

Vallée
d'OSSAU
PYRÉNÉES
Office de Tourisme

Made by :

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Loop Marie Blanque with electric assistance

Electric bike circuit

Marie-Blanque is the first climb of the season for many Béarn cyclists. Its location at the entrance to the valley and its altitude of 1035 m make it feasible from the first fine days of spring. It is also a popular pass classified in the first category, which has welcomed the Tour de France no less than 13 times. This level of quality and exigency should encourage caution and physical preparation. Even with electric assistance, the few sections steeper than 8% combined with a long distance have to be managed with finesse to keep enough energy and complete the loop in optimal conditions. But the technological and physical challenge will be a source of pleasure on this highly varied route, ranging from the sweeping views over the Ossau valley and the discreet and peaceful roads of the Aspe valley. In short, this is a first-rate route that you should take on without hesitation



D Leave the car park and turn left to cycle 200 m along the D934. Just before the Hôtel de l'Ayguelade, turn right and follow a small tarmac road that rises steeply for a few dozen metres. At the cycle path, turn left until you get to the roundabout. Turn right onto the D2934B towards the Col de Marie-Blanque. After a few pedal strokes, the slope quickly becomes steeper at the first bend (10%). Electric assistance becomes useful until you pass the Houndas chapel (10.5 km) and reach the Benou plateau.

D Bielle, car park of Castet Lake


GPS WGS 84 UTM 30T
709769 E - 4771299 N

 50km

 300m
Mini


 1035m
Maxi

 837m

 837m

 **Don't miss :**

- The Benou plateau, emblematic pastoral site of the Ossau Valley
- Saint-Christau, former famous thermal resort
- Bager wood

 **Note :**

- Descent from the Marie Blanque path in 6km, huge slope, slippery road
- Crossing the D934, a road with traffic in Izeste



Electric bike circuit

- 1 706346 E – 4771203 N The Pas du Porteigt (11.5 km) gives access to the Benou plateau, a vast expanse of meadows grazed freely by cows and horses. The road continues to the left between the barns (1 km on the flat): turn off your electric assistance and enjoy this picture postcard landscape. As you enter the forest, the road becomes steep again (9% to 10% over 900 m) for the two bends of the Artigasse ravine, and then it is even slightly downhill as the road approaches the pass. The last kilometre goes gently up through the forest (4%) to the Col de Marie-Blanche.
- 2 702935 E – 4771654 N L The changeover to the Aspe valley is made in the small, deep valley of Barescou. Switch off the electric assistance and let yourself be carried along. A first hairpin turn requires caution and good control of speed on slopes of up to 13%. As the road is partly under the trees, it can remain damp for a long time and is resistant to heavy braking. The route and the gradient become gentler over the 10 km between the pass and the village of Escot. Some beautiful Béarn farms can be seen along the way and the arrival at Escot offers a different landscape.
- 3 694882 E – 4772111 N At the first intersection, turn right onto the D238 towards Lurbe. This route on the side of the valley alternates between hills and flats; you will have to use the electric assistance carefully, or even do without it. At this stage, a half-charged battery is essential if you are to return home without difficulty. The peaceful departmental road leads down into the Aspe valley, and the Aspe river can be seen below. The plunging views and the bucolic atmosphere make this little frequented section one of the most beautiful on the circuit. Go through Lurbe.
- 4 694449 E – 4776003 N At the stop sign at the exit of Lurbe, turn right onto the D918 towards Arudy. The entrance to the Route du Bager suddenly rises for a good kilometre. Brief but intense, this “ass kicking” gives way to a nice descent passing by the old thermal baths of St Christau. Stay on the D918 until you reach Arudy. These 17 km on a shaded and little frequented road make you appreciate being a cyclotourist, with the electric assistance to help you around every loop and up every hill. If you keep an eye on the battery level you will arrive in Arudy without any difficulty.
- 5 708674 E – 4775597 N At km 43, turn right onto the D918 towards Arudy. The return to civilisation is seamless as we reach the D920. Turn right towards Laruns. Take care until the roundabout. Before the second exit, take the green lane on the right, and follow it on 2.1 km until the D934 roundabout. Cross the road, and follow the camping road. To access to the green lane, take the small tunnel on the right, followed by a sharp raise. Exit 1.7 km after the old railway station.







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.

-  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