



30 unmissable trails around Navarra

Gobierno
de Navarra



Nafarroako
Gobernua



2030



Kingdom of
Navarra

BASQUE CONTRY

FRANCE



GR - Grandes Randonnées GRs

n° Trails

• Towns

♿ Accessible trails

Ignatian Way

Highways and motorways

National roads

Santiago Way

Greenways

	TOWN	DIFF.	DISTANCE	PAGE
THE PYRENEES				
1	Route of the blue pottoka pony	Zugarramurdi	● 11,8 km	page 08
2	Xorroxin waterfall	Erratzu	● 6,9 km	page 10
3	Iturburua	Oieregi	● 6 km	page 12
4	Larraun source	Iribas	● 5 km	page 14
5	The balcony of the vultures	Irurtzun	● 4,9 km	page 16
6	Monumental oak trees	Jauntsarats	● 1,8 km	page 18
7	Leurtza Reservoirs	Urrotz	● 9,7 km	page 20
8	Orgi Trail	Lizaso	● 8,6 km	page 22
9	Basajaunberro Forest	Orreaga / Roncesvalles	● 3,9 km	page 24
10	The Paradises-Erlan	Orbaizeta	● 4,6 km	page 26
11	Errekaidorra	Ochagavía / Otsagabia	● 9,6 km	page 28
12	Gartxot's Route	Izalzu / Itzaltzu	● 11,3 km	page 30
13	Ascent of Ori	Ochagavía / Otsagabia	● 4,8 km	page 32
14	Zemeto Trail	Isaba / Izaba	● 4,5 km	page 34
15	Dronda-Mata de Haya	Isaba / Izaba	● 5,3 km	page 36
16	Artikomendia	Isaba / Izaba	● 5,6 km	page 38
17	Route of the dolmens	Etxarri Aranatz	● 14,9 km	page 40
18	Mountaineers' Itinerary	Urbasa-Andia N.P.	● 7,6 km	page 42
23	River Irati-San Román Hermitage	Aoiz / Agoitz	● 7 km	page 52

PAMPLONA BASIN

22	Arga river walk	Pamplona / Iruña	● 35,2 km	page 50
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THE MIDDLE ZONE

19	Urederra Source	Baquedano	● 6,2 km	page 44
20	Irantzu river canyon	Abárzuza / Abartzuza	● 4,4 km	page 46
21	Ubagua river gorge	Riezu	● 11,4 km	page 48
24	Santiago Basilica of Lokiz	Ollobarren	● 7,4 km	page 54
25	Artajona dolmens	Artajona	● 1,6 km	page 56
26	Iturririkin-Monte Arriba	Iracheta	● 10,2 km	page 58
27	Way of the Pope-Peña del Adiós	Javier	● 13 km	page 60

LA RIBERA

28	Las Cortinas Ravine	Bardenas Reales N.P.	● 1 km	page 62
29	The Friar	Bardenas Reales N.P.	● 5,8 km	page 64
30	Las Roscas circuit	Fitero	● 8,2 km	page 66
	Accessible trails			page 68

Pictograms

Distance		Out and back		Family route		Spring	
Gradient		Circular route		General public		Summer	
Time				Experienced		Autumn	
Easy difficulty				Accessible trail		Winter	
Average difficulty							

Bird watching		River walk		Megalithic		Suitable for bicycles	
Panoramic viewpoint		Forest		Mycological		Suitable for horses	
Cultural and ethnographic interest		Interpretive		Geological interest		Places of interest	
Natural waterfall		Natural special habitat				Gastronomy	

Picnic area		Bar		Information point		Observations	
Parking area		Public toilets		Drinking fountain			

Start of the route		Cross-country skiing area		Chapel		Santiago Way	
End of the route		Castle		Cave		Bridge	
Shelter							

Ascent of Ori from the
Larrau mountain pass.



30 unmissable trails to discover Navarre

Navarre invites you to discover a land where natural diversity joins hands with a wealth of cultural heritage, enshrined in a fascinating history. To enjoy it all, Navarre offers you over 1,250 kilometres of pathways, trails, Greenways and Grandes Randonnées that cross this entire territory from north to south and east to west.

The Santiago Way is yet another highlight of this network of routes, which along with the Ignatian Way, which passes through the west and south of Navarre, enables you to discover the wealth of artistic and cultural heritage of this Autonomous Community.


In this guide we introduce 30 unique trails, organised into three categories – family, general public and experienced – depending on the difficulty. They encompass a huge variety of natural treasures: forests, waterfalls, river walks, chapels, peaks, bird watching areas, geological formations, mythology, dolmens, etc.

So pull on your boots, choose a route and enjoy the impressive landscapes, contact with authentic locals and a rich gastronomy, and fill your backpack with a unique experience.

In short, for those that love to walk, Navarre is a veritable paradise; a place where you can let go and lose yourself.



Zemeto Trail.



R.IS-22 Larrería-Z
(Larrería)



Route of blue pottoka ponys



11,8 km



307 m



3 h



ZUGARRAMURDI. The Pyrenees

30 T 617893 4791721

START: Cave of Zugarramurdi

The idyllic trail through meadows, forests and past farmhouses, forms part of a circular route of almost 35 km through the cross-border region of Xareta: Urdazubi / Urdax, Zugarramurdi, Sara and Ainhua. It is signposted with a small blue pony painted on rocks.

The Route of the blue pottoka pony ("Pottokaren bidea" in Basque), also known as the route of the smugglers, connects the squares of four villages and their three caves, making it a particularly interesting route.

As the entire route takes over twelve hours to complete, we recommend this stretch of around 12 km, with little gradient and suitable for fami-

lies. It connects the Zugarramurdi Witches' Cave to the town of Urdazubi / Urdax. After leaving the cave, once host to the famous covens of the Middle Ages, we pass through livestock grazing lands to reach an area dotted with smallholdings surrounding the San Esteban chapel (in the neighbourhood of Alkerdi, already in the municipality of Urdazubi / Urdax). The gently route also crosses the karst crags of Berroberria, as well as a chestnut and oak tree forest, taking us to our destination.



Witches' Cave and Museum in Zugarramurdi; mill, monastery and caves of Urdazubi / Urdax (Ikaburu)



Mandrake liquor





0 500 1.000 1.500 2.000 m

Scale 1:27.000

WEB ROUTE

DOWNLOAD
GPS TRACK

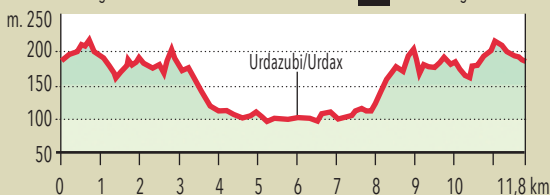


THE GRADIENT

Start: Cave of Zugarramurdi



Finish: Zugarramurdi



Trail signposted with
blue pottok pony marks

SERVICES





Xorroxin waterfall



6,9 km



145 m



2 hr



ERRATZU. The Pyrenees

30 T 625279 4782169

START: Erratzu

This route constitutes one of the most inspiring and attractive trails in Baztan. A refreshing stroll between the beech and chestnut trees, evoking notions of ancient mythological beings.

The delightful Xorroxin waterfall lies hidden in a lush forest of beech and chestnut trees. This is an extremely enjoyable walk, thanks to the diversity of the scenery. Cars can be left in Erratzu, in Ubidea street's carpark, near the sawmill warehouses. From the parking area, we go back and cross the NA-2600 road where there is a group of houses. The route meanders to the south, leading away from the road traffic until it reaches a narrow path between allotments, which leads us to the beautiful stone bridge over the river Aranea. Who knows, we could run into a mythological lamia in the river. The route follows the Iñarbegiko Erreka stream and the road to the Gorostapolo and

Iñarbil neighbourhoods, passing two small bridges until it reaches a marked crossroad (posts). Where the roads join, we follow the old Local Path signposts till we reach a new bridge. We enter a beech-chestnut forest following the Iñarbegi stream. To avoid having to wade through it, we take a pathway to the left, passing the first waterfall, till we reach the second and the most breathtaking one: the Xorroxin waterfall. The babbling water, between moss, lichen and ferns, is the highlight of the day. From the Xorroxin waterfall, we walk down to where the paths cross, taking the one that goes up towards the hermitage of Gorostapolo. We cross through this typical neighborhood of the Baztan valley with its cobbled streets and its reddish houses until we come to the start of the trail.



Santxotena museum, Amaïur / Maya, Zugarramurdi



Pâté, cider





WEB ROUTE

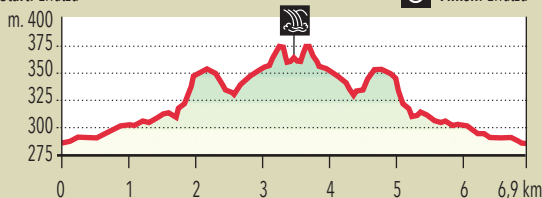
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GPS TRACK



THE GRADIENT

Start: Erratzu

Finish: Erratzu



Route signposted with white and green marks

SERVICES



Do not park on the road to Gorostapolo





Iturburua



OIEREGI. The Pyrenees

📍 30 T 612788 4777143

START: Bertiz Natural Park parking area

A very easy circular route, ideal for soaking up the wealth of forest and fauna in the Bertiz Natural Park.

This route is highly recommended for children given its interpretive nature. It begins at the main park track, at the height of the coal bunker. It initially passes through an area covered with American oaks. After the only steep slope on the route, we find ourselves submerged in a beech forest, highly unusual for such low altitudes.

The route reaches a small spring that is generally dry at certain times of year. After descending

the hillside and crossing the stream, a comfortable trail takes us back onto the route. Along the route we can see remains of some traditional uses of the forest (coal bunker, grazing land, constructions for storing chestnuts, etc.) with their respective information panels. Bertiz is one of the few places where we can find the seven different varieties of woodpeckers that live in mainland Spain.

