



Photo: oksmit/Shutterstock.com



Oleg_Mit/Shutterstock.com



oksmi/Shutterstock.com



Jerome Bon/Flickr

Nestled in the corner of rural south-west France stands Pau, the capital of the Béarn province, a bastion of history and culture. The town occupies a unique geographical position in the foothills of the Pyrenées. With its awe-inspiring views of the mountain range, Pau is only a few hundred kilometres from the major towns of Bordeaux and Toulouse, and even closer to Spain and the Atlantic Ocean. A springboard to sunny beaches or snow-capped mountains, Pau's pretty streets and excellent gastronomy are enough to ensure leaving will be difficult.

QUIZ

*What Type of Traveller
Are You Based on
Your Travel IQ?*

TAKE THE QUIZ

Top 5



Pau Château National Museum
A defining symbol of the town, built in 1370, Pau Château was the birthplace...



Boulevard Des Pyrénées
Kick back at one of the many pavement cafés or restaurants you can find on t...



Musée Bernadotte
Located in an 18th-century house, this museum is dedicated to the French man...



Pau Racecourse
Enjoy a day out at the races, French-style, at the Pau Racecourse. It is als...



Musée des Beaux Arts
This fine arts museum is located in a beautiful building from the 1930's. Mu...



THE CITY



MIPImages/Shutterstock.com

Pau is a versatile city, and most sights are located just a short funicular ride away from the train station. Set on a hillside, you will find a majestic château, the former residence of Henri IV, the first Protestant king of France.

The town's iconic street, the Boulevard des Pyrénées, offers beautiful views adorned by palm trees, mountains, and the national park surrounding it. Behind "the strip" there are busy little streets shooting off and converging around the main squares and central areas of Place Clémenceau and Place Royal. Everything is easily accessible from the boulevard, whether it's the bars lining it, the boutiques and clothes shops behind it, or the Centre Bosquet a few minutes' walk away.

DO & SEE



oksmit/Shutterstock.com

Pau offers many historical attractions like the impressive Château de Pau, and various museums with interesting art and heritage on display. If you would like to go on a longer excursion, you will also find a wide range of splendid cities and villages around Pau. The combination of castles, beautiful architecture, English style gardens and fun activities makes this town well worth exploring.

Pau Château National Museum



A defining symbol of the town, built in 1370, Pau Château was the birthplace of Henri IV. The castle became a museum in 1926 and here you will find important collections dedicated to Henri IV as well as the royal apartments.

Photo: Raquel Pedrosa/Shutterstock.com

Address: 2 rue du Château, Pau

Opening hours: High season: daily 9.30am-5.45pm. Low season: daily 9.30am-11.45am and 2pm-5pm

Phone: +33 559 823 800

Internet: chateau-pau.fr

Email: contact.chateau-de-pau@culture.gouv.fr

Boulevard Des Pyrénées



Kick back at one of the many pavement cafés or restaurants you can find on this famous boulevard. Boulevard Des Pyrénées is great for a relaxing walk and lets you quietly take in one of the best views in the world.

Photo: oksmit/Shutterstock.com

Address: Boulevard des Pyrénées, Pau

Musée Bernadotte



Located in an 18th-century house, this museum is dedicated to the French man Jean-Baptiste Jules Bernadotte, who rose from the low ranks of the Gallic army to become King of Sweden.

Photo: Père Igor/Wikimedia Commons (image cropped)

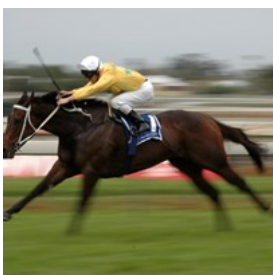
Address: 8 rue Tran, Pau

Opening hours: Tuesday-Sunday: 10am-12pm and 2pm-6pm

Phone: +33 559 274 842

Internet: www.pau.fr/210-musee-bernadotte.htm

Pau Racecourse



Enjoy a day out at the races, French-style, at the Pau Racecourse. It is also known as the Hippodrome de Pau and is an age-old, traditional racecourse with a 3,500 capacity stadium. Its high season is during winter.

Photo: Ross Stevenson/Shutterstock.com

Address: 462 boulevard du Cami Salié, Pau

Phone: +33 559 130 700

Internet: www.hippodrome-pau.com

Musée des Beaux Arts



This fine arts museum is located in a beautiful building from the 1930's. Musée des Beaux Arts houses many masterpieces made by household names like El Greco, Degas and Rubens.

Photo: Flo641/Wikimedia Commons (image cropped)

Address: 1 rue Mathieu Lalanne, Pau

Opening hours: Daily: 10am-12pm and 2pm-6pm. Closed on Tuesday.

Phone: +33 559 273 302

Internet: www.pau.fr/209-musee-des-beaux-arts.htm

Funiculaire de Pau



The Funiculaire de Pau is a small railway running from Boulevard des Pyrénées to the railway station and mainly functions as a service for locals. The ride takes about 3 minutes and is perfect for children who will love this small train going up and down.

Photo: Raquel Pedrosa/Shutterstock.com

Address: Les Sentiers du Roy, Pau

Opening hours: Monday-Saturday: 6.45am-9.40pm, Sunday: 1.30pm-8.50pm

More Info: Free

Skiing in the Pyrenees



The Pyrenees ski resorts are easily accessible from Pau if you want to go on a ski holiday. The Pyrenees are more affordable than the Alps when it comes to passes and hire. You can reach the different destinations easily by buses and shuttles.

