

Made by :

Communauté de Communes de la Vallée d'Ossau - 1 avenue des Pyrénées - 64 260 Arudy
+ 33 (0)5 59 05 66 77



Information :

The Ossau Valley Tourist Office
Laruns Tourist Office + 33 (0)5 59 05 31 41

The Ossau Valley Loop of the « Ossalois piemont » by bike


Bike circuit


This loop has all the ingredients of the perfect circuit, including panoramic views of the Ossau valley. From a heritage point of view, the route passes through several villages; this land has long been occupied by humans, it is crossed by ancestral roads and is replenished by the beneficial waters of the Gave d'Ossau. You will come across typical Béarn houses, manors, castles, churches, dolmens, wash houses and viewpoints as you discover the villages and hamlets. These are all invitations to pause and observe. From a sporting point of view, expect a challenging loop as the circuit weaves its way from one valley to another in search of discoveries: it climbs the old moraines, it furrows here and there along the narrow, promising roads. There are successive climbs, but the ever-changing landscape will soon make you forget some of the more demanding hills.



With your back to the Rébénacq town hall, turn left over the bridge over the Nééz, cross the D934 carefully and climb the D936 towards Oloron. Start slowly, because the road climbs immediately upwards with an average gradient of 6% for 2.5 km. At the top of the hill (2.8 km), leave the D936 in a bend to turn left towards a car park for hiking tracks (Crouts de Buzy). At the first intersection (oak tree), go right, then left at the second intersection to descend quickly to the valley. At the bottom (4.5 km), be sure to take the Chemin de Départ on the right. 250 m further on, keep left, on the flat (camping grounds). Take the D34 (Route de Castède): Follow it on the left, until Buzy station crossing. Turn right to reach the green lane start.

D Rébénacq, Town Hall Square
(Place de la Mairie)


 WGS 84 UTM 30T
711678 E - 4781866 N

 47,4km

 280 m
Mini

 550m
Maxi

 ↑ 735m

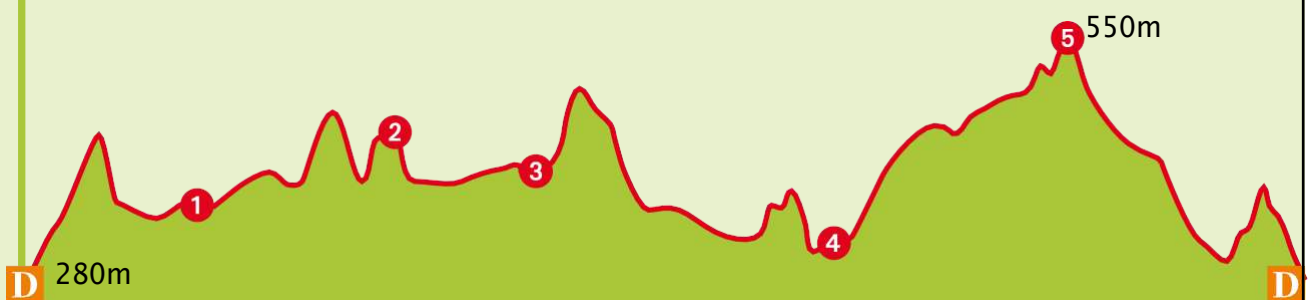
 ↓ 735m

★ Don't miss

- The Teberne Dolmen, next to the itinerary
- Sainte Colome village and its listed church

⚠ Note :

- Arudy, D920 roundabout, important traffic



Bike circuit





- 1 706887 E – 4780398 N Follow the green lane on 2.9km. Pass under the bridge, exit on the right side and ride up to reach the D932 (dolmen close-by). Turn right to Bescat. At the entrance to Bescat (10.3 km), turn left for 150 m, then left again onto the (tar-sealed) Chemin de Pouey (marked “église”). Use your gears well, as the climb is a tough one, and in two stages. After a hairpin bend, you get to Pouey (viewpoint). Turn right just after the cemetery to go down to the church: go straight down to the right into the village (rue Herrelore). Just below the Bescat town hall, be sure to turn left onto the road to Sévignacq (D934). It climbs steeply to the last houses and reaches Sévignacq-Meyracq.
- 2 710470 E – 4776709 N In Sévignacq-Meyracq, go along the wall of a castle and reach an intersection (where you will see a mission cross): go down the Rue de Pujalet on the right and ride straight on until you reach the D934 (15 km): turn right immediately to enter Arudy (bridge over the Gave d'Ossau). In the town centre, at the first roundabout, turn left onto Avenue des Pyrénées. Go along the school car park, the cinema and keep to the main street. Before the roundabout at the exit of the village, turn left to reach the bike path, cross the D2920 going to Izezte and take the green lane heading south. On the next crossing (Izezte cemetery), leave the bike path and turn left heading to the city center. At the city-hall, turn right. At the end (Auberge), take the Louvie-Juzon bridge on the left.
- 3 709912 E – 4773628 N At the exit of the Louvie-Juzon bridge (18.9 km), turn right (D35 towards “Lourdes”), go through the village and start climbing the hill that appears behind the church. After a hairpin worthy of a mountain pass, you hit a high point and start the long and fast descent into the Lestarrès valley. At the Pédestarrès intersection (24.9 km), stay left on the D35 towards Nay. 2 km further on, when the road starts to go up, be sure to leave the D35 and turn left onto a secondary road signposted “Lys”. It crosses the Way of St. James and reaches a double intersection on the hill: go left for 50 m and then right towards “Bruges”. A quick descent leads to a T-junction: follow the D388 to the left to the village of Lys.
- 4 715391 E – 4778678 N Pass the church and town hall of Lys then ride straight along the main road. It soon goes up a valley along a stream. After two (demanding) hairpins near a remarkable tree, the road reaches a new crossroads: turn left towards Arudy (D287). A lovely scenic road climbs steadily. At the intersection (33.3 km) with a road coming from Rébénacq, go straight on towards Sévignacq (D287). After passing several farms and hedgerows, you will reach a second intersection (36.2 km): follow the direction of Sainte-Colome on the left for 50 m and immediately right (Chemin d'Ossau). At the intersection of the Rey housing estate (bus shelter), turn left. After a beautiful washhouse (freshwater spring), take two right turns to go into Sainte-Colome.
- 5 711253 E – 4775417 N In Sainte-Colome, go along the church on the right to leave the village by the main road (greenhouses). After a lookout point, it descends into Sévignacq-Meyracq. At the bottom, at the traffic lights, follow the D934 to the right (towards Pau) for 700 m, then choose a secondary road to the right signposted “Bains de Secours”. It soon descends in rapid curves into the Vallon des Bains (leave this on your right). Ride to a T-junction at the bottom of the valley (44.1 km): turn right over the bridge and onto the Chemin de Derrière le Pic (Guédot farm); this last difficult climb puts a lot of strain on the thighs. At the top (45.4 km), turn left down the road, then left again on the D936 to return to Rébénacq.

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



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