

# VTT 1 Les Bois de Carrasquet à Sargaillouse

FACILE

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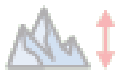
Wood pigeons are the most common of European pigeons. Settled in France, they enjoy the mild and temperate climate of the south-west. They live at medium altitude, in forests surrounded by croplands but also in town, mixed in with pigeons and magpies in green spaces. Well-known for their massive migration in autumn, they are the birds from the north of Europe, which fleeing the harsh winter, go on to Spain. For a few years now, the migration corridor has shrunk and moved towards the Bay of Biscay. This change in behavior raises questions among hunters who for all time have extensively hunted this bird throughout the Pyrenean mountains.



Départ :  
**COARRAZE**  
Arrivée :  
**COARRAZE**



Distance : **8.4 km**



Dénivelé : **129 m**  
Dénivelé négatif cumulé : **0 m**

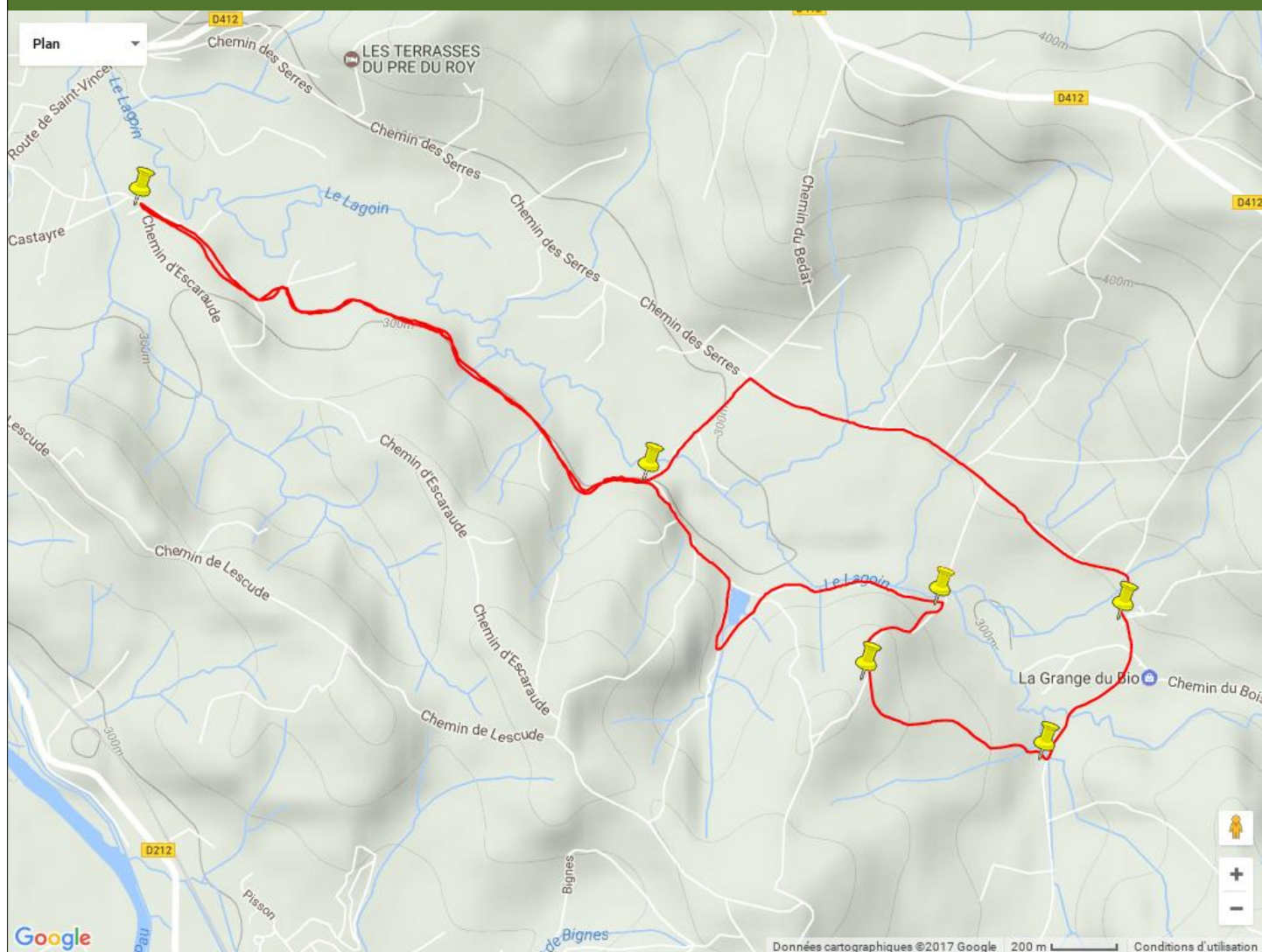


Temps de parcours : **1h30**

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

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## Étapes

**Step 1. Towards Montaut.** Follow the track of Sargaillouse. Then turn left. At the crossroads turn right on the road. At the crossroads turn right towards Montaut then go straight ahead (do not turn into the road through the wood).

**Step 2. Towards the wood pigeon hunting cabin.** Turn right, leave the road and follow a beaten path right after the stream. At the second crossroads turn left and go up the road. Continue following the track to the right. Turn right at a wood pigeon hunting cabin and go down on a steep path.

**Step 3. Go back towards Coarrazé.** Turn left, follow the forest road of Sargaillouse. Go left round the lake and continue on the track to the left to go back to the start.



## À ne pas manquer

- **The Sargaillouse lake.**
- **The descent in the wood of Sargaillouse.**





## Attention

- Go with kids to introduce them to mountain biking
- 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 !



[www.tourisme-bearn-paysdenay.com](http://www.tourisme-bearn-paysdenay.com)



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