

## Welcome to the Pyrenees!

Whether you are traveling from North America, Canada, or the rest of Europe, here is the transport guide to easily reach *Issor (64)* for your immersion program.

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### Step 1: Choosing Your Arrival Airport

For people traveling internationally, your journey will begin at a major international airport. We strongly recommend aiming for the following airports for the simplest connection to Oloron:

| Origin         | Recommended International Airport     | IATA Code | Recommended Final Connection                                  |
|----------------|---------------------------------------|-----------|---------------------------------------------------------------|
| US/Canada      | Paris-Charles de Gaulle or Paris-Orly | CDG / ORY | Internal flight to Pau or High-Speed Train (TGV) to Pau.      |
| Rest of Europe | Pau-Pyrénées                          | PUF       | The simplest: <b>Shuttle or Taxi</b> to Oloron (only 45 min). |

- Note for Long-Haul Travelers: A layover in Paris is often necessary, but a direct connecting flight to Pau (PUF) is the fastest overall solution.
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### Step 2: The Last Mile (The Final Connection)

Once you arrive at your chosen international airport, the goal is to reach either the ***Pau train station or the Pau-Pyrénées Airport (PUF)*** then ***Oloron Sainte Marie***.

### Option A: The Simplest Arrival (via Pau-Pyrénées - PUF)

This is the most direct option for everyone, especially for those who can take a connecting flight to Pau.

1. Arrive at ***Pau Airport*** (PUF): This airport is small and easy to navigate.
2. Transfer to ***Oloron Sainte Marie***:
  - By Taxi: This is the quickest way (about 45 minutes). Ideal if you are traveling in a small group to share the cost.
  - By Bus/Shuttle: Shuttle services may be available or organized by the immersion program. (Check with the program team for group shuttle options!)

## Option B: The Most Economical Arrival (via Pau Train Station)

If you arrive in Paris and prefer the train (or if your flight lands in Bordeaux or Toulouse), you will travel via the Pau Train Station (Gare de Pau).

1. Arrive at **Pau Station**: You can get here by TGV from Paris (approx. 5 hours) or by regional train.
2. Transfer to **Oloron Sainte Marie**:
  - By Regional Train (TER): A regional train connects Pau to Oloron-Sainte-Marie. The journey is direct and takes about 40 minutes. This is the most economical and easiest method if you are already at the station.
  - The Oloron-Sainte-Marie train station is a short walk from the town center.

### 🔑 Planning Summary

- For Maximum Speed: Aim for a flight connecting through to Pau-Pyrénées (PUF) and finish by taxi/shuttle.
- For the Best Value/Simplicity: Aim for Pau Train Station and finish with the regional train (TER) to Oloron

**Our Tip:** Once you have booked your international flight, book your train ticket (TER) or contact us to arrange ride-sharing from Pau Airport (PUF)!

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## Step 3: The Final Link to Issor

Once you arrive at **Oloron-Sainte-Marie** (either by taxi from Pau Airport or by train from Pau Station), the public transport connections to the small village of **Issor** are almost non-existent.

The most reliable and recommended ways to reach the immersion site in **Issor** are:

### 1. Arranged Shuttle/Pick-up

- Best Option: The program organizers will arrange a dedicated shuttle service or group pick-up for all participants arriving on the main designated arrival date. You may have to wait a little while until the other participants arrive to take advantage of the shuttle.
- Action: When you confirm your travel plans, be sure to provide your exact arrival time at the Oloron-Sainte-Marie Train Station (Gare d'Oloron-Sainte-Marie). The program team will meet you there.

## **2. By Taxi**

This is the quickest way (about 15 minutes). Ideal if you are traveling in a small group to share the cost.