



# Handbook

*Camping, Gîtes, Activités Equestres*



Chemin de Lagisquet, 64270 Salies de Béarn, France  
Tel: +33 5 59 38 21 04 | Email: [info@esperbasque.com](mailto:info@esperbasque.com)

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## *Welcome*

This booklet will give you some information about the activities at and outside the campsite, excursions and trips to do in the Béarn and the Basque country. They are very different culture, architecture and landscape wise. Because of the position of the property, it is the perfect spot at the perfect place. We wish everyone a pleasant and sunny stay!

**The Esperbasque team**



# Activities Schedule

## Daily Horse riding (see page 4) ■

### Monday

#### **Megacraft or Kayak ●**

Departure at 1pm, back around 6pm. Must be capable of swimming 25m. Register in advance at the reception.

#### **Pony Carriage Rides ●**

Around 3.30pm.  
In front of the reception.

#### **Sports ▲**

7.30pm on the sports fields.  
For everyone.

### Tuesday

#### **Scuba diving ■**

8.15am - 9.30am first dive experience in the swimming pool. Register in advance at the reception.

#### **Yoga ■**

8am - 9am on the sports field.  
Register in advance at the reception.

#### **Massage ■**

From 9am at the reception. Register in advance at the reception.

#### **Kids Disco ●**

From 8pm, for kids under 12 years

### Wednesday

#### **Rafting ■**

Departure from the campsite at 2pm, back around 6pm. Must be capable of swimming 25m. Register in advance at the reception.

#### **Wine Tasting ▲**

Departure at 10.45am. 2km drive.  
Register in advance at the reception.

#### **Pony Carriage Rides ●**

Around 3.30pm. In front of the reception.

#### **Boules ▲**

From 7.30pm. For everyone.  
Register in advance at the reception.

### Thursday

#### **Yoga ■**

8am - 9am on the sports field.  
Register in advance at the reception.

#### **Shooting Competition ●**

Next to riding arena. From 6 years old. Register on site.

## Friday

### Scuba diving

8.15am - 9.30am first dive experience in the swimming pool. Register in advance at the reception.

### Massage ■

From 9am at the reception.  
Registration in advance at reception.

### Table Tennis Competition ▲

7.30pm next to riding arena. For everyone. Register in advance at the reception.

### Camp Fire ▲

Friday at sunset. For everyone.  
Near the sports fields.

## Saturday

### Pony Carriage Rides ●

Around 3.30pm. In front of the reception.

### Open to anything! ▲

Who has a nice idea and/ or wants to organise something? Let us know!

## Sunday

Rest!

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▲ Free

■ Pay at registration

● Pay on site

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For the activities outside the campsite, we expect you to drive yourself. Please discuss carpooling in advance with each other. For the sports activities, we provide some equipment, you are welcome to bring your own. We reserve the right to make changes at any time. Please see noticeboard for up to date information.



# Horse Riding

The horses and ponies of Esperbasque are ready and waiting all year to be brushed and ridden.

## Let us introduce them to you:

**Kaspar** is a Basque horse, a Pottok. He can be a little naughty and is often the class clown.

**Pony** is the oldest the mother of **Maluna**, the father is Kaspar.

**Fanfan**, the energetic Indian horse competes against the horses during the trails.

The small one **Kalina** is a circus pony, she loves to pull the chariot around the campsite.

**Itzarro** is our real Friesian horse.

**Nuts** is really enthusiastic and honors his name.

**Gipsy** is very sweet-natured and a good jumper.

**Nadau** has a brown stripe down his spine and is the partner of Opium, a strong draft-horse who likes to walk up front.

Born in 2017, **Maya** is as energetic as her mother Gitane was and will probably be running around during some lessons. She is the daughter of the Friesian horse Itzarro.

2019 we unfortunately had to say goodbye to Napoleon.



## **Beginners**

9.30 - 10.30 In the morning, those who have signed up for the beginners' lessons: first, we clean the stables together. Afterwards, we will collect the horses and ponies from the fields, as they stay outside at night. Then groom the horses, saddle up, and off to the riding arena for the lessons.

10.30 - 10.50 Lesson 1

11.30 - 11.50 Lesson 4

10.50 - 11.10 Lesson 2

12.00 - 12.30 Lesson 5 for adults

11.10 - 11.30 Lesson 3

12.00 - 12.30 Beginners trail

With young beginners, we trust that one of the parents will walk along wearing sturdy shoes.

