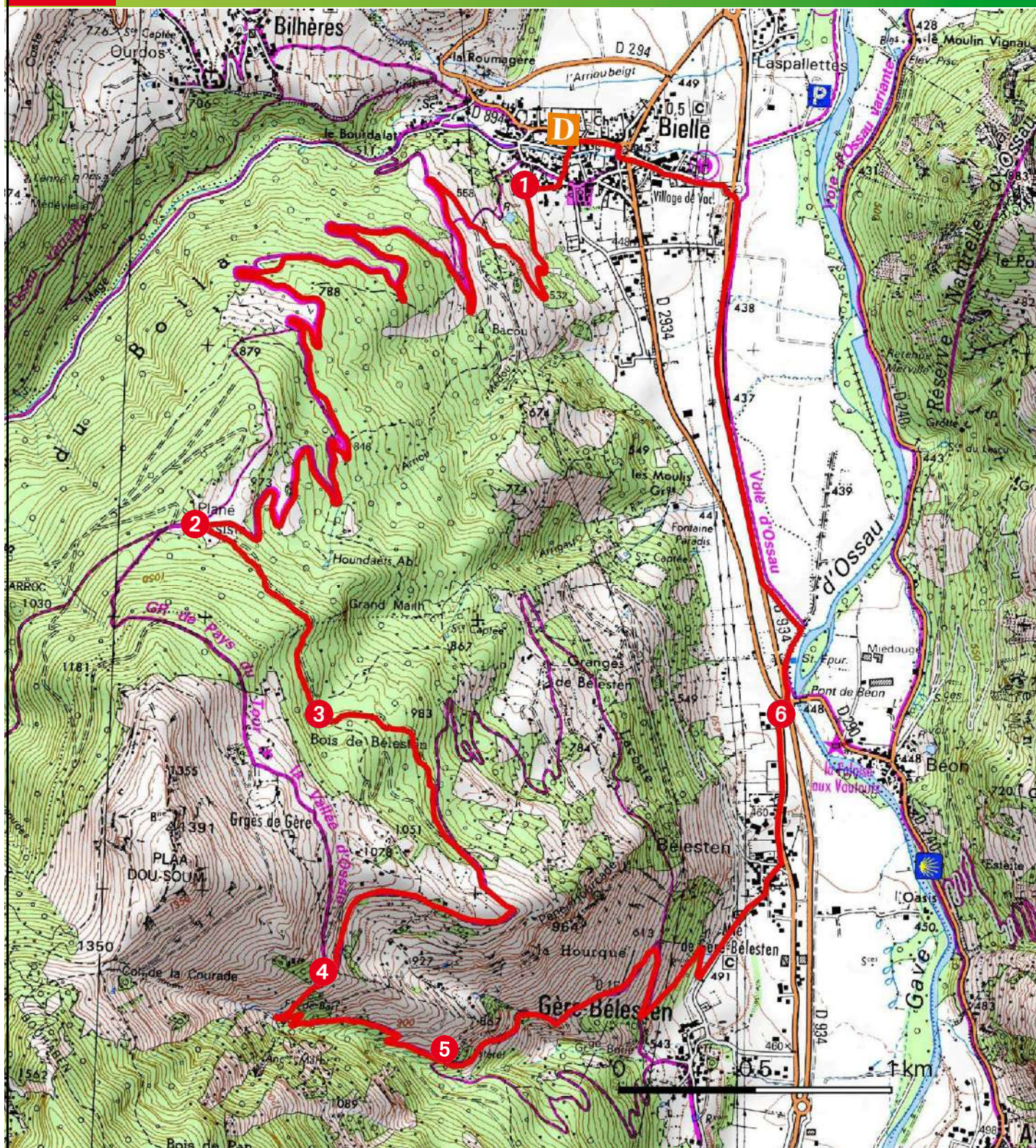




Programme produced by:

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**

A long steady climb through the Boila forest to the small plateau of Plané d'Assiste, before taking a track overlooking the valley, then a tricky descent to Gère-Bélesten.



D 708963 E - 4770098 N From Place du Poundet, take the Rue du Boila to the south and then the second street on the right which leads to the gravel path.

1 708827 E - 4769974 N Stay on the main track for a long steady climb (6.2km and 500 m elevation gain) to the Plané d'Assiste plateau.

2 707741 E - 4768663 N Leave the plateau, taking a path on the left into the woods. Remember to close the fences behind you.

3 708217 E - 4767986 N At the first junction in track (at 7.6 km), turn left downhill and continue until you reach the wide gravel track that climbs up to the barns of Plaa de Houegue.

4 708319 E - 4767053 N Leave the gravel track for a last glimpse of the landscape before starting the descent into the forest, staying on the main track.

5 708790 E - 4766753 N At the Esteret fountain, take the path opposite which zig-zags down (and against the direction of a walking track, be careful) until you reach a small road, then turn left until you reach the church of Bélesten. Ride past the porch, cross the small square and then turn left to leave the village towards the roundabout on the D934.

6 709881 E - 4768125 N Take the second exit on the roundabout, and before the bridge over the Gave, turn left onto the tar-sealed road parallel to the D934. After the water treatment plant, turn left onto the gravel track alongside the road and continue for 1.9 km. Turn left into the underpass to reach the starting point.

D Bielle, Place du Poundet (Poundet square)



GPS WGS 84 UTM 30T
709197 E - 4770111 N



2hrs 30mins



16.3 km



710 m



Don't miss:

- The views over the valley and the Pic Montagnon.



Note:

- Quite fast rolling descents, beware of visibility.



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.

D  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



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>).