



# la Pause Pyrénées

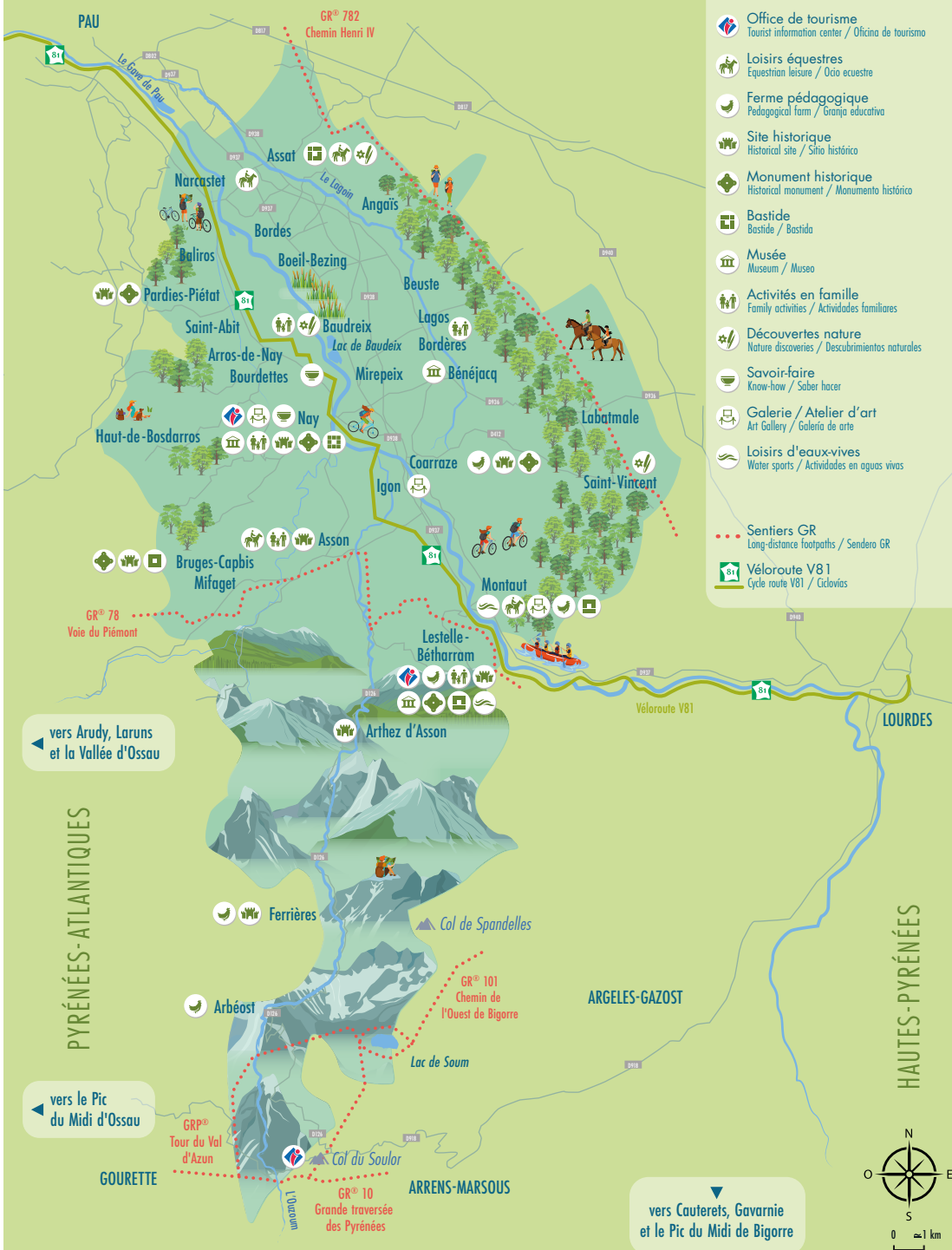


TRAVEL BROCHURE | PAYS DE NAY

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vers Arudy, Laruns  
et la Vallée d'Ossau

vers le Pic  
du Midi d'Ossau

vers Cauterets, Gavarnie  
et le Pic du Midi de Bigorre



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## *Pays de Nay, a typical area of South-West France*

When one speaks about the South West of France, what comes to mind is the sun, festivals, the Basque Country, tapas and a sing-song accent but the culture and identity of the South West of France encompasses far more than that.

