



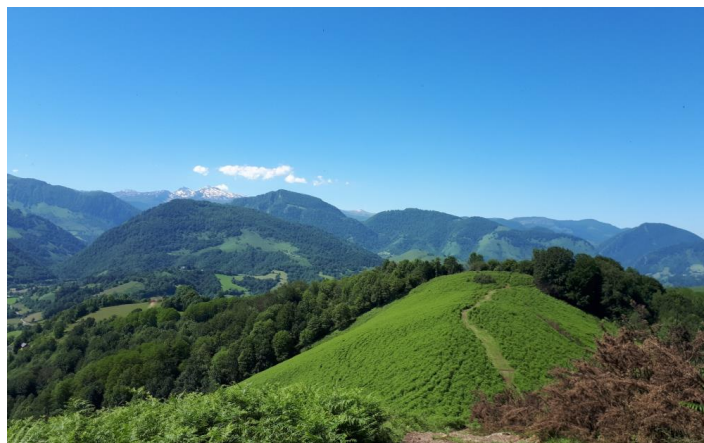
Trail N° 6 Conquête des Soums

ANCE FÉAS

TRAIL-RUNNING



An amazing loop for a trained athlete! Throwing yourself into this fabulous tour of the breath-taking landscapes is no trivial matter...it's quite a feat tackling endless ascents and chewing up gravelly paths! Fortunately these sections alternate with lovely recovery opportunities.



