



Béarn *Gaves*  
des le petit +

# THE TOURIST GUIDE 2025

**+ GETAWAYS**  
follow the guide

Heritage

Water

Countryside and outdoor leisure

Art of living



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Find information on our website:  
[www.tourisme-bearn-gaves.com](http://www.tourisme-bearn-gaves.com)













# Heritage

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## *history*

Lovers of stories and legends? architecture and old stones? panoramas on the river or/and the Pyrenees?

We propose you a stop every 10 km to discover the Béarn des gaves.

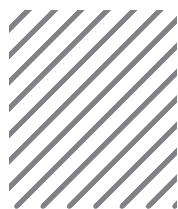
From the lovely small streets of Salies-de-Béarn, to the impressive panorama of Sauveterre-de-Béarn, crossing by the customs post of the Principality of Laàs to finish on the top of the ramparts of Navarrenx...

This guide will be your best ally during your stay!

But, our best advice will be to "get lost"! The villages of Béarn des gaves have so much to reveal...







# Salies-de-Béarn

*The city of salt*





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

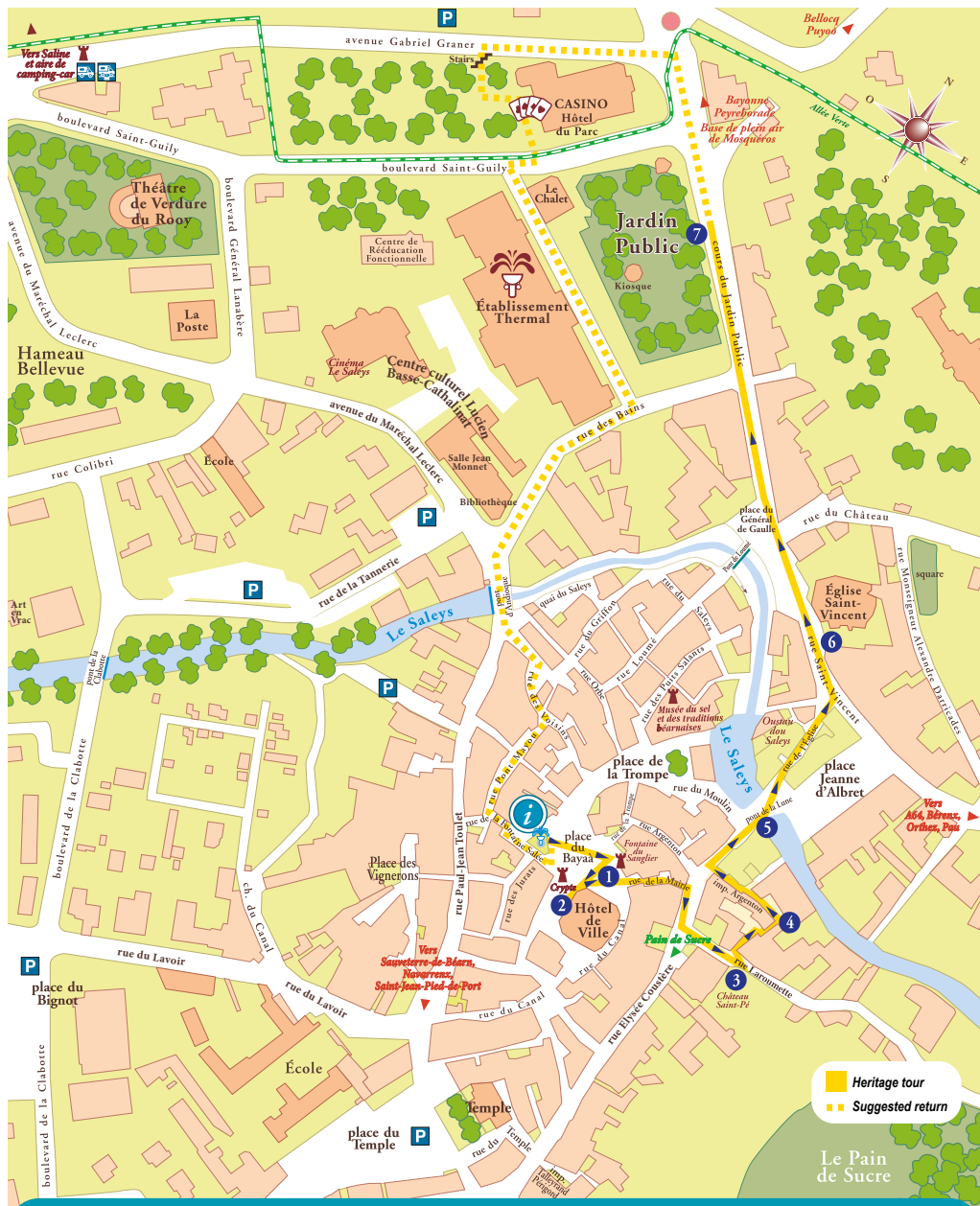
Its discovery was attributed to a wild boar that was found next to a spring with its bristles covered in salt. Since then, Salies has looked after its treasures. It is an inexhaustible spring of salt water which provides health and well being. It still belongs to 500 Salisiens known as Part-Prenants.

- 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 17<sup>th</sup> and 18<sup>th</sup> 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. →


Upcoming! This summer, this visit will be available for listening and reading in english on our website.





# 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 sameau 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 17<sup>th</sup> 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 18<sup>th</sup> and 19<sup>th</sup> centuries. He is said to be a descendant of the cagots, 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 19<sup>th</sup> 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 15<sup>th</sup> 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 (19<sup>th</sup> 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 **Salines** 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!





## Salt, a natural resource

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.

### Les Salines (salt-production plant)

1 avenue du docteur 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.

