

LEV
3

AVERAGE

Mountain biking circuit - Atxulegi


AÏNHOA,
ESPELETTE



©IGN


D Ainhoa
Carpark behind the village hall

GPS : 621871 - 4795988

 3h00

Balisage

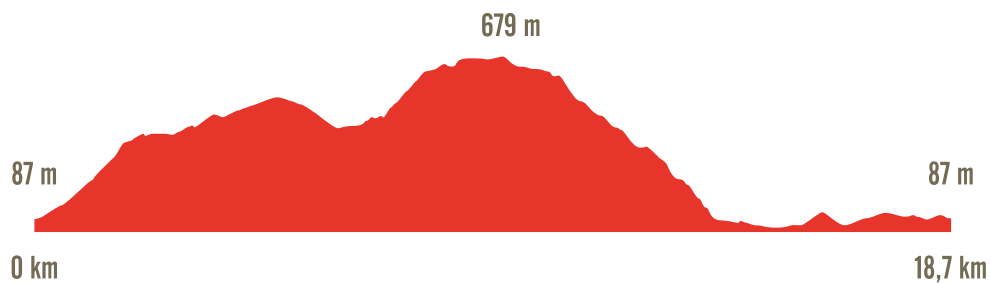

 **18,7 km**

 **+876 m
-876 m**

Not to be missed

- Arantzako Chapel
- Col des Trois Croix
- Panoramic views from the Bizkailuze ridges
- A beautiful technical descent from the Halzagerri ridge to the Lapitxurri stream

Profile of the route



www.rando64.fr

Discover the Béarn and Basque country by foot, mountain bike or on horseback!



A demanding circuit with a very steep start as far as the chapel, which will sort the fitter bikers from the rest. The unique panorama over the Ainhoa Valley is a good reward for that first difficulty. The ridge route is beautiful. The descents are sometimes technical.

© Vincent BAUZA

Getting to the departure point :

From the fronton wall in Ainhoa at the centre of the village, take the main road right for 70 meters then turn left at the corner of the village hall. The road goes to the main carpark, the starting point of the route.

From the carpark **D** 621871 - 4795988, follow the GR®10 and Voie des Contrebandiers signs. The road and then track climbs sharply to the chapel at Arantzako **1** 623090 - 4795636. Follow the ridge which slopes gently to the North-East. Continue to follow the GR®10 signs along a good track which, after a downhill section, climbs sharply to the Col de Zuharreta **2** 626686 - 4794139. Leave the track and go right in a southerly direction along a steep path which leads, after an abrupt climb, to the Bizkailuze ridge **3** 626383 - 4792963. Follow this ridge towards the south. After the Gorospil summit, a longer downhill section leads to the Col de Gorospil **4** 626058 - 4791799 where you join a track.

Turn sharply north on a horizontal path along the west side of the mountain. You will reach a

small col. Turn sharply left (west) along the mountainside to reach the Haizagerri ridge **5** 625967 - 4792310. Follow this ridge to the west. It descends at times with long technical passages. Stay as much as possible on the crest of the ridge on a path that is sometimes narrow. After a steep downhill section, you reach a track cutting across the ridge **6** 623668 - 4792965. Take the little track on the right which goes down into the forest. Sustained, steep downhill section leading to a tarmac road. Turn right onto this for 10 meters, then take a path left. The downhill section is steep and technical. Cross the stream by the ford (the footbridge on the right is dangerous, do not use it). You will reach a road **7** 623139 - 4793396 and turn left onto it. At the first crossroads turn right. The route then climbs upwards, passes close to a quarry and joins the main road. Turn right onto it to return to Ainhoa.

1,8 km

7,6 km

8,8 km

10 km

10,6 km

13 km

14 km

18,7 km

HOW TO CHOOSE YOUR ROUTE

Levels and signposting



Difference in altitude : the total cumulative difference is given for each circuit.



Length : an indication of the length of each circuit is provided. This takes into account the length of the circuit, climbs and possible difficulties.

GPS coordinates of routes

The reference format is WGS 84 – UTM 30T
Download the GPS tracking for circuits at:
www.terreetcotebasques.com



Circuits VTT / VTC

Different circuits are identified by numbers. They are matched to coloured numbers according to their difficulty.

- ▶ **Wide, smooth path.**
All levels, possible on a hybrid bike.
- ▶ **Technical path.** Suitable for advanced bikers, technical skills required.
- ▶ **Path is fairly smooth.** Suitable for the occasional user of mountain-biking trails.
- ▶ **Very technical path.** Advanced technical and physical level required.

Follow the signs so you stay on the right path.

Hiking trail sign	Sentiers de pays et PR®	GRP®	GR®	VTT	Equestre
Right direction					
Turn left					
Turn right					
Wrong direction					

GR®, GRP® et PR® sont des marques déposées par la Fédération Française de Randonnée Pédestre. Certains itinéraires ont été sélectionnés par la Fédération Française de randonnée pédestre en fonction de critères de qualité, ils sont labellisés PR®.

MOUNTAIN BIKING CODE

- ▶ Weather 08 92 68 02 64 or 32 50 or visit www.meteofrance.com
- ▶ European emergency number 112
- ▶ For your own safety, use marked trails and respect the direction of routes.
- ▶ Do not overestimate your ability. Mountain-bikers should control their speed in every situation.
- ▶ For your own safety, do not forget your helmet.
- ▶ Bring food, drink and suitable clothing.
- ▶ Please proceed cautiously and be courteous when overtaking or meeting hikers.
- ▶ A mountain-biker knows that pedestrians have priority and respects the Highway Code.
- ▶ Respect private property and crop-growing areas. Close gates.
- ▶ Watch out for agricultural and forestry trucks, do not block their way.
- ▶ Do not disturb the peace and quiet of wild animals.
- ▶ Do not pick wild flowers, fruit or mushrooms.
- ▶ During the hunting season watch out for beats and hides.
- ▶ Do not throw litter, keep quiet and respect the environment.
- ▶ If you go alone, let someone know your planned route.
- ▶ Let the Tourist Office know if you notice something is missing or unusual on the cycle path.
- ▶ Do not hesitate to contact professionals if you would like to make your outings more enjoyable.

Caution!

During the seasons for pigeon hunting (October to November), group beats (year-round) and stubble-burning (December to March), some circuits should be avoided. Find out more from the Tourist Office.



Your opinion on our paths

Eco-veille® Suggested routes are chosen very carefully. Your comments and observations on the upkeep of our paths interest us, and allow us to keep them in good condition. We invite you to fill out an Ecoveille® form at the Tourist Office. This can also be downloaded at www.rando64.com/ecoveille, under the section Ecoveille.

You can also give your comments to Agglomération Sud Pays Basque (+33 (0)5 59 48 30 85).



Renseignements complémentaires auprès de :
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