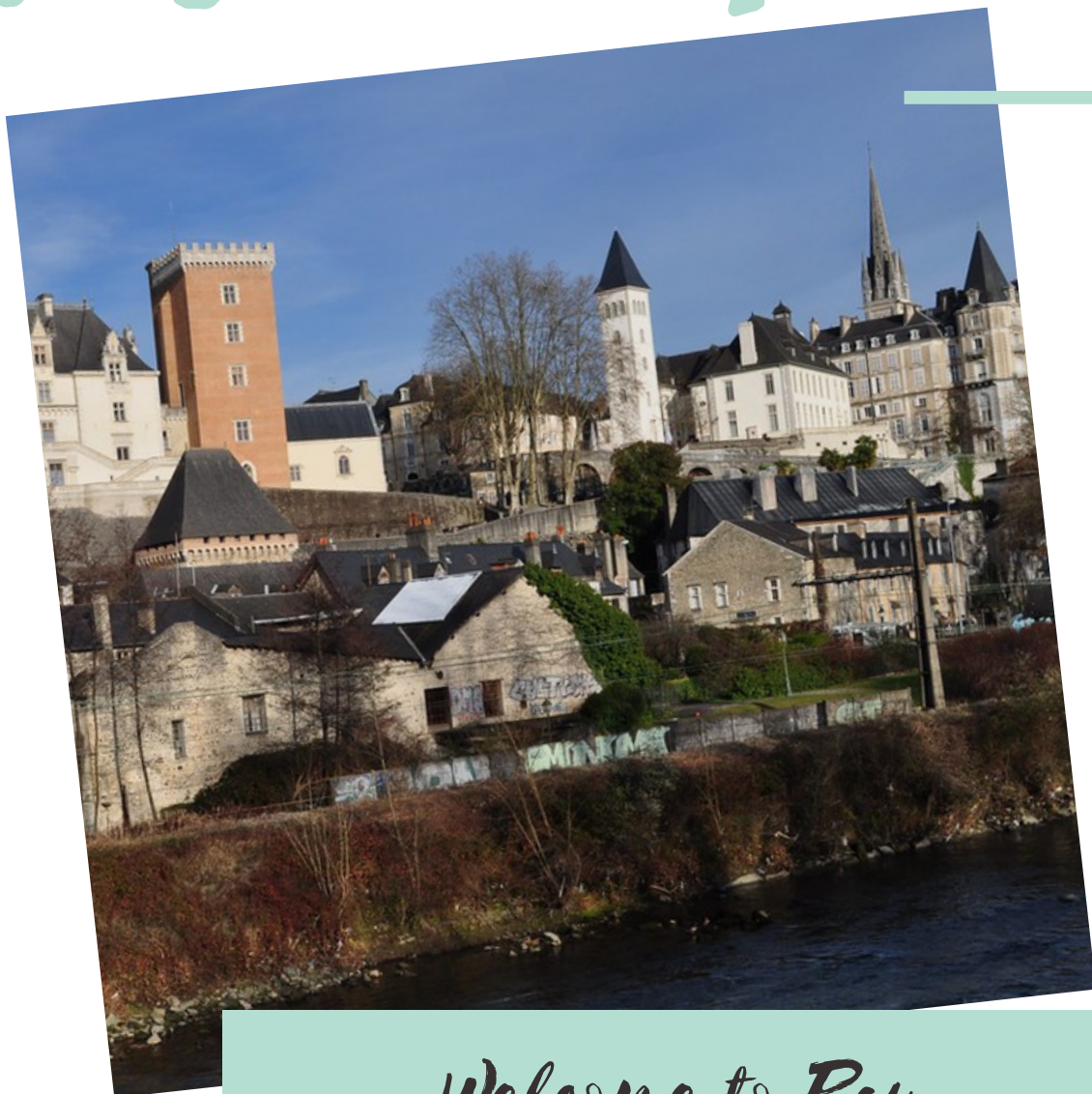


Volunteer Welcome Pack



Welcome to Pau

Pla bérquedo, Welcome !

