



LAND OF EXPERIMENTS SOUTH OF THE LANDES

# *La Vallée du Kiwi*

*Territoire Authentique* MAGAZINE N°5

**FOCUS ON THE  
JULIEN GUILLÉ  
ECARTEUR  
THE KIWI**

**THE SOUTHWEST  
GREEN NUGGET**

**The know-how of  
our craftsmen**

**DISCOVERING LOCAL  
PRODUCERS**

**The spots near the  
water**

**FREE  
ÉDITION  
2025**

[WWW.LAVALLÉEDUKIWI.COM](http://WWW.LAVALLÉEDUKIWI.COM)





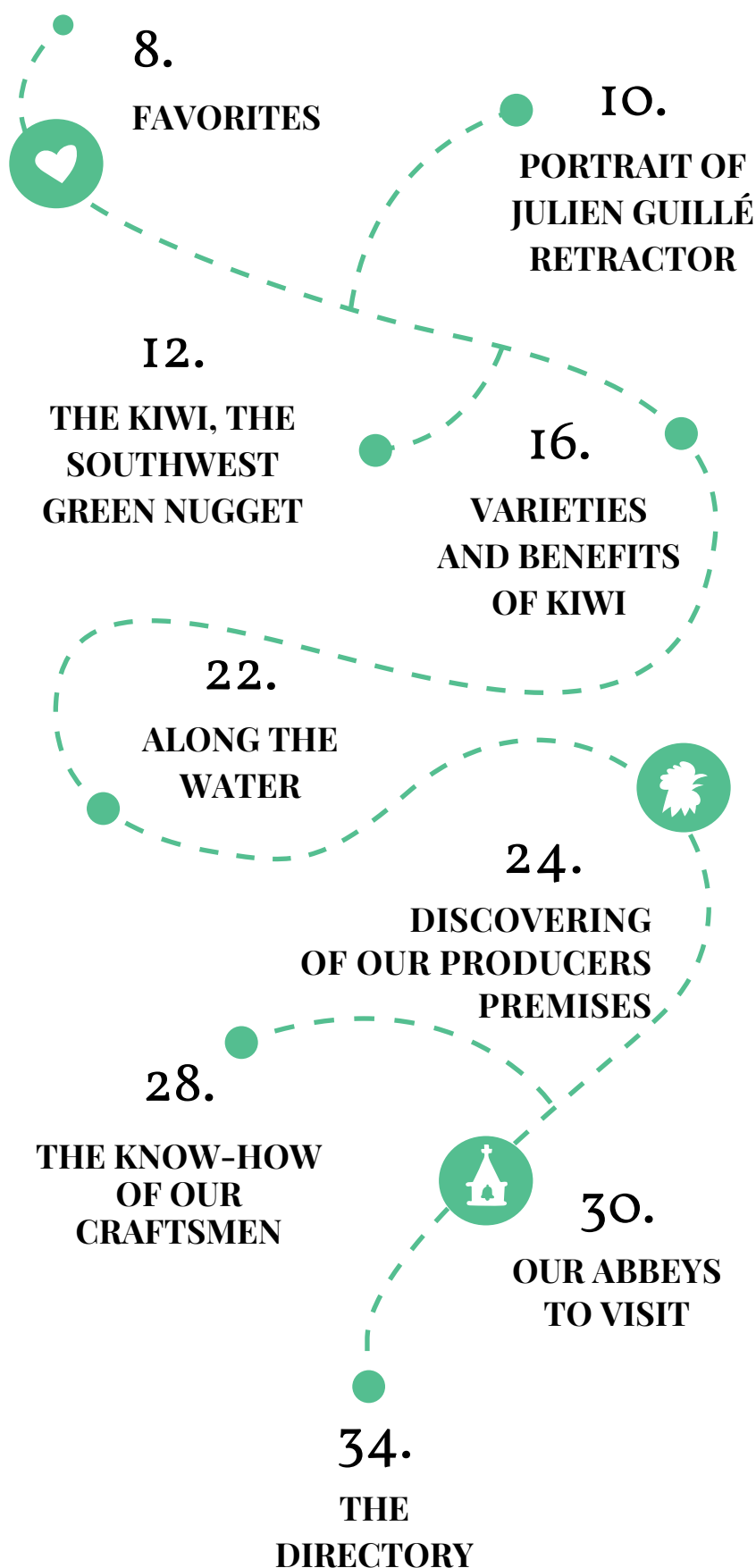
# LES THERMES SAUBUSSE

Depuis 1922





# Summary



## ÉDITO

**de Robert BACHERÉ**

Président de l'Office de Tourisme  
de La Vallée du Kiwi

President of the Kiwi Valley  
Tourist Office

Nous sommes ravis de partager avec vous cette 5<sup>ème</sup> édition de La Vallée du Kiwi version Authentique. Nous l'avons préparée, colorée à l'image de notre territoire, une destination à ne pas manquer. Le temps d'un séjour, d'une étape, ou pour y vivre, laissez-vous guider et croquez chaque instant de votre passage dans ce merveilleux endroit préservé. Nous tenons à exprimer notre gratitude à nos annonceurs et nos partenaires qui nous font confiance, ils vous attendent avec impatience. L'équipe de l'Office de Tourisme fera tout pour que votre séjour soit une vraie réussite. Venez nous voir dans La Vallée du Kiwi.

We are delighted to share with you this 5th edition of La Vallée of the Kiwi version Authentic. We prepared it, colored in the image of our territory, a destination not to be missed. For the time of a stay, a stopover, or to live there, let yourself be guided and eat every moment of your stay in this wonderful unspoiled place. We would like to express our gratitude to our advertisers and partners who trust us, they look forward to it. The team at the Tourist Office will do everything to ensure your stay be a real success. Come and see us in Kiwi Valley.

Réalisation du magazine 2025:  
Agence Pop Communication  
[www.pop-communication.com](http://www.pop-communication.com)  
Couverture : ©Cyril Garrabos

Crédits photos : Partenaires OT, ©Pop Communication, ©OTLVK, ©Patrick Rougereau, ©Landes Attractivité, ©Meyranx, ©OT Pays Basque, ©Allison Micallef, ©Bienvenue à la Ferme, ©Knechtel, ©Art sensible

"Les contenus sont non-contractuels et vous sont donnés à titre indicatif. L'éditeur décline toute responsabilité concernant les erreurs et omissions pouvant apparaître sur le document. Toute reproduction partielle ou totale des textes ou des illustrations est interdite."  
Ne pas jeter sur la voie publique  
10 000 exemplaires • Date de parution : mars 2025  
Imprimerie GANBOA. Document certifié FSC et PEFC.



*Follow us on Instagram @valleedukiwi*



## INFORM YOU, OUR PASSION

**The Tourist Office team is at your disposal to prepare your stay and answer all your questions. Contact our advisors by phone at +33 (0)5 58 73 00 52 or by email: [tourisme@lavalleedukiwi.com](mailto:tourisme@lavalleedukiwi.com).**

L'équipe de l'Office de Tourisme se tient à votre disposition pour préparer votre séjour et répondre à toutes vos questions. Contactez nos conseillères par téléphone au +33 (0)5 58 73 00 52 ou par mail : [tourisme@lavalleedukiwi.com](mailto:tourisme@lavalleedukiwi.com).

El equipo de la oficina de turismo está a disposición para preparar su estancia y contestar a sus preguntas. Póngase en contacto con ellas por teléfono al +33 (0)5 58 73 00 52 o por email al [tourisme@lavalleedukiwi.com](mailto:tourisme@lavalleedukiwi.com)



*Élodie*



*Sandrine*



*Hélène*



## Where to find us ?

### Kiwi Valley Tourism Office

147 Allée des évadés  
40300 Peyrehorade

+33 (0)5 58 73 00 52  
[tourisme@lavalleedukiwi.com](mailto:tourisme@lavalleedukiwi.com)

GPS: Latitude 43.543736 · Longitude -1.102404

## OPENING HOURS

All year except july and  
august

From monday to friday 9:30 / 12:30  
am - 14:00 / 17:30 pm  
Closed on public holidays and  
Christmas holidays

## OUR VALUES

### NOS VALEURS / NUESTROS VALORES



#### Quality destination

The Tourist Office of the Valley of the Kiwi is holder of the national brand Qualité Tourisme, which guarantees you quality services. Our team is committed to your satisfaction.



#### Welcoming destination

Our Tourism Office is classified in category 2 of the Tourist Offices of France. We are here to help you discover the riches of the territory and offer you the best.



#### Accessible destination

Accessibility is a priority for the Kiwi Valley Tourist Office, labeled Tourism and Handicap since 2019.



#### Responsible destination

The Kiwi Valley is committed to sustainable tourism: less waste, energy, pollution, more biodiversity and awareness.

### JULY AND AUGUST

From monday to saturday  
9:30 / 13:00 am and 14:30 /  
18:00 pm Sunday and public  
holidays from 14/07 to 17/08  
10:00 / 13:00 am



# The little extras of the Tourist Office



## TOURIST APPOINTMENTS

The team of the Tourist Office comes to meet you to provide you with all its good plans!



## 100% LOCAL SHOP

We offer you a showcase of the know-how of our local craftsmen and producers. On some products, the 100% LVK logo is a guarantee of products manufactured within 50 km of Peyrehorade.

## TOURISM INFORMATION POINTS

Find all the tourist information on the Tourism Info Points located at the following locations:



- Bénésse Lès Dax ( Moulin)
- Cauneille ( Intermarché)
- Habas ( Mairie)
- Hastings (Aire d'autoroute, Restaurant Le Jardin duCarcoilh)
- Orist (Camping Port Carrère)
- Peyrehorade (Gare, Carrefour Market, Aire de camping-car)
- Puyoô (Gare)
- Pouillon (Restaurant du Lac de Luc)
- Saint-Lon-Les-Mines (Hôtel Restaurant Gnàc & Pause)
- Sorde l'Abbaye (Mairie)



## BIKE HIRE

Rent your e-bike from the Tourist Office and explore the Kiwi Valley, a year-round service during the opening hours of the office.



## CONNECTED HOLIDAY DESTINATION

 OTlavalleepdukiwi  lavalleepdukiwi



Podcast : Rendez-vous en terre authentique

Find all dates and news on: [www.lavalleepdukiwi.com](http://www.lavalleepdukiwi.com)



# OUR 5 COMMITMENTS

*to make you love (even more) the Kiwi Valley!*

1

## *Supporting our local producers*

Here in the Kiwi Valley, we are proud of our passionate producers. The Tourist Office is committed to supporting them and sharing their unique expertise with you.



2

## *Celebrating our heritage and traditions*

The Kiwi Valley is more than just a beautiful landscape; it is rich in history and traditions. With our events and themed tours, we invite you to immerse yourself in the soul of the region. Here, every moment is an opportunity to connect to our roots and discover exciting stories.



3

## *Offering unforgettable experiences*

We love it when our visitors leave with stars in their eyes! Whether it is a gourmet tasting, a meeting with a local producer, we ensure that each activity is authentic and full of charm. You're here to experience unique moments, and we're here to offer them to you.



4

## *Supporting the local economy*

We believe in small actions that make a difference. That's why we collaborate with the artisans, hosts and restaurateurs of the valley to offer you quality local experiences. Together, we promote short tours and local crafts, while helping to sustain our beautiful community.



5

## *Promoting respectful, environmentally responsible tourism*

We love our valley and we know that you will love it too. To preserve it, we accompany you in the discovery of respectful and sustainable tourism. From tips on how to reduce your waste to tips on how to enjoy the trails without leaving a trace, we're here to make your visit is both enriching and friendly to our environment.





# Favorites

VALIDATED BY THE TOURIST OFFICE TEAM

## 💖 Laser Game Landes

*Adrenaline spike at Sorde L'Abbaye*

From May to September, the open-air arena at Sorde l'Abbaye opens its doors and offers games that combine entertainment and adventure.

Different modes adapted to all levels are customizable for a tailored experience.

The route is available year-round in the South-West for all types of events.

**More info: +33 (0)7 65 65 64 40**

**lasergamelandes.com**



## The Cabanes de Brocas 💖

*Beautiful escape in Bélus*

Need a return to basics? This place offers the experience of a green night in an unusual accommodation under the trees. From Easter to All Saints' Day, their modular rentals that can accommodate up to four people are available.

**More info: +33 (0) 7 86 91 00 14**

**lescabanesdebocas.fr**

## 💖 Cave Le Vin au Vert

*A sharp selection in Peyrehorade*

Spirits, wines or beers, almost 300 references of drinks are listed in the cellar of Peyrehorade. As for groceries, a wide range of local products are offered

for their quality: jams, honey, savory cakes...

Every month, an initiation workshop for tasting of wines is organized.

**More info: +33 (0)5 58 73 26 75**







## Domaine de Lahire

*The enchantment in Labatut*

Surrounded by meadows and forests, this charming and picturesque property has a large reception room with a catering area for events such as birthdays, weddings, seminars... In addition, six chalets and a two-bedroom cottage can accommodate up to 34 guests for the night.

**More info:** +33 (0)6 61 35 50 37

**domainedelahire@gmail.com**

## Les Gourmandises de Nicolas

*A moment of pleasure in Peyrehorade*

This pastry shop also offers traditional recipes and local specialties. Irish pasta, Basque cakes, and savory snacks are on offer on site in their tea room or take away. To be absolutely tested: their caramel homemade salted butter.

**More info:** +33 (0)5 58 73 79 08

**www.facebook.com/lesgourmandisesdenicolas**



## Kiwis Délices

*Sweetness and well-being at Sorde L'Abbaye*

Specializing in kiwis, the family brand enhances the beneficial properties of this fruit in all its forms: cosmetic products, such as face cream or lip balm with seed oil, and culinary with their delicious juices and jams.

**More info:** +33 (0)6 73 73 22 15 · +33 (0)6 09 76 26 81

**kiwis-delices.com**

## Le Rachet 1820

*Escape moment in Habas*

View of the Pyrenees, top-of-the-range spa, green spaces as far as the eye can see... In a Boho style, this former barn completely renovated in a spacious and bright lodge offers a total disconnection in a breathtaking setting. On request, nice additional services are available offered: private chef, baby-sitting, massages...

**More info:** +33 (0)6 65 85 28 38







## *The fascinating story of Julien Guillé Irish retractor*

**Hello, Julien. Your journey in the Landes race is fascinating. How did it all start for you?**

My story with the Landes race is deep—rooted in my family. I am 31 years old today—Today, and I started at 16-17, but really, i've been in it forever. My father and my grandpa were both retractors, my little one brother and i went down this path. The Landes race, it's more than a sport for us; it's a Nation, a passion passed down from generation to generation.

But this passion has not always been easy to live. At age 7, a tragic accident has upset our family. That was in August 2001, when of the great Dax competition that my father lost life on the sand of the bullring. This event marked a turning point, leaving me and my brother with a great trauma. For years, I've been away from this universe. But around 14-15, the call for the trail was stronger. I started doing some things gaps during village celebrations, and little by little, the virus caught up with me.

**How did your family react when you decided to become a retractor after this accident?**

It wasn't easy, especially for my mother. She had experienced this tragedy and to see me start the race meant something to her constant anxiety. I had to get his approval to be able to continue. My grandfather, who had also been a retractor, was already died at that time, but it was mainly my father who had our name in the business. To wear a bolero is to carry a heritage but it is also a burden to bear. I didn't want to be alone—Tell me to be “the son of Jean-Pierre Rachou”, I wanted to make a name for myself, record my own journey.

**The family museum has more than 350 trophies mixing the different victories of several generations. What does every win for you?**

Each trophy is a page in our history, a reminder of the hours of training, exertion, and sometimes injury. Behind each cup, there are moments of glory, but also moments of hard blows. I particularly remember some of the victories barely pulled, where the body cried pain, but where passion push on. We often think we're winning a trophy, but sometimes we forget that, behind them, there are days when we lose much more that's it: pieces of self, hours of sleep, and moments of respite.



**Indeed, the Landes race is a demanding sport. What are the challenges you face as a retractor?**

Yes, it's a risky sport. The gaps are within a few hundred time meters of the animal. Blows can be severe, and wear and tear can be felt over the years. In summer, the races go on and on, sometimes every day or two, and not always time to properly heal an injury or recover with a strong blow. And then there's the work next door. We don't live by the landes race, so all the spreaders, the jumpers, have a next-door loom. In my case, I'm a commercial technician in the agricultural sector. Imagine getting up with pain to the ribs or legs and have to ensure a day's work... It is a difficult balance to maintain.