## **Advanced**

3.30 - 4pm Take care of your horse and the stable and saddle up.

4 - 4.30pm Lesson 1

4.30 - 5pm Lesson 2

## **Trail**

7 - 9pm for experienced riders and always escorted. The horses and ponies will be brought back to their fields after rinsing.

**Private lessons or trails rides** are available on request. All levels.

Throughout the day the ponies can be groomed, but please ask beforehand.

Be sure always to wear enclosed shoes or boots around the horses, and all riders are required to wear a helmet.

Register lists at the bar. Pay when you sign up. You can register one lesson at a time. You only can register again after you have had your lesson or trail.

Everyone rides at his/her own risk.

# Swimming in the "Gaves"

## (the whitewater rivers of the Pyrenees)

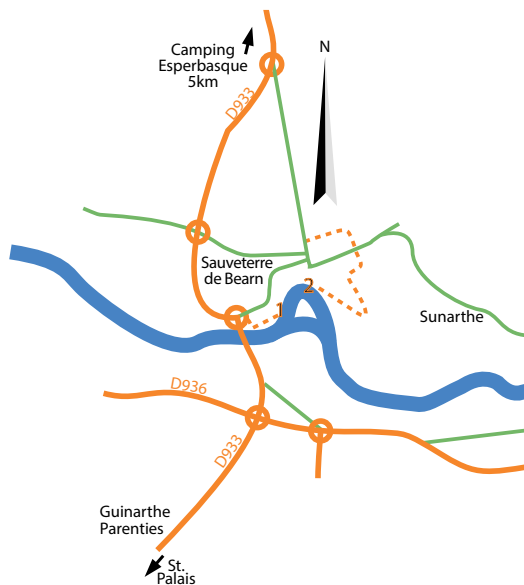
Le Pays des Gaves: the country between the whitewater rivers of the Pyrenees. A beautiful place. Enjoy the quiet, refreshing water or go with the flow of the current! From the campsite to the left, towards Sauveterre de Béarn, then...

### 1 L'île de la Glère (8 min)

Two roundabouts straight ahead, at the third roundabout, take the 2nd junction to the campsite "du Gave", you can park over there. Walk along the river, cross the bridge and then you are on an island with beautiful places to swim.

### 2 Au Fil de l'Eau (10 min)

On the first roundabout, take the 2nd junction. In Sauveterre, the road branches off to the right; in this turn take a left. Take the first one left (at town council), then the first one right. After driving all the way down along "Chemin de Peyröre", you'll end up at the bottom of the blockhouse walls of Sauveterre. There also is a beautiful spot: "Au Fil de l' Eau" where you can get something to snack or drink.



### 3 & 4 Camu (13 min)

At the 4th roundabout, take left towards Oloron. At the next roundabout, take left. **3** First right, take a left, then right after 200m. **4** First right, keep right.

### 5 Barraute (16 min)

At the 4th roundabout, take left direction Oloron. After the second roundabout, take first left, then the second one left.





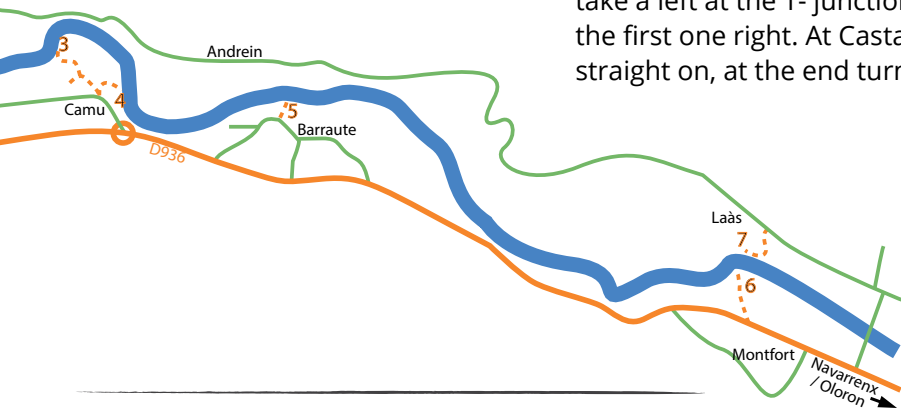
## Other possibilities

### Navarrenx (35 min)

Go towards Oloron. 3km after Viellenave-de-Navarrenx, take a left on the roundabout towards Navarrenx, then 2nd left.