Dearest volunteers,

We wish you all the best for your stay here.

We wish you all the best for your time here in the Bearn. Here we are in a very singular and particular territory by its history and geography. Very close to Spain, we give a great place between Basque and Bearn culture.

Let's get into the subject, Pau is a city that overlooks the mountains thanks to the Boulevard des Pyrénées, you have a breathtaking view. It is located very close to the Pyrenees and at the same time to the Atlantic Ocean: perfect for winter and summer. You have the choice, you are lucky ;) You live in a city that offers a great offer of cultural outings, meetings, festivals and events. Be attentive to the program, especially in summer... Don't forget to go for a walk on the edge of the river, it's a real breath of fresh air and don't hesitate to go canoeing, Pau is the city of the Olympic champion Tony Estanguet... So take advantage of this opportunity to improve your skills.

Here we eat a lot (beware vegetarians or vegan, it is not the ideal region) of meat and cheese accompanied by wine. French and Bask gastronomy is worth discovering (go and taste a good axoa or a garbure, you will tell us about it!).

We hope you enjoy this place as much as we do.

Enjoy it, as much as you can !

10 things to do and to see absolutely !

1



Going up to La Rhune

Reach his altitude of 905 m! At the top, after crossing the path of a few pottoks (wild horses) and sheep, enjoy a panoramic view of the Pyrenees chain on one side and the Ocean on the other side.

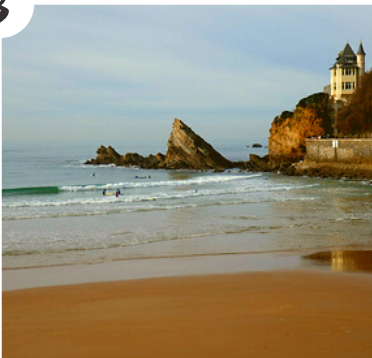
2



Walking the "Sentier du littoral"

From Bidart to Hendaye via Saint-Jean-de-Luz and Ciboure, the coastal path offers grandiose panoramas. The Pyrenees on one side, beaches, strikes and cliffs on the Atlantic side. On foot or by bike!

3



The famous Côte des Basques

This mythical place of Biarritz is famous for the ballet of surfers. It's good to swim at low tide, go for a walk or just enjoy the panorama. Surrounded by cliffs, the beach offers a view of the mountains on one side and the emblematic Villa Belza on the opposite side.

4



The cellars of Jurançon

Take a tour of the cellars of this sweet and mellow white wine. It is a typical product of our region. Take part in a free visit and a tasting. To be consumed with moderation!

5



The road of the most beautiful villages of France

Ainhoa, La Bastide Clairence, Saint-Jean-Pied-de-Port, Navarrenx and Sare, these five villages labelled "Most beautiful villages in France" in the Basque Country and Béarn, which you won't forget.

10 things to do and to see absolutely !

6



Take part in the Bayonne festivities !

This gathering is a very important event in the cultural life of Bayonne. For more than 80 years, we have been joining together for 5 days to celebrate dressed in red and white, with a red belt and a scarf. It's very important!

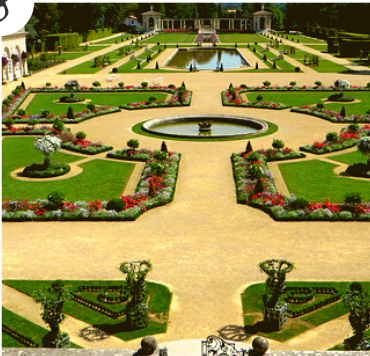
7



Go skiing in the Pyrenees

Even if our ski resorts are not the best known in France, they have the merit of being quite crowded and pleasant in high season. Gourette is the most accessible station by transport or by car.

8



The "Arnaga Villa"

Edmond Rostand's neo-Basque house in Cambo-les-Bains is the lair of the famous poet and author of "Cyrano de Bergerac". You will enjoy strolling through the French and English gardens.

