

BéARN *Gaves*
des le petit +

THE TOURIST GUIDE 2024

+ GETAWAYS
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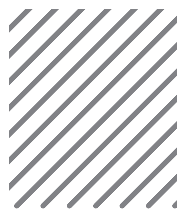
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www.tourisme-bearn-gaves.com





Navarrenx

The bastion city



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

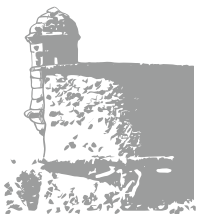
The town has a very important strategic position. Marguerite de Moncade gave it the status of Bastide in 1316.

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

Leaving the **Tourist Office** ❶, you can see **S^t-Antoine casernes** ❶, former military barracks built after the fortifications to house up to 500 troopers. The central building is the guardhouse of the **Porte S^t-Antoine** ❷. The only surviving gateway of the town's two former entrances, it is protected by an orillon, typical of its rounded shape. It cannot be bombarded or attacked head-on. Part of the fortifications of the 16th century, it was originally fitted with a drawbridge. The slots for the chains are still visible. Under the porch, on either side, you can visit 2 rooms: a reconstructed guard room and a room displaying objects from bygone days.

As you return to the square, note the former military prisons on your left. Take the staircase to the left of the Porte S^t-Antoine to reach **the terrace** ❸, overlooking the Gave d'Oloron, famous for its salmon. From here, you can see the 13th-century bridge, originally topped by a toll tower. Directly to your right, you can make out the foundations of Castérasse, the former castle of the Viscounts of Béarn. In the centre, the defensive well is used to operate the arms of the drawbridge. Facing the Gave and above the orillon, a watchtower illustrates its surveillance and defence function.

Leave this part of the ramparts to reach **the Bastion de la Cloche** ❹, just a few steps away. Protecting the bridge and the Porte S^t-Antoine, it offers an excellent viewpoint. The copy of one of Navarrenx's cannons is a reminder of the bastion defence system. This cannon bears the name of the town's motto: "**Si you ti baü**". This exclamation in Bearnais means "Si moi j'y vais !".

Head for **the powder magazine** ❺ which is the only «gunpowder shop» in the square. It was built in 1580 to free up the sides of the church, which until then had been used for storage. It can hold up to 25,000 pounds of explosives. We invite you to go inside: you'll find a small exhibition explaining the history of gunpowder. Inside, the beautiful stone vault allows sound to circulate diagonally from one corner to the other. **A must-try!**

Then take rue S^t-Antoine, where you will find **the Jeanne d'Albret House** ❻. It is a fine Renaissance residence

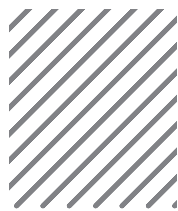
with a basket-handle door topped by a triangular pediment. In 1555, Jeanne d'Albret became sovereign of Navarre and Béarn. She adopted the Calvinist religion and brought Béarn into the small group of Protestant states.

Continue on to **S^t-Germain church** ❼, which has had an eventful history. Completed in 1562, Jeanne d'Albret converted it into a Protestant temple the following year. In 1620, Louis XIII returned it to Catholic worship. The interior of this late Gothic church is well worth a visit. In particular, the vaults and arches are decorated with sculpted heads, including that of a Compostela pilgrim, illustrating the importance of the route from Le Puy to Navarrenx. At the entrance are beautifully crafted copies of three paintings by Murillo, Dubois and Carracci, donated by Emperor Napoleon III on his visit. Tradition has it that the church has a door reserved for the cagots, of whom there are many in the Navarrenx area.

On leaving the church, walk up the rue des Échos to **the Bastion des Contre-mines** ❽. This bastion is unusual in that it has an underground gallery. It can be visited, and goes down and around the base of the bastion (bring a torch). Follow the path around the bastion to reach **the Mont Livet bastion** ❾, home to the Pierres et Vestiges Theatre, which protects the Porte S^t-Germain, now destroyed. It is an example of a primitive fortification, with no orillons or withdrawn flanks. The narrow staircase on the right leads to the Poterne de l'Abattoir, which provides an emergency exit in the event of an assault.

Turn right into rue des Échos and continue as far as **the Fontaine Militaire** ❿. Built at the same time as the ramparts, it was the city's only water source at the time. It was an essential asset in the event of a siege. Filled in after a typhoid epidemic in 1952, it was reopened and restored in 1989.

Finally, walk along the rue de la Fontaine towards **the Arsenal** ⓫. This former residence of the Kings of Navarre was extensively converted to store weapons, munitions and supplies. Today, this historic building houses the Interpretation Centre which can be visited.



Salies-de-Béarn

The city of salt



This small town owes its fame to salt and 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.









■ 1-hour self-guided heritage tour of Salies-de-Béarn *The rich and fascinating history of the city of salt*


Stroll through the town, where almost 600 years of history will be revealed to you, from the legend of the boar fountain to the Thermal quarter and let yourself be guided at each point. ➔


SALIES Guided tour

Departure from **the Tourist Office** . At the foot of the arcades of an imposing traditional house with a balcony, find **the boar fountain** . Lying in a pit, this work of art by Marc Benard evokes the wild boar of the Salies legend. The animal, wounded during a hunt, was discovered dying, white with salt, in the saltwater marsh. According to the legend, the town was then built around the healing spring. The town's motto is engraved on the fountain wall: "si you nou y eri mourt arès n'y bibéré" (if I hadn't died there, no one would have lived).


Let's meet under the covered market of **the town hall** , which used to be the Maison Populaire (1537). Take a look at the explanatory panel where a fun video tells you all about the history of Salies. The ground floor of the town hall was a major centre for the butchers' trade in the Middle Ages and regularly hosts exhibitions. In the centre of the square, imagine the salt spring converted into a pool. It was covered in 1865 with a vault like a church crypt. It was here that, for centuries, the inhabitants, who became Part-Prenants, had the right to draw salt water to bring back to their homes to make salt for salting. On the corner of the rue de la mairie stands the Maison de la Corporation des Part-Prenants (coat of arms with 2 tiradous carrying a sameau). Even today (in June), the Part-Prenants meet there to receive their "sauce", once equivalent to 26 sameaux of salt water for the men.