**How do you manage to reconcile your profession and your passion?**

This is a daily challenge. My employer, Sud-Ouest Aliment, knows my double life and is understanding, as long as the work is done. But the race requires iron discipline and a mind to any test. Sometimes, after a race, I go home exhausted, the body bruised, and the next day, you have to be operational in the office. There is no room for hesitation or weakness. Fortunately, experience helps to better manage these moments, but the body ages. and recovery is becoming longer and longer.

**What keeps you going despite the difficulties?**

Passion, no doubt. When you are on the track, everything disappears: pain, fatigue, worries. It's a moment in suspension, when you stand alone in front of the animal. It's adrenaline mixed and with respect, because in the Landes race, the animal is also at the heart of the show. The cows are respected, they come back to the field after each race, and they even have their own distinctions, like the award for the best cow of the season called Golden Horn. It is a world apart, where love of the beast and human performance coexist. This is what makes this Gascony tradition so unique and precious.

**Finally, how do you see the future of the Irish race and your place in this story?**

The landes race must evolve to reach a wider audience, but it is essential not to lose our identity and values. For my part, as long as the passion is there and my body is there for me will, i will continue. I also hope to convey this tradition to the youngest, show them that the Landes race is good more than a sport, it is a legacy, a way of life.



## LEXICON OF THE LANDAISE RACE

### ***Boléro :***

Traditional jacket worn by the retractors, symbol of the elegance and heritage of the Landes race.

### ***Coursayre:***

Passionate fan of the Landes race, who knows and supports this art with enthusiasm.

### ***Cordier:***

A person who holds the rope attached to the cow, playing a key role in guiding the animal and ensuring the safety of the retractor.

### ***Golden horn:***

Honorary title awarded to the best cow of the season, symbol of its presence and performances

### ***Écart :***

Iconic figure of the Landes race where the retractor dodges the cow by passing very close to it, demonstrating agility and mastery.

### ***Feria :***

A traditional South-West festival, often associated with local races and festivities.

### ***Ganaderia :***

A specialized breeding farm where cows are raised for local races.

### ***Mayoral :***

Herd keeper in a ganaderia, responsible for taking care of the cows and supervising their preparation.

### ***Paséo :***

Opening parade of a Dutch race, where participants present themselves to the public in a solemn march.

### ***Angel Jump:***

A spectacular illustration of the jumper stepping over the cow and extending his body, as if he were diving into the air.



***All arenas in the Kiwi Valley***

***Federation website  
French Race Landaise***



***Find the anthem of the  
Landes race: the  
Cazérienne***



A background image showing clusters of white kiwifruit flowers with yellow centers and green leaves on a vine.

# THE KIWI, THE SOUTHWEST GREEN NUGGET

---

**In Kiwifruit Valley, this exceptional fruit has carved out a place of choice. Freshness, unique taste and certified quality: since the 1970s, it has grown in fertile soil bathed ideal climate. With IGP and Label Rouge labels, it symbolizes local excellence and traceability. From cultivation to processing plants, the industry lives to the rhythm of the seasons, supported by passionate producers and visionary cooperatives. With every bite, the whole region tells its own story.**

---

Dans la Vallée du Kiwi, ce fruit d'exception a su se faire une place de choix. Fraîcheur, goût unique et qualité certifiée : depuis les années 70, il grandit dans un terroir fertile et baigné d'un climat idéal. Labellisé IGP et Label Rouge, il symbolise l'excellence locale et la traçabilité. De la culture aux ateliers de transformation, la filière vit au rythme des saisons, portée par des producteurs passionnés et des coopératives visionnaires. À chaque bouchée, c'est tout le territoire qui se raconte.

---

En el Valle del Kiwi, esta fruta excepcional se ha hecho un lugar de elección. Frescura, sabor único y calidad certificada: desde los años 70, crece en un suelo fértil bañado por un clima ideal. Con las etiquetas IGP y Label Rouge, simboliza la excelencia local y la trazabilidad. Del cultivo a la transformación, la industria vive al ritmo de las estaciones, apoyada impulsada por productores apasionados y cooperativas visionarias. Con cada bocado, toda la región cuenta su propia historia.





# Peyrehorade, the capital of kiwi!

In Peyrehorade, kiwi is not only eaten, it is famous! Having become the national capital of kiwi, the city embodies the spirit of innovation and the strength of a region. Since the 1970s, the pioneers of the Adour Valley have made this region the largest kiwifruit production basin in France. Thanks to an ideal climate and rigorous agricultural practices, the local kiwi shines under the PGI "Kiwi de l'Adour" and Label Rouge labels, symbols of quality and taste. More than a fruit, it is an economic pillar:

producers, gatherers and seasonal workers participate in this collective adventure. A kiwi is a taste of the excellence of local know-how that never ceases to inspire.



## SCAAP Kiwifruits de France

*The local kiwi headquarters*

At the SCAAP Kiwifruit in France, kiwi comes to the scene. Here, no accident: every fruit is scrutinized, sorted, weighed and packaged with care before going to conquer European markets. Based in Labatut, SCAAP is much more than a cooperative: it is a key player in the local industry. His mission? Guarantee the excellence of kiwi, whether green, yellow or mini. Local producers find a strong ally in the face of climate challenges and quality issues. Behind these walls, you will find state-of-the-art know-how, custom-made cold rooms and millimeter-sized logistics. For the curious, it is an exciting dive behind the scenes of the production of an exceptional fruit.

**For more information:**

SCAAP Kiwifruit de France

2398 Boulevard de l'Océan, 40300 Labatut

+ 33 5 58 98 18 79

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



## Domaine Darmandieu

*Pick, eat, savor*

Every autumn, Domaine Darmandieu invites lovers of nature and authentic flavors to an outdoor gathering. Between the rows of kiwis, you fill your basket with sun-drenched fruits while enjoying the peaceful setting of the Kiwi Valley. From the end of August to the end of October, apples are also available to vary the pleasures. After the harvest, a stop at the shop is necessary to discover handicraft products and leave with a little of this local sweetness.

**For more information:**

Domaine Darmandieu RD6

40300 Saint-Étienne-d'Orthe

+33 5 58 73 22 33

[www.domaine-darmandieu.com](http://www.domaine-darmandieu.com)





For 4 people

Preparation time: 20 to 25 min

# CHINESE NOODLES REVISITED

## *Kiwi, ginger and citrus sauce*

RECIPÉ BY VALÉRIE MORANCY "FALL IN V, LOCAL FOOD BLOGGER"

### THE INGREDIENTS .....

- 3 hard boiled eggs
- 3 handful of fresh spinach
- 1 bag of rice noodles or typical wheat instant japanese noodles
- 5 green kiwis
- 1 zester orange
- 1 cm fresh ginger
- 2 tbsp olive oil

This preparation uses the natural salt of the ingredients enhanced by ginger and citrus fruits.

### PREPARATION .....

- Clean your fresh spinach in vinegar water, wipe off.
- Cut into very fine pieces half the piece of ginger.
- Sauté whole leaves on high heat in hot oil with ginger.
- Let them tenderize and finish cooking under cover.
- Add the cooked noodles, in the sauteuse with the spinach and start the fire again to caramelize the whole thing for a few moments.
- Peel and coarsely mix 3 kiwis with the remaining ginger
- Cut the other 2 peeled kiwis into small pieces.
- Crush the 3 hard-boiled eggs with a fork or a puree press.

### DRESSING :

- According to the photo, place in the center of the 4 plates 1 beautiful tablespoon of the cold kiwi sauce, add the dice of kiwi on top, grate the zest of the orange.
- Wreath around the spinach noodle sauce then rain down the crushed pieces of hard boiled eggs.



# *The Cliffs and Gave circuit*

## *a hike between nature and local discoveries*

From Sorde-l'Abbaye, take a 7 km walk among cliffs, kiwi orchards and along the banks of the Gave. A 2-hour 20-minute walk, this nature tour combines a view of the valley, immersion in the local vegetation and discovery of agriculture.

An itinerary full of charm, perfect for an active and contemplative getaway.

Depuis Sorde-l'Abbaye, partez pour 7 km de balade entre falaises, vergers de kiwis et longez les bords du Gave. En 2h20 de marche, ce circuit nature mêle panorama sur la vallée, immersion dans la végétation locale et découverte de l'agriculture. Un itinéraire plein de charme, parfait pour une escapade à la fois active et contemplative.

Desde Sorde-l'Abbaye, emprenda un recorrido de 7 km entre acantilados, huertos de kiwis y a orillas del Gave. En sólo 2 horas y 20 minutos, este recorrido natural combina vistas panorámicas sobre el valle, inmersión en la vegetación local y descubrimiento de la agricultura. Un itinerario encantador, perfecto para una escapada activa pero contemplativa.

### A smooth start

From Sorde-l'Abbaye, you leave behind the quiet alleys and charming old stones to walk along the path. Walking is pleasant, the light plays through the foliage. This part of the course is perfect for contemplation. We catch ourselves slowing down, listening to the birds. This first part is easy, fluid, almost meditative. Ideal for chatting, reconnecting with nature or simply emptying your head.

### Up there, the cliffs!

Further on, the landscape changes. Vegetation becomes more dense and, at the bend of a bend, the climb begins. Nothing insurmountable, but the calves have to be worked a little. You leave the edge of the Gave to go up to the heights. Once on the top, the reward is there. No vertiginous precipice, but a beautiful opening on the valley of the Gave d'Oloron. It's a living painting of the surrounding countryside. Hillsides, fields and groves line the horizon. Seasoned walkers often come here to take a break, while others take advantage of the perspective for a few souvenir shots. This passage on the heights is part of the moments that mark, a quiet parenthesis, at the top of the ridge.

### In the middle of kiwis

The descent is gentler, quieter. But the surprise is not far off. A few minutes later, the trail runs alongside a local curiosity: kiwi fields! And this circuit has the good idea of taking you right through the middle. The branches climb up trellises, forming a kind of natural tunnel. Fruits hang like decorations (it is forbidden to pick them). You might think that the kiwi comes from New Zealand, but it is in the south-west of France that it finds its playground. This part of the route has an educational aspect, especially for children and the curious. We take the time to closely observe these funny hairy fruits, and we understand better why French kiwi is so popular. It is an unexpected parenthesis in the middle of the hike. After the rough nature of the cliffs, here is the cultivated, domesticated but just as captivating nature. An interesting contrast that brings another dimension to the walk.

### Return to calm, relaxed mind

The loop is closing. The trail joins the edge of the Gave. The water, the shade and the peace and quiet are all there. No big climb to plan, nor technical descent, just the pleasure of unwinding the steps to the village. At this point, fatigue is mild. The legs are a little heavy, but the mind is light. Some hikers choose to extend the escapade with a visit to Sorde-l'Abbaye, its church and abbey. Others prefer to sit down, nibble on a snack or drink a coffee on the terrace. Because yes, it's typically the kind of walk you want to do again, just to regain that feeling of being good.



### PRACTICAL INFO

**Starting point:** Sorde-l'Abbaye (parking lot in the center of the village opposite the church)

**Tagging:** Blue

**Distance:** 7 km (loop)

**Duration:** 2 hours 20 minutes (taking the time to enjoy)

**Level:** Easy to moderate (somewhat of a physical climb, but nothing impassable)

**Highlights:** View of the valley, crossing fields kiwi trees, natural atmosphere on the banks of the Gave

**To be expected:** Hiking shoes or sneakers, bottle of water, and maybe a picnic if you want to enjoy the views



# *Kiwi, our local fruit hides its game well*

**Estrella del Valle del Kiwi, esta fruta camaleónica se presenta en varias versiones: kiwi verde, kiwi amarillo, kiwi rojo y mini kiwi. Cada uno con su propio estilo, sabor y beneficios. De lo esencial a lo sorprendente, descubra estas pequeñas bombas de vitaminas buenas para el cuerpo y el paladar.**

The star of Kiwifruit Valley, this chameleon fruit comes in several versions : green, yellow, red and mini kiwi. Each with its own style, taste and benefits. From the essential to the surprising, discover these little vitamin bombs that are good for the body and the palate.

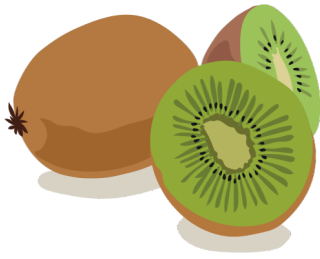
Star de la Vallée du Kiwi, ce fruit caméléon se décline en plusieurs versions : le kiwi vert, le kiwi jaune, le kiwi rouge et le mini kiwi. Chacun avec son style, son goût et ses bienfaits. De l'incontournable au surprenant, découvrez ces petites bombes vitaminées qui font du bien au corps et au palais.



## La Vallée du Kiwi

Here, the kiwi is not just a hairy fruit, it is a symbol. Welcome to the Kiwi Valley, where the oceanic climate, rich soils and the experience of producers bring to life one of the most vitaminized fruits of everyday life. But make no mistake: it is not a "classic" fruit. Green, yellow or mini, it knows how to surprise. In this valley three varieties with very different personalities are cultivated. The green, great classic, is tasted with a teaspoon. Yellow, sweeter and more melting, delights the sweet peaks. Red reveals a tender and colorful flesh. And the mini kiwi, smooth and acidic fruit, is chopped like a bay. Local stars who share the same roots but are distinguished by their appearance, taste and goodness. Behind every harvest are families of passionate producers. Men and women who each year adapt their practices to offer fruits to the maximum of their freshness. Here it is cultivated with care, nature is respected and time is allowed to do its work. A philosophy that is felt in every bite.





## Green Kiwi

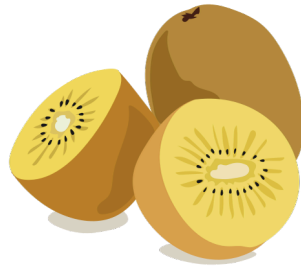
### The classic that has everything of a champion

Who's the boss? The green kiwi is the original, the one found in all fruit baskets. With its brown and fluffy skin and bright green flesh, it is one of the most unstoppable. What appeals is its slightly grainy texture under the tooth and its flavor that is both sweet and tangy. The kind of fruit that awakens the palate in the morning, a salad or just a spoon. And it's also a vitamin C bomb. With two fruits, you cover the entire recommended intake. Ideal for boosting the immune system, fighting small strokes of fatigue and coping with winter. But it doesn't stop there. Its high fiber content also makes it an ally of light digestion. Its star enzyme, actinidine, boosts protein digestion. In short: it helps to digest the slightly heavy meals, perfect for fencing off the feasts of the southwest.



### Did you know that ?

Its skin is edible and full of fiber and nutrients. A trick validated by the pros of "healthy food".



## Yellow Kiwi

### The sweetness that melts hearts

It is the little darling of gourmands. Its smooth, fine and golden skin distinguishes it from the start. But the magic happens inside. Its yellow flesh is sweet, sweet and slightly scented, with exotic notes of mango or banana. No peps, only sweetness. The kids love him and he gets everyone on board. As for the belly, it is a little less aggressive for sensitive stomachs, it is easier to digest. Two yellow kiwis, and you've exceeded the recommended daily intakes of vitamin C. As a result, it boosts immunity and helps fight oxidative stress with its polyphenols, antioxidants that protect our cells from premature aging.



### Did you know that ?

Unlike green kiwi, its skin is soft and smooth. Perfect for a healthy snack to take everywhere.



## Mini kiwi

### The little kiwi that plays big

It's a mini kiwi... but without the hair. It is also called "baby kiwi" or "pocket kiwi". Its smooth and green skin makes it immediately recognizable. Its size? Barely bigger than a grape kernel, it can be eaten in one bite. Its taste? Sweet, juicy, with a surprising touch of acidity. He nibbles like natural candy. A "zero stress" fruit that requires neither knife nor peeling. In addition, it concentrates the forces of green kiwi, but more practical. Vitamin C, fibers and antioxidants, it plays on all the tables. Thanks to its thin and edible skin, it is full of polyphenols, these small molecules that protect our cells from oxidative stress. Another asset is that it can be transported everywhere. At school, at the office or on a hike, it is eaten like dried fruits, but in a fresh and juicy version. In a bath of melted chocolate, it is irresistible.



### Did you know that ?

Like other kiwis, it is picked between the end of August and mid-September.



