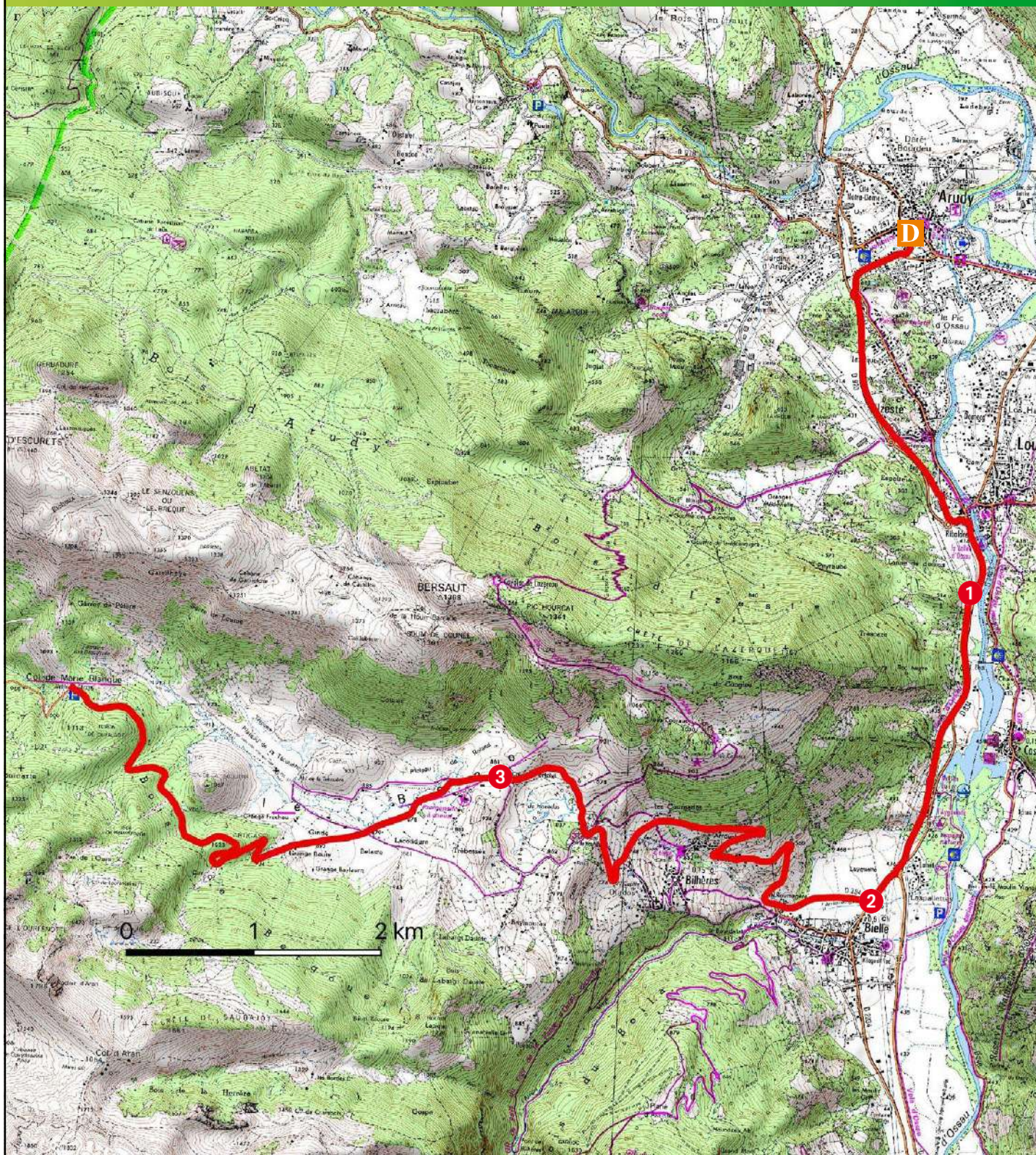


CIRCUIT N°5

Col de Marie Blanche - by bike

Extrait de Carte 1 : 25 000 Institut géographique National



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Bike circuit

Taking on the Col de Marie-Blanque from Arudy will get your legs going for a few kilometres in a bucolic warm-up on the banks of the river and along the Ossau cycle path. The climb really starts in Bielle and, although the sign announces an average of 5.2% over 11 km, this remains a (misleading) average and this gentle introduction will be very useful. Because the climb is actually in two stages. The first four kilometres are the steepest, with gradients bordering on 10%. But the views are remarkable, both over the valley and of the very mountainous village of Bihères-en-Ossau. The intermediate crossing of the Benou plateau allows you to catch your breath amidst the cows and horses grazing freely in a picture postcard setting. There is only one difficult kilometre left to go before finally climbing the last beech forest behind which the coveted pass is hidden.

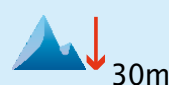
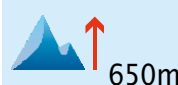


D Arudy, Place du foirail (Foirail Square)



WGS 84 UTM 30T

709244 E – 4775605 N



★ Don't miss :

-The Benou plateau, emblematic pastoral site of the Ossau Valley

⚠ Note :

-Izeste, D934 roundabout, important traffic



Bike circuit

From the Place du Foirail in Arudy, go to the school intersection and follow the Avenue des Pyrénées to the right, in the direction of Laruns (D53). Ride past the cinema and keep to the main street. Before the roundabout at the exit of the village, turn left on the bike path, cross the D2920 heading to Izeute and take the green lane heading to the south on 2.1 km until the D934 roundabout. Cross, and take the old Ossau road in front of you, heading to the camping. 300m after the camping, you'll see on your right an asphalted driveway, passing under the road, leading you to the bike path. Take this straight way and enjoy the view on the Pic du Midi d'Ossau. At the end, turn right to the D2934B heading to Bielle and Bilhères, until the next crossing.

1 709310 E - 4770443 N Turn right at the intersection before Bielle (6 km) to begin the ascent of the Col de Marie-Blanque. After a few strokes of the pedals among the fields, the slope quickly becomes steeper at the end of the first hairpin on the right (10%). This first part is the most difficult, with 3 km at an average of 8%, and sometimes steeper passages. The road goes around the village of Bilhères-en-Ossau and offers beautiful views over the valley and this mountain village. After a cattle grid, the hairpin at the chapel of Houndas (10,5 km) announces an easier kilometre to follow, above a green plateau.

2 706346 E - 4771203N The Pas de Porteight (11.5 km) gives access to the Benou plateau, a vast expanse of meadows grazed freely by herds of cows and horses. The road continues to the left between the barns (1 km on the flat): take a breather as your legs continue to pedal in this picture postcard landscape. As you enter the forest, the gradient becomes steep again (9 to 10% for 900 m), as you negotiate the two hairpins of the Artigasse ravine, and then the road brings you downhill as you approach the pass. Only the last kilometre climbs gently through the forest (4%) and brings you to the Col (Pass) de Marie-Blanque.





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

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