

béarn des gaves tourism
countryside.
autrement



the tourist guide

2026 edition

"autrement" otherwise

The best of both worlds

Between mountains and ocean flows our countryside.

Heading for Bearn des gaves, our destination,
open and rejuvenating, both calm and energising.
The best of both worlds,
autrement*.

*otherwise.



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Autrement

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autrement heritage ●

Between history and legends

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

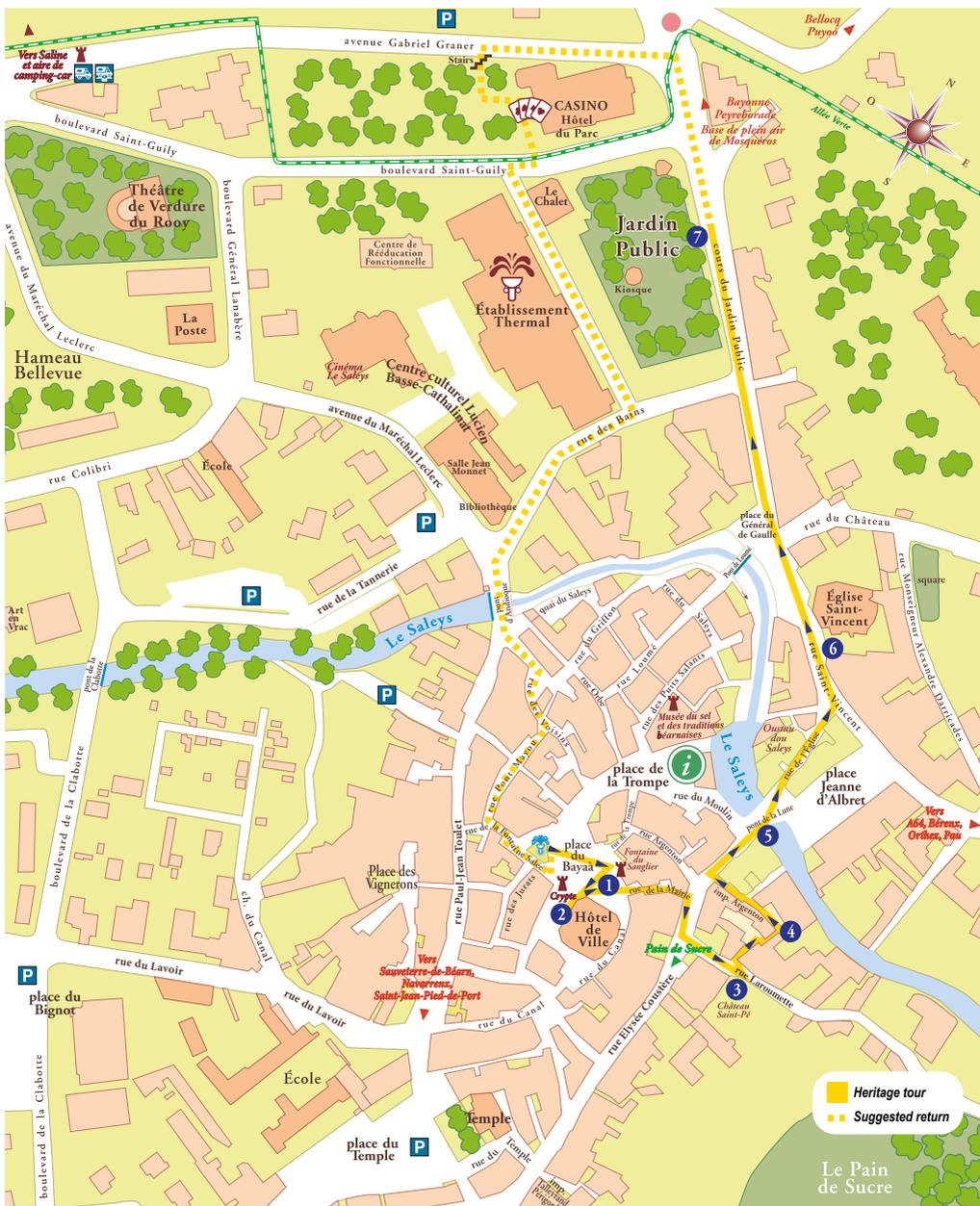
The city of salt



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

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

There are two quarters; the oldest like the shape of a snail's shell unfolds from the salt well. Here you can find typical houses of the 17th and 18th centuries and narrow streets decked with flowers. In these streets, you'll discover the Museum of Salt and Béarnais Tradition. Nearby, the Thermal quarter has a totally different feel. You are immersed in the Belle Epoque era with the Moorish style Spa, the band stand and the splendid Hotel du Parc, which houses the Salies casino. Together they ooze an old-fashioned charm which appeals to visitors.



1-hour self-guided heritage tour of Salies-de-Béarn

The rich and fascinating history of the city of salt

Follow the Viscountess of Béarn, Jeanne d'Albret, and let yourself be guided by the sound of her voice or by reading the texts provided at each point of interest. Stroll through the city, where nearly 600 years of history will be revealed to you, from the legend of the boar to the Thermal quarter.



Salies Guided tour

Departure from Place du Bayad. At the foot of the arcades of an imposing traditional house with a balcony, find **the boar fountain 1**. 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 2**, 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 tiradou carrying a sameau). Even today (in June), the Part-Prenants meet there to receive their "sauce", once equivalent to 26 sameaux of salt water for the men.

At the end of the rue de la mairie, turn right up the rue Elysée Coustère to find the rue de Laroumette on your left. Nearby, admire **the Château Saint Pé 3**. This residence, entirely restored by its owner, is one of the first castles in Salies. Leaning against the town's now destroyed ramparts, the building was frequently altered. In the 17th century, it was the seat of a court for witches.

