

LEV  
**1**

VERY EASY

# Mountain biking circuit - Ospitalia

LARRESSORE



**D** Larressore  
Carpark close to the town hall

GPS : 626655 - 4803240

1h15

**Balísage**

**8,6 km**

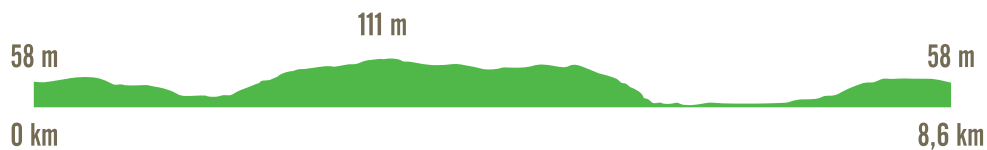
**+178 m**  
**-178 m**

## A ne pas manquer

- Panoramic views
- Pollarded oaks
- Roman bridge

- Take care at junctions on tarmac roads
- Take care when riding on the RD 88

## Profile of the route



[www.rando64.fr](http://www.rando64.fr)

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



Roman Bridge at Larressore

**C**ircuit for families making an extensive tour of the area and offering a range of landscapes and very pleasant settings.

**Getting to the departure point :**

From the village centre, take the main road in the direction of Espelette for around 50 meters and park your vehicle in the carpark on the right, just after the mini-market.

Starting from the carpark **D** 626655 - 4803240, go right on the main road in the direction of Espelette. Continue for 400 meters then before the fronton wall, turn right and cross the housing block until you reach a farm. Go between two large oak trees **1** 626218 - 4802873 and follow a path opposite which continues along the edges of fields. Turn right along the tarmac road until you reach the bottom of a valley marked by a small wood of pollarded oaks **2** 625641 - 4802390. Take a path leading to the right and passing in front of a large picnic table. It will take you to a Roman bridge across a stream and then to a tarmac road. Turn right onto the road and start the climb towards the ridge road, the main difficult part of the circuit (70m ascent). Once you arrive on the plateau **3** 624454 - 4802999, follow the RD 88 to the right for 1 km, in the direction of Ustaritz. Leave the RD road, taking a path on the right which serves an agricultural area **4** 624718 - 4803958. At the end of the path turn left onto the tarmac road, then after 150 meters take a small road leading right which passes several houses **5** 625168 - 4804102. The road becomes a stony track through woodland. Be careful this is a downhill section with a steep downward slope and a hairpin bend. The track

0,6 km

1,42 km

3,46 km

4,45 km

5 km

6 km

7,27 km

7,8 km

8,6 km

joins the valley again at the Maison Ospitalea **6** 625785 - 4804636, a former hospital for pilgrims on the pilgrimage route to Compostella. Turn right to join the RD 20 which you should follow for 100 meters before taking the "Ospital Etxeberrikobidea" path which continues straight ahead past the industrial estate. At the end of the path **7** 626790 - 4803982, turn right to climb back towards the village, passing by the cemetery. At the crossroads with the RD 20, turn right for 50 meters and then left **8** 626540 - 4803694. Then take the first road on the left, passing the stadium and at the next crossroads, take the road to the left which joins the main village street at the mini-market. The carpark is 50 meters further on your right.

# 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.



### 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®.

### GPS coordinates of routes

The reference format is WGS 84 – UTM 30T  
Download the GPS tracking for circuits at:  
[www.terreetcotebasques.com](http://www.terreetcotebasques.com)

## MOUNTAIN BIKING CODE

- ▶ Weather 08 92 68 02 64 or 32 50 or visit [www.meteofrance.com](http://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](http://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 :  
**Office de Tourisme d'Espelette**  
Château des Barons d'Espeleta – 64250 Espelette - Tél : 05.59.93.95.02  
Mail : [espelette.tourisme@wanadoo.fr](mailto:espelette.tourisme@wanadoo.fr) - Web : [www.espelette.fr](http://www.espelette.fr)



[www.rando64.fr](http://www.rando64.fr)

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