At the end of the rue de la mairie, turn right up the rue Elysée Coustère to find the rue de Laroumette on your left. Nearby, admire **the Château Saint Pé** . This residence, entirely restored by its owner, is one of the first castles in Salies. Leaning against the town's now destroyed ramparts, the building was frequently altered. In the 17th century, it was the seat of a court for witches.

Retrace your steps and turn right into a small square surrounded by typical houses. Hidden away at the end of the square, a narrow passageway (galère or carrerote) leads to **the house of Michel Bergeras** . This master carpenter was a cabinetmaker in the Salies school, which developed over three generations in the 18th and 19th centuries. He is said to be a descendant of the gagots, pariahs of the Pyrenees until the French Revolution.

Leave the cul-de-sac and turn right to find **the Pont de la Lune** . As you cross the Saleys, admire the half-timbered houses on stilts: the Oustau dou Saleys (contemporary art exhibition centre) on the right bank, and on your left, the emblematic Maison Marrou and its bread oven leaning against the outside wall. Note the red brick and white stone building overlooking the river: built on the ruins of a medieval mill, this former power station was used

primarily to power the lights in the new spa district. Beyond the bridge is the Place Jeanne d'Albret, formerly known as Le Clauson (Salies' first market town). Imagine the covered houses: the upper storey supported by arcades was used to protect the shops, which are no longer there. In the 19th century, the square was lined with tall houses, some of them hotels, with terraces full of travellers. It was one of the strategic locations for the foreign colony until the station was built in 1884. Here, people taking the waters would get off the horse-drawn omnibuses, exhausted after several hours' travel.

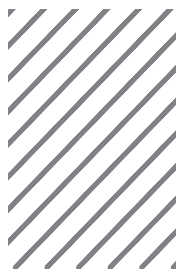
Go up the street on your left to discover a fortified church. Salies actually has 2 churches: Saint-Martin on the heights and Saint-Vincent. Protecting the town, **the church of Saint-Vincent**  (late 15th century) adjoined the old ramparts. The loopholes and other defensive systems can still be seen here and there. It was here that the jurats debated the laws to be included in the town's black book.

Continue towards the public gardens and **Thermal quarter** , where French and European aristocrats and bourgeois stayed for several seasons (19th century). Opposite you, before the construction of the thermal baths that you can still visit, was the first industrial salt works. Required to produce 500 tonnes of salt a year, the Salisiens Part-Prenants built the town's first industrial site (1842), protected by a 3-metre-high wooden fence and guarded day and night. Destroyed by fire in 1888, the factory was relocated to the station area a short distance from here.

As the press railed against the insalubrious state of the town, a wave of sanitation work and town planning reorganisation was launched! With boulevard-style avenues framed by plane trees, a public garden planted with unique species of trees and buildings in keeping with Haussmann-style architectural criteria, Salies had all the infrastructure of a health resort worthy of the name: the bandstand (1887), a casino set up in the café cercle du chalet and then in the Hôtel du Parc, a railway station (1884)...

A bathing establishment, whose Hispano-Moorish architecture you can still admire (1888), was built on the ruins of the first saltworks. Around the public garden, the ghosts of the great luxury hotels sit enthroned: the Hôtel de la Paix on your left, frequented by Marcel Proust; on your right, the Hôtel du Parc, which you can still reach by crossing the Boulevard Saint-Guily; at the Sanglier roundabout, the ruins of the Hôtel de France et d'Angleterre.

600 years of history! As you retrace your steps back to the heart of the town, don't hesitate to extend your visit to the Saline and its salt shop, the Musée du Sel et des Traditions Béarnaises and the Place de la Mude, the crypt (former salt water basin), the Hôtel du Parc (Historic Monument), the Protestant temple and the charm of the little streets around the Pont Loumé and the Pont Mayou (a real bend in the road at no. 8). En aban!



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.





■ 1-hour self-guided heritage tour of Sauveterre-de-Béarn *Enter the legend...*

The most beautiful heritage features of Sauveterre-de-Béarn are revealed...
 A lovely walk full of poetry! Let yourself be guided at each point. →



Walk in the medieval city

Start your walk on the esplanade of **the Town Hall** ① against the backdrop of the magnificent Pyrenees mountain range. This Renaissance-style building belonged to the powerful Marquis de Nays family, Counts of Salette in the 16th century. It was bought by the town in 1972.

In front of you stands **S'-André church** ② built at the end of the 12th century. Here, architectural styles mingle. The imposing semi-circular apse framed by two chapels harmoniously supports the building. The Romanesque influence dominates, with beautifully restrained facades in which only three long, narrow windows pierce the wall. The north side is well worth a visit, with its inverted Chirm, corner tower and rose window. Saint-André church is unusual in that it was fortified, as evidenced by its beautiful bell tower, which was once crenellated. It played a key role in the defence of the town.

On the south façade, overlooking the river gave, is the door of the cagots, also known as crestaas. Mystery surrounds the origins of this community, rejected by the rest of the population. Were they descended from lepers, Visigoths or Saracens? Finally, above the main entrance, the tympanum features magnificent stonework. It features a majestic Christ surrounded by the four evangelists in symbolic form. The interior illustrates the transition between the Romanesque and Gothic styles. The central nave is vaulted with beautiful ribbed vaults. Note the two historiated capitals. The first, at the transept crossing, depicts lying and gluttony. The second, in the north aisle, depicts the Nativity.

Below the Place des Salières is **the Montréal tower** ③. It owes its name to the family who bought it in the 19th century to save it from destruction. This 13th-century defensive tower, 33 m high, is built in the same fine Bidache stonework as the church. Its facades are punctuated by a succession of archways and large bays to the south. It now houses an impressive model of the town, as well as an exhibition on Sauveterre in the Middle Ages.

After taking the stairs, at the foot of the tower, turn right onto the path that runs alongside the Gave. Let yourself be guided by the flow of the river, in the shade of the trees. Walk under the arches of the Pont de la Légende to the footbridge leading to **the île de la Glère** ④, opposite the campsite. Classified as a sensitive natural area, the Ile de la Glère is Sauveterre's 4th flagship site, with its protected flora.

