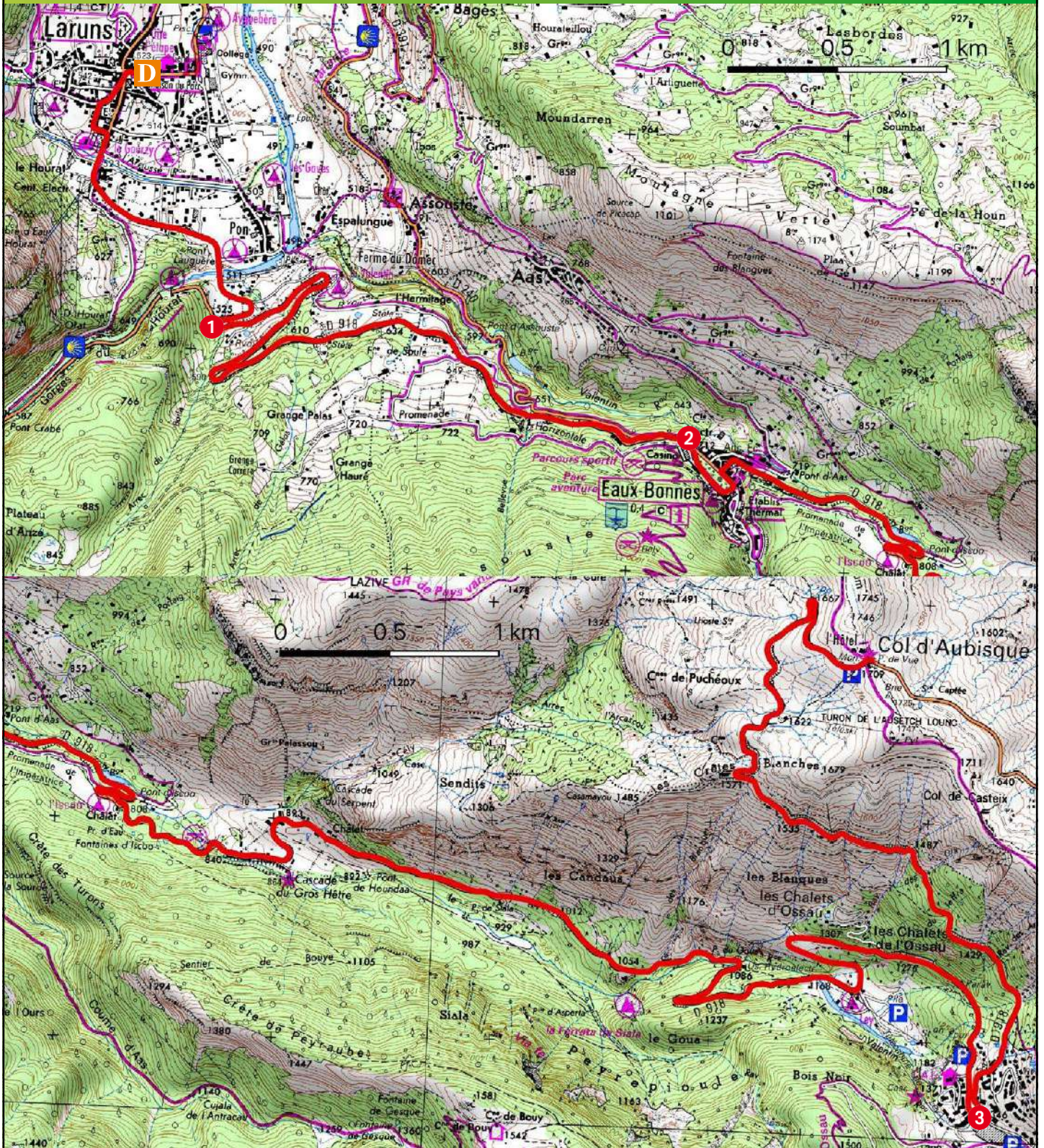


Extrait de Carte 1 : 25 000 Institut géographique National



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**Information:**  
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Laruns tourist information office +33 (0)5 59 05 31 41

Discover the full range of outdoor sports on offer on the mobile application « Vallée d'Ossau Pyrénées »

# Electric bike circuit


Climbing the Col d'Aubisque by bike is a must in the Ossau valley. E-bikes offer the opportunity to any casual sportsperson, with the right equipment, including a helmet, to take on the challenge of climbing a mountain pass, and one of the most formidable of the Tour de France.



709828 E - 4762709 N In the square in the centre of Laruns, go around the fountain and the follow street that goes up (marked "toutes directions") to the left. Turn left twice to pass behind the fronton wall, then right, following the road sign towards "Espagne" to leave the village heading slightly downhill. After the Lauguère bridge, the road climbs to an intersection heading either to the Col d'Aubisque or Col du Pourtalet (1.8 km).

1 710317 E - 4761607 N Turn left to begin the ascent of the Col d'Aubisque. This first part is easy, following wide zig-zags under hundred-year-old trees, leading to the thermal spa of Eaux-Bonnes (5% average over 4 km). The Eco mode of your battery will be sufficient.