Some of the ski areas in the area are:

- Saint-Lary Soulan, with 100km of pistes, plenty of off-piste opportunities, and a kids' park with its own toboggan run;
- Les Angles, a huge ski area with loads of pistes;
- La Mongie/Barèges, with a total of 69 pistes and 42 lifts.

Photo: gorillaimages/Shutterstock.com
Address: Saint-Lary Soulan, France
Phone: +33 562 395 366
Internet: www.saintlary.com/winter/skiing/the-ski-resort
Email: saintlary@altiservice.com

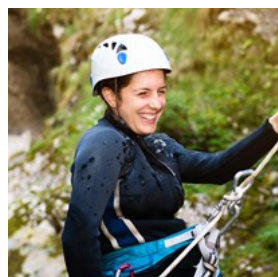
Casino de Pau Groupe Tranchant



Located in the heart of the city in a renovated building, the Casino de Pau has much to offer if you feel like gambling tonight. Onsite you will find restaurants and bars, and a lot of entertainment opportunities throughout the year.

Photo: Kucher Serhii/Shutterstock.com
Address: Allée Paul Valéry, Pau
Opening hours: Daily: 10am-2am
Phone: +33 559 270 692
Internet: pau.groupetranchant.com
Email: infopau@groupetranchant.com

Canyoning



In the mountains you can find the stunning canyons hidden away from the tourist trails. Canyoning is an exciting sport that will really give you a rush out of the ordinary. There are different activities offers to suit all tastes.

Photo: LeventeGyori/Shutterstock.com
Address: 51 Bis Boulevard Charles de Gaulle, Lons

Opening hours: Daily: 8am-7pm
Phone: +33 679 286 567
Internet: www.experience-canyon.com
Email: contact@experience-canyon.com

Clos Lapeyre



Clos Lapeyre is one of the many vineyards you can find in Jurançon, making a detour around Pau to explore the area. This vineyard offers wine tastings (dégustations) and beautiful sceneries.

Photo: Alison Cornford-Matheson/Shutterstock.com
Address: 257 Chemin du Couday, La Chapelle de Rousse, Jurançon
Opening hours: Monday-Friday: 9am-12pm and 2pm-6pm, Saturday: 2pm-6.30pm, Sunday: reservations only
Phone: +33 559 215 080
Internet: www.jurancon-lapeyre.fr
Email: contact@jurancon-lapeyre.fr

Circuit Pau Arnos



If you fancy cars and motorbikes you might want to go on a detour to Circuit Pau Arnos. This place is located a bit outside Pau and here you can attend various events and competitions.

Photo: www.twin-loc.fr/Flickr.com (image cropped)
Address: Route du circuit, Arnos
Phone: +33 559 725 972
Internet: www.circuit-pau-arnos.fr
Email: contact@circuit-pau-arnos.fr

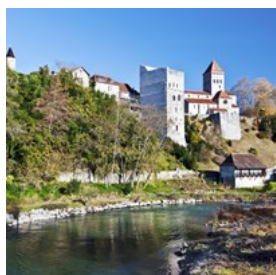
Lourdes



Go twenty minutes south on the train and you will find yourself at one of the holiest sites in the whole world. Each year seven million pilgrims visit the Sanctuary of Our Lady of Lourdes. You may also want to visit the castle, the Pic du Midi mountain and the Gavarnie Cirque.

Photo: Oscity/Shutterstock.com
Address: Lourdes, France

Exploring The Béarn Region



To explore some of the picture-postcard villages that surround Pau you can rent a car or just hop on the bus. Two of the most beautiful places to go are Salles-de-Béarn and Sauveterre-de-Béarn, which take from one to two hours to reach.

Photo: Sasha64f/Shutterstock.com
Address: Sauveterre-de-Béarn, France

DINING



svry/Shutterstock.com

Pau and the Béarn area are famed for their cuisine. As with other parts of south-west France, it is the duck that dominates local dishes. Some specialties in Pau include foie gras,

tender slices of duck breast (magret de canard), cured ham (jambon de Bayonne) and creamy mountain sheep cheeses. The Palois like a good stew as well, often a garbure béarnaise, with potatoes, white beans, and, of course, duck. Poule au pot, a whole chicken cooked in a pot with onions, potatoes and wine, is also popular, and is washed down with a dry Jurançon wine.

Chez Olive



In a pretty wooden building in the old part of town, Chez Olive serves traditional food with a modern twist. If you come here, you should try their signature dish, the poule au pot.

Photo: margouillat photo/Shutterstock.com
Address: 9 rue du Château, Pau
Opening hours: Monday and Thursday: 7pm-9.30pm,
Tuesday-Wednesday and Friday-Saturday: 12pm-1.30pm and
7pm-9.30pm
Phone: +33 559 277 945

L'Aragon



This restaurant has a nice view of the mountains from its outdoor tables. Dishes at the restaurant include French specialities like escargots, foie gras, et boeuf bourguignon.

Photo: istetiana/Shutterstock.com
Address: 18 boulevard des Pyrénées, Pau
Opening hours: Daily: 12pm-2.30pm and 7pm-10.30pm
Phone: +33 559 271 243
Internet: brasserie-aragon.com
Email: contact@brasserie-aragon.com

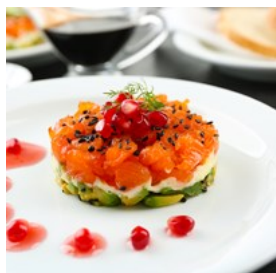
Le Jeu De Paume



Haute cuisine at its finest can be found in this restaurant nestled in the resplendent grounds of Parc Beaumont. Here you can discover inventive modern dishes meeting traditional gastronomy, all prepared with seasonal ingredients from chef Christophe Canati.