Retrace your steps and turn right into a small square surrounded by typical houses. Hidden away at the end of the square, a narrow passageway (galère or carrerote) leads to **the house of Michel Bergeres 4**. This master carpenter was a cabinetmaker in the Salies school, which developed over three generations in the 18th and 19th centuries. He is said to be a descendant of the cogots, pariahs of the Pyrenees until the French Revolution.

Leave the cul-de-sac and turn right to find **the Pont de la Lune 5**. As you cross the Saleys, admire the half-timbered houses on stilts: the Oustau dou Saleys (contemporary art exhibition centre) on the right bank, and on your left, the emblematic Maison Marrou and its bread oven leaning against the outside wall. Note the red brick and white stone building overlooking the river: built on the ruins of a medieval mill, this former power station was

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

Go up the street on your left to discover a fortified church. Salies actually has 2 churches: Saint-Martin on the heights and Saint-Vincent. Protecting the town, **the church of Saint-Vincent 6** (late 15th century) adjoined the old ramparts. The loopholes and other defensive systems can still be seen here and there. It was here that the jurats debated the laws to be included in the town's Black Book.

Continue towards the public gardens and **Thermal quarter 7**, where French and European aristocrats and bourgeois stayed for several seasons (19th century). Opposite you, before the construction of the thermal baths that you can still visit, was the first industrial salt works. Required to produce 500 tonnes of salt a year, the Salisiens Part-Prenants built the town's first industrial site (1842), protected by a 3-metre-high wooden fence and guarded day and night. Destroyed by fire in 1888, the factory was relocated to the station area a short distance from here.

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

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

Museum of Salt and Béarnaise Tradition

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



Set in the « Darremoudine », a typical 17th century house, the museum offers a unique visit tracing over 4000 years of history. A museum for all the family, with touchscreen displays and videos!

Learn about the salt's origin and underground wealth of Béarn, the archeological discoveries, the "Part-Prenants" history and their unique management of the salt waters, the "Belle époque" spa therapy and the salt works of the 19th century.

The "Part-Prenant" house features a 17th century salt maker's workshop, illustrating the unique skills that shaped a way of life.

Traditional salt working demonstration on Sunday during the Salt Festival.

Open Monday to Saturday: 2pm to 5pm (9 February to 4 April and 2 November to 28 November) and 1.30pm to 7pm (7 April to 31 October).

Last entrance: 45 minutes before closing time.

Prices: €6 - Reduced price: €5 - Children (aged 7-12): €2 - under-7s.: free - Extra guided tour: €1.50



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").

Self-guided tour: 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.

Les Salines

1 avenue du docteur Jacques Dufourcq
SALIES-DE-BÉARN - Tel. 05 59 38 96 90
boutique@selsaliesdebearn.com
www.sel-salies-de-bearn.com



Open from 9.30am to 12pm and 2.30pm to 6pm (last admissions at 11am and 4.30pm): January and February: Open Tuesday to Saturday; in March, April, November and December: open Monday afternoon to Saturday; from May to October: open Monday to Saturday.

Prices: €4.50 - Children (6-12 years old): €2.50

Guided tours from June to September.

Prices: €6.90 - Children (6-12 years old): €3.50

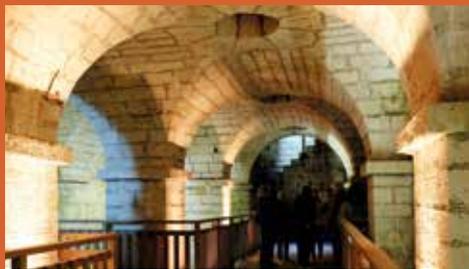
The crypt

Place du Bayaà - SALIES-DE-BÉARN

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.

Visits (in French) on reservation from April to October.

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



Hôtel du Parc - Casino

Boulevard Saint-Guily - SALIES-DE-BÉARN

Tel. 05 59 38 31 31

hotelduparc@partouche.com

www.casinosalies.com

Step inside this Art Nouveau architectural gem to admire its magnificent glass roof and interior, which dates back to the late 19th century.

Although the building, most of which is listed as a historic monument, is a true heir to the Belle Époque, it is now home to a thoroughly modern casino.

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



Treasure hunt



Discover the geocaching trail with your smartphone, using the free **Terra Aventura** app: «**Salies, the salt town**» (more info on p. 39)



The Little Tourist Train

On-board, the passengers discovered the beauty of the salt city: its medieval houses, its bridges and its majestic thermal quarter, during a free, fun half-hour tour.

Circulates during school holidays.

Free - Information at the Tourist Office

SALIES-DE-BÉARN - Tel. 05 59 38 00 33





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



1-hour self-guided heritage tour of Sauveterre-de-Béarn

Enter the legend...

Follow Queen Sancier, Viscountess of Béarn, and let yourself be guided by the sound of her voice or by reading the texts provided at each point of interest. The most beautiful heritage sites of Sauveterre-de-Béarn are revealed... A lovely stroll full of poetry!

Walk in the medieval city

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

In front of you stands **S^t-André church** ② built at the end of the 12th century. Here, architectural styles mingle. The imposing semi-circular apse framed by two chapels harmoniously supports the building. The Romanesque influence dominates, with beautifully restrained facades in which only three long, narrow windows pierce the wall. The north side is well worth a visit, with its inverted 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 crestaia. 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 19th century to save it from destruction. This 13th-century defensive tower, 33 m high, is built in the same fine Bidache stonework as the church. Its facades are punctuated by a succession of archways and large bays to the south. It now houses an impressive model of the town, as well as an exhibition on Sauveterre in the Middle Ages.