Retrace your steps until you reach the fortified bridge known as **the Bridge of Legend** ⑤. Built under Gaston VII de Moncade in the 13th century, then remodelled under Fébus in the 14th century, it is the gateway to the kingdom of Navarre. Originally equipped with a drawbridge, it provided access to the Ile de la Glère. In the 18th century, a violent flood swept away part of the bridge, giving it its current appearance. It takes its name from the legend of Queen Sancier. In 1170, she was subjected to the terrible judgment of God in the presence of 3,000 people. Accused of having killed her newborn son, she was thrown, bound hand and foot, into the river Gave. The crowd anxiously waited for the sovereign to be swallowed up. But nothing happened. Sancier rises to the surface and the current gently carries her to the bank. Sancier, exonerated, is cheered by the audience, who are overjoyed.

At the entrance to the bridge, the Chambres du Pont de la Légende, now guest rooms, were once **the pilgrims' hospital** ⑥. This is where pilgrims could rest at the end of a long day's walk before crossing the bridge and continuing on their way to Compostela.

Go back up through **Lester's Gate** ⑦. The upper part of this medieval gateway no longer exists, having been replaced by a footbridge. The thickness of its walls nevertheless bears witness to the city's fortifications.

Then take rue Pléguignou as far as **the fortified house** ⑧. Well placed at the very top of the lane, it offered soldiers a highly strategic location. On the left is **the former arsenal** ⑨. Now converted into a dwelling house, it was used as a weapons store. It is linked to **the beautiful fortified gateway of the Datter** ⑩, which opens up the city to the west. It still retains its ogival shape. At the time, its upper corbels supported the parapet walk and the manoeuvring chamber of a drawbridge needed to cross the moat surrounding the town.

Venture outside the city and you'll immediately see on the left, the remains of the imposing **ramparts** ⑪.

Go back the way you came and take rue des Innocents via rue Léon Bérard. At the end of this alleyway are the remains of **the Viscount's castle** ⑫ and its barbican. Separated from the castle walls, this artificial stone motte formed the entrance to the castle. Probably built by Gaston VII Moncade, the castle was restored by Gaston Fébus and became his hunting residence. The polygonal ashlar castle was largely destroyed in the 16th century.

Go back up the rue des Innocents to find a charming little tower opposite you, once used as a **dovecote** ⑬. Many feathered companions still watch over the city today...





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 Fébus, 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.

Le petit + : to find out more about Jeanne d'Albret history and Protestantism in Béarn, we invite you to visit the Jeanne d'Albret Museum
37 rue Bourg Vieux - ORTHEZ - Tel. 05 59 69 14 03 - www.museejeannealbre.com



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, Castetnau-Camblong, Gurs, L'Hôpital-d'Orion, Lay-Lamidou, Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn.

Ask for the programme.



Orion Rencontre

8 A 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)

Avenue 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 with a tasting of Bayonne ham, salted with Salies salt.

Last admission to the Museum area at 11am and 4.30pm.

Le petit + : in summer, visit of the production.

Open all year

Opening times: 9.30am to 12pm and 2.30pm to 6pm.

January and February: closed on Mondays.

March, April, November and December:

closed on Monday mornings.

May to October: open Monday to Saturday,

9.30am to 12pm and 2.30pm to 6pm.

Tickets : €4.50 - 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 19 February to 19 October.

Closed on Sundays and public holidays.

Opening times: 1.30pm to 6pm.

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 free, fun half-hour tour for young and old alike.

On Wednesdays, Fridays and Saturdays from 3pm to 5.30pm (from 1 July to 7 September) and Wednesdays and Saturdays from 3pm to 5.30pm (from 17 February to 4 March; from 13 to 29 April; from 19 October to 4 November and from 22 December to 6 January); during the day (21 September; 14 and 21 December).

Information at the Tourist Office

SALIES-DE-BÉARN - Tel. 05 59 38 00 33



The crypt

The Bayaà 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!

Visits (in French) on reservation

Details and reservations at the Tourist Office -

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

Tel. 05 59 38 00 33 or on www.visit64.com



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 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.



"Au fil de l'histoire" tour

At the Porte St-Antoine, the powder magazine and the Arsenal
Tel. 05 59 66 10 22
accueil@ville-navarrenx.fr

Exhibition spaces **2**, **5** and **11** on our map on pages 6 and 7, showing several models, mannequins, old tools and plans to take you back in time.

Open from 15 April to 15 November, 9am to 5.30pm.

Free participation

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).

Open all year - Free

Individual visits : signs in the camp - free admission.

Guided group tours, ask at the Tourist Office.

