

Route N°10 - Col de Bast

📍 OLORON SAINTE-MARIE

CYCLING

Suitable for outings with friends, this circuit winds its way through the meanders of the Souletin hills through some confidential roads. The astonishing plain of the first 19 km contrasts with the surrounding landscapes dotted with mounds and furrowed by gorges. In the end, the long warm-up phase is necessary to undertake the assault on Col de Bast. Hidden behind a first line of defence, this unknown col makes it difficult for the first km. What follows does not put it in the first category, but its quality landscape gives it more than one positive point. The descent to the land of the Musketeers can be the occasion of a refreshment that consists, among other things, of some pieces of Ossau-Iraty. A long straight line allows a playful return to the "plain" and an arrival at Oloron pedaling.



📍	Départ : OLORON SAINTE-MARIE Arrivée : OLORON SAINTE-MARIE	📍	Distance : 41.5 km	⬆️⬆️	Dénivelé : 266 m	🕒	Durée : 1/2 jour
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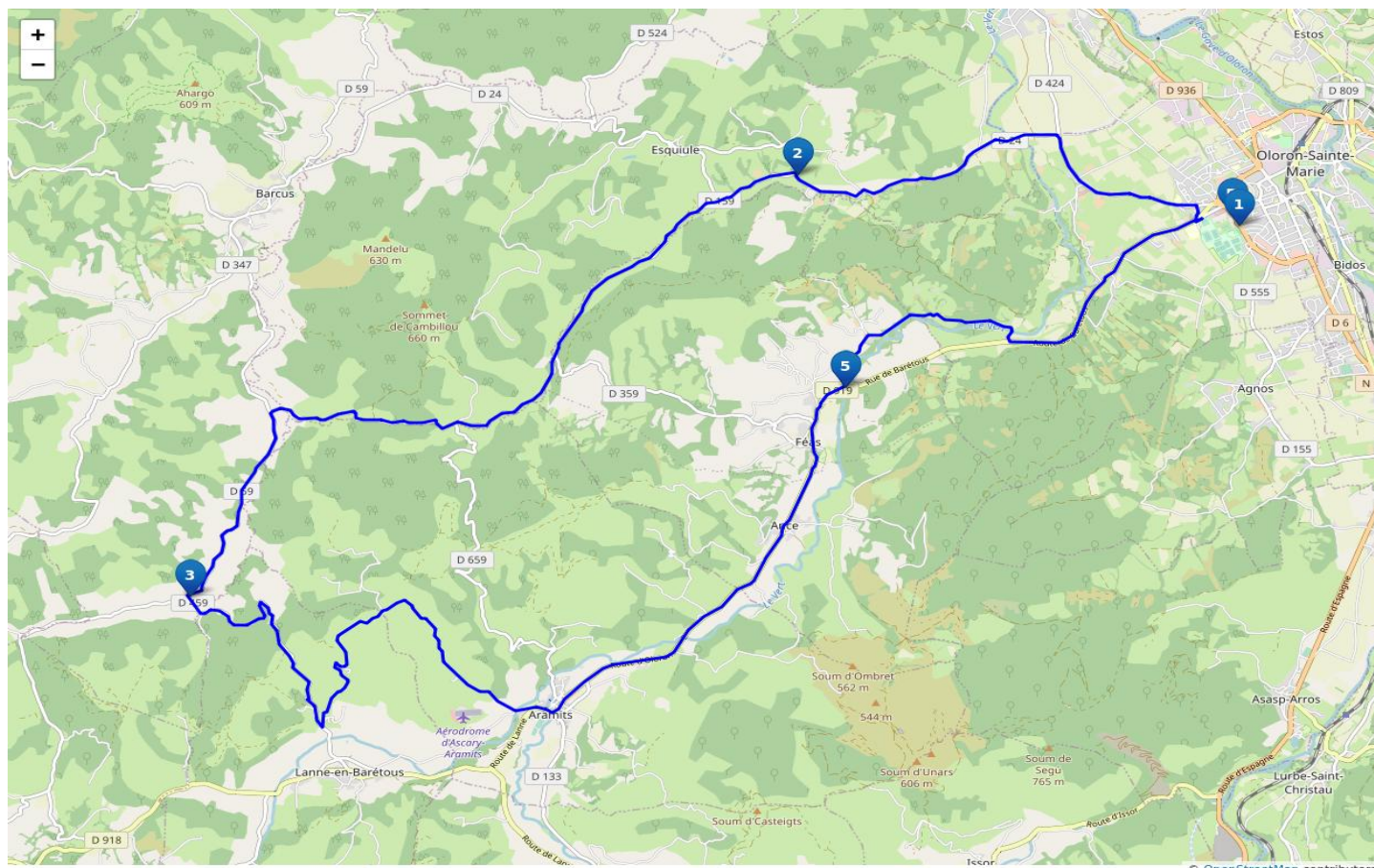
☎️ Appel
d'urgence : 112