The Boulevard des Pyrénées in Pau

1.8km long, it overlooks terraced gardens that link the upper and lower towns of Pau by the paths of the King and offers a magnificent view of the Pyrenees.

9



10



Don't forget the Landes !

It's the department next door to you. It is home to towns like Capbreton and Hossegor. Very famous for their wild beaches and surfing competitions!

General information

"Pau has the world's most beautiful view of the earth just as Naples has the most beautiful view of the sea."

Alphonse de Lamartine

Welcome to Pau, the city is located in the heart of the former sovereign State of Béarn, of which it was the capital from 1464. Bordered by the Gave de Pau, the city is located 100 kilometres from the Atlantic Ocean and 50 kilometres from Spain. Its location gives Pau an amazing view of the Pyrenees mountain range. This view can be seen from the famous Boulevard des Pyrénées which extends for 1.8 kilometres from the Château de Pau to the Parc Beaumont.

Region: Aquitaine
Department : Pyrénées Atlantiques (64)
Superficie : 31 km²
Population : 83 000 inhabitants
Altitude: 165 - 245 meters
Website: www.pau.fr
Characteristics: Pau is the only city which gave birth to two kings.



Weather

You must absolutely know that the weather in the Bearn is very capricious. It can rain in the morning and in the afternoon it can be 35 degrees. We therefore advise you to bring your rain jacket, your umbrella but also your sunglasses, swimsuits and sunscreen.



	janv	fév	mars	avril	mai	juin	juil	août	sept	oct.	nov.	déc.
Température mini	2°	3°	5°	7°	11°	14°	15°	16°	12°	9°	5°	2°
Température maxi	12°	13°	16°	17°	22°	25°	27°	27°	24°	20°	14°	12°

Let's Travel

In the City



- Free : the 100% electric free shuttle bus COXITIS brings you in the hyper-center of Pau.
- From 1€ : the self-service IDEcycle bike allows you to get around by bike in the town (and the first two hours are free !).
- For 1€ : with the IDELIS bus, you can travel for an hour on all the bus lines (as of the first validation time).
- For 3,50€ : with the IDELIS bus, it is ideal for visiting PAU and its surrounding area, you can travel for 24 hours on all the bus lines (as of the first validation time).
- For 4,50€ : this ticket allows you to travel in the agglomeration (with IDELIS) and on all the bus lines of the regional road transport in the Pyrénées-Atlantiques (as of the first validation time), you can make 2 moves by one hour each.

For more information : <https://www.idelis.fr/>

Do not hesitate to download the application on your Smartphone.

It's possible to buy your ticket :

- In the IDELIS commercial agency
- To the ticket vending machines
- On the online store
- In the IDELIS relays

Everywhere



To program a move (in the town, the department, the region or in France) by bus, train or carpool, you can go / download the application :
<https://modalis.fr/fr/>

Gare de Pau
Avenue Jean Biray
64000 PAU
<https://www.oui.sncf/>



Aéroport de Pau-Pyrénées
Route de l'Aéroport
64230 UZEIN
<https://www.pau.aeroport.fr/>



Learning, doing sport, eating, dancing...

Monuments, museums and cultural activities



Henri IV Castle Museum

The Château de Pau is a castle in the centre of Pau where King of France and Navarre - Henri IV was born.

Opening hours : every day to the public :

- Except the 1st of January, the 1st of May and the 25th of December.

- 23th of Septembre - 14th of June : 9:30am - 11:45am and 2pm - 5pm.

- 15th of June - 22th of September : 9:30am - 5:45 pm (last access at 5:30pm)

Price :

- Free : For everyone under 18 yrs old
For European Union residents under 26 years old
- Full price : 7 €
- Reduced price : 5,50 €
- Groupe price : 6 € / person (minimum of 10 persons)

The access to the garden is available and free all year round.



Musée national et domaine du château de Pau

Rue du Château

64000 PAU

<https://chateau-pau.fr/>.

+33 (0)5 59 82 38 00

Museum of English town Pau

Founded in 1824, the museum will drive you back to the old England.

Opening hours : every afternoon, 3pm - 7pm (by appointment).

