

# GR<sup>®</sup> 10

NIV  
4

DIFFICULT

## STE-ENGRACE - LA PIERRE ST MARTIN



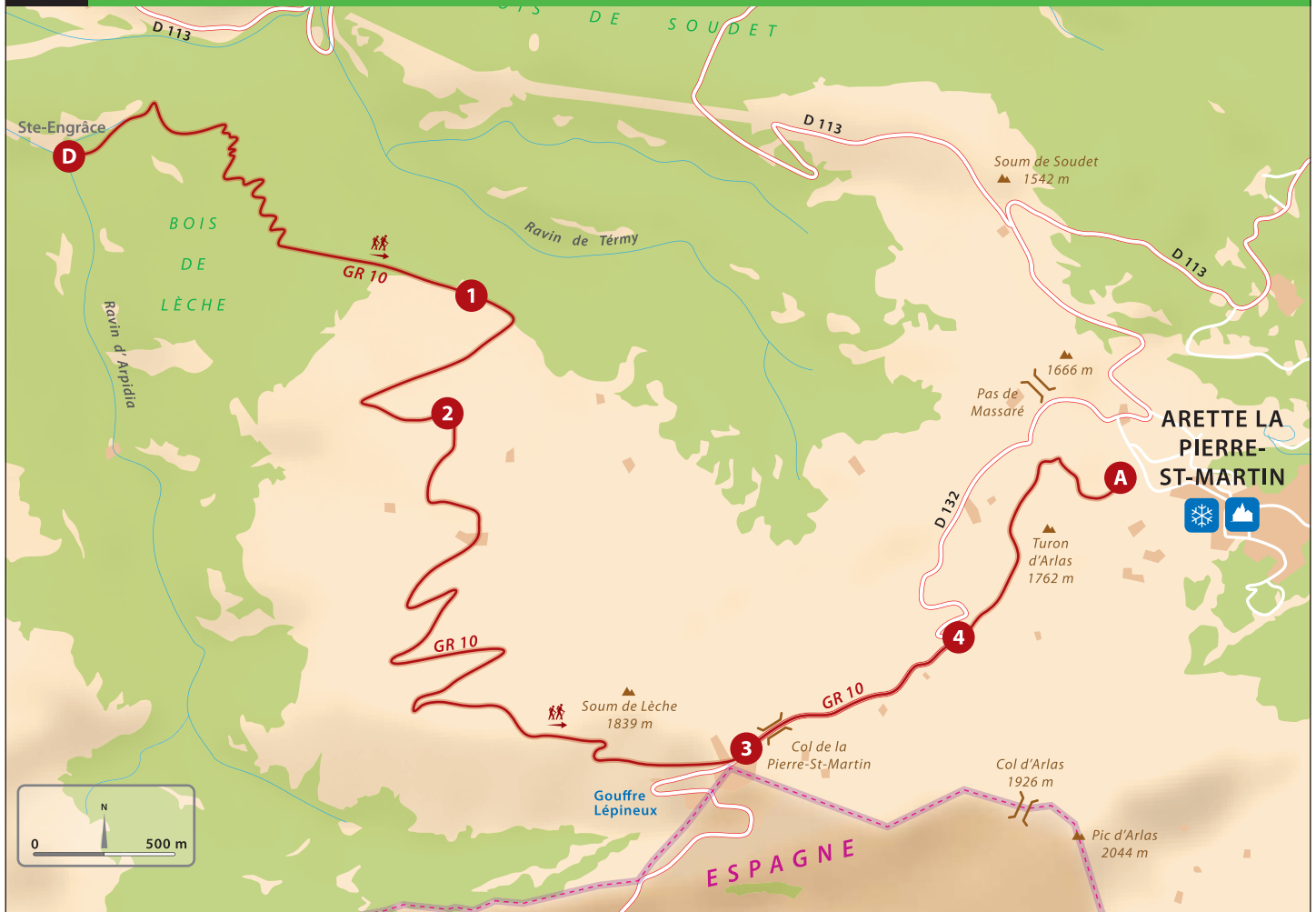
This route first takes you through the canyons and forests of Haute-Soule then crosses mountain summer pastures filled with vast herds of animals. The view vanishes into the horizon to the west while you approach the pic d'Anie, first of the great Pyrenean summits. In foggy weather, it is easy to get lost during the part of the route not in the forest.



### Getting to the start:

From Bayonne or Pau, take exit 7 on the A64, then the D933 to Sauveterre de Béarn; after the Gave, turn left on the D23 then the D11 until Mauléon. Next, take the D 918 to Tardets. After Tardets, turn right on the D 26 in the direction of Larrau. After Licq Atherey, turn left on the D 113 towards Ste Engrace. 5km after the car park for the gorges of Kakueta, park at the church in Ste Engrace.

- D** With the church to your right and the hostel to your left, **2h20** **2** (1336 m - 681040 4761440). The ruined cabin of 'Escurets bas'. Turn right and climb the thin path that zigzags up to pasture land to the north.
- 3h45** **3** (1479 m - 680964 4761009). You reach a stony path, which you climb. It winds through pasture, passes by two cabins, then crosses some rocky areas to reach the col de la Pierre St Martin. **4** (1775 m - 682099 4759854). Turn left on the road and, after a slight rise then a gentle descent, at the first hairpin bend to the left **5** (1736 m - 682886 4760277), you should take an indistinct track to the right and follow it under two drag lifts, climb up to then walk around a dome, and finally descend a steep slope towards the ski resort of la Pierre St Martin **6** (refuge 1664 m - 683490 4760839).
- 1h00** **1** (781 m - 679524 4761847). Leave the la Verna footpath on the right and take a smaller footpath that rises steadily through undergrowth. Pass a small spring and keep climbing. The footpath cuts through a forest track several times. Pass a surprising trough decorated with a sculpture. Next you walk along the border of the forest then leave it for pasture land.

