



VTT N°5 - Descente de La Pierre Saint-Martin

LA PIERRE ST-MARTIN

MOUNTAIN BIKE



PYRÉNÉESBÉARNAISES
OFFICE DE TOURISME




HAUTBÉARN
communauté de communes

A classic that's back in fashion! This top class descent from the Col de la Pierre Saint-Martin brings together the best of mountain biking: speed, technique, gravel, slopes, ledges, cruises...a dream.




 Departure : LA PIERRE ST-MARTIN	 Distance :	 Elevation Gain :	 Duration :
Arrival : ARETTE	15 km	-1646 m	1h30

 Parking du Col de La Pierre Saint-Martin

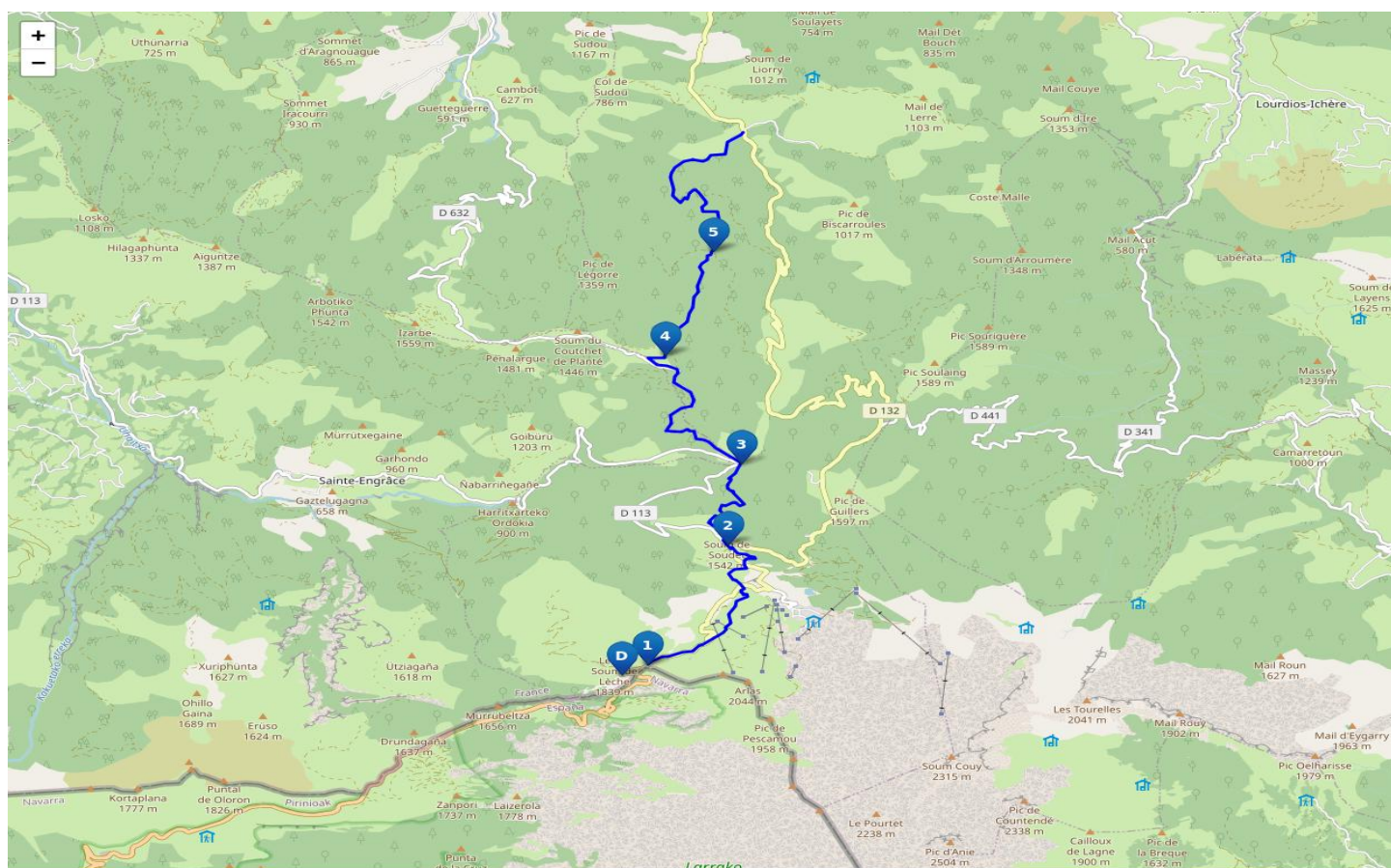
 Emergency call : 112

Signage 

 The Basque and Béarnaise mountains are pastoral areas. Avoid going with your dog. In all cases, keep it on a leash. Thank you!

Don't miss out

- **Crêtes d'Issarbe.** The Crêtes d'Issarbe and the prairie in the background.
- **Pic d'Anie.** Before heading into the woods, have one last look at the king of the realm: the Pic d'Anie.
- **Refuge Jeandel.** There's nothing like a drink on the terrace after a descent like that! This welcoming spot is ideal for a break.



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★ Stages

Step 1. Col de Soudet. From Oloron Sainte-Marie, take direction of Aramits, follow Arette (D 133) and then the skiing station of La Pierre Saint-Martin on the D 132. At the enter of the skiing station turn on your right direction of Spain. Park at the col. Go down the road, on the French side and at the first bend, hit the right-hand track at the Col de Mahourat. Ride on this path and go under two ski lifts. Go up the right-hand track until the mountain pass (what a view) and go round three cisterns. Free-ride down the slope towards the chalet. Cross the road (watch the traffic), pass by the chalet and go straight on towards Massaré. The path bends to the right along a row of rocks (the famous lapiaz). After the gate, cross the road into the woods on a wide path, go left, come out of the woods and return to the road.

Step 2. Col de Suscousse. Follow signs to Sainte-Engrâce at the Col de Soudet and go up the right-hand path above a car park. Follow the ridge line and ride on grass until you reach the Soum de Soudet (peak). Go down the hillock and turn right on a path. Return to the woods "off road". A very rocky path in the borderland on the right goes into the beech forest. Follow the blue dots until the track comes out into a clearing. Turn left and carry the bike for 10m. Throw yourself into a technical section with endless twists and turns. When it widens out, just before it dives down, tackle a hard-to-see single track on the right (cairn). After the final flurry you'll come out on the Col de Suscousse.

Step 3. Connection. Go back up the road until you reach the Col de Serre de Benou. Either carry on along the road and turn into the path on the right where there's a cabin (easier) and follow the path to the top or hit the trail just above the road and climb to the top of the hill. Arrive opposite a borderland.

Step 4. Crête du Benou. Go down into the thalweg on a single track. Go into the woods on the left where the trail snakes between the fir trees. Cut through a path and ride on a clearing. Follow the single track into the woods that runs along the ridge line and comes out into a meadow. Go straight on into a beech wood. Arrive above a trail and get back onto the right-hand path. Ride on this ledge section and come out on a track.

Step 5. Aurède Bridge. Dive down a pebbly path and follow the ridge. An array of beautiful landscapes appears before you and cross a path. Go back up 30m on the left and get back on the single track. Then follow the track and access a right-hand path several times. These rolling passages guarantee a finish worthy of the descent: amazing!



Équipements

- Water point

[To properly prepare for your hike and adopt the right behavior in the mountains, visit https://reussirmarando.com](https://reussirmarando.com)