

VTT 2 Les Crêtes de Coarraze à St-Vincent

MOYEN

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A more difficult ride than VTT1, this circuit is well suited for beginners who want to test their endurance and their potential on steep climbs. The downhill ride through the wood of Carrasquet is great fun.



Départ :
COARRAZE
Arrivée :
COARRAZE



Distance : **15.4 km**

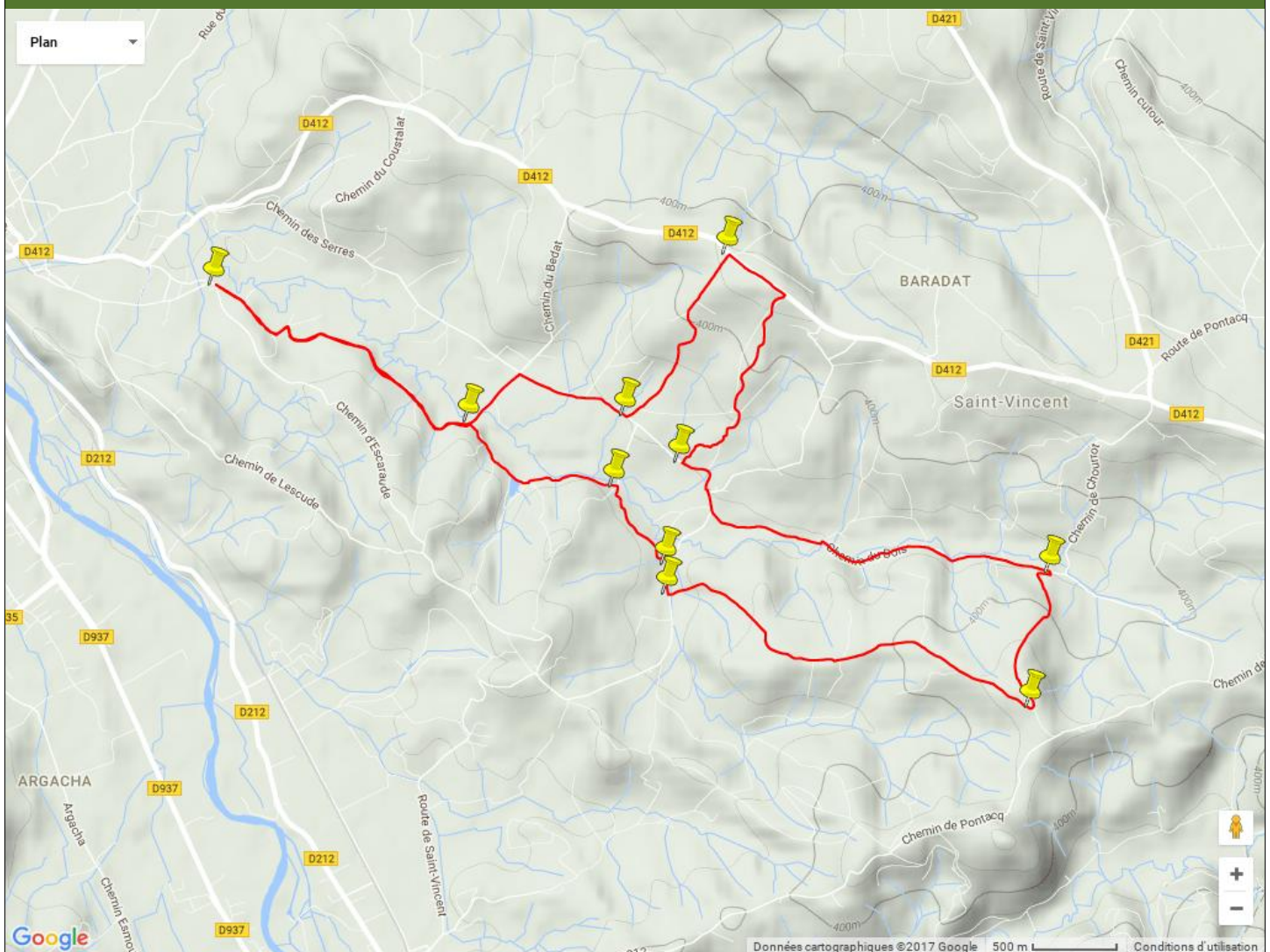


Dénivelé : **402 m**
Dénivelé négatif cumulé : **0 m**



Temps de parcours : **2h30**

Balisage : **Yellow**
(marquage : Triangle du VTT)



Étapes

Step 1. Towards the wood of Carrasquet. Follow the track of Sargaillouse. At the crossroads, turn left then right on the road. Ride for 600m (approx. 1968,5 ft.) and turn left, go up on the beaten path. Turn right on the road, at the top of the hill at the end of the forest turn right then go down in the wood of Carrasquet.

Step 2. Towards Montaut. Go to the track to the left, continue up to the crossroads, turn right towards Montaut then turn left to the road of the wood (Chemin du bois). At the crossroads go straight ahead. Then turn right, leave the track and go up on a steep gravel trail. At the next crossroads, turn right and go down on a stony track. Down the track, turn right on the road, ride for 200m (approx. 656ft.).

Step 3. Towards the lake of Sargaillouse. Before a small bridge, turn left on a beaten path. Continue on the track to the right. Then turn left, follow the forest road of Sargaillouse. Pass by the lake of the same name and continue on the track to go back to the start.

★ À ne pas manquer

- **The view from the hillsides.**
- **The downhill of the wood of Carrasquet.**



Attention

- Stay safe when approaching hunting cabins



Recommandations utiles

Appel d'urgence : **112**

Préservez-vous

Préservez la nature

Respectez la montagne

Les montagnes basques et béarnaises sont des espaces pastoraux. Evitez de partir avec votre chien. Dans tous les cas, tenez-le en laisse. Merci !



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