From heritage to savoir-faire, as well as gastronomy and traditional sports, welcome to the Pays de Nay<sup>1</sup>, welcome to the South West.



<sup>1</sup> *Le Pays de Nay is the name given to the Town of Nay and its surrounding villages and countryside which are part of a community of local authorities.*

## *Gastronomy: taking your taste buds on a journey of discovery*

France is known to be the Country of Gastronomy. Each region has its specialities and discovering a new destination inevitably means tasting local dishes and recipes.

The South West cultivates the art of eating well and here in Béarn all kinds of different local products are to be found to make up a full menu for example – salted meats, charcuterie, meat and poultry, wines and cheeses, seasonal vegetables, in a word everything you need to cook and really enjoy your food. In order to do so head for **the local markets** or farms to buy directly from **the producers**/educational farms. This is also the opportunity to glean some precious advice and suggestions for cooking these dishes in the best possible way.

For those who don't feel like spending hours in front of the stove but who, nonetheless, want to really enjoy regional cooking, head for the tables in **our restaurants** where you can eat our mouth-watering garbures, poules au pot<sup>2</sup>, confits and other cooked specialities.

<sup>2</sup> *Garbure : a local vegetable broth with duck confit, goose, poule au pot : a kind of French chicken casserole.*



## *Known and recognized savoir-faire*

One of the popular symbols of French culture is **the beret**, also known as the Basque beret. Contrary to commonly received ideas, this kind of hat saw the light of day in Béarn. It was namely made in Nay and today it is in the very place where there used to be an old factory that the only Beret Museum in the world is to be found.

From head to toe is just one short step !



In the past other savoir-faire have made Nay and its surrounding countryside well-known.

Nay used to be an important working-class town grouping together textile factories (berets, cloth, sheets and wool from the Pyrenees ...) and also cabinetmaking.

To find out more about all this savoir-faire, visit [the Industrial Museum](#) in the Maison Carrée in Nay.

Just two steps away from the Beret Museum, the workshop [le Soulor 1925](#), invites you to come and discover their savoir-faire as regards shoe-making – they make shoes both for the town and the mountain.

They are made from raw materials which are mainly French so as to reduce the social and environmental impact of the production. The manufacturing techniques and the savoir-faire of the workshop have enabled them to obtain the label “Living Heritage Company”.



Another savoir-faire recognized as a “Living Heritage Company” also has a direct link with our Pyrenean mountains : the making of cowbells.

But what on earth are they? A cowbell is the name of the “bells” that are to be found round the neck of herds of cattle, the jangling of which can be heard in the summer period when the herds are in their “summer pastures”.

This savoir-faire is rare and can be found in the [Daban workshop](#) in Bourdettes. Each model is made by hand which means that each cowbell is unique.



### Beret Museum

Place Saint Roch

64800 Nay

+33 5 59 61 91 70

[www.museeduberet.com](http://www.museeduberet.com)

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### Soulor 1925

1 Place de Lattre de Tassigny

64800 Nay

+33 5 59 84 03 26

[www.lesoulor1925.com](http://www.lesoulor1925.com)

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### Daban workshop

122 Z.A Samadet

64800 Bourdettes

+33 5 59 32 04 68

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

J F M A M J J A S O N D



### The Industrial Museum

Place de la République

64800 Nay

+33 5 59 13 99 65

[www.maison-carree-nay.fr](http://www.maison-carree-nay.fr)

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### Our restaurants



### Our producers and markets





# *Pays de Nay, from exploration to discovery*

**W**hen holiday time arrives, what people long for above all is peace and quiet, enjoying time together as a family, escaping from everyday life and enjoying visiting and doing unusual activities.

