



VAE N°3 - Col de la Pierre Saint-Martin

📍 ARETTE

ELECTRIC-ASSIST BIKES#CYCLING



Three passes and two countries, all in a 25 km route, this is what this rich and colourful stage has prepared for us. From the beautiful Béarnaise houses in the village of Arette to the border crossing with Navarra through the karst landscapes of La Pierre Saint-Martin, a riot of colours and varied landscapes follow one another on a 1,400 m ascent. The "Tour" has its habits and a stage in 2015 saw a certain C. Froome, with "a supernatural performance", send the whole peloton for silence to finish first at the finish line. Some will say that electric assistance can make it easy to climb these beautiful slopes to 15% before the famous Col de Labays! This is a good excuse to put yourself in the shoes of a champion and reach the 1760 m altitude of the Col de la Pierre Saint-Martin in the best conditions.



📍 Départ : ARETTE
Arrivée : ARETTE

📏 Distance :
25.3 km

🏔️ Dénivelé :
1436 m

🕒 Durée :
1/2 jour

🅑 Parking

☎️ 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

- **Cujala or Cayolar (21 km)**. From the Soudet pass, numerous shepherd's huts are scattered around the karst. Occupied throughout the summer and used for the production of sheep cheese, they are called "cujala" in béarnaise and "cayolar" in Basque. Do not hesitate to try the famous "Ossau-Iraty" cheese before the descent !

- **The Arres d'Anie karst (22 km)**. After the last beech forests, the massif reveals its sedimentary origins. This immense karst is a limestone slope here called "Arres d'Anie". The site lacks surface water and the relief is dotted with cracks and cavities. The shapes sculpted by the elements offer exceptional landscapes.
- **La junte de Roncal (25,26 km)**. At Col de la Pierre Saint-Martin, the milestone 262 that marks the border with Spain is the object of a centennial ceremony, every July 13, where the mayors of the Bearn and Navarre valleys meet. This meeting renews a treaty dating from 1375, ending disputes over access to summer pastures.

Étapes

- Step 1. From Arette to la Mouline.** Exit the car park and follow the D132 left towards La Pierre Saint-Martin. Going out of town is great for twirling your legs and checking your charge level. It is not necessary to use electric assistance in this first section on a slight incline. The path crosses the fenced fields for cattle, heading towards the banks of the Vert in slight descent. After the first 7 km, you enter the valley at the exit of the place called La Mouline. The real ascent starts here.
- Step 2. From La Mouline to Col de Labays.** The beginning is slow and treacherous. An alternation of mounds and flat areas does not attract attention. You will have to play for help and think about saving battery whenever possible. At km 8 we enter the hardest, it is time to release the watts to climb the Chousse plateau, which is not flat at all. Despite the many changes, the slopes with double-digit percentages (10% average) are only slightly smoothed out. A last turn precedes the arrival at Col de Labays. Continue on the D132.
- Step 3. From Col de Labays to Col de Soudet.** Another 8 km before reaching the Col de La Pierre Saint-Martin. Keep an eye on the battery level and reduce assistance if necessary. When turning around a curve where the road seems to leverage, you can see the ski station planted in the middle of a magnificent hill. The path follows the chaotic relief of this calcareous massif dominated by the 2504 m of the Pic d'Anie. Nothing difficult in this section favourable to contemplation. Here cows and sheep feel at home and graze freely not far from the first shepherds' huts. Arrival at the pass.
- Step 4. From col de Soudet to col de La Pierre Saint Martin.** From the pass, leave the D113 on the right going down to Sainte-Engrace and follow the D132 towards La Pierre St Martin. The wooded area gives way to a natural environment in

the form of ruins that in itself is worth climbing. The perspective on a clear day extends to the Pau plains to the north and the 2017 m of the Pic d'Orhy to the west. Drive 1 km and follow the D132 to the right towards Spain. The last three km are a party of surprises alternating beautiful ramps at more than 10% to finish quietly and reach the border with a magnificent view of Navarra.

★ Équipements

- Power Point (supermarket, restaurants)
- Ablutions
- Water point
- Information panels

★ Attention

- Chousse plateau, animals roaming free from the plateau to the end of the route.
- Col de Soudet, possibility of fog and strong wind until the end of the route.

pour bien préparer sa rando
et adopter les bons gestes
en montagne,
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