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A fairly challenging loop in the undergrowth, with a route that follows a pleasant section of the GR®78 (Way of Saint James - Voie du Piémont)



709116 E - 4778198 N Go down the street and walk past the church. At the first intersection turn left twice towards the Chemin de Lasserre. At the top of the tar-sealed road, as you leave the woods, take the dirt track to the right, and climb to the top of the hill overlooking the conifers.

1 710171 E - 4777737 N From the top, head down into the ferns and before the foot of the slope, turn right onto the track leading into the Carrère woods. The track then runs alongside meadows on the edge of the woods, and narrows at the crossroads before Saucerre. Turn right to reach the intersection with the D934 at Sévignac. At the traffic lights, cross the road towards Sainte-Colome to reach a car park at the exit of the village.

2 710664 E - 4776292.48 N From the car park on the D232, head down into the woods, taking care at the old steps. Keep to the right at the intersection and go onto the tar-sealed road heading up towards the Saint Saturnin chapel. Follow the track, taking care to close the three gates in the pasture area.

3 711103 E - 4775322 N Before the first houses in Sainte-Colome, turn right down the winding path, then right again on the tar-sealed road to the intersection with the D934. Be careful! Turn right and continue 50 m, then cross to the Chemin de Pujalet, staying on this road until the foot of the hill, before turning left onto the Chemin de la Cubette.

4 710365 E - 4776293 N Follow the stream and then cross the agricultural plain to the houses. At the tar-sealed road, go straight ahead, then straight on again at the next two junctions towards Buzy and Oloron on the D232. Before the bridge over the old railway line, turn right onto the Chemin de Saint-Jacques (GR®78- Way of Saint James), which becomes a narrow track and then widens as it rises to reach the village of Bescat and the starting point.



Parking on the heights of Bescat (cemetery).



WGS 84 UTM 30T
709043 E - 4778103 N



2hrs 15mins



11.8 km



320 m

Don't miss:

★ View of the plain as you arrive at Bescat.

Note:

⚠ Remember to close the three gates in the pasture area at the beginning of the route.

• Take care crossing the D 934 at the bottom of the Sainte-Colome hill.

• Take care heading down into the woods of Sévignacq-Meyracq.

494m



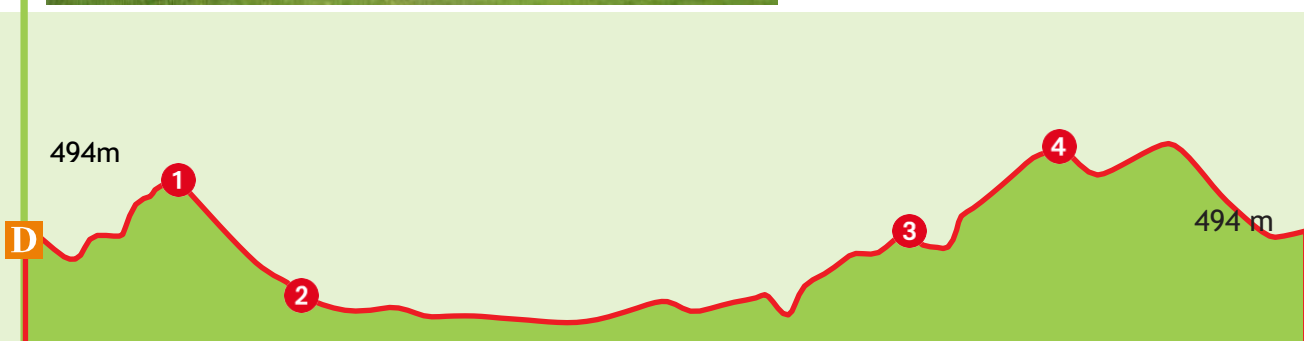
1

2

3

4

494 m



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>).