

www.tourisme-bearn-gaves.com



Instructions for use

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





If you wish, you can drop them off in one of the boxes installed for this purpose in front of the tourist offices in Navarrenx, Salies-de-Béarn and Sauveterre-de-Béarn so that it can be used by other visitors.



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

And thank you!

Béarn des Gaves | Le petit +



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LAND OF HISTORY

NAVARRENX SALIES-DE-BÉARN

SAUVETERRE-DE-BÉARN

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

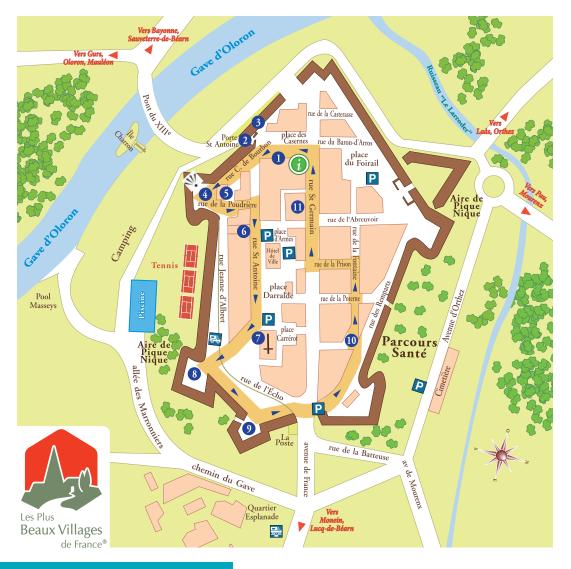
The city has a very important strategic position. Marguerite de Moncade gave it the stature of Bastide in 1316.

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

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

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

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Le petit + de Navarrenx **by Monique**

"I am attracted by the beauty of the majestic ramparts... ... So I would like to take you to the cannon from where the 360° viewpoint shows you: St Antoine's door leading to Spain from the town. The bridge over the Gave (Oloron river) is famous for its salmon, the Charron isle, the peaks of the Pyrenees; snow capped in winter and green in summer!

Turn around and admire the rooftop and the 16th Century gunpowder house."

Discover the first fortified city in France

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

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

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

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

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

the calvinist religion and Bearn became part of a small group of protestant nations.

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

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

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

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

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Salies-de-Béarn The city of salt

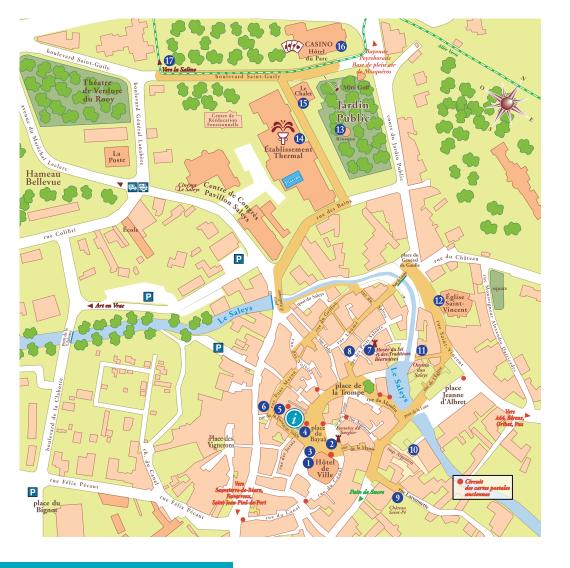


This small town owes its fame to the salt and this has written the course of its history.

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

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

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Le petit + de Salies-de-Béarn **by Magalie**

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

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

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



Starting from the **Tourist Office** (1), next to the Town Hall, you will find the Fountain of the **Fountain of the Sanglier** (Boar) (2), erected in its honour. It tells the story of a wild boar which was injured during a boar hunt. It was discovered dead a few days later in a marsh with its bristles sprinkled with salt. This monument carries the slogan of Salies de Bearn "Si you nou y eri mourt arès n'y bibéré" - if I had not died no one would live here.

Under the arcades of the **Town Hall (3)** rebuilt in 1810 there is an information board about the Cite du Sel. The ground floor houses temporary exhibitions.

At the heart of the "Cite du Sel", the "place du Bayaà" [4] has stood over the saline spring since 1865. This underground basin is called the Crypt even though it has nothing to do with religion. It was built for reasons of hygiene in order to protect the saline spring. Nowadays it is open to the public (information at the tourist office) it possesses a beautiful stone vault supported by 1 metre wide pillars. They are supported by an eight metre bed of chestnut. In the square at the corner of the town hall on the first floor you canfind the headquarters of the Corporation of the Part-Prenants direct descendants of the "besis" the original owners of the well since 1587.

In "rue de la Fontaine Salée", on the facade of the cobbler, you can admire **the low relief (5)** which relates the visit of Jeanne d'Albret to Salies in 1568. Take "rue pont Mayou". At number 8 you will find "coulédé" (6). This stone trough, which is now covered, held the salt water which was carried there in the traditional wooden buckets. The water, pushed into the basin in "Place du Bayaà" was carried to the workshop in "sameaux" 92 liters wooden receptacles. Carry on to the left, "rue des Voisins", then right, "rue du Griffon" and on to the end of "rue du Saleys". Take in, on your right, "rue Loumé" with its pretty floral displays. At the end of "rue du Saleys" turn right into "rue des Puis Salants".

