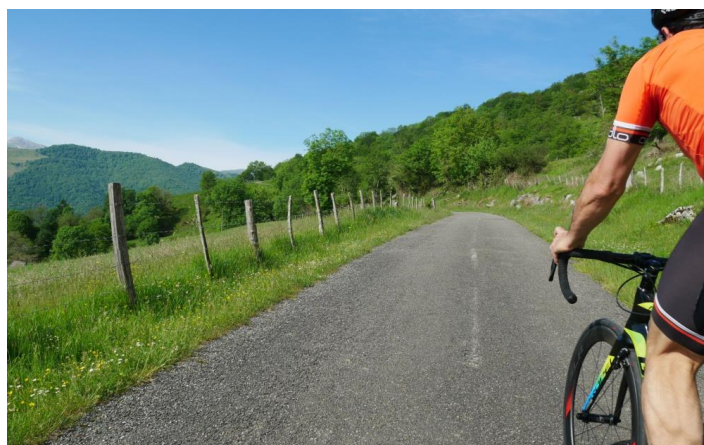


# Route N° 5 - Col d'Ahusquy

TARDETS-SORHOLUS

**CYCLING**

The perfect confidentiality of the Col d'Ahusquy makes it an alternative route when attacking the "Aubisque" or the port of "Marie-Blanche". However, when we call it an alternative, it does not mean a second option. Certainly, the average 5% slopes do not require the use of narcotics, but the short portions at 12% require good physical condition. The route passes through peaceful villages before reaching pastures where cows, horses and sheep graze freely. Narrow and not very crowded, the road draws beautiful curves and crosses a first pass at 832 m. It is followed by a refreshing transitional descent before the final ascent. Once you reach the 948m Col d'Ahusquy (Ibarburia), there will be no cheering crowds or hordes of cyclists, but an orientation table that invites you to enjoy a magnificent view of the surrounding peaks.



<b>Départ : TARDETS-SORHOLUS</b> <b>Arrivée : TARDETS-SORHOLUS</b>	<b>Distance : 16 km</b>	<b>Dénivelé : 778 m</b>	<b>Durée : 1/2 jour</b>
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**Place centrale**

**Appel d'urgence : 112**

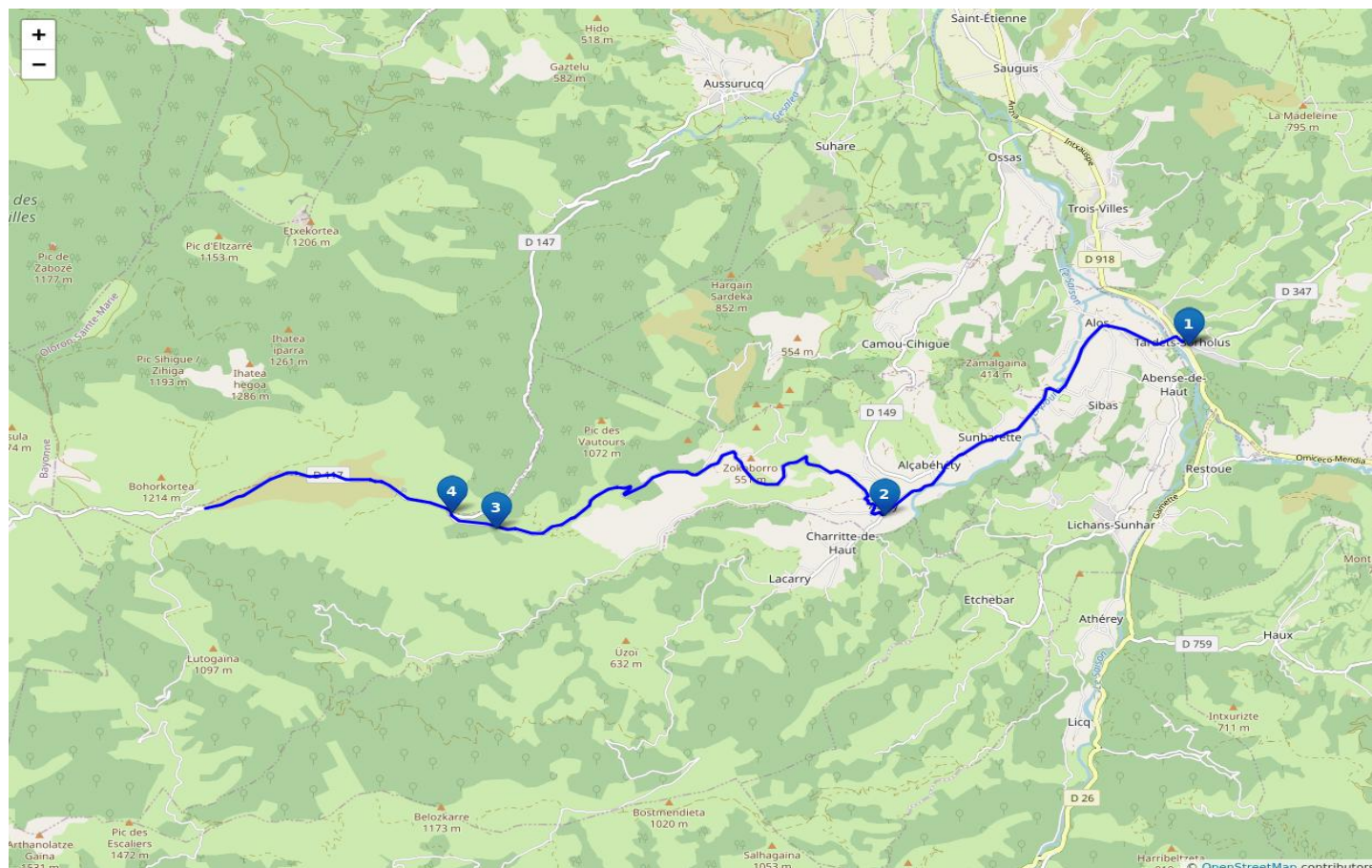
Les montagnes basques et béarnaises sont des espaces pastoraux. Evitez de partir avec votre chien. Dans tous les cas, tenez-le en laisse. Merci !