*“Kiwi is more than just a sour fruit. Behind its juicy flesh is a concentrate of essential nutrients for the body and mind. Thanks to its potassium content, it helps to regulate blood pressure and promotes good cardiovascular health. Its wealth of vitamin C and antioxidants protects cells from oxidative stress and stimulates the production of collagen, thus offering a radiant and resistant skin.*

*external aggressions. A natural source of energy, it helps combat fatigue and supports metabolism through its cocktail of vitamins and minerals. Its fibers promote good transit and contribute to intestinal well-being. Grown locally, it allows you to enjoy ultra-fresh and seasonal fruit while enhancing local agriculture.”*

Céline Drouart, Clinical Dietitian

# EN ROUE LIBRE DANS LA VALLÉE DU KIWI

**Take to the roads of the Béarn and Landes regions, where kiwi orchards line the banks of the Gaves. Two cycling itineraries await you, combining nature walks and cultural escapes. Don't have a bike? No excuse, the Tourist Office hires them out all year round!**

Empruntez les routes du Béarn et des Landes, où les kiwis bordent les rives des Gaves. Deux itinéraires cyclables vous attendent, mêlant balades dans la nature et escapades culturelles. Vous n'avez pas de vélo? Pas d'excuse, l'Office de Tourisme les loue toute l'année!

Recorra las carreteras de las regiones del Béarn y las Landas, donde los huertos de kiwis bordean las orillas del Gaves. Le esperan dos itinerarios ciclistas que combinan paseos por la naturaleza y escapadas culturales. ¿No tiene bicicleta? No hay excusa, la Oficina de Turismo las alquila todo el año.

## *Saddle for a nature bike getaway*

You put on your helmet, you adjust your saddle, and you go. Here, not too much traffic or stress. On the Gaves trails, everything invites you to disconnect. The paths meander between cultivated fields, shaded woods and charming villages. The local star? The kiwi, of course. But there's no way you're going to blow the wind. Cycling is the perfect way to slow down, enjoy the scenery and breathe the clean riverbank air. Whether you are a Sunday rider or a fan of sports loops, you will find your happiness. Two main itineraries stand out: the circuit n°2 "Béarn des Gaves" for nature adventure lovers, and the circuit n°4 "De Peyrehorade à l'Abbaye d'Arthous" for a gentle and family break. Need a bike? No problem! The Tourist Office makes them available: electrically assisted bicycles and the same seat and trailer for children. You don't have to look for lunch until two o'clock - everything is ready, just a few minutes' drive.



Enjoy the best of the Kiwi Valley and discover our territory and our local producers thanks to the ideas of walks in our brochure La Vallée du Kiwi Gourmet Version.





## Circuit #2

### "Béarn des Gaves" loop

#### *The Changing Route*

We are warning you: this is not the Sunday stroll. Circuit n°2 is designed for those who like it to stir up a bit. 26 km of pure happiness where relief, nature and heritage blend with each turn. The starting point is Sorde-l'Abbaye, an emblematic village and stop-off point for pilgrims in Santiago de Compostela. The loop begins smoothly with a portion on the edge of Gave, ideal for heating. The atmosphere changes quickly: the undergrowth closes, the paths become narrower, the roots and the stones point their noses. Mountain biking enthusiasts will love it. No successful stroll without a little gourmet break, and Kiwis Délices has everything: juices, jams and other local products. Perfect to regain strength before continuing the loop. The route then alternates between undergrowth paths, small country paths and more technical sections. The kiwi orchards are the setting. It is a spectacle in itself, and the perfect opportunity for a picture postcard. At the end of the route, the effort is rewarded by the descent towards Sorde-l'Abbaye. The arrival to the village is smooth, the opportunity to settle down and visit the abbey. It is the kind of loop that leaves memories in the legs, but especially in the head.

**Distance:** 26 km

**Course type:** MTB (it moves a little)

**Level:** Moderate, some player passages (especially if the ground is wet)

## Bicycle rental

### everyone on the starting line

Need a bike? No need to look. The Tourist Office rents bicycles all year round. Whether for an hour, a day or a week, you will find the model that suits you.

where to rent ? In Peyrehorade: rental all year round

Online and in the Tourist Office office. In Sorde l'Abbaye: summer rental with two bicycles  
Available in July and August.  
Your bike: Electric Bike Assist (EVA) for those who **They want a shove**. Don't panic if you don't have pedaling from high school, the VAE will allow you to climb the ribs without sweating. For your convenience, a children's trailer It is available for children to participate in the adventure.  
We also supply: helmets, phone holders, Baskets and baby carriers, you will be equipped like a professional.



## Circuit #4

### From Peyrehorade to Arthous Abbey

#### *The gentle and bucolic walk*

If circuit n°2 is designed for adventurers, circuit n°4 is an invitation to a leisurely stroll. On this 10 km course, the atmosphere is very pleasant. Ideal for a trip with family, couple or friends, this is the loop where you take the time to enjoy. The departure point is Peyrehorade, known for its lively market. The first few kilometers run along the Gaves Réunion, between reflections of water and golden foliage. The setting is ideal for a quick dip. The itinerary is perfectly accessible, even for the less sporty. The first stop is at Hastings, a charming country house perched on a hill. The old stones and cobbled streets encourage you to slow down. We park the bikes for a break on the village square. The kind of place you imagine you live year-round. The itinerary continues to Arthous Abbey, a major patrimonial site in the region. People come here for the beauty of the place, but also for its exhibitions and workshops. Children love it, and parents take the opportunity to breathe. Perfect timing for a stopover at Maison Barthouil, a local smoked salmon and treasures institution in the South-West. Here, we speak passion, tradition and taste of the real. With smoked salmon made with alder wood, the break takes on the air of refined tasting. A well-deserved pleasure before going back on the road. The loop ends quietly with a return to Peyrehorade, light-minded and full of taste buds.  
Distance: 10 km Type of route: VTC or MTB (all passes) Level: Easy, perfect for a family outing



*Bonus: Explore the Tèrra Aventura route on foot and discover the secrets of Hastings.*



#### rental rates

1 hour: 3 €  
Half-day: 8 €  
Day: 15 €  
Week: 100 €  
Month: 300 €



## PEYREHORADE FMS

Since 2008, FMS Enterprise Adaptée has developed multisectoral expertise in the fields of logistics, IT engineering, textiles, training and second-hand construction and guarantees tailor-made services. With a presence in the South-West and Occitania, FMS is a strong societal commitment, serving an inclusive and responsible economy for its 850 employees. Since 2022, the My Work pole, specialized in construction work second work (painting, plasterwork, flooring, stripping and interior design) accompanies you in all your projects. Intervention with professionals, communities and individuals within a radius of 50 km around Peyrehorade.

*For more information:*

431 rue du château · 40300 PEYREHORADE

+33 6 18 72 45 92

sebastien.loubet@fms-ea.com

www.fms-ea.com



## THE 5 SENSES PARADE

Every summer, in the heart of the Kiwi Valley, a legendary beast sleeps in the shadow of a thousand-year-old bastide. To appease him, a handful of passionate people imagine a magical ritual: The Parade of the 5 Senses. Two days when the village becomes an open air theater, where you listen, touch, taste, breathe and admire. Live shows, street arts, local flavors... A vibrant festival orchestrated by Les Amis du Carcoilh, a band of sweet dreamers who watch over this cultural jewel with the fervor of craftsmen and the soul of poets. Here, heritage dances with emotion. See you on July 13 and 14 for an unforgettable sensory immersion.



*For more information:*

40300 HASTINGUES

parade5sens@hotmail.fr

www.laparadedes5sens.fr



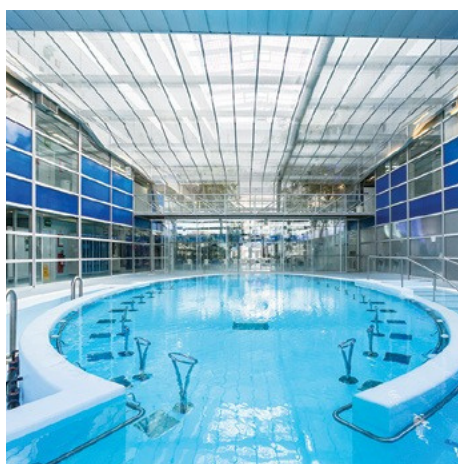


## FAMILY CANNING PLANT OF LASSEGUETTE

At Misson, the Escazaouïs Farm reinvents farm cooking with passion. Here, everything is 100% homemade, from duck breeding to jars. In addition to breeders, Amélie and James breed local meats and cook up generous recipes: hunter chicken/semolina, cider breast/puree, caramel pork/rice... 18 dishes cooked, practical and gourmet. Thanks to their sterilized jar size, no need for fridge: a ready dish in a few minutes, to be heated in the microwave and to be enjoyed. Local, tasty and practical, without compromising on quality.



For more information:  
2010 Lassegue Road · 40290 MISSON  
+33 6 14 91 33 27  
[contact@ferme-escazaous.com](mailto:contact@ferme-escazaous.com)  
[www.ferme-escazaous.com](http://www.ferme-escazaous.com)



## THERMAL CORE

Renowned for their therapeutic stays, the Landes are ideal for a well-being break. Coeur Thermal, in Dax, brings together two exceptional thermal baths. The Thermes Bérot offer a warm and family atmosphere. As for design lovers, go to their Les Thermes hotel. Treatments are available during the day or in the evening, during discovery days, and guarantee a real know-how and a quality of care. Innovation: penetrating showering, analgesic and muscle-relaxing action.



For more information:

LES THERMES: Open from 22 January to 14 December  
28 courses in Verdun · 40100 DAX  
+33 5 58 58 71 11  
[contact@lesthermesdax.fr](mailto:contact@lesthermesdax.fr)  
[www.lesthermesdax.fr](http://www.lesthermesdax.fr)

THERMES BÉROT: Open from February 24 to December 13  
16 rue Louis Barthou · 40100 DAX  
+33 5 58 90 40 00 [thb@berot.com](mailto:thb@berot.com)  
[www.thermes-berot.com](http://www.thermes-berot.com)



# Along the water

## Our favorite spots

**Fishing, a nap or a picnic, sometimes you just need to take a break and enjoy yourself !  
Pack your sunglasses and sun cream for a relaxing day by the water.**

Partie de pêche, sieste et pique-nique,  
il faut parfois savoir faire une pause et profiter !  
Préparez lunettes et crème solaire pour une  
journée de repos tout près de l'eau.

Una salida de pesca, una siesta o un picnic:  
a veces sólo hace falta tomarse un respiro y disfrutar!  
Lleve gafas de sol y crema solar para pasar  
un día relajado junto al agua.



### The Gaves to Hastings

A few meters from the river, perched on a promontory, Hastings is a picturesque village overlooking the Gaves Reunion. It also offers beautiful views of the kiwi orchards. This country house will charm you with its beautiful houses, its fortified door and its abbey.



### Bec du Gave in Port de Lanne

In the shade of the trees, at the meeting between the Adour and the Gaves Reunion, this quiet corner is perfect for a nap by the water, rocked by the song of an egret or heron. Not far from there, you can see the charming Château du Bec du Gave.



### Lake Saint-Cricq du Gave

Lake Saint-Cricq du Gave is a peaceful place with an enchanting landscape that is perfect for a family getaway. Also known for its fishing area, you will find many fish such as black-bass or perch. Possibility of launching.







## Lake Tastoia in Estibeaux

Lake Tastoia, located in Estibeaux, is ideal for outdoor activities. You can take a pleasant walk on a 2.3 km loop, suitable for jogging. The lake is also home to many birds and is perfect for fishing enthusiasts.



## Lake La Sablière in Peyrehorade

Lac de La Sablière is an artificial lake that offers a variety of activities for the whole family. There is a multi-sports field, a skatepark and a children's playground. It is the perfect place for a quiet stroll, a jog or a picnic by the water.



## Lake Luc in Pouillon

Lake Luc is the ideal base for families. It offers a pleasant 1.3 km walk, a picnic area, an arboretum, as well as activities such as children's games, mini golf and fishing.



## Lake des Glès in Labatut

Lake Glès is a natural recreational area. It is home to a rich fish population and offers fishing and hiking opportunities. White fish, carnivorous fish or carp, there is plenty of choice! Who will make the best catch. Possibility of launching.



## The Canot Club des Gaves

Rowing is a complete water sport that is in close contact with nature, whether practiced alone or as a team. Very popular in the South-West, it is practiced in the sea as in the river. The Canot Club des Gaves in Peyrehorade is a French rowing school and offers introductory courses on adapted boats. Hikes by the day or at the weekend are regularly offered to experienced rowers.

For more information:

1130 Chemin de la Pêcherie · 40300 PEYREHORADE

c.c.g40@free.fr

peyrehorade.rowing.free.fr



## 2x Aventures

In Sorde l'Abbaye, Aline and Arnould offer paddle or canoe-kayak rides. Discover the area, classified Natu- ra2000, playfully through courses adapted to all levels. For the more adventurous, stand-up paddle trips in white water or two-day bivouacs are organized.

For more information: Impasse du Poun · 40300

SORDE-L'ABBAYE +33 6 10 61 79 02 ·

contact@2xaventures.com

www.2xaventures.com/en



# Welcome to the farm



The Bienvenue à la Ferme network opens the doors to local farms. Meet committed farmers who share their passion and expertise. Take part in educational workshops, taste exceptional farm products and enjoy authentic moments with family or friends. This national network promotes sustainable and local agriculture, promoting short circuits and the direct link between producers and consumers. In summer, do not miss the Country Producers' Markets, especially Port-de-Lanne, where the evenings are lively from 6pm. These festive markets are an opportunity to taste local specialties on the spot, in a friendly and musical atmosphere. A true feast of the senses that will delight young and old alike. Strolling around its markets, meeting its producers and tasting local specialties, is like immersing yourself in a history of terroir and know-how. An experience where authenticity and friendliness come into their own.

## CALENDAR DATES

**Sorde l'Abbaye: Friday 27 June**

**Port of Lanne: Wednesday 2 July**

**Mimbaste: Thursday 10 July (tbc)**

**Orthevielle: Thursday 24 July**

**Saint-Lon-Les-Mines: Friday, August 8**





our markets

# Local well-being

**Duck breast from the South-West, pastis from the Landes region flavoured with orange blossom, Tursan wine with woody aromas... The Kiwi Valley is a region rich in culinary specialities. Hold to the markets to buy them**

Magret de canard du Sud-Ouest, pastis landais parfumé à la fleur d'oranger, vin de Tursan aux arômes boisés... La Vallée du Kiwi est une région riche en spécialités culinaires. Direction les marchés pour se les procurer.

Magret de pato del Suroeste, pastis de las Landas aromatizado con azahar, vino de Tursan con aromas amaderados... El Valle del Kiwi es una región rica en especialidades culinarias. Acérquese a los mercados para comprarlas.



## PEYREHORADE

Since the creation of the market in 1358, craftsmen, local producers and traders have occupied the few hundred places present. Fish makers, cheese makers or even first-timers gather the finest gourmets in the area in search of the best products to cook. As for Les Halles, the fat market is a must from October to March. In the morning, the restaurants prepare hearty breakfast from 7 AM, including the traditional pig's feet.

### SCHEDULES

Every Wednesday from 8AM to 1PM.

Every Saturday from 8am to 12pm: small food market on the Place

Aristide Briand

## HABAS

A place of conviviality and sharing, the Habas market was first opened in 1654. Every week, regulars from the village continue to gather there early in the morning to shop and enjoy coffee with friends. Along the paths, delicious smells of roast chicken and fresh bread diffuse between the market garden and the creamer's stalls. A little further along the church square, pottery and various crafts complete the beautiful selection of exhibitors.

### SCHEDULES

Every Sunday from 8:30 AM to 12H30.



# *Let's celebrate!*

**From Cagnotte to Saint-Lon-les-Mines, the frontons vibrate to the rhythm of passionate exchanges. A place of tradition and conviviality, they bring together players and spectators in an ode to the Basque and Gascon heritage.**

De Cagnotte à Saint-Lon-les-Mines, les frontons vibrent au rythme des échanges passionnés. Lieux de tradition et de convivialité, ils rassemblent joueurs et spectateurs dans une ode au patrimoine basque et gascon.