**NIV  
4****DIFFICULT****STE-ENGRACE - LA PIERRE ST MARTIN**

**D** Ste-Engrâce (church)  
(678524 4762669).

**6h00****11,7 km****591 m** mini  
**1777 m** maxi**Cumulative ascent:** 1306 m**Type of terrain:**

10,2m of paths, 1,4m of roads.

**Signposting:**

The entire route is consistently signposted in red and white.

**Cartographie :** IGN au 25 000°**GPS (WGS84 – UTM-30T)**Téléchargez la trace GPS sur [www.rando64.fr](http://www.rando64.fr)**Not to be missed:**

- The church of Ste Engrace
- The canyon of Arpidia
- The swallow-holes at the edge of the col de la Pierre St Martin
- The view of Arrhes d'Anie on the Spanish side of the col.



For additional informations contact:

**Soule**Tel : 05 59 28 02 37  
[www.soule-xiberoa.fr](http://www.soule-xiberoa.fr)**Vallée de Baretous**Tel : 05 59 88 95 38  
[www.valleedebaretous.com](http://www.valleedebaretous.com)**[www.rando64.com](http://www.rando64.com)**

on foot, mountain bike or horseback, discover Béarn and Basque country !



Remerciements à l'O.N.F.



# CHOOSING THE RIGHT HIKE FOR YOU

**The elevation** indicated on the sheets represents the total distance climbed. Stops are not included in hiking times.

**Hikes are classified by difficulty** and distinguished by colours on each route's practical sheet. We adhere to the recommendations of the French Federation of Hiking.

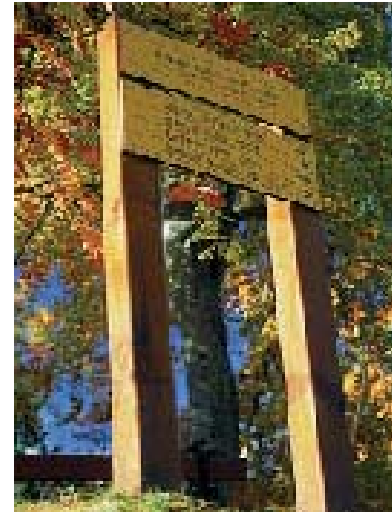
**Very easy** less than 2 hours of walking. Ideal for families, on well marked-off paths.

**Easy** less than 3 hours of walking. Suitable for families. On paths, occasionally with more.

**Medium** less than 4 hours of walking. For hikers who are used to walking. With occasional challenging sections or slopes.

**Difficult** more than 4 hours of walking. For experienced and athletic hikers. The itinerary is long and/or difficult (slopes, difficult sections).

**Duration of the hike:** The duration of each route is indicated for information only. It is calculated based on the length of the hike, slopes and possible difficulties.



Trail sign

## Marking

Follow the markers to stay on the right path

Trail markers	Sentiers de Pays and PR®	GRP®	GR®	Mountain biking	Horseback riding
Right direction					
Turn left					
Turn right					
Wrong direction					

## Your opinion of our trails

The utmost attention has been paid to our various itineraries. We are interested in your impressions and observations concerning the state of our trails so we may keep them in good condition. To send us your comments, please contact CRDP 64: 05.59.14.18.80.

Or download an "Ecoville" observation sheet at: [www.rando64.fr](http://www.rando64.fr)

## Useful recommendations

Weather 08 92 68 02 64

European emergency number 112

When discovering Béarn and Basque Country trails, you are asked to adopt behaviour that respects nature and the men and women who work to bring this territory to life.

There are a few rules that you need to follow.

### Preserve nature

Bring a bag for your trash  
Respect the fauna and flora  
Stay on the marked trails

### Protect yourself

Do not leave without the necessary materials  
Do not hike alone  
Do not drink stream water  
Check the weather forecasts in advance

### Respect activities and humans

Remember to close fences  
Fires are prohibited  
Respect the private properties that line our itineraries

### Please note!

**The Basque and Béarn mountains are pastoral areas. If possible, do not bring your dog along. In all cases, keep it on a leash. Thanks!**

## Hiking labels





### PR® labelled itineraries

With this label, the French Federation of Hiking certifies a certain number of hiking routes based on quality criteria. It makes its selection according to pleasure, technical, tourist and environmental criteria (For more info, visit [www.ffrandonnee.fr](http://www.ffrandonnee.fr))

### Horseback riding

This logo guarantees an itinerary that has been labelled by the Departmental Committee of Equestrian Tourism based on specific specifications.  
(For more info, visit [www.cheval64.org](http://www.cheval64.org))

### Mountain biking:

-  wide and easy trail, elevation less than 300 m.
-  fairly easy trail, elevation less than 300 m.
-  technical trail, elevation less than 800 m.
-  very difficult trail, elevation from 300 to 800 m.

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

on foot, mountain bike or horseback, discover Béarn and Basque country!