## À ne pas manquer

- **The sources of Ahusquy (17 km).** Recognized for its healing properties that make many sick people of the 19th century come here, we can access the source by a track that passes in front of the inn. The climb is steep, but the site is notable for its beneficial water and to watch the many griffon vultures

present in the area.

- **Funeral tumuli and cromlechs (13 km) - 200 m off route.** From the D147 to the town of Aussurucq, it is possible to observe a group of Neolithic mounds on the side of the road. These ancient burial chambers are made up of some of the dolmens still in place. More or less visible landmarks indicate access.



## Étapes

**Step 1. From Tardets-Sorholus to Alçay.** Exit through the square with its arches in the centre of Tardets to turn first left onto the D 247 towards Alçay. The Gave du Saison pass is freewheel and the first 5 km are good for warm-up. This little travelled path passes through the villages with large Souletinas houses and their many meadows dedicated to sheep. 500 m after entering the town of Alçay, leave the D247 to follow the D117 to the right in the direction of Ahusquy. Time to use the gears!

**Step 2. From Alçay to col de Lecharria.** The start of D117 is frank and uncompromising. A 12% ramp welcomes the cyclist and signals the start of the ascent. 200 m of short but intense effort. The slope becomes increasingly gentle until it descends as you leave town. Once we pass the last houses, we will continue on average at 9% to reach Col de Lecharria at 832 m altitude. However, the profile allows returning to calm for contemplation on a beautiful road with a balcony.

**Step 3. From elcolde Lecharria to the D 147.** At Col de Lecharria, take a break to enjoy some high-quality scenery. Starting from the ocean, the first peaks of more than 2000 m start here. We return to the saddle for a descent as fast as it is frenetic. This last wooded boundary precedes the meadows where sheep, cows and horses graze freely. The few scattered houses are called "cayolar" and some are used to make the famous sheep cheese "Ossau-Iraty". We get to the D 147.

**Step 4. From the D147 to col de Ahusquy (Ibarburia).** Turn left towards Ahusquy. The path climbs quietly through the bottom of a valley where we find many farm animals. It is usual to have to slalom between a few "black-headed manechs" and other "Aquitaine blondes" (typical area cows). For 2.5 km, the average slope is 4.5%, it does not present great difficulty. The rapidly focused port prompts you to hit the pedal hard, but a final snare creeps up. 600 m. to 10% and we reach the end. It is time to breathe and contemplate.



## Équipements

- Power Point (supermarket, restaurants)
- Information panels



## Attention

- The animals are free and it is possible to find agricultural machinery. Route to avoid under high temperatures.