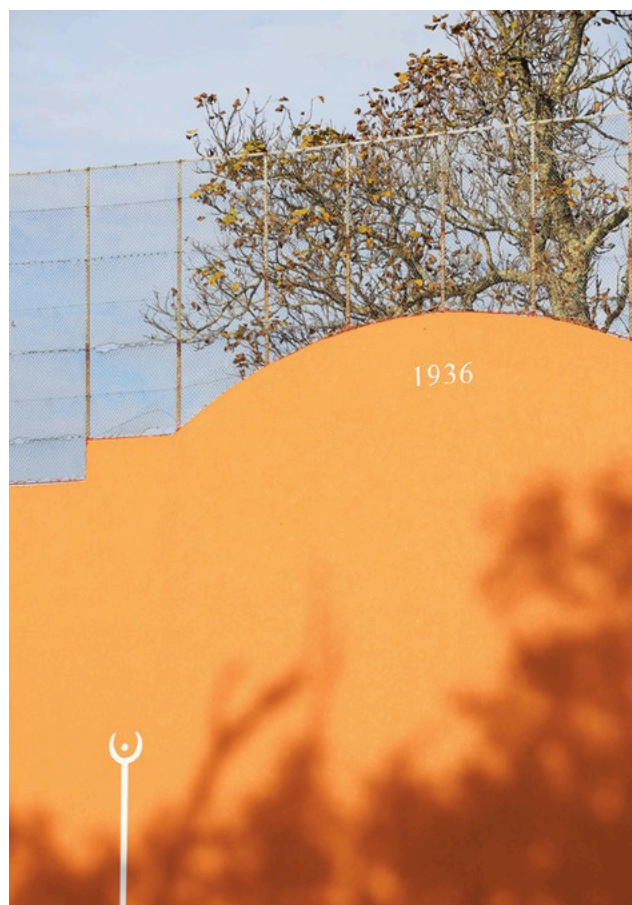
De Cagnotte a Saint-Lon-les-Mines, los frontones vibran al ritmo de apasionados intercambios. Lugar de tradición y convivencia, reúnen a jugadores y espectadores en una oda al patrimonio vasco y gascón.



## ***Fronton of Cagnotte***

In this village in the heart of the Kiwi Valley, the pediment of Cagnotte is an unmissable gathering place. Living witness to the Basque and Gascony tradition, it resonates with the dry strikes of the ball. Between lively games and rigorous training, it welcomes young and old in a friendly atmosphere. In the summer, it becomes the site of passionate tournaments, where skill and team spirit blend in with the public's fervor. Here, time stops to the rhythm of exchanges and laughter.

Address: Place du Fronton, 40300 Cagnotte



## ***Fronton of Saint-Lon-les-Mines***

In Saint-Lon-les-Mines, the pediment is more than a playground: it is a symbol of sharing and transmission. Anchored in the local heritage, it vibrates to the sound of slamming balls and enthusiastic encouragement. Under the summer sun, it becomes a sports and festive scene, bringing together generations and fans of Basque pelota. A space where the passion for play is expressed freely, between tradition and conviviality.

Address: Rue du Fronton, 40300 Saint-Lon-les-Mines

During the summer months, come and watch tournaments with the pediments of Béléus, Hastiungues, Orist, Orthevielle, Saint-Étienne d'Orthe, Sorde l'Abbaye and Pey, as well as demonstrations with your bare hand in Peyrehorade.



# Zoom on the ball



## Nahia Fabrication

Bales are the result of a very specific skill, and require the skilled hands of craftsmen. Olivier, one of the last three French manufacturers, who has been based in Orthevielle since 2002, describes the stages of designing traditional balls.

With more than 30 customizable models, the former player by bare hand makes basque pellets on request, the standards imposed by the federation for options, or tailor-made for training professional players.

It begins by shaping a core that determines the bounce off the ball. Made of natural rubber, it is played higher, is more flexible, and is used for bare hand in particular. In latex, it more easily refers to the back and is harder, for chistera or cesta punta for example. A wooden or plastic ball can be placed at its center to slightly reduce the rebound district. Pure wool, held by a cotton yarn, wraps the base to make the typing more comfortable wheat. Then a tightening thread sewn around fixes the whole, which is then covered with strips of goat leather, flesh side if the bullet is intended for external use. The skin is tanned according to the desired discipline and speed. The finished pellet then weighs between 45 and 130 grams.

For more information:

3 Lot. Camdigas, Chemin de Gestède · 40300 Orthevielle  
+33 6 15 78 39 04  
nahia.pelote@orange.fr

## Learn all about pelota

Known as a southwestern tradition, pelota has been practiced all over the world, at different times and under different names: "spherical" by the Greeks, "pila" by the Romanians or "pitz" by the Mayans. In France, it appeared in the form of a game of palm, very popular from the 14th century, before being reserved only for the nobility. While this sport was gradually disappearing in most countries, it is hijacked and perpetuated by the Basques who remained in France and Spain,

and by those who immigrated to Latin America. Today, these same regions remain the main poles of practice. The game is divided into several disciplines: the bare hand, the cesta punta, the pala... which then determine the choice of the field, either closed ("wall to the left" or "trinquet") or open ("pediment"). Pilotaris (players) must always return the ball (the ball), which can be of various weights and sizes.



# THE KNOW-HOW OF OUR CRAFTSMEN

Rediscover manual trades with our local craftsmen Terafeu Terafour, kitchenware designer in Tilh, and  
La Chaiserie Landaise, furniture maker in Peyrehorade.

Redécouvrez les métiers manuels avec nos artisans locaux Terafeu Terafour, créateur d'ustensiles de cuisine en Tilh, et La Chaiserie Landaise, ameublement à Peyrehorade.

Redescubra el trabajo manual con nuestros artesanos locales Terafeu Terafour, diseñador de menaje de cocina en Tilh, y La Chaiserie Landaise, fabricante de muebles en Peyrehorade.

## *Terafeu Terafour*

### The traditional art of the table

Set in a converted farmhouse in a charming building, Terafeu's shop is full of treasures for cooking. Hardly the door pass, dishes, utensils and accessories in bright and varied colors are displayed on displays shaped by the carpenter of the house. Each product offered by Christine, the creator, is designed to sublimate the food and bring out their taste qualities thanks to the terracotta or refractory. In a small adjoining room are nestled all the models in all possible colors: orange, plum, ivory... you just have to choose your favorite! Among the family business's bestsellers is cocorico, a cooking pot with a cone in the center on which to place your roast chicken for a melting meat, or a tajine that Christine learned from Berbers on her trip to Morocco.

For more information: 1690 Route d'Orthez, 40360 Tilh  
+33 5 58 55 31 60  
On Instagram: [terafeu.terafour](https://www.instagram.com/terafeu.terafour)  
[terafeu-terafour.com](https://www.terafeu-terafour.com)



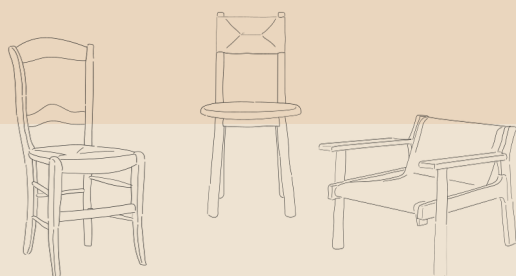


## *The Landaise Chaiserie*

### *Creator of exceptional chairs*

Mick Jagger, the Dior House, the King and Queen of Qatar... they all have one thing in common: they have seats in their homes made by the Chaiserie Landaise! Present for five generations on the territory, this family business listed as a living heritage has conquered the heart of the locals, as well as that of the whole world, thanks to its unique expertise and its personalized and customizable creations. On the Internet or directly in its showroom, the brand offers articles from its own collection or co-imagined with signers from all horizons. And there's something for everyone, from our grandparents' traditional wooden and straw seat to our oak armchair with velvety, modern and elegant fabric. Our favorite: their set table and stools in beech inspired by the Waders of the Netherlands.

For more information: 345 Route de  
Bidache, 40300 Peyrehorade  
+ 33 5 58 73 02 00  
On Instagram: [la\\_chaiserie\\_landaise](#)  
[chaiserielandaise.com](http://chaiserielandaise.com)





# Discovering our heritage

**Marked by different eras, the abbeys of the Kiwi Valley are an emblem of the region's evolution through time. Enjoy their history in a different way, thanks to fun tours and original events.**

Marquées par différentes époques, les abbayes de la Vallée du Kiwi sont un emblème de l'évolution du territoire à travers le temps. Appréciez leur histoire autrement grâce à des parcours ludiques et des animations inédites.

Marcadas por distintas épocas, las abadías del Valle del Kiwi son un emblema de la evolución de la zona a través del tiempo. Disfrute de su historia de una forma diferente, gracias a divertidas visitas y originales eventos.



## Sorde Abbey

Overlooking a protected natural setting, this monument is listed as a UNESCO World Heritage Site under the Santiago de Compostela in France and has more than 1,000 years of history. Built over the centuries, it is composed of three parts: the Saint-Jean-Baptiste church and its marble high altar dating from the 18th century, the abbey house erected on the remains of a Roman villa, and the monastic buildings housing exhibitions and cultural programming. Shows are regularly organized here by the Scene Actualité: dance, street art and music take on a new and unique dimension. And to delve a little deeper into this captivating world, three-day workshops and workshops, accompanied by professionals, allow you to understand the different forms of art that define the beauty of the place: mosaic, glassware, ceramics...

Open from 1 April to 28 November 2025 4 € to 6 € · Free for under 18s and pilgrims

Enjoy the Heritage Pass with Arthous Abbey: 1st Abbey visited = the 2nd discounted rates on presentation of the entrance ticket to the first abbey visited.

More info page 43







## Arthous Abbey

Founded in the 12th century, the abbey was inhabited by canons who had been premonished until the Revolution, then transformed into an agricultural holding before becoming a historical monument. It owes its fame to the Romanesque sculpted decor of its abbey church, one of the most beautiful in Gascony. Now restored, it reveals its successive lives in a visit path both historical and playful: a space is dedicated to the discovery of the territory, the ancient cells of the canons tell its 850 years of turbulent life, the Sculptures Room exhibits its rich medieval heritage, the Treasures Room presents the jewels of its prehistoric collection. With its cultural and artistic program, this heritage site is a timeless stopover that is very popular with families.



Open from Wednesday to Sunday from 2pm to 5.30pm, from 2 April to 30 June and from 1 to 31 October. Open from Tuesday to Sunday from 10am to 1pm and from 2pm to 6pm, from 1st July to 30th September. Closed on 1st May and 1st and 11th November and from 15th December to 14th January 5 € admission, 3,5 € reduced rate, free for under 25s and for all on the first weekend of the month.

Enjoy the Heritage Pass with Sorde Abbey:  
1st abbey visited = the 2nd at a reduced rate on presentation of the ticket entrance to the first abbey visited.





# THE TRADITIONS OF LANDES

In the Kiwi Valley, the festival vibrates to the sound of the bandas. The streets are alive with the sound of instruments, and each village pulsates to the rhythm of its own festive heritage. The mayade, meanwhile, is celebrated around a decorated young pine tree, erected as a symbol of unity. Discover its traditions here.

Dans la Vallée du Kiwi, la fête vibre au son des bandas. Les cuivres endiablés animent les rues et chaque village pulse au rythme de son héritage festif. La mayade, quant à elle, se célèbre autour d'un jeune pin décoré, dressé en symbole d'unité. Découvrez ici ses traditions.

En el Valle del Kiwi, la fiesta vibra al son de las bandas. Las calles se animan con el sonido de los instrumentos de metal, y cada pueblo palpita al ritmo de su propia herencia festiva. La mayade, por su parte, se celebra en torno a un pino joven decorado, erigido como símbolo de unidad. Descubra aquí sus tradiciones.



## What is a banda?

It is impossible to talk about the Landes holidays without talking about the bandas! These brass bands inflame the streets and arenas to the sound of brass and percussion. Dressed in the colors of the city, the festivities sing and dance, carried by the communicative energy of the musicians. Day and night, bandas rhythm the festivities, making each village vibrate according to paso dobles and popular tunes, creating a unique and unforgettable atmosphere.





## What is mayad?

Mayad is a festive Landes custom where a young pine tree is cut and planted in honor of an individual or a group. The trunk is decorated with ribbons, crowns, flags and signs. This tree symbolizes the union and friendship between the inhabitants. The mayad is also listed in the French Intangible Cultural Heritage Inventory. Traditionally, the mayad celebrates the elected. It has extended to other rites of passage such as birthdays, retreats, births, and settlements for new arrivals. Planting usually takes place in the night of 30 April to 1 May. A meal often follows the plantation, and each honored person must offer a meal in return. More than just a ritual, the mayad is a unifying moment where an entire community gathers around this tree adorned with colors. Even today, this tradition bears witness to the strong bond that unites generations.



## Pharmacies

*Pharmacies / Farmacias*

### HABAS

Pharmacy des Arrigans  
174 Route de Dax  
+33 5 58 98 00 07

### LABATUT

Pharmacy Eneau 175  
Boulevard des Pyrénées  
+33 5 58 98 16 30

### POUILLON

Pharmacy Dagouassat  
160 Route d'Estibeaux  
+33 5 58 98 20 09

### SAINT-LON-LES-MINES

Pharmacy Dastéguy 20  
Route du Herrou  
+33 5 58 57 65 69

### PEYREHORADE

Pharmacy Dumercq 206  
Rue Alsace Lorraine  
+33 5 58 73 03 53

Pharmacy d'Orthe  
Barthaburu/Domengé  
1500 Route de  
Bayonne  
+33 5 58 73 03 16

Pharmacy du Stade 163  
Esplanade des Pyrénées  
+33 5 58 73 69 72

Pharmacy Supervielle  
Brouques 169 Rue Gambetta  
+33 5 58 73 00 08



## Health center

*maisons de santé/Centros de salud*

### HABAS

Health center  
174 Route de  
Dax +33 5 58 98  
89 90

### PORT-DE-LANNE

Health center 40  
Chemin de Dernis  
+33 5 58 73 07 25

### POUILLON

Health center 160 Route  
d'Estibeaux +33 5 64 19 03 13

### PEYREHORADE

Health center 1500 Route de  
Bayonne

### SAINT-LON-LES-MINES

Médical center Serapeion 21  
Chemin du Herrou



## Hospitals

*Hôpital / Hospitales*

### BAYONNE

Hospital de la Côte Basque  
13 Avenue Interne Jacques  
Loëb +33 5 59 44 35 35

### DAX

Hospital Dax Côte  
Argent Boulevard Yves du  
Manoir +33 5 58 91 48 48



## Radiology practice

*Centre de radiologie / Consulta de radiología*

### PEYREHORADE

Center d'Imagerie des Landes 309  
Boulevard du Général De Gaulle  
+33 5 58 73 17 00



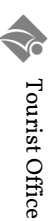


## FLASH THE INTERACTIVE MAP

- Motorway
- Departmental road
- St Jacques' Road
- River and waterways
- Route by car