**Le petit +** : visit of the production from May to October.

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

**Last entrances: 11am and 4.30pm.**

**January and February: closed on Mondays and Sundays.**

**March, April, November and December: closed on Monday mornings and Sundays.**

**May to October: closed on Sundays.**

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](mailto:museedusel64@orange.fr)

[www.museedusel.fr](http://www.museedusel.fr)



Set in the « Darremoudine », a typical 17<sup>th</sup> 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 19<sup>th</sup> century. The "Part-Prenant" house features a 17<sup>th</sup> 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 Monday to Saturday: 2pm to 5pm (15 February to 15 April and 2 November to 30 November) and 1.30pm to 7pm (16 April to 31 October).**

**Last entrance: 45 minutes before closing time.**

Entry: adults €6 - reduced price €5 - children (aged 7-12) €2 - free for under-7s. - extra guided tour €1.50

## 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.

**During school holidays, on Wednesdays, Fridays and Saturdays from 3pm to 5.30pm (departure: every 30 minutes from the parking avenue Gabriel Garner - Casino).**

Free - 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.tourisme64.com](http://www.tourisme64.com)



## Nearby

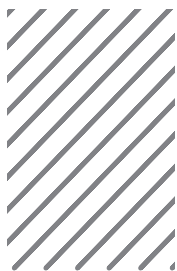
In 1292 Countess Marguerite de Moncade founded **Labastide-Villefranche**. Traces of its bastide Character can still be seen. The Town Hall was built incorporating the arches. In the 14<sup>th</sup> century a fortified tower was constructed and its ruins still overlook the Pounte lake.

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.





*10 km further on...*



# Sauveterre- de-Béarn

*The medieval city*



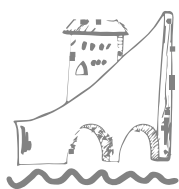
«Here you will find some of the most beautiful countryside in France...

... 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 10<sup>th</sup> and 11<sup>th</sup> 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. ➔

Upcoming! This summer, this visit will be available for listening and reading in english on our website.





# 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 16<sup>th</sup> century. It was bought by the town in 1972.

In front of you stands **S'-André church** ② built at the end of the 12<sup>th</sup> 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 Christ, 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 crestiaas. 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 Monréal tower** ③. It owes its name to the family who bought it in the 19<sup>th</sup> century to save it from destruction. This 13<sup>th</sup>-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 4<sup>th</sup> 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 13<sup>th</sup> century, then remodelled under Fébus in the 14<sup>th</sup> 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 18<sup>th</sup> 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 16<sup>th</sup> 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...



# Sauveterre-de-Béarn



## Montréal Tower



SAUVETERRE-DE-BÉARN

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

[amis-sauveterre@orange.fr](mailto:amis-sauveterre@orange.fr)

[www.amis-sauveterre.fr](http://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 8 April to 1<sup>st</sup> 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



*10 km further on...*

# Laàs

## Passion & audacity



**Is Laàs a principality?** You'll be surprised to find a customs post at the entrance to the village (and at the exit!) Don't worry, the gate is always open. Take your time to visit this unusual little village, starting with its castle and its castle of enigmas and the 3 rooms of Escape Castle. Follow the Laàs-Vegas Boulevard and its circuit of stars which pays tribute to the artists who performed at the Transhumances Musicales festival. In the central square, sundials and signs directing you to major cities prove that Laàs is the centre of the world!

The village church is now home to an Escape Church (see p. 36) and an interpretation circuit (see p. 40). In summer, the square is also the venue for the Principality's Grand Prix, a 3-hour wheelbarrow race! On the heights of the village, the S'-Barthélémy chapel is home to a cabaret-show (see p. 41). Laàs, an unusual principality!



## 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 18<sup>th</sup> century residence, which has been restored to its former glory. Admire the period furniture, objets d'art, master paintings... There's also a historical section devoted to Napoleon' Empire through collector's pieces.

The gardens of 10 hectares is composed of several picturesque gardens: french-style garden, english-style, exotic... (certified gardens).

**New!** From July, you can have a self tour to the museum, if you get a ticket to the castle of enigmas, escape castle or if you stay one night in a tree house.

**Le petit +** : a cultural and bucolic break.

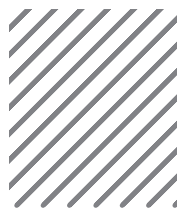
**Open from 5 April to 2 November:**  
**daily from 10am to 6pm (to 8pm in July-August).**  
**Last admission 2 hours before closing time.**

Guided tours (1h)  
Price: Adults: €11 - Children (4-12 years): €7 -  
Children (4 years): free  
Special tours on Sunday afternoons (1h30)  
Single price: €15





*10 km further on...*



# Navarrenx

## *The bastion city*





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

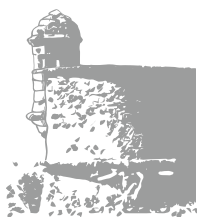
The town has a very important strategic position. Marguerite de Moncade gave it the status of Bastide in 1316.

In the 16<sup>th</sup> 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.







## ■ 1-hour self-guided heritage tour of Navarrenx

*A medieval village with a wealth of historical evidence*

Stroll through the medieval town at the heart of one of the oldest cities in Béarn and let yourself be guided at each point. ➔

Upcoming! This summer, this visit will be available for listening and reading in english on our website.



# Discover the first fortified city in France

Leaving the **Tourist Office** ❶, you can see **S<sup>t</sup>-Antoine casernes** ❷, former military barracks built after the fortifications to house up to 500 troopers. The central building is the guardhouse of the **Porte S<sup>t</sup>-Antoine** ❸. 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 16<sup>th</sup> 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<sup>t</sup>-Antoine to reach **the terrace** ❹, overlooking the gave d'Oloron, famous for its salmon. From here, you can see the 13<sup>th</sup>-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** ❺, just a few steps away. Protecting the bridge and the Porte S<sup>t</sup>-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** ❻ 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<sup>t</sup>-Antoine, where you will find **the Jeanne d'Albret House** ❼. 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<sup>t</sup>-Germain church** ❽, 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** ❾. 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** ❿, home to the Pierres et Vestiges Theatre, which protects the Porte S<sup>t</sup>-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** ⓫. 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** ⓬. 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.