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

Cinquecento

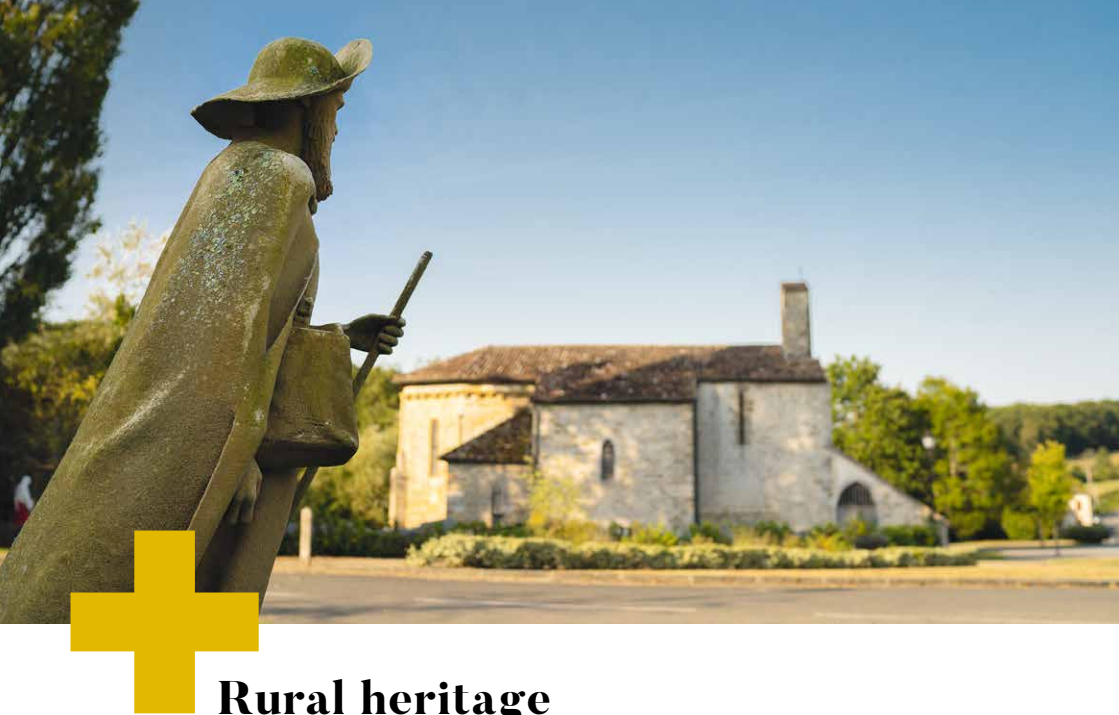
At the Tourist Office in Navarrenx
Tel. 05 59 38 00 33
contact@bearndesgaves.com

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 during Tourist Office opening hours.

Free





Rural heritage

Gaston Fébus hunted in the woods around **L'Hôpital-d'Orion**, which takes its name from the word "espítai", a place which welcomed pilgrims passing through on the way to Santiago de Compostela.

Just 30 km away, **the church at L'Hôpital-Saint-Blaise**, a UNESCO World Heritage site, is sure to remind you of the church of Sainte-Marie-Madeleine.

Tel. 05 59 66 07 21 - www.hopital-saint-blaise.fr

The 12th century fortified church of **Saint-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 gîte?

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



Montréal 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 Montréal 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 6 April to 2 November:

April, May, June, September, October, November:

Tuesday to Saturday, 2.30pm to 6.30pm.

July and August:

Tuesday to Sunday, 10.30am to 12.30pm

and 2.30pm to 6.30pm.

Open by appointment all year round for groups of 5 or more.

Entry: €4

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

Children (under 12 years old): free



The Château de Laàs Museum and its gardens



Domaine du château - 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... There's also a historical section devoted to Napoleon's children and the Napoleonic meritocracy.

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.

NEW! The Bistrot du Château, open from April to the end of August.

Le petit + : a cultural and bucolic break.

**Open from 30 March to 3 November: daily from 10am to 6pm (from 6 July to 1 September from 10am to 8pm).
Last admission 2 hours before closing time.**

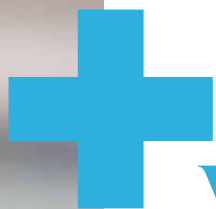
Guided tours (1h)

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

Special tours on Sunday afternoons (1h30)

Single price: €15





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.





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

Cours 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 May to 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: chronic inflammatory rheumatism, osteoarthritis, fibromyalgia, lumbago, osteoporosis, sciatica...;

Gynaecology: endometriosis, fertility problems, pelvic pain, gynaecological infections...;

Child development disorders: enuresis, after-effects of fractures, following orthopaedic surgical procedures, growing bone diseases;

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;

An aquatic relaxation area* with a spa water swimming pool, a freshwater swimming pool, whirlpool baths outside and hamman and sauna inside;

A fitness area with cardio-training and body-building equipment and a room 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 - 1 half-day - 3 treatments - €71

ESCAPADE SALISIENNE - 2 half-days - 7 treatments - €199

DOUCEUR THERMALE - 5 half-days - 16 treatments - €379

Bathing cap, swimsuit and flip-flops are compulsory.

Swim shorts not allowed.

**Reserved from Monday to Saturday from 9.45am to 12pm for spa clients and season ticket holders. Open to all in the afternoons and on Sundays.*



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.

New for 2024: AQUA PILATES

Details at www.thermes-de-salies.com

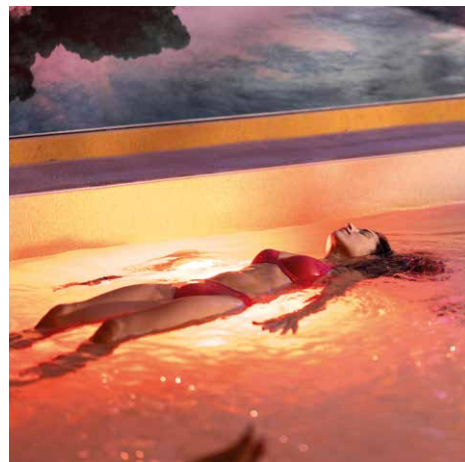
Sample the Escale Sensorielle and experience new sensations!

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.

Escale Sensorielle (45 mins) - €35

Escale Sensorielle (45 mins) + Relaxation area (1h) - €42



Water



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

Expérience Béarn / Rafting 64



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

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

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

Recreational pool

Les Thermes - SALIES-DE-BÉARN
Tel. 05 59 38 10 11
Inside
Two freshwater and saltwater pools with jacuzzi,
hammam and sauna.
Forbidden for children under 3.
Bathing cap and flip-flops are compulsory.



Fishing

Fishing spot in Navarrenx Gave d'Oloron

(first category)
LE POOL MASSEYS

Sport fishing in Gave d'Oloron

(first category)
VIELLENAVE-DE-NAVARREX

Bidala pool

(second category)
CARRESSE

Fishway

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

Lac de la Pounte

LABASTIDE-VILLEFRANCHE
Day or annual fishing permits can be purchased from the
fishery warden Philippe Lepine on 06 13 68 05 40 or from
Labastide-Villefranche town hall on 05 59 38 40 30.

Lac de Lahontan

LAHONTAN
Fishing lake only accessible with fishing licence, contact
Alain Garcia on 06 07 67 96 63.