## *Unforgettable experiences*

A round the world tour, this is something you can experience in **the Zoo in Asson!** The zoo takes you on a journey around the 5 continents and the animals you meet are all so very fascinating.



The lost temple, the world of the acrobats, the tropical birds, the continent of Africa, the wild Outback of Australia ... there are numerous different spaces and themes and one becomes completely immersed.

Here, numerous species of animals are nowadays protected worldwide and one of the main priorities of the zoo, and which means so much to the people who work there, is animal well-being and making the general public aware of the importance of protecting the fauna and flora all around us.

## *A journey to the centre of the earth – or almost.*

Like explorers in search of new discoveries, make your way to **the Grottes de Bétharram**<sup>1</sup> on the border between the Pyrénées-Atlantiques and the Hautes-Pyrénées. Discovered in 1819, the caves have now been organized to welcome in complete and utter safety the numerous visitors who come to see them every year.

The visit of the different underground levels of the caves is certain to amaze both the young and the old with the illuminations of the concretions which can sometimes look like an elephant and at others like a silhouette. Your guide will not fail to stretch your imagination to the full during the visit. After walking down the different levels, you will discover the underground river in a boat before getting a seat in the little train which will bring you back up to the surface of the earth.



## *Unusual encounters on the farm*

A white peacock, pigeon hens, a sheep with 4 horns, KuneKune pigs ... don't you know them? These are just some of the really unusual species to be found on the **Moon farm in Bordères**. It is in a peaceful, green setting that both the young and the old can discover more than 200 furry or feathery domestic animals: goats, sheep, pigs, cows, hens, ducks, geese, ponies, donkeys, pheasants, lamas... More than just a simple discovery of the animals, you will find information sheets on the different species so as to know them better and you'll be able to test your knowledge with a quiz.

<sup>1</sup> *Underground caves in Bétharram*



of France, spent the first years of his childhood.

Local history also means talking about the savoir-faire and traditions which have really important in the Pyrenees and in particular the iron activities. A European cultural route "**The Iron Itinerary in the Pyrénées**" highlights them and leads to the discovery of three sites in the Pays de Nay: the Daban cowbells, the forge in Arthez d'Asson and the Baburet mines in Ferrières.

Educational and recreational workshops as well as animations are organized all year round so as to share special moments with your family and friends.

## *Heritage and local history*

Bearnese buildings with their pebble walls, fortified villages founded in the 13th and 14th centuries, and **churches and sanctuaries** mean that the heritage in the Pays de Nay<sup>1</sup> is quite different to that of its neighbours in Bigorre and the Basque Country.

To discover more about the local architecture but also about the history of these villages, go for a walk around them and you'll find **notice boards** there, enabling you to go for an easy stroll around and visit at the same time.

As we are on the subject of villages and local history, we can't help but talk about the village of Coarraze in which is to be found **the château** (listed as a Historical Monument) in which Henri IV, the future king



## *Discovery, an enjoyable family activity*

To explore the fauna and flora, set off to Ferrières, to the Baburet mines. Here an easy family ramble is waiting for you. The path will take you to the entrance of the old iron mines and notice boards will tell you all about the richness of nature to be found there.

Maps at the ready, **the orientation circuit** will enable you to discover the Pyrenean landscapes and develop your sense of direction and observation.

It's at Lestelle-Bétharram on the edge of the gave de Pau<sup>2</sup> and close to the Bétharram sanctuaries that the orientation circuit begins. 4 different circuits are possible for you to choose from so that this activity is possible for both beginners and really experienced hikers. You must really keep your eye open to find the markers and stamp your leaflet proving your finds.

## *Our "secret gardens" come to light*

A garden, kitchen garden and orchard are all grouped together in just one place at the CLAB in Assat. This is the name of **the Conservatory of Heritage Vegetables in Béarn**. Here, the association invites you to discover more than 500 varieties spread over 6,500m<sup>2</sup>: flowers, vegetables, cereals, herbs, dye-producing plants... All year round members of the association organise workshops and educational activities so as to make the public aware of the importance of the preservation of the environment.