The Salt and Béarnais Traditions' Museum [7] is housed in the three storeys of a typical 17th century house, recently renovated. You discover a workshop of a salt manufacturer and a rich collection of items evoking the history of Salies and Bearnaise traditions from their origins up until the present day. Opposite the museum is the Bourg House [8], owned by the "Amis de Vieux Salies". You can consult their archives and documents here.

Head towards the "place de la Trompe" then "rue du Moulin", on the right "rue Elysée-Coustère" and "rue Larroumette" and you will see the "Château St-Pé [9]", which was rebuilt at the end of the 16th century. In the 17th century.

Guided tour

witchcraft tribunals were held here. Nowadays it's a private house. Straight ahead, take the alley, then the gallery, on the right which brings you out "impasse Argenton". You are now in front of **the house of Michel de Bergeras (10)** "Maitre Charpentier" who was cabinetmaker from the school of Salies which developed between the 18th and 19th centuries. He is said to have been descended from the Cagots, pariahs in the Pyrenees up until the Revolution.

At the end of "l'Impasse Argenton", turn right, cross the "pont de la Lune" over the bed of the Saleys river take a look at half-timbered houses on pillars [11] including the "maison Marrou" with its wooden galley and suspended bread oven. By following "rue de l'église", you will reach St-Vincent's church [12]. Its bell tower, a former watchtower, played its part in a system of fortifications long since disappeared.

A few steps further on you, leave the Old town by the Quai de Saleys and you reach the thermal quarter. The high days of thermalism at the end of the 19th century and the beginning of the 20th century saw great hotels and palaces blossom. Cross the public garden with its music kiosk (13) and you will see in front of you the, Thermal Baths (14). The first building was constructed in 1857 and was destroyed by a fire. It was rebuilt in Mauresque style in 1888. The right wing is reserved for therapy. The benefits of the water help to heal gynaecological, rheumatological and paediatric complaints. The right hand side houses "Les Bains de la Mude", a fitness centre with up to date installations which mix pleasure with well being. New! sensory journey through the "Grotte de Sel" (Salt Cave) and the "Lagon de la Mer Morte" (Dead Sea's Lagoon). Imagine the poet Paul-Jean Toulet on the terrace of Café Cercle du Chalet (15)

Don't hesitate to go into the "Hôtel du Parc", built in 1983 with its splendid entrance hall in the form of an reversed nave. Since December 1999, it has housed the Salies' Casino (16), gaming tables slot machines, a restaurant and a three star hotel. Head toward the "quartier de la Gare", follow the "avenue Gabriel Graner" and then on your right the "avenue Jacques Dufourcq", you find the salt manufacturing (17). This is where is extracted the Salies Salt (IGP), from the Oraàs' salt water spring, pure white and 100% natural. Bayonne ham must be salted with this salt and no other in order to receive the label "Indication Géographique Protégée".

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

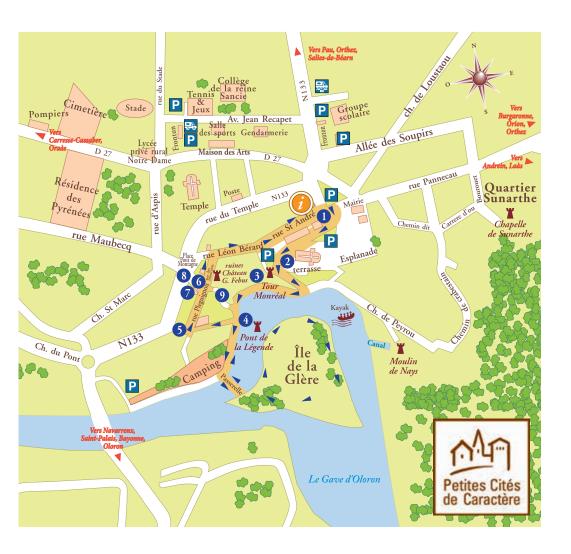
... The works of man ooze with force and nobility amongst the splendour of nature. The dreams and reflections of travellers know no limits." This is how Léon Bérard (academician and Mayor during the thirties) described the "pearl of Béarn".

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 Bearn. The gateway to Spain at the foot of the Pyrenees, the countryside surrounding Sauveterre is picturesque.

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

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Le petit + de Sauveterre-de-Béarn **by Evelyne**

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

... One can enter or leave the old centre of Sauveterre via this historic gateway which was once strongly defended. Above the archway was a look-out post for the guards. Imagine walking over the drawbridge covering the deep ditch. In the evening this drawbridge was raised to prevent entry and to protect the town during the night.

I love the idea of moving from the Medieval town to the river Oloron, and from nowadays back to the past.

+

Walk in the medieval city

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

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

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

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

Take the stairs and at the bottom of the tower turn right then take the footpath that leads to the fortified bridge named The **«Pont de la**