### Castagnède (15 min)

From the campsite turn to the right, first left towards Salies. After the winery Lapeyre Guilhemas, take the left turn and turn right. After 5km, take a left at the T- junction, then the first one right. At Castagnède, straight on, at the end turn right.



### 6 Montfort (20 min)

At 4th the roundabout left direction Oloron, 3,5km after Barraute-Camu, left turn at the sign "Accès Gave". It can be busy on the river there because of the rafting.

### 7 Chateau Laàs (25 min)

Follow 6 (Montfort), then take left 4,5km after Camu at the bridge, then left again. Visit the castle, the recently renovated park and the river below. Entrance fee for access to the park and chateau (and river).

## *Recommended beaches*

### **Ondres, Tarnos or Labenne**

In Salies, go towards Bayonne, via D17 and D117 Peyrehorade, junction Saint Martin de Seignanx, then Ondres and Ondres Plage, Tarnos or somewhat further up north Labenne. Dogs are allowed on the beaches above, outside the surveillance areas.

**Anglet** From Salies, go towards Bayonne. In Peyrehorade, cross the bridge and then follow the D26 along the river until after Bayonne. Continue to follow the river and the signs "Plages" of Anglet.

**Biarritz** with the rocky coast, the smaller beaches, the boulevard and the little harbour. The car parks near the coastline are "Eugénie" and "La Grande Plage".

**Bidart and Hendaye** with the beach between and near the giant rocks. These bathing spots are suitable for smaller children, and they are reached well via toll roads A64 (at north of Salies). You will find lots of fossils in the rocks of Plage d'Erretegia, this beach will also show extensive reefs above water at low tide, where kids can look for fish, mollusks, crabs, etc. (low tides 12th to 17th of July 2018 and 10th to 15th of August 2018, please check online for specific times).



## *Renault 4 Rental*

Launched in 2017, you can rent our Renault 4 for a day.

Take a dip back in time and explore the country roads of our hilly landscape. Follow one of the marked routes and fully enjoy this experience with breathtaking views and little medieval towns.

Pick the best spot and enjoy the local specialties picnic while sipping a delicious wine from our neighbor.

Challenge yourself and go on this journey without any help of GPS or mobile! It is going to be an unforgettable experience!

## *Other activities*

Information about this is available at the reception.

**Paintball, Bubble Foot, Tree-adventure, Tyrolienne above the river,**  
Expériences Béarn, Montfort (15km)

**Flyboard,** Adventure Parc, Aramits (53km)

**Stand Up Paddle/Canoe/Kayak,** 2x Aventures, Sorde l'Abbaye (17.2km)

**Waterslides,** Base de Pop, Lac de Guiche (35,8km)

**Go Karts,** Karting Briscous, Briscous (43,6km)

**Paintball,** Banzai Paintball, 798 Chemin de Lirt, St Laurent de Gosse (49km)

**Canyoning/Abseiling,** Ekilibre 64 Ustaritz/Saint Jean Pied du Port (49km)

**Surfing,** Biarritz Paradise Surf School, Biarritz (72km)

**Paragliding,** Air Attitude, Accous (75,3km)

**Cable Wakeboard/Water skiing,** TNSames, Sames (32km)

**Water skiing,** Ski Nautique, Orthez (23km)

## Eat at the campsite

<b>Monday</b>	Tapas 6pm
<b>Tuesday</b>	Pizza Palatino 6-8.30pm
<b>Wednesday</b>	Chips & more 6.30-8pm
<b>Thursday</b>	Burgers and pies 6-8.30pm
<b>Friday</b>	Indian Food 6-8.30pm
<b>Saturday</b>	Moroccan Food 6-9pm
<b>Sunday</b>	Chips & more 6.30-8pm

Enjoy these delicious meals on our terrace, you can ask for plates and cutlery at the bar.

## Baker

During high season, the baker will be on the campsite every day at about 8.30am selling his excellent freshly baked bread for about an hour. Should you have missed them, you can find the bakery in Salies, 15 Place Jeanne d'Albret.