## Au fil de l'histoire" tour

At the Porte S'-Antoine, the powder magazine and the Arsenal  
Tel. 05 59 66 10 22  
[accueil@ville-navarrenx.fr](mailto:accueil@ville-navarrenx.fr)

Exhibition spaces **2**, **5** and **11** on our map on pages 20 and 21, 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 model of the fortified city of Navarrenx

At the Tourist Office in Navarrenx  
Tel. 05 59 38 00 33  
[contact@bearndesgaves.com](mailto:contact@bearndesgaves.com)

Model of the fortified town of Navarrenx with a 20 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](mailto:contact@bearndesgaves.com)

A French internment camp created in March 1939 to hold fighters of the Spanish Republican army, notably the Basques.

Later used as a prison for "undesirables" during the Vichy regime and a deportation point for foreign Jews who had taken refuge in France.

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 reconstituted 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, and a QR Code tour "La force de l'art au-delà des barbelés" - free admission.

Guided group tours, ask at the Tourist Office.



*+ about the  
Gurs camp*





## Orion Rencontre

8 A route de Lasbordes - ORION  
Tel. 06 40 48 26 13  
[rencontre.orion@gmail.com](mailto:rencontre.orion@gmail.com)  
[www.rencontre-orion.org](http://www.rencontre-orion.org)



Centre for cultural events, concerts, conferences, lectures and seminars. "Rencontres d'Orion", it's a programme of quality concert program (classical music, jazz, baroque or rock) and meetings with personalities from all horizons. The guests are historians, writers and scholars from all disciplines.

Local accommodation available during seminar and event weeks.



## Rural heritage

Gaston Fébus hunted in the woods around **L'Hôpital-d'Orion**, which takes its name from the word "espitau", 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](http://www.hopital-saint-blaise.fr)

## Guided 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 20<sup>th</sup> 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 Guided tours take you to Gurs, Labastide-Villefranche, Lay-Lamidou, Navarrenx, Salies-de-Béarn, Sauveterre-de-Béarn...**









# Water

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## + *Aquatic pleasure*

Rivers, streams, lakes, springs... Water plays an important role in Béarn des gaves. Thanks to its salty properties, the water of Salies-de-Béarn has become synonymous with health and well-being. The white waters of the 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

**i** The Thermes of Salies-de-Béarn become **Selya Resort Thermal & Spa**

For your thermal cures and wellbeing stays in the heart of the salt city!



### SELYA RESORT THERMAL & SPA

Cours du jardin public - SALIES-DE-BÉARN  
Tel. 05 59 38 10 11  
accueil@selya-resort.com  
www.selya-resort.com

Visits by appointment from May to October  
(minimum 5 people).

## Thermal cures in Salies-de-Béarn

Selya Resort Thermal & Spa provides state-recognised thermal cures of 18 days, prescribed by your doctor and covered by the Social Security body in your area.

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

**Rheumatology:** chronic inflammatory rheumatism, osteoarthritis, fibromyalgia, lumbago, osteoporosis, sciatica...;

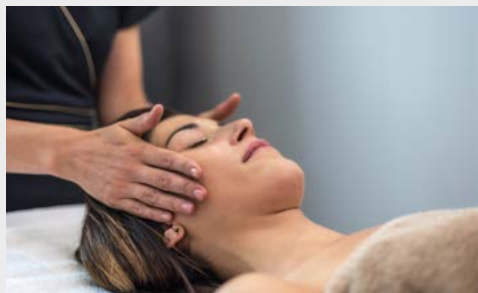
**Child development disorders:** enuresis, after-effects of fractures, following orthopaedic surgical procedures, growing bone diseases;

### Dual treatments.

**Treatments include:** application of salt clay packs, bathing in mother liquors, whirlpool or immersion jet bath, bath with vaginal irrigation, shower jet and conventional shower, mother liquors 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 contraindications is required.





## The Thermal Spa

With its warm atmosphere and distinctive Moorish elegance, the thermal spa of Selya Resort offers you:

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

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

**A range of 100% local organic herbal teas;**

**Individual or collective sessions of health prevention and wellbeing** provided by therapists;

**A fitness area** with group classes for all levels (aqua pilates, aquabike, back gym, ...) **Planning on [www.selya-resort.com](http://www.selya-resort.com)**

**Our favourite wellbeing packages:**

**TRÉSOR SALISIEN** - 1 half-day - 5 treatments - €119

**CHANGEMENT DE SAISON** - 2 half-days - 7 treatments - €249

**SEL DE LA VIE** - 5 half-days - 16 treatments - €459

**New for 2025! Duo ritual**

**DUO COMPLICE** - €289 for 2 people



## Aquatic relaxation in thermal water!

Enjoy the benefits of a thermal water bath. The relaxation pools at Selya Resort are open in the afternoons from Monday to Saturday and all day on Sundays.