## *Life is a bed of roses*

For its endless varieties, its flamboyant colours, its soft, sweet fragrance, its sensuality, its floral taste ... the rose has always been considered to be the queen of flowers. To discover the rose in all its forms and varieties, make your way to Saint-Vincent and the hiking trail called chemin Henri IV to visit **the rose gardens in Saint-Vincent**. The flower is celebrated here in the nursery, in the tea rooms and of course in the garden. To know all about this beautiful flower, sensory information desks can be found in the rose gardens for the pleasure of both the young and the old.



<sup>2</sup> The river running from the Pyrenees through Pau

### The Zoo in Asson

6 chemin Brouquet

64800 Asson

+33 5 59 71 03 34

[www.zoo-asson.org](http://www.zoo-asson.org)



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### The Grottes de Bétharram

Chemin Léon Ross

64800 Lestelle-Bétharram

+33 5 62 41 80 04

[www.betharram.com](http://www.betharram.com)



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### Moon farm in Bordères

Rue des Artigottes

64800 Bordères

+33 7 84 08 25 72

[www.lafermedemoon.com](http://www.lafermedemoon.com)



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### Château de Coarraze

7 bis rue des Pyrénées

64800 Coarraze

+33 6 09 93 62 34

[chateaudecoarraze.jimdo.com](http://chateaudecoarraze.jimdo.com)



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### The Iron Itinerary in the Pyrénées



### The orientation circuit



## The Conservatory of Heritage Vegetables in Béarn

3 bis, route du Bois

64510 Assat

+33 6 15 57 93 39

[www.clab64.fr](http://www.clab64.fr)



## The rose gardens in Saint- Vincent

19 chemin Henri IV

64800 Saint-Vincent

+33 5 59 13 94 99



## Churches and sanctuaries



## Walks notice boards





## *Pays de Nay, en route for nature*

Taking the time to discover, to walk, to be together and to share experiences, that's what holidays in the Pays de Nay hold in store for you. Here the pace of life slows down so you can make the very most of all that the Pyrenees have to offer.

### *Spotlighting soft modes of travelling*

For a new conception of holidays, here you leave your car behind in the garage and you set off on the **footpaths** and **cycling tracks** which enable you to get back in



touch with nature. You forget all about the congested roads and the constant honking of horns to enjoy the chirping of birds and the rippling water of the gave de Pau<sup>1</sup>.

## *By bike*

So you can go off on your bike, go to the caves in Bétharram, visit an educational farm, or try various aquatic activities (kayaking, rafting, canoeing, hydrospeeding...) thanks to **cycling track** maps which you can slip easily into your pocket.

You can ride up the hills easily on electric bikes and enjoy the great variety of panoramas ranging from plains to mountains, or for the more sporty of you, you can use the **mountain bike trails**.

You can also ride up to the Pyrenean mountain passes on **road bikes**, watch the fishermen tease the trout in the Ouzom, look at the "remains" of the story of iron in the Pyrenees and on the way back taste our local producers' cheese, honey and dairy products.

## *On foot / On wheels*

You can also wander around on foot, in a pushchair, on a tricycle or on a scooter on the paths specially adapted for **moving around on wheels**. You can also enjoy going on walks to discover the local heritage thanks to the heritage trail, and



appreciate the landscapes and the local fauna and flora.

You can go for a **hike in the mountains**, watch the birds of prey, see the herds of cattle in their summer pastures with their cowbells jangling thus setting these breath-taking landscapes to music or try out new hiking techniques like the e-trot.

And with teenagers and preteens, you can also turn the walk into a game with the **orienteering trail** in Lestelle-Bétharram.

## *On horseback or on a pony*

You can discover the landscapes of the Pays de Nay from another perspective when going for a ride on **horseback**, or on a **pony** for the younger generations. And what could be better than being in contact with these calm animals to help you slow down and live each moment to the full ?