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

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

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

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

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

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

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

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

Sauveterre- de-Béarn



Montréal Tower



SAUVETERRE-DE-BÉARN

Tel. 06 70 36 79 05

amis-sauveterre@orange.fr

www.amis-sauveterre.fr

In the majestic setting of Montréal Tower, travel through the Béarn in medieval times, thanks to a modern, recreational display.

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

Open from 1st April to 31 October:

Tuesday to Saturday, 2.30pm to 6.30pm in April,

May, June, September and October;

Tuesday to Sunday, 10.30am to 12.30pm

and 2.30pm to 6.30pm in July and August.

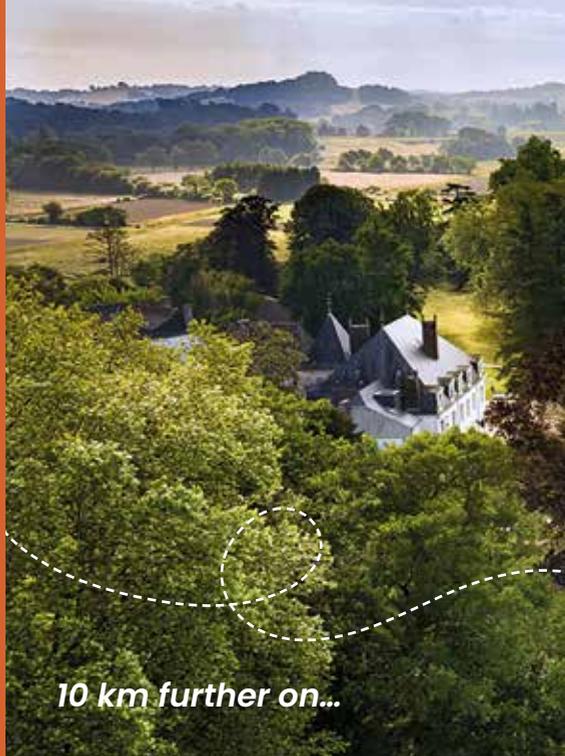
Open by appointment all year round for groups of 5 or more.

Prices: €4 – Self-guided tour: €3 – Young people and students (aged from 12 to 21): €3 – Children (under 12 years old): free

Treasure hunt



Discover the geocaching trail with your smartphone, using the free **Terra Aventura** app: «**Saving Sancier**» (more info on p. 39)



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. 39) and an interpretation circuit (see opposite page). In summer, the principality's grand prix is held in this same square: a 3-hour wheelbarrow race!

Laàs, an unusual principality!



Interpretation circuit «From the year 1000 to the present day»

Church of 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.

Open all year.

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



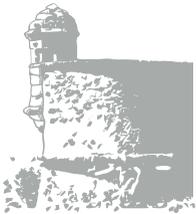
Treasure hunt



Discover the geocaching trail with your smartphone, using the free **Tèrra Aventura** app: «**Viva Laàs Vegas!**» (more info on p. 39)



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

An Italian architect, Fabricio Sicilano, built here the first fortified town in France, based on the Italian model. The recently completed ramparts proved themselves in 1569 during an attempt to annex 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

The medieval village with a wealth of historical evidence

Follow Fabricio Siciliano, architect of the city walls, and let yourself be guided by the sound of his voice or by reading the texts provided at each point of interest. Stroll through the medieval village in the heart of one of the oldest cities in Béarn.

The first fortified city in France

Leaving the **Tourist Office** (i), you can see **S'-Antoine casernes** (1), former military barracks built after the fortifications to house up to 500 troopers. The central building is the guardhouse of the **Porte S'-Antoine** (2). The only surviving gateway of the town's two former entrances, it is protected by an orillon, typical of its rounded shape. It cannot be bombarded or attacked head-on. Part of the fortifications of the 16th century, it was originally fitted with a drawbridge. The slots for the chains are still visible. Under the porch, on either side, you can visit 2 rooms: a reconstructed guard room and a room displaying objects from bygone days.

As you return to the square, note the former military prisons on your left. Take the staircase to the left of the Porte S'-Antoine to reach the **terrace** (3), overlooking the gave d'Oloron. From here, you can see the 13th-century bridge, originally topped by a toll tower. Directly to your right, you can make out the foundations of Castérasse, the former castle of the Viscounts of Béarn. In the centre, the defensive well is used to operate the arms of the drawbridge. Facing the gave and above the orillon, a watchtower illustrates its surveillance and defence function.

Leave this part of the ramparts to reach the **half-bastion de la cloche** (4), just a few steps away. Protecting the bridge and the Porte S'-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** (5) 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 St-Antoine, where you will find the **Jeanne d'Albret House** (6). 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'-Germain church** (7), 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** (8). 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** (9), home to the Pierres et Vestiges Theatre, which protects the Porte S'-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** (10). 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** (11). 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.

Treasure hunt



Discover the geocaching trail with your smartphone, using the free **Terra Aventura** app: «**The tortoise of Navarrenx**» (more info on p. 39)



“Au fil de l’histoire” tour

At the “Arsenal”, “the powder magazine” and the “porte S'-Antoine”

Tel. 05 59 66 10 22

accueil@ville-navarrenx.fr

Exhibition spaces **2**, **5** and **11** on our map on pages 22 and 23, showing several models, mannequins, old tools and plans to take you back in time.

Open from 15 April to 15 November, 10am to 6.30pm.