Water

Fishing licence

Le Poisson Roy
24 rue Saint-Germain - NAVARREX
Tel. 05 59 66 28 76 or 06 78 74 08 86
www.lepoissonroy.com

Camping du Gave
177 chemin du camping - SAUVETERRE-DE-BÉARN
Tel. 06 13 03 58 98

Tourist Office
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
hervé.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, bucolic walks, signposted country walks, 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.



Information sheets on the walks (in French) are available from the Tourist Office and can be downloaded for free on our website.

To access it directly, flash this QR Code!



Walks and hikes

Castetnau-Loisirs

CASTETNAU-CAMBLONG

Mountain walks

Tel. 06 79 15 57 34 ou 06 31 96 26 87



Île 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).



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.

Viewpoints



Direct access by car: OGENNE-CAMPTORT - BURGARONNE - SAUVETERRE-DE-BÉARN

Accessible on foot (15 mins ascent: from Castagnède to the church car park): PÈNE DE MU.

4 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

Departure from the car park of the old railway house.

This walk is open to all and takes in the old Salies-Puyoô railway line and its rich flora and fauna, classified as a Natura 2000 area. A true technological feat of the 19th century, you can take the 649-metre-long tunnel, lit by nightlights, to reach the vineyards of Bellocq.

Le Pain de Sucre (Colline de la Sègue)



SALIES-DE-BÉARN - GPS (WGS84-UTM) 667804 - 4815186

Departure from Place du Bayaà, next to the water fountain. 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- GPS (WGS84-UTM) 662280 - 4813239

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 64

Route d'Orion - Quartier Lasbordes - SAUVETERRE-DE-BÉARN
Tel. 06 89 52 94 64 or 06 76 96 93 89
ecuriedesgaves64@gmail.com
ecuries-des-gaves-64.jimdosite.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 + : one of the few stables where you can meet the Landes pony, a horse native to southern Aquitaine.

Horse stable Aux écuries Bernède

2 chemin Bernède - VIELLESÉGURE
Tel. 06 19 49 07 65
aurorebala87@gmail.com

Aurore Bala, professional rider and owner of the Bernède stables, opens her 11-hectare property overlooking the lake in the village of Vielleségure, 5 km from Navarrenx.

Owner of 10 horses and ponies, Aurore is on hand to introduce visitors to the joys of equestrian activities in a fun way.

Le petit + : the rally, a real adventure and a bonding experience with your horse, will allow you to take on a number of challenges through the woods.

Golf Golf-club Hélios

4 chemin de Labarthe - SALIES-DE-BÉARN
Tel. 05 59 38 37 59
saliesgolfclub@gmail.com - www.golfsalies.com
9-hole golf course, 18 tees, 1 driving range.
Club-house and pro-shop.
Private lessons by reservation.

Tennis Tennis Navarrenx

NAVARRENX
Tel. 05 59 66 10 00
Reservation of courts at Beau Rivage campsite.

Tennis Club Sauveterre

Complexe - 4 avenue Jean Récapet
SAUVETERRE-DE-BÉARN
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

Base de Loisirs de Mosquéros - SALIES-DE-BÉARN
Tel. 05 59 38 15 53
59640042@fft.fr

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

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!



Escape Castle ? An escape game in a castle!



Domaine du château - LAÀS

Tel. 06 31 50 51 25

contact@escape-game-64.com

www.escape-game-64.com



Adventure calls! Escape from the mystery rooms in the Chateau de Laàs: the Poudlaàs school of witchcraft or the world of "Gentlemen Thieves". Challenge and high spirits guaranteed in this fantastic experience where team work, logic and speed will be your best allies!

NEW! Opening of a 3rd room in spring 2024.

Open all year round, reservation required.

Le petit +: stunning, immersive decors in a magnificent chateau.

The Castle of Enigmas

Domaine du château - LAÀS

Tel. 05 59 65 00 34

laas@chateau-enigmes.com

www.chateau-enigmes.com



With family or friends, embark on a 3-hour tour of games and enigmas in a magical world hunt full of fantastic creatures and Pyrenean legends.

Explore the castle's 12 hectares of parkland, its varied landscaped gardens to the shady wilderness beside the Gave d'Oloron.

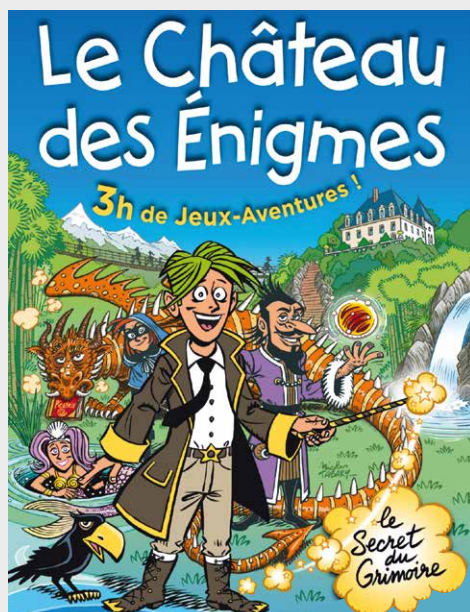
Do you dare to test your mettle on the zipwire ride, our treetop adventure or the bamboo maze?

Le petit +: a fun and original family activity not to be missed!

Open from 30 March to 3 November: daily from 10am to 6pm (10am to 8pm during the summer holidays).

Last admission 2 hours before closing time.

Adults: €17 - Children (4-12 years): €14 - Free for under-4s.





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 Labastide-Villefranche, beside the Lac de la Pointe.

In Lahontan, by the lake.

In Navarrenx opposite the remparts.

In Salies-de-Béarn open air Theatre du Rooy, in the Parc de Mosquéros 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 Mosquéros 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 **Lahontan** slide, turnstile, fronton and covered trinquet near the town hall.

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, Araujuzon, Audaux, Auterive, 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

6 rue de l'abreuvoir - NAVARENX
Tel. 06 80 42 25 07 or 05 47 72 82 26
ludotheque.tip-tap@aposte.net

Open: during school term, Wednesdays from 9.30am to 12pm and from 2pm to 6pm, Thursdays from 9.30am to 11.30am and from 2pm to 6.30pm, Saturdays from 9.30am to 12pm. During school holidays, Monday to Friday, 9.30am to 12pm and 2pm to 6pm.