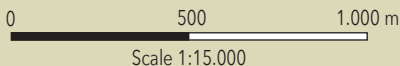


Infermuko Errota (Lekaroz), Bertiz Botanical Garden and Baztan view point (Ziga)



Hunting





WEB ROUTE

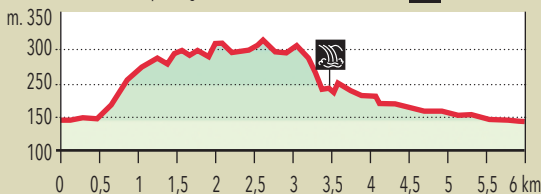
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THE GRADIENT

Start: Bertiz Natural Park parking area.

Finish: Bertiz



Route signposted with its
own name

SERVICES





Larraun source



5 km



100 m



1 hr 30'



IRIBAS. The Pyrenees

30 T 589392 4760209

START: Iribas parking area. NA-7504 from Lekunberri

A comfortable walk for discovering the sources of Iribas, which offer beautiful spots alongside the refreshing river and lush vegetation. They are the magical result of the water that filters through the limestone ground of the Aralar mountain range.

This circular route takes us to two sources: Aitzarreta, the origin of the river Ertzilla; and Basakaitz, the place where the river Larraun springs forth. From the car park at the entrance of the village of Iribas, we head towards the church where we can take various trails till we pass the bulwark of Arotzenea and reach the first spring, Aitzarreta (see bottom image), below which a

waterfall cascades, becoming the river Ertzilla. We head back and divert through the countryside of Aiztondo, alongside the river Ertzilla, known as the "Basque Guadiana", which disappears after just 1 kilometre. After a short climb, we reach a track that takes us to the chasm of Lezegalde, from where we follow the dry river that heads down through the valley of Uhantxoko to Basakaitz, the source of the river Larraun. All that remains is a final climb to reach Iribas.

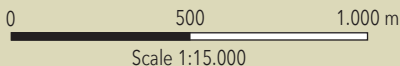


Mendukilo Cave (Astitz), Sanctuary of San Miguel of Aralar and Lekunberri



Cider, cheese





WEB ROUTE

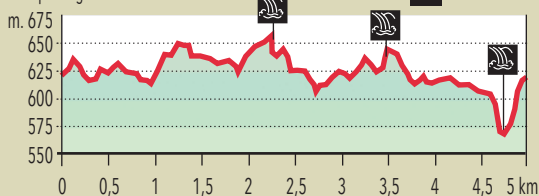
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THE GRADIENT

Start: parking area in Iribas

Finish: Iribas



 Trail signposted with
white and green marks

SERVICES





The balcony of the vultures



4,9 km



325 m



1 hr 45'



IRURTZUN. The Pyrenees

30 T 595881 4752651

START: cemetery, top part of Irurtzun

A pretty trail that follows the former route of the Plazaola train that used to connect Pamplona and Donostia / San Sebastian. At its highest point we can admire the graceful flight of the griffon vultures that live in the Dos Hermanas rock formations.

This circular route, halfway between the Pamplona basin and the Navarran mountains, winds alongside the sides of the Dos Hermanas rocks, a breath-taking natural landscape caused by the erosion of the river Larraun. The route starts near the cemetery in Irurtzun, where there is an information panel.

We go past a diversion that leads to the Trinidad de Erga chapel, and carry on, following

signposts to the left down a path that ventures into an oak forest till it reaches the peak of Allegain, a viewpoint offering impressive views of Irurtzun. We return to the main trail to look out onto the Balcony of the Vultures, which dominates the entire Sakana corridor and from where these unique birds can be observed. The descent snakes through the forest of Orazulo till it reaches the foot of the Dos Hermanas rock formation. We return along the former train line, passing through one of its tunnels until returning once more to Irurtzun.

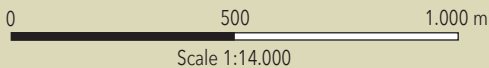


Itsasperi Chapel, Zamartze Monastery and the Sanctuary of San Miguel of Aralar



Cheese and chistorra sausage






WEB ROUTE

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GPS TRACK



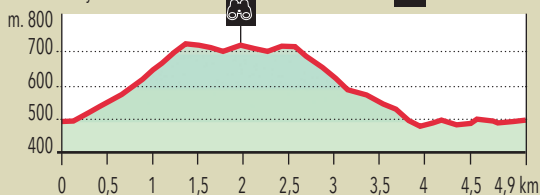
 Route signposted with green and white marks

THE GRADIENT

Start: cemetery



Finish: Irurtzun



SERVICES





Monumental oak trees



1,8 km



25 m



1 hr



JAUNTSARATS. The Pyrenees

30 T 597868 4761650

START: Municipal Schools' car park, NA-4351

This trail through the forest, particularly recommended for families, lets us admire two ancient examples of common oak trees, declared "Monumental Trees of Navarre" for their interest and rarity.

We start the route at the Jauntsarats School, on the edge of the town towards the Ultzama valley. Very near to the information panel we can see the diversion to the first centenary oak tree, called "Kisulabe" because of the limekiln (kiln where limestone was calcined) that existed at the time. With a diameter of over 10 metres, it is the widest in Navarre.

Further on, we cross the Baragon stream over

a small wooden bridge, and after crossing the local road, we continue along a path alongside some meadows. We enter the oak forest of Beheitikolanda, which surprises us with another centenary oak tree. The route continues through the Beheitiko Zelaia oak forest, near the waters of the river Basaburua. We cross the stream and continue to walk alongside the magnificent oaks till we reach the road that takes us back to the start of the trail.

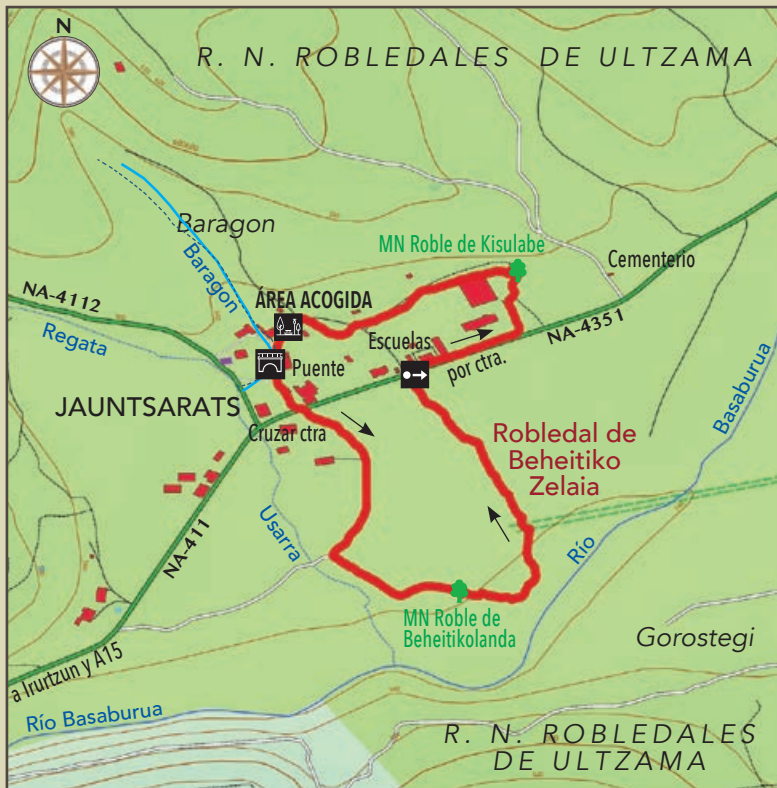


Honey museum (Eltso), Ultzama Valley, Orgi Oak Forest



Curd, cider





WEB ROUTE

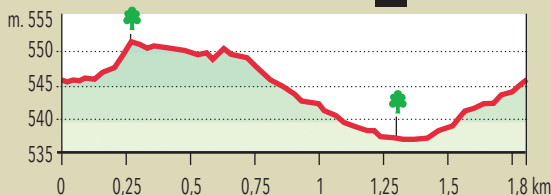
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THE GRADIENT

Start: Jauntsarats School

Finish: Jauntsarats



Signposted with small
wooden marks in the shape of
painted oak trees

SERVICES





Leurtza Reservoirs



9,7 km



390 m



2 hr 30'



URROTZ. The Pyrenees

30 T 604565 4769576

START: Leurtza Natural Recreational Area, track from Urrotz

Hidden between the towns of Urrotz and Beintza-Labaien is a pleasant surprise: the Leurtza reservoirs. Declared a Natural Recreational Area, they have a tremendous ecological value and are synonymous of tranquillity and fairy-tale landscapes.

The starting point of this outstandingly beautiful circular route is the information point, some 5 km from Urrotz. The route follows the basin of the Leurtza stream and offers an appealing contrast between the water and the beech trees. This habitat is perfect for the grass frog. Once we cross the upper reservoir dam, the path ascends, and we see some stretches of the former Eltza-

buru road. We reach the Zumardena col, near the Erlain cross.

Following the GR12 towards Belate, we can admire the Pittortzar dolmen. Returning to Zumardena, we follow a flat stretch to the Uztakorta col (we can see some pigeon hunting posts). We leave behind the GR12, and following mount Soratxipi along its eastern side, we reach the Ezkalarre col. From here the route descends until it returns to the starting point.