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

Model with commentary on the history of Navarrenx and presentation of the important figures who shaped the life of the town. 20 minutes of commentary in several languages: French, Spanish, English, German and Bearnese.

Open during Tourist Office opening hours.

Free

The Gurs camp

GURS

Tel. 05 59 38 00 33

contact@bearndesgaves.com

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

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

Visit the reception building, National memorial, tribute stele for the Righteous among the nations, memory path and an historical path which passes through a shack 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

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.

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 20th century. Meet colourful characters from the past, appreciate the architecture of our towns and villages, discover local specialities and see how Nature has shaped a way of life.

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

Our Guided tours take you to Gurs, Labastide-Villefranche, Lay-Lamidou, Navarrenx, Salies-de-Béarn, Sauveterre-de-Béarn...



In the footsteps of pilgrims...

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







| autrement rejuvenating ●

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

Selya Resort Thermal & Spa Women's Health Centre

For your standard and premium spa treatments and wellness breaks in the heart of the city of salt.



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 April to November (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 contra-indications 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

Our favourite wellbeing packages:

Forfait Cristalline

1 half-day - 3 treatments | €75/person

Escapade salisienne

2 half-days - 6 treatments | €195/person

Sel de la vie

5 half-days - 14 treatments | €459/person

Rituel Duo complice

1 half-day - 3 treatments | €289 for 2 people



Aquatic relaxation in naturally salty thermal water!

Enjoy the benefits of a thermal water bath at Selya Resort.

New! Family packages and special prices. For more information, visit www.selya-resort.com.

Open Monday to Saturday afternoons and all day Sunday.

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

Check the timetable at www.selya-resort.com.

Bathing cap and briefs or boxer-style swimwear are compulsory for men; 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 olfactories. 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





Aquatic games

Where there's water, there's sport!

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

Rafting, canoe, megacraft, stand-up paddle Expérience Béarn / Rafting 64

MONTFORT

Tel. 05 59 66 04 05

contact@experience-bearn.com

www.experience-bearn.com



Canoe rental, megacraft, stand-up paddle 2X Aventures

Meeting point in Sorde-l'Abbaye, impasse du Poun
Tel. 06 10 61 79 02
contact@2xaventures.com
www.2xaventures.com

Canoe rental USSCK

Meeting point at the bridge in Osserain
Tel. 07 82 34 24 04 or 06 20 70 50 26
kayak.sauveterre@gmail.com
www.ussck.sauveterre.free.fr

La file indienne

Meeting point in Autevielle-Saint-Martin
Tel. 07 44 40 61 17
lafileindienne64@gmail.com



Swimming pool

Intercommunal pool

Base de loisirs de Mosquéros – SALIES-DE-BÉARN

Tel. 05 59 38 14 43

Open-air – Open from mid-June to mid-September

Aquatic relaxation area

Selya Resort Thermal & Spa

Cours du jardin public – SALIES-DE-BÉARN

Tel. 05 59 38 10 11

Inside – Area with spa water swimming pool, a freshwater swimming pool, geysers, swan necks, hammam, patio with whirlpool baths...

Forbidden for children under 3. Bathing cap are compulsory, and swimwear or boxer shorts for men.

New! Family packages and special prices. For more information, visit www.selya-resort.com.

Fishing licence

SNC Ribeiro Lopes

22 rue Saint-Germain – NAVARENX

Tel. 05 59 66 28 72

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

Fédération Nationale de Pêche

Purchase permits online on the Federation's website
www.cartedepeche.fr



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

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.

Fishing guide

Hervé Baltar

7 chemin des Tuileries – SUSMIOU

Tel. 05 59 66 04 39

herve.baltar@peche-pyrenees.com

www.peche-pyrenees.com





| autrement nature ●

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? Bèarn 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. 18).



Viewpoints



Direct access by car: **LAÀS - OGENNE-CAMPTORT - BURGARONNE - SAUVETERRE-DE-BÉARN**
Accessible on foot (15 mins ascent: from Castagnède to the church car park): **Pène de mûr**.

5 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 - GPS 43.470687, -0.934496
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
- **GPS 43.48631076007767, -0.915497222350757**
Departure from the car park of the old railway house.

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

Le pain de sucre (colline de la Sègue)



SALIES-DE-BÉARN
- **GPS (WGS84-UTM) 667804 - 4815186**
Departure from Place du Bayaà, next to the water fountain. The thermal town's own Sugarloaf hill offers great views. You'll cross paths with the animals (pigs, llamas, fallow deer etc), grazing quietly. Dogs are allowed but must be kept on the lead.

The Pène de Mûr



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
ecuriedesgaves64@gmail.com
ecuries-des-gaves-64.jimdosite.com

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

Equestrian club Club d'Audaux

Rue de Darré la Riu - AUDAUX
Tel. 07 69 60 63 08

In a preserved rural setting at the foot of the Béarn hills, this pony club exclusively for children offers lessons and courses with ponies in the heart of its 4 hectares of meadows. Charlotte Frotié, a graduate of the Cadre Noir de Saumur and a lifelong enthusiast, welcomes your little riders in a warm, family atmosphere.

Golf

Golf Club Hélios

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

The Hélios-approved course has 9 holes, PAR 33, with 18 tees, adorned with trees, bunkers and water. 1 practice area, 1 pitching green, 1 chipping green. Club-house and Pro-Shop. Private lessons are available. Possible to eat on site.

Tennis

Tennis Navarrenx

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

Tennis Club Sauveterre

**Complexe - 4 avenue Jean Récapet
SAUVETERRE-DE-BÉARN**
Tel. 05 59 38 59 36 or 06 81 95 93 98
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 terrenos grounds (hard court, clay, outdoor or indoor). Open all year.