Photo: Stenko Vlad/Shutterstock.com
Address: 1 avenue Edouard VII, Pau
Opening hours: Daily: 12pm-2pm and 7pm-10pm
Phone: +33 559 118 400
Internet: www.hotel-parc-beaumont.com/en/gastronomy/restaurant-jeu-de-paume-menu
Email: info@hotel-parc-beaumont.com

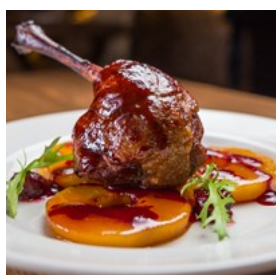
Le Mas Des Arômes



Le Mas Des Arômes serves creative and inventive cuisine. The interior of this restaurant is modern as well with comfy seats and wooden tables. Ask for the weekly specials or choose the chefs menu for a meal in the spirit of discovery.

Photo: Africa Studio/Shutterstock.com
Address: 16 route de Tarbes, Idron
Opening hours: Mon-Sat 12pm-2pm and 7:30pm-10pm, except for Wednesday evening and Saturday at lunch
Phone: +33 559 024 493
Internet: www.lemasdesaromes.fr
Email: contact@lemasdesaromes.fr

Le Saint Jacques

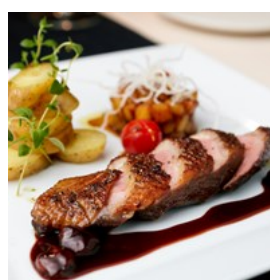


At Le Saint Jacques in the old part of town, the menu focuses on meat and fish serving local specialities like duck confit and grilled beef

with Béarnaise sauce. During summer you can sit on the outside terrace and during winter you can enjoy the cosy fireplace.

Photo: Sinichenko Maksim/Shutterstock.com
Address: 11 rue du Parlement, Pau
Opening hours: Daily: 12pm-2pm and 7pm-10pm
Phone: +33 559 275 897
Internet: www.lesaintjacques.org
Email: audseb@hotmail.com

Le Canard Royal



The Canard Royal is a hidden gem in the town centre. This restaurant specialises in duck dishes and has many different options to choose between. Expect an artistic presentation as well.

Photo: Maksim Toome/Shutterstock.com
Address: 13 rue du Moulin, Quartier du Chateau, Pau
Opening hours: Daily: 7.30pm-10pm
Phone: +33 559 840 826
Internet: www.lecanardroyal.com
More Info: Hours may change according to the season

Les Papilles Insolites



With a nice twist to traditional French dishes, the stylish Les Papilles Insolites serves original food accompanied by a great selection of wines directly from their cellar.

Photo: kichigin/Shutterstock.com
Address: 5 rue Alexander Taylor, Pau
Opening hours: Wednesday-Saturday: 3pm-11.30pm
Phone: +33 559 714 379
Internet: www.lespapillesinsolites.blogspot.se

La Fiancée du Désert



This Lebanese and Armenian gem called La Fiancee du Desert is to be found in the heart of Pau. Good priced and with a quirky interior, this restaurant lets you try different Mediterranean specialities like felafel, baklava and many more.

Photo: Bartosz Luczak/Shutterstock.com

Address: 21 rue Tran, Pau

Opening hours: Tuesday-Saturday: 12pm-2pm and 7pm-10pm

Phone: +33 559 272 758

Email: contact@la-fiancee-du-desert.fr

Le Bistrot d'a Cote



With typical bistrot decor and nouvelle cuisine, this restaurant in the old town delights its customers by using only local, fresh produce. They have affordable menu offers and interesting organic wines to try.

Photo: Viktor1/Shutterstock.com

Address: 1 Place Gramont, Pau

Opening hours: Tuesday-Friday: 12pm-2pm and

7.30pm-10pm, Saturday: 7.30pm-10pm

Phone: +33 559 279 808

Internet: www.lebistrotdacotepau.com

La Table d'Hote



You'll find this Michelin restaurant hidden in the old town. La Table d'Hote serves traditional French food like the foie gras, but also speciality dishes like strawberry soup.

Photo: AS Food studio/Shutterstock.com

Address: 1 rue du Hedas, Pau

Opening hours: Tuesday-Saturday: 12pm-1.15pm and 7.30pm-9.30pm

Phone: +33 559 275 606

L'Opera



At L'Opera you can choose between a wide range of dishes including typical French food, but also salads, burgers and homemade desserts.

Expect to find sophisticated dishes, daily specials and fair prices.

Photo: Kzenon/Shutterstock.com

Address: 10 rue Samonzet, Pau

Opening hours: Tuesday-Thursday: 11.45am-2.30pm, Friday:

11.45am-2.30pm and 7.30pm-9.30pm, Saturday:

7.30pm-9.30pm

Phone: +33 559 277 318

Email: restaurantloperadepau@gmail.com

Au Fin Gourmet



You can find this fine dining restaurant inside Les Jardins de Joantho, some beautiful gardens in Pau. With its floor to ceiling windows, Au Fin

Gourmet allows for a memorable meal in a great natural setting.

Photo: stockfour/Shutterstock.com

Address: 24 avenue Gaston Lacoste, Pau

Opening hours: Tuesday: 7pm-10pm, Wednesday-Saturday:

12pm-2pm and 7pm-10pm, Sunday: 12pm-2pm

Phone: +33 559 274 771

Internet: www.restaurant-aufingourmet.com

Email: contact@restaurant-aufingourmet.com

CAFES



ilolab/Shutterstock.com

After a long day of sightseeing in Pau, drop in one of its numerous coffee shops and enjoy the wide range of good food and pastries.