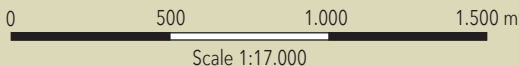


Donamaria Tower, Elgorriaga Spa and Zubieta Mill



Mushrooms and chamomile

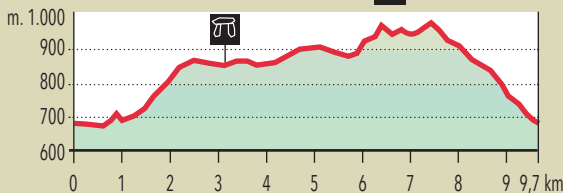




THE GRADIENT

Start: Leurtza Natural Recreational Area

Finish: Leurtza NRA.



WEB ROUTE

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GPS TRACK



Route signposted with yellow and white marks

SERVICES



Regulated parking in the peak season





Orgi Trail



LIZASO. The Pyrenees

30 T 607770 4757828

START: Orgi Area car park, PK 20 NA-411

An easy route, suitable for mountain bikes and horses, that passes through various towns in the valleys of Ultzama and Odieta: Lizaso, Gorrontz, Olano and Guelbenzu, from where we can enjoy fabulous views over the Orgi oak forest, with its important ecological value.

From the Natural Recreational Area of Orgi we follow a path between meadows to Lizaso, pass through the town, cross the road and the river Arkil, and ascend to Gorrontz and Olano. The views over this 80-hectar millennial forest, the only wetland oak grove example in Navarre, are magnificent. We follow a path alongside

a pretty wood, passing a couple of seasonal streams to reach Guelbenzu, from where we get the best panoramic views over the valley. On the descent, we walk round a fenced field to come out onto a trail that follows a stretch along the river Arkil until we reach two farms and the road. After 300m, there is a diversion that leads us to the starting point car park. Losing yourself down one of Orgi's interpretive trails is well worth it.

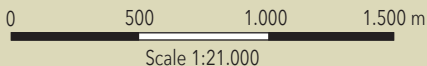


Orgi Forest, Eltso Honey Museum, Ultzama Mycological Park, Teaching Farm of Ultzama (Lizaso)



Mushrooms





WEB ROUTE

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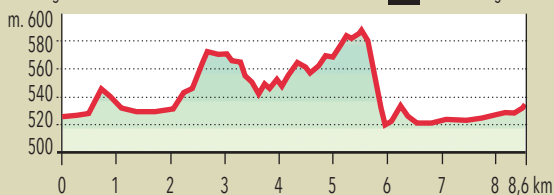



THE GRADIENT

Start: Orgi Recreational Area



Finish: Orgi RA



 Route signposted with white and green marks

SERVICES



Regulated parking in
peak season





Basajaunberro Forest



3,9 km



70 m



1 hr



ORREAGA / RONCESVALLES. The Pyrenees

📍 30 T 636962 4763103

START: Collegiate car park. PK 47 N-135 towards France

A very simple route that winds between trees and meadows to return along a stretch of the Santiago Way. Its name refers to Basajaun, the Lord of the Forest, a Basque mythical character.

The first part of this circular route, which starts from the car park behind the Collegiate, leads us along a forest track through a beech forest, home to some unique oak trees, such as El Lancero. We continue on through some meadows, more often than not alongside grazing livestock, to reach the Government of Navarre experimental farm.

Here we follow a paved track until it meets the road, which we cross to link up to the Santiago Way in the opposite direction towards Orreaga / Roncesvalles, crossing another forest with beech and oak trees, dotted with conifers and holly trees.

Legend has it that some covens were held here. For this reason, it is part of the Witchcraft Route of Navarre.

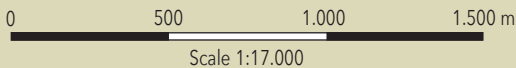


Collegiate of Orreaga / Roncesvalles and the cemeteries of Auritz / Burguete and Aurizberri / Espinal



Cheese and produce of the forest



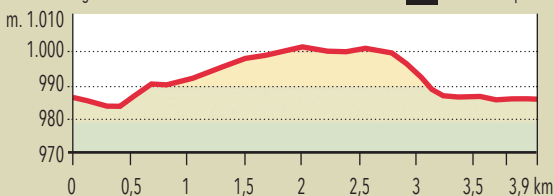


THE GRADIENT

Start: Orreaga / Roncesvalles




Finish: car park



WEB ROUTE

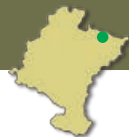
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 Route signposted with white and green marks

SERVICES





The Paradises-Erlan



4,6 km



110 m



1 hr 30'



ORBAIZETA. The Pyrenees

30 T 649662 4760898

START: Irabia Reservoir dam car park

The scenery that frames this route - the Irati Forest - is simply perfect. This magnificent beech-fir forest shelters almost the entire route, with stretches of forest tracks alternated with logging trails.

The route is very comfortable and is ideal for families. It begins in the car park located at the top part of the Irabia Reservoir (13 km from Orbaizeta). We take a wide, level track that circles the reservoir, which winds between elegant beech trees until it reaches a small recreational area, Second Paradise (information panel about

woodpeckers). Next we leave the track to take a wooded trail that gently climbs the side of mount Mozolotxiki. A clearing in the forest lets us admire one of the best panoramic views of the reservoir, which receives the waters flowing from river Irati. After reaching the Ermuñoa col (940m), we embark upon the descent to reach the trail back towards the car park.



Orbaizeta Arms Factory, Aezkoa valley granaries and the Ariztokia viewpoint



Veal, colt and cheese





WEB ROUTE

DOWNLOAD
GPS TRACK

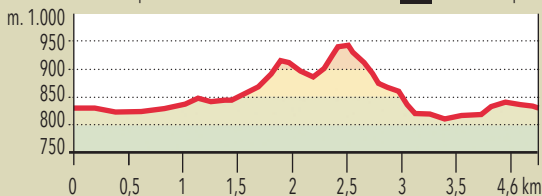


THE GRADIENT

Start: Irabia dam car park



Finish: car park



Route signposted with white and green marks

SERVICES



Regulated parking in summer and autumn in the Area of Arrazola.
Very busy in peak season



Errekaidorra



9,8 km



390 m



2 hr 30'



OCHAGAVÍA / OTSAGABIA. The Pyrenees

30 T 654359 4761315

START: Casas de Irati information centre (regulated car park) NA-2012, km 24

A fascinating cross-border trail that passes through four territories: Salazar, Aezkoa, Soule and Cize. It gives visitors a glimpse into the former uses of the Irati forest resources.

Throughout this fascinating circular route, six open-air museum points have been set up with accompanying information panels about the flora, fauna, geology, etc. of this natural space. The route, which starts at the Casas de Irati information centre, first takes us through the wood to the Cubo Cascade, an incredibly beautiful setting that is well worth a stop.

At the next six stops, highly engaging teaching resources appear in the following order: los

Remos, el Mástil, la Esclusa, las Cenizas, los Cables and las Vías. Here we learn about why the beech and fir trees in these forests were so sought after for the construction of galleons, which systems were used to drag trunks, and how the river channel was managed to enable them to be transported over long distances. The final stretch follows the path cut by the river, making the most of another circular route that ends back at the starting point.

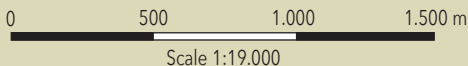


Nature Interpretation Centre (Ochagavía), Muskilda Chapel, Ezkaroz



Colt, venison, potato and mushroom





WEB ROUTE

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GPS TRACK

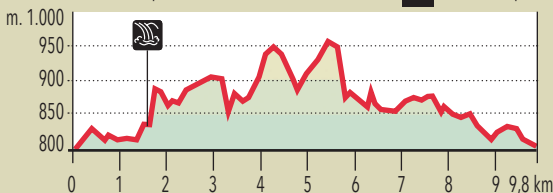


THE GRADIENT

Start: Casas de Irati car park

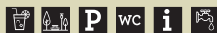


Finish: car park



Interpretive route with
information panels

SERVICES



Regulated car park. Very
busy in peak season





Gartzot's Route



IZALZU / ITZALTZU. The Pyrenees

30 T 658902 4753073

START: Izalzu / Itzaltzu NA-140, km 38

This somewhat more challenging circular route offers spectacular panoramic views of the Pyrenean peaks and over the Salazar Valley. It is named after the legend of the minstrel Gartzot.

The route sets off from Izalzu / Itzaltzu, and after covering a kilometre on the road towards Uztároz, we take a path through an oak forest. There is a fabulous viewpoint towards the Pyrenees in the first section, and further on, the peaks of southern Navarre can be seen, right to the Moncayo massif. It unfurls through dense beech and oak woods, grazing lands, fenced livestock areas, and at two midpoints we can

enjoy two refreshing shady waterfalls. There is a small diversion to the Elkorreta cave.

The Mediaeval legend goes that this is where the minstrel, Gartzot, took cover after killing his son to avoid him being taken away by the monks of Orreaga / Roncesvalles. We take a path to a glen, where we find another track. We then head down through pasturelands and link up to another trail that ventures into the oak and boxwood forest to Izalzu / Itzaltzu. Hiking boots are recommended.

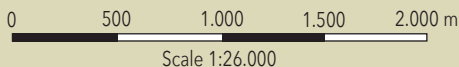


Muskilda Chapel and Ochagavía



Cheese and migas de pastor (fried bread crumbs)





WEB ROUTE

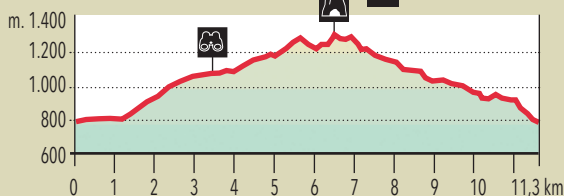
DOWNLOAD
GPS TRACK



THE GRADIENT

Start: Izalzu / Itzaltzu

Finish: Izalzu / Itzaltzu



Route signposted with
characteristic paint marks

SERVICES





Ascent of Ori



4,8 km



500 m



2 hr 15'



OCHAGAVÍA / OTSAGABIA. The Pyrenees

30 T 663557 4759899

START: East exit of the Larrau Tunnel, NA-2011, km 11

Ori is the mountain that reigns over the Valley of Salazar. An easy, accessible and very pleasant ascent to one of the most impressive landscape balconies in Navarre.

