

LEV
2

CIRCUIT No. 6 Col d'Aubisque/Louvie-Soubiron

From Map 1:25 000 French National Geographic



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

For further information, please contact:

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

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A long descent that will be demanding on your equipment, very technical and sometimes dangerous in rainy weather. It is best to take it slowly and admire the scenery as obstacles can take you by surprise.

D From the car park at the Col d'Aubisque, leave the shops on your left and head north for 2400 m along the gravel track that overlooks the Col du Soulor and the Ouzom Valley.

1 717177 E - 4763607 N Turn right onto the dirt track leading into the pasture on the ridge line. The route gradually becomes less visible, with milestones marking the way to go, still on the ridge line heading to the Col de Louvie. Caution: Temporary electric fences may be in place to limit the movement of livestock. Keep an eye out and remember to close fences behind you using the specially designed insulating handle for easy crossing.

2 717058 E - 4765529 N At the Col de Louvie, the left-hand track rises over a talweg. The track has been formed by the herds, and crosses the right side of the talweg. In case of bad weather or reduced visibility, turn left onto the new wide track. The two routes meet 600m further on.

Then stay on the main track which becomes stony and rough again until the outskirts of Louvie-Soubiron.

3 714480 E - 4764394 N Continue straight ahead, downhill towards the valley through the hamlet of Listo. The more courageous can take a right turn to climb to the Pic d'Auzu and continue the descent through the Peyraube wood leading to Aste-Béon (see mountain bike circuit No.13)

4 710818 E - 4764132 N After the section of concrete road, turn left and slow down as you enter the narrow streets of Louvie- Soubiron.



D Col d'Aubisque



GPS WGS 84 UTM 30T
4761698 N - 716915 E



1hr30
to
2hrs



15.3 km



-1360 m
(elevation loss)



Don't miss:

- The panoramic view as you leave the Col d'Aubisque

Note:

- Downhill mountain biking, specific equipment and a good level required.



1708 m

1

2

3

480 m

4



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>).