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

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

Open on Wednesday and Saturday from 3pm to 5.30pm (except bank holidays and August).

Hourly lessons are available.

Pelote Basque

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.

The Saint-Martin trinquet (covered) - 35 rue Saint-Martin Tel. 06 86 47 42 70

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.



Never stop playing! Skate parc / City stade

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



Boules pitches

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

By bike

La Vélosud - V81

Connecting the Atlantic to the Pyrenees, this is a cycle route accessible to all. Offering a varied landscape of plains, valleys and low hills, the Vélosud - V81 passes through Salies-de-Béarn, a town renowned for its salt and thermal springs. A journey immersed in the landscapes and local heritage of the Béarn des gaves region, passing castles, watchtowers, bridges and other architectural treasures, with breathtaking views of the Pyrenees.

La Scandibérique

The Scandibérique, the French section of EuroVelo 3 linking Trondheim in Norway to Cape Fisterra in Spain via Santiago de Compostela, offers a bucolic journey through Béarn des Gaves. Punctuated by the wild beauty of the rivers, this hilly route offers a total immersion in the local heritage, while remaining easily accessible thanks to its proximity to Puyoô train station.



Family activities



Le Château des Énigmes - Laàs Castle

Domaine du château de Laàs - LAÀS
Tel. 05 59 65 00 34
laas@chateau-énigmes.com
www.chateau-énigmes.com



♿ For museum tours



One castle, four activities!

The Château des Énigmes is a new kind of leisure park, where games, adventure and the unusual will take you on a tour of the Château de Laàs estate and its remarkable natural setting.

Set off on an adventure with our **large game trail** in the heart of the park and take on a series of challenges in a world combining magic and fantasy. Inside the castle, travel back in time during **guided tours of the museum**, or put your logic to the test in our three **escape rooms** with immersive decor. And to prolong the experience, enjoy an unforgettable stay in our **tree houses**, surrounded by the park's natural environment.

Adventure, culture and nature: everything you need to create unforgettable family memories!



The Château des Énigmes adventure trail

Over the course of three hours, the adventure trail invites young and old alike to solve puzzles, observe their surroundings and use logic to progress through the adventure. Each stage reveals new games and challenges and immerses players in a magical world populated by fantastical creatures.

As you progress through the trail, you will follow the story of Willy, a young apprentice magician, and help him accomplish his magical quest. Zip lines, nets in the trees, a bamboo maze and all sorts of fun challenges punctuate the adventure and make the experience dynamic, accessible and entertaining. Spend an extraordinary day at the Domaine du Château de Laàs!

Open from 4 April to 1st November: every day (including public holidays), from 10am to 6pm and until 8pm in July and August. Last admissions 2 hours before closing time.

Game course prices: Adults (over 12): €18 - Children (6-12): €15 - Toddlers (4-5): €9 - Infants (under 4): free. Combined ticket: museum visit for €5 for game course players.

Le Château des Énigmes
CHÂTEAU de LAÀS

Il était une fois un château pas comme les autres...

à 1h de Pau, Bayonne et Dax



Treasure hunts

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 Po'z. These little fellows from "Tèrra Aventura" are there to guide you - and there are badges to collect! This fantasy world helps make a memorable family moment as you discover places that few people even know about.

4 geocaching routes in Béarn des gaves:

«Viva Laàs Vegas!», in Laàs

«Saving Sancie», in Sauveterre-de-Béarn

«The tortoise of Navarrenx», in Navarrenx

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

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



Expérience Béarn / Rafting 64

2 bis D936 - 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 crazy activities with friends or family at the adventure park in the heart of nature on the banks of the gave d'Oloron, with zip rides over the river or tree climbing.

New this year: Murder Party, a life-size treasure hunt in the style of a criminal investigation!

There's something for everyone!

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!

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.



Apprentices

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**

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.

Fun for the whole family, grown-ups and children aged 6 and above.

Initiation for adults and children in July-August.

**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.



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! One is located a stone's throw from the town centre, next to the tennis courts: there you will find slides and a tree house for playing adventurers! A second is located in the town hall park, and a brand new area with swings and a slide is at the old wash house near the Post Office.

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



**+ about
apprentices**



Picnic areas

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

In Labastide-Villefranche beside the Lac de la Pointe.

In Lahontan by the lake.

In Navarrenx opposite the remparts.

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

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

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

Games libraries

Ludotèque Tip-Tap

6 rue de l'abreuvoir - NAVARENX
Tel. 06 80 42 25 07 o 05 4772 82 26
ludotheque.tip-tap@laposte.net

Open: during school period, Wednesdays from 9.30am to 12pm and from 2pm to 6pm, Thursdays from 9.30am to 12pm 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.

Board game evenings are organised for everyone (children, teenagers, families), by reservation.

Ludotruck

Discover the Ludotruck, with its board games and wooden toys, throughout the Béarn des gaves region. Dates and locations can be found in the Tourist Office's diary.



Le Moment Librairie

3 place du Bayaà - SALIES-DE-BÉARN
Tel. 09 86 33 55 31
contact@lemomentlibrairie.fr

Generalist independent bookshop also selling board games and gift stationery. Throughout the year, events are organised around literature, games and art. The programme can be found on the Tourist Office website, on the Facebook page and on the Instagram account of Moment Librairie.

Open Monday to Saturday.



Cinéma Le Saleys

6 avenue du Maréchal Leclerc - SALIES-DE-BÉARN
Tel. 05 59 65 05 37
lesaleys@orange.fr
www.lesaleyscinema.fr

Le Saleys is an independent and community cinema with 2 auditoriums seating for 118 and 69 people, accessible to people with reduced mobility, with 7 seats dedicated to an amplification system for the hard of hearing.

