

LEV
3

AVERAGE

Mountain biking circuit - Mountain circuit

EPELETTE,
ITXASSOU



D Espelette
Market square

GPS : 625909 - 4799691

2h45

Balisage

D to **7**

17,4 km

+798 m
 -798 m

Not to be missed

- Mehaxea fern-covered hills
- Col des Trois Croix
- Mondarrain Chaos (boulders)
- "Birds-eye view" over Espelette from the Pic de Soporro

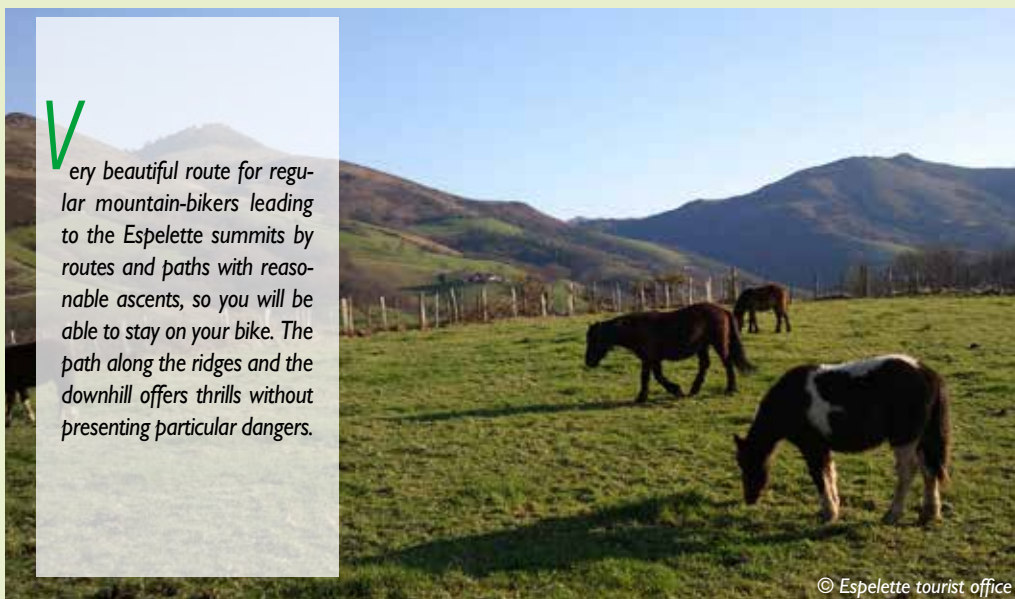
• Take care on the RD 918

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 leading to the Espelette summits by routes and paths with reasonable ascents, so you will be able to stay on your bike. The path along the ridges and the downhill offers thrills without presenting particular dangers.

© Espelette tourist office

Getting to the departure point :

Start from the market square, close to the village centre and a large carpark opposite the Doxpi restaurant.

From the market square **D** 625909 - 4799691, take the road towards the roundabout and cross the roundabout. Then take the second road on the right, followed by the second road on the left (Chemin Oilakineko Bidea) which climbs steeply. At the top of the climb, go right at the crossroads then after 30 meters leave the road, taking a track on the left which drops downward

1,35 km **1** 625371 - 4798962. Cross the stream and go left on a track which rapidly becomes very steep. Follow this track bordered by meadows. You will come to the road again which you should follow straight ahead. After a water reservoir, take a steeply sloping herding track to the left. After several zigzags you will join a track **2** 624010 - 4796196 with the red and white signs of the GR®10 and the orange signs of the Voie des Contrebandiers. Follow this uphill. The track bends and then quickly comes out on the ridges. It continues fairly gradually down-

5,6 km

9,7 km

11,8 km

12,2 km

14,7 km

15,3 km

17,4 km

hill then rises again abruptly and reaches the Col de Zuharretako **3** 626686 - 4794140. Leave behind the GR® and Voie des Contrebandiers signs and turn sharply left on a generally level path following the west side of the Pic du Mondarrain. After this long crossing, you will come out onto a plateau

4 626953 - 4796022 with a wooden pen on your left. Continue north in the meadows. The slope which starts gently, becomes steeper and leads to a track **5** 627001 - 4796422. Follow this along the west side of the Pic d'Ezcondray.

You will come to a tarmac road again which you follow to the left. The steep downhill section leads to the RD 249 **6** 626731 - 4798340. Cross the road and take a dirt track on the opposite side which, after a steep climb, leads to a ridge

7 626823 - 4798819. Turn right then quickly left. You will come to a tarmac road again, leading downhill to the RD 918. Follow this to the left then, after the bridge, turn right and take a path on your left just after the château (Tourist Office) to return to your starting point.

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.

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