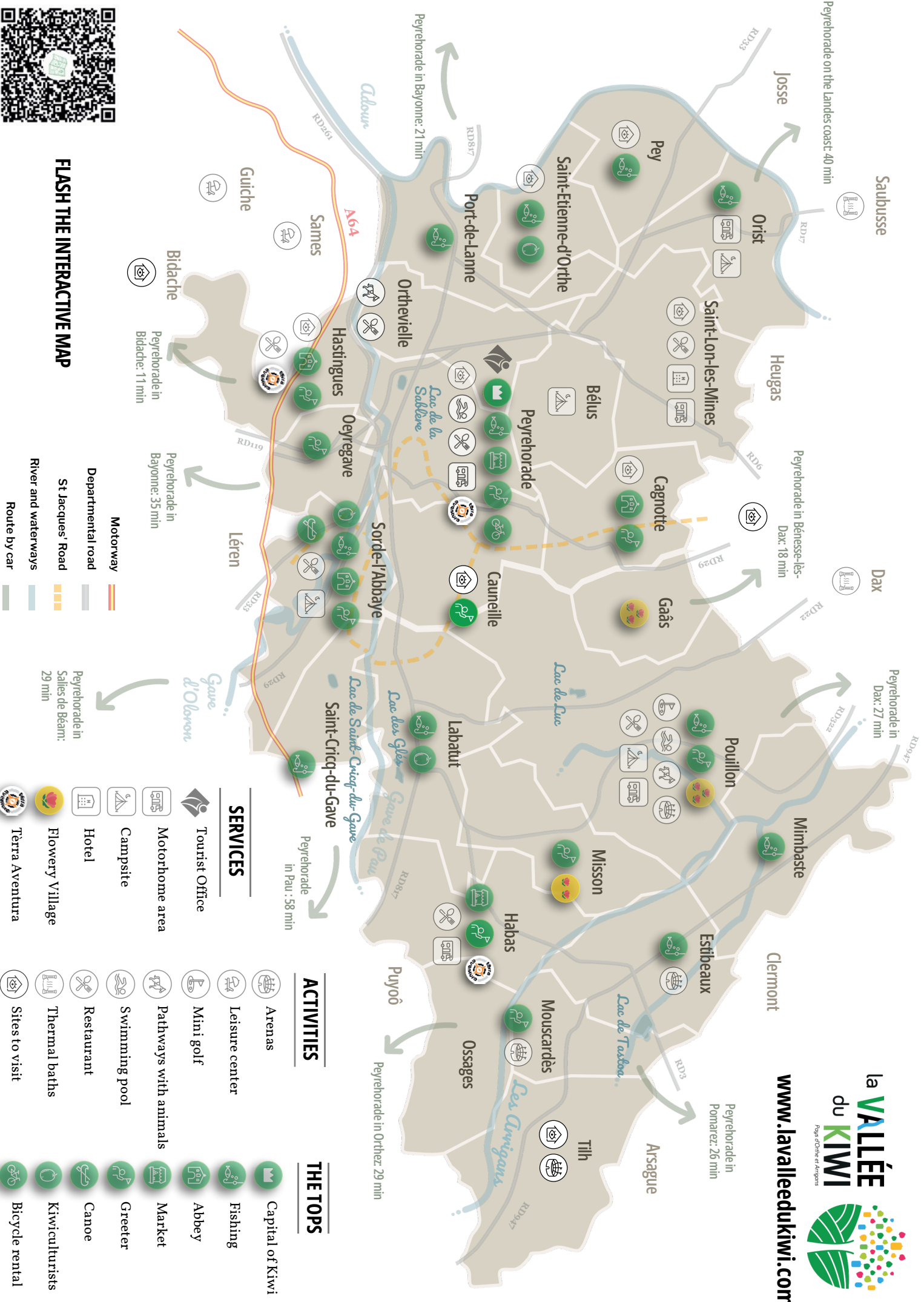
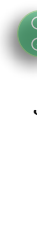
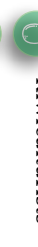
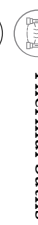
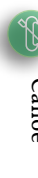
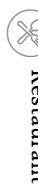
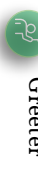
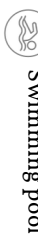
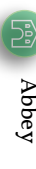
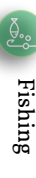
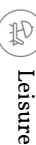
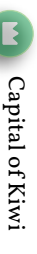
- Motorhome area
- Campsite
- Hotel
- Flowerly Village
- Terra Aventura

## SERVICES



## ACTIVITIES

## THE TOPS







## LEISURE EXPERIENCES

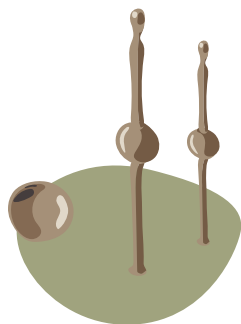
EXPERIENCE RECREATIVES / EXPERIENCIAS RECREATIVAS

You need some fresh air ? Many outdoor activities will get you happy : sport, adventures... And also options for raining days !

Un grand bol d'air frais vous tente ? Notre offre d'activités récréatives en plein air va vous séduire : sport, aventures... et pour les jours moins ensoleillés, vous ne serez pas sans reste !

Necesita tomar el aire ? Le ofrecemos muchas actividades : deporte, aventuras... Y también opciones para los días de lluvia.





## TRADITIONS

TRADITIONS  
TRADICIONES

### POUILLON CULTURE AND TRADITIONS



#### Culture

Participation in the sports and cultural training of the Landes race, hiking, concerts etc... Highlighting the Chalosse de Pouillon and its activities through the discovery of its terroir.  
*All year round.*

40350 POUILLON

+33 5 58 98 38 93

### PAYS D'ORTHE MAIN NUE

#### Pelota bare hand

The Association Pays d'Orthe Main Nue welcomes your children from 5 years old and from 7 or 8 years old, they can participate in small competitions. Come and discover our sport in November, on the wall to the left, on the occasion of the festival of the bare hand, which sees each year the best French players oppose.  
*All year round.*

Maison Prat Barrat • 485 route d'Orist

40300 SAINT-LON-LES-MINES

+33 6 86 16 85 83

pomn@hotmail.fr

pomn40300.blogspot.com

### GANADÉRIA GRENET



#### Bullfighting

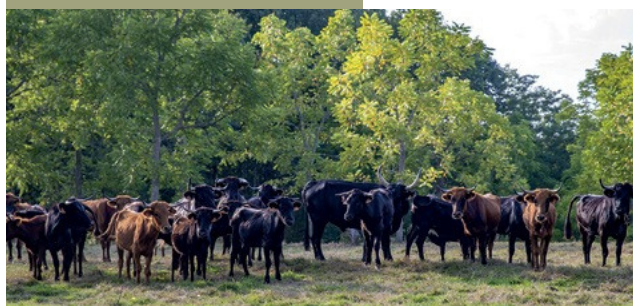
La ganadéria Grenet offers a Landes evening in July and August. The arrival of cattle, from the pastures to the public, is led by the horsemen. Then attend the equestrian show with the riders of the troupe horses et passions du sud and a Landes race with gaps and jumps.  
*Openness: consult us.*

440 Chemin du Pelat • 40300 LABATUT

+33 6 87 79 86 76

grenet.clement@orange.fr

### GANADERIA NOGUÈS



#### Bullfighting

Welcome to the Ganaderia Noguès, a farm of Landes cows located in the commune of Mouscardes. Visit of the breeding, initiation to the Landes race, shows (Landes races, abrivado, capea...).

*Openness: consult us.*

180 route de l'Arreyaou • 40290 MOUSCARDES

+33 6 89 38 81 27

### ASSOCIATION QUILLES DE 9

#### Keels

Presentation of the bowling set of 9, bowling set very specific to the region. The animation is divided between a presentation, a demonstration, and a participation of the visitors.

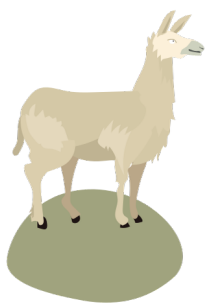
*All year round.*

Espace Bientz • 40350 POUILLON

+33 6 95 40 61 04 • +33 5 58 91 97 01

quilles.9.pouillon@gmail.com





## ANIMALS

ANIMAL PARKS • HORSE RIDING  
PARQUES ZOOLOGICOS • EQUITACIÓN

### POUILLON'S SMALL FARM

#### Farm discovered

The small farm of Pouillon is an educational farm with a 5 hectare animal park with llamas, dwarf pigs, ponies, donkeys, sheep, chickens, ducks, rabbits, guinea pigs, etc... Pony tours for children. Mobile farm all over Aquitaine.  
*All year round.*

665 chemin de Camparadé • 40350 **POUILLON**  
+33 6 45 61 14 35  
lapetitefermedepouillon@gmail.com  
www.lapetitefermedepouillon.com

### LABENNE ZOO



#### Animal Park

On the south coast of the Landes, 40 mm from Peyrehorade, dive into the universe of a family zoo of 5 hectares for a natural journey into the heart of the animal world. More than 350 animals of 75 species and also a mini farm. New: new South American area with Saimiris and Toucans toc.  
*All year round.*

Avenue de l'Océan • 40530 **LABENNE**  
+33 5 59 45 43 93  
contact@zoo-labenne.com  
www.zoo-labenne.com



### L'ETRIER D'ORTHE



#### Horse riding

L'Etrier d'Orthe offers pony and donkey rides for children, lessons, internships, horse-drawn carriage rides. For adults, horseback riding, private lessons or in small groups. We can move for events (party, market...)  
*All year round.*

1150 RD 817 • 40300 **ORTHEVIELLE**  
+33 6 64 64 03 15  
etrierdorthe@gmail.com  
www.etrierdorthe.wixsite.com/ltrierdorthe

### ASSON ZOO



#### Animal Park

Between Pau and Lourdes, the Asson Zoo invites you on a journey to discover the animal world in the heart of an exotic and themed park. He managed to create immersive spaces in the middle of the animals, making the visit a real experience. Exclusive novelty in France: the nature challenges survey.  
*All year round.*

6 chemin Brouquet • 64800 **ASSON**  
+33 5 59 71 03 34  
zoo-d-asson@wanadoo.fr  
zoo-asson.org







# ADVENTURES

AVENTURES / AVENTURAS

## THE CASTLE OF PUZZLES



### Game courses - Theme park

Experience a fun and exciting family adventure in the park of the castle of Laàs. Take a thrilling quest into a world of magic and fantasy during this 3-hour adventure-game tour with zip-line challenges, tree nets or bamboo maze.

*Open from 5 April to 2 November.*

Domaine du Château de Laàs Château Bourg • **64390 LAAS** +33 5 59 65 00 34 [laas@chateau-enigmes.com](mailto:laas@chateau-enigmes.com)  
[www.chateau-enigmes.com](http://www.chateau-enigmes.com)



## YOUNG UNION MISSON POUILLON

### Sports

Basketball club that includes the villages of Pouillon and Misson. Learn basketball from an early age with the basketball daycare. Men's and women's teams in competition from the U7 category up to the seniors.

*All year round.*

Mairie • **40350 POUILLON**  
[corres.jump@basket40.com](mailto:corres.jump@basket40.com)  
[www.jump-basketball.com/home/news.php](http://www.jump-basketball.com/home/news.php)

## IZI RIDER



### Skate rides and electric scooter

From 7 to 77 years old, skate or electric scooter, take advantage of safe courses to discover this unusual gliding practice! In just a few minutes, take ownership of these machines and discover our beautiful environment thanks to this eco-responsible activity.

*All year round.*

Route de la Plage - Place des arènes • **40530 LABENNE**

+33 6 18 45 57 40

[info@izirider40.com](mailto:info@izirider40.com)

[www.izirider40.com](http://www.izirider40.com)



## KARTING DE MAGESCQ



### Karting

In the middle of the pine forests of the Landes, come and experience the sensations of a racing driver on our 2 open-air tracks: one family of 400m for children and adults, the other of 1200m for adults and competition. Bio-Eth-anol karts from 7 years and electric karts from 3 years.

*Open from 15 January to 21 December.*

2981 route de Léon • **40140 MAGESCQ**

+33 5 58 47 77 66

[kartingdemagescq@gmail.com](mailto:kartingdemagescq@gmail.com)

[www.karting-de-magescq.fr](http://www.karting-de-magescq.fr)



## BOXFIT CLUB



### Sports

The BoxFit Club team promotes English educational boxing. It offers a range of explosive activities around recreational boxing: English boxing, boxing for children from 7 years old, cardio-boxing, cardio-training, shadow boxing, foot fists, PILOXING® (boxing, pilate and dance).

*All year round.*

145 Chemin du Donjon • 40300 PEYREHORADE

+33 6 84 88 57 80

boxfitclub40@gmail.com

www.boxfitclub.fr

## LASER GAME LANDES



### Lasergame

Come play laser paintball or lasertag on an outdoor pitch of more than 1000m2. Players work together to achieve a common goal. You will face your opponents by trying to score points. Accessible from the age of 7.

*Openness: consult us.*

Impasse du Poun • 40300 SORDE-L'ABBAYE

+33 7 65 65 64 40

contact@lasergamelandes.com

www.lasergamelandes.com

## XL PARAMOTOR



### Paramotor

Come and discover the Adour country, its bastides, its rivers seen from the sky. Fly with a paramotor to visit our region safely and admire magical landscapes. It is a unique experience that will give you a deep sense of freedom. On reservation, open all year round.

*All year round.*

1329 chemin de Petiton • 64520 SAMES

+33 7 55 67 46 02

contact@xlparamoteur.fr

www.xlparamoteur.fr



## CINÉMA LA LUTZ



La Lutz, a 199-seat hall, is run by the volunteer association Cin'Orthe. Mainstream film screenings, Young Audience and Art and Essay labels, cinema-teas, cinema-aperitifs at affordable prices but also immersive experiences at 360 ° in a virtual reality room.

*All year round except during the Peyrehorade holidays.*

146 place Aristide Briand • 40300 PEYREHORADE

+33 5 58 73 94 59 • +33 6 81 15 00 28

cinorthe@lecine.fr

www.peyrehorade-cinema.fr





## CULTURAL EXPERIENCE

EXPERIENCE CULTURELLE / EXPERIENCIAS CULTURALES

Discover here many patrimonial sites, crafts, museums and visits, a special offer to enjoy interested people !

Vous êtes curieux et amateurs de visites culturelles ? Cette rubrique est faite pour vous ! À découvrir : sites patrimoniaux, artisanat, musées et visites ...

Los curiosos aprovecharán esta lista de sitios de patrimonio, artesanos, museos y visitas !





## THE MUSEUM OF FRUIT



## Nature

Welcome to the Museum of Fruit. Based in Cagnotte, this place is dedicated to old varieties of fruit trees and new crops. Here everything is cultivated on principles inspired by permaculture and agroforestry. During the visit, trace back the millennia-old origin of the fruits.

*All year round by reservation.*

157 bis route Lesablère • 40300 CAGNOTTE

+33 6 78 54 02 80

museedufruit@gmail.com

www.museedufruit.fr



## MILL OF BENESSE LÈS DAX



## Site of visits

Come and discover the unique windmill of the Landes, at the gates of Chalosse, offering a unique 320° panorama. Since 2020, it has been reviving and grinding gluten-free cereals regularly. He will share his secrets during a guided tour, a virtual tour or a sound treasure hunt.

*Open from 2 April to 9 November.*

350 route de la Sablière • 40180 BÉNESSE-LÈS-DAX

+33 6 52 93 65 63

moulin@benesse-les-dax.fr

www.moulindebenesselesdax.fr

## THE CASTLE OF GRAMONT



## Site of visits

This incredible vestige, built in the Middle Ages by the famous family of Gramont, was transformed into a magnificent château d'apparat in the 16th century. It will reveal its remains of Renaissance decor and its 360° panorama from the top of the dungeon.

*Open from 5 April to 31 October. Upon reservation.*

Allée de Gramont • D411 • 64520 BIDACHE

+33 5 59 56 03 49

bidache@otpaybasque.com

## PREHISTORY OF BRASSEMPOUY



## Site of visits

Treat yourself to a trip to prehistory! Together with the museum and the ArchéoParc, it is a unique place in the Landes. Discover the museum's collections, animations and participatory workshops for all. From April to September, visit the archeological site of the Pope's caves.

*Open from 22 February to 16 November.*

404, rue du Musée • 40330 BRASSEMPOUY

+33 5 58 89 21 73

contact@prehistoire-brassempouy.fr

www.prehistoire-brassempouy.fr





## THE ROSE GARDEN OF POURTAOU



### Nature

Located on the Domaine du Pourtaou, discover this garden composed mostly of ancient roses. Roseraie restored from the plan of the Dutch poet Jean Rameau (1858-1942). Initial creation around 1910. Access the exhibition "Jean Rameau", presented in the barn of Pourtaou.

*Open from 1 May to 14 July. By appointment the rest of the year.*

3036 route du Pourtaou • 40300 CAUNEILLE

+33 6 76 15 36 87

[jacqueline.sarthou@gmail.com](mailto:jacqueline.sarthou@gmail.com)

[roseraiedupourtaou.fr](http://roseraiedupourtaou.fr)

## PREHISTORIC CAVES OF ISTURITZ AND OXOCELHAYA



### Site of visits

The Caves of Isturitz and Oxocelhaya plunge the visitor into an emblematic site of European prehistory. Two caves, one visit. Isturitz, a reference to learn the life and society of our ancestors and Oxocelhaya, a mineral jewel rich in millenary concretions.

*Open from 15 March to 15 November.*

540, Otsozelhaiako Bidea - Quartier Herebehère

64640 SAINT-MARTIN-D'ARBEROUE

+33 5 59 29 64 72

[contact@grottes-isturitz.com](mailto:contact@grottes-isturitz.com)

[www.grottes-isturitz.com](http://www.grottes-isturitz.com)



## MUSEUM OF BOATERS AND FISHERIES

### Site of visits

The private museum of the Gave and Adour contains all the history and secrets of boating and professional fishing in Port de Lanne and Bas Adour. Albert Lataillade has collected for years a treasure trove of boats, nets, photos and other ancient objects and documents...

*All year by appointment.*

171 place de Liberté • 40300 PORT-DE-LANNE

+33 6 14 42 64 17

## MINING MUSEUM

### Site of visits

The Musée de la mine traces the history of the St-Lon lignite mine from the start of operation in the 18th century until its closure in 1949. Panels and showcases present the great geological richness and testimony of the presence of prehistoric people on the territory.