**Syrénées**  
(hiking guide)

64800 Lagos  
+33 6 65 17 05 26  
syrenees-rando-pyrenees.fr



J F M A M J J A S O N D



**José Gonzalez**  
(hiking guide)

6 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 80 22 55 50  
pyrenees-ossau-loisirs.com



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**Mireille Gassiot-Priou**  
(hiking guide)

6 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 75 35 90 96  
pyrenees-ossau-loisirs.com



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**Trail Beroi**  
(trail guide)

13 avenue de la Soule  
64800 Nay  
+33 6 89 89 36 11



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**Escarando**  
(hiking guide)

8 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 75 54 37 81  
canyoning-escalade.fr



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**Laure Maisonnave**  
(hiking guide)

28 chemin des Barthes  
64800 Pardies-Piétat  
+33 6 62 84 85 15



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Évasion Pyrénéenne  
(nature guide)

14 rue des Pyrénées  
64800 Baudreix  
+33 7 86 95 84 72

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Centre équestre du Cabirou  
(equestrian centre)

2 chemin de Crouseilles  
64800 Asson  
+33 6 23 20 90 35

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Les ateliers de la cavale  
(equestrian centre)

Chemin bois de Berot  
64510 Assat  
+33 6 98 57 93 71  
[lesateliersdelacavale.fr](http://lesateliersdelacavale.fr)

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La ferme Couhet  
(equestrian centre)

818 chemin de Pontacq  
64800 Montaut  
+33 5 59 71 97 21  
[lafermecouhet.com](http://lafermecouhet.com)

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Footpaths & Moving  
around on wheels



Cycling tracks



Orienteering trail





*Pays de Nay.*

## *a multi-activity destination*

**T**he Pays de Nay is a region which is ideally situated in the Pyrenees between Pau and Lourdes. Its central position means that the destination has numerous landscapes including plains, foothills, hillsides and mountains. Here one takes the time to enjoy nature, to relax on the banks of the Gave de Pau<sup>1</sup>, or in the mountains on peaks which take your breath away, or yet again in forests to have a rest and unwind.

*From sliding down the slopes to splashing in the water*



<sup>1</sup> The river running from the Pyrenees through Pau

The Gave de Pau and its turbulent waters run through the Pays de Nay, and here **aquatic activities** rule the day. For leisure, you can master the river by kayaking, hydrospeeding, hot-dogging, rafting, mini-rafting... each kind of boat having its share of sensations !

For leisure activities in calm water, head for the **outdoor activities centre** Ô'Kiri in Baudreix where swimming, **cable water skiing**, sliding down **the water-jump** slides are waiting for you; you do all this with a stunning view of the Pyrenees.

Those who like water without getting wet can take out their fishing rods and tease the trout in the numerous little rivers and streams running through the region.

For the really sporty people, they can have a go at the activities in the valleys such as **canyoning** or trail racing.

And as the saying goes, after all the effort comes a much deserved rest. So make the most of a bubble of sheer well-being at **Nayéo swimming pool** with its leisure pool and its relaxation area.

## *Mountain activities in the summer*

Winter sports in the mountains are very well known, however the summer ones are just as varied and pleasant to enjoy nature and the Pyrenean panoramas to the full.

Far more than just a simple walk, our **mountain guides** propose a real discovery of the fauna and flora.



But the mountains in the summer are not limited to hiking! If you are after different sensations, try an **electric scooter** or a zip-line, if you are curious take part in **watching birds of prey** and if what you really enjoy is doing nothing you can just spread out a tablecloth and choose to have a picnic with a view. Whatever you choose, make the most of the present, as that's what really matters!

## *The Pyrenees and winter sports*

When the Pyrenean peaks are covered in their white coat of snow, it's time to discover the **mountains in winter**.

The numerous ski resorts near the Pays de Nay, offer different activities to suit all tastes and to provide all sorts of different sensations: tobogganing, Nordic skiing, Alpine skiing and snowshoe hiking, are just some of the many different ways of discovering and making the most of the mountains.