L'Isle au Jasmin



L'Isle au Jasmin is a lovely tea house that serves many varieties of teas, coffee and tasty pastries. You can sit outside on the deck

chairs and enjoy yourself while having great view of the city.

Photo: Stenko Vlad/Shutterstock.com

Address: 28 boulevard des Pyrénées, Pau

Phone: +33 559 273 482

L'Entropie



L'Entropie hosts literary and scientific events as well as entertaining quizzes, all of which are open to the public. It's also a nice place for playing pool, relaxing and having a cup of coffee.

Photo: mmohoc/Shutterstock.com

Address: 27 rue Bernadotte, Pau

Opening hours: Tuesday-Saturday: 3pm-2am

Phone: +33 559 829 544

Email: l.entropie@icloud.com

Pau's Café



Pau's Café is located in the heart of the historic city of Pau, near the castle of Henry IV. This genuine and cosy café has been operated since

1989 and offers a wide range of high quality coffees and teas. Coffee beans are roasted everyday here, and a selection of coffee-related items are for sale.

Photo: Settaphan Rummanee/Shutterstock.com

Address: 34 rue Maréchal Joffre, Pau

Opening hours: Tuesday-Friday: 9.30am-7pm, Saturday: 9.30am-12pm and 2pm-7pm

Phone: +33 559 278 485

Internet: www.pauscafe.fr

Email: contact@pauscafe.fr

Café Grand Prix



Café Grand Prix is located in the Hotel Parc Beaumont. On the menu you will find the daily special and other light meal options like

omelettes, salads, sandwiches and also desserts. If the weather allows, you can enjoy your food and drink on the outdoor terrace.

Photo: Jack Frog/Shutterstock.com

Address: 1 avenue Edouard VII, Pau

Opening hours: Daily: 12pm-14pm and 7pm-9pm

Phone: +33 559 118 400

Internet: www.hotel-parc-beaumont.com/gastronomie/cafe-grandprixpau

Email: h8612@accor.com

Fika Pause Nørdic



In Swedish, "fika" means taking a break to drink a hot beverage and eat something sweet, which is exactly what you can do at this cosy little tea shop. Here they also prepare some light lunch options to eat on the spot or take away.

Photo: Dariia Belkina/Shutterstock.com

Address: 5 rue Valéry Meunier, Pau

Opening hours: Tuesday-Saturday: 12pm-2.30pm and 3.30pm-6.30pm,

Phone: +33 559 842 947

Pâtisserie Saint-André



In this shop you will find many cakes, pastries, cookies and more delicious goods. Pâtisserie Saint-André offers not less than 32

varieties of cake and a wide selection of chocolate. To top it off, everything is home made and of the highest quality.

Photo: rnl/Shutterstock.com

Address: 49 rue Henri Faisans, Pau

Opening hours: Tuesday-Friday: 8am-1pm and 3pm-7pm, Saturday: 9am-1pm and 3pm-7pm, Sunday: 9am-1pm

Phone: +33 559 277 362

Internet: www.patisseriesaintandre.fr

Email: contact@patisseriesaintandre.fr

BARS & NIGHTLIFE

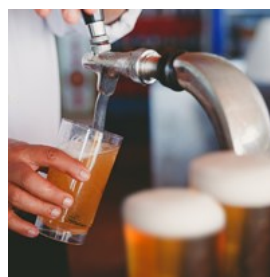


Pressmaster/Shutterstock.com

Bar culture is an integral part of the Pau experience. The Palois like to go out, and take their time over a demi pression (beer) or a glass of wine.

Pau might be a relatively small town but it sure knows how to party. The bars that line the Boulevard des Pyrénées also double as clubs. The music is gradually cranked up as day turns into night. For a premium club experience, you can head out of town to the Quartier Libre, or simply hop on the train to Pamplona/Iruña!

La Tireuse



La Tireuse is a bar in Pau for those who take their beer seriously. Here you will find a massive selection of draught and bottled beers from France and Belgium to drink on comfortable armchairs and a laid-back ambiance.

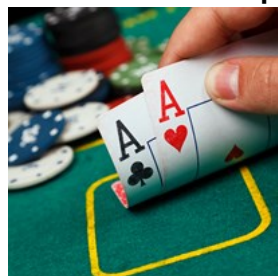
Photo: Aliaksei Smalenski/Shutterstock.com

Address: 2 rue Bourbaki, Pau

Opening hours: Tuesday: 6pm-12am, Wednesday-Saturday: 6pm-2am

Phone: +33 559 844 029

Casino de Pau Groupe Tranchant



Located in the heart of the city in a renovated building, the Casino de Pau has much to offer if you feel like going out at the casino. Onsite you will find a restaurant and a lot of entertainment throughout the year.

Photo: Kucher Serhii/Shutterstock.com

Address: Allée Paul Valéry, Pau

Phone: +33 559 270 692

Internet: pau.groupetranchant.com

The Galway



This Irish themed bar is extremely popular with young people and students. The Galway is open until late night at weekends and offers live sports, concerts and theme nights.

Photo: Nomad_Soul/Shutterstock.com

Address: 20 boulevard des Pyrénées, Pau

Opening hours: Daily: 1pm-2am

Phone: +33 559 828 985

Le Garage



A few minutes walk from Place Clémenceau you will find Le Garage in an area known as Le Triangle. It is an Irish pub with an old school decor.