It offers a rich and various programme, including national release, current films, themed cycles, discussion evenings, events, a dedicated programme to young people, themed evenings...

Open all year.

Prices: €7.50 - Reduced price (under-25s., etc.): €5.50 - Under-18s.: €4.50.



FESTE
DE LA SAU

Boisson
3 € 25cl
Bouteille 2,50 €
Kiosk, 100g 10cl
à 1,50 €

100
100



autrement authentic ●

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.



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





Potter and ceramists

Poterie Parabis



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

Gaëlle Guingant



6 impasse l'Arrayade - SALIES-DE-BÉARN
Tel. 06 47 14 58 79
contact@gaelleguingantconvert.com
gaelleguingantconvert.com

Céramiques et bidules

Passage Raymond de Longueuil - NAVARENX
(shop address; workshop a few steps away)
Tel. 06 67 70 76 15
ceramiquesetbidules.jimdofree.com

Soap maker

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
noelbertrandpuyaul@orange.fr

Bernard Saint-Maxent

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



Jewellery designer, upholsterer decorator

Where talents converge

41 rue Saint-Germain - NAVARENX
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

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

**Maison Barthouil – 378 route d'Hastingues –
PEYREHORADE
Tel. 05 58 73 75 72 – www.barthouil.fr**



The Blonde d'Aquitaine

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

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



Ossau-Iraty cheese

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

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



Duck

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

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



Adour kiwi

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

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

Top up your vitamin C, magnesium and fibres from November to May!



Local produce



Markets

Wednesday morning:

Navarrenx

Thursday morning:

Salies-de-Béarn

Saturday morning:

Salies-de-Béarn (local farm produce)
Sauveterre-de-Béarn

Sunday morning:

Navarrenx from mid-June to mid-September

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

It's also best to phone ahead before visiting.



Butcher shops, canning factories

Conserverie Gratien

215 chemin de Bideren – SAUVETERRE-DE-BÉARN
Tel. 05 59 38 59 41 – contact@gratien.fr
www.conserverie-gratien.com

Brana Patrick

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

Casamayou

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

Jean-Michel Ihidoy

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

Charcuterie Oyharçabal Comme à la ferme

Place du Bayaà – SALIES-DE-BÉARN
Tel. 05 59 38 49 55 • 05 59 38 30 61
danieloyharcabal@orange.fr
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
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

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

Speciality: the "Medieval" (and many pastries...).



Beer

Brasserie Clouque

SAUVETERRE-DE-BÉARN

Tel. 07 68 59 63 23 - rene@clouque.com

www.clouque.com

Made with 100% Béarn des gaves hops.

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

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 and jams at the Béarn des gaves Tourist Office.

Farms

La Ferme Sahouret

36 chemin d'Oreyte - SAUVETERRE-DE-BÉARN

Tel. 06 70 8714 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 Moulinaou

ANDREIN

Tel. 05 59 38 95 18 - jacquesbaradat@orange.fr

Blonde d'Aquitaine cattle and free range ducks.

Flour

Lo Molièr



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

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

The only certified organic mill in Département 64.

Free tours by appointment.

From flour to bread, it was just one step! The Molièr bakery in Carresse, located at 1 rue du Château, uses only organic flour from the mill! Open Tuesday to Saturday, from 7am to 1pm and from 4pm to 7pm.





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
- ½ 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 ½ hours.

Check from time to time...

When the vegetables are cooked, add the cabbage, duck then the potatoes. After another ½ 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 «**Maître Restaurateur**» is a badge of excellence held by top professionals in traditional restaurants. It recognises both skill and commitment to quality.



Restaurants

In or near Salies-de-Béarn

Au Petit Béarn

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

A la carte from €12
Simplicity is a good thing!

Au Repaire

14 avenue Al Cartero - SALIES-DE-BÉARN
Tel. 05 59 65 06 30

Main course from €10.50
Lunch menus, tapas, evening concerts on
the shaded terrace or indoors... the choice is yours!

Bistrot 4 Grains

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

Menus from €20
Sincere, authentic and modern cuisine all at once.

Café-restaurant de la gare

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

Menus from €18
Local cuisine accessible to all! Breakfast or savoury
snacks available from 8am.

Casabelle

1 rue de la tannerie - SALIES-DE-BÉARN
Tel. 05 59 65 67 70

Menus from €19
Bistronomic cuisine and a lovely terrace
where you can enjoy the fine weather!

Crêperie du Saleys

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

Menus from €15
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
Enjoy its platter menus, with a view of the
golf course!

L'Atrium

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

Menus from €35
A superb, historic setting.



La tour de pizz'a

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

Main course from €4,90
Pizzas, burgers, pasta or salads... and the 'pizza of the month' to discover!

Le Chalet

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

Menus from €16
Breakfast service through to evening tapas, plus lively evenings at the weekend as an extra!

Le Viêt Nam

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

Full dish from €13.50
A little piece of Asia on your plate!

Maison Eztia

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

Menus from €20
A pleasant and welcoming space where you can enjoy cakes throughout the day and a lunch menu at midday.

Pizzeria Da Claute

10 place de la trompe - SALIES-DE-BÉARN
Tel. 05 59 67 04 95

Pizzas from €9.50
A "pizze" dough made with passion, using ancient wheat flour and natural sourdough.

Sur le pouce et plus

11 rue du canal - SALIES-DE-BÉARN
Tel. 06 06 78 08 36

Formula from €12
An extensive menu of appetisers, including full set menus.

