

From Map 1:25 000 French National Geographic



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*Beautiful surroundings, but a physically and mechanically demanding circuit, with a significant elevation gain and sometimes steep and technical descents.*

**D**

709497 E - 4774161 N From the car park of the Iseste town hall (*mairie*), take Rue de Lazerque to the cemetery gate, and go onto the main road nearby by crossing the roundabout through the underpass, turn left and then right. Ride past the livestock building on your right, then stay on the main tar-sealed road leading to the Iseste forest. The long climb starts at the small bridge (Alt. 441 m), tar-sealed to 619 m, then a stony track to 1180 m.

① 706459 E - 4772802 N At the end of the track, but not of the effort, you will sometimes need to carry your bike to the Cayolar du Lazercou and then to the Lazerque ridge. Cross the clearing in the small talweg, then before the pastoral hut, turn left following the red and yellow GRP® markings. Continue in the same direction as you cross the ridge at the lowest point. The first few metres of the descent must be done on foot before the panoramic view of the Benou plateau suddenly opens up. Go onto the path below at 50 m and be careful as you ride down to the plateau.

② 707988 E - 4771511 N Junction point between the track variations

**Short option:**



Turn left onto a wide, rolling track and after 700 m, a left-hand bend leads you onto a track passing under the power line. When the route narrows, take the descent to the right. Beware of the many boulders that have come loose from the low walls and litter the route. Cross the main road to reach the last section of the route leading to the centre of Bilhères.

**Long option:**



Turn right towards the barns at the bottom of the Benou plateau and stay on the track at the edge of the woods and pastures below. When you cross the road to the Col de Marie Blanche, take the track opposite which overlooks the Houndas plateau. At the bottom of the descent, turn right and ride 800 m on the tar-sealed road which then becomes a track.



**D**

Car park of the town hall of Iseste



GPS WGS 84 UTM 30T  
709497 E - 4774161 N



4 or 5 hrs



960 m or 1040 m



23.2 km or 26.2 km



**Don't miss:**

- Views over the Bearn plain as you climb the Iseste forest track.

- The view of the Benou from the Lazerque ridge.

**Note:**

- Good physical condition and suitable equipment (suspension, disc brakes and protection required).



## Mountain bike circuit

③ 706443 E - 4769681 N At the first bend on the right, head straight into the woods before putting a foot down to cross a short ramp. Halfway up the slope, take a narrow path in the undergrowth to the left. It reaches a clearing where recent logging has erased the route. Cross the clearing, take the path opposite which runs along the meadow.

④ 706741 E - 4769232 N Just before the barn, head down to the right onto the path to join the Mailh Massibé track. At the intersection, turn left towards Bilhères.

⑤ 707752 E - 4770517 N At the Bilhères town hall. Take the road downhill between the church and the Bilhères town hall (*mairie*) for 200 m, then turn left onto the grassy path leading to Bielle in the valley. When you get back onto the tar-sealed road, stay on the main road leading to the Bielle town hall.

Cross the square next to the town hall near the bakery and continue down to the underpass below the main road.

⑥ 709592 E - 4770036 N Turn left, and then 150 m to the right, towards the natural area of the Lac de Castet bordering the river. Continue through the woods, pass the lake house and carry on until you reach the D 934. Turn left and ride past the shops for 200 m then turn right before the restaurant to join the cycle path. The track runs along the road for almost 2 km before an underpass leading to a disused road. Follow it for 600 m and then, just before the roundabout, take the cycle path again (be careful when crossing the D934) for 1 km. At the intersection at the Iseste cemetery, take the same route on the right as at the start in the village to return to the town hall.

## Ossau Valley



# Choosing your mountain bike route


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](http://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>).