**The 10am to 12pm slots are reserved Monday to Saturday for spa customers, subscribers and premium cures.**

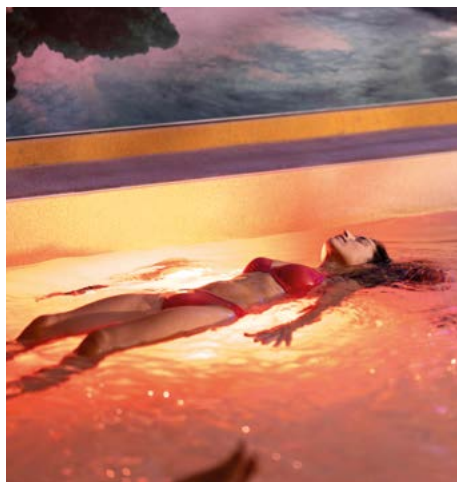
**Bathing cap, swimsuit and flip-flops are compulsory. Swim shorts not allowed. Accessible to accompanied children aged 3 and over.**

## Sample the Escale Sensorielle and experience new sensations!

Around the salt and its benefits, this stroll through various spaces is an invitation to escape and discover new sensations, visuals and olfactorys. The gentle heat, the peaceful surroundings, the scents, the effects of light and sound transport you to another place.

**Escale Sensorielle (45 mins) - €35 solo | €50 duo**

**2 en 1 Escale sensorielle (45 mins) + Relaxation area (1h) - €42 solo | €60 duo**



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!



**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](mailto:contact@2xaventures.com)  
[www.2xaventures.com](http://www.2xaventures.com)



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

## **Expérience Béarn / Rafting 64**



MONTFORT  
Tel. 05 59 66 04 05  
[contact@experience-bearn.com](mailto:contact@experience-bearn.com)  
[www.experience-bearn.com](http://www.experience-bearn.com)



**Canoe rental  
USSCK**

Meeting point at the bridge in Osserain  
Tel. 07 82 34 24 04 or 06 20 70 50 26  
[kayak.sauveterre@gmail.com](mailto:kayak.sauveterre@gmail.com)  
[www.ussck.sauveterre.free.fr](http://www.ussck.sauveterre.free.fr)



## **Swimming pools**

### **Intercommunal pool**

Allée des Marronniers - NAVARENX

Tel. 05 59 66 53 10

Open-air - Open from 2 June to 31 August

Base de loisirs de Mosqueros - SALIES-DE-BÉARN

Tel. 05 59 38 14 43

Open-air - Open from 2 June to 12 September

## **Aquatic relaxation area**

### **Selya Resort Thermal & Spa**

Cours du jardin public - SALIES-DE-BÉARN

Tel. 05 59 38 10 11

Inside - Spa water at 90°F, freshwater at 88°F

Area with spa water swimming pool, a freshwater swimming pool, geysers, whirlpool baths outside and inside, hammam and sauna, patio.

Forbidden for children under 3.

Bathing cap and flip-flops are compulsory.

## **Fishing licence**

**Le Poisson Roy**

24 rue Saint-Germain - NAVARENX

Tel. 05 59 66 28 76 or 06 78 74 08 86

[www.lepoissonroy.com](http://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

**Boutique des souvenirs**

10 place Jeanne d'Albret - SALIES-DE-BÉARN

Tel. 05 59 67 58 07

## **Sport fishing**

**Hervé BALTAR**

7 chemin des Tuileries - SUSMIOU

Tel. 05 59 66 04 39

[herv.baltar@peche-pyrenees.com](mailto:herv.baltar@peche-pyrenees.com)

[www.peche-pyrenees.com](http://www.peche-pyrenees.com)



## **Fishing**

### **Fishing spot in Navarrenx Gave d'Oloron**

(first category)

LE POOL MASSEYS

### **Sport fishing Gave d'Oloron**

(first category)

VIELLENAVE-DE-NAVARENX

### **Bidala pool**

(second category)

CARRESSE

### **Fishway**

NAVARENX

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







# Countryside and outdoor leisure

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## *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...







## 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!



Report a problem with Suricate!  
If you get an incident during your walk (tree, vegetation...) please report it in Suricate.



## 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.



### 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 Monréal Tower (see opening times p. 16).



## 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 19<sup>th</sup> 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

254 chemin de Paule - Route d'Orion - Quartier Lasbordes -  
SAUVETERRE-DE-BÉARN  
Tel. 06 89 52 94 64 or 06 76 96 93 89  
ecuriesdesgaves64@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  
golf.salies@wanadoo.fr - www.golfsalies.com  
9-hole golf course, PAR 33 with 18 tees.  
1 practice, 1 pitching green, 1 chipping green.  
Club-house and Pro-Shop.  
Possible to eat nearby.

## Tennis

### Tennis Navarrenx

Below the ramparts (next to the swimming pool) -  
NAVARRENX  
Tel. 05 59 66 10 22  
Free

### 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

9 avenue du Docteur Dufourcq - Base de loisirs  
de Mosquéros - SALIES-DE-BÉARN  
Tel. 05 59 38 15 53  
59640042@fft.fr  
6 grounds (hard court, clay, outdoor or indoor).

## Squash

### Club des Arceaux

Rue de la Tannerie - SALIES-DE-BÉARN  
Tel. 06 74 52 70 71  
david.laplace@live.fr  
Reservation on [www.squash-salies.com](http://www.squash-salies.com)

## 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](http://www.cas-salies.clubeo.com)

Open on Wednesday and Saturday from 3pm to 5:30pm  
(except bank holidays and August).

**Le petit +** : hourly lessons are available for €10.

## Never stop playing!

### Skate parc / City stade

In Salies-de-Béarn, Navarrenx, Araujuzon, Dognen, Gurs, ...

### 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!



### Boules pitches

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

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

## By bike

### La Vélosud - V81

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](mailto:bikin64@hotmail.com)

Electric bikes rental for adults and children.

Open from Monday afternoon to Saturday morning,  
from 9am to 12:30pm and from 2:30pm to 6pm.