Its peak rises up majestically in the eastern Navarran Pyrenees, on the edge of the border with France. To complete the approximately one-hour climb, it is recommendable to start from the Larrau Mountain Pass (1,560m). Once through the tunnel, the path is clearly visible. It is a long ascent through meadowlands following the southeast edge of the mountain. The path gets steeper towards the end until it reaches the flat and extended peak.

Views over the Irati Forest and nearby peaks are exceptional. The Moncayo massif is also visible on a clear day. It is said that Ori is the refuge of Mari, a goddess of the Genii of Nature; and Basajaun, the Lord of the Forest. The contrast between the two slopes is highly attractive: the grassy side of Navarre and the impressive precipice on the French side, where it is common to see both Griffon and Egyptian vultures soaring overhead. Remember to wear appropriate hiking boots and equipment.



Irati-Abodi Mountain Activities Centre, Ochagavía and Muskilda Chapel



Mushrooms and migas de pastor (fried bread crumbs)



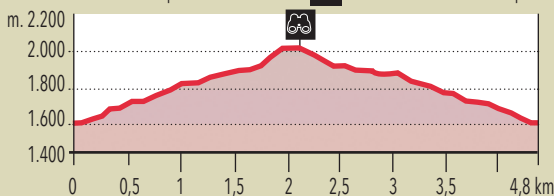


THE GRADIENT

Start: Iturzaeta mountain pass



Finish: Iturzaeta mountain pass



WEB ROUTE

DOWNLOAD
GPS TRACK



SERVICES

P

Take particular care with fog,
wind and snow

!



Zemeto Trail



4,5 km



144 m



1 hr 25'



ISABA. The Pyrenees

30T 676726 4757162

START: Belagua Refuge (closed) NA-1370, km 51

This bracing walk through the vicinity of the Larra Natural Reserve lets us enjoy the contrast between its karst area and immense grazing lands. The panoramic view from the viewpoint is spectacular.

A 4.5 km circular route that starts at the Belagua refuge then heads off eastwards, crossing a patchwork of green meadows to the so-called "Llano de Eskilzarra" (Eskilzarra Flats).

Once past this point, we come to a corridor rock formation with closed-in walls known as the "Zemeto Pass". After a short rocky section, we continue on down an uneven path that leads into the

wood towards the west, which will take us to a viewpoint. This is the perfect spot to be carried away by the spectacular views over the valley and the entire karst area of Larra. On the way we can admire some impressive fallen beech trees.

We continue along the route, crossing a refreshingly shady beech grove, then recover altitude and climb to a flatter area that we cross on the hillside. From this point, we return to the refuge via a road formerly used by shepherds.

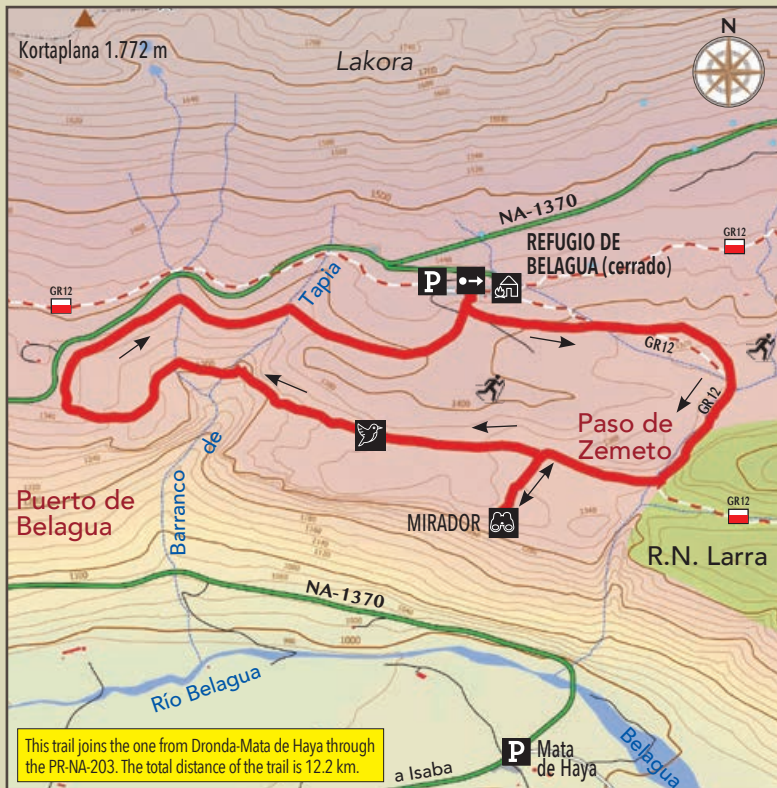


Belagua viewpoint, Larra Natural Reserve



Fried bread crumbs and D.O. Roncal cheese

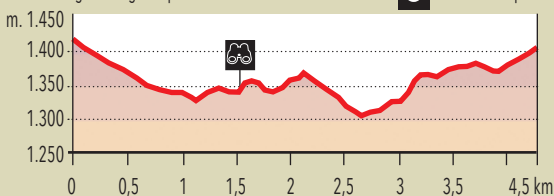




THE GRADIENT

Start: Belagua Refuge car park

Finish: car park



WEB ROUTE

DOWNLOAD
GPS TRACK



Route signposted with white and green marks

SERVICES

P

Precaution in extreme winter weather

!



Dronda-Mata de Haya



ISABA. The Pyrenees

30 T 676704 4755650

START: Mata de Haya-Rincón Belagua car park NA-1370, km 45.5

Mata de Haya (Beech Grove) is the green lung of the Belagua valley. This route lets us discover these idyllic landscapes.

This is an unchallenging and family-friendly circular route, despite its length.

We set off from the car park and head into a forest till we reach an uphill slope. Once you reach a signpost, you need to turn left. Continue along a small hill slope until you reach a large field of ferns. Go down through the wild

pine woodlands to return to the beechwood and reach the starting point. In winter, part of the route becomes a cross-country skiing route, which can also be followed using snow rackets. There is a bar open in skiing season and over weekends in summer.

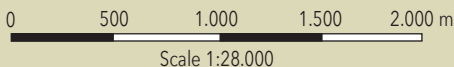
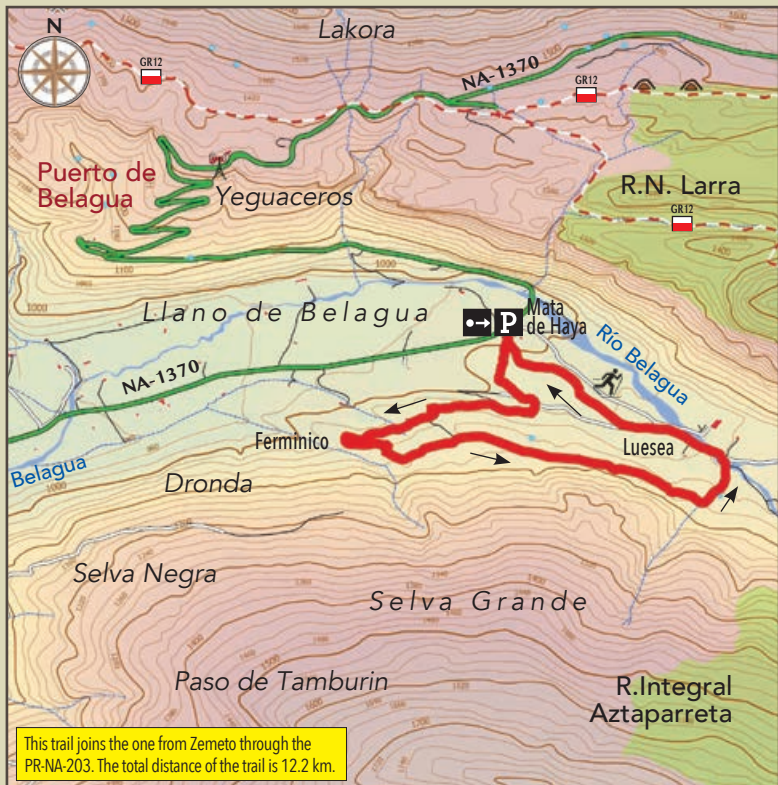


Belagua viewpoint and Roncal Nature Interpretation Centre



Cheese and migas de pastor (fried bread crumbs)



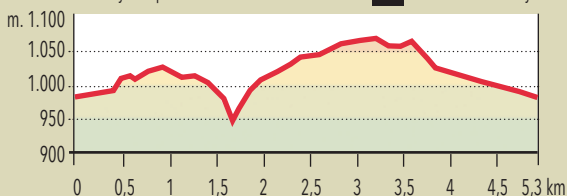


THE GRADIENT

Start: Mata de Haya car park



Finish: Mata de Haya




WEB ROUTE



DOWNLOAD
GPS TRACK



 Route signposted with white and green marks

SERVICES



Precaution in extreme winter weather





Artikomendia



5,6 km



265 m



2 hr



ISABA. The Pyrenees

30 T 671223 4749258

START: Otsindundua bridge, NA-1370, km 35.5

A beautiful circular route that offers walkers three fascinating stops: the Ibon cave, the Belabarze waterfall, and various Romanesque-style bridges.

The route starts some two kilometres from Isaba, on the road that links Navarre to France via Belagua. Here there are various information panels that direct us to the Otsindundua Bridge and the Ibon cave. This natural cavity holds a large part of the water that filters down through this mountain range. We carry on along a path that traces the route of the river Belagua until we reach a crossroad where the ascent to the Belabarze landscape begins.

