



A col in three parts: a good warm-up for 10km of almost flat road surrounded by a bucolic landscape of meadows and typical Basque farms; then a first series of bends with wooded slopes often more than 12%; and after the 2 cols in the middle of the climb providing wide open views, there is a second series of bends often at 8/10 % in a beech grove, ending with a balcony!

Getting to the start:

on the A64 Pau-Bayonne motorway, take exit n°7 for Salies-de-Béarn, follow the D430 then the D933 after Salies, via Sauveterre-de-Béarn and St Palais et Larceveau. Keep going straight on the D933 and 6km before St Jean Pied de Port, turn left on the D2933 to reach St Jean le Vieux, the starting point for the ascent (water point ok, all shops).

D From the car park, go straight on, taking the D18 towards Iraty. Continue straight on, ignoring the D118 to Aincille on the right. The road is almost flat, surrounded by pretty farms and meadows. The last 2km are marked by a small rise of 5% followed by a short descent, then some foothills take us into Ahaxe (km 3; 244m).

① There is a sharp left turn then another to the right, heading to Iraty by the main road (D18) and descending after Ahaxe. The next 2km are slightly up-and-down before a false flat rising more consistently, crossing Lecumberry then Mendive (km 7; 281m).

② The valley narrows, the road gets closer to a small stream, but the climb is still quite gentle for the next 3km (km 10; 326m).

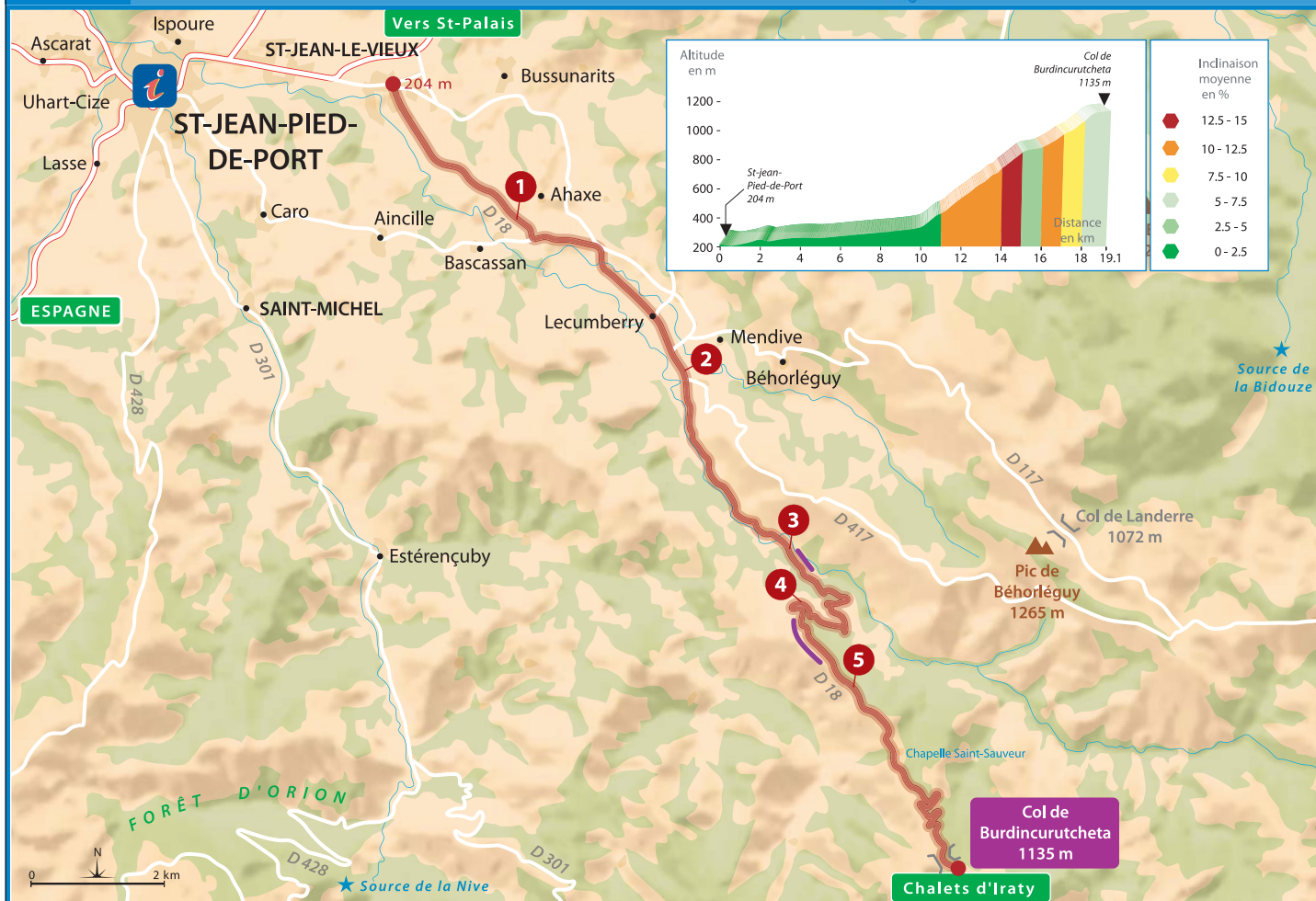
③ This is where the col really begins: a nice straight regular line is an appetiser, with 10/11% slopes, then wooded ‘rollercoaster’ hills with three very good bends: the slope is 14% then 8% then 11% before 700m at 12% followed by a short

FLAT which lets you get your breath back before another 12% (km 13; 647m).

④ I hope you’ve taken your time to admire the landscape to the right, with St Jean below. Because after 200m leading up to the wide bend on the left, you are now on the hardest part of the col: 800m at 14% followed by slight flattening to reach the col d’Haltza and, after some small hills, the col d’Haritzcurutche (nice view to the south over the Soum d’Occabe, km 14.7; 784m).

⑤ The second (less steep) part of the col begins with a nice straight hill. On your left you can see the St Sauveur oratory (short flat stretch, good open view). This is followed by a succession of tight bends (4) in the beech grove. Once again, the slope is quite uneven (alternating between 11% and 5-6%, letting you recover) before the final and almost flat balcony – what joy to be able to ride in a higher gear at last!





The village of St Jean le Vieux.
Parking: car park near the pediment, opposite the mairie and the church.



Record time: 0h48
author's time: **1h05**



Distance: **19.1km**



Min/max altitude: **204m - 1135m**

Cumulative ascent: **945m**

Average percentage: **4.95%**; over 10km: **8.39%**;
over 7km: **10.16%**; over 4km: **11.15%**

Maximum slope: **15% over 400m**

Recommended gear ratio: **38X26**
corresponding to a climbing time of 1h25

Motor traffic: **average**

Road surface: **average for 10km (flat) then
very good for the climb**

IGN map at 1/25000: 1346 ET

Strong points:

● pretty hamlets scattered around from the flat beginning; the views on the climb; climbing a tough col with a memorable name...

Nearby:

● the climb to **Ahusquy**, the col d'**Aphanice**, the col des **palombières**, the forest of **Iraty** and the col de **Bagargui**.

Other side:

● only one, and it is in fact another col: **the col de Bagargui**, to be climbed from Larrau (beginning with a 2km descent then very uneven with severe slopes over 10% until Bagargui, followed by a 6.5km descent to the Chalet Pedro). The other side begins here but is only 2.5km long with slopes of 6-8%

Difficulties/tips:

● this col allows you a good warm-up for 10km before the tough slopes begin; no reliable water point on the climb; no service at the summit.

Renseignements complémentaires auprès des offices de tourisme de :



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