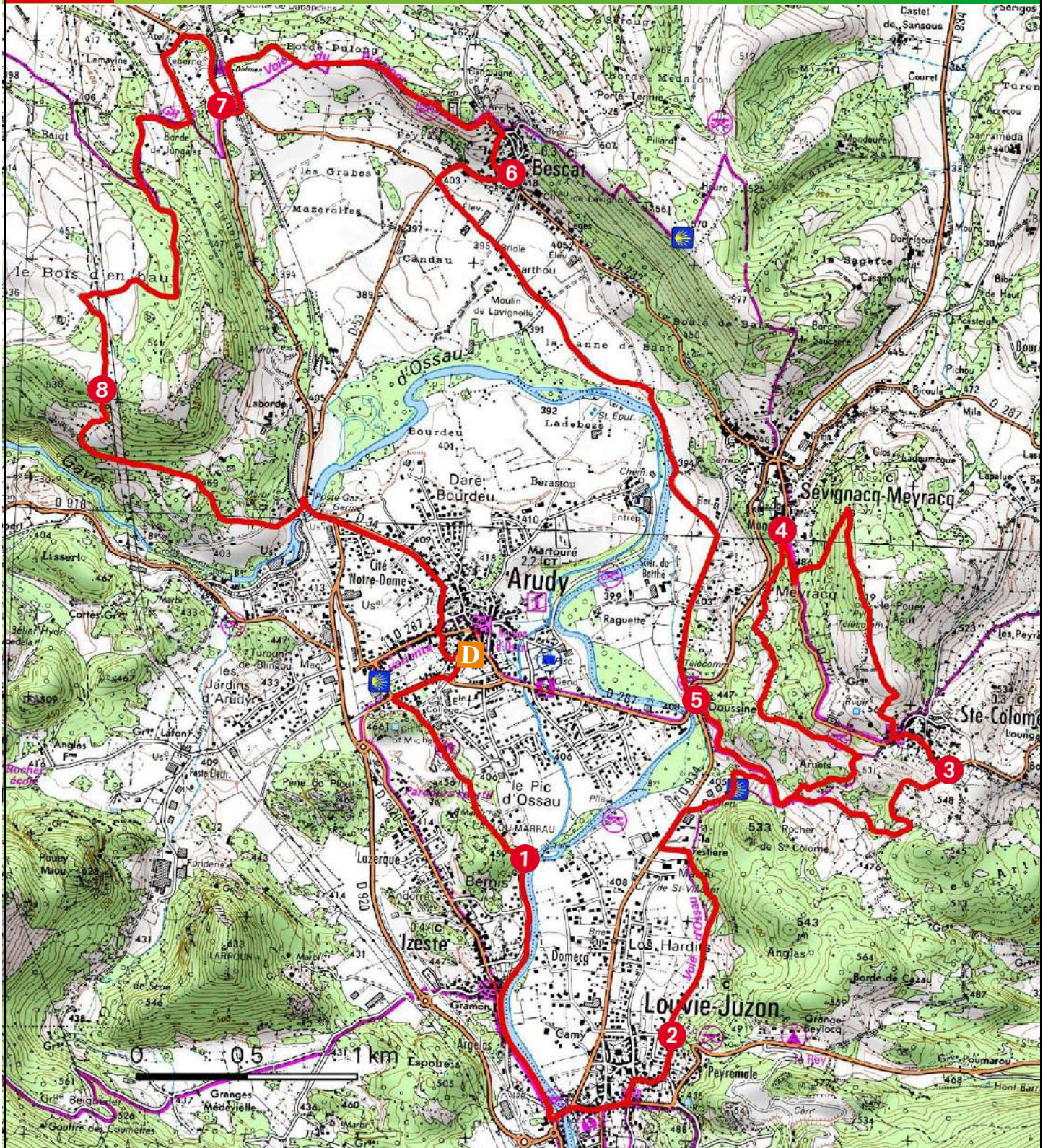


LEV  
3

CIRCUIT No. 16

# Bassin d'Arudy

From Map 1:25 000 French National Geographic



**Programme produced by:**

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

All the ingredients for a great ride in the foothills! Some steep but shady climbs, descents in the woods, sharp climbs and views from the heights over Sainte-Colome and Bescat.