They serve huge hamburgers, salads, tapas and homemade desserts, but most importantly Guinness beer.

Photo: Nejrion Photo/Shutterstock.com

Address: 47 rue Emile Garet, Pau

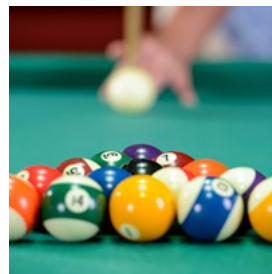
Opening hours: Monday: 11am-1am, Tuesday-Friday:

11am-2am, Saturday: 3pm-2am, Sunday: 3pm-1am

Phone: +33 559 837 517

Internet: www.le-garage-bar.fr

New Red Lion



This themed pub called New Red Lion is the place to go if you want to play some pool, darts and other fun games. Here you can also show some

moves on the dance floor or enjoy a live music show sometimes.

Photo: VGstockstudio/Shutterstock.com

Address: 8 rue Lapouble, Pau

Opening hours: Monday-Saturday: 5pm-2am

Phone: +33 559 625 104

Le Zénith



This big arena is probably one of the best places to see live concerts and theatre or dance shows in Pau. Le Zénith has also secured many

international stars and French-speaking acts like Johnny Hallyday. Check their website to know what's coming next.

Photo: Christian Bertrand/Shutterstock.com

Address: Rue Suzanne Bacarisse, Pau

Phone: +33 559 807 744

Internet: www.zenith-pau.fr

SHOPPING



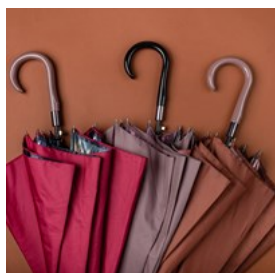
Snoopy 31/Wikimedia Commons (image cropped)

Pau's main shopping area is concentrated behind the symbolic Boulevard des Pyrénées. The Place Clémenceau has some stylish boutiques and similar shops can be found on the roads that shoot off the square, notably rue Maréchal Foch, Cours Bousquet and rue du Château. Other good streets for local gifts and clothes are the pedestrianised areas of rue Serviez and rue Cordelières. In these areas you'll be able to find many big chain stores like H&M, Zara and Sephora.

For local produce and gift shops the little streets such as rue Henri IV of the Old Town are the best. There are also a number of excellent "boulangeries artisanales" (bakeries) selling croissants and baguettes.

Rue de la République is a short pedestrian street lined with many small shops, ranging from clothing stores to butcher shops, offering the chance to shop for unique pieces.

Au Parapluie des Pyrénées



If bad weather catches you unprepared, this little shop might save your day: they've been selling and repairing umbrellas in Pau for about twenty

years. Their umbrellas are all made by hand, as is traditional. This makes them unique pieces to buy, and since they are very durable, your purchase might last an entire lifetime.

Photo: soul_studio/Shutterstock.com

Address: 12 Rue Montpensier, Pau

Opening hours: Tuesday-Friday: 8am-12pm and 2pm-7pm,

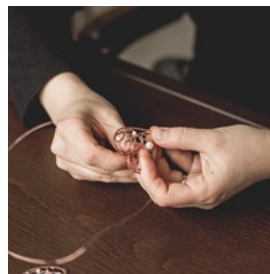
Saturday: 9am-12pm and 2pm-7pm

Phone: +33 559 275 366

Internet: www.parapluiedeberger.com

Email: contact@parapluiedespyrenees.com

Tact



Tact is a little boutique selling works by local artists and craftsmen. Designer jewellery, home ware, embroidered pins, trinkets and much more await you here. At Tact, they like to focus on the quality and uniqueness of their merchandise.

Photo: anastasiya adamovich/Shutterstock.com

Address: 9 Rue Jeanne d'Albret, Pau

Opening hours: Tuesday and Friday: 10am-7pm,

Wednesday-Thursday and Friday: 10am-12.30pm and 2pm-7pm

Phone: +33 559 802 960

Email: boutiquetact@hotmail.fr

Fromagerie Alexandre



Fromagerie Alexandre is a cheese shop in Pau's town centre. It's no secret that the French love their "fromage", and deeply care about its quality and taste. Here you can try a variety of cow, sheep and goat cheeses, which also make for original souvenirs.

Photo: Douglas Toombs/Shutterstock.com

Address: 5 Rue de la République, Pau

Opening hours: Tuesday-Saturday: 8am-1pm
Phone: +33 559 278 632
Internet: www.fromagerie-alexandre.com

Centre Bosquet

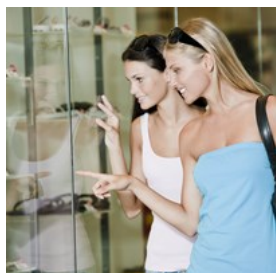


jewellery and even groceries.

The Centre Bosquet is a shopping centre with many stores conveniently opened under the same roof. You can shop for shoes, perfumes,

Photo: [LuckyImages/Shutterstock.com](https://www.shutterstock.com)
Address: 14 Cours Bosquet, Pau
Opening hours: Monday-Saturday: 8.30am-7.30pm
Phone: +33 559 271 329
Internet: www.centrebosquet.com

Passage de la Republique

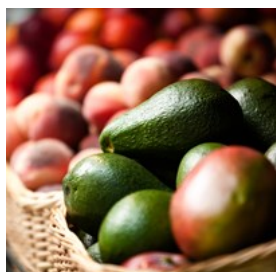


and unique items.