**D** Laruns, Town Hall Square  
(Place de la Mairie)

 WGS 84 UTM 30T  
709828 E - 4762709 N

 18,2km

 510 m  
Mini

 Maxi  
1709m

 1220m

 1220m



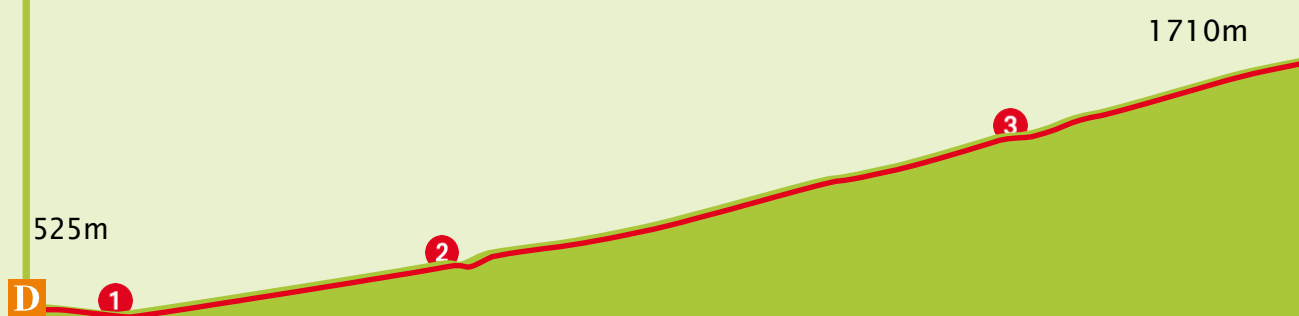
**Don't miss :**

- Gourette Ski resort
- The view from «Les Crêtes Blanches»



**Note :**

- Coming out of Laruns ("Villa Caprice"), Be careful at the D918/D934 junction
- After Gourette, narrow passing close to a snow fence (stay on the right side)



## Electric bike circuit

② 712530 E - 4761182 N Go into Eaux-Bonnes, pass in front of the Casino arches (5.7 km) and go around the central square to the right. After a short descent, continue towards Gourette with a more serious section of road (8% gradient), then a lull at 4% until you cross a bridge (7.8 km). A sign indicating a 13% gradient marks the start of a long, steep section to Gourette (8.5% average over 6 km), with tough inclines as you pass under the avalanche barriers (10%). This is where the electric assistance becomes a lifesaver if you want to enjoy the landscape and the Valentin gorges.

③ 717561 E - 4759620 N The Gourette resort provides a brief horizontal respite; in front of the Tourist Office (14 km), continue to climb to the left. With generous use of the electric assistance, your e-bike leaves the resort and winds through sparse woodland (8%), before an aerial view opens up showing the height you have gained. At the Crêtes Blanches lookout (16.5 km, an interesting break looking out towards Gourette), there are still two kilometres to climb amidst the mountains. Use your battery as much as you need it to reach the panoramic view from the Col (pass) d'Aubisque.



# Choosing your bike circuit

For each route, you will find technical and practical information to help you choose your hike:

## Levels of difficulty

The various loops are classified by level of difficulty and identified by a colour code following the recommendations of the French Cycling Federation:



Very easy, wide and smooth path. Suitable for all levels, and for touring bikes.



Easy, fairly smooth path. Suitable for occasional mountain bike riders.




Difficult, technical route. Experienced mountain bike riders, requiring technical skills.



Very difficult, very technical trail. High technical and physical level.

## GPS coordinates

 30T 7107030 - 4776694N

You will find **GPS coordinates** for each reference point on the route. The geodetic system used is WGS84, compatible with GPS; the projection is in UTM zone 30T for the Southwest of France. The values of the point in longitude and latitude are given in metres followed by O for West (ouest) or E for East and N for North. Download the GPS tracks of the routes on: [www.valleedossau.com](http://www.valleedossau.com).



Duration, given in hours. The estimated duration takes into account the length of the route, the elevation gain and any difficulties, without stops.



Elevation gain, expressed in metres. For each route, the elevation gain corresponds to the cumulative distance climbed.



Distance, the value expressed in kilometres corresponds to the total length of the route.

## The markings

Straight ahead



Turn right



Turn left



Wrong way



Caution, danger



Liaison



## Recommendations

**Weather** 08 99 71 02 64

**Emergency number in Europe** 112

Here are some tips for your mountain biking experience

### Keep yourself safe

- Use the marked paths for your safety and respect the direction of the routes.
- Don't overestimate your abilities and stay in control of your speed in all circumstances.
- For your safety, remember to wear a helmet.
- Bring food, drink and suitable clothing.
- If you are going alone, let someone know where you are going.

### Take care of nature

- Do not disturb wild animals.
- Avoid picking flowers, fruit and vegetables and mushrooms in the wild.
- During the hunting season, watch out for hunting on the ground and pigeon hides.
- Keep your rubbish with you, be discreet and respect the environment.

### Respect activities and people

- In farming areas, keep your distance from herds of animals and dogs.
- Be careful and courteous when overtaking or crossing hikers.
- Mountain bikers will respect road rules, and know that pedestrians have the right of way.
- Respect private property and cultivated fields, close fences behind you.
- Beware of agricultural and forestry machinery, do not get in the way.
- To make the most of your excursions, we recommend contacting the professionals.