



A classic Tour stage, with an uphill of 4-5% until Eaux-Bonnes, when the serious slopes begin until Gourette (often 8%) before the final scene in high mountains, amid meadows, and at the foot of the Ger et de Médée's lofty peaks, with the last 4km at a regular 9%.

### Getting to the start:

● from the A64 motorway Toulouse-Bayonne, take exit n° 10 to Pau centre, and head towards Oloron by the D817 then the D100 and the N134 until the diversion at Gan. Turn left after Gan towards Laruns-Gourette by the D934. Keep going straight on past Rébénacq then Louvie-Juzon until you reach the town centre of Laruns: parking on the square near the tourist office (all services, drinking fountain in the square).

**D** From the car park near the mairie, take the road indicated "toutes directions", turn left twice, then turn right at the stop sign. There is a small descent until the bridge (Lauguière); afterwards you climb back up to the fork in the road: **Aubisque-Pourtalet (km 1.8)**.

① Turn left towards Eaux-Bonnes and the Aubisque (beautiful redwoods by the side of the road) climbing at about 4/5% beneath forest cover until Eaux-Bonnes (**km 5.7 and 712m**).

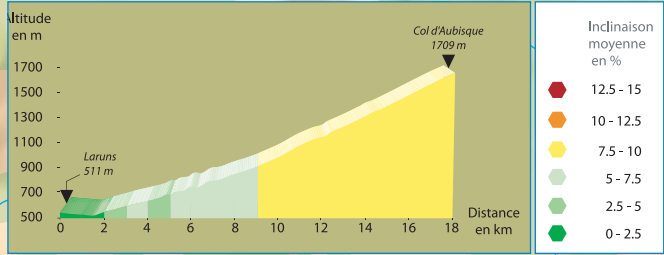
② The road steepens briefly as you go around the public gardens (one-way). Make the most of the short descent before turning right towards Gourette. From the village exit, there are consistent slopes of 8% before the brief respite of the sharp right bend of the Iscoo bridge, then the following bend to the left, which is almost flat. Get your breath back on the easy last few hundred metres of the col (**km 7.8 and 820 m**).

③ Now we are on the col's real slope!: 300m at 13% followed by the exit from the forest, 2.5km of consistent slopes at 8.5/9%.

④ A slightly flat section before the bridge of Goua and its right-hand bend allow you to recover in order to get through the following 3.5km at 8.5% riding the three bends that lead under the avalanche protection with a pretty view over the waterfall of Valentin at the Gourette resort, nestling at the foot of the peaks of Ger et de Médée (**km 14 and 1345m**).

⑤ You will negotiate the famous left bend of Gourette which is the marker of an increased slope, though still consistently around 9% until you reach the white crests that seem so high from the bridge at Goua! The severe right bend after the hotel indicates the end of the climb (1.5 km at 9%) amid the peaceful meadows of Puchéoux and often surrounded by the sheep who have witnessed the passing of many legendary cyclists; but still with a steady effort to reach the myth: your efforts are beautifully rewarded with a view to the west over the valley of Laruns, and to the north-east over the pastoral arena and the valley of Ouzom.





The town of Laruns.  
Parking: near the tourist office.



Record time: : 0h48  
author's time: 1h08



Distance: 18 km



Min/max altitude: 511m - 1709m

Cumulative ascent: 1200m

Average percentage: 6.67%; over 10km: 8.49%;  
over 7km: 8.93%; over 4km: 9.1%

Maximum slope: 13% over 300m

Recommended gear ratio: 42X25  
corresponding to a climbing time of 1h30

Motor traffic: heavy

Road surface: good

IGN map at 1/25000: 1546 ET

#### Strong points:

- the Tour de France reference point in the Pyrénées-Atlantiques
- high-mountain landscapes above Gourette
- the spa resort of Eaux-Bonnes.

#### Nearby:

- the Cirque du Litor and the valley of Ouzoum,
- the col de Castets,
- the vultures' cliffs in Aste-Béon.

#### Two other sides:

- from Ferrières (65), via the Col du Soulor by way of a little-known valley with a fairly steady slope (11.5km at 8%) followed by a short descent and a long flat patch ('la Corniche'), ending with 3km of quite steep road (about 8%), a total of 21.5km and 1300m; or from Arrens (65) by way of another Tour classic via the Soulor (18km and 950m).

#### Difficulties/tips:

- reliable water point at Eaux-Bonnes and at Gourette, no service at the summit. Note: the hardest part of the col is at the end (the last 4km).

Renseignements complémentaires auprès des offices de tourisme de :



**Laruns**  
Tel : 05 59 05 31 41  
www.ossau-pyrenees.com

**Eaux - Bonnes / Gourette**  
Tel : 05 59 05 33 08  
www.gourette.com



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