Le petit +: board game evenings for 16-year-olds and over!

Ludothèque des Francas

Hameau Bellevue (entrance on rue Colibri) -
SALIES-DE-BÉARN
Tel. 06 84 42 95 91 - ludo@francas64.fr

Open: Wednesdays and Thursdays, 9am to 12pm and 2pm to 5pm, during school term. During school holidays, Monday to Friday, 9am to 12pm.

Le petit +: its Ludotruck, which travels through the villages (Monday to Friday from 2.30pm to 5.30pm during school holidays).

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 Poiç. 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.



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

24 chemin de Mosqueros - SALIES-DE-BÉARN

Skateboarders, rollerbladers and BMX enthusiasts:
a bumpy course for beginners and advanced riders.

Leisure parks

Expérience Béarn / Rafting 64

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.

By bike

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.

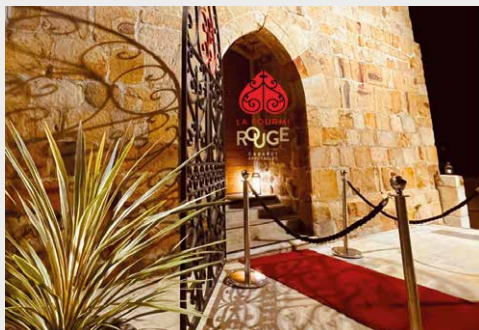
Le petit +: electric bikes are especially popular in our rolling countryside.

Cabaret-shows

La Fourmi Rouge

Chapel S'-Barthélémy - 74 rue de la vieille église - LAÀS
Tel. 05 64 62 06 66
bienvenue@lafourmirouge.fr - www.lafourmirouge.fr

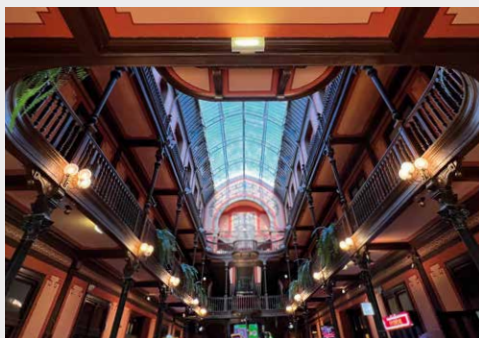
A cabaret in Laàs, in the heart of Béarn, in a former Romanesque chapel, a unique concept in France. Completely restored in 1993 by over 2,000 Guides de France. These young girls were nicknamed the «red ants», after their outfits, their red helmets and the way they worked in single file. 20 years later, the former Romanesque chapel became La Fourmi Rouge Cabaret-spectacles. A cosy, intimate atmosphere...



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

6 avenue 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

NAVARRENX

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, Wednesday and Friday from 4pm to 6pm, Thursday and Saturday from 10am to 12pm.

SAUVETERRE-DE-BÉARN

2 place Royale - Tel. 05 59 38 87 07
biblisauv@orange.fr

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



Le Chale



GRALA



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 decorator

Where talents converge

41 rue Saint-Germain - NAVARENX

Tel. 06 07 88 66 99

nathalie.saintmaxent@wanadoo.fr

Jewellery making

Atelier Quid Novi

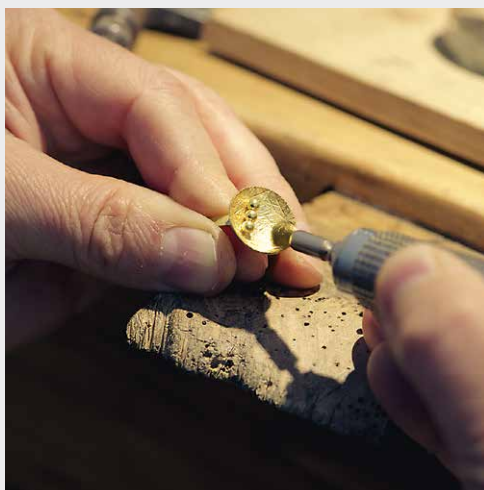


3 bis rue Orbe - SALIES-DE-BÉARN

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

Métiers d'Art
D'AQUITAINE
Terre de Talents
ARTISAN D'ART ET D'INDUSTRIE

Chemin de la Poterie Parabis, route de Salies - ORAÀS

Tel. 09 52 48 31 53 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

Métiers d'Art
D'AQUITAINE
Terre de Talents
ARTISAN D'ART ET D'INDUSTRIE

370 chemin Lajusa - BURGARONNE

Tel. 05 59 38 51 86

savon.aromanature@gmail.com

www.aromanature.com



Sculptor

Bernard Saint-Maxent

20 rue du Gave - VIELLENAVE-DE-NAVARRENX

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

noelbertrandpuyau@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

Salt doesn't just go well with ham... it also goes well with salmon! In Peyrehorade, in the Landes, you can discover and savour the King of the Gave.

Maison Barthouil - 378 route d'Hastings - PEYREHORADE
Tel. 05 58 73 75 72 - www.barthouil.fr



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 end 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

215 chemin de Bideren - 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

32 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
Farming of Gascon pigs. Tours of the farm and workshop available on request.



Chocolate factories

Fèves et chocolat

62 rue Paul-Jean Toulet - SALIES-DE-BÉARN
Tel. 05 59 65 61 50
fevesetchocolat@gmail.com
Chocolate roaster and maker - Bean to Bar
In 2023, the coconut praline bonbon with Salies fleur de sel will be awarded the Tablette de Bronze by the Club des Croqueurs de Chocolat!

Pâtisserie Charrier

31 rue Léon Bérard - SAUVETERRE-DE-BÉARN
Tel. 05 59 38 55 10 - charrier-chocolatier@wanadoo.fr
Speciality: the "Medieval" (and many pastries...).

Pastry shops

L'Atelier des Pyrénées

24 rue du village - ABITAIN
Tel. 07 82 57 32 66 - latelierdespyreneesmanon@gmail.com
latelierdespyrenees.com
Speciality: the "sablé".