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

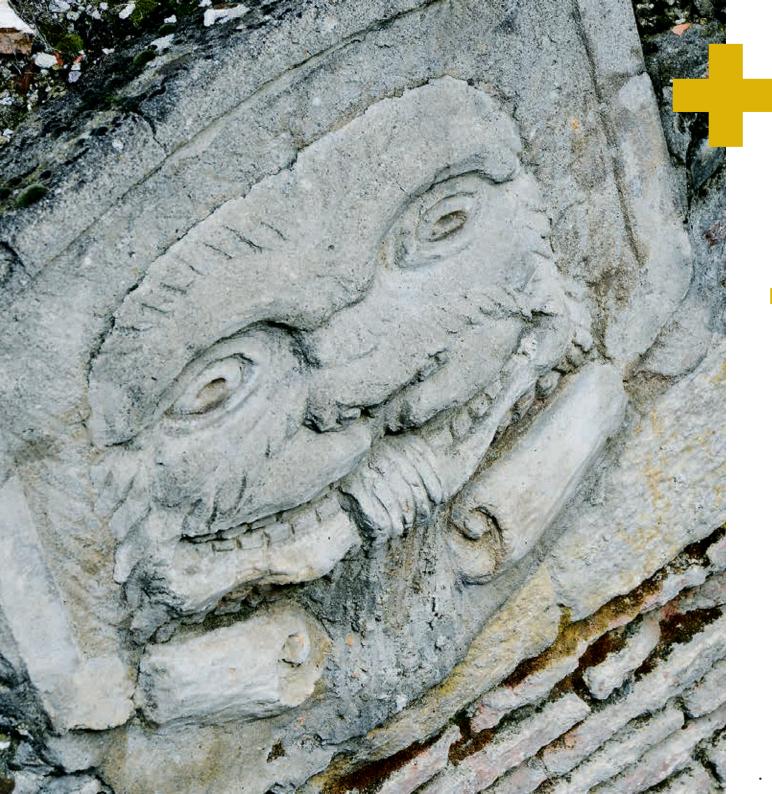
Carry on along the footpath which runs alongside the campsite and you can reach the "île de la Glère" and admire its flora which has been protected and preserved.

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

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

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

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Heritage

Art and History

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

Béarn Gaves He petit



Land of history



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

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

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

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



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

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



Queen Jeanne d'Albret used to take the waters in Salies-de-Béarn, a city famous thanks to its water ten times more salty than sea water.

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

In Béarn des Gaves, follow the guides!



Terra Aventura www.terra-aventura.fr

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

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

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

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

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



Short excursions

Afternoon visits organised by the Tourist Office.

Sit back and relax in the mini-bus, admire the Béarn countryside.

The programme of visit could include: a sheep breeder and his ewe cheese production (Quality Label Ossau-Iraty !), a kiwi grower.

The weaver, the winemaker, the butcher & the baker and others who take pleasure in introducing you to the Béarn and her local specialities.

Ticket: from 5€ per person
Ask for the programme at the Tourist Office



Les Rencontres d'Orion

Château - ORION - Phone. 05 59 65 07 74 info@chateau-orion.com - www.chateau-orion.com

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

Possibility of accommodation on site.



Salt, a natural resource

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

Legend says that Salies' salt was discovered when a wild boar was found covered with white salt. Intensive exploitation of the salt in medieval times brought economic prosperity to the town.

Since 1587. Salies has had a unique, economic and social organisation named "la Corporation des Part-prenants" which is still in existence.

La saline (salt-production plant)

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





Salt-production in Salies was industrialised in the nineteenth century, and the Saline (Salt Works) now produce 2.000 tonnes of salt a year. The salt from Salies is the only salt allowed to be used in the production of genuine Bayonne ham ("Jambon de Bavonne").

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

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

Le petit +: At the end of the visit you will be invited to taste Bayonne ham preserved using Salies salt (IGP).

Opening times: 10 a.m. to 12 p.m. and 14:30 p.m. to 18 p.m.

In January and February: from Wednesday to Saturday In March, April, November and December: from Monday afternoon to Saturday From May to October: from Monday to Saturday Last entrance for the Exhibition at 11 a.m. and 4:30 p.m.

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

Salt museum, Musée du Sel

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





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

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

Please enquire for Opening hours

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

The Little Tourist Train

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

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

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



The crypt

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

Le petit +: Absolutely an exceptional site to visit!

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





Nearby

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

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





Defensive architecture

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

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

Navarrenx is remarkable in terms of its fortifications. Built in the 16th century, it still has it's imposing ten-meter-high ramparts, listed as Historic Monuments.

The defense bastions, as well as various military buildings such as the Arsenal and the Saint-Antoine barracks, the military architecture of Navarrenx enabled the city to be awarded one of the highest acolades « Most beautiful villages of France » in 2015.

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

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

Le Centre d'Interprétation de Navarrenx (small museum)

In the "Arsenal" Phone. 07 86 44 03 06 www.bearndesgaves.fr/char

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

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

Open in the afternoon from 3 p.m. to 6 p.m. from May 20th to October 15th

Free

Cinquecento

At the Tourist Office in Navarrenx Phone. 05 59 38 32 85 contact@bearndesgaves.com

Open during Tourist Office opening hours.

Free

La maquette de la Cité fortifiée de Navarrenx

At the Tourist Office in Navarrenx Phone. 05 59 38 32 85 contact@bearndesgaves.com

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

Open during Tourist Office opening hours.

Free

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

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

The Gurs camp

GURS

Phone. 05 59 38 32 85 contact@bearndesgaves.com

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

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

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

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

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



Open all year - Free

Individual visits: signs in the camp - free admission. Guided group tours, inquire at the tourist office.





Rural heritage

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

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

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



Sauveterre **Monréal Tower**



SAUVETERRE-DE-BÉARN Phone. 06 70 36 79 05 or 07 78 78 06 12 amis-sauveterre@orange.fr www.amis-sauveterre.fr

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

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

Le petit +: The panorama on the Oloron river

Open from April 15th to October 31th

April, May, June, September and October from Tuesday to Saturday, from 2:30 to 6:30 p.m. July and August:

from Tuesday to Saturday from 10:30 to 12:30 p.m. and from 2:30 to 6:30 p.m.