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



Countryside and outdoor leisure

# Family activities

## The Castle of Enigmas

Domaine du château de 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 5 April to 2 November, also on bank holidays:  
daily from 10am to 6pm (8pm during July-August).  
Last admission 2 hours before closing time.**



Prices: Adults (+12 years): €18 - Reduced ticket (disabled person...): €16 - Children 6-12 years: €15 (€13 if you book online) - Children 4-5 years: €9 - Free for under-4s.

## Escape Church The 3 chalices challenge

Église de Laàs - Place de l'église - LAÀS  
Tel. 07 44 71 45 07  
escapechurchlaas@gmail.com  
escapechurchlaas.com

Take up the 3 chalices challenge! Immerse yourself in a captivating adventure in the heart of a church: solve the riddles by putting your deductive skills to the test to discover the mysteries hidden behind these three sacred chalices. An unforgettable adventure awaits you!

**Le petit +** : a unique experience in France.

**Open all year by reservation.  
For 3 to 8 players (aged 8 and over). Duration: 1 hour.**

Prices: group of 3: €30/person - group of 4: €25/person - group of 5 to 7: €22/person

## Escape Castle 64 An escape game in a castle!



Domaine du château de Laàs  
Tel. 06 31 50 51 25  
contact@escape-game-64.com  
www.escape-game-64.com



3 escape rooms in the castle of Laàs!

Adventure calls! Escape from the mystery rooms in the Chateau de Laàs: *The Poudlaàs school of witchcraft* or *The world of Gentlemen Thieves* and the *Godfather's Honour* (new 2024). Challenge and high spirits guaranteed in this fantastic experience where team work, logic and speed will be your best allies!

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

**Open all year around (also on bank holidays),  
reservation required.**





## 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 gaves 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.

## 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 Poïz. 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

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





## Apprentices in Béarn des gaves

During the summer holidays, we're offering you the chance to 'work' for a while... We promise you, it's going to be interesting, fun and you're going to have a great time! It's a chance to discover new professions, new passions, new skills and new human experiences.

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



↪  
**+ about  
apprentices**



## 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.

Thursdays 24 April and 1<sup>st</sup> May, every Thursday in July and August, and Thursdays 23 and 30 October, 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 Pounte.

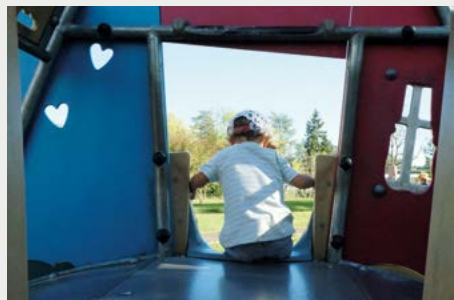
In **Lahontan**, by the lake.

In **Navarrenx** opposite the remparts.

In **Salies-de-Béarn** open air Théâtre 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!



## 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** enjoy 3 playgrounds!

**More playgrounds** in Dognen, Bugnein, Araujuzon, Audaux, Auterive, Carresse-Cassaber, L'Hôpital-d'Orion, Guinarthe-Parenties, Lay-Lamidou, ...

## Games libraries

### Ludothèque Tip-Tap

6 rue de l'abreuvoir - NAVARRENNX

Tel. 06 80 42 25 07 or 05 47 72 82 26

[ludotheque.tip-tap@laposte.net](mailto:ludotheque.tip-tap@laposte.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 (by reservation), and the evenings "Pilou Pilou" (- 16 years) at the ludothèque.

### Ludothèque des Francas

Hameau Bellevue (entrance on rue Colibri) -

SALIES-DE-BÉARN

Tel. 06 84 42 95 91 - [ludo@francas64.fr](mailto: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).







## More outings



## Interpretation circuit

### From the year 1000 to the present day

Église de Laàs - Place de l'église - LAÀS

Equipped with a system of multimedia terminals, the interpretation circuit allows visitors to discover the history of the village of Laàs on their own, tracing it from the year 1000 to the present day. Light and sound effects accompany the immersive historical projections.

**Le petit +:** a historical diving to the heart of the Principality of Laàs.

**Open all year.**

Price: €4 (a terminal is located at the entrance to the church; by credit card only)



## 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.

# Cabaret-shows

## La Fourmi Rouge

Chapelle St-Barthélémy - 74 rue de la vieille église - LAÀS  
Tel. 05 64 62 06 66

[bienvenue@lafourmirouge.fr](mailto:bienvenue@lafourmirouge.fr)

[www.lafourmirouge.fr](http://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](mailto:hotelduparc@partouche.com)

[www.casinosalies.com](http://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.

**Open from Sunday to Thursday from 11am to 1am, on Friday, Saturday and the days before bank holidays from 11am to 2am.**





Le Chale

CHALE  
Menu





# Art of living

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## *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... 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 making Atelier jewellery Quid Novi

3 bis rue Orbe - SALIES-DE-BÉARN  
Tel. 06 71 29 11 83  
quidnovi@outlook.fr - www.quidnovi-bijoux.com





## Potiers céramistes

### **Poterie Parabis**



Chemin de la Poterie Parabis, route de Salies - ORAÛS  
Tel. 09 52 48 31 53 or 06 74 01 30 21  
parabis@laposte.net

### **Atelier du Colibri**

8 avenue du Maréchal Leclerc - SALIES-DE-BÉARN  
Tel. 06 11 40 94 57  
colette.larquier@orange.fr  
By reservation

## Savonnier

### **Aromanature**



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



## Sculptors

### **Noël Bertrand**

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

### **Bernard Saint-Maxent**

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



## Jewellery designer, upholsterer decorator

### **Where talents converge**

41 rue Saint-Germain - NAVARREX  
Tel. 06 07 88 66 99  
nathalie.saintmaxent@wanadoo.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](http://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 gaves.