Pâtisserie La Bonbonnière

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

Flour

Lo Molier

810 chemin du moulin - SAINT-PÉ-DE-LÉREN
Tel. 06 83 43 63 13 - contact@lomolier.fr
The only certified **organic mill** in Département 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 - www.ferme-sahouret.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 Moulinaou

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 - NAVARENX
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
Since 2023, René has been offering you the chance to learn how to brew your own beer as part of the "back to basics" course.

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!



ASSOCIATION
FRANÇAISE
DES MAÎTRES
RESTAURATEURS

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

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

Open for lunch Monday to Saturday.

June, September and October: also open on Friday and Saturday evenings. In summer, open for lunch and dinner from Monday to Saturday.

Le petit + : pilgrim atmosphere and decor.

Le Commerce

Place des Casernes - NAVARENX
Tél. 05 59 66 22 54

Menus from €21

Seats 70 inside - Terrace seats 40

Open for lunch and dinner every day except Sunday and Monday.

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 €16.50

Seats 45 inside - Terrace seats 80

Open every day from 1 April to 30 September. The rest of the year, open for lunch and on Friday and Saturday evenings (closed on 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

Main course from €12

Seats 14 inside - Terrace seats 24

Closed on Saturdays.

Le petit + : fresh, artisanal ingredients.

Pizzeria des remparts

1 place des Casernes - NAVARENX
Tel. 05 59 66 29 70

Small pizza from €8

Terrace seats 28

Le petit + : vending machine on site 24/7.



Restaurants in or near Navarrenx

Pizza bella family

9 route de Bayonne, Galerie Intermarché - SUSMIQU
Tel. 05 59 66 08 36

Large pizza from €10

Seats 10 inside - Terrace seats 16

Open every day except Sunday lunchtimes and Mondays.

Le petit + : a wide choice of pizzas, salads, sandwiches, toast and pintxos.

Auberge Claverie

ASSOCIATION
FRANÇAISE
DES MAÎTRES
RESTAURATEURS

2 place de l'Estanquet - 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

ASSOCIATION
FRANÇAISE
DES MAÎTRES
RESTAURATEURS

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

Menus from €20

Seats 80 inside - Terrace seats 25

From 1st May to 20 October, closed on Mondays, Tuesday evenings and Sunday evenings. The rest of the year, closed on Mondays, Tuesdays, Wednesday evenings and Sunday evenings.

Le petit + : instinctive cuisine using local products.

Tea Rooms

L'enchanté

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

Seats 10 inside - Terrace seats 34

Open from Wednesday to Sunday; in summer, open every day except Monday and Tuesday mornings.

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



Shakespeare bar and café

30 rue Saint-Antoine - NAVARENX
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-Guily - SALIES-DE-BÉARN
Tel. 05 59 38 31 31

Menus from €35

Seats 50 inside - Terrace seats 20

Open Monday to Sunday every evening.

Le petit + : a superb, historic setting.

Au Petit Béarn

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

A la carte from €16

Seats 25 inside

Open from 15 March to 15 September in the evening, by reservation.

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 €18

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

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 Monday to Friday,
and Saturday and Sunday evenings in July and August.
Closed during the Christmas holidays.**

Le petit + : view of the golf course and the hotel pool,
electric charging points.

Le Viêt Nam

1 avenue des Docteurs Foix - SALIES-DE-BÉARN
Tel. 09 78 81 10 98

Main course from €6

Seats 32 inside

Open every day except Monday.

Le petit + : a little piece of Asia on your plate!

Au Repaire

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

Main course from €10.15

Seats 50 inside - Terrace seats 70

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

Le petit + : a shady terrace.

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.

La Crêperie du Saleys

9 rue Saint-Vincent - SALIES-DE-BÉARN
Tel. 05 47 73 05 23

Menus from €15

Seats 32 inside - Terrace seats 20

**Open for lunch from Wednesday to Sunday, and for
dinner on Fridays and Saturdays.**

Le petit + : its view of the Saleys from the terrace of
a Salisian house.

Instant Tee

4 chemin Labarthe - SALIES-DE-BÉARN
Tel. 05 59 38 37 59

Main course from €18

Seats 20 inside - Terrace seats 40

Open from 1 March to 31 October.

Le petit + : its relaxing setting and breathtaking views
of the golf course!



Restaurants in or near Salies-de-Béarn

Le restaurant de la gare

6 boulevard Saint-Guilvy - SALIES-DE-BÉARN
Tel. 05 59 28 95 21

Menus from €18

Seats 40 inside - Terrace seats 20

Open all year round, Monday lunchtime to Saturday lunchtime (evenings by reservation).

Le petit + : the "poule au pot" in winter and the "garbure" prepared by winners of the world garbure championship!

La tour de pizza

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

Main course from €4.90

Seats 12 inside - Terrace seats 12

Closed on Sundays and Mondays.

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

Le Marrakchi

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

Menus from €13.50

Seats 20 inside - Terrace seats 8

Open from 12 noon to 1.30pm (Thursdays until 2pm), and from 7pm to 9pm. Closed on Tuesdays and Wednesdays.

Le petit + : homemade oriental cuisine, guaranteed fresh, and themed evenings with music and "world flavours" cuisine!

L'escalé

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

Menus from €14

Seats 80 inside - Terrace seats 80

Open for lunch, from Monday to Sunday.

Closed on Saturdays.

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

Auberge du Relais

460 Grande Route - BÉRENX
Tel. 05 59 65 30 56

Menus from €16

Seats 80 inside - Terrace seats 70

Closed Fridays, Saturday lunchtimes and Sunday evenings.

In July-August-September: closed Friday evenings, Saturday lunchtimes and Sunday evenings.

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

La Belle Auberge

16 rue principale - CASTAGNÈDE
Tel. 05 59 38 15 28

Menus from €17.50

Seats 95 inside - Terrace seats 90

Closed on Sunday evenings and Mondays.

Le petit + : delicious meals, generous servings.