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

Entry: 4€.

Young people and students (aged from 12 to 21): 3€. Children (under 12 years old): free



The Serbat Museum and its gardens

LAÀS Phone. 05 59 38 91 53 contact@musee-serbat.com www.musee-serbat.com



ARBRES

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

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

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

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

Le petit +: A cultural and bucolic break

Open from April 4th to November 1rd.

From April 4th to May 10th (as well as May 21-22st and on June 1th) and from October 17th to November 1rd, open every day from 1pm to 6pm.

From May 11th to July 3th and from August 31th to October 16th, open on Wednesdays, Saturdays and Sundays from 1pm to 6pm.

From July 4th to August 30th, open every day from 1pm to

Prices guided tours and park access: 9€ Child (under 12): 5€

Poets garden

Route de Montfort - GESTAS Phone 06 15 10 42 42 janusz.malik@wanadoo.fr www.januszmalik.com More than 2,500 specimins can be found in this artist's garden, a unique medieval setting.

Le petit +: Cultural activities during the summer period.

Open from May 1 to October 1, Wednesdays from 3 p.m. to 7:30 p.m. By appointment on other days.

Free visit price: 1 € -Child (under 16): free



Water

+ Aquatic pleasure

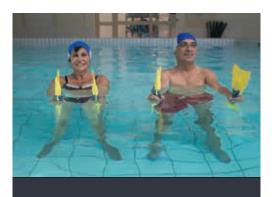
Rivers, streams, lakes, springs... Water plays an important role in Béarn des Gaves. Thanks to its salty properties, the water of Salies-de-Béarn has become synonymous with health and well-being. The white waters of the two main rivers (Gave d'Oloron and Le Saison) of the regions are the perfect place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

Béarn Caves Le petit





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



LES THERMES DE SALIES-DE-BÉARN

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

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

The thermal medicine

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

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

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

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

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



The thermal SPA

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

The water rejuvenates and revitalizes the skin.

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

A human dimension

Health, beauty and fitness

Refined atmosphere and personalized care.

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

The new orientation of prevention completes the offer of healthing with a team of professionals in hypnotherapy, aquatic osteopathy, plantar reflexology, chinese energetic, beauty treatments, relaxation therapy, Shiatsu, Tai massage.

Our very favorites: LE TRÉSOR SALISIEN - 80€ ESCAPADE SALISIENNE - 120€

Healthy swimming-pool

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

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

Open seven days a week

L'escale sensorielle

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

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

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

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

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

Access 1h: 30€ / person Access 1h + 1h of swimming-pool: 35€ / person By appointment only





Aquatic games

Water, it's sport!

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

Rafting, canoë, mégacraft, stand-up paddle

Rafting 64

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



Renting of canoë, mégacraft, stand-up paddle

2x aventures

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

Canoë rental USSCK

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

+ Swimming pools

Piscine intercommunale

NAVARRENX Allée des Marronniers Phone. 05 59 66 53 10 Open-air - Open from June to August

SALIES-DE-BÉARN Base de Loisirs de Mosquéros Phone. 05 59 38 14 43 Open-air - Open June to September

Piscine Iudique

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

of aquatic sites Fishing Trips

NAVARRENX - **July 22th** from 9am to 12:30pm Fishing initiation, salmon discovery, lifespan and fly fishing.

Meeting in Navarrenx tourist office.

SALIES-DE-BÉARN – July 29th from 9am to 12:30pm Fishing initiation, trout discovery, fly fishing and "tenkara".

Meeting in Salies-de-Béarn tourist office.

SAUVETERRE-DE-BÉARN – August 5th from 9am to 12:30pm

Fishing initiation, trout discovery, fly fishing and "tenkara".

Meeting in Sauveterre-de-Béarn tourist office.

Price: 10€ per person, fishing material to rent. A minimum age of 12 years old is required (from 12 to 14 years old have to be accompanied by a participating adult). 8 people maximum.

Booking and enquiries at Béarn des Gaves tourist office.



Fishing

Place to fish in Navarrenx Gave d'Oloron

(first category)

LE POOL MASSEYS

Sport place in Gave d'Oloron

(first category)

VIELLENAVE-DE-NAVARRENX

Bidala pool (second category)

CARRESSE

Fishway

NAVARRENX

🕂 Fishing licence

TOURIST OFFICE

Place Royale - SAUVETERRE-DE-BÉARN Phone, 05 59 38 32 86

Guide of fishing

Hervé BALTAR

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





Picnic



Raft-Canoë-Kayak



Leisure park



Camping-car site



Golf



Panorama



Garden



Place to fish



River and lake access



Health spa



Swinning 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



Open air



Hills, valleys, ridges, forests...

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





Walks

On the paths of St-Jacques-de-Compostelle

Follow in the footsteps of the thousands of pilgrims who walk on the paths heading for Saint Jacques de Compostela. Walk alongside them, take your pilgrim's staff and encounter the countryside and the pilgrims, rediscover yourself...

Three of the four principal routes used by the pilgrims pass through the Béarn des Gaves: the Vézelay Route, the Puy-en-Velay Route and the Tours Route.

Walking on the paths of Béarn des Gaves

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

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

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

Béarn des Gaves | Le petit + •

Some of these walks are available individually. Please enquire to the tourist office.