This small pedestrian street is lined with many small shops, ranging from clothing stores to butcher shops. It is a great way to shop for more personal

Photo: [stefanolunardi/Shutterstock.com](https://www.shutterstock.com)
Address: Passage de la Republique, Pau

Les Halles



much more. Definitely worth a visit and a great place to explore the culinary delicacy of France.

Les Halles is a massive indoor food market, selling all kinds of produce: meats, fish, cheese, flowers, pastries, wine from Jurançon and

Photo: [Karramba Production/Shutterstock.com](https://www.shutterstock.com)
Address: Rue de la République, Pau
Opening hours: Tuesday-Saturday: 7am-3pm, Sunday:

9am-3pm
Phone: +33 0 559 278 580
Internet: www.hallesdepau.fr
Email: contact@hallesdepau.fr

Josuat



town. Josuat is of course one of them. It's been selling its delicious creations in Pau since 1880.

Pau, just like the nearby Bayonne on the Atlantic coast, is famous for its chocolate products and numerous little shops can be located all around

Photo: [Liv friis-larsen/Shutterstock.com](https://www.shutterstock.com)
Address: 23 Rue Serviez, Pau
Opening hours: Monday-Saturday: 9.30am-12.15pm, 2-30pm-7.15pm
Phone: +33 559 276 567
Email: sarl.josuat@wanadoo.fr

Maison Francis Miot



where you can try some of the products.

Francis Miot's shop specialises in jams, but also their honey and chocolate draw crowds and make original gift ideas. The shop has a cafe

Photo: [Africa Studio/Shutterstock.com](https://www.shutterstock.com)
Address: 48 rue Maréchal Joffre, Pau
Opening hours: Monday-Saturday: 10am-7pm
Phone: +33 559 276 951
Internet: https://www.francis-miot.com/?__store=en&__from_store=fr

Galleries Lafayette



Visit the Galleries Lafayette department store, a chain spread all over France, here located in the Pau Bosquet Centre. You will find just about anything related to clothes and decoration. Dolce & Gabbana, Calvin Klein, Triumph and Quicksilver are some of the brands present.

Photo: Flo641/Wikimedia Commons (image cropped)

Address: 14 Cours Bosquet, Pau

Opening hours: Monday-Saturday: 10am-7.30pm

Phone: +33 559 279 858

Internet: www.gallerieslafayette.com/magasin-pau

TOURIST INFORMATION



MIPIImages/Shutterstock.com

Passport / Visa



France can be visited visa-free for up to 90 days by citizens of most European countries, Australia, New Zealand, Japan, South Korea,

Taiwan, Malaysia, Israel, UAE and most countries in America. If you are unsure whether or not you need to apply for a visa, we recommend contacting the embassy or consulate in your country. International (non-Schengen)

travelers need a passport that is valid for at least 3 months after the end of their intended trip in order to enter the Schengen zone. Citizens of Schengen countries can travel without a passport, but must have a valid ID with them during their stay.

Photo: TukTuk Design/Shutterstock.com

Best Time to Visit



Warm weather travellers will appreciate summer in Pau, when the temperatures are pleasant but not too hot. The warm season lasts

from mid-June until the end of September and July is the busiest month for tourism.

Winter sports lovers looking for snow will want to visit from late January to early March instead for the best chances of entertainment. In this case, February is the busiest month.

Spring and Autumn are the less crowded seasons, which makes them good for finding deals. Note that rain is more frequent during these periods.

Photo: VectorA/Shutterstock.com

Airport



Pau-Pyrenees Airport (Aéroport Pau Pyrénées) is located seven kilometres north of the city centre and about an hour's drive from the

Pyrenees' ski stations and the beaches of France's south-west coastline.

IDELIS shuttle bus runs from Pau-Pyrenees Airport to Pau town centre and Pau train station. The buses depart from the airport every hour

from 7:40am-7:40pm. From the train station the bus leaves approximately every hour from 6:30am-7:50pm. You can buy tickets directly from the bus driver and the journey from Pau-Pyrenees Airport to Pau train station takes about 30 minutes. However, please notice the IDELIS shuttle bus does not run on Sundays or on French public holidays and that it is advisable to book a taxi instead. A list of approved taxis can be found at the Information Desk and also on display at the entrance to the terminal outside.

IDELIS
+33 559 141 516
www.reseau-idelis.com

You can also find shuttle services upon request at the airport for Tarbes and Lourdes:

Transports Lacoste
+33 562 376 767
transport.lacoste@wanadoo.fr

Photo: Juan Garces
Address: Route de l'Aéroport, Uzein
Phone: +33 559 333 300
Internet: www.pau.aeroport.fr

Public Transport



Pau town centre is compact enough for you to be able to cover all the areas of interest by foot. Alternatively, the bus service of IDELIS is a cheap and reliable option. Shuttle buses run in the centre of Pau. You can choose between single fares, booklets, day passes and passes for longer periods.

Bicycles can be rented in the city and cars can be rented both at the airport and in town.

8h45 à 18h00, et le samedi de 10h à 12h00 et de 13h à 17h

Photo: Pierre-Luc Auclair
Address: Avenue Larribau, France
Opening hours: Monday-Friday: 8.45am-6pm, Saturday: 10am-12pm and 1pm-5pm (office hours)
Phone: +33 0 559 141 516
Internet: www.reseau-idelis.com/index.php?

Taxi



Access64 taxi +33 666 056 522
www.taxi-access64.fr
Taxi Didier +33 605 260 416 www.taxipau64.fr

Photo: ArrivalGuides

Post



Stamps are available from kiosks and newsagents. Various post offices are present around the town.