## Cafes, bars, snacks

### Instant Thé

Place Jeanne d'Albret,  
Salies de Béarn

### La Pause Gourmande

Place du Bayaa, Salies de Béarn

### Bar de la Mairie

Rue Pannecau, Sauveterre

### Au Fil de l'Eau

Along the river, Moulin de Nays  
Sauveterre

## Supermarkets

**Carrefour Market** Salies de Béarn,  
Avenue de la Tuilerie × Avenue des  
Docteurs Foix. Mon-Sat 9am-7.30pm,  
Sun 9am-12.30pm

### Vival (grocery)

Salies de Béarn, Rue Elysée Coustère.  
Mon-Tue, Thu-Sat 6.30am-8pm,  
Sun 7.30am-8pm

## Wine

You can buy the wine of our neighbour Lapeyre at the Cave Lapeyre-Guilhemas on the Avenue des Pyrénées. From the campsite take a right, then the first one left, towards the centre. Then follow the signs. Wine tasting: Wed, departure 10.45am. Register in advance at the reception.







## *Markets*

<b>Monday</b>	Saint-Jean-Pied-de-Port	all day	50km
<b>Tuesday</b>	La Motte, Beigmau	mornings	2km
	Orthez	mornings	20 km
<b>Wednesday</b>	Peyrehorade	mornings	25km
	Navarrenx	mornings	30 km
<b>Thursday</b>	Salies de Béarn	mornings	3km
<b>Friday</b>	Saint Palais	mornings	20km
	Oloron	mornings	50km
<b>Saturday</b>	Sauveterre	mornings	7km
	Dax	all day	40km

On Tyesday morning, at the duck farm **La Motte**, local farmers and producers sell cheese, fruit, vegetables, honey, wine. Every afternoon open for duck pâté and foie gras.

## *Recommended restaurants*

<b>La Grignotine</b>	11 Rue de Canal	05 59 38 15 50	2.7km
<b>A la Fraich</b>	16 Place du Bayaa	05 59 65 04 17	2.8km
<b>Des Voisins</b>	12 Rue des Voisins	05 59 38 01 79	2.9km
<b>Chai Candé</b>	14 Avenue Al Cartero	05 59 67 91 58	4km
<b>Bar de la Mairie</b>	Sauveterre	05 47 06 03 57	6.9km
<b>La Légende</b>	Sauveterre	09 86 68 99 47	6.9km
<b>La Belle Auberge</b>	Castagnède	05 59 38 15 28	9km
<b>Auberge de la Fontaine</b>	Laàs	05 59 38 20 20	20km

## *Good to know*

**We do everything possible to make it pleasant, agreeable and safe for everyone. We trust that every guest takes his or her responsibility so we can have a carefree and relaxed time with each other.**

**After 10pm**, it must be quiet on the fields. **After midnight**, underage children remain under the supervision of their parents.

**Trampolines** One person at a time is allowed on the trampoline and it can be used until sunset.

**Go-Karts** can be used between the riding school and the hedges of the two houses and can be used from 9am until sunset.

**Rabbits** can be cuddled, under the supervision of a parent. The animals may not be fed, there is a tray in the barn where one can leave the old bread.

**Pool** Opening times 9am to 9pm.

Before entry, please rinse yourself off using the foot-bath and hot shower. Feel free to also use the shower to rinse yourself off after a swim.

Children are to be supervised by parents at all time.

No somersaults or bombing.

**Chill zone** At the terrace behind the bar we created a "chillzone", because of safety and tranquillity, this place is for adults only. For the hammocks and the net, please take your shoes off. Net: max 6 people.

**Internet** is available around the bar and terrace.

If you want to send mail by **Post**, you can find yellow mailboxes in Salies. Incoming mail will be at the window of the bar.

To use the **Washing Machines**, you will need euro coins, available at the reception. Usage is not allowed at night.

**Cooling blocks** 2 large or 3 small in a plastic bag with a name. Inform the management when using them.

**Blue Camping-gas** is available at Carrefour, Route d'Orthez, Salies de Béarn and Le Chiquito, 11 Rue du Temple, Sauveterre de Béarn.

**Garbage** containers are at the entrance of the campsite. There are also containers for glass. Cans, paper, plastic and Tetra packs in the container with the yellow lid (plastic bottles and packages flattened).

Our **tap water** is suitable for drinking water!

**Electricity** You are camping on a green campsite, please be economical with power. We kindly ask you not to use devices that consume a lot, for instance, electric stoves and electric barbecues. If you wish to use air conditioning or charge your electric car, please let us know before hand at the office.



# Domaine d'Esperbasque







## The area





# ***Trips***

Nice trips in the surroundings. The places in bold are noteworthy.