Cycling

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

BASE VTT OF NAVARRENX

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

Walks and hikes

Castetnau-Loisirs

CASTETNAU-CAMBLONG Mountain walks Phone, 05 59 66 51 25 Country walks Phone. 05 59 66 57 40

Club Marche et Santé

SALIES-DE-BÉARN Phone. 05 59 65 30 73

lle de la Glère SAUVETERRE-DE-BÉARN

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

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





Walks, close to nature

Table d'orientation



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

La voie verte

SALIES-DE-BÉARN

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

Discovery way

SALIES-DE-BÉARN

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

Pounte lake

LABASTIDE-VILLEFRANCHE An adapted fishing lake near the fortified town.

The sugar bread (Sègue hill)



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

The Pène de Mu



CASTAGNÈDE

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



Golf Navarrenx Golf Club

2 chemin Nitot- SUS Phone. 05 59 66 50 24 contact@navarrenx-golfclub.com www.navarrenx-golfclub.com

An 18 hole course throughout a 140 hectare domain in an outstanding setting. Fun, technical and accessible to all levels, you'll have the best of times, whatever your level.

Le petit +: A unique view of the Pyrénées.

Golf-club Hélios

Chemin de Labarthe - SALIES-DE-BÉARN

Mini golf

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



Sport activities

Horse-riding Center Les Ecuries des Gaves

Route d'Orion - Quartier Lasbordes - Maisonnave SAUVETERRE-DE-BÉARN Phone. 06 89 52 94 64 www.ecuriedesqaves.com

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

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

Cheval Nature 64

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

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

Le petit +: A little club, there for their clients and the animals.

Leisure parks

Fun Room Escape Game

41 rue Saint-Germain - 1er étage de l'Arsenal - NAVARRENX Phone. 07 87 18 28 48

funroom.escapegamenavarrenx@gmail.com www.funroom-escapegame-navarrenx.fr

This life-size "Robin Hood" themed escape game, allows you 60 minutes to find your way out of a room.

The app-linked «Urban Quest» treasure hunt takes you through the town's streets. Activities on reservation.

Le petit +: group activities to solve enigmas.

Escape Castle? An escape game in a castle!

LAÀS

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

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

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



The castle of enigmas

LAAS

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

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

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



Expérience Béarn

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

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

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

La Véloroute 81

Between Atlantic and Mediterranean, this is a 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.

Bike rental Bik'in 64

4 avenue de la Concorde - SALIES-DE-BEARN Phone. 05 59 38 50 12 - bikin64@hotmail.com

Rental of electric bikes, & mountain bikes, for adults and children

Le petit +: Electric bikes are particularly appreciated in our hilly countryside.

Archery

Compagnie des archers du sanglier

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

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





Ball sports

Tennis

Tennis Navarrenx

NAVARRENX

Phone. 05 59 66 10 22 - mairie.navarrenx@wanadoo.fr Reservation of courts at Bar le Dahu.

Tennis Club Sauveterre

SAUVETERRE-DE-BÉARN Complexe - Avenue Jean Récapet Phone. 05 59 38 59 36 or 06 88 21 33 85 cyrilcazeaux@yahoo.fr

Reservation of courts at the tourist office, in July and August.

Stade Salisien Tennis

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

Squash Club des Arceaux

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

Pelote Basque initiation in Salies-de-Béarn

Reservation: Tourist office in Salies-de-Béarn Phone. 05 59 38 00 33



Philippe Duhalde, sports educator, will introduce you to the history of pelota and invites you to discover 4 of his specialities: bare hand, pala, xare and the famous chistera. All equipment is provided, all you have to do is put on the sneakers!

Le petit +: Discover an ancient game accessible from 5 to 97 years old!

+

Never stop playing!

Play areas

DOGNEN, NAVARRENX, ARAUJUZON BUGNEIN, AUDAUX, AUTERRIVE, CARRESSE-CASSABER, SALIES-DE-BÉARN

Skate park

Base de loisirs de Mosquéros - SALIES-DE-BÉARN



Art of living



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

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

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

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





Soap maker

Aromanature

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

Handcraft

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

Métiers d'Irt



Potter ceramicist Poterie Parabis

Métiers d' rt

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



Weaver Craft

Atelier Katy

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



Wood Craftsmen Cassou Ébénisterie d'art

Route de Bayonne - SUSMIOU Phone. 05 59 34 36 40 cassou.ebenisterie@wanadoo.fr

Jewellery manufacture

Nathalie Saint-Maxent

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

Atelier Quid Novi

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



Sculptor Bernard Saint-Maxent

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

Noël Bertrand

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

Photo studios Olivier Robinet

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

Clin d'oeil studio

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

Well-being Pierre d'eau vive

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



Gastronomy

Local produce

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

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









The salt from Salies-de-Béarn

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

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

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

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

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

www.sel-salies-de-bearn.com

Béarn des Gaves | Le petit + •



The Blond d'Aquitaine (cattle breed)

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

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

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



Duck

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

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



Ossau-Iraty cheese

Cheesemakers making ewe cheese known as Ossa lagazettedubearndesgaves@gmail.com vous a envoyé des fichiers avec WeTransfer u-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).