📍 Départ : ANCE FÉAS
Arrivée : ANCE FÉAS

📏 Distance :
28.5 km

🏔️ Dénivelé :
1079 m

🕒 Durée :
4h

🅑 Aire de Barétous

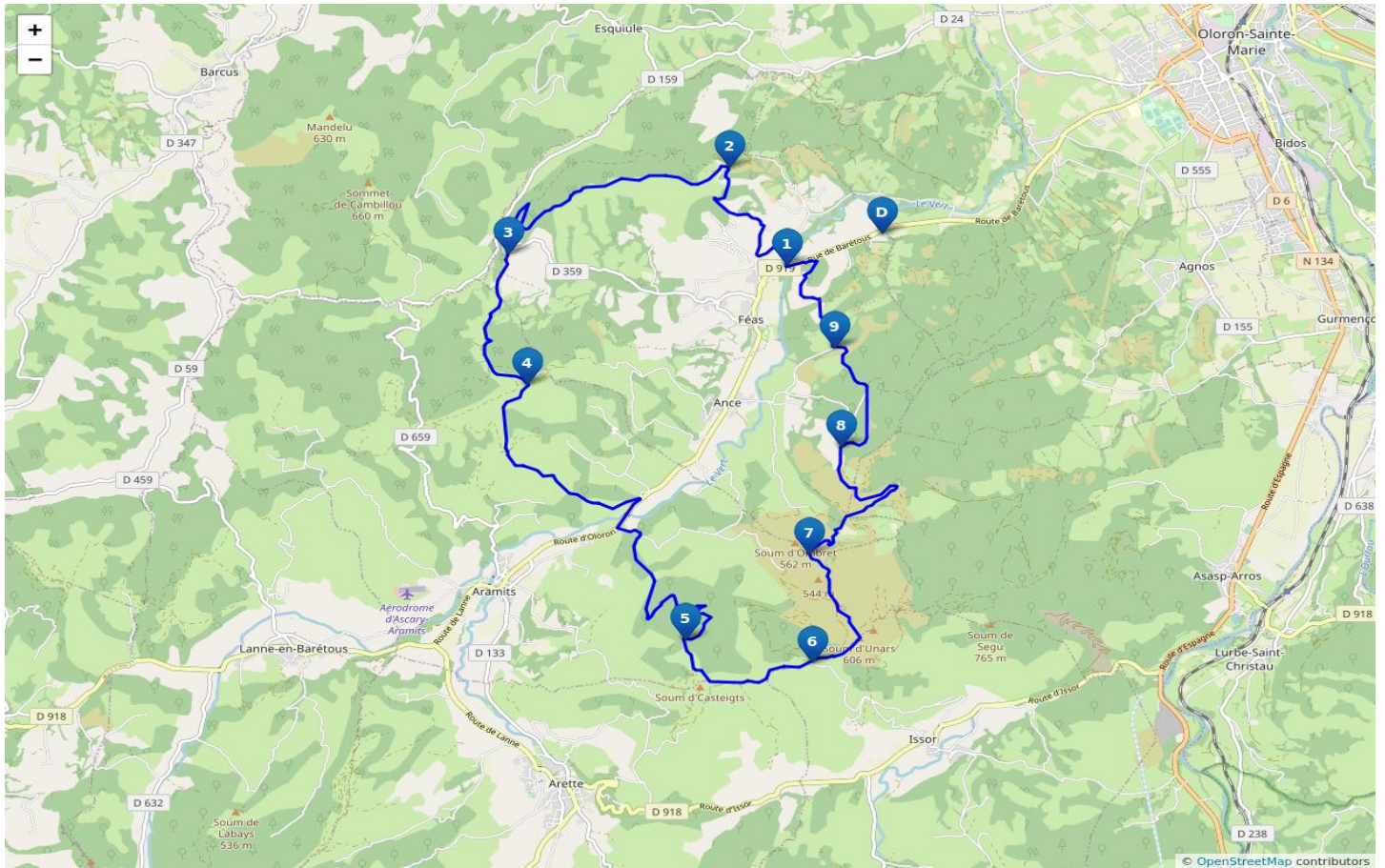
☎️ Appel
d'urgence : 112

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

- **Soum de Thès.** The view here is staggering. A cube cement marker provides a precise point to reset the barometric altimeter. These markers were set out by the IGN and appear on 1:25,000 topographic maps. What's unique about it here is that it doesn't appear on map resources for the internet.
- **The Pic d'Orhy.** The Pic d'Orhy (2017m) is visible by covering this path. It's the highest peak in the Basque country.
- **Eagle fern.** This perennial plant can reach impressive heights and can be found all over the north Pre-Pyrenees. It sometimes hides the start of trails and tangles up handlebars! Make sure you check for ticks once you've crossed through the ferny area. In Aspe and Barétous in autumn, you can still see farmers reaping the ferns for the animals' litter.



★ Étapes

Step 1. Warm-up. From Oloron Sainte-Marie, take direction of Aramits. Before the enter of the village of Féas park on Capdepoum's parking which is on the right after the bridge. Leave the Baretous area on the road heading north opposite the main road. Go left at the bridge then tackle the first ascent at the next junction. Go right towards Chichet at the top of the hill. Go past the farm and scamper along a track in the shade. When it starts sloping down slightly, take the left-hand path. After the fern area on the edge of the woods, take the right-hand trail.

Step 2. Ridges. When you reach the junction of the tracks, take the one on the left, the first ramp is ahead! Follow the ridge at Soum de Thès and go down on the edge of a very pebbly track...watch your ankles. Follow a path running on the left at a barrier to get back onto the main track. Continue the descent to the forest road and turn left.

Step 3. Col d'Andillon. At the crossroads, go straight on along Chemin Bègue to the Col d'Andillon. Ignore the path on the left; go on the dirt path to the left of the farm (please close the gate). Go right on the sloping ledge in front of the large oak, come out of the woods and tackle a rising slope. Once the track levels out then continue on the left and take a path on the borderland.

Step 4. Descent. Pass the dead tree on the Col d'Andillon on the right and turn south on a grassy path. It starts off flat then dives down so watch out for gullies. Carry on down the road until you reach the stop sign. Take the D919 to the right and follow the bridge then turn left. Leave the road on the left then cross the ford at the 90° bend and go up the long track.

Step 5. Col de Serre de Louis. Follow the main track on a large sloping ledge, go up the embankment and go along a path in the woods. Once you're back on the track, just after a large block on the right, leave the path for a trail on the left. When you come out of the woods, continue along a lovely grassy track and go uphill on a new path. Take the path on the left. At the mountain pass, go left and stay on the track along the ridge.

Step 6. Soums d'Unare. Continue straight on along the track once you reach Serre de Louis. Follow the steep right-hand track. At the top of the hill, take a left straight down to a plateau. Look out for ruts and hidden holes. Cross the flat and take the right-hand path after the pen. Before the gate head right on the path. Cover the length of the fence until you reach two large oaks.

Step 7. Col d'Etche. Go right on the track towards the Col d'Etche. Carry on at the mountain pass then take a left after the trough. Go through the fern area and leave the track for a lovely path on the left that takes you back onto the ledge piste.

Go through the gate at the bottom and past the farm.

Step 8. **Le final.** Go down onto the forest road and hit the path (gîte) at the first hairpin bend. Do 20 metres then turn left. At the lookout, follow round left towards a meadow, through the gate and along a path in the ferns. On the hilltop, follow the slope and fork left in front of a beautiful beech tree standing on its own. Get back on the path and go through the gate.

Step 9. **End.** When you reach the meadow, go towards the barn and carry on into the undergrowth. Go past a building and along the wide path (it can get very muddy). Go left and you'll soon be on a tarmac path. Follow it and you'll reach the main road. Cross carefully and go to the car park.

Équipements

- Water point
- Picnic area
- Ablutions



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et adopter les bons gestes
en montagne,
rendez-vous sur 



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