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After a warm-up on a gently rolling section, the serious stuff begins in the western part of the Aspeigt woods with a steep climb on broken tracks, before continuing through the pasture. The superb landscape of the Sède de Pan ridge is a reward before a nice long descent through the forest.

**D** 707033 E - 4770779 N From the car park, take the road up for 300 m then the first track on the left. Close the gate behind you at the first barn and follow the rolling track until you reach another gate. Take the next track and turn left at the first hairpin at 80 m. The path descends for 450 m, until it reaches a junction with a wider track. Turn right and head to the bridge, then cross the gate leading to the tar-sealed road.

**1** 706679 E - 4768264 N Turn right onto the tar-sealed road and continue for 1200 m before going onto the forestry and then pastoral track towards the Cabane de Lauda and the foot of the Montagnon de Bielle.

You are in for 1150 m of ascent without much respite! Once past the Cabane de Lauda, a last effort takes you to the water troughs of the Sède de Pan ridge which dominates the valley at the foot of the Pic Montagnon (1973m)

**2** 703656 E - 4767632 N Turn right onto the pasture, taking the grassy passages rather than the very eroded paths, and head down to the water trough. The track is uneven on the edge of the forest with a curve to the left giving access to the Cabane (hut) de Crambots.

**3** 704935 E - 4768417 N From the hut, the wide track makes a fast and winding descent for 2800 m. The first section is in the forest, then a section of pastures, and then another part in the forest. Watch out for the left-hand hairpin giving access to a fun cut in the tracks.

**4** 705555 E - 4768765 N Leave the track in the left-hand bend to ride gently uphill on the track under the trees. This 800 m route is more fun, without being difficult, with a dirt track that is softer than the regular track.

**5** 706245 E - 4768995 N Back on the regular track, turn right immediately onto a path below the main track to join the Benou plateau and the tar-sealed road down to the starting point.

**D** Chapelle (chapel) de Houndas, Benou plateau

**GPS** WGS 84 UTM 30T  
707033 E - 4770779 N



5 to 6 hrs



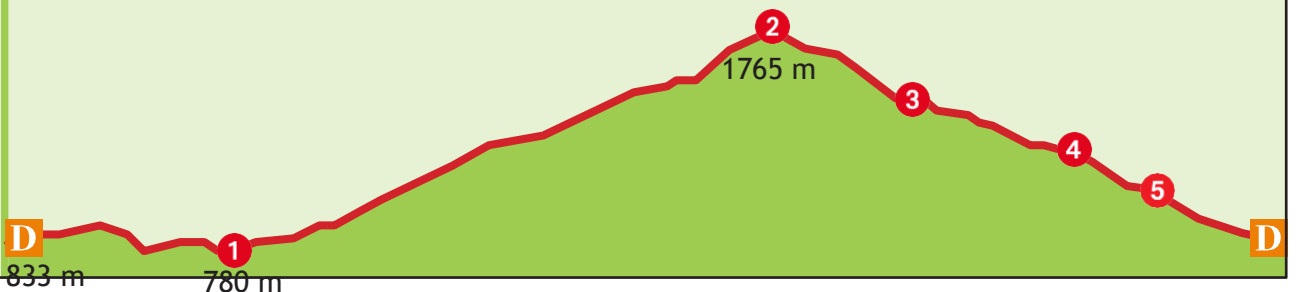
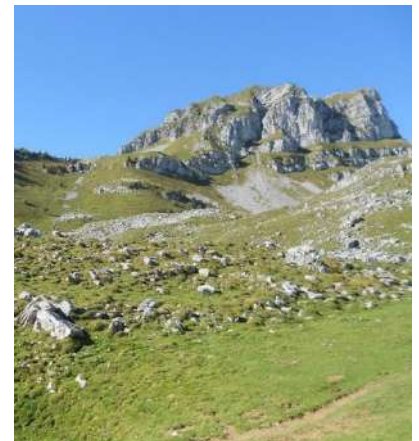
20.1 km



1130 m

★ Don't miss:

- The outstanding panoramic view from the Sède de Pan ridge.



# Choosing your mountain 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](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>).