Adour kiwi

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

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

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



Local produce



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

Pastry shop

De Par'empart

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

Pâtisserie La Bonbonnière

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

Reer

Béarn des Gaves | Le petit +

Boutique artisanale Shakespeare

30 rue Saint-Antoine - NAVARRENX Phone. 05 59 66 52 14 or 06 47 13 00 21 william@shakespearebrasserie.com www.shakespearebrasserie.com



Butcher shops Canning factories

Conserverie Gratien

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

Sarl Brana Patrick

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

Jean-Michel Ihidoy

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

Charcuterie Oyharçabal Comme à la ferme

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



lam

L'apiconfiturier

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



Vineyard

Domaine Mont Oraàs

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

Domaine Lapeyre Guilhemas

Avenue des Pyrénées - SALIES-DE-BÉARN Phone. 05 59 38 10 02 or 06 03 74 05 70 contact@domaine-lapeyre-guilhemas.com www.domaine-lapeyre-guilhemas.com

Domaine d'Audaux

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

Maisonnave Jean-Marc

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

Bread

Le Pain du Coin

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

Farms

La Ferme la Motte



1770 quartier Beigmau - SALIES-DE-BÉARN Phone. 05 59 38 22 22 - ferme.lamotte@gmail.com www.ferme-lamotte.com

Local ducks, open-air farm,

La Ferme Sahouret

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

La Ferme Erbin



Maison SERBIELLE - ANGOUS Phone. 05 59 66 50 20 - benat.erbin@orange.fr www.ferme-serbielle.fr

Family farm which produces its sheep cheese from the Ossau-Iraty PDO.

La Ferme Moulinaou

ANDRFIN

Phone. 05 59 38 95 18 or 05 59 38 50 24 iacquesbaradat@orange.fr

Blonde d'Aquitaine cows and free range ducks.



Markets

Tuesday morning:

Salies-de-Béarn, farm "La Motte" July and August

Wednesday morning:

Navarrenx

Thursday morning:

Salies-de-Béarn

Saturday morning:

Salies-de-Béarn (local farmers' product) Sauveterre-de-Béarn

Sunday morning:

Navarrenx from the middle of June to the beginning of September

Craft markets and farmer

BURGARONNE

Producers market: 11/07

NAVARRENX

Exposition artisanale (Craft exhibition): 11 to 13/04

SALIES-DE-BÉARN

Les Métiers d'Antan (Old handcrafts): 15/08 Fête du Sel (Salt Festival): 12 and 13/09

SAUVETERRE-DE-BÉARN

Foire de la Blonde d'Aquitaine: 22/08

Market of local producers

CARRESSE-CASSABER le 2/07 **SAUVETERRE-DE-BÉARN** le 16/07 NAVARRENX le 24/07 **NARP** le 31/07

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

- 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

Peel the vegetables, clean them and roughly chop.

Food lover

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

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

Check from time to time ...

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

Close your eyes... smell and taste!



Master restaurateur's title

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



Restaurants in or near Navarrenx

Auberge du Bois

35 avenue de Mourenx - NAVARRENX Phone. 05 59 66 10 40

Menus from 13.50€ Dining room: 42 seats - Terrace: 20 seats Open every day.

Bar des Sports

Rue Saint-Antoine - NAVARRENX Phone 05 59 66 50 63

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

Le P'tit Bistrot

4 place d'Armes - NAVARRENX Phone. 05 59 66 50 78

Menus from 13.50€

Dining room: 50 seats - Terrace: 60 seats

Closed on Sunday and on Monday and the evening from November to March. Closed on Monday from May to October.

La Taverne de Saint-Jacques

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

Menus from 13€ Dining room: 70 seats - Terrace: 80 seats Open every day.

Auberge Claverie ?



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

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

Chez Germaine

Béarn des Gaves | Le petit +



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

Menus from 15€ Dining room: 220 seats - Terrace: 25 seats

Closed on Sunday evening and on Monday and on Thursday lunchtime (in winter).

Restaurants in or near Salies-de-Béarn

À la fraich' (restaurant-pizzeria)

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

Menus from 13.50€ Dining room: 40 seats - Terrace: 20 seats Closed on Tuesday evening, on Wednesday and on Thursday.

L'Atrium

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

Menus from 19€ Dining room 34 seats - Terrace: 26 seats Open every day.

Au Petit Béarn

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

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

Bistrot des 4 Grains

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

Menus from 15.90€ Dining room: 60 seats - Terrace: 40 seats Closed on Sunday evening, on Monday and on Tuesday.

La Grignotine

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

Menus from 12.90€ Dining room: 20 seats - Terrace: 22 seats

From September to June, closed on Saturday lunchtime, on Sunday, and on Monday evening. In June and August, closed on Sunday.



Restaurants in or near Salies-de-Béarn

Le Lodge

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

Menus from 14€

Dining room: 80 seats - Terrace: 40 seats

Open from 06/01 to 18/12

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

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

Restaurant des Voisins

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



Menus from 18€

Dining room: 30 seats - Terrace: 30 seats

Closed on Monday, on Tuesday and on Wednesday.



La Tannerie

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

Menus from 14€

Dining room: 32 seats - Terrace: 40 seats

Open every day

From November to March, dinner on reservation.

Auberge du Relais

BÉRENX

Phone. 05 59 65 30 56



Menus from 14€

Dining room: 40 seats - Terrace: 50 seats

Closed on Friday evening, on Saturday lunchtimes, and on Sunday evening.

La Belle Auberge

CASTAGNÈDE Phone 05 59 38 15 28

Menus from 14€

Dining room: 95 seats - Terrace: 90 seats

Closed on Sunday evening and on Monday evening Open from 27/01 to 24/05 and from 8/06 to 20/12.

