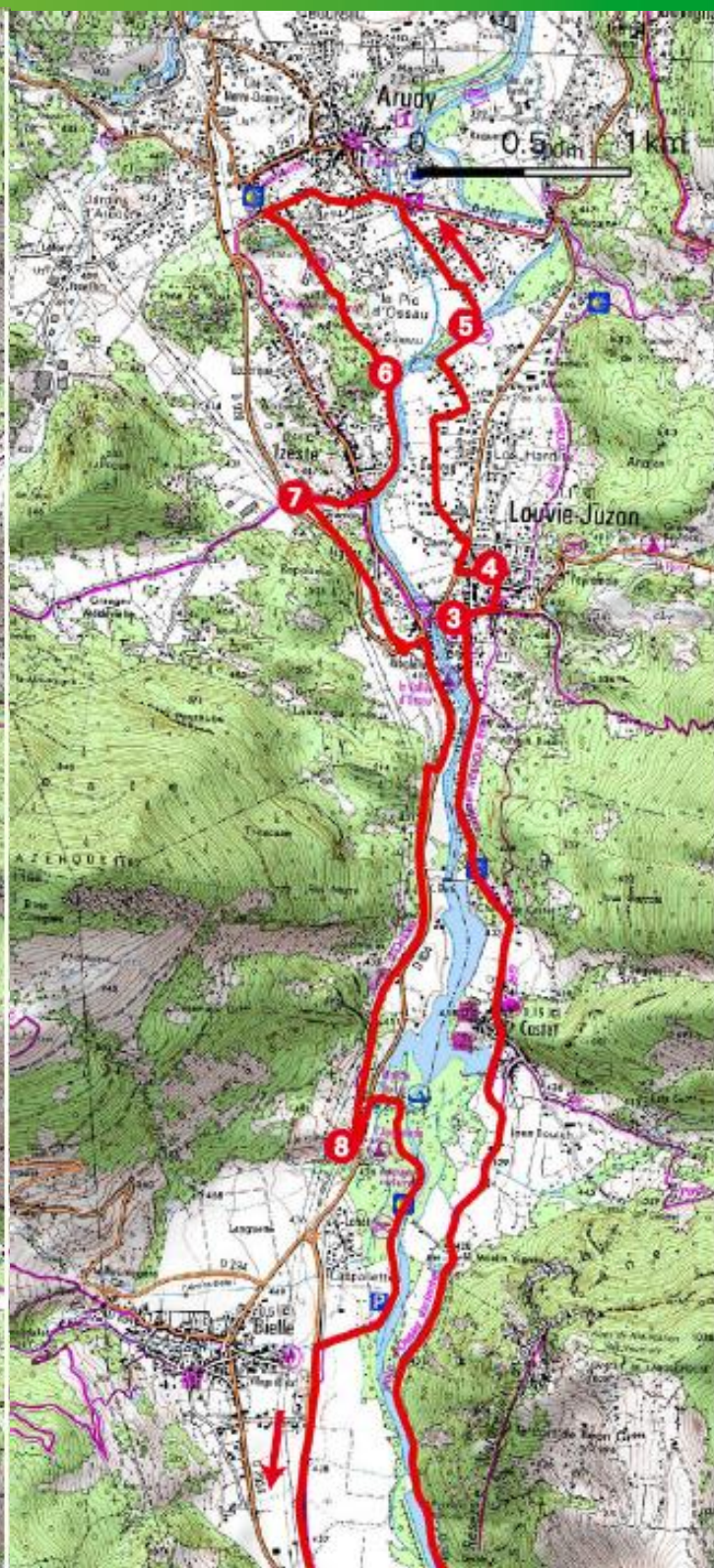


LEV
2

CIRCUIT No.3

Le Gave d'Ossau Start : Laruns

From Map 1:25 000 French National Geographic



Programme produced by:

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

Discover the villages of Ossau on a very easy route with no difficulties, on little-used tar-sealed roads on the right bank, with more tracks on the left bank.