## **Trip 1**

**Salies de Béarn**  
**Pain de Sucre**  
**Musée du sel**  
**Casino**  
**Thermal station**

## **Trip 2**

Castagnède  
**Pène de Mû**  
Oraas  
**Sauveterre**  
**Laàs**  
Narp  
Ozenx  
**L'Hôpital-d'Orion**  
Orthez

## **Trip 3**

Salies de Béarn  
Carresse  
**Sorde-l'Abbaye**  
Peyrehorade  
Hastingues  
Urt  
**La Bastide Clairance**  
Isturitz  
**Grottes d'Isturitz**  
Saint Palais

## **Trip 4**

Sauveterre  
**Navarrenx**  
Lucq de Béarn  
**Oloron**  
Mauléon  
**Col d'Osquich**  
Larceveau-Arros-Cibits  
Saint Palais

## **Trip 5**

Orthez  
Pau  
**Lourdes**  
Argelès Gazost  
Col du Soulor  
**Col d'Aubisque**  
Laruns  
Bielle  
**Col de Marie-Blanche**  
Escot  
Oloron

## **Trip 6**

Sauveterre  
Mauléon  
Tardets  
**Gorges de Kakouetta**  
(a walk through the  
gorge)  
Sainte-Engrâce  
Forêt d'Issaux  
Lourdios-Ichère  
Oloron

## **Trip 7**

Sauveterre  
Saint Palais  
Hasparren  
Cambo-les-Bains  
Espelette  
Ainhoa  
Sare  
**La Rhune Train**  
Ascaïn  
Saint-Jean-de-Luz  
Bayonne

## **Trip 8**

Sauveterre  
Mauléon  
Tardets  
Larrau  
Laugibar  
**Gorges d'Holzarté**  
(a walk including a  
suspension-bridge)  
Iraty  
**Saint Jean Pied de Port**

Additional maps (hiking,  
jogging and cycling)  
available on our website  
or at the bar.



### **Trip 9**

Sauveterre  
Saint Palais  
Saint Jean Pied de Port  
Saint-Etienne de  
Baigory  
Aldudes  
(Spain) Urtasun  
Olague  
Almandoz  
Elizondo  
Dancharia  
(France) Ainhoa  
Espelette  
Itxassou  
**Le Pas de Roland**  
Pont-Noblia  
Bidarray  
Saint Jean Pied de Port

### **Trip 10**

Sauveterre  
Oloron  
Escot  
**Col de Marie Blaque**  
Bielle  
Laruns  
Gabas

1 - Lac de Bioux

Artigues:

**Tour des Lacs**

or

2 - Artouste:

**Petit train d'Artouste**

### **Trip 11**

**Biarritz**  
Bidart  
**Saint-Jean-de-Luz**  
**Fort Socoa**  
**La Corniche Basque**



# *Important Adresses and Phone Numbers*

## **Urgences/hulpdiensten spoed/emergency**

SAMU (ambulance)	112
Gendarmerie (politie/police)	+33 (0) 5 59 38 00 21
Pompiers (brandweer/eerste hulp/first aid)	+33 (0) 5 59 38 06 53

## **Medecins/dokters/doctor**

Docteur Paraschiv	+33 (0) 5 5938 26 04
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## **Dentiste/tandarts/dentist**

Docteur Chatelet	+33 (0) 5 59 38 03 60
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## **Clinique/ziekenhuis/hospital**

Saint-Palais, Avenue Fred��ric de St-Jayme	+33 (0) 5 59 65 45 01
Orthez, Rue du Moulin	+33 (0) 5 59 65 90 99

## **Pharmacie/apotheek/pharmacy**

Pharmacie des Pyr��n��es	
Boulevard des Pyr��n��es �� Boulevard de la Clabotte	+33 (0) 5 59 38 06 27

## **Taxi**

Taxi LGL	+33 (0) 5 59 65 06 76 / +33 (0) 6 67 66 08 49
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## **Bureau de poste/postkantoor/post office**

Boulevard du G  n  ral Lannab  re

## **Office de tourisme/tourist office**

Town hall, Place du Bay��a	+33 (0) 5 59 38 00 33
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## **Garage Cast  ra/car mechanic**

D17, Route de Salies, Carresse	+33 (0) 5 59 38 49 68
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Printed 07/2019



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Chemin de Lagisquet  
64270 Salies de Béarn - FRANCE  
Tel: +33 5 59 38 21 04  
Email : [info@esperbasque.com](mailto:info@esperbasque.com)  
**[www.esperbasque.com](http://www.esperbasque.com)**