Restaurants in or near Salies-de-Béarn

Takeaway Pizzeria Da Claute

10 place de la trompe - SALIES-DE-BÉARN

Tel. 05 59 67 04 95

Pizzas from €9.50

Takeaway only.

Open Thursday to Monday from 6.30pm to 10pm.

Le petit + : its "pizze" dough made with ancient wheat flour and natural sourdough!

Wine bar / Tapas Le Chalet

1 boulevard Saint-Guily - SALIES-DE-BÉARN

Tel. 07 86 30 95 91

Menus from €15

Seats 50 inside - Terrace seats 40

Midday : restaurant / Evening : wine bar, tapas

Open Tuesday to Thursday, 9am to 9.15pm, Friday and

Saturday, 9am to midnight. Closed on Sundays and Mondays.

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



Chez Camy

2 route de Carresse-Cassaber - CARRESSE

Tel. 05 59 38 46 09

Pizzas from €10

Seats 120 inside

Open every evening from Wednesday to Sunday.

Le petit + : a magical atmosphere where all generations come together to eat tapas, pizza or any other homemade dish.

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.

Le petit + : a hearty Sunday brunch!



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 €15

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 du Cheval Blanc

Place Royale - SAUVETERRE-DE-BÉARN
Tel. 05 59 67 36 52

Menus from €16.50

Seats 50 inside - Terrace seats 80

Open from 26 March to 15 October. Closed on Mondays.

Le petit + : local Basque-Bearn cuisine.

La Légende

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

Menus from €19

Seats 35 inside - Terrace seats 45

Open from 1 March to 24 December, Thursday to Sunday lunchtimes.

Le petit + : fresh, local and tasty!

L'Arsenal

3 place Pont de Montagne - SAUVETERRE-DE-BÉARN
Tel. 05 59 67 68 59

Menus from €16.50

Seats 22 inside - Terrace seats 4

Closed on Sunday afternoons.

Le petit + : traditional cuisine in a remarkable setting.

Auberge Blondain

1 route Saint-Martin - AUTEVIELLE
Tel. 05 59 38 54 76

Menus from €15

Seats 60 inside

Closed on evenings and on Saturday.

Le petit + : re-discover traditional dishes.

Auberge de la Fontaine

Place de l'Église - LAÀS
Tel. 05 59 38 20 20

Menus from €17

Seats 55 inside - Terrace seats 60

Open from 1 January to 4 February and from 25 March to 31 December. Closed on Wednesday and Sunday evenings.

Le petit + : a subtle marriage of flavours.

Snack-bar

Au fil de l'eau

523 chemin du moulin - SAUVETERRE-DE-BÉARN

Tel. 06 70 28 13 98

Open from May to September, 10am to 8pm
(Fridays until 10pm). Closed in the event of rain.

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

Rest'O-Vives

2 bis D936 - MONTFORT

Tel. 05 59 66 04 05

Menus from €12

Terrace seats 80

Open for lunch from 1 June to 30 September.

Le petit + : lively evenings on a large terrace.

eMercat

I shop in Béarn des Gaves

e-mercato.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

NAVARREX
CRAFT EXHIBITION

July

Every Tuesday / **NAVARREX**
MARDIS MUSICAUX

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

LAÀS

TRANSHUMANCE MUSIC FESTIVAL

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

7 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

TRANSPORT ON DEMAND - EN ABAN !

Operates from Tuesday to Saturday (excluding public holidays), from 9am to 12pm and from 2pm to 5pm, by reservation.

Tel. num. Cristal at 0 970 870 870 (toll-free), from Monday to Saturday, from 8am to 7pm (excluding public holidays); by reservation at the latest the day before the journey before 5pm.

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

TAXIS

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

TAXI MÉLANIE

AICIRITS (also serves SALIES-DE-BÉARN
and SAUVETERRE-DE-BÉARN)

Tel. 07 69 36 22 31

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 - ÉGLISE SAINT-MARTIN - SALIES-DE-BÉARN

For more information, visit

www.paroisse-saliesdebearn.fr

TEMPLE - SALIES-DE-BÉARN

2nd Sunday in the month : 10:30am

ÉGLISE SAINT-ANDRÉ - SAUVETERRE-DE-BÉARN

Saturday : 6pm

Sunday : 9am (Gregorian) - 10:30am

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 - LOCAL FARMERS' GROCERY SHOP - 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.

OPTIMA COWORKING

4 rue Paul-Jean Toulet - SALIES-DE-BÉARN

Tel. 06 63 64 22 88 - sylviepoupart@numericable.fr

In a shared or closed office, a coffee area decorated with works by local artists.

Monday to Friday, 8.30am to 12.30pm and 2pm to 6pm.



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 Cartéro - 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.

Open: Tuesday to Friday, 10am to 12pm and 3pm to 7pm; Thursday, 10am to 12pm and afternoons by appointment only; Saturday, 10am to 12pm and 3pm to 6.30pm.



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

Here are a few simple things you can do to make your stay as pleasant and responsible as possible:



White water activities: sunscreen, closed and non-slippery shoes to go in water, hat and sunglasses.



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.



When I leave my accommodation: I turn off the heating or air conditioning.



On-site for short trips: opt for a walk or cycle ride.

If it's raining, car-sharing and on-demand transport are the solution!



After the picnic: I sort according to the instructions at my holiday destination. Each waste has its colour.























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.



BÉARN
des
Gaves
le petit +



-  Picnic
-  Raft-Canoë-Kayak
-  Horse-riding Center
Horse stable
-  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

BÉARN DES GAVES TOURIST OFFICE

BéARN des Gaves le petit +

Tel. 05 59 38 00 33

contact@bearndesgaves.com

NAVARRENX

2 place des casernes - 64 190 Navarrenx

SALIES-DE-BÉARN

8 bis place du Bayaà

BP 26 - 64 270 Salies-de-Béarn

SAUVETERRE-DE-BÉARN

Place Royale - 64 390 Sauveterre-de-Béarn

www.tourisme-bearn-gaves.com



FOLLOW US!

Béarn des Gaves Tourisme

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 /
Sauveterre-de-Béarn by bus or taxi



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