

# South of Landes

## Relaxation and exploration at the outskirts of the Basque Country



Explore the region's rich heritage, from north to south, and enjoy a range of watersports. Get your fill of activities and thrills on land and sea, and soak up the sunshine and warmth of this beautiful region full of greenery and conviviality, visits and activities: châteaux, caves and exotic gardens, hikes or canoe trips... You will always find something to do.

### The Aquitaine coast

**Surfing** fanatics can dance with the waves in **Hossegor**, the European capital of surfing. You can also fish, hike and indulge in a range of activities at the town's beaches, port and lake. Keep going in the direction of **Capbreton**, a famed seaside resort, then on towards the mild climate of **Bayonne** and **Biarritz**. End your trip in **Saint-Jean-de-Luz**, at the Spanish border... ¡Olé!

### A 100% natural territory

Along a **3-kilometre stretch of beaches**, breathe in the scent of **1,700 hectares of oak and pine trees**, and walk through the clearings past little groups of houses built in a typical regional style. Labenne features gardens and an amphitheatre of vegetation. You can encounter a vast **multitude of birds** at the Marais d'Orx marsh, a protected wetland.

### Our other favourites

- **Heritage:** Saint-Jean-Pied-de-Port, one of the most beautiful villages in France, the listed historical monument Saint-Jean Abbey, the Sare Caves and prehistoric remains,
- **Traditions:** the "course landaise", a form of bull-leaping, is the most popular regional event, after the fêria in Dax, where headbands and berets are on every head in the summer,
- **Family holidays:** Aquatic Landes with all sorts of waterslides, visits to farms, bicycle tours on the Vélodyssée cycling route...

### A region rich in flavours

In **Bayonne**, sample the ham for which the city is famous, as well as its luxurious chocolate! Spice-lovers can marvel at the timber houses in **Espelette**, which are decorated with dried red chilli peppers. A treat for the eyes! For dessert, try a "**Pastis landais**", a tender brioche flavoured with vanilla, rum, aniseed or orange blossom that will delight your tastebuds.



a Rhune train



Bayonne famous ham

