and from 3pm to 7pm.

Thursday afternoon by appointment only.





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

Tel. 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, swimming cap compulsory.

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

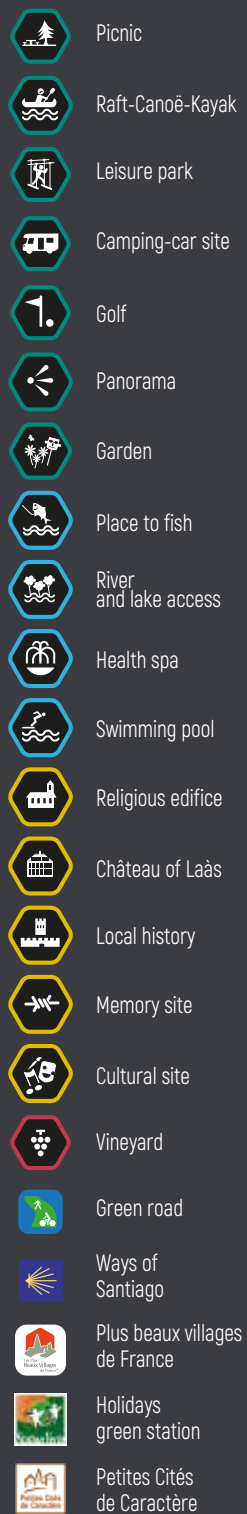
Any activity in warm weather, make sure to bring drinks and/or hats and sunglasses.

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.

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





- | | |
|--|-------------------------------|
| | Picnic |
| | Raft-Canoë-Kayak |
| | Leisure park |
| | Camping-car site |
| | Golf |
| | Panorama |
| | Garden |
| | Place to fish |
| | River and lake access |
| | Health spa |
| | Swimming pool |
| | Religious edifice |
| | Château of Laàs |
| | Local history |
| | Memory site |
| | Cultural site |
| | Vineyard |
| | Green road |
| | Ways of Santiago |
| | Plus beaux villages de France |
| | Holidays green station |
| | Petites Cités de Caractère |

Office de Tourisme



Tél. 05 59 38 00 33

NAVARRENX

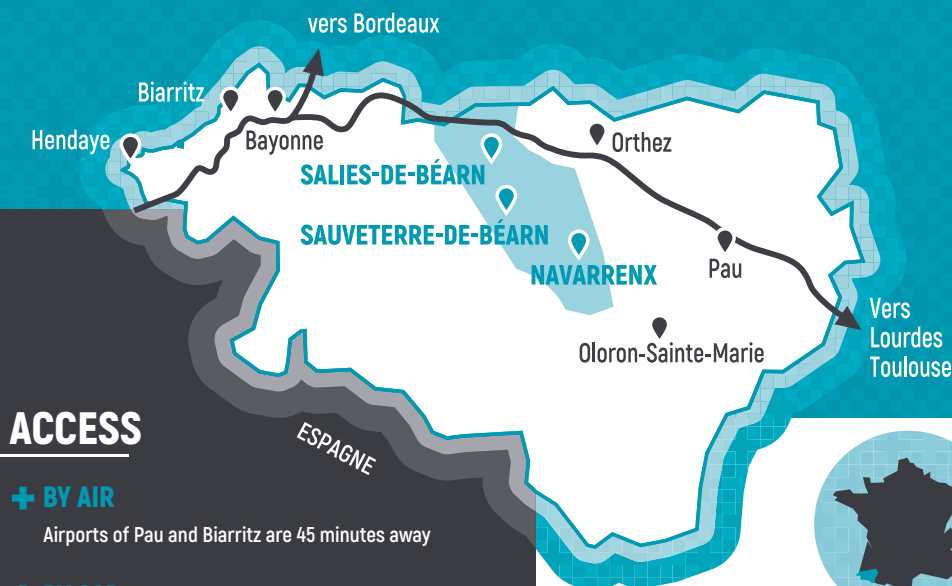
2, place des casernes - 64 190 Navarrenx

SALIES-DE-BÉARN

8, rue de la fontaine salée
BP 26 - 64 270 Salies-de-Béarn

SAUVETERRE-DE-BÉARN

Place royale - 64 390 Sauveterre-de-Béarn



ACCESS

+ BY AIR

Airports of Pau and Biarritz are 45 minutes away

+ BY CAR

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

Bordeaux - Bayonne - Motorway A 63
Exit 9 (Saint-Geours-de-Maremne)

+ BY TRAIN

TGV Orthez connection bus Salies-de-Béarn /
Sauveterre-de-Béarn by bus line 523 or taxi

TER Puyoô connection Salies-de-Béarn /
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