**Ohlala Eaux-vives**  
(aquatic activities)

1222 route de Lourdes  
64800 Montaut  
+ 33 6 15 08 75 98  
ohlala-eauxvives.fr



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**Evasi'eau**

(aquatic activities)

1424 route de Lourdes  
64800 Montaut  
+33 6 24 98 39 00

evasieau.fr



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**Yes we raft**  
(aquatic activities)

Camping le Saillet  
64800 Lestelle-Bétharram  
+ 33 7 69 29 90 77  
yesweraft.com



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**Traqueurs de vagues**  
(aquatic activities)

Camping le Saillet  
64800 Lestelle-Bétharram  
+33 6 17 55 19 32  
rafting-pyrenees.fr



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**Ô'Kiri**  
(outdoor activities centre)

Avenue du Lac  
64800 Baudreix  
+ 33 5 59 92 97 73  
lesokiri.com



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**Ô'Kiri**  
(cable water skiing)

Avenue du Lac  
64800 Baudreix  
+ 33 5 59 92 97 73  
lesokiri.com



J F M A M J J A S O N D



Ô'Kiri  
(water-jump)

Avenue du Lac  
64800 Baudreix  
+ 33 5 59 92 97 73  
[lesokiri.com](http://lesokiri.com)



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Nayéo  
(swimming pool)

Route de la Montjoie  
64800 Nay  
+33 5 59 81 82 30  
[piscine-nayeo.fr](http://piscine-nayeo.fr)



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Escarando  
(canyoning & hiking guide)

8 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 75 54 37 81  
[canyoning-escalade.fr](http://canyoning-escalade.fr)



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Syrénées  
(hiking guide)

64800 Lagos  
+33 6 65 17 05 26  
[syernees-rando-pyrenees.fr](http://syernees-rando-pyrenees.fr)



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Electric scooter



Watching birds of prey



**José Gonzalez**  
*(hiking guide)*

6 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 80 22 55 50  
**pyrenees-ossau-loisirs.com**



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**Trail Beroi**  
*(trail guide)*

13 avenue de la Soule  
64800 Nay  
+33 6 89 89 36 11



J F M A M J J A S O N D



**Mireille Gassiot-Priou**  
*(hiking guide)*

6 place Saint-Jean  
64800 Bruges-Capbis-Mifaget  
+33 6 75 35 90 96  
**pyrenees-ossau-loisirs.com**



