

Pays basque



Niveau
**TRÈS
DIFFICILE**

Col d'Ispeguy (7,7 km)



"the secret"



A good and very steady climb of 6 or 7% to begin with above the valley of Aldudes, then the road becomes more intimate as it enters small hidden valleys and, coming out of the escarpment, brings you into a beautiful landscape until the final balcony, still at 7%, leading you to the border.

Getting to the start:

- from Pau, 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, St Palais and Larceveau. Stay on the D933 until St Jean Pied de Port then follow the D15 until St Etienne de Baïgorry (water point ok, all shops).
- from Bayonne, on the A63 Bayonne-Hendaye motorway, take exit n°5, follow the D932 then the D918 after Cambo, via Louhossoa and St Martin d'Arrossa. Turn right onto the D948 until St Etienne de Baïgorry (water point ok, all shops).

D

From the car park, ride alongside the church, passing the bridge over the Nive des Aldudes on your right.

Two nice bends at 6% take you higher and quickly provide an open view over the valley of the Aldudes.

① The first escarpment makes a pretty balcony over the valley, then the regular slope continues until you enter a deep thalweg dominated by the impressive black rocks of Arratia and Aintziaga (km 4; 415m).

② After a short false flat, the slope straightens out a bit (9%) before returning to its moderate and regular profile. Crossing another escarpment, you can have fun forcing the speed to eat up the final few hundred metres leading to the col, where you will perhaps find some wild pigs welcoming you!



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D The village of St Etienne de Baïgorry. Parking: car park behind the church, opposite the tourist office.

Record time: 0h29
author's time: **0h21**

Distance: **7.7 km**

Min/max altitude: **160m - 672m**

Cumulative ascent: **5 15 m**

Average percentage: **6.69%**; over 7km: **6.64%**;
over 4km: **6.88%**

Maximum slope: **9% over 300m**

Recommended gear ratio: **42X22**
corresponding to a climbing time of 0h38

Motor traffic: **average**

Road surface: **average**

IGN map at 1/25000: 1346 OT

Strong points:

● the side 'reserved' for initiates; the escarpments which make this feel like a real col despite its modest altitude; the view over the Pyrenees and the Venta.

Nearby:

● collado de **Urkiaga**, col d'**Aharza**, col d'**Eyharza**, pico **Gorramakil**.

Other side:

● only one, from Spain, starting in **Erratzu** with a fairly easy first 5km then a nice series of bends leading to a pronounced slope of 7/8 % (9km and 380m).

Difficulties/tips:

● a Venta at the col.

Renseignements complémentaires auprès des offices de tourisme de :



St - Jean - Pied - de - Port /
St - Etienne - de - Baïgorry
Tel : 05 59 37 03 57
www.pyrenees-basques.com



www.velo64.com

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