Photo: Andy Fuchs
Address: 2 rue Lavoisier, Pau
Opening hours: Monday, Thursday and Friday: 9am-6pm, Tuesday: 9am-12pm and 2pm-6pm, Saturday: 9am-12.30pm
Internet: www.laposte.fr

Pharmacy



There are numerous pharmacies located around Pau. La Pharmacie des 7 Cantons
Monday-Saturday:
8:30am-7:30pm 1 rue

Montpensier, Pau

+33 559 277 191

Pharmacie de la Poste

Monday-Friday: 9am-8pm, Saturday: 9am-1pm
and 2pm-7pm

7 Rue Gambetta, Pau

+33 559 274 121

Photo: Gemma Garner

Address: 1 rue Montpensier, Pau

Opening hours: Monday-Saturday: 8.30am-7.30pm

Phone: +33 559 277 191

Telephone



Country code: +33 Area
code: (0)559

Photo: Jardson Almeida

Electricity



220 V, 50Hz

Photo: Stirling Tschan

Population

242,829 (2014)

Currency

Euro (EUR) €1 = 100 cents

Opening hours

Most shops are open from approximately 9am-7pm. Smaller places may close for a couple of hours during lunchtime. Shops are open on Sundays at their own discretion.

Newspapers

La Dépêche du Midi

La Nouvelle République des Pyrénées

Sud Ouest

Le Monde

Le Figaro
Libération

Emergency numbers

Emergency: 112

Police: 17

Ambulance: 15

Fire Brigade: 18

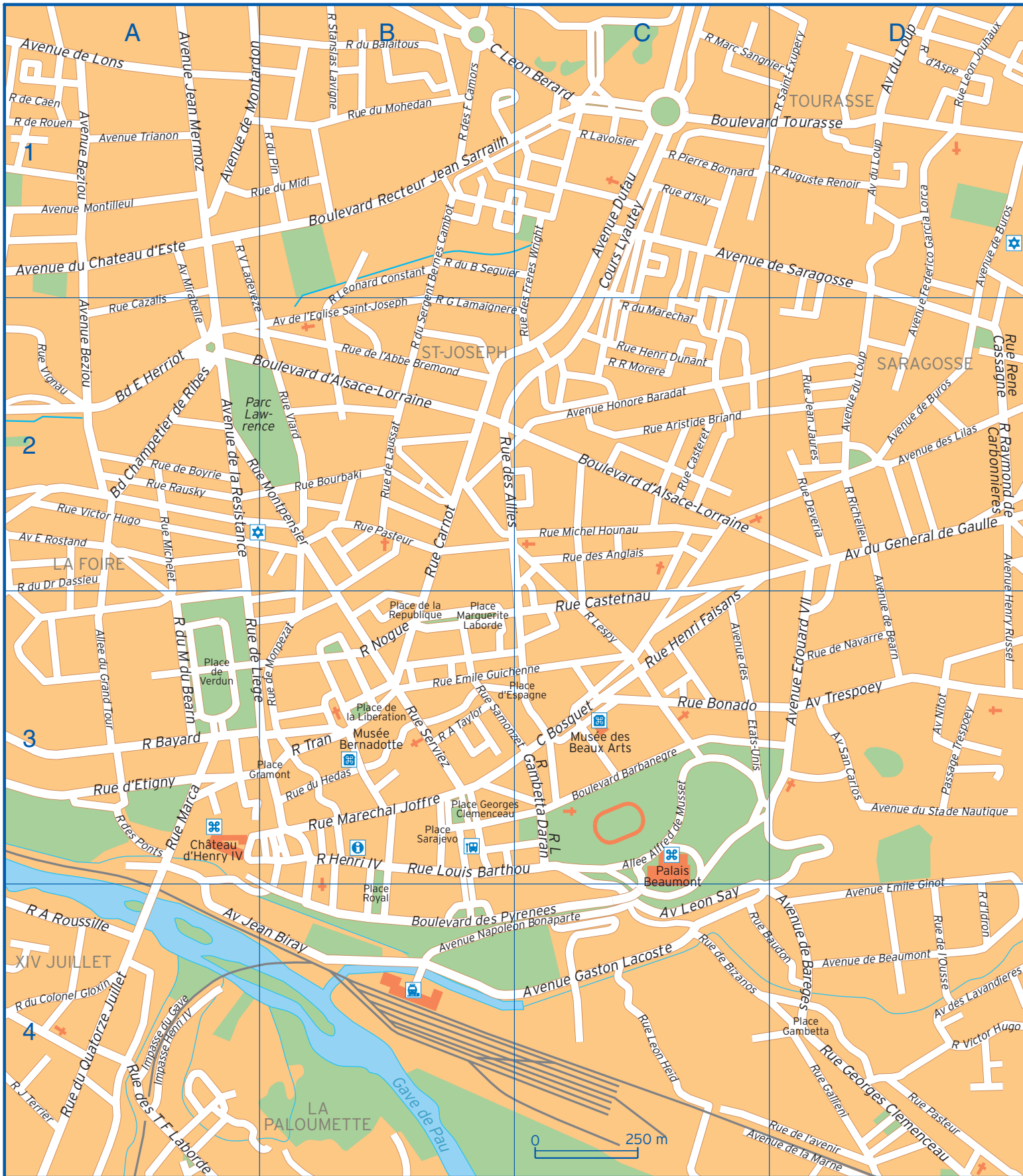
Tourist information

Pau Pyrenees Tourist Information

Place Royal, Pau

+33 559 27 27 08

accueil@tourismepau.fr



A

B

C

D

1

2

3

4

TOURASSE

SARAGOSSE

LA FOIRE

XIV JUILLET

LA PALOUMETTE

ST-JOSEPH

Musée des Beaux Arts

Palais Beaumont

Musée Bernadotte

0 250 m

		Impasse du Gave	A4	Rue du Marechal	C2
Allee Alfred de Musset	C3	Impasse Henri IV	A4	Rue du Midi	A1 B1
Allee du Grand Tour	A3	Passage Trespoey	D3	Rue du Mohedan	B1
Avenue Beziou	A1 A2	Place de la Liberation	B3	Rue du Pin	B1
Avenue de Bareges	D4	Place de la Republique	B3	Rue du Quatorze Juillet	A4
Avenue de Bearn	D2 D3	Place de Verdun	A3	Rue du Sergent Bernes Cambot	B1 B2
Avenue de Beaumont	D4	Place d'Espagne	B3 C3	Rue d'Aspe	D1
Avenue de Buros	D1 D2	Place Gambetta	D4	Rue d'Etigny	A3
Avenue de la Marne	C4 D4	Place Georges Clemenceau	B3 C3	Rue d'Idron	D4
Avenue de la Resistance	A2	Place Gramont	A3 B3	Rue d'Isly	C1
Avenue de Lons	A1	Place Marguerite Laborde	B3	Rue Emile Guichenne	B3 C3
Avenue de l'Eglise Saint-Joseph	B2	Place Royal	B4	Rue Gallieni	D4
Avenue de Montardon	A1	Place Sarajevo	B3	Rue Gambetta	C3
