



# N° 28 Chemin d'Aulet

ACCOUS

WALKING



This original trek is a return journey. It gives you an insight into the Accous Valley both ways! The trail ascends the Bergout's south side but stays in the shade then goes back down to the edge of the Berthe for a snack by the river.



📍 Départ : ACCOUS  
Arrivée : ACCOUS

📏 Distance :  
9 km

🏔️ Dénivelé :  
480 m

🕒 Durée :  
3h10

📍 Place de la Mairie

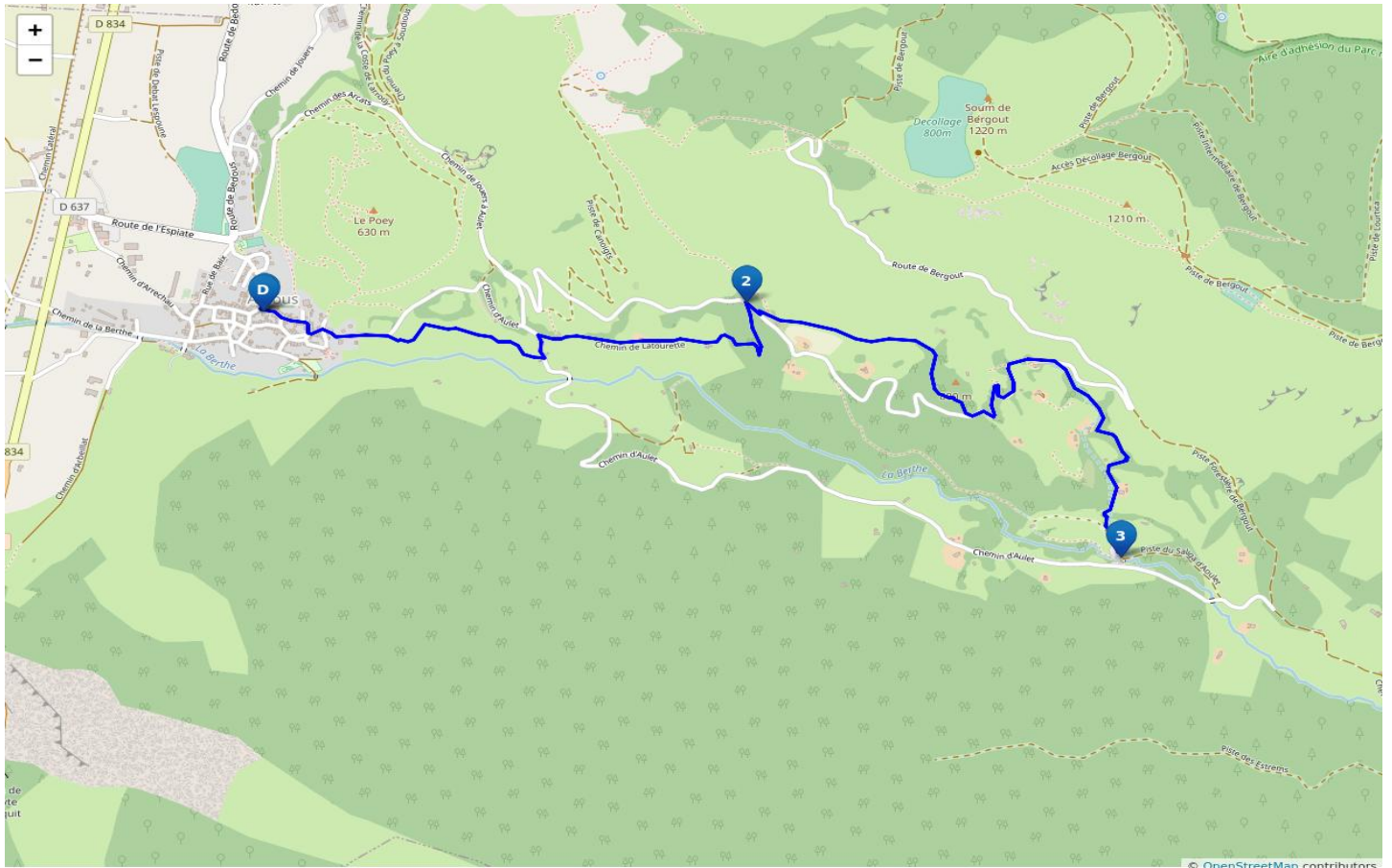
☎️ Appel  
d'urgence : 112

🚩 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

- **Reapers.** If you look towards Accous you can see huge drawings in the hills above. Every year people painstakingly cut the ferns to create a character or creature.
- **Aulet paragliding.** It was a pilgrimage site from the 16th century because of the health benefits of the surrounding fountains. Mass is celebrated here every year on July 25th alongside a parade that was held in the 19th century.
- **landing spot.** Paragliders use this emergency landing area when the weather turns and the wind picks up.



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## ★ Étapes

**Step 1. Oueil de Gabercen.** Starting from the town hall square, go up the street from the church and exit the village. Walk on the Aulet town road and take the path on the right before the bend. After this section in the shade, turn left onto an asphalt path and take the right-hand piste. Go along the barns and exit onto a road.

**Step 2. San Christau Chapel.** Walk towards the right and take the left-hand path. It goes up on several occasions then flattens out. Go up the winding road (watch out for cars) and past San Christau Chapel. Hit the track that dives to the right after approximately 100m. The path winds down steeply and reaches a track that takes you to the Berthe River.

**Step 3. Back to Accous.** Go back the same way you came. There's an ascent at the start up to the chapel.

## ★ Équipements

- Water point
- Picnic area

pour bien préparer sa rando  
et adopter les bons gestes  
en montagne,  
rendez-vous sur



[reussirmarando.com](https://reussirmarando.com)