Maison Barthouil - 378 route d'Hastingues - PEYREHORADE  
Tel. 05 58 73 75 72 - [www.barthouil.fr](http://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 15 June to 7 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](mailto:contact@gratien.fr)  
[www.conserverie-gratien.com](http://www.conserverie-gratien.com)

### **Brana Patrick**

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

### **Casamayou**

70 rue Saint-Germain - NAVARENX  
Tel. 05 59 66 50 88  
[www.charcuterie-casamayou.fr](http://www.charcuterie-casamayou.fr)

### **Jean-Michel Ihidoy**

32 rue du Temple - SAUVETERRE-DE-BÉARN  
18 rue Félix Pécaut - SALIES-DE-BÉARN  
Tel. 05 59 38 55 35 - [jean-michel.ihidoy@orange.fr](mailto: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](mailto:danieloyharcabal@orange.fr) - [www.oyharcabal.com](http://www.oyharcabal.com)  
**Farming of Gascon pigs. Tours of the farm and workshop available on request.**

## **Biscuit factory**

### **L'Atelier des Pyrénées**

24 rue du village - ABITAIN  
Tel. 07 82 57 32 66 - [latelierdespyreneesmanon@gmail.com](mailto:latelierdespyreneesmanon@gmail.com)  
[www.latelierdespyrenees.com](http://www.latelierdespyrenees.com)  
**Speciality: the "sablé".**



## **Chocolate factories**

### **Fèves & chocolat**

62 rue Paul-Jean Toulet - SALIES-DE-BÉARN  
Tel. 05 59 65 61 50 - [fevesetchocolat@gmail.com](mailto:fevesetchocolat@gmail.com)  
Chocolate roaster and maker - Bean to Bar  
**Speciality: the chocolate's bear.**

### **Pâtisserie Charrier**

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



## 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

## 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 or 06 75 11 38 68  
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 Moulinaoü

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

## Flour

### Lo Molier

810 chemin du moulin - SAINT-PÉ-DE-LÈREN  
Tel. 06 83 43 63 13 - contact@lomolier.fr  
**The only certified organic mill in Département 64.**  
**New 2025: the new bakery Boulangerie du Molier in Caresse uses only the organic mill!**



## 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.**

## 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

16 chemin de la Saline - ORAÀS  
Tel. 05 59 38 53 11 or 07 89 22 13 53  
contact@mont-oraas.com  
www.mont-oraas.com



### Lapeyre Guilhemas Estate

52 avenue des Pyrénées - SALIES-DE-BÉARN  
Tel. 05 59 38 10 02  
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.





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## Restaurants in or near Salies-de-Béarn

### **Casabelle**

1 rue de la tannerie - SALIES-DE-BÉARN

Tel. 05 59 65 67 70

Menus from €19

Seats: 22 inside - Terrace seats: 36

**Open for lunch from Monday to Friday in March, every lunchtime and every evenings from Wednesday to Saturday, from April to November.**

**Le petit +** : its bistronomic cuisine and its terrace.

### **L'Atrium**

Hôtel du Parc - Boulevard Saint-Guilvy - SALIES-DE-BÉARN

Tel. 05 59 38 31 31

Menus from €35

Seats: 50 inside - Terrace seats: 20

**Open every evening.**

**Le petit +** : a superb, historic setting.

### **Au Repaire**

14 avenue Al Cartero - SALIES-DE-BÉARN

Tel. 05 59 65 06 30

Main course from €10.50

Seats: 50 inside - Terrace seats: 70

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

**Le petit +** : evenings of cocktails-live entertainment outside or inside!

### **Au Petit Béarn**

8 rue Bellecave - SALIES-DE-BÉARN

Tel. 05 59 38 17 42

A la carte from €12

Seats: 25 inside

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

**Le petit +** : garbure, a traditional favourite!

### **Bistrot 4 Grains**

6 place Jeanne d'Albret - SALIES-DE-BÉARN

Tel. 09 81 41 48 37

Menus from €20

Seats: 60 inside - Terrace seats: 40

**Closed on Monday, Thursday evening and Sunday evening.**

**In summer, closed on Monday only.**

**Le petit +** : modern cuisine.

### **Le Viêt Nam**

1 avenue des Docteurs Foix - SALIES-DE-BÉARN

Tel. 09 78 81 10 98

Dish: €12.90

Seats: 32 inside

**Open every day except Monday.**

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



# Restaurants in or near Salies-de-Béarn

**Delivered to your home!**

**On n'est pas bien là ?**

Tel. 06 70 66 43 45

Inventive cuisine

Home delivery to order, Tuesday to Friday.

**Le petit +**: find them at local markets!

**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 on evenings from Thursday to Sunday (only pizza), and from Monday to Wednesday at lunchtime (sandwich with bread Tuscan style only).

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

**Pizza vending machines**

Rue Paul Jean Toulet - SALIES-DE-BÉARN

Place du village (2024 French champion in the "Pizza vending machine" category) - SAINT-DOS

**Restaurant des Voisins**

12 rue des Voisins - SALIES-DE-BÉARN

Tel. 05 59 38 01 79

Menus from €47

Seats: 30 inside - Terrace seats: 30

Open on Wednesday evening, Thursday, Friday and Saturday.

**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<sup>st</sup> March to 31 October.

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



## Restaurants in or near Salies-de-Béarn

### **Le café-restaurant de la gare**

6 boulevard Saint-Guily - SALIES-DE-BÉARN

Tel. 05 59 28 95 21

Menus from €18

Seats: 40 inside - Terrace seats: 20

**Open from Monday to Friday, from 8am to 5pm non-stop.**

**Possibility to have breakfast from 8am inside or outside.**

**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

Couscous from €14

Seats: 20 inside - Terrace seats: 8

**Open for lunch on Monday, and from Thursday to Sunday.**

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

### **Le Chalet**

1 boulevard Saint-Guily - SALIES-DE-BÉARN

Tel. 07 86 30 95 91

Menus from €15

Seats: 50 inside - Terrace seats: 40

**Open on Monday, Tuesday and Sunday from 8am to 6pm,**

**Wednesday and Thursday from 8am to 9:30pm,**

**Friday and Saturday from 8am to 11pm.**

**Le petit +** : breakfast provided every morning and live entertainment at the weekend.

### **L'escale**

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.

