

LEV
3

AVERAGE

Mountain biking circuit - Ursuya


CAMBO,
HASPAREN



©IGN


D Cambo
Tourist Office


GPS : 629750 - 4802158

 3h00

Balísage

D to **9** 

 **23,4 km**

 **+875 m**
-875 m

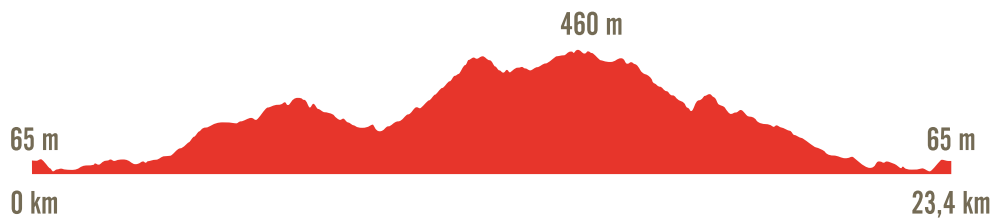
A ne pas manquer

- Bas-Cambo district
- Views from Pilotaxilo (slopes of Ursuya)
- Renovated stone houses/shelters



- Take care at junctions on tarmac roads
- Take care when riding on and crossing the RD 10

Profile of the route



www.rando64.fr

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

Very beautiful route for regular mountain-bikers on the Ursuya slopes, on little-used roads and tracks including the picturesque Paska Leku route. The return starts with a long downhill section in the heart of a forest and grazing land interspersed with valleys and streams where you can cool down.



© M. Egreteau

Getting to the departure point :

Start from the village centre, next to the town hall and by the Tourist Office.

Starting from the Tourist Office **D** 629750 - 4802158, pass in front of the town hall and turn right at Rue du Trinquet. At the Hôtel du Trinquet continue along Rue Xerri Karrika. This small picturesque alley leads to a large bridge over the Nive **1** 629855 - 4802350. After passing the bridge take the Urbidia road to the right. This road overlooks the Nive and leads to the departmental road from Cambo to Hasparren. Take this road left for approx. 50 meters, then turn right onto the Paska Leku road **2** 630809 - 4802082. After a flat section with views over the Nive, start a series of small but steep climbs: the first difficult parts of the route (200m ascent on a tarmac road). The circuit continues for 7km without leaving this road, until the crossroads with the RD 252 **3** 634965 - 4798589. Turn left in the direction of the village of Macaye. This part is well used by cars, care should be taken. At the "La Place" district, turn left at the town hall and continue on this road. The second climbing section starts here (140m ascent). This part which is firstly on tarmac and then natural ground, is steep; take care when crossing cattle grids as this can sometimes be tricky. Leave the track to take a path leading down to a meadow area **4** 635234 - 4799715. Turn right onto another track. This is the start of a large herding area within which you should not disturb the animals. At the crossroads **5** 634206 - 4799734, turn right after the sheepfold and follow the track, enjoying the magnificent views from the slopes in

0,42 km

1,78 km

8,7 km

11,5 km

12,8 km

15 km

16 km

18,5 km

21,1 km

23,4 km

this area. A downhill section is not far off! At the next crossroads **6** 634443 - 4801305 when you are close to a renovated sheepfold, continue opposite and just after the turn, leave the track and take a path on the left. Start by following the ridge as far as a track. At the crossroads turn right and follow the track which goes down 300 meters before arriving at a group of houses which you should not cross through **7** 633814 - 4801641. 20 meters before the tarmac road, leave the track and take a path on the left which drops down through moorland and joins a track. Follow this to the left, continuing downhill for approx. 400 meters as far as a crossroads. Turn right, then after 80 meters right again onto a track climbing upwards for 500 meters, one of the last difficult sections of the route. When you arrive at a small group of houses, take the path opposite leading downhill. After the cattlegrid, turn left onto the tarmac road which you should follow as far as the next crossroads **8** 632296 - 4801332. Turn left here, then the path immediately on the right. Go downhill as far as the RD 10. At the Stop sign go left and then quickly right towards Olha Mill **9** 631035 - 4802666. At the mill after the bridge take the dirt track on the left as far as a block of houses, then follow the road to the left as far as the railway. Go to the bridge using the path alongside the Nive and finish the circuit by the route taken at the start.

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.

- Green** ▶ Wide, smooth path. All levels, possible on a hybrid bike.
- Red** ▶ Technical path. Suitable for advanced bikers, technical skills required.
- Blue** ▶ Path is fairly smooth. Suitable for the occasional user of mountain-biking trails.
- Black** ▶ 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

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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