Once at the peak, we find new signposts that take us through a small meadow till we get back on to the trail through the forest to reach the Belabarze waterfall. This idyllic setting enclosed in rock has an emerald pool.

After a couple of metres along the track, we take a diversion to head deeper into the trees, in a gentle climb upwards to reach a small col. On the return journey we can admire several Romanesque bridges.

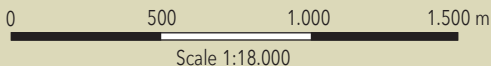
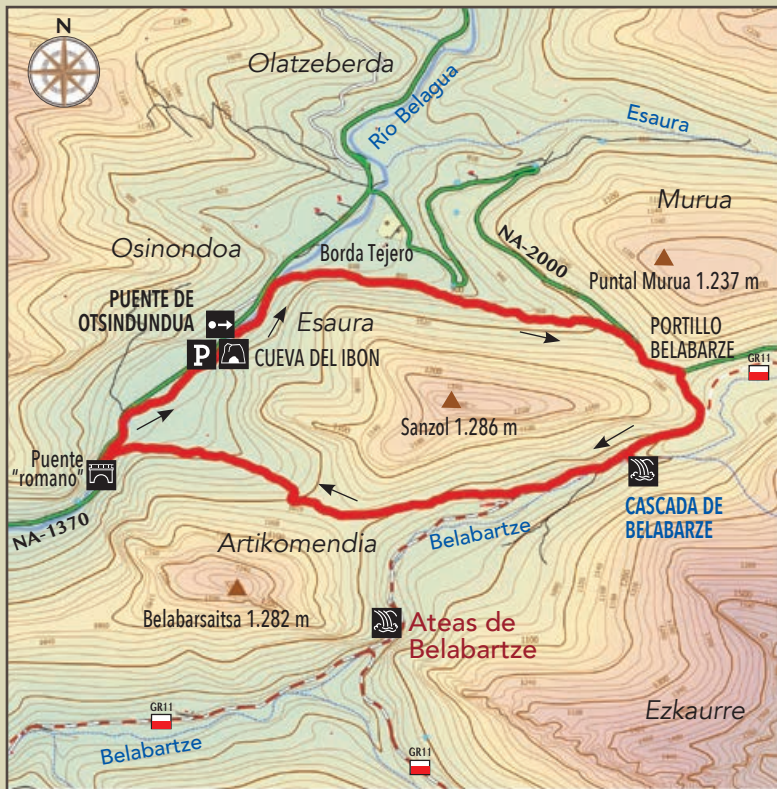


Roncal Nature Interpretation Centre and Idoia Chapel



Cheese and milk lamb





WEB ROUTE

DOWNLOAD
GPS TRACK

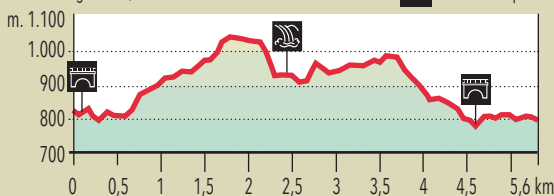



THE GRADIENT

Start: Belagua road, km 35.5



Finish: car park



 Route signposted with
white and green marks

SERVICES





Route of the dolmens



ETXARRI ARANATZ. The Pyrenees

30 T 575295 4751563

START: Etxarri Aranatz campsite, diversion on NA-120

Route of particular landscape, natural and historical-cultural interest, which guides us past the remains of ten dolmens and reveals different aspects of the forest with interpretative panels.

It starts at the campsite, which is also the start of other shorter signposted routes. This particular one passes through beech and oak tree forests located on the hillsides that define the north of the Sakana valley. We take a trail to the right, cross the bridge over the Iraigorri stream, and arrive at the San Adrián chapel. We ascend the path to reach the Beitzeta dolmen. On the path, which in parts is not clearly marked, we encounter the dolmens of Iruiturrieta, Jentilzulo and

Bentatxar, till we finally reach the Irumugarrieta mountain pass, which offers fabulous views towards Gipuzkoa. We then pass the dolmens of Zelatamuno, Mintegitxuta and Txaradigorri before reaching a junction to the left that will take us to those of Fagamendi and Maitzegur. This marks the beginning of the increasingly pronounced zigzag downhill path. Given the distance, the gradient and the type of layout, this route is only recommended for experienced hikers with the correct equipment.

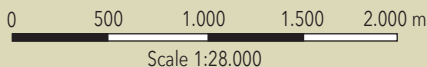


Sanctuary of San Miguel of Aralar, Zamartze Church and the Lizarraga Mountain Pass



Cheese





WEB ROUTE

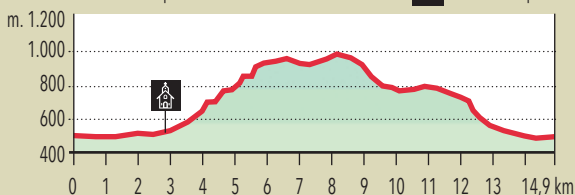
DOWNLOAD
GPS TRACK



THE GRADIENT

Start: Etxarri Aranatz campsite

Finish: campsite



Route signposted with white and yellow marks

SERVICES



Precaution in wet weather
due to puddles and mud





Mountaineers' Itinerary



7,8 km



205 m



2 hr 30'



OLAZAGUTIÁ / OLAZTI. The Pyrenees

30 T 567127 4745632

START: Urbasa-Andia Natural Park Information Centre NA-718, km 31.5

An interpretive route that treats us to some remnants of the work of the Morteruco coalmen, as well as a magnificent panoramic view from the peak.

We set off from the Urbasa-Andia Natural Park Information Centre across some flatlands where we can see some beautiful beech, maple and hawthorn trees. A shepherds' bulwark recalls the traditional nomadic shepherding past of this location. We walk alongside the Gazbidea road, called the wagon route because it was used to extract the sleepers used to construct the railways. We can also see various coalbunkers. We start the ascent through the Zuzorkil and

Mandaberardia beech grove to reach the 1,113m between Artzanbaratza and Balankekoleku. It is one of the wettest beech groves in the mountain range, with trees towering up to twenty metres. The contrast between the forest and the limestone rock is fascinating, giving the impression of an enchanted beech grove. From the peak, the views over the Sakana and Aralar are breathtaking. We follow the same path back to the beginning.

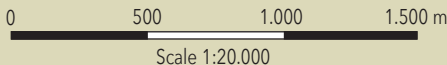


Pilates Balcony / Barranca-Sakana Valley and Altsasu / Alsasua



Cheese and chistorra sausage





WEB ROUTE

DOWNLOAD
GPS TRACK

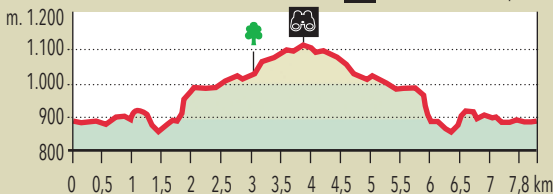



THE GRADIENT

Start: Urbasa-Andia Natural Park Information Centre



Finish: information point



 Route signposted with green marks

SERVICES





Urederra Source



6,2 km



90 m



2 hr 30'



BAQUEDANO. The Middle Zone

30 T 571811 4737116

START: Regulated Baquedano car park NA-7187, km 2

To ensure the sustainability of the site, access to the Source of the Urederra River Natural Reserve is restricted and entry is strictly by **Reservation only at all times**. Reservations to enter the reserve can be made free of charge online at www.urederra.navarra.es. Closure of the final section of the path for safety and to preserve its environmental recovery.

This is one of the most idyllic and visited corners of Navarre, and constitutes a natural spectacle, where water, the forest and rock formations come together to create a magical setting.

It starts from the car park located and follows the course of the river upstream, part of the Urbasa-Andia Natural Park. After taking the forest path and crossing a fence, the pathway forks. The panels invite us to take the path to the left that follows the river and to return using the east path on higher ground (see map). The entire route is sheltered by the trees and has prepared

pathways that let us admire the pools, rapids and cascades along the upper course of the river. The Urederra source (which means "beautiful water" in Basque) enchants visitors with its crystal-clear waters and the play of light filtering through the leaves. It is the natural outlet of the major aquifer formed in the karst massif of Urbasa. Its flora (beech, oak, elm, maple and yew trees) and its fauna (Egyptian vultures, kites, harriers, etc.) complete this natural gem.



Améscoa Valley, Ubaba Balcony in the Urbasa-Andia Natural Park and the Irantzu Monastery



Cheese and lamb





0 250 500 750 1.000 m

Scale 1:13.000

WEB ROUTE

DOWNLOAD
GPS TRACK

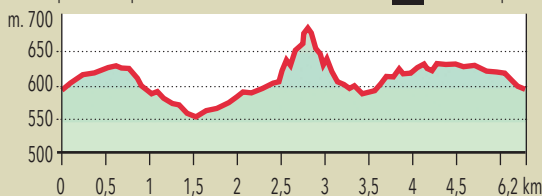


THE GRADIENT

Start: Baquedano car park



Finish: car park



SERVICES



Regulated car park. !
Book entry tickets online:
www.urederra.navarra.es.



Irantzu river canyon



4,4 km



105 m



1 hr



ABÁRZUA / ABARTZUA. The Middle Zone

30 T 578511 4733505

START: Irantzu Monastery NA-7135, km 3.5

Linear route that passes through an area of meadowlands, oak and beech trees, and which traces the line of the river that has sculpted the rock, with its pools and clear waters.