*All year round.*

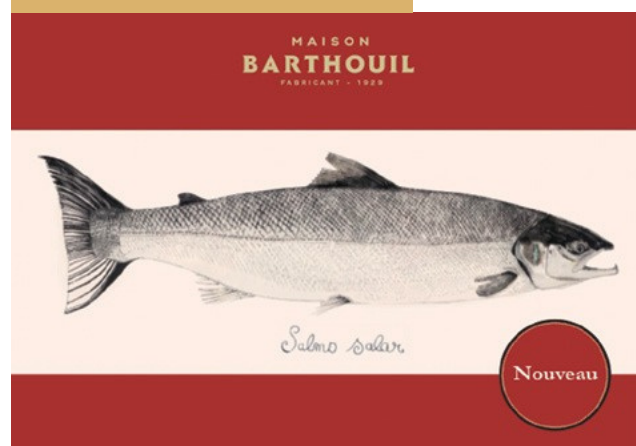
84 route de la Payolle • 40300 SAINT-LON-LES-MINES

+33 5 58 57 80 53

[mairie@saintlonlesmines.fr](mailto:mairie@saintlonlesmines.fr)

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

## THE SALMON HOUSE



### Site of visits

Come and discover the amazing wild salmon route, its life cycle, local fishing traditions and the old-fashioned smoking of the Barthouil House on a guided tour. Tasting of products at the end of the visit.

*Open from 8 April to 31 October.*

378 route d'Hastingues • 40300 PEYREHORADE

+33 5 58 73 75 72

[contact@barthouil.fr](mailto:contact@barthouil.fr)

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





## SAINT-JACQUES DE COMPOSTELLE EXHIBITION CENTER



### Site of visits

A center that allows you to discover the great paths that lead pilgrims to St Jacques de Compostelle. The path punctuated by pictograms indicating the major stages of the real roads appears as a play of track-walk.  
*All year round.*

Aire autoroutière A64 • **40300 HASTINGUES**  
3605 (service gratuit + prix d'appel)

## CHALOSSE MUSEUM



### Site of visits

In Chalosse, come and discover this must-see. Located on the grounds of Carcher, the Musée de la Chalosse retraces daily life in the 19th century. During the visit, you will discover the mansion, the cellar and its Roman press, the bread oven, the house and the garden of the sharecropper.  
*Open from 1 March to 31 October.*

Domaine de Carcher • 480 chemin de Sala  
**40380 MONTFORT-EN-CHALOSSE**  
+33 5 58 98 69 27  
contact@museedelachalosse.fr  
www.museedelachalosse.fr



## ARTHOUS ABBEY



Discover in its green setting this medieval abbey, in 3 steps: once upon a time Arthous, the prehistoric treasures room and the medieval sculptures room. Temporary exhibition, meetings and events.  
*Open from 2 April to 31 October.*

785 route de l'Abbaye • **40300 HASTINGUES**  
+33 5 58 73 03 89  
arthous@landes.fr  
www.landes.fr/abbaye-arthous



## SORDE ABBEY



Ancient mosaics stand alongside the imposing Benedictine architecture that unfolds along the Gave d'Oloron. The discovery of the monumental ruins housing a stunning cryptoportic, an underground ensemble connected to a pier, invites you to live an emotionally charged experience.  
*Open from 1 April to 28 November.*

232 Place de l'Église • **40300 SORDE-L'ABBAYE**  
+33 5 58 73 09 62  
contact@abbaye-sorde.fr  
www.abbaye-sorde.fr







### TERAFEU TERAFOUR: COOKING AND EARTHEN TABLE ARTS



#### Craft Industry

Our exclusive handmade manufacture and its properties for your health: lead free cadmium; for the pleasure of the eyes with these colors; for the pleasure of the taste buds: the famous taste properties; for cooking food: refractory earth 100% natural.  
*All year round.*

1690 route d'Orthez • **40360 TILH**  
+33 5 58 55 31 60  
[www.terafeu-terafour.com](http://www.terafeu-terafour.com)

### JÉHANE SOAP ARTISANAL SOAP



#### Craft Industry

Place of manufacture of cold saponification soaps, natural cosmetics and bathroom products. Points of sale: at home, on the website and pharmacy Saint-Lon-Les-Mines, Abbaye d'Arthous, EpiChiche in Biarrotte, grocery store Uztarits.  
*All year by appointment.*

**40300 PORT-DE-LANNE**  
+33 7 50 93 47 02  
[jehanesavons@gmail.com](mailto:jehanesavons@gmail.com)  
[www.jehanesavons.com](http://www.jehanesavons.com)



### STUDIO POTTERY SLIP AND BE(E)



#### Craft Industry

Pottery workshop offering classes for children, adults and parents/children. It is a matter of making clay pieces yourself, decorating and enameling them before cooking in order to learn the different steps of ceramics.  
*Open from January 6 to December 19.*

3778 route d'Estibaux • **40350 POUILLON**  
+33 6 62 46 10 64  
[barbotineandbee@sfr.fr](mailto:barbotineandbee@sfr.fr)  
[barbotineandbee.blogspot.com](http://barbotineandbee.blogspot.com)

### EARTH AND REFLECTIONS



#### Craft Industry

Artisanal ceramics workshop. Unique pieces, small series handcrafted in sandstone. I work with celadon enamels, blue, green, foam. My values are authenticity, the beauty to create a meeting with my clients.  
*All year by appointment.*

371 route de Pouillon • **40300 CAUNEILLE**  
+33 6 11 35 59 00  
[terreetrefflets@gmail.com](mailto:terreetrefflets@gmail.com)



## THE HOOF OF THE MOORS



### Craft Industry

Discover a real shoe factory. Faithful to a family tradition, 7th generation, the sabotier Claude Labarthe introduces you to his manufacture of wearing shoes and decorative articles. To see: the biggest shoe in Occitanie.  
*All year round.*

162 route de Castéra • 40300 SAINT-ÉTIENNE-D'ORTHE  
+33 5 58 89 16 81  
+33 6 88 36 85 48  
lesabotdeslandes@wanadoo.fr  
www.lesabotdeslandes.com

## HOUSE ANE APURNA



### Craft Industry

Come and discover our asinerie at the gates of Dax: a farm of donkeys of the Pyrenees in organic agriculture, the production of donkey milk as well as our range of soaps and creams with organic donkey milk. Soaps made in cold saponification on the farm. Free visit by appointment.  
*Openness: consult us.*

680 BIS route de Pordijaux • 40180 SAUGNAC-ET-CAMBRAN  
+33 7 61 68 80 26  
contact@ane-apurna.com  
www.ane-apurna.com

## CARRAU DENIS ART CABINET



### Craft Industry

Restoration and sale of antique furniture, manufacture of all styles and custom-made furniture. Antiques. Visit the workshop and shop by appointment.  
*All year round.*

1 impasse Prat de Mente • 40300 CAUNEILLE  
+33 5 58 73 07 10 • +33 6 89 40 15 05  
sarl.carrau@orange.fr



## UNDER THE BARK THE LACE



### Craft Industry

Trained in woodworking and wood arts (marquetry, lathe and sculpture), Émilie creates local or salvaged wooden objects. Unique parts or small series, it is also at your disposal for custom orders.  
*Open from 31 March to 31 December.*

109 Allée du Bois d'Orthe • 40300 CAGNOTTE  
+33 6 23 81 59 89  
emiliepuyau@yahoo.fr

## LA CHAISERIE LANDAISE: EXCEPTIONAL CHAIRS & ARMCHAIRS

### Craft Industry

The Landaise Chaiserie is a story from father to daughter. Marie-Pierre and Karine Hayedot create furniture by perpetuating the know-how and gestures whose sculptures and finishes are entirely hand made. Labeled Living Heritage Enterprise in 2020.  
*All year round.*

345 route de Bidache • 40300 PEYREHORADE  
+33 5 58 73 02 00  
contact@chaiserielandaise.com  
www.chaiserielandaise.com







## AQUATIC EXPERIENCES

EXPERIENCES AQUATIQUES / EXPERIENCIAS ACUÁTICAS

Looking for refreshing activities ?  
You will enjoy our aquatic leisure offer !

Envie d'activités rafraîchissantes ? Notre offre de loisirs au fil de l'eau,  
voire dans l'eau, vous comblera !

Está buscando unas actividades para refrescar ?  
Disfrute nuestras actividades acuáticas !





# THERMALISM

THERMALISME / TERMALISMO

## OUR ESTABLISHMENTS COEUR THERMAL IN DAX



The teams of our two establishments LES THERMES BÉROT and LES THERMES pay particular attention to the care provided for your thermal cure in Dax, in the heart of the Landes. Our facilities have activities and complementary care on site for your well-being.

.....

THERMES BÉROT: Open from 24/02 to 13/12/2025.

16 rue Louis Barthou • 40104 DAX  
+33 5 58 90 40 00  
thb@berot.com  
www.thermes-berot.com

.....

**LES THERMES** : Ouvert du 22/01 au 14/12/2025.

28 cours de Verdun • 40100 DAX  
+33 5 58 58 71 11  
contact@lesthermesdax.fr  
www.lesthermesdax.fr



## COMPLEX SAUBUSSE THERMAL



Do you want to discover a thermal cure in phlebology or rheumatology? Come and discover the Thermes de Saubusse, an establishment dedicated to fitness and relaxation, a rare place with a quality of care that offers a refreshing stay in a preserved environment.

*From 2 March to 6 December.*

.....

150 avenue des Bains • 40180 SAUBUSSE

+33 5 58 57 40 00  
info@saubusse-thermes.com  
www.saubusse-thermes.com







## NAUTIC BASES

BASES NAUTIQUES / BASES NÁUTICAS

### ADOUR LEISURE CRUISE

#### Boats for hiking

Explore the banks of the river Adour, its landscapes, islands, fauna and flora, and the towns and villages along the river. The panoramic boat allows you to be comfortably seated and sheltered while enjoying the panorama and rivers landscapes.

All year round.

Allées Boufflers • **64100 BAYONNE**

+33 6 32 64 11 42

+33 5 59 25 68 89

adourloisirs@gmail.com

www.facebook.com/adourloisirs

### THE BOATMEN OF THE HUCHET CURRENT

#### Boats for hiking

In a natural setting, boatmen will make you discover the current of Huchet, its history, its fauna and flora on board their traditional Landaise boats (6 places).

Round trip walks with commentary from the boatmaster's guide. Reservations only on site or by telephone.

Open from 1st April to 31st October.

D328 • Pont de Pichelèbe • **40560 MOLIETS-ET-MAA**

+33 5 58 48 75 39

batelierhuchet@orange.fr

www.bateliers-courant-huchet.fr

### SAMES WATER PARK



#### Nautical base

18 hectares of water approved for swimming, with supervision by qualified personnel. A sandy beach, free swimming, water slides, a watercourse structure are available. Picnic tables. On the site, also practical ski lift. Open from 15 June to 15 September.

Le Moura • 789 chemin de Bourouilla

Lac de Sames • **64520 SAMES**

+33 6 80 10 10 00 • +33 7 79 80 39 50

michel.othax64@gmail.com

www.waterparkdesames.com

### ÉVASION 64



#### Nautical base

Au cœur du Pays Basque, venez glisser sur les eaux tumultueuses de la Nive, spot incontournable des sports d'eaux vives. Évasion propose un choix d'activités de sport nature à partir de 6 ans. Au programme : rafting, rafting journée + repas grillades, hydrospeed, paddle.

Ouvert du 10 avril au 30 septembre.

229 Errolako Bidea • **64250 ITXASSOU**

+33 5 59 29 31 69

contact@evasion64.com

www.evasion64.fr



## POP BASE



### Nautical base

Base of aquatic delusions around a natural lake, which offers you activities for the whole family. The Water Jump for thrill seekers, the Water Zone for fun and the Mini Pop for toddlers, as well as the possibility to rent Paddles or kayaks. *Open from 7 June to 14 September.*

Lac des Arroques • 136 chemin du Lac • 64520 GUICHE

+33 5 59 58 78 34

contact@basedepop.fr

www.basedepop.fr



## 2X AVENTURES



### Nautical base

Come and discover the Gave d'Oloron by canoe. You will enjoy its quiet atmosphere in the Natura 2000 area. Several activities are offered, such as white water canoe tours or walks, bivouac canoeing and giant stand-up paddle. Promo code VALLEEDUKIWI2025 when booking online. *Open from 5 May to 28 September.*

Impasse du Poun • 40300 SORDE-L'ABBAYE

+33 6 10 61 79 02

contact@2xaventures.com

www.2xaventures.com



## INTERCOMMUNAL OUTDOOR POOL

Intercommunal heated outdoor swimming pool and island fresh. Aqua aerobics sessions offered on Thursday. Children under 10 years of age must be accompanied by an adult. Swimming shorts are prohibited. Snacks and drinks bar. *Open from June to September.*

Allée des Évadés - Quartier du Sablot

40300 PEYREHORADE

+33 5 58 48 82 63

+33 6 72 86 11 02

piscine@orthe-arrigans.fr

psnatation40@gmail.com

## MUNICIPAL SWIMMING POOL

The swimming pool of Pouillon welcomes you with its three pools, including a paddling pool ideal for the little ones. Enjoy a friendly space to swim, relax and spend a pleasant moment with family or friends. *Openness: consult us.*

Stade Bientz • 40350 POUILLON

+33 5 58 98 21 62





## FOOD EXPERIENCES

EXPÉRIENCES GOURMANDES/ EXPERIENCIAS GASTRONÓMICAS

Here it's good to live and especially eat...

So discover our food list of restaurants, farms, wine producers, etc.

Ici il fait bon vivre, et surtout manger...

Alors découvrez vite nos adresses gourmandes :  
restaurants, fermes et conserveries, caves, etc.

Aquí es buena vida, y sobre todo buena comida... Así, descubra nuestras experiencias  
gastronómicas con la lista de los restaurantes, fábricas de conservas, dulces, vinos, etc.





## LOCAL PRODUCTS

PRODUITS DU TERROIR  
PRODUCTOS LOCALES

### LASSALLE FARM



#### Farm and Cannery

In the flowery village of Gaàs, discover a traditional farmhouse of ducks with foie gras. Family cannery.  
*All year round.*

95 chemin de Latappy • 40350 GAÀS

+33 6 48 60 46 60

preuilh.raaphael@gmail.com

www.fermelassalle.net

### BASTEBIEILLE FARM

#### Farm and Cannery

Conservative producer of ducks, raised in the open air and traditionally fed with non-GMO grain corn. Products without preservatives. Gold medal in the category "Canned duck whole foie gras" at the 2020 General Agricultural Competition.  
*All year round.*

60 chemin de Bastes • 40350 MIMBASTE

+33 5 58 55 30 05 • +33 6 71 43 03 20

fermebastebieille@orange.com

www.fermebastebieille.com



### BELESLOU FARM



#### Farm and Cannery

Sale of products on the farm: foie gras, confit, gascon pork. It is part of the Tourisme Gourmand des Landes network and meets a specification whose criteria address the attention paid to the reception of customers, the valorization of local products and the defense of short circuits.

*Open from 8:00am to 12:00pm and 2:00pm to 5:00pm. Closed on Saturdays and Sundays.*

56 route de Lesablère • 40300 CAGNOTTE

+33 5 58 73 18 92 • +33 6 09 23 33 54

info@ferme-beleslou.com

www.ferme-beleslou.com



### THE LANDAISE TRADITION



#### Farm and Cannery

Marie-Pierre raises, gives, processes and sells canned geese and ducks. In his shop on the farm, you will find: foie gras, confits, stuffed necks, rillettes, pâtés...

*All year round*

Maison Castagnet • 1250 route du Serry • 40300 BÉLUS

+33 5 58 73 64 65

+33 6 88 18 77 07

la-tradition-landaise@wanadoo.fr

www.latradiationlandaise.fr





## BIGNALET HOUSE



## Cannery

For three generations, Maison Bignalet has been selecting the best producers in the area to guarantee quality products. Places of sale in Habas, Pouillon, Mugron, Saint Vincent de Tyrosse, Orthez and Bellocq. Sell online.

*All year round.*

192 rue centrale • 40290 HABAS

+33 5 58 98 00 05

contacts@bignalet.com

www.bignalet.com

## BARTHOUIL HOUSE



## Cannery

For 3 generations, we have been making foie gras and smoking salmon in Peyrehorade. The history of the Barthouil House is linked to this territory of the south of the Landes, located at the confluence of the gaves. Proud of our origins, we value our craftsmanship and the unique taste of our products.

