

# N° 23 Col de Bergout par les Ichantes

**AYDIUS**

**WALKING**



PYRÉNÉES-BÉARNAISES  
OFFICE DE TOURISME



HAUT-BÉARN  
communauté de communes

Aydius is the perfect start point for this trek that's packed with contrasts. After an ascent in the undergrowth, the vista from the Col de Bergout is quite simply staggering. You can watch paragliders take off if you follow the piste so you can see another side to the landscape.



**Départ : AYDIUS**  
**Arrivée : AYDIUS**

**Distance :**  
**13.6 km**

**Dénivelé :**  
**920 m**

**Durée :**  
**5h40**

**P** Place centrée du village

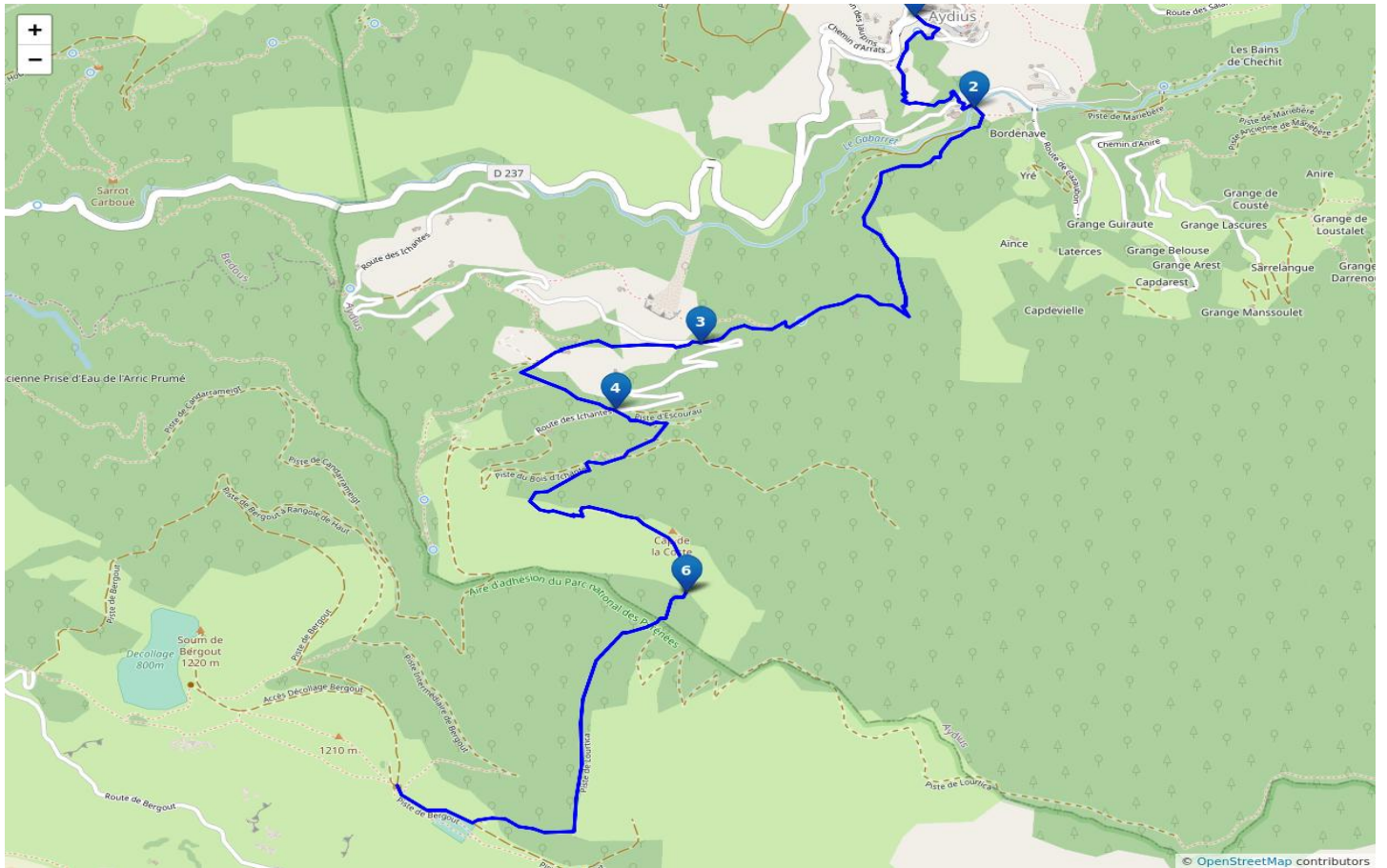
**Appel d'urgence : 112**

**Balisage**

**!** Les montagnes basques et béarnaises sont des espaces pastoraux. Evitez de partir avec votre chien. Dans tous les cas, tenez-le en laisse. Merci !

## À ne pas manquer

- **Pic de Bergon.** View of the Pic de Bergon (2148m)
- **Decor.** Paragliding "déco" (short for take-off): it's always a sight to see these funny birds take flight. Available from spring to autumn, you can always try out a tandem flight. You can take lessons or maiden flights at two paragliding schools in Accous.
- **Chéchit baths.** Famous for the ferruginous water, people flocked here to ease rheumatism, lower back pain and other conditions. Even though it's difficult to reach. The cabins and utensils are visible as the ruins have been renovated and safeguarded.



## Étapes

**Step 1. Descent to Gabarret.** From the enter village's square, go down the street between the picnic tables. A little further down, take the steps where a small wall stands on the right. On the street, continue on the right and follow the path. Continue on the lane ahead and fork left onto a beautiful path after the house. Leave the track further down and cross the bridge after the farm.

**Step 2. Clutchet Anirepoque.** Walk on the track until the overhanging rock and hit the next path afterwards. Go up this shaded and sometimes narrow trail. Cross Sarité stream then Traillère stream. Ignore the right-hand path and carry on to reach an asphalt lane.

**Step 3. Escourau junction.** Go a few metres down the road and take the left-hand lane. Take a right in the hedgerow so as not to enter the property. Walk along the grassy path and pass the farm. Take the left-hand track and go up the path that forks left a little further up. Continue until the road.

**Step 4. Under Pic Lacoste.** Carry on along the path ahead then come out onto a piste after a hairpin bend. Continue on the flat and go up the track on the left. Pass the fence and come out of the woods. Ascend the dirt path along the borderland. The track faces south and runs through a fern area. Enter the woods.

**Step 5. Col de Bergout.** Go past Sahun stream and continue towards the fence. Go over the fence and continue on the dirt path down to the thalweg then go up to the ridge. Walk along the grassy path towards the trough and the mountain pass is just after.

**Step 5. Back to Aydius.** The way back is the same as the way up. At the start follow the left-hand path going into the woods.

## Équipements

- Ablutions
- Water point
- Picnic area

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