The route starts from the monastery next to a beautiful stone transept. It is a simple route that climbs between the crags that encase the Irantzu river canyon, into which several streams converge. We can see the Peña del Águila crag to the left and the Peña de Irantzu crag to the right. This route lets us appreciate the clear effects of river erosion on the rocks of the slopes we climb, re-

vealing the water level thousands of years ago. A little before the first kilometre, the woodland transforms into a beech grove and the path combines paved and gravel sections. We cross the river and little by little, enjoy the shade of the oaks and begin to see the first beech trees of Urbasa. We continue straight on until we reach a second crossroads next to a magnificent centenary oak, and end up in the landscape known as "Esquina de Elke" ("Elke Corner").

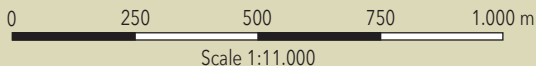
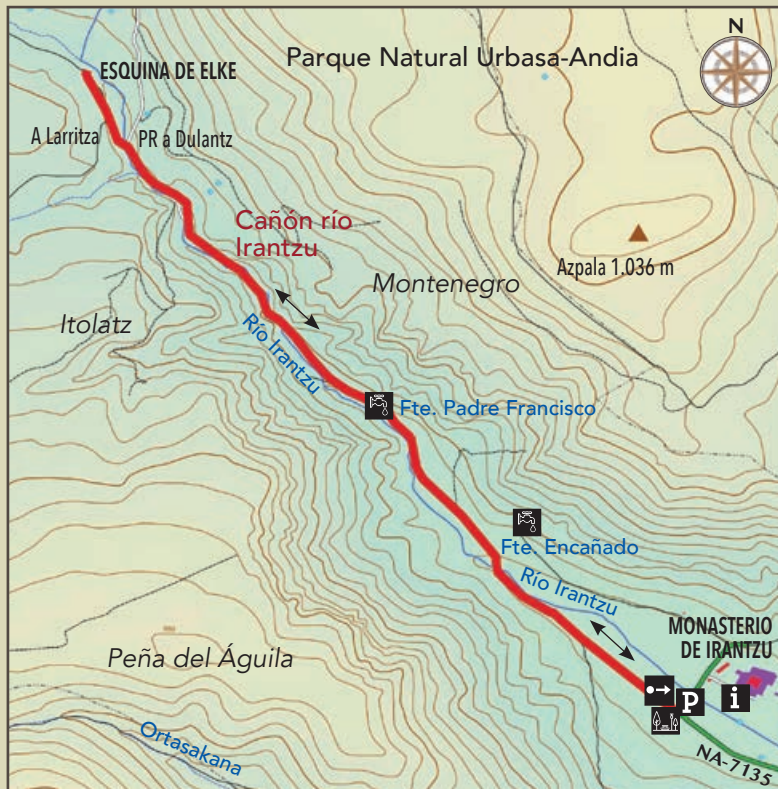


Estella-Lizarra, Iratxe, Alloz Reservoir and Museum Henri Lenaerts (Iurre)



Roast suckling pig, wine, pacharán, salt, cheese and honey





WEB ROUTE

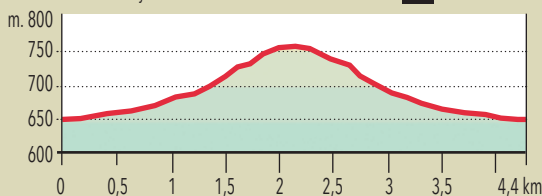
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GPS TRACK



THE GRADIENT

Start: Irantzu Monastery

Finish: Irantzu



Route signposted with white and green marks

SERVICES





Ubagua river gorge



11,4 km



355 m



2 h 25'



RIEZU. The Middle Zone

30 N 585991 4734160

START: Riezu Campsite (Ctra. Muez) or Riezu

The rippling of the river Ubagua sets the background to this beautiful route through the Yerri Valley and Lezáun, with the added attraction of discovering the river source and the adventure of crossing a short Tibetan bridge.

This linear trail linking Riezu to Lezáun, which is suitable for everyone, affords access to the Source of the Ubagua river, set in a beautiful spot at the foot of the Urbasa-Andia Nature Park. The trail has two starting points. Either from the Riezu Campsite, following the path that leads to the village, or else from Riezu itself, where parking is available in the square.

The trail is signposted, directing visitors towards the river. After crossing the bridge at the site of a dam of a former mill, there is a path to the left,

through a door. Here, the scenery ranges from beechwoods and wheat fields surrounding the hermitage of San Blas to the splendid holm oaks of the Erbioz ravine, with its stunning panoramic views.

From the river source to Lezáun, the trail continuously and gently ascends between holm oaks and pine trees. One of the great attractions of this trail is the Tibetan bridge over the Ubagua river, which can be crossed even at times when the river is flooded. Lezáun is the point of destination, along the wash house path.

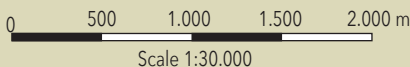


Alloz reservoir and Monastery of Irantzu.
Churches: Sta. Catalina de Alejandría (Azcona),
Sta. M^a de Eguiarte (Lácar)



Wine, salt, cheese, honey and pacharán





WEB ROUTE

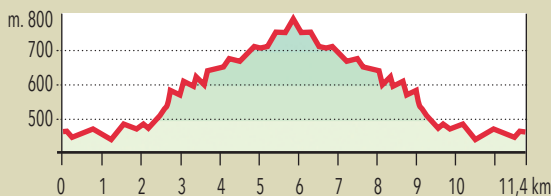
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GPS TRACK



THE GRADIENT

Start: Riezu Campsite

Finish: Riezu Campsite



Route signposted with
white and yellow marks

SERVICES





Arga river walk



35,2 km



60 m



variable



PAMPLONA / IRUÑA. Pamplona basin

START: Irotz / Sorauren / Arazuri / Etxabakoitz

📍 IROTZ: 30 T 610459 4741701

📍 ARAZURI: 30 T 604102 4741044

This urban route, which can be performed in stages, is a wonderful way of enjoying nature and admiring Pamplona and the region's towns from a different perspective.

The region's riverside park, which snakes along the banks of the Arga, Ultzama and Elorz rivers, is an incredible 22-km route that spans from Sorauren and Irotz to Zizur Mayor. Its route through Pamplona - with its million-square metres constituting one of the most important green areas of the capital - adds a further 11 kilometres. It combines sporting leisure areas with picnic spots and idyllic spaces to rest,

making it perfect for getting fresh country air without even having to leave the city.

We can see historical bridges, dams, mills, walkways, gardens, parks, jetties, farms, allotments, fountains, etc. A green corridor that preserves the river ecosystems and offers an itinerary through the architectural and industrial heritage connected to the region's rivers. It is suitable for bicycles, skates, and is a dream for runners.

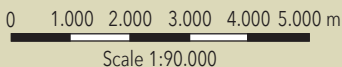


Historical Centre of Pamplona, Batán de Villava and Oteiza Museum (Alzuza)



Pinchos





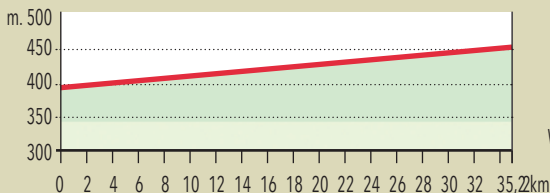
WEB ROUTE

DOWNLOAD
GPS TRACK



THE GRADIENT

Start: Irotz / Sorauren / Arazuri / Etxabakoitz



SERVICES



Watch your speed when cycling !



River Irati–St. Román Hermitage



7 km



187 m



2 hr 45'



AOIZ / AGOITZ. The Pyrenees

📍 30 T 633537 4738444

START: San Miguel Street next to the Town Council

A beautiful walk along the banks of the river Irati, which takes us to the San Román hermitage where the 1479 peace treaty between the Beaumontese and the Agramontese was signed.

This route, the first stage of the Irati river walk, starts in the town of Aoiz, from the medieval bridge of Auzola or Bidelupe, one of Navarre's finest. It takes us to the San Román chapel, which is plain yet of huge historical importance. Next, we enter a pine forest till we reach the Aoiz snow pit, a well that was used to accumulate winter snowfall from the surrounding mountains, which

was then compressed to produce ice to preserve foods.

We head towards the viewpoint over the river Irati, where we can see the former Ekai sawmill, an ensemble of early 20th century industrial buildings.

We return down the path and 400m before the medieval bridge we cross the walkway over the river and reach the mill, which was also used to supply electricity to the town.

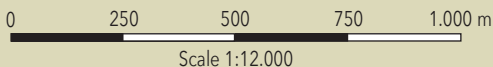


San Miguel Church (Aoiz), Santa María Church (Arce) and Itoiz Reservoir



Costrada de Aoiz baked custard dessert





WEB ROUTE

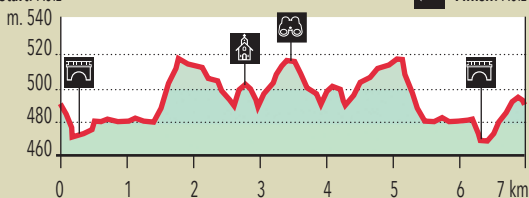
DOWNLOAD
GPS TRACK



THE GRADIENT

Start: Aoiz

Finish: Aoiz



Route signposted with yellow and white marks

SERVICES





Santiago Basilica of Lokiz



OLLOBARREN. The Middle Zone

30 T 570763 4726670

START: Ollobarren Church. NA-7310, km 3

As well as the spectacular views from the Lokiz mountain range, this route has the added attraction of a 30-m long cave tunnel.

The route starts alongside the Ollobarren church. We take a wide path that passes a water basin then we reach a crossroads. We carry straight on towards the Lokiz mountain range. A short while later, we come across a small fountain and a picnic area. We enter the green vegetation at the foot of the rocky walls, and climb to a little over 200 metres of altitude, always following the white and yellow marks. We then reach the so-called "Ollobarren Hole". This 30-metre long cave tunnel is dark and takes

a curve, but no torches are needed.