### **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

## 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.

## Auberge du Relais

460 grande route - BÉRENX

Tel. 05 59 65 30 56

Menus from €16

Seats: 80 inside - Terrace seats: 70

**From 1<sup>st</sup> January to 6 April, open for lunch and dinner.**

**Closed Friday evening, Saturday lunchtime/evening and Sunday evening.**

**From 7 April to 26 October, open lunchtimes and evenings except on Saturday lunch and Sunday evening.**

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



## Tea Rooms

### L'Instant Thé (tarterie salée/sucrée)

5 place Jeanne d'Albret - SALIES-DE-BÉARN

Tel. 05 59 38 42 10

Menus from €12.90

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 (6:30pm in July-August).**

**Closed on Tuesday (and Wednesday except in July-August).**

**Le petit +** : a hearty Sunday brunch!

## Gracefull Coffee shop

12 rue Élysée Coustère - SALIES-DE-BÉARN

Tel. 07 75 72 09 72

Average basket: €10

Seats: 14 inside - Terrace seats: 4

**Open from Wednesday to Sunday, from 10am to 4pm.**

**Le petit +** : well being and art of life! A whole range of products to eat in or take away.

## Wine bar

### Assemblage

16 place du Bayaà - SALIES-DE-BÉARN

Tel. 05 59 65 04 17

Main course from €5

Seats: 45 inside - Terrace seats: 20

**Open Tuesday from 6pm to 11pm, and from Wednesday to Saturday from 9am to 11pm non-stop.**

**Le petit +** : a unique wine selection in the heart of the city.



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## Restaurants in or near Sauveterre-de-Béarn

### Bar de la mairie

1 rue Pannecau - SAUVETERRE-DE-BÉARN

Tel. 05 47 06 03 57

Menus from €15.50

Seats: 40 inside - Terrace seats: 30

**Open for lunch and dinner in season, closed on Monday, Tuesday and Wednesday evenings. Open for lunch every day and Friday and Saturday evenings the rest of the year, closed on Tuesdays.**

**Le petit +** : a shady terrace in the village.

### La Guinguette SUD

Place Royale - SAUVETERRE-DE-BÉARN

Tel. 05 59 67 36 52

Menus from €17.90

Seats: 50 inside - Terrace seats: 20

**Open from April, every day, lunch and dinner.**

**Le petit +** : Mediterranean and Basque-Béarn fusion.

### La Légende

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

Tel. 09 86 68 99 47

Menus from €21

Seats: 35 inside - Terrace seats: 45

**Open from 1 February to 21 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

**Open every lunchtime from Monday to Saturday.**

**Le petit +** : Alice's warm welcome and homemade desserts.

### Auberge Blondain

1 route Saint-Martin - AUTEVIELLE

Tel. 05 59 38 54 76

Menus from €15

Seats: 60 inside

**Open every lunchtime. Closed on Saturday.**

**Le petit +** : re-discover traditional dishes.

### Auberge de la Fontaine

Place de l'Église - LAÛS

Tel. 05 59 38 20 20

Menus from €18

Seats: 55 inside - Terrace seats: 60

**Closed on Tuesday evening, Wednesday and Sunday evening.**

**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

Terrace seats: 60

**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 €12.50

Terrace seats: 100

**Open all year from 11am to 3pm.**

**Le petit +** : lively evenings on a large terrace.



## Tea Rooms

### L'enchanté

35 rue Saint-Germain - NAVARRENX

Tel. 05 59 66 29 32

Seats: 10 inside - Terrace seats: 34

**Open from Wednesday to Sunday.**

**During summer, open from Tuesday afternoon  
to Sunday.**

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



### Shakespeare bar 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 Navarrenx





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# Restaurants in or near Navarrenx

## La Taverne de Saint-Jacques

Place Bertrand Dufresne - NAVARENX

Tel. 05 59 66 25 25

Menus from €16.90

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.

## Pizzeria des remparts

1 place des Casernes - NAVARENX

Tel. 05 59 66 29 70

Pizzas from €9.50

Terrace seats: 28

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

## 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<sup>st</sup> 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

**Opening depending on the season - check on internet.**

*Le petit +* : fresh, artisanal ingredients.

## Le Commerce

Place des Casernes - NAVARENX

Tel. 05 59 66 22 54

Main course from €12.50

Seats: 70 inside - Terrace seats: 40

**Open every day.**

*Le petit +* : a lovely terrace on a pleasant square!

## Comptoir les herbes sauvages

3 avenue de France - NAVARENX

Tel. 06 14 35 84 33

Main course from €9

Seats: 6 inside - Terrace seats: 20

**Open from mid-March to the end of October, Tuesday to Saturday and Sundays in summer.**

*Le petit +* : veg option!



# Restaurants in or near Navarrenx

## Auberge Claverie



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

Menus from €17  
Seats 100

**Open from Tuesday to Sunday for lunch, Friday and Saturday evenings.**

**Le petit +** : local, seasonal cuisine.

## O'Bel'O

8 chemin de Bellevue - GURS  
Tel. 06 46 89 71 83

Menus from €25  
Seats: 60 inside - Terrace seats: 30

**Open from Thursday to Sunday.**

**Le petit +** : very nice place with vintage decorating.

## Pizza bella family

9 route de Bayonne, Galerie Intermarché - SUSMIOU  
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.