D

709925 E - 4762766 N In Laruns, begin in front of the tourist office (Place de la Mairie). Turn left into Rue du Bourgneuf Claa, leaving the town hall on your right. At the intersection with the cross, take the second exit between the two dead ends, then at the stop sign, turn left and immediately right (dead end). 100 m further, turn left onto a path alongside the old station and school. After the swimming pool, take the D934 to the Béost intersection, turn right and cross the bridge over the river. At the roundabout, turn left onto the D240.

- 1 710381 E - 4763346 N Follow the D240, a little-used road, to Béon.
- 2 710304 E - 4767983 N Possibility of taking the shorter southern loop by taking a left in the village towards the river and point 9 or continuing in the direction of Castet, until Louvie-Juzon.
- 3 710033 E - 4773626 N In Louvie-Juzon, turn right into the central square, then left in front of the church (Rue du Général Peyrègne) and left again into the small Place Abadie.
- 4 710164 E - 4773829 N Go onto the departmental road, turn right and ride for 150 m then left onto Chemin Darré Camy. This road heads towards recent housing estates and Rue de la Pachère, which you take to the left to reach a gravel track up to the footbridge over the Gave d'Ossau.
- 5 709984 E - 4775036 N The route makes a wide loop in Arudy, via Rue d'Anéou to its intersection with Avenue des Pyrénées. Turn left and follow the signs to "Oloron". At the top of the hill, turn left towards the fitness trail and the tennis courts, then, following the old quarry and the BMX track, join this trail and follow it to the river bank.
- 6 709624 E - 4774752 N Turn right towards Rue du Moulin and follow the riverside tracks past the Iseste town hall. Cross the road to the car park and take Rue de Lazerque to the cemetery gate. Turn left onto the cycle path.
- 7 709263 E - 4774091 N Continue to the D934 roundabout. Cross the road and take the former Route d'Ossau opposite, towards the camping grounds. 300 m beyond the camping grounds, you will see a path on the right that goes under the main road and, via a ramp, gives access to a new section of cycle path. Ride along this straight alley for 1700 m to a small tar-sealed lane leading down to the Ayguelade restaurant.

D

In front of the tourist

 office in Laruns

GPS WGS 84 UTM 30T
709925 E - 4762766 N



2 to 3 hrs



33 km and
14.8 km (short
loop)



250 m

**Don't miss:**

- A route along the valley floor on both sides of the river.
- Passing through villages, the tracks on the slopes that make you want to see the landscape from higher up...

Mountain bike circuit

- ⑧ 709709 E - 4771143 N Turn left onto the main road. After 100 m, turn right, cross the bridge to reach the house of the Castet lake. Turn right onto the track which follows the river until the car park. Continue for 200 m and turn left onto the track that runs parallel to the road.
- ⑨ 709926 E - 4768163 N At the roundabout, cross the road and go straight ahead on the grassy track that joins a track still parallel to the road. As you approach the buildings (garage), turn right onto the dirt track leading to the banks of the river and then cross over using the footbridge.
- ⑩ 710381 E - 4766476 N Follow the path to the hamlet of Moulaprat. Cross it and join the D240 that you took on the way to point ①.
- ⑪ 710381 E - 4763346 N Turn right and cross the river. At the stop sign, turn left and then right up Rue (street) du Bourguet, which will take you to the starting point.



Choosing your mountain 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:

- LEV 1** Very easy, wide and smooth path. Suitable for all levels, and for touring bikes.
- LEV 2** Easy, fairly smooth path. Suitable for occasional mountain bike riders.
- LEV 3** Difficult, technical route. Experienced mountain bike riders, requiring technical skills.
- LEV 4** 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-tourisme.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



Crossing



LIAISON

Recommendations

Weather 08 99 71 02 64

Emergency number in Europe 112

Riding the tracks of the Bearn and Basque Country requires vigilance and respect towards nature and the people who make this place what it is. 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.

Your feedback on our trails

The routes we offer have been carefully planned. Your feedback on the condition of our tracks is of interest to us and helps us to keep them in good condition.

We invite you to send your comments via Suricate (<http://sentinelles>).