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**Mountains in winter**





*Let's stay connected !*

*Office de Tourisme Communautaire du Pays de Nay*

*Place du 8 Mai 1945 - 64800 Nay*

*+33 5 59 13 94 99*

*tourisme@paysdenay.fr*



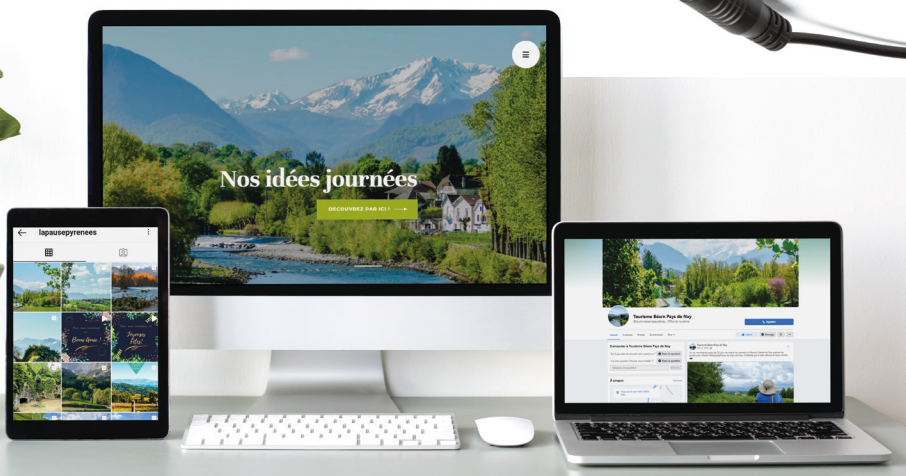
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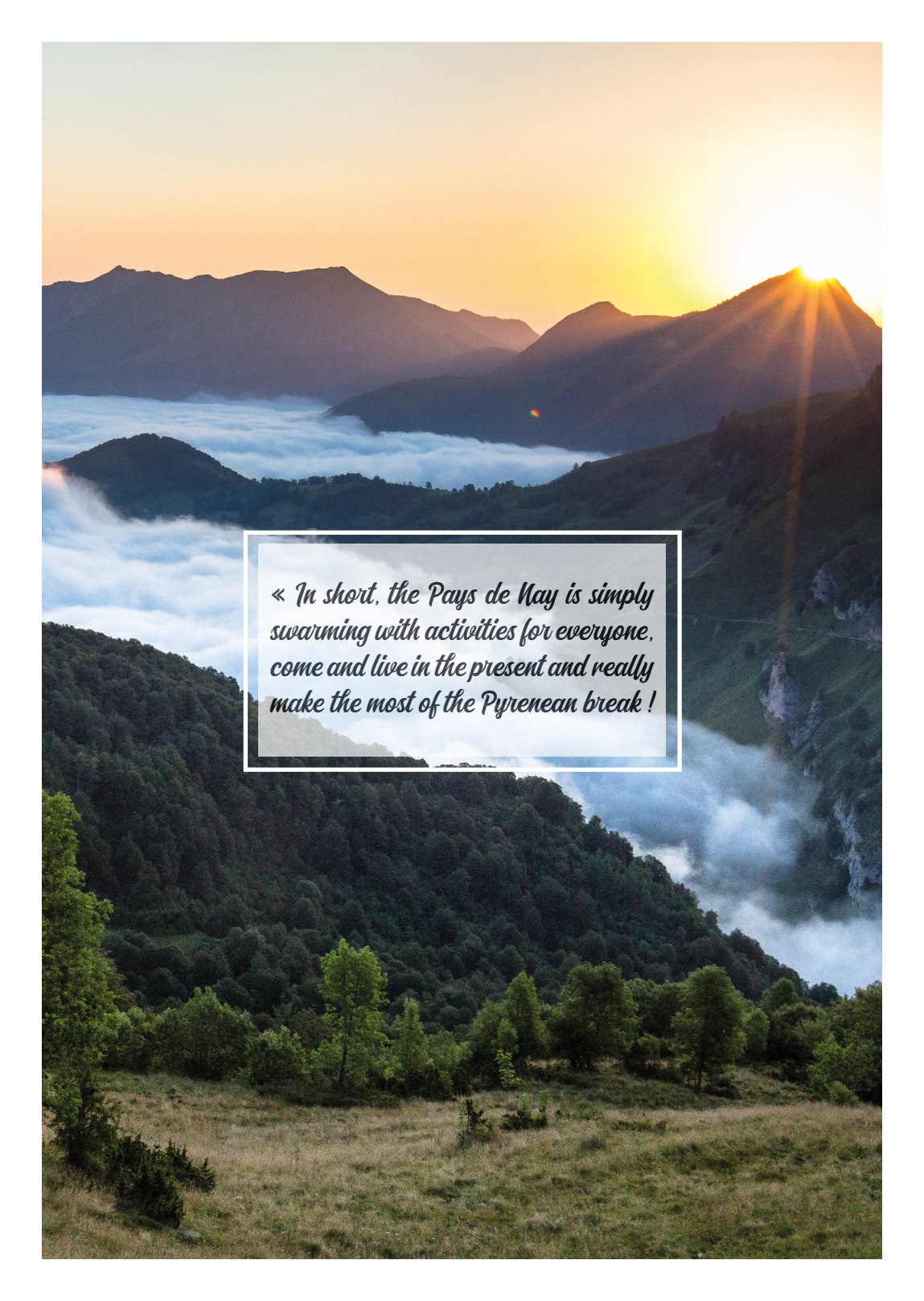


*destination\_lapausepyrénées*



*La Pause Pyrénées - Pays de Nay*





*« In short, the Pays de Nay is simply  
swarming with activities for everyone,  
come and live in the present and really  
make the most of the Pyrenean break !*