## Chez Germaine



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

Menus from €20  
Seats: 80 inside - Terrace seats: 25

**From 1<sup>st</sup> 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.

## Wine bar

### De La Cave Au Verre

2 route de Mauléon - SUSMIOU  
Tel. 06 14 69 28 58

Cheese board from €9  
Seats: 48 inside - Terrace seats: 12

**Open Monday, Tuesday, Thursday, Friday and Saturday from 11.30am to 1.30pm and from 3.30pm to 9pm (until 11pm on Friday and Saturday).**

**Le petit +** : Yvan is an expert sommelier who can help you choose the right wines!

# 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

**NAVARRENNX**  
CRAFT EXHIBITION

## July

Every Tuesday / **NAVARRENNX**  
MARDIS MUSICAUX

**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

### **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

### **SAUVETERRE-DE-BÉARN**

BEARN'FESTIVAL - BEER FESTIVAL

### **SALIES-DE-BÉARN**

SHORT FILMS FESTIVAL LA 25<sup>e</sup> HEURE

This provisional schedule is subject to change.



# Practical information

## Town Halls

### Navarrenx

Place d'Armes  
Tel. 05 59 66 10 22  
[accueil@ville-navarrenx.fr](mailto:accueil@ville-navarrenx.fr)  
[www.ville-navarrenx.fr](http://www.ville-navarrenx.fr)

### Salies-de-Béarn

11 place du Bayaà  
Tel. 05 59 38 00 40  
[accueil@salies-de-bearn.fr](mailto:accueil@salies-de-bearn.fr)  
[www.salies-de-bearn.fr](http://www.salies-de-bearn.fr)

### Sauveterre-de-Béarn

7 place Royale  
Tel. 05 59 38 50 17  
[accueil.mairie@sauveterre-de-bearn.fr](mailto:accueil.mairie@sauveterre-de-bearn.fr)  
[www.sauveterre-de-bearn.fr](http://www.sauveterre-de-bearn.fr)

## POST OFFICE

### NAVARENX

Porte Saint-Germain / Tel. 36 31

### SALIES-DE-BÉARN

Boulevard Lannabère / Tel. 36 31  
No cash dispenser.

### SAUVETERRE-DE-BÉARN

6 rue du vieux lavoir / Tel. 36 31

## EMERGENCIES - 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<sup>T</sup>-PALAIS  
Tel. 05 59 65 45 35

### CENTRE HOSPITALIER D'OLORON

1 avenue Alexander Fleming - OLORON-S<sup>T</sup>E-MARIE  
Tel. 05 59 88 30 30

## TRANSPORTS

### TRANSPORT ON DEMAND - EN ABAN !

Operates from Tuesday to Friday, from 9am to 6pm non-stop, and on Saturday from 9.30am to 3pm (excluding public holidays); 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.

### CAR

### TRANSPORTS NOUVELLE-AQUITAINE

Tel. 0970 870 870  
[www.transports.nouvelle-aquitaine.fr](http://www.transports.nouvelle-aquitaine.fr)  
LIGNE 523: ORTHEZ / SALIES-DE-BÉARN  
/ SAUVETERRE-DE-BÉARN / S<sup>T</sup>-PALAIS

## TAXIS

### CHAUBERT AURÉLIEN

CASTETNAU-CAMBLONG

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

### TAXI REY

MONTFORT

Tel. 06 31 93 44 62

### TAXI LGL

Tel. 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. 36 35

SNCF PUYOÛ - Tel. 36 35

SNCF DAX - Tel. 36 35

## ELECTRIC CAR CHARGING POINTS

**NAVARRENX** Place du foirail (2 points)

**LAÀS** Place du village (1 point)

**ORRIULE** Rue de l'école

**BÉRENX** 460 grande route, parking Auberge du Relais (2 points of 2 connectors)

### SALIES-DE-BÉARN

Chemin de Labarthe, parking Hôtel le Lodge (6 points of 2 connectors)

Route d'Orthez, parking Carrefour Market (4 points of 2 connectors)

Parking Gabriel Graner (2 points of 2 connectors)

Parking casino, avenue Gabriel Graner

**SAUVETERRE-DE-BÉARN** Parking Maison des Arts, rue Pasteur Rennes (2 points)

## LIBRARIES

### 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](mailto: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](mailto:biblisauv@orange.fr)

**Open all year: Tuesday from 3pm to 5pm, Wednesday from 10am to 12pm, Saturday from 9.30am to 12pm.**

## 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](http://www.paroisse-saliesdebearn.fr)

Tel. 05 59 38 12 48

### TEMPLE - SALIES-DE-BÉARN

2<sup>nd</sup> Sunday in the month 10.30am

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

Saturday: 6pm

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

### TEMPLE - SAUVETERRE-DE-BÉARN

4<sup>th</sup> 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 - LA HALLE

D 27 - SAUVETERRE-DE-BÉARN

Tel. 05 59 09 46 31

contact@espace-station.fr

www.espace-station.fr

Coworking, meeting rooms, Fablab, agri-food processing lab, business incubator.

### 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 NUMÉRIQUE 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.

### 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 - lesavoirpartageassociation@gmail.com

Computer base, workshops and lessons.

Monday, Wednesday, Thursday from 9am to 12.30pm and 2pm to 5.30pm Tuesday from 2pm to 7pm and Friday from 9.30am to 12.30pm.

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.

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.



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

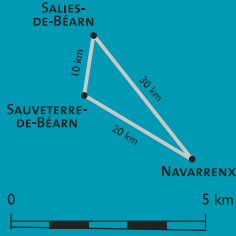
I sort according to the instructions at my holiday destination. Each waste has its colour.

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

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




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



See the  
interactive  
map!





-  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

## NAVARREX

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](http://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 - Bayonne - 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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