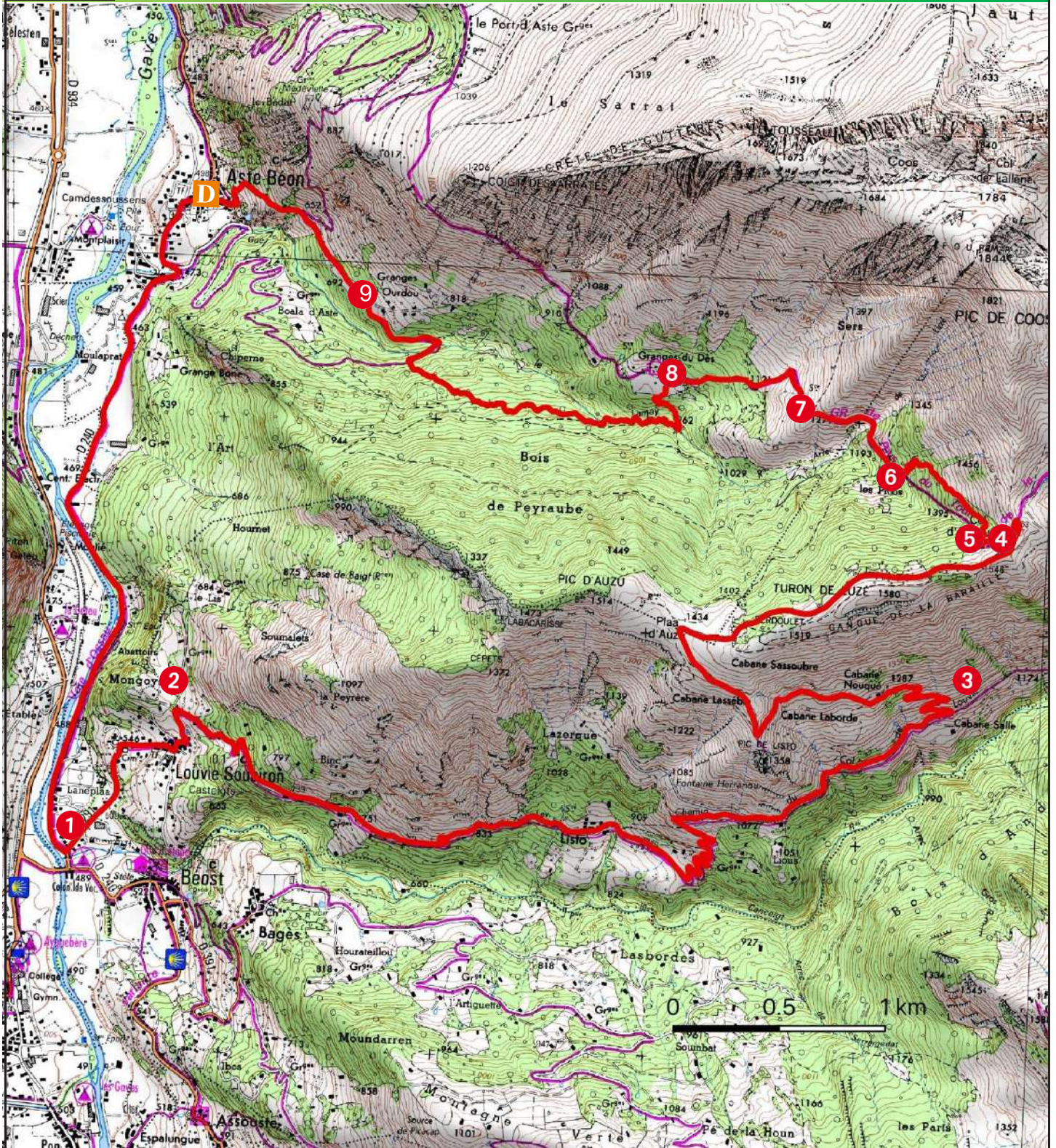


From Map 1:25 000 French National Geographic



**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

Discover the full range of outdoor sports on offer on the mobile application **Vallée d'Ossau Pyrénées**



The "expert" level describes this route particularly well. Strong physical fitness and suitable equipment are the key to an enjoyable descent featuring superb landscapes and a sensational passage through the "earth slide" of the Peyraube woods. But this loop is a very difficult one!

**D** 710747 E - 4766540 N From the church of Aste, begin the necessary warm-up over 4.5 km up the valley towards Louvie-Soubiron before the tough climb.

- 1 710365 E - 4763437 N Turn left towards the centre of the village of Louvie-Soubiron and go up to the left through the village along the narrow streets.
- 2 710818 E - 4764132 N Above the village, turn right after the first climb onto the cement road before reaching the tarmac leading to the hamlet of Listo. Once you have passed the hamlet, a winding section with ten or so bends takes you to a higher level. Leave the first track on the left and follow across the hill eastwards for 1 km to an intersection between tracks.
- 3 714480 E - 4764394 N Turn left for another winding section leading to the Pic de Listo (1358 m). The track branches off to the north towards the Cabane Lassébie and the Plaa d'Auzu and then follows the upper part of the Peyraube woods, below the Turon de Luzé (1580m).
- 4 714693 E - 4765165 N You will reach the highest point of this loop at the Col d'Agnourès (1563 m) with a superb panoramic view. On the east side, you can see: Crête de Laudège, Soum de Grum, Col de Louvie, Crête du Moulle de Jaut. On the north-west side: Pic Montagnon, Mailh Massibé, the Benou plateau.

Turn left to see the three markers on the path immediately descending into the woods.

- 5 714557 E - 4765197 N After two zig-zags, the track reaches a small clearing in a wetland. Do not go up the other side of the talweg but head down the muddy slope to join a drier track winding through the woods. You're in for almost 1 km of slalom with good grip on the ground, but a 25% descent.
- 6 714087 E - 4765491 N Turn right on a track that widens for a while, with a gentle descent as you leave the forest. The herds of animals have made the track uneven as you head up to a small hillock.
- 7 713684 E - 4765754 N On this promontory, turn right to go below the fence. Beware of boulders hidden by vegetation and creating steps! The path widens in the undergrowth to reach the barns in Dès.
- 8 712996 E - 4765890 N At the barns, take a track on the left that soon enters the undergrowth and becomes a very fun descent to the Boila trail, 2 km later. In dry weather, take this trail up on the right to the barns in Ourdou. In wet weather, the track on the left is preferable, on the road leading down to Aste.
- 9 711582 E - 4766128 N

When you get to the barns in Ourdou, the markers lead to a track paved with large slabs, blocks that have been assembled but reworked by time and erosion. This track leads back to Aste.

**D** Church of Aste

**GPS** WGS 84 UTM 30T  
710747 E - 4766540 N



5 to 6 hrs



20.9 km



1130 m



**Don't miss:**

- The panorama from the Col d'Agnourès before heading down through down the Peyraube woods.



**Note:**

- Downhill mountain bike, specific equipment and impeccable physical condition are essential.



# 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](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>).