Tea Rooms

Gracefull Coffee shop

12 rue Élysée Coustère - SALIES-DE-BÉARN
Tel. 07 75 72 09 72

Only plant-based! A whole range of products to eat in or take away.

L'Instant Thé

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

In addition to the sweets, try the savoury menu!

La Pause Gourmande

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

Pure delight! You can also go for brunch on Sundays.

Wine bar

Assemblage

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

Saleys Xpress lunch menu for €18.50
A wine bar that promotes gastronomy, as evidenced by its cured cheese trolley!



Auberge du Relais

460 grande route – BÉRENX
Tel. 05 59 65 30 56



Menus from €16
Culinary skill passed from father to daughter.

L'escale

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

Menus from €14
Traditional cuisine served near the gave d'Oloron river.

La Belle Auberge

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

Menus from €18
Delicious meals, generous servings.

Chez Camy

2 route de Carresse-Cassaber – CARRESSE
Tel. 05 59 38 46 09

Pizzas from €10
A magical atmosphere where all generations come together to eat tapas, pizza or any other homemade dish.

Takeaway

Pizza vending machines

Rue Paul Jean Toulet – SALIES-DE-BÉARN
Place du village – SAINT-DOS

Culinary experience

Accords & Agapes

CARRESSE-CASSABER
Tel. 06 95 00 23 54

Food and wine pairing tastings.
For 4 to 8 people, by reservation only
(at least 48 hours in advance).



+ about
restaurants



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 €16
A welcoming establishment with a shaded terrace in the heart of the city.

La Galupe

1 rue du Pont de la Légende -
SAUVETERRE-DE-BÉARN
Tel. 06 79 91 87 66

Sweet and savoury treats with a spectacular view of the Pont de la Légende.

La Guinguette SUD

Place Royale - SAUVETERRE-DE-BÉARN
Tel. 05 47 73 47 98

Menus from €17.90
A menu that changes every week, and a terrace with a lively 'guinguette' atmosphere, featuring theme nights!

La Légende

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

Menus from €21
Fresh, local and tasty!

La Terrasse

22 rue Léon Bérard - SAUVETERRE-DE-BÉARN
Tel. 09 88 01 97 83

Menus from €16.90
Typical brasserie meal with a bird's eye view of the river from the terrace.

Auberge Blondain

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

Menus from €15
Re-discover traditional dishes.



Café d'Arts des Pyrénées

1766 route de Saint-Palais – OSSERAIN-RIVAREYTE
Tel. 07 80 43 79 66

Menus from €18

A gentle tranquillity reigns in this place where the menus are concocted on site. Extend the experience with the art exhibition space.

Auberge de la Fontaine

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

Menus from €18

Generous local cuisine at a must-visit restaurant!

Le Bistrot du Château

222 rue du château – LAÀS
Tel. 06 70 42 60 24

Menus from €19.50

Relaxing break with local products to enjoy in the garden, where hammocks are available.



Snack-bars

Au fil de l'eau

523 chemin du moulin – SAUVETERRE-DE-BÉARN
Tel. 06 70 28 13 98

Sun loungers, the river at your feet, service throughout the day for a relaxing sweet and/or savoury break!

Rest'O-Vives

2 bis D936 – MONTFORT
Tel. 05 59 66 04 05

Menus from €12.50

Burgers and platters are served at this venue, which offers numerous activities!



+ about
restaurants



Restaurants

In or near Navarrenx

Comptoir les herbes sauvages

3 avenue de France - NAVARRENX
Tel. 06 14 35 84 33

Main course from €9
Organic cuisine with vegetarian options to enjoy on site or take away.

L'Estanquet

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

Main course from €12
A cuisine made with 100% local products.

La Taverne de Saint-Jacques

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

Menus from €16.90
Restaurant with a large terrace offering a generous daily menu during the week.

Le Commerce

Place des Casernes - NAVARRENX
Tel. 05 59 66 22 54

Main course from €12.50
Bistronomic cuisine that varies according to the seasons.

Le P'tit Bistrot

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

Menus from €17.50
Bistro-style cuisine in the heart of the bastide town.

Pizzeria des remparts

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

Pizzas from €9.50
Calzones and pizzas, to be enjoyed on the terrace in fine weather. Cash machine accessible on site 24/7.

Auberge Claverie



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

Menus from €17
Regional and seasonal cuisine passed down from generation to generation.

O'Bel'O

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

Menus from €25
In a tasteful, antique-style setting, a menu based on local produce.



Pizza bella family

9 route de Bayonne, Galerie Intermarché – SUSMIOU
Tel. 05 59 66 08 36

Large pizza from €10
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
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
Yvan is an expert sommelier who can help you choose the right wines!



**+ about
restaurants**

Tea Rooms

L'enchanté

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

A wide selection of teas, beverages and artisanal delicacies for an enchanting interlude!

Shakespeare bar café

30 rue Saint-Antoine – NAVARREX
Tel. 06 47 13 00 21

A tea room where you can discover English-style craft beers, produced in-house!



Notes

List, souvenirs...

A series of 20 horizontal dotted lines for writing notes.

Notes

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A series of horizontal dotted lines for writing notes.