⚠️ 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

- **Lanne en Barétous castle (0,7 km off circuit).** The Barétous Valley is the homeland of two famous King's Musketeers, Aramis and Porthos. The latter, whose life was idealized by Alexandre Dumas, lived in the castle of Lanne. Athos was born not far from Oloron Santa-Marie. Only D'Artagnan did not come from the Béarn.

- **Aramis, the musketeer (0,4 km fuera de circuito).** Henri d'Aramitz was the king's musketeer and, incidentally, one of the heroes of Alexander Dumas's novel. He inherited from his father the secular abbey of Aramits, of which only a magnificent portico remains near the church. His companion, Porthos, was from the village of Lanne.
- **Aramits Cheese Factory (28 km).** The Aramits cheese factory is a cooperative that collects milk from around fifty shepherds from Barétous and Soule. Through the centralized production of cow, sheep or mixed cheese, this is an essential link to safeguard local know-how and maintain the economy in rural areas.



Étapes

Step 1. From Oloron Santa-Marie to Esquiule (D159 intersection). From the car park, follow the direction Bayonne / Pau. At the "Tibet Roundabout", take the third exit and continue right (D24) towards Esquiule. This peaceful department runs through the wide valley of the Gave suitable for a warm-up phase of about 4 km. Follow an alternation of slight mounds that announce the entrance to the Basque province of Soule. The sequence is easy in a pastoral, wooded environment. Beautiful farms line the route until it reaches the intersection with the D159.

Step 2. From Esquiule (D159 intersection) to the intersection D459. Continue on the D159 towards Montory. This quiet road at the bottom of the valley begins to rise slightly and joins the shady banks of the Littos. The profile still offers no resistance and the smaller mound is compensated by a bigger descent. Km 15.4, at the junction with the D59, leave the road on the right towards Barcus and turn left. This trajectory towards the south reveals the Pyramid of Pic d'Anie as a point of attention and, in the foreground on the left, the upper objective of the stage, the Col de Bast. Arrival at the D459.

Step 3. From D459 intersección to col de Bast (466m). Follow the direction of Lanne on the left. After the first turn, a succession of ramps with passages at 12% put your shifting to work. The climb is permanent until you find a suitable descent that allows you to cross the first high point of the ascent without suffering damage. Follow a long and unexpected descent to the entrance to the village of Lanne. After the small bridge, turn quickly to the left (wooden house). The small Chemin de Bast road surprises with its very intense first km (average: 11%). The remaining 1.5 km cover a wide ridge, often ascending but conducive to recovery.

Step 4. **From col de Bast to Féas.** From the port, turn right towards Aramits. Quick and panoramic, the descent goes towards the Rachet gorge. To benefit from a relatively straight line, you should keep your hands on the brakes and control your speed for about 3 km of descent. As you approach Aramits, cross the Pont du Vert and reach the center of the village. At the junction with the D919, turn left and leave the town. On this road with an advantageous profile, cross Ance and then Féas. Leaving the town, leave the departmental road and turn left to join the "Aire de Barétous".

Step 5. **From Féas to Oloron Santa-Marie.** From the "Aire de Barétous", follow the small road to the right and cross a bridge over the Aurone. The route continues to the right to follow now the left bank of the Vert. As quiet as you wish and without difficulty, this alternative to the departmental highway is unfortunately short in length. Once you have crossed the bridge over the Vert, look for the D919 and follow the direction of Oloron on the left. The kilometres will be chained easily until the entrance to the city. Look for the "Tibet" roundabout and take the first exit to return to the car park.



Équipements

- Picnic area
- Picnic area
- Water point
- Picnic area
- Water point
- Ablutions



Attention

- Oloron Santa-Marie, Free Tibet roundabout and D6, heavy traffic.
- Ascent to Col de Bast, Canadian fence
- Descent of col de Bast, Canadian fence
- From Aramits to Oloron, D919, busy road

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