

LEV
3

CIRCUIT No. 10

Le Tour du Séserite

From Map 1:25 000 French National Geographic



Programme produced by:

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A long steady climb on a stony track which is in good condition, from the Port de Castet (871 m) to the Cabane Escalac and the Col de Jaut (1506 m). The track then crosses the summer pastures before a free-ride descent to the Coutchet water troughs. No great difficulty except in foggy weather (to be avoided) but good stamina is required.



D 713327 E - 4771166 N At the entrance to the Port de Castet, after the cattle grid, take the only tar-sealed road opposite which climbs slightly above the barns and meadows to the foot of the forest.

1 714163 E - 4770447 N At the first intersection, turn right and then after 50 m, follow the track up into the woods. This is the main track to follow to the Col de Jaut.

2 714465 E - 4769736 N After a slight descent at the end of the forest, continue your ascension to the Col de Jaut.

You will progressively discover the summer pastures and the long rocky outcrop that you will follow from above a little later.

3 716578 E - 4768237 N At the Col de Jaut, 50 m after the cattle pen, turn right towards the water troughs and go around the bottom of the huge water reserve. Then follow the animal tracks along the contour line, staying above the long limestone outcrop seen from the track to the pass. After about 1.7 km, the path drops below this outcrop. Stay on the grass above. You will have to carry your bike to cross the ramp, aiming for the Col du Coigt de Jaut and its magnificent viewpoint.

4 714234 E - 4768080 N Cross the fence through a small opening and don't forget to close it behind you. Take a slight left, avoiding the deep gullies in the ridge area. For the more adventurous, there is the possibility of a free-ride to the Coutchet water troughs, 180 m below. Alternatively, find your way along the contour line and the animal tracks in a large arc that leads to the ridge opposite. When you get to the water troughs, take the increasingly fast track to the Lourziou water troughs.

5 711723 E - 4768809 N Don't let yourself go too fast at the bottom of the slope, but before the flat and the rise of this main track, turn right towards the water troughs and follow the descent to the Port de Castet 3 km away. Caution! Two barriers close the passage on the second part of the route in the forest.

D Port de Castet



GPS WGS 84 UTM 30T
713327 E - 4771166 N



4hrs



20.2 km



840 m



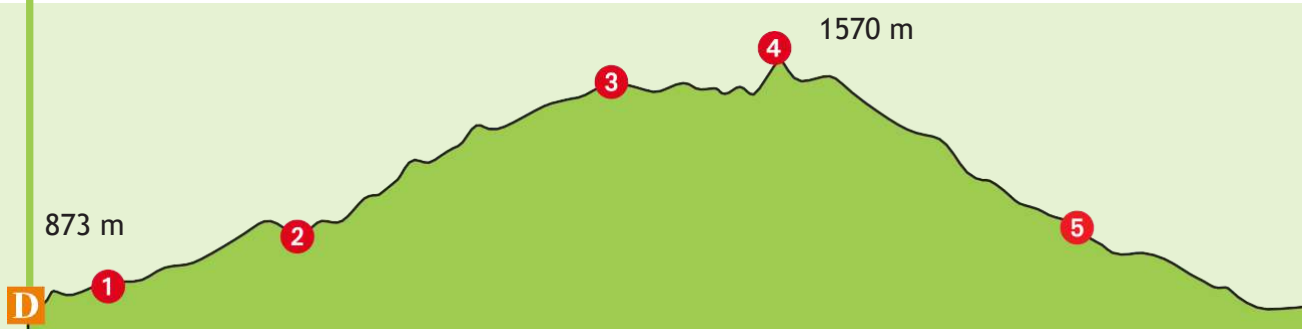
Don't miss:

- The ridges of the Moulle de Jaut; the erosion frescoes of the Males d'Ores limestone before arriving at the Col de Jaut; the panoramic view over the western part of the valley from the Col du Coigt de Jaut (1526 m).



Note:

- Avoid the grazing area in foggy weather. The eastern part of the site has a steep slope and a rocky outcrop.



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>).