

Niveau
**TRÈS
DIFICILE**

Col de la Pierre St Martin (25 km) *“the Alpine”, par sa longueur et profil*



A col worthy of the Tour de France, both for its size and its accessibility. After a peaceful rural valley, the very steady climb through forest takes us into a magnificent landscape of high mountains on final slopes that are easier...

Getting to the start:

● from Oloron Ste Marie, follow the D919 in the direction of Tardets/Aramits. After 14 km and in Aramits, take the left towards Arette on the D133 and park in front of the church near the Maison du Barétous (all services, water point ok in the village).

D From the car park, follow the D132 towards La Pierre St Martin. On leaving the village, stay on the right in the direction of La Pierre, then continue almost flat, still straight ahead. Drive another 3km, surrounded by meadows and farms.

① The valley narrows suddenly, but the slope remains very easy (2% on average) for 4.5km (bridge of Aurèye). You will start to use your gears in the next 1.5km (from 4 to 6%) and you will really start to warm up (km9).

② This is the steep part of the col, in forest: you will have to stand on your pedals to get through the 600m at 15% and two hairpin bends, thankfully followed by a gentler slope (400m at 5%). The following 2km are varied... (slopes of 10 to 13% alternating with 5 to 6%). There are two sharp bends in the forest, then two amid the meadows of the Chousse plateau (Km12).

③ Keep a good tempo for the 5km in the forest, which include 8 sharp bends to climb on a fairly consistent slope of

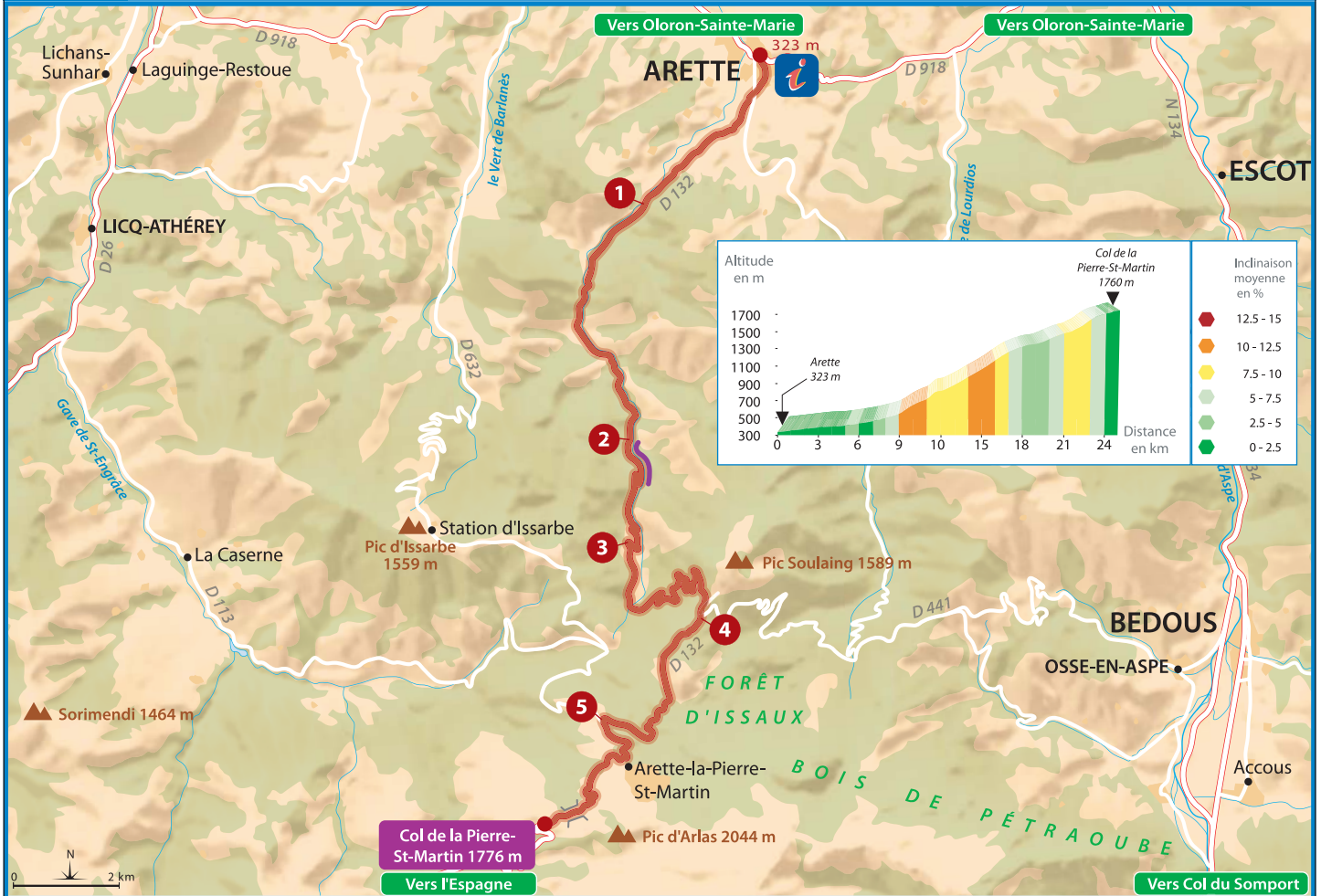
9/10% on average. You will then reach the col de Labays (crossroads, 1351m; km17.2).

④ Continue straight on the forest climb (800m at 9%) then enjoy the relief of a flat patch followed by a small descent leading after a few foothills to the plateau of Guilhers (good view, 1436m; km19). You will find a very surprising landscape for the next 2km: a mix of forest and an area of karstic limestone... with 'rollercoaster' hills (slopes of 7/8% then small descents) to reach the col du Soudet (1530m, km21).

⑤ A big effort is needed to climb the next 2km (from 7 to 9%) amid a landscape that is almost lunar on the outskirts of the ski resort (which you should avoid by heading to the right on the road to Spain). Enjoy the beautiful views of the pic d'Arlas and the pic d'Anie in the south-east. A small descent leads to the last uphill ("killer" because it is 12% over 600 m) and the false flat leading to the border col of La Pierre St Martin.

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Village of Arette.
Parking: church car park, opposite the
Maison du Barétous (tourist office).



Record time: 1h06
author's time: 1h 27



Distance: 25 km



Min/max altitude: 323 m - 1760 m

Cumulative ascent: 1500 m

Average percentage: 6 %; over 10km: 9,2 %;
over 7km: 9,85 %; over 4km: 10,38 %

Maximum slope: 15% over 400m

Recommended gear ratio: 38X26
corresponding to a climbing time of 1h55

Motor traffic: average

Road surface: good

IGN map at 1/25000: 1446 ET

Strong points:

- a very wide variety of landscapes; a truly great col with all types of slopes; access to Spain.

Nearby:

- the climb to the **Chapelle de la Madeleine**; the col de la **Lie**, the col de **Soudet** by Ste Engrâce.

6 other sides:

- from Spain to the start of **Isaba** (26km and 1000m), from the **valley of Aspe** from Osse or Athas via the col de Houratate or Bouésou (26km and 1500m), by the **forest of Issaux** from Lourdios (24km and 1450m), by the Basque country starting at the **church of Ste Engrâce** via the col du Soudet (15km and 1150m), and finally by the **valley of Barlanès** starting at Lanne via the resort of Issarbe (31km and 1750m).

Difficulties/tips:

- no reliable water point, no service at the summit.

Renseignements complémentaires auprès de l'office de tourisme de :



la vallée de Baretous
Tel : 05 59 88 95 38
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www.velo64.com

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