Practical information

Town Halls

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

Salies-de-Béarn
11 place du Bayaà
Tel. 05 59 38 00 40 - accueil@salies-de-bearn.fr
www.salies-de-bearn.fr

Sauveterre-de-Béarn
7 place Royale
Tel. 05 59 38 50 17
accueil.mairie@sauveterre-de-bearn.fr
www.sauveterre-de-bearn.fr

Post office

Navarrenx
Porte Saint-Germain - Tel. 36 31

Salies-de-Béarn
Boulevard du Général Lanabère - 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

Hospital centres

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

SAINT-PALAIS - Avenue Frédéric de Saint-Jayme -
Tel. 05 59 65 45 35

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

LIGNE 523 : ORTHEZ / SALIES-DE-BÉARN

/ SAUVETERRE-DE-BÉARN / S^T-PALAIS

Taxis

CHAUBERT AURÉLIEN

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

TAXI CÉCILE

Tel. 06 83 33 70 99 - cecile.arretche@orange.fr

TAXI DU SEL - Tel. 06 25 82 46 92

TAXI FLAVIEN - Tel. 06 29 98 35 24

TAXI MÉLANIE - Tel. 07 69 36 22 31

TAXI REY - Tel. 06 31 93 44 62

TAXI TOV

Tel. 05 54 54 74 46 ou 07 86 91 54 43

taxitov@groupe-tov.com

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 (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

Audaux

Bibliothèque de la marelle

9 rue Jean de Gassion

bibliothequedelamarelle@yahoo.com

Open Saturdays from 10am to 12pm and the first Wednesday of each month from 3pm to 5pm.

Carresse

15 bis rue du stade - Tel. 05 59 09 29 31

Open Wednesdays from 4pm to 6pm and Saturdays from 10am to 12pm.

Lahontan

Bibliothèque Municipale de Lahontan

Parc Sautrice - 9 bis rue du Gave

bm.lahontan@gmail.com

Open on the second and fourth Wednesday in the month, from 3.30pm to 5.30pm, every Thursday from 4pm to 6pm, and on the first and third Saturday in the month.

Navarrenx

Library for everyone - Place d'Armes

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

Salies-de-Béarn

Library for everyone

1 rue des Bains - Tel. 05 59 38 28 01

bibliotheque.salies@gmail.com

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

Sauveterre-de-Béarn

2 place Royale - Tel. 05 59 38 87 07

biblisauv@orange.fr

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

Religious Services

Navarrenx

Église Saint-Germain Sunday: 10:30am

Salies-de-Béarn

Église Saint-Vincent - Église Saint-Martin

For more information, visit

www.paroisse-saliesdebearn.fr -

Tel. 05 59 38 12 48

Temple For more information, visit

www.b2s-bearn.epudf.org

Sauveterre-de-Béarn

Église Saint-André Saturday: 6pm

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

Temple Fourth 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 and its Halle

2 rue André Joseph Gastellu – 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

Wi-Fi at the Tourist Offices

Navarrenx – Salies-de-Béarn – Sauveterre-de-Béarn

Béarn des gaves digital center

Wi-Fi access and support with digital tools.
Tel. 07 54 38 11 51
espacenumerique@ccbearndegaves.fr

In Navarrenx

CDBG – Rue de la Fontaine

Wednesday from 9.30am to 12.30pm and from 1.30pm to 4pm, Friday from 2pm to 5pm.

In Salies-de-Béarn

Maison des services – 2 avenue Al Cartéro

Mondays from 10am to 12pm and Thursdays from 2pm to 5pm.

In Sauveterre-de-Béarn – Maison Rospide –

Place Royale

Tuesdays from 2pm to 5pm and Thursdays from 10am to 12pm.

Savoir partagé

2 avenue Al Cartero – SALIES-DE-BÉARN
Tel. 05 59 38 37 01
lesavoirpartageassociation@gmail.com

Computer base, workshops and lessons.
Open Monday to Thursday from 9am to 12.30pm and from 2pm to 5.30pm, and on Fridays from 9am to 12pm.
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.



Classified as a Category 1 Tourist Office and certified **Qualité Tourisme™**, Béarn des Gaves Tourist Office is committed to **Destination d'Excellence**. Always attentive to your needs, we are dedicated to providing a personalised, warm and responsible welcome in comfortable spaces.

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.

Give us
your
opinion!



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; it is compulsory to wear a bathing cap and regulation swimwear.



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.



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

289 route d'Orthez
64270 SALIES-DE-BÉARN
Tel. 05 59 38 30 46

For further information on waste management, please contact the Community of Municipalities.

The services presented to you in this guide are collaborators of the tourism office and do not represent the complete offers available in the area. You can find it on our website www.tourisme-bearn-gaves.com.
Despite our efforts, some services are not accessible to people with reduced mobility.



ACCESS

By train

TGV Orthez or TER Puyoô
 Connection bus by line 523
 or by transport on demand
En aban or taxi

By car

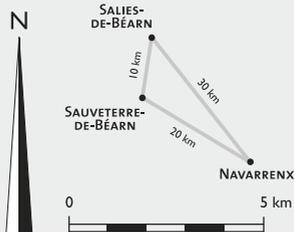
Motorway A 64 Exits
7 Salies-de-Béarn
 or **8** Orthez
 Motorway A 63 Exit
9 S'-Geours-de-Maremne

By air

Airports of Pau and Biarritz

Practical information, connections
 and transport solutions at
www.tourisme-bearn-gaves.com

See the
 interactive
 map! ↘





-  Picnic
-  Raft-Canoë-Kayak
-  Horse-riding Center Pony club
-  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 tourism
country side.
autrement



Navarrenx

2 place des casernes
64190 Navarrenx

Salies-de-Béarn

2 place de la Trompe
BP 26 - 64270 Salies-de-Béarn

Sauveterre-de-Béarn

Place Royale
64390 Sauveterre-de-Béarn

Tel. +33 5 59 38 00 33
contact@bearndesgaves.com

www.tourisme-bearn-gaves.com



Follow us!
Béarn des Gaves Tourisme