Price : free.

Musée de Pau Ville Anglaise

68, rue Montpensier

64000 PAU

+33 (0)5 59 14 93 88



Museum of Fine Arts

Founded in 1964, the diversity and the quality of its collection put it among the great Aquitanian museums.

Opening hours :

- Tuesday - Sunday : 11am - 6pm

- Closed : the 1st of January, the 1st of May and the 25th of December.

Price : free.



Musée des beaux-arts
10 rue Mathieu Lalanne
64000 PAU
+33 (0)5 59 27 33 02

More museum / theaters / cinemas :

Musée Bernadotte

8 Rue Tran

64000 PAU

Museum of the Resistance

4 rue Despourrins

64000 PAU

Theaters and Cinemas

Theater - Espace Pluriels

17 Avenue Saragosse

64000 PAU

www.espacespluriels.fr.

Theater Monte Charge

7 rue Rivares

64000 PAU

www.theatre-montecharge.com.

EpiScènes

Community Center Theater Performance

6 Bis rue René Olivier

64320 BIZANOS

<https://episcenes.com/>.

Cinéma Le Méliès

Arthouse cinema. Original version with French subtitles.

6 rue Bargoin

64000 PAU

www.lemelies.net.

Cinéma CGR Pau Université

Place du 7ème Art

Rue André Mitton

64000 PAU

<https://www.cgrcinemas.fr/pau2/infoscine/>.

For more activities in Pau and its surrounding area, do not hesitate to go on the website of the town : <http://www.pau-pyrenees.com/>.

Sport activities

Making a splash :

Piscine Complexe Nautique Louis Péguilhan
Boulevard du Cami Salié
64000 PAU

Stade Nautique - Piscine à Pau
Avenue Nitot
64000 PAU

Piscine Aqua Lons
Mail de Coubertin
64140 LONS



Centre aquatique Calicéo
Boulevard du Cami Salié
ZA Parkway
64000 PAU

Go running :

Stade Andre Lavie
17 Avenue du Doyen Robert Poplawski
64000 PAU

Chemin Henri-IV
(From the castle of Franqueville)
64320 BIZANOS



Forêt Domaniale de Bastard
Boulevard Olof Palme
64000 PAU

Bois de Lons
Boulevard de l'Europe
64140 LONS

Skateboarding and chilling :

Plaine des sports
1 Mail de Coubertin
64140 LONS



Eating, Dancing and Drinking (with moderation !)

Georgio Maître Artisan Glacier

Monday - Saturday (3pm - 7pm) :

Place de la Libération, 64000 PAU

Sunday (3pm - 7pm) : Square Aragon, 64000 PAU

Ice-cream maker.



Le Red Lion

8 rue Lapouble

64000 PAU

Pub and dancing ; Famous place for
Salsa, Bachata, Kizomba,
Karaoke & and traditional bal.

Le Garage

47 Rue Emile Garet

64000 PAU

One of the most popular places in Pau
where youth gather to
have dinner or a drink.



Restaurant Le Canard Royal

13 Rue du Moulin

64000 PAU

Traditional French Restaurant

Price range : 9 € - 41 € (first menu at
27,50 €)



Show Case Time
8-10 Rue Arribes
64000 PAU
Pub, music, theater, salsa show place.

Le W
5 Place St Louis de Conzague
64000 Pau
Pub and concert place ; Music & Theater
shows



Durango
9 rue de la Fontaine
64000 PAU
Clubbing.
Wednesday - Saturday :
1:00 am - 5:00 am.
Price :
- Free on Thursday.
- Entrance: 10 €

Supermarket, shopping centers...

Hypermarkets

Centre E. Leclerc
Avenue Louis Sallenave
64000 PAU
Monday - Saturday : 8:30am - 9pm
Sunday : 9am - 12:30pm



Auchan Pau
1 Avenue Du General Leclerc
64000 PAU
Monday - Saturday : 08:30am - 9:30pm
Sunday : 9am - 12:30pm

Carrefour Lescar
8 Rue Jean Jaurès
64230 LESCAR
Monday - Saturday : 08:30am - 9pm
Sunday : 8:30am - 12:30pm

Local markets

Bio Béarn Coop
41 Avenue Fouchet
64000 PAU
Monday - Thursday : 9am - 1pm and 2:30pm - 7:30pm
Friday - Saturday : 9am - 7:30pm
Local and organics food and products.