We head uphill along rocky and somewhat slippery ground (hiking boots are recommended), till we reach the upper part of the mountain range. The path levels out and narrows as it passes through the vegetation, then opens out onto a wide clearing where we find the basilica. We head down via the Ganuza pass, with spectacular panoramic views, passing the Santa Eulalia chapel on the way to Ollobarren.



Truffle Museum (Metauten), Urederra Source, Monastery of Iratxe and Monastery of Irantzuz



Roast suckling pig, truffle, pochas (white bean) and calvates (red bean)





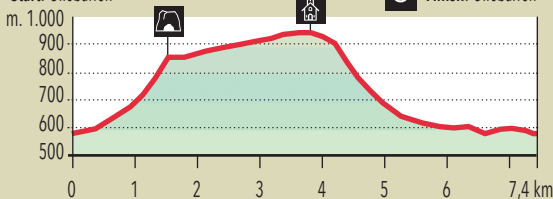
WEB ROUTE

DOWNLOAD
GPS TRACK



THE GRADIENT

Start: Ollobarren



Route signposted with white and yellow marks

SERVICES





Artajona dolmens



1,6 km



0 m



45'



ARTAJONA. The Middle Zone

30 T 602373 4719921

START: Portillo de Enériz dolmen, 3.6 km on from the city walls and cemetery

A very short walk, perfect for enjoying with children, which takes us on a prehistoric journey with a trip to two "corridor" type dolmens, constructed with large stones.

The entrance is at the Artajona city walls next to a cemetery, from where we cover some four kilometres either by car or along a dirt track to reach the car park with an information panel. Just 40 metres from here is the "Portillo de Enériz" dolmen, one of the most important preserved prehistoric monuments in Navarre. Its enormous slabs of stone are particularly attractive, as well as the large, almost 3-metre mound upon

which they are raised. From this point, views over the village are beautiful.

We return to the path to reach the other dolmen, "Mina de Farangortea", some 850 metres further on, after crossing a pine grove. The contrast between these ancient funeral remains constructed by our predecessors and the modern wind-turbines dotted along the mountain range is fascinating.



Artajona city walls, Museum and Las Eretas archaeological remains (Berbinzana)



Turrón Royo nougat





WEB ROUTE

DOWNLOAD
GPS TRACK

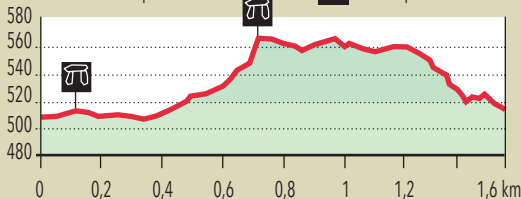



THE GRADIENT

Start: Portillo de Enériz car park



Finish: portillo de Enériz



 Route signposted with white and green marks

SERVICES

i **P**

In summer, avoid the hottest hours of the day





Iturrixikin



10,2 km



525 m



3 hr 35'



IRACHETA. The Middle Zone

30 T 619033 4721738

START: Iracheta, NA-5100 PK 10,5

An interesting trail that invites walkers to discover the unique Valdorba landscape, passing five points of particular landscape and rural heritage interest.

A circular route that starts in Iracheta, and as we gain altitude, reveals the diverse landscapes of Valdorba: the bocage areas (agricultural lands comprising small, irregular sized allotments), gall oak groves, pine trees up to the mountain pastures. Along the itinerary, five interest point panels are signposted. The first requires a stop at the Las Vacas bulwark to discover the works and uses of the land in the past. Next is a stop on

the peak of the same name, giving us a wonderful panoramic view. The third milestone is the Fuente de la Teja (Teja Fountain, not drinking water), where we can take a break and contemplate the nature-inspired art. The next stop is the Mariano bulwark, a fascinating popular architectural piece of which very few examples remain. Finally we reach the Irumuga peak (1,010m), a balcony over the valley that will truly take your breath away.



Iracheta granary and Valdorba Rural Romanesque



Truffle





Way of the Pope-Peña del Adiós



13 km



250 m



3 hr



JAVIER. The Middle Zone

30 T 646299 4717097

START: Javier's Castle

An average difficulty route that takes us to the Peña del Adiós crag, an emblematic location where San Francisco Javier bode farewell when he left Navarre to embark upon his adventure as a missionary.

The route starts from the forecourt of Javier's Castle. We cross forest tracks, pathways and different Navarrese low-mountain landscapes: the Leyre mountain range, the course of the river Aragón, and the Peña del Adiós crag. After crossing the Yesa road, we head left alongside it through the Royal Glen of the Roncaleses. We reach a junction and take the right path

along the "Way of the Pope". We come out onto a track and later take a dirt pathway to the Camino Viejo (Old Way). On the downhill section, after crossing a crop field, we can see the diversion to the Peña del Adiós crag. We head through the glen to reach the peak, which has a cross and an explanation panel. We walk down to the initial signposted cross, and then continue on to the castle from there.

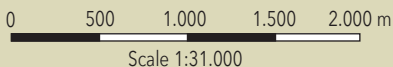


Sangüesa, Monastery of Leyre and Lumbier Gorge



Fresh white beans and wine





WEB ROUTE

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GPS TRACK

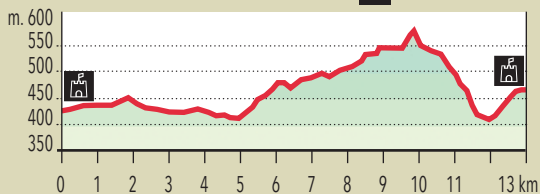


THE GRADIENT

Start: Javier's Castle



Finish: Javier's Castle



Route signposted with
characteristic green marks

SERVICES





Las Cortinas Ravine



1 km



0 m



30'



BARDENA BLANCA. La Ribera

📍 30N 622433 4674176

START: From the NA-8712, km 0,8 (Tudela-Arguedas) until the Center of Information Aguilares, road from the Natural Park, km 6. From here you must take a track that goes to Castildetierra, 4 km.

A comfortable, level walk that takes us inside one of the characteristic ravines that cross the Bardenas Reales and its film-set desert landscape.

From the Aguilares information centre, we drive along a track that takes us to Castildetierra in just 4 km, in the heart of Bardenas Blanca. This impressive ravine is one of the most photographed natural monuments in Navarre, and is a fine example of the effects of erosion in this area. An information panel explains how this unique landscape has gradually formed over the years. We take a path that sets off downhill towards the

Las Cortinas ravine towards the west. We have to find the best way across between the tamarrisks dotted all over the terrain. When we reach a former dam, a path to the left takes us out of the ravine and we walk around it to return to the starting point. We may be lucky enough to spot some of the birds of prey that inhabit this space (harriers, marsh harriers, Egyptian vultures, etc.) and see some of the characteristic steppe vegetation (rosemary, thyme, saltwort, etc.).

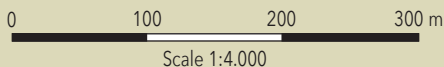


Tudela, Sendaviva and Valtierra caves



Migas de pastor (fried bread crumbs) and lamb





WEB ROUTE

DOWNLOAD
GPS TRACK

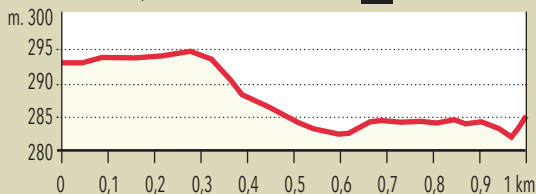


THE GRADIENT

Start: Castildetierra car park



Finish: Castildetierra



SERVICES

i P

In summer, avoid the hottest hours of the day





The Friar



5,8 km



200 m



1 hr 30'



BARDENA NEGRA. Bardenas Reales Natural Park. La Ribera

30N 635152 4650736

START: Corral de Bea, from the road from Tudela to Tauste (NA-126, km 22), before arriving to Aragón, we take a track for 4,3 km.

A walk that climbs to the Friar's ravine in the Bardenas Negra desert. We discover the remains of a medieval fort and can enjoy fabulous panoramic views.

This signposted route sets off from the so-called "Corral de Bea", accessible by car and where we can find an information panel. From the esplanade, we head off west around the edge of the fields. The characteristic silhouette of the Friar is visible at all times. We walk along livestock trails, cross hills and ravines till we reach an old, erosion-damaged track, which climbs to some former crop lands. From there the final climb is

clearly visible.

At the peak, we discover the remains of one of the most emblematic medieval rock castles in the Bardenas Reales. Some remains of rows of ashlar can still be seen that once formed part of the walls around the rocky spur. The cistern outlet can also be seen, excavated into the rock. Legends speak of galleries and corridors that were tunnelled into the mountain to get to the outside. The 360° panoramic view is hypnotic.

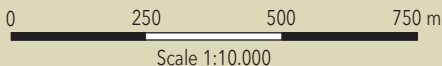


Tudela, Cortes Castle and Tulebras Monastery



Oil and vegetable stew





WEB ROUTE

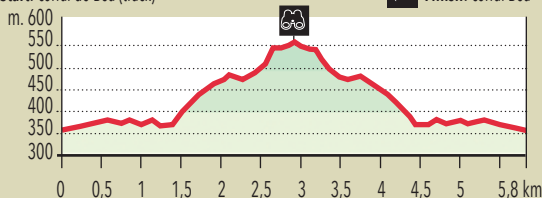
DOWNLOAD
GPS TRACK




THE GRADIENT

Start: corral de Bea (track)

Finish: corral Bea



 Route signposted with white and green marks

SERVICES



In summer, avoid the hottest hours of the day





Las Roscas circuit



FITERO. La Ribera

📍 30 T 594107 4656477

START: Fitero town centre. Start NA-6991

A surprising route along the floodplain of the river Alhama and along the unique massif of Las Roscas, comprising conglomerates that etch unique shapes.