*All year round.*

378 route d'Hastings • 40300 PEYREHORADE

+33 5 58 73 75 72

contact@barthouil.fr

www.barthouil.fr



## ESCAZAOÛS FARM



## Farm and Cannery

Breeding ducks outdoors on grassy and shaded paths. We produce corn, sunflower, rapeseed and soybeans to feed them. Traditional feeding with non-GMO whole grain maize. Visit the farm, sale of preserves or fresh products.

*All year round.*

2010 chemin Lassegue • 40290 MISSON

+33 6 14 91 33 27

contact@ferme-esczaous.com

www.ferme-esczaous.com



## THE DELICACIES OF NICOLAS



## Sweet delicacies

Patissier, chocolatier, glacier, Nicolas offers his specialties: Kiwi sorbet from Adour, Kiwi products from Adour, nuggets from Landes (South-West peanuts coated with chocolate), Basque and pastis cakes. Savor its delicacies in the tea room.

*All year round.*

498 place Aristide Briand • 40300 PEYREHORADE

+33 5 58 73 79 08

gourmandisesnicolas@gmail.com



## POM D'AMOU: A LOVE OF SHOP



### Sweet delicacies

We offer a local production of kiwis, apples and other seasonal fruits and vegetables, selected delicacies from our terroir (fruit juices, dairy products, jams, beers, wine...).

Open from Monday to Friday from 9:00am to 12:30pm and from 2:00pm to 7:00pm. Saturday from 9 am to 12:30 pm and from 2 pm to 5 pm.

1 avenue des Pyrénées • 40330 AMOU  
+33 5 58 89 29 63

## WORKSHOP 40 CUARENTA



### Savory delights

Atelier40-Cuarenta offers boxing and gourmet trays to discover the best of Spain. Through the delicatessen and selected Iberian cheeses, individuals and professionals can find their happiness for all their occasions.

All year round.

66 impasse du Bérié • 40300 PEYREHORADE  
+33 6 63 10 17 53  
tslanevere@gmail.com  
latelier40-cuarenta.eatbu.com

## DOMAINE DARMANDIEU



### Sweet delicacies

Find the fruits of our orchards for sale directly at the shop. Discover our local products from the region and beyond. Harvesting apples in an orchard during the season. Green kiwi picking during open days on the 1st or 2nd weekend of November.

Opening: from September to April depending on the harvest.

RD6 • 40300 SAINT-ÉTIENNE-D'ORTHE  
+33 5 58 73 22 33  
contact@domaine-darmandieu.com  
www.domaine-darmandieu.com

## DELICIOUS KIWIS



### Sweet delicacies

Kiwis Délices, a producer of Kiwis de l'Adour, offers kiwi products all year round: jams, fruit juices and cosmetics. Cosmetics based on kiwi seed oil. Sale on the farm and on the website.

All year round.

1000 route de Saint-Cricq • 40300 SORDE-L'ABBAYE  
+33 6 09 76 26 81  
contact@kiwis-delices.com  
www.kiwis-delices.com





## APID'OR



### Sweet delicacies

Kiwis Délices, a producer of Kiwis de l'Adour, offers kiwi products all year round: jams, fruit juices and cosmetics. Cosmetics based on kiwi seed oil. Sale on the farm and on the website.

*All year round.*

665 route de Labaigt • 40300 SAINT-ÉTIENNE-D'ORTHE  
+33 5 58 89 16 71 • +33 6 48 95 81 80  
jb.robert@apid-or.fr

## API-MELLI



### Sweet delicacies

Thierry Francke, a professional beekeeper shares his profession and his production: different honeys from the flowers of the region, nougat made with the honey of the production, homemade gingerbread. In store: exhibition on bees and beekeeping and beekeeping products.

*All year round.*

270 chemin de Menautat • 40300 SAINT-LON-LES-MINES  
+33 6 70 06 09 17  
domaineapimelli@orange.fr  
mielapimelli.com



## LE FUMOIR DE L'ADOUR



### Smoking room

Le Fumoir de l'Adour is a traditional fish smoking workshop using only traditional methods. Its resolutely sustainable and reasoned approach is distinguished by a careful selection of exceptional products.

*All year round.*

289 Boulevard des Pyrénées • 40290 HABAS +33 6 35 36 19 87 ·  
lefumoirdeladour@gmail.com www.le-fumoir-de-ladour.fr

## LA BOHÈME

### Infusions, salts

I offer infusions, aromatic salts, balms, flower syrup... I collect and make all my products with respect for the living. I also offer you workshops initiation picking with wild and edible plants.

*All year round.*

41 impasse de Pucet • 40300 PEY  
+33 6 50 08 63 97 • gaelle@la-boheme-infusions.fr  
www.la-boheme-infusions.fr

## TRUCK LANDES AND GIRONDE BEER



### Beers

Beer Truck Landes and Gironde, it is a traveling bar that travels around the great South-West to make you discover the tastes and flavors of craft beers. Want to consume local at a private or professional event? The Beer Truck Landes and Gironde will make your party an unforgettable moment.

*All year round.*

8 rue Brémontier • 40160 YCHOUX  
+33 6 23 02 79 18  
landes-gironde@biere-truck.fr  
www.biere-truck.fr



## TASTET DOMAIN



### Wines and spirits

The Domaine du Tastet has adapted to the potential of its terroir to obtain today a Finnish wine of perfect balance and rare finesse of expression. It is a variety of grapes on 13 hectares that allow to elaborate a range of Chalosse charmers and character wines.

All year round.

2350 chemin Aymont • 40350 **POUILLON**

+33 5 58 98 28 27

domainedutastet@gmail.com

www.domaine-du-tastet.com



## COUILLOHE DOMAIN



### Spirits

Discover the excellence of the Domaine de Couillohe, where tradition and know-how meet to create an exceptional armagnac. Aged in oak barrels, each drop reveals rich and authentic aromas. Vintage sales of bas-armagnac from the terroir.

Toute l'année.

61 rue Lembarry • 40300 **PEYREHORADE**

+33 5 58 73 01 87

+33 6 74 63 68 23

francois.coulinet@wanadoo.fr



## CELLAR OF JURANÇON PRODUCERS



### Wines and spirits

Founded in 1946 and integrated into the Cave de Jurançon in 2000, the Cave de Bellocq perpetuates a wine-making know-how. With 50 vineyards and 150 hectares of vines, it signs red and rosé AOP Béarn wines. In store, you can also find our wines of PDO Jurançon, produced with passion at the Cave de Jurançon.

All year round.

Cave de Bellocq • Route de Puyô • 64270 **BELLOCQ**

+33 5 59 65 10 71

cave@cavedejurancon.com

www.cavedejurancon.com



## CELLAR OF JURANÇON PRODUCERS

### Wines and spirits

Direct sale and tasting of wines AOC Tursan, IGP Landes and IGP Chalosse du Domaine de Labaigt in Mouscardes. You will also find the Floc de Gascogne et d'Armagnac of our partner, the Domaine d'Ognoas.

All year round.

367 boulevard des Sports • 40350 **POUILLON**

+33 5 58 98 20 68

caveau-pouillon@tursan.fr • www.tursan.fr



## WIND THE WINE IN GREEN



### Wines, spirits and groceries

La Cave le Vin au Vert offers you French and foreign wines, various spirits and beers, a sweet and savory delicatessen, teas, coffees and matés, accessories around wine and tea. Possibility of registration to participate in a workshop initiation to wine tasting.

Toute l'année

47 rue du Château • 40300 **PEYREHORADE**

+33 5 58 73 26 75

cave.conge@hotmail.com



## PATHS TO BREAD



## Bakery

Since our creation, we have continued the tradition of artisanal bakery. Each bread tells a story, that of a know-how passed down from generation to generation. Our commitment: 100% homemade products, with ingredients selected for their quality.

*All year round.*

50 chemin de la Briqueterie • 40300 CAUNEILLE

+33 5 58 49 24 16 • +33 6 87 12 60 38

lescheminsdupain@gmail.com

www.lescheminsdupain.com

## SEASONAL FLAVORS



## Grocery Store

The Saveurs des Saisons shop sells products from local producers. You will find delicatessen, beers, wine, organic fruit and vegetables, cheese, cold cuts, coffees, teas, biscuits and organic bread and a range of organic products (gastronomy and household products).

*All year round.*

92 place Aristide Briand • 40300 PEYREHORADE

+33 6 16 25 32 24

saveursdessaisons40@gmail.com

## GREEN MAGIC



## Herbalism

Peasant herbalist, I sow, I cultivate and I harvest aromatic and medicinal plants. Sales of infusions, syrups and jellies and others to come. Garden visit in July and August on Saturday morning at 10 am upon reservation.

*Openness: consult us.*

55 Route du Moulin à Vent • 40300 BÉLUS

+33 6 83 42 98 82

magieverte.40@gmail.com

## GOMAMI



## Grocery Store

Grocery store in delivery of local products in short circuit. Seasonal baskets to compose online and delivered to your home or at a relay point. Products from producers in the Landes and Pyrénées Atlantiques serving consumers in search of local flavors.

*All year round.*

45 route du Treytin • 40300 PEY

+33 6 30 06 85 70

contact@goumami.fr

www.livraison-epicerie-goumami.com



## CHEZ SIMONE



# RESTAURANTS

RESTAURANTS  
RESTAURANTES



Chez Simone, you can enjoy delicious local cuisine and a friendly atmosphere at your table. Michèle and Bernard Paysan's restaurant specializes in Dutch dishes. Everything is prepared on site, using fresh and seasonal products. Open every noon from Wednesday to Sunday.

37 avenue Auguste Duhaut • 40180 BENESSE-LES-DAX  
+33 5 58 98 70 22 • +33 6 52 09 92 92  
bernard.paysan@gmail.com  
www.restaurant-chezsimone.fr

## J AND J'S CAFÉ



Come to the J and J's Café in Habas to taste our gourmet burgers in a warm atmosphere. A treat for the taste buds and a moment of relaxation guaranteed!

Open from Tuesday to Thursday from 9am to 2:30pm and from 5pm to 10pm. Friday, Saturday from 9am to 2:30pm and from 5pm to 1am. Sunday from 9am to 2:30pm.

230 Rue Centrale • 40290 HABAS  
+33 5 58 72 99 58  
+33 6 22 82 81 90

## THE JARDIN DU CARCOIL

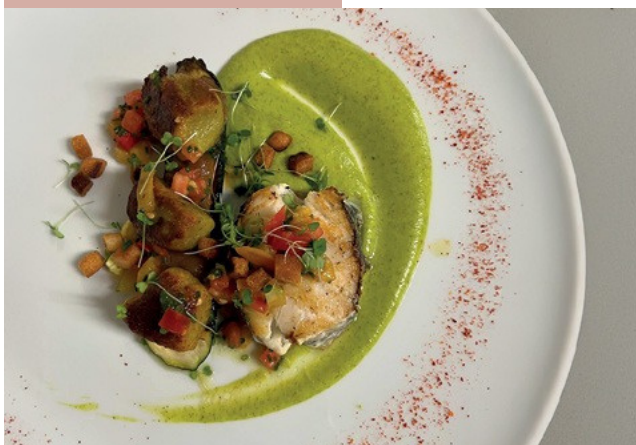


Set in the former stables of the Château d'Estrac, with a terrace overlooking the park and another on the Place de la Mairie, the Jardin du Carcoil offers local cuisine with a touch of exoticism, as well as a wine cellar and a pool table. Openness: consult us.

Place du Général Monsabert • 40300 HASTINGUES  
+33 7 87 14 84 59  
lejardinducarcoil@gmail.com



## ORTHE FARM



Bistronomic restaurant in a family house. The menu changes seasonally and is based on fresh produce. Warm welcome.  
*Open for lunch from Wednesday to Sunday from 12:00 to 1:15 pm. Thursdays, Fridays and Saturdays evenings from 7:30 pm to 9 pm (+ Wednesday evenings in July and August).*

9 rue de la Fontaine • 40300 ORTHEVIELLE  
 +33 5 58 73 01 03  
[www.lafermedorthes.fr](http://www.lafermedorthes.fr)

## AU BON COIN



The big meeting place for pig's feet on Wednesday morning, during the market. The restaurant serves its first dishes from 7 a.m. Discover all our specialties, traditional entrecôte with its homemade chips, ancient and homemade desserts.  
*Open Tuesday to Sunday at noon from 9 am to 3:30 pm. Friday and Saturday evenings from 6pm to 10pm.*

223 rue du Château • 40300 PEYREHORADE  
 +33 5 58 73 00 45  
[lespiedsdecochon40@orange.fr](mailto:lespiedsdecochon40@orange.fr)

## BAR RESTAURANT LE FRONTON



Marie, Elsa, Victoria and Xavier offer a warm welcome to enjoy traditional cuisine prepared with local produce. Come and enjoy our authentic dishes in a friendly atmosphere. Every Wednesday, enjoy the market formulas from 8 am.  
*Open Monday to Friday from 7 am to 7 pm (until 8 pm in summer) and Saturday from 7 am to 3 pm.*

281 rue du Château • 40300 PEYREHORADE  
 +33 9 71 53 33 56  
[btzema@hotmail.fr](mailto:btzema@hotmail.fr)

## DI MARTINO PIZZA AND PIADINA



Di Martino Pizza and Piadina are homemade pizzas, piadinas, pasta or lasagna. Everything is made with quality Italian products. For desserts, let yourself be tempted by a tiramisu or a panna cotta.  
*Monday and Wednesday to Sunday from 6pm to 10pm. Closed on Tuesday.*

58 place Nauton Truquez • 40300 PEYREHORADE  
 +33 9 53 20 40 10  
 +33 7 83 41 72 67

## LE CENTRAL



Combining tradition and modernity, Le Central offers tasty and refined cuisine based on local products revisited by the chef. Terrine of foie gras, farm chicken, veal head, ceps.

*Open for lunch and dinner. Closed Friday and Sunday evening, Monday (except July and August).*

68 place Aristide Briand • 40300 PEYREHORADE

+33 5 58 73 01 44

contact@hotel-le-central.fr

www.hotel-le-central.com

## MC DONALD'S PEYREHORADE



Welcome to Mc Donald's in Peyrehorade, our team welcomes you 7 days a week in a friendly atmosphere. The restaurant offers the following services: Playground, Wifi, Table Service, Mc Drive and Click and Ready.

Open 7 days a week except December 25th.

Route de Bayonne • 40300 PEYREHORADE

+33 5 58 72 21 49

1483@net.mcdonalds.fr

www.mcdonalds.fr/restaurants/mcdonalds-peyrehorade/1493

## O'BISTROT



A dynamic team in a welcoming environment to offer you every day a traditional, varied and tasty cuisine based on fresh products. Come visit us, enjoy a break and enjoy!

Open from Monday to Friday at lunchtime.

160 rue Alsace Lorraine • 40300 PEYREHORADE

+33 5 58 97 79 63

obistrot40@hotmail.com

## RESTAURANT L'EMBUSCADE



Come and enjoy a friendly cuisine from elsewhere and here, mixing flavors and discoveries for the greatest pleasure of your taste buds! You can also enjoy the concept wine bar and beers around a slate to share with friends.

Openness: consult us.

172 rue Gambetta • 40300 PEYREHORADE

+33 5 47 80 97 50



## RESTAURANT LE LAC DE LUC

Located on the shores of Lac de Luc, in a pleasant and friendly place, the restaurant Le Lac de Luc offers a wide variety of Landes specialties. You can enjoy its two rooms, and its terrace, for your meals, banquets, and seminars.

*Openness: consult us.*

915 route du Lac • 40350 POUILLON

+33 5 58 98 20 97

lelacdeluc@gmail.com

## AUBERGE DU PAS DE VENT

In this generous village inn, come and enjoy a real local cuisine. A mythical place to discover, a warm welcome, gourmet and refined cuisine. Reception of banquets. Traditional keel.

281 avenue du Pas de Vent • 40350 POUILLON

+33 5 58 98 34 65

aubergedupasdevent@hotmail.com

www.auberge-dupasdevent.com

## AUBERGE DE L'ABBAYE



Cuisine based on regional products; Serrano ham, foie gras of Chalosse, scallops tajine with Jurançon, plancha rib of beef, Madiran juice... (regional wines).