Biocoop
59 Route de Bayonne
64140 BILLERE
Monday - Friday : 9:30am - 1pm and 2:30pm - 7:30pm
Saturday : 9:30am - 7pm
Local and organics food and products.

Halles de Pau
Rue de la République
64000 PAU
Tuesday - Friday and Sunday :
7am - 3pm
Saturday : 9am - 8pm
Produce market.



Gaston's
151 Boulevard de la Paix
64000 PAU
Monday - Saturday : 7am - 7:30pm
Sunday : 7am - 1:30pm
Local and organic bakery.

Outdoors markets

Marché Gramont
3 Place Gramont
64000 PAU
Sunday : 9am - 1pm



The major events of the year



Biarnés Carnival

Last February, the Biarnés Carnival is part of the five most famous carnival in France. More than 50 000 persons are participating on it, actors, musicians...

The end-of-year festivities
Early December. Live music, Christmas market, Ferris wheel, illuminations, tents of artisan creators, gourmet tastings...



Funfair

Early November. Attractions, rides, stands...

Rugby and basketball matches
All year round. The TOP14 'Section paloise' and the 'Elan Bernais' ... come cheer on the best teams !



Tips for weekends

History and delicacies, shopping and relaxation, the city and the countryside ... For a weekend, let yourself be tempted by Pau Pyrénées! In a few outline, we offer you an overview of your two days spent with us. Our suggestions for your weekend : gastronomy, heritage, walks and a breath of fresh air. Something to make you happy, time for a parenthesis!

SATURDAY

Saturday morning: Les Halles market.

When you wake up, nothing like going to Les Halles, the local market. The atmosphere, the conviviality of the producers, the flavors of our region are the beginning of your lively saga in Béarn!



Shopping and relaxation in the pedestrian center of Pau.

Continue your discovery in the shopping area of the pedestrian heart of Pau. Here, many brands welcome you, but also many pleasant terraces for a refreshing break or your lunch.

Saturday afternoon: The medieval city of Lescar.

The visit continues outside Muros, towards the medieval city of Lescar. The Roman style cathedral houses tombs of kings of Navarre and a magnificent medieval mosaic. End your visit by going down the ramparts.



The Pau-Billère golf course and its natural setting. (<https://www.paugolfclub.com/fr/>)

Did you know that the oldest golf course on the European continent is in Pau Pyrénées? It is more precisely in Billère, at the gates of Pau, that he spreads his superb green on the banks of the Gave. Leave your vehicle here and enjoy.

Tips for weekends

SUNDAY

Sunday morning: Wine of kings and king of wines, here is Jurançon.
After your Sunday morning break, head to our King of wines: Jurançon. In the blink of an eye, on leaving Pau, the vineyard appeared. Here, everything is only valley and roundness. The King of wines comes in two versions.



Sunday afternoon: Chez le bon Roi Henri!
A must visit during your stay: the National Museum of the Château de Pau. More than eight centuries of history will be told to you on this guided tour which will lead you through richly furnished cabinets and apartments...

Pau Pyrénées whitewater stadium: admire or practice! (<https://www.paupyrenees-stadeeauxvives.fr/>)
To conclude your afternoon, head to the whitewater stadium. Here high-level athletes train, but not only! If you feel like it, put on a jumpsuit and embark on a rafting, hydrospeed or other kayak descent! Booking is recommended.



All good things come to an end...