Avenue de Saragosse	C1 D1	Rue Alexander Taylor	B3	Rue Gaston Lamaignere	B2 C2
Avenue des Etats-Unis	C3	Rue Amedee Roussille	A4	Rue Georges Clemenceau	D4
Avenue des Lavandieres	D4	Rue Aristide Briand	C2	Rue Henri Dunant	C2
Avenue des Lilas	D2	Rue Auguste Renoir	D1	Rue Henri Faisans	C3
Avenue du Chateau d'Este	A1	Rue Baudon	C4 D4	Rue Henri IV	B3
Avenue du General de Gaulle	D2	Rue Bayard	A3	Rue Jacques Terrier	A4
Avenue du Loup	D1 D2	Rue Bonado	C3	Rue Jean Jaures	D2
Avenue du Stade Nautique	D3	Rue Bourbaki	B2	Rue Lavoisier	C1
Avenue Dufau	C1	Rue Carnot	B2	Rue Leon Daran	C3
Avenue Edmond Rostand	A2	Rue Casteret	C2	Rue Leon Heid	C4
Avenue Edouard VII	D3	Rue Castetnau	C3	Rue Leon Jouhaux	D1
Avenue Emile Ginot	D4	Rue Cazalis	A2	Rue Leonard Constant	B1 B2
Avenue Federico Garcia Lorca	D1 D2	Rue de Bizanos	C4	Rue Lespy	C3
Avenue Gaston Lacoste	C4	Rue de Boyrie	A2	Rue Louis Barthou	B3 C3
Avenue Henry Russel	D2 D3	Rue de Caen	A1	Rue Marc Sangnier	C1 D1
Avenue Honore Baradat	C2	Rue de Laussat	B2	Rue Marca	A3
Avenue Jean Biray	A4 B4	Rue de Liege	A3	Rue Marechal Joffre	B3
Avenue Jean Mermoz	A1	Rue de l'Abbe Bremond	B2	Rue Michel Hounau	C2
Avenue Leon Say	C4	Rue de l'avenir	C4 D4	Rue Michelet	A2
Avenue Mirabelle	A1 A2	Rue de l'Ousse	D4	Rue Montpensier	A2 B2
Avenue Montilleul	A1	Rue de Monpezat	B3	Rue Nogue	B3
Avenue Napoleon Bonaparte	B4 C4	Rue de Navarre	D3	Rue Pasteur	B2 D4
Avenue Nitot	D3	Rue de Rouen	A1	Rue Pierre Bonnard	C1
Avenue San Carlos	D3	Rue des Allies	B2	Rue Rausky	A2
Avenue Trespoey	D3	Rue des Anglais	C2	Rue Raymond de Carbonnieres	D2
Avenue Trianon	A1	Rue des Freres Camors	B1	Rue Rene Cassagne	D2
Boulevard Barbanegre	C3	Rue des Freres Wright	C1 C2	Rue Rene Morere	C2
Boulevard Champetier de Ribes	A2	Rue des Ponts	A3	Rue Richelieu	D2
Boulevard des Pyrenees	B4 C4	Rue des Trois Freres Laborde	A4	Rue Saint-Exupery	D1
Boulevard d'Alsace-Lorraine	A2 B2 C2	Rue Deveria	D2	Rue Samonzet	B3 C3
Boulevard Edouard Herriot	A2	Rue du Balaitous	B1	Rue Serviez	B3
Boulevard Recteur Jean Sarrailh	B1	Rue du Baron Seguier	B1 C1	Rue Stanslas Lavigne	B1
Boulevard Tourasse	C1 D1	Rue du Colonel Gloxin	A4	Rue Tran	B3
Cours Bosquet	C3	Rue du Dr Dassieu	A2 A3	Rue Viard	B2
Cours Leon Berard	B1 C1	Rue du Hedas	B3	Rue Victor Hugo	A2 D4
Cours Lyautey	C1	Rue du Maquis du Bearn	A3	Rue Victor Ladeveze	A1 A2