*Open from Tuesday to Sunday, at noon.*

86 place de l'église • 40300 SORDE-L'ABBAYE

+33 9 79 11 40 46

+33 6 81 99 02 77

cazaux6@gmail.com

## BISTRO GNAC & PAUSE



Come and spend a moment of friendly and tasty relaxation, the kitchens open on the dining room and the terrace will awaken your taste buds. You will discover a refined cuisine, inspired by our roots and influences from all walks of life.

*Open from Tuesday to Saturday, noon and evening.*

Face au Fronton • 284 route de Peyrehorade

40300 SAINT-LON-LES-MINES

+33 5 58 77 20 77

contact@gnac-e-pause.fr

www.gnac-e-pause.fr



## AGREEMENTS AND AGENDAS



Accords & Agapes offers an aperitif dinner from three wines and six chords or a meal for 4 to 8 people with regional products with tasting of different wines (from 6 to 10 wines depending on the number of participants) around a chosen theme with explanations and situations.

*From February on reservation.*

+33 6 95 00 23 54

contact@accordsetagapes.fr

www.accordsetagapes.fr

## BAR DU MARCHÉ



Cécile and Panpi, new traders in Peyrehorade welcome you to the "Bar du Marché". From Tuesday to Sunday lunch, enjoy a coffee or a drink over a shared board. You will also find PMU and the French Games.

*Tuesday to Sunday noon*

134 place Aristide Briand • 40300 PEYREHORADE

+33 9 81 37 53 93

panpi.seychal@orange.fr

## THE EMERALD FOREST



Awaken your taste buds with our pizzas cooked in a wood fire. From the seed to the plate, a concept that is followed to the letter at The Emerald Forest. A rustic and authentic taste thanks to the good vegetables of the garden. Frédéric, a former cook turned marai-cher combines these two passions to delight you.

*Friday to Sunday from 7pm to 10pm*

350 chemin de Hiton • 40300 PEY

+33 7 69 38 65 92

laforetdemeraude40@gmail.com

www.laforetdemeraude.fr



## SHOPS AND SERVICES

COMMERCE ET SERVICES  
TIENDAS Y SERVICIOS

You need some practical informations ?

This rubric will make your life easier :  
organizations, shops, well fare...

Besoin d'informations pratiques ?

Cette rubrique vous facilite la vie :  
associations, commerces, vie pratique...

Necesita unas informaciones prácticas ?

Esta rúbrica le facilitará su vida : asociaciones,  
comercios, vida práctica...



## OPTIC 2000



### Optician

Our team is happy to welcome you and offer you the latest optical and solar innovations. Come and visit us!

All year round.

3 rue Lembarry • 40300 PEYREHORADE  
+33 5 58 73 14 69  
peyrehorade@optic2000.com  
www.optic2000.com/magasins/l/peyrehorade/  
3-rue-lembarry/co1257

## CARILLO TRAVAUX



### Building

General renovation company of the building with a single interlocutor. Our desire is to satisfy all your projects seriously. Intervention on the South of the Landes and the Basque Country.

All year round.

88 chemin du campas • 40300 PEYREHORADE  
+33 6 62 75 27 58  
carillo.travaux@gmail.com  
www.carillotravaux.com

## LAURENCE QUIQUEMPOIS PHOTOGRAPHER



### Photography

Event photographer, I am at your disposal to immortalize your most beautiful memories: wedding, family highlights, maternity... Passionate about animals, I also offer shootings with your companions on 4 and 2 legs!

All year round.

Maison Bakean - 74 chemin d'Etxexuri • 64520 BARDOS  
+33 6 87 53 37 71  
laurencequiquempois64@gmail.com  
www.lqphotographe.com

## KITCHEN ARCHITECTURE ARRANGEMENT



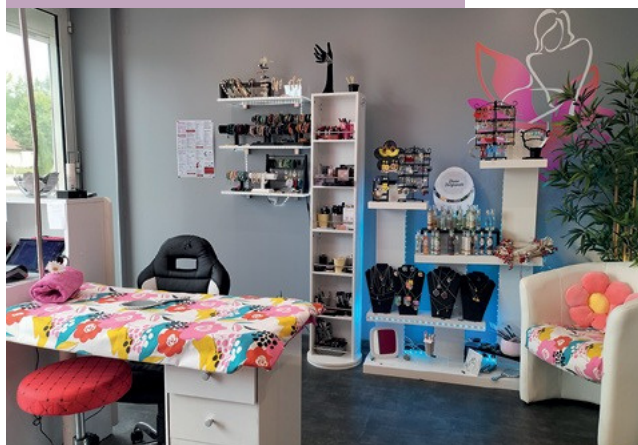
### Cook

Installed for 14 years on Peyrehorade, Agaison Architecture de Cuisines invites you in its new show-room to explore a universe where creativity, comfort and harmony converge to give life to unique and inspiring living spaces.

All year round from Tuesday to Saturday morning.

476 Place Aristide Briand • 40300 PEYREHORADE  
+33 5 58 41 51 35  
carolinecuisines@hotmail.com

## THE SALON DE MARGUERITE



### Aesthetic

The Salon de Marguerite is an eco-responsible beauty institute: high tech cosmetics 100% natural brand NoVExpert, green electricity, sorting and recycling consumables, perfumery without solvent. It is also the know-how of Marie Christine, an expert in the care of sensitive skin.

*All year round.*

357 avenue du Général de Gaulle • 40300 PEYREHORADE

+33 6 23 91 14 23 • +33 5 58 73 03 62

mcm.pro@sfr.fr

www.planity.com/le-salon-de-marguerite-40300-peyrehorade

## HOME & MÔMES



### Shopping

Concept store familial où vous trouverez des cadeaux pour tous, de la naissance à la fête des mamies, pour petits et grands. Déco, cadeaux, bijoux, textile.

*Toute l'année.*

35 Rue Léo Lapeyre • 40300 PEYREHORADE

+33 9 56 10 11 35

demoizelles@orange.fr

## TERRE DU SUD-OUEST

### Immobilier

Notre agence accorde une grande importance à chaque bien immobilier car il possède une histoire unique et une valeur humaine qui méritent d'être mises en avant. Nous nous engageons donc à évaluer équitablement les biens à vendre et à accompagner nos acquéreurs dans leur recherche.

*Toute l'année.*

RN 117 • 40300 ORTHEVIELLE

+33 5 58 47 22 17

contact@terredusud-ouest.com

www.terredusud-ouest.com

## GAMM VERT

### Garden

Go to your gardening shop to find many products: plants, flower pots, pots, fertilizers, vegetable plants, cereals and mixtures for chickens and poultry, croquettes, gardening boots and many other products.

*All year round.*

Route de Bayonne • 40300 PEYREHORADE

+33 5 58 73 09 70

www.gammvert.fr

## MY WORK BY FMS

### Building

New or under renovation, we offer the following services: furnishing, tiling, plasterwork, carpentry, painting, flooring and air-gumming. Feel free to apply.

*All year round.*

431 rue du Château • 40300 PEYREHORADE

+33 6 18 72 45 92

accueil@fms-ea.com

www.fms-ea.com

## MYVET BY FMS

### Textile marking

At FMS, we offer textile marking, tailoring and laundry services for all types of customers. We want to meet the requirements of our customers in terms of quality, traceability and respect for the environment.

*All year round.*

431 rue du Château • 40300 PEYREHORADE

+33 5 58 48 39 87

accueil@fms-ea.com

www.fms-ea.com



## TAXI FROM THE PAYS D'ORTHE



### Transport

Taxi in the Landes for 10 years, Raphaël is available at any time for your trips on all distances. Spacious and air-conditioned vehicle, equipped with CB terminal.

*All year round.*

45 impasse du Tuc • 40300 PEYREHORADE  
+33 7 77 34 35 71  
taxiorth@gmail.com

## JULIEN VTC DAX



### Transport

I offer my services as a private driver with a van 8 seats customers. Located in the heart of the Landes since 2019, I offer the transport of people by minibus for all your trips. Pre-booking. No surprises with the price set when booking request.

*All year round.*

76 Impasse des Pyrénées • 40350 GAAS  
+33 6 89 78 55 73  
julienvtcdax@gmail.com  
www.julienvtcdax.fr

## LASSERRE TRAVELS



### Transport and travel

Travel by coach, all destinations. For almost 100 years, Voyages Lasserre has been organizing your excursions, trips or trips with you. Les Voyages Lasserre is the solution for your group transport needs.

*All year round.*

155 route de Tilh • 40290 HABAS  
+33 5 58 98 06 33  
contact@voyages-lasserre.com  
www.voyages-lasserre.com

## TRAVEL SARRO



### Transport and travel

Family travel agency and coach operator, we design a bus travel brochure. We also carry out day trips, cruises, tours or hikes. Discover also our fitted vans with which you can live new adventures.

*All year round.*

50 route du Tuc • 40300 ORTHEVIELLE  
+33 5 58 73 01 00  
excursion@voyages-sarro.com  
www.voyages-sarro.com

## VTC CÔTE ATLANTIQUE

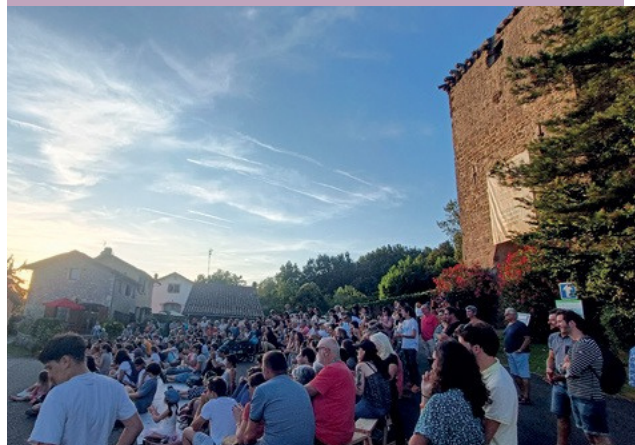


### Transport

Véronique, private driver in the Landes, offers trips from all distances, train station transfer, airport. Comfortable 7-seater vehicle, air-conditioned with credit card terminal. Available for private or professional events. 7x24  
*All year round.*

655 route de Bayonne • **40300 PEYREHORADE**  
+33 6 12 26 44 84  
vtccoteatlantique@gmail.com

## LES AMIS DU CARCOILH DE HASTINGUES



### Culture

The Parade of 5 Senses festival awakens all the senses. This event takes place on July 13 and 14 in the Hastings bastide. The friends of the Carcoilh work to introduce you to street shows, concerts, sensory workshops, tastings and walks.

**40300 HASTINGUES**  
parade5sens@hotmail.fr  
www.laparadedes5sens.fr

## PÉPITE KINÉSIO

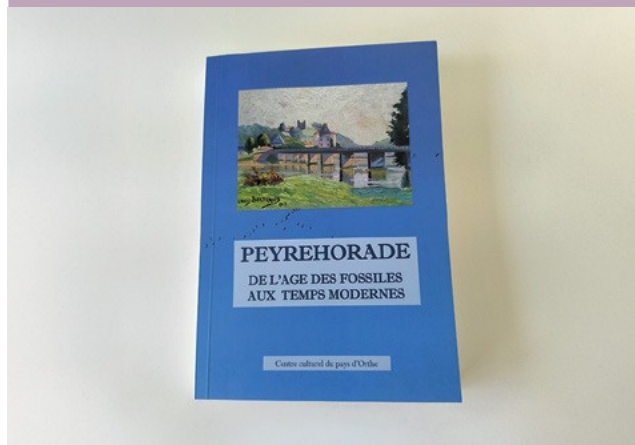


### Kinesiology

Kinesiology therapist and Feng Shui consultant, I help adults and children to solve their sleep problems, relieve physical and emotional pain, and reharmonize the energies of the habitat, in person or distantly, in personalized accompaniments.  
*All year round.*

Christelle Valiente • 40 Rue Lesplaces • **40300 SORDE-L'ABBAYE** +33 6 67 69 03 67 pepitekinesio@gmail.com  
www.pepite-kinesiologiefrequentielle.com

## CULTURAL CENTER OF THE PAYS D'ORTHE IN GASCogne



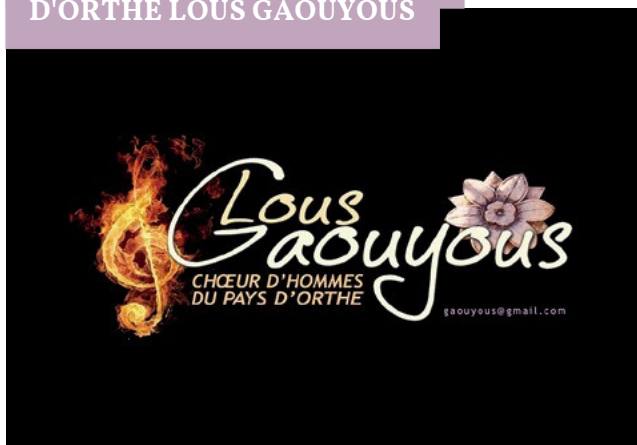
### Culture

Discover the Cultural Center of the Pays d'Orthe en Gascogne and immerse yourself in the cultural richness of our region. Documentary discovery and archives, publications, book day, talks, conferences, plant day.

**40300 PEYREHORADE** +33 5 58 73 06 02  
aortenses@wanadoo.fr  
www.centrecultureldupaysdorthes.com



## MEN'S CHOIR OF THE PAYS D'ORTHE LOUS GAOUYOUS



### Culture

The Choir d'Hommes du Pays d'Orthe is currently composed of 30 singers united by friendship, love of singing at cappella but also very sensitive to spontaneous communion with its audiences of enthusiasts.

It organizes the International Festival of Choral Singing CANT A CHOEUR from 27 June to 5 July.

*All year round.*

Salle Jean Carrère - 21 rue Ste Catherine - BP40

**40301 PEYREHORADE**

+33 5 58 73 14 33

gaouyous@gmail.com

www.gaouyous.blogspot.com

## ESTRAC EVENT RENTAL



### Rental of dishes

Rental of dishes and furniture in the Landes, Béarn and Basque Country. Elegance tailor-made for weddings, birthdays and professional events. Delivery, pick-up and cleaning included. Custom quote on request.

*All year round.*

43 place General de Monsabert • **40300 HASTINGUES**

+33 7 52 05 00 07

location@estrac.fr

www.estrac-location.fr

## FRIENDS OF SORDE AND PAYS D'ORTHE

### Culture

The association aims to promote local history, culture and heritage through conferences, exhibitions, guided tours, active participation in Heritage Days. Take part in the valorization of our local heritage through these events.

Town Hall • 40300 SORDE-L'ABBAYE  
amis.de.sorde@gmail.com

## SHARING SEEDS



**RECYCLERIE - CAFÉ ASSOCIATIF - ATELIER PARTAGÉ**

MISE A DISPOSITION D'ESPACES DE TRAVAIL

**OUVERT DU MERCREDI AU SAMEDI**



**1182, ROUTE D'ORTHEZ - 40350 MIMBASTE**



06 50 62 28 15



grainesdepartage40@gmail.com

### Recycling

The Brocante Eco-Solidaire, Recyclery of the Association Graines de Partages aims to give a second life to objects. You will find: furniture, decoration, trinkets, crockery, clothes, toys, tools, antiques, sports articles. And you can even have a cup of coffee or tea there!

*Open from 8 January to 21 December.*

1182 Route d'Orthez • **40350 MIMBASTE**

+33 6 50 62 28 15

grainesdepartage40@gmail.com



## COPY SEIGNANX AND ADOUR

### Nature and environment

This associative structure develops actions around three areas of action: awareness-raising, training and environmental education; support for territories in sustainable development approaches; naturalistic expertise.

2028 route d'Arremont

**40390 SAINT-MARTIN-DE-SEIGNANX**

+33 5 59 56 16 20

contact@cpie-seignanx.com

www.cpie-seignanx.com



# Asseyez-vous & commandez à table depuis l'app McDo+



**Nouveau**  
**Commande**  
**à table**



# cœur thermal

SOURCES D'ATTENTIONS

D A X

Des soins unanimement reconnus, grâce à une eau thermale aux qualités exceptionnelles et à une boue naturelle et unique.



Un monde de petites attentions où les professionnels sont à votre écoute et vous accompagnent tout au long de votre cure.



## Votre santé nous tient à cœur



Rhumatologie  
Phlébologie  
Fibromyalgie  
Cures libres  
Journées découverte



 Thermes Bérot

 Les Thermes



Découvrez nos établissements

- [coeurthermal.com](http://coeurthermal.com)
- [contact@coeurthermal.com](mailto:contact@coeurthermal.com)
- 05 58 90 40 40



VISITES  
les mardis et jeudis après-midi