Health and Emergency



Hopital François Mitterrand

Address : 4 Boulevard Hauterive, Pau
05 59 92 48 48



Clinique de Navarre

Address : 8 Boulevard Hauterive, Pau
05 59 14 54 54



Polyclinique Marzet

Address : 42 Boulevard Alsace, Pau
05 59 02 33 45



SOS Médecins

Doctors 24h/24 and 7d/7
05 59 03 30 00
Appointment online: [here](#)



Planning familial de Pau (Family planning)

Useful for contraception, informations...
05 59 92 47 34 / Inside of the hospital François Mitterrand



Maison du don de Sang (Blood donation house)

Centre Hospitalier, 145 avenue de Buros, 64000 Pau
0 800 744 100 - only monday and friday

Emergency Phone number

15 in France - 112 in Europe

Firemen: 18

Police: 17

Need a special medical appointment?

An appointment with the dentist or the ophthalmologist? You can find available appointments on the **Doctolib application**. It allows you to find available doctors and book the appointment directly on the [website](#) or the application.

Useful applications and websites



Citymapper

Citymapper

Essential for travel in large cities. In France, it's only available for the cities of Paris & Lyon. Citymapper is the combination of all possible and imaginable means of transport in a single app. It allows you to know how much transport costs (and the most advantageous), or how to get out from the metro quickly as possible (for the lazy team!) or even the best possible optimization of the journey (for the team, sleep is the most important thing!).



Maps.me

It's THE reference in terms of maps: unlike Google Maps, it is based on GPS and doesn't require a connection. Whether you are lost in the heart of a forest or in the mountains, the tool works without internet and will find you!



Reverso
Context

Reverso Context

It's a great tool for translating unfamiliar words or phrases that normal translators have trouble translating. Here, Reverso Context is based on the context of the sentence. The application offers games to memorize words and expressions. The service is available in 9 languages. To be explored!

leboncoin

Le Bon Coin

Are you the king of good deals? Le Boncoin is just what you need. You can buy, sell, put up alerts or have your orders delivered. It recycles!

Rome2rio

Rome2rio

Sometimes getting from point A to point B can be very complicated (especially in lost corners). Rome2rio can save you: the site combines all means of transport and allows you to find improbable buses or interesting flight connections. This can give you an overall range of how much your trip will cost.

Useful applications and websites



TooGoodtoGo

Too Good to Go is your ally in saving money and fighting food waste. The principle is simple: it allows you to discover shops around you that offer the unsold products of the day at very low prices. In addition, it allows you to discover your city a little better by going to get your surprise shopping baskets!



Lydia & Tricount

The combo of the two applications allows you to keep up to date with your payments with your friends or roommates. Tricount, offers you the possibility to enter your expenses between friends. Let's imagine, you go to a restaurant one pay, to a museum and another pay. Tricount will calculate who owes how much to whom, it's quite magical! The Lydia application allows you to make your reimbursement in a very simple way. As we always say, good counts make good friends ;) !



European Youth Card



The European Youth Card is a discount passport that can be used in 38 European countries. It gives you discounts on cultural places, shops, transport, restaurants and rentals. You can order it until you are 30 years old, it costs 10€. Good to know : use the application to have the geolocation of the good deals around you.

Google translation



The application is not really perfect in terms of translation, but it offers two quite interesting functionalities. The first one is the possibility to scan a text or take a picture, to get a translation without having to write or in the case of Chinese or Cyrillic alphabets (and we're happy about that!). The second one is the conversation mode that allows you to speak in your mother tongue, which translates into the desired language, and the person can also answer you in his or her own language.

Free prints

If you're a fan of photos and want to print them, it always costs a bit. The promise of Free prints is 45 free photo prints per month, which means just over 500 prints per year! You will only have to pay the shipping costs between €1.99 and €5.99 maximum.



Pistes Solidaires Office



PAU

17 bis, rue Pierre et Marie Curie
64000 PAU

Monday - Friday : 9am - 12pm and
2pm - 5pm

05 59 84 92 00



BAYONNE

13 avenue de la Légion Tchèque
4ème étage
64100 BAYONNE

Monday - Friday : 9am - 12pm and
2pm - 5pm

05 59 84 92 00

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www.pistes-solidaires.fr



mobility@pistes-solidaires.fr