

VTC 1 Entre plaine et gave

TRES FACILE

VTC 1 Entre plaine et gave



From the commune of Arros de Nay, a village in the Pays de Nay, this cycling circuit takes you around the villages on the left bank of the Gave. Going through fields, you come across a small building, which nowadays is largely abandoned. Barns with walls made of pebbles and slate roofs sheltered cattle on the ground floor and the fodder upstairs. People used to store tools but also temporarily some crops in shacks made of wood and sheet metal adjacent to croplands. The canal network supplied water to irrigate these rich agricultural lands and to power a large number of mills. The Arroundade road linked different villages going through the fields. It was also a path for pilgrims going to the sanctuary of Piétat.

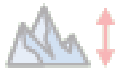


Départ :
ARROS-DE-NAY

Arrivée :
BALIRO



Distance : **13.4 km**