**D** 709255 E - 4775635 N Place du Foirail (Foirail square), ride past the south side of the playground and turn right onto Avenue des Pyrénées. After the cinema, turn left to take the fitness trail until you reach the banks of the Gave d'Ossau.

**1** 709617 E - 4774739 N Follow the signs along the river until you get to the bridge at Louvie-Juzon. Cross the bridge and go straight on to enter the town centre and continue to the church. Turn left and then take the first right (Rue (street) d'Espalungue). 150 m further on, turn left into the housing estate of the same name and then straight on into the dead end.

**2** 710325 E - 4773986 N Go up the track (GR108). It quickly leaves the undergrowth to lead to the D934. At the intersection, turn right and follow the road for 200 m. Before the tip, take a path to the right which climbs gradually until it crosses a small road, the Cami d'Arruets. Do not leave it until you reach the first houses of Sainte-Colome.

**3** 711483 E - 4775269 N At the crossroads, turn left and then, once you have passed the church, take the rightmost path. After the gate, the track climbs to the three crosses. Enjoy the magnificent view before continuing north into the undergrowth. The almost flat track gives way to a fairly steep descent that leads to the D232. Go downhill for 200 m.

**D** Arudy, Foirail Square

**GPS** WGS 84 UTM 30T  
709255 E - 4775635 N



2 hrs



22.6 km



570 m

**★ Don't miss:**

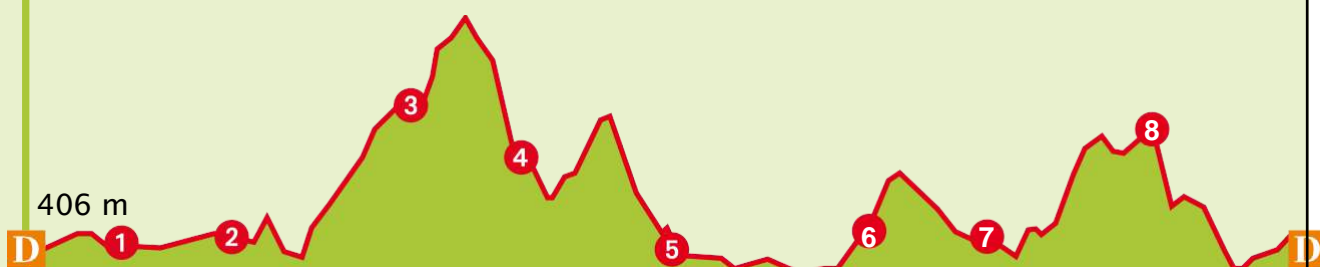
- The various viewpoints over Arudy and lookout point at the entrance to the Ossau valley from Bescat and Sainte-Colome.

**⚠ Note:**

- Take care on the last very steep descent after Sainte-Colome.



610 m



## Mountain bike circuit

Bassin d' Arudy

The Ossau Valley

- ④ 710662 E - 4776291 N At the small car park, turn left onto the GR78. The shaded track plunges down into the village of Meyracq and then rises again to the east on a wider track. At the intersection, follow the GR108 to the right for a slightly technical descent back to the Cami d'Arruets, which you took earlier. Go down the left-hand side until you reach the junction with the D934.
- ⑤ 710326 E - 4775508 N 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. Follow the stream and then cross the agricultural plain to the houses. When you reach the tar-sealed road, go straight on until you reach the junction with the D53. Go up to the right and enter the village of Bescat.
- ⑥ 709287 E - 4777854 N At the crossroads with the Route de Sévignacq, turn left into Rue de la Carrerorbe and then left again into Chemin Herrellore. At the church, your hard work is rewarded, the view of the valley from the moraine is well worth the effort! Follow the road to the cemetery westwards and leave it at the first hairpin bend for a gravel track that descends gently to the bridge over the cycle path. Go up to the right to the Dolmen car park.
- ⑦ 708002 E - 4778084 N Go down the D920 towards Buzy for 400 m. Leave it, on the left, for a small tar-sealed road. This soon gives way to a track running south through the woods. At the intersection with the "Chemin Blanc", turn left twice in succession and ride up the track across the field to a small pass.
- ⑧ 707536 E - 4776726 N The path descends gently to the south and then to the east and leads to a small road. Pass under the arched bridge (cycle path). At the intersection with the D920, go up the D920 to the right for 200 m and turn left into Rue du Pont Germe. Follow the signs in the town of Arudy to Place du Foirail.

# 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>).