Restaurants in or near Salies-de-Béarn

Bar à vins/Tapas



Le Chalet

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

Dishes from 950€ Dining room: 50 seats - Terrace: 40 seats

Closed on Sunday.

Salon de thé

La Pause Gourmande

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

Dining room: 42 seats - Terrace: 22 seats

Closed on Sunday morning.

L'Instant Thé

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

Menus from 990€

Dining room: 15 seats - Terrace: 12 seats

Open every day.





Restaurants in or near Sauveterre-de-Béarn

Bar de la mairie

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

Menus from 14€ Dining room: 45 seats - Terrace: 30 seats Open every lunchtime and on Friday and Saturday evenings out of season. Open every lunchtime et every evenings in season.

Auberge Blondain

AUTEVIELLE Phone. 05 59 38 54 76

Closed on Tuesdays.

Menus from 14€ Dining room: 60 seats

Closed on evenings and on Saturday.

Open from January 13th to December 18th.

La Légende

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

Menus from 16€

Dining room: 28 seats - Terrace: 20 seats

Open Wednesday to Sunday for lunch and Friday and Saturday evenings.

Auberge de la Fontaine

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

Menus from 14€

Dining room: 50 seats - Terrace: 50 seats

Closed on Wednesday and on Sunday evening.
Closed for vacations from February 17th to March 15th included.

Le Relais du Gave

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

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

Tea garden Au fil de l'eau

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

Possibility of picnic on site if you buy refreshments from cafe (drink, ice cream, cake...).

Open every days from May 1st to September 31st from.



Partouche for a little flutter

Welcome to the Casino housed in the Hôtel du Parc an architectural beauty in the centre of Salies-de-Béarn.

Admire its hall, covered by a glazed area in the style of Engineer Eiffel, with its balconies in exotic wood reached by an elegantly curved staircase.

In this hôtel dating from the Belle Epoque, the highspot of spa treatment in Salies-de-Béarn, you now find up-to-date entertainment ... the gaming tables of a Casino!

2 FREE DRINKS on presentation of this quide. *

Restricted to those over 18 not subject to gambling ban. Identification necessary. This ffer may not be used alongside other offers. alid until 31/12/2020.

The abuse of alcohol is dangerous to health consume in moderation..

Have a go! Luck is with you today!

60 slot machines and 6 English roulette and black jack electronic stations are available to you in this exceptional and unique setting.

The new central bar offers full service and a splendid view. In a family atmosphere, let yourself be seduced by the restaurant, the bar, the hotel, and why not? all three!

CASINO DE SALIES-DE-BÉARN

HÔTEL DU PARC ***
Restaurant l'Atrium
Bd Saint-Guily
64270 SALIES-DE-BÉARN

Phone. 05 59 38 31 31 hotelduparc@partouche.com www.casinosalies.com

Open every day: 10 a.m. till late!