This circuit starts at the crossroads that lead to Cascante and Valverde from Fitero. We take the road that leads to Valverde then take a quick diversion along an agricultural path that takes us deeper onto the Alhama floodplains. We pass near the "Cave of the Moors" – the scene of a legend by Bécquer – and one of the best-preserved snow pits in Navarre. As we ascend, we can see a hill to the left where the

ruins of the Arabian Tudején castle can still be seen.

The route climbs a col, where we can see some peculiar conglomerate rock formations known as "Las Roscas", the main attraction of the route. Erosion has caused the grooves and incisions in the rocky walls, giving us a unique and quite spectacular geomorphology. Finally, we head downhill back towards the road via the Blancas ravine.

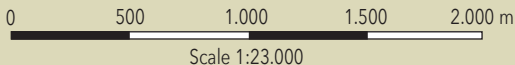


Fitero Monastery and Spa, Corella



Pie and asparagus





WEB ROUTE

DOWNLOAD
GPS TRACK

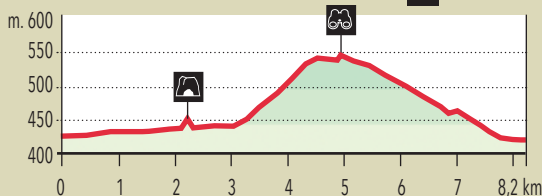



THE GRADIENT

Start: Fitero



Finish: Fitero



 Route signposted with white and green marks

SERVICES

i **P**

In summer, avoid the hottest hours of the day






Accessible trails



In Navarre, tourism is a pleasure that is accessible to all. Nature warmly welcomes visitors with its variety of accessible trails designed for anyone with or without special physical, sensorial or cognitive needs.

Bertiz Trail (Bertiz Natural Park)

 30 T 612788 4777143

Bertiz Natural Park. Oiiregi

People with special needs can enjoy this idyllic landscape and feel the full intensity of the forest. For those with reduced mobility there are routes with diverse degrees of accessibility. For a more relaxing stroll there is a 450-metre long sensorial garden route.



Leurtza Trail (Urrotz)


 30 T 604565 4769576

Leurtza Natural Recreational Area. Urrotz

This itinerary sets off from the recreational area. It is a 2 km route around the reservoir within the recreational area. Designed for all, including the blind and people with reduced mobility. The start is more demanding for wheelchair users.



Orgi Trail (Lizaso)


 30 T 607770 4757827

Orgi Natural Recreational Area. Lizaso

Simple 2.4 km trail, suitable for the blind and those with reduced mobility. Accessible information for all with interpretive panels.



Morterutxo Trail (Urbasa-Andia Natural Park)

 30 T 567630 4745554

Diversion with panel at km 31.5 NA-718

An 850-metre circular route around the wood. Enjoyable for all, including those with reduced mobility, visual disability and older people. Benches, ground-level guide rail, braille panels, very accessible ground surface and slope.



Other routes



SANTIAGO WAY



Navarre is the gateway to the Santiago Way on mainland Spain, and reveals many of its artistic treasures and natural and cultural diversity to visitors along the route that the Navarrese king Sancho III the Great promoted in the 11th century as official, taking the name of the **French Route**.

Two major routes cross the Kingdom of Navarre: the first enters from the Pyrenees via Luzaide / Valcarlos (196 km) and goes through the legendary Orreaga / Roncesvalles; and the second enters **from Aragón** (65 km), passing through Sangüesa – the Aragonese branch – till it joins the French Route in Puente la Reina. From here it goes to Estella-Lizarra, Los Arcos and Viana. There are 8 stretches in Navarre.

Other branches of the Santiago Way also pass through Navarre: the **Baztanese** Santiago Way, of which 69 km are in Navarre (6 stages). It starts in Bayonne and passes through Urdazubi / Urdax, Amaiur, Elizondo, Berroeta, Lantz, Olagüe and Arre, where it joins up to the French Route. There is also the **Santiago Way of the Ebro**, which comprises 40 km over 2 stages, from Cortes to Castejón, passing through Tudela.

IGNATIAN WAY



The Ignatian Way recreates the route followed by the knight Ignatius of Loyola in 1522 from his birthplace, Azpeitia (Gipuzkoa) to the Catalanian city of Manresa. He set out on this pilgrimage after his spiritual conversion in Loyola, ending in the holy city of Jerusalem. The complete route is some 650 km, divided into 27 stages, crossing five autonomous communities with a vast landscape, cultural and gastronomic diversity. The Way in Navarre enters through Genevillla, passing through Meano and Lapoblación, to head further inland to lands in the province of Alava.

Later, the Way follows the banks of the river Ebro to Castejón, passing through Tudela and Cortes till it reaches Zaragoza.

More information: www.caminoignaciano.org

Stages in Navarre:

- Stage 6: Alda-Genevilla; 23.3 km
- Stage 7: Genevilla-Laguardia; 27 km
- Stage 12: Alfaro-Tudela; 23 km
- Stage 13: Tudela-Gallur; 38 km

GREENWAYS



Greenways – adapted former railway lines – are a healthy and safe alternative for hikers and cyclists, offering traffic-free level routes that are filled with history and natural charm. In Navarre we are lucky enough to have five of these routes distributed across the entire territory, covering 117 km:

Plazaola, which follows the route of the former railway that connected Pamplona with Donostia-San Sebastian (68 km); **Bidasoa**, which connected

Legasa with Enderlatsa (35 km); **Irati-Lumbier**

Gorge (6 km), and the **Basque-Navarrese** Railway along which the “cangrejero” (crayfish) train used to pass, connecting Estella-Lizarra with Vitoria-Gasteiz (27 km); as well as the **Tarazonica** Greenway between Tudela and Tarazona (22 km), known as “Escachamatas” after the notoriously slow train that used to use it.



GR (GRANDES RANDONÉES)



Four Grandes Randonées (GR) pass through Navarre. These walks, which take over two days to complete, are over 50 km in length.

- The **GR-11** Pyrenean Path, of which 8 stages – some 170 km – are in Navarre.

- The **GR 20** Route around the Aralar Mountain Range is a 120-km circular route comprising 7 stages.

- The **GR-12** Euskal Herria Path has 9 stages passing along the Cantabrian-Mediterranean water divide.

- The **GR-220** or Route around the Pamplona Basin is a 114 km-long 6-stage circular route.

- The **GR 225** Escape from Ezcaba. This is the route taken by some of the prisoners who escaped from the San Cristóbal prison. 53 km in 5 stages.

- The **GR 321** Royal Path of the Roncal Valley. There are 2 stages and 3 offshoots covering 37.1 km which join up the villages in the valley

More information: www.nafarmendi.org



Gastronomical Navarre



Navarre is not just a delight for walking; it is also a treat for the taste buds. From the northern mountainous area to the Ribera of Navarre, the richness and nuances of its products will not cease to amaze visitors.





This land is not only a paradise for hikers; it is also the place for those that love to eat well. The perfect combination: routes and trips with many regional gastronomic delights. Navarre is outstanding for its variety of landscapes and products, and boasts no less than fifteen top-class quality certifications.

The mountain pastures produce excellent beef and lamb; its woods provide quality game and hidden culinary treasures such as mushrooms. Its D.O. Navarre cheeses must be tried, not to mention its pâtés, cider and unique desserts such as curd.

Pamplona brings together the best gastronomy from the north and the south. As we draw closer into the Cuenca, the delicious aroma of roast lamb, relleno and chistorra sausage makes our mouths water. No visitor can leave the capital without strolling down the streets of the historical city centre and trying its pinchos, veritable miniature haut-cuisine.

The Middle Zone is the land of peppers, asparagus and fresh white beans. We are enticed with the aroma of truffles, vineyards, olive oil mills, cheeses and roast suckling pig. The Ebro river basin is synonymous of allotments, artichokes and lettuce hearts, its incredible vegetable stews, magnificent wines and oils.

Navarran red wines are potent and full-bodied, its whites are fruity, and its refreshing rosés are the perfect pairing to any meal. After dessert, there is always room for a toast with pacharán, the Navarran liquor par excellence.





Recommendations

- ✓ Observe signs.
- ✓ Respect and care for nature (flora, fauna, rivers, etc.). Do not alter, change and/or remove elements from the natural environment.
- ✓ Do not throw away or bury rubbish, tissues or fruit peelings. Put them in the nearest litter bin.
- ✓ Close any gates or fences behind you along the way.
- ✓ Consult the weather forecast beforehand.
- ✓ Take water, a telephone and food.
- ✓ Wear comfortable clothing and footwear that is in keeping with the season.
- ✓ Take binoculars and low-key clothing to help you keep a low-profile when observing fauna.
- ✓ Protect yourself from high summer temperatures.
- ✓ Walk in silence and discover the habits of the animals.
- ✓ Enjoy nature and all that Navarre has to offer: its genuine locals, its cultural heritage and its celebrated gastronomy.
- ✓ In the event of an emergency, call:



Gartxot's Route trail



Tourist Information Offices

NAVARRRE TOURIST INFORMATION:

 Phone 848 420 420

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7 PAMPLONA / IRUÑA
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8 RONCAL / ERRONKARI
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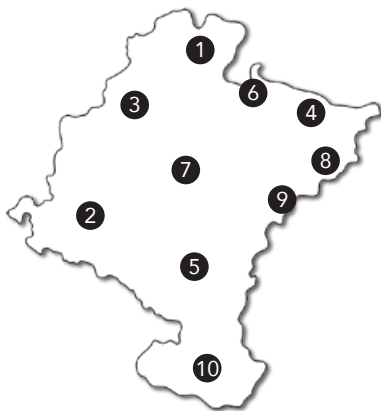
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