The big events of the year





April

11 au 13 / NAVARRENX
CRAFT EXHIBITION

11 au 13 / SALIES-DE-BÉARN ART EN VRAC

16 au 18 / SAINT-PÉ-DE-LÉREN LO PRINTEMPS DE L'ARRIBERA

July

2 / CARRESSE-CASSABER FARMERS' MARKETS

2 au 5 / BÉARN DES GAVES INTERNATIONAL FESTIVAL OF GUITAR

July

Every Tuesdays / NAVARRENX

MARDIS MUSICAUX

5 / SAUVETERRE-DE-BÉARNPAINTING COMPETITION

11 / BURGARONNE

FARMERS' MARKET

11 au 14 / SALIES-DE-BÉARN SALIES À PEINDRE

16 / SAUVETERRE-DE-BÉARN

FARMERS' MARKET

20 au 23 / BÉARN DES GAVESPRÉAMBULES DE LA FÊTE DES SOTTISES

23 au 24 / LAÀS LES TRANSHUMANCES MUSICALES

24 / NAVARRENX

FARMERS' MARKET

24 au 26 / SALIES-DE-BÉARN FÊTE DES SOTTISES

25 / SAUVETERRE-DE-BÉARN
LES MÉDIÉVALES

31 / NARP FARMERS' MARKET

August

EVERY TUESDAYS / NAVARRENX

MARDIS MUSICAUX

All month long / Sauveterre-De-BéarnArt vache exhibition

7 au 9 / SALIES-DE-BÉARN

SALIFS FESTIVAL

7 au 10 / NAVARRENX

NAVARRENX FESTIVAL

18 / ANDREIN

BALADE EN PAYSAGE D'ÉLEVEUR

15 / SALIES-DE-BÉARN

LA PIPERADÈRE & LES MÉTIERS D'ANTAN

22 / SAUVETERRE-DE-BÉARN

FOIRE DE LA BLONDE D'AQUITAINE

23 / LAÀS

LES 3 HEURES DE LA BROUETTE

September

10 au 13 / SALIES-DE-BÉARN SAIT FESTIVAI

19 au 20 / BÉARN DES GAVES
LES JOURNÉES EUROPÉENNES DU PATRIMOINE

18 au 20 / SAUVETERRE-DE-BÉARN SAUVETERRE FESTIVAL

October

11 / LAÀS CORN FESTIVAL

24 au 25 / SALIES-DE-BÉARN FESTIVAL DE LA 25º HEURE

he big events of the yea

Practical information



Town Hall

Navarrenx

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

Salies-de-Béarn

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

Sauveterre-de-Béarn

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

POST OFFICE

NAVARRENX

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

SALIES-DE-BÉARN

Boulevard Lannabère / Phone. 05 59 65 09 80

SAUVETERRE-DE-BÉARN

Rue du Temple / Phone. 05 59 38 52 58

EMERGENCY - HEALTH

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

HOSPITAL CENTRE ORTHEZ

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

HOSPITAL CENTRE ST PALAIS

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

HOSPITAL CENTRE ST PALAIS

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

CINÉMA



LE SALEYS

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

TRANSPORTS

BUS

KEOLIS

DAX / PUYOÔ / SALIES-DE-BÉARN / SAUVETERRE-DE-BÉARN / MAULÉON Phone, 0 800 64 40 47

TRANSPORT BIDEGAIN

Regular service - ORTHEZ / SALIES-DE-BÉARN / SAUVETERRE-DE-BÉARN / ST-PALAIS
Phone 05 59 38 57 38 or 06 08 82 79 47

TAXIS

CHAUBERT AURÉLIEN

CASTETNAU-CAMBLONG

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

TAXI LGL

SALIES-DE-BÉARN

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

SNCF

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

RELIGIOUS SERVICES

ÉGLISE SAINT-GERMAIN - NAVARRENX Sunday: 10:30am

ÉGLISE SAINT-VINCENT - SALIES-DE-BÉARN Sunday: 11am

TEMPLE - SALIES-DE-BÉARN

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

ÉGLISE SAINT-ANDRÉ - SAUVETERRE-DE-BÉARN Sunday: 10am

TEMPLE - SAUVETERRE-DE-BÉARN

4th Sunday in the month: 10:30am

CASINO

HÔTEL DU PARC

SALIES-DE-BÉARN Phone. 05 59 38 31 31 - www.casinosalies.com Gambling machine, roulette, dinner and entertainment

LIBRARY

NAVARRENX

Place d'Armes Phone. 06 86 30 82 22 or 05 59 66 22 82 raymonde.fournier4@orange.fr www.bearndesgaves.fr/bptnavarrenx Library for everyone. It is possible for people staying in the region to rent books at the library. A security of 20 euros (check or cash) will be asked

and then given back on the day of the departure. Open all year long:

Wednesday from 9:30am to 12:30pm and from 3pm to 5pm, Friday from 3pm to 5pm, Saturday from 10am to 12:30pm.

SALIES-DE-BÉARN

1 rue des Bains (Salon Paul-lean Toulet). behind the cinema during the work Phone 05 24 37 57 46 Library for everyone. Open all year long:

Open Monday and Tuesday from 3pm to 5pm,

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

SAUVETERRE-DE-BÉARN

Stade Municipal biblisauv@orange.fr Open all year long:

Wednesday from 10am to 12pm and from 3pm to 5pm, Saturday from 9:30am to 12:30pm

CYBER POINTS IN BÉARN DES GAVES

CYBER-BASES BÉARN DES GAVES

NAVARRENX

14 rue Saint-Germain Phone. 05 59 66 22 19 cyberbase@ccbearndesgaves.fr www.cyberbases64.canalblog.com Free WiFi and use of computer available. Wednesday from 10am to 1pm Friday from 2pm to 5pm

SALIES-DE-BÉARN

Maison des services - Villa Al Cartéro Phone. 05 59 38 11 70 cvberbase@ccbearndesgaves.fr www.cyberbases64.canalblog.com Wi-Fi and cyber points have paid access Monday from 10am to 1pm Thursday from 2pm to 5pm

SAUVETERRE-DE-BÉARN

Place Royale Phone. 05 59 38 50 36 cyberbase@ccbearndesgaves.fr www.cyberbases64.canalblog.com Wi-Fi and cyber points have paid access Tuesday from 2pm to 5pm Thursday from 10am to 1pm

WI-FI AT THE TOURIST OFFICES

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

SAVOIR PARTAGÉ

2 avenue Al Cartero - SALIES-DE-BÉARN Phone. 05 59 38 37 01 / le-savoir-partage@orange.fr www.savoirpartage.wixsite.com Free access on the computers. Open from Monday to Friday (except on Tuesday morning) from 9am to 5:30pm

CLIN D'ŒIL STUDIO

24 rue du Temple - SAUVETERRE-DE-BÉARN Phone. 05 59 38 52 98 From Tuesday to Saturday from 10am to 12pm and from 3pm to 7pm.

TOURIST OFFICES OF BÉARN DES GAVES

www.tourisme-bearn-gaves.com contact@bearndesgaves.com





The tourist office of Béarn des Gaves has been awarded the French QUALITE TOURISME label in compliance with the Office de Tourisme de France quality process. We're here to help, to provide a warm welcome and pleasant facilities, and to share our knowledge of the region with you.



289 route d'Orthez 64270 SALIES-DE-BÉARN Phone, 05 59 38 30 46



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

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

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

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

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

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

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

The services presented to you in this quide are collaborators of the tourism office and do not represent the complete offers available in the area. You can find it on our website www.tourisme-bearn-gaves.com

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

Béarn des Gaves | Le petit +

Mon petit



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NAVARRENX

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

SALIES-DE-BÉARN

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

SAUVETERRE-DE-BÉARN

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



+ BY TRAIN

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

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

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

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



www.tourisme-bearn-gaves.com contact@bearndesgaves.com



05 59 38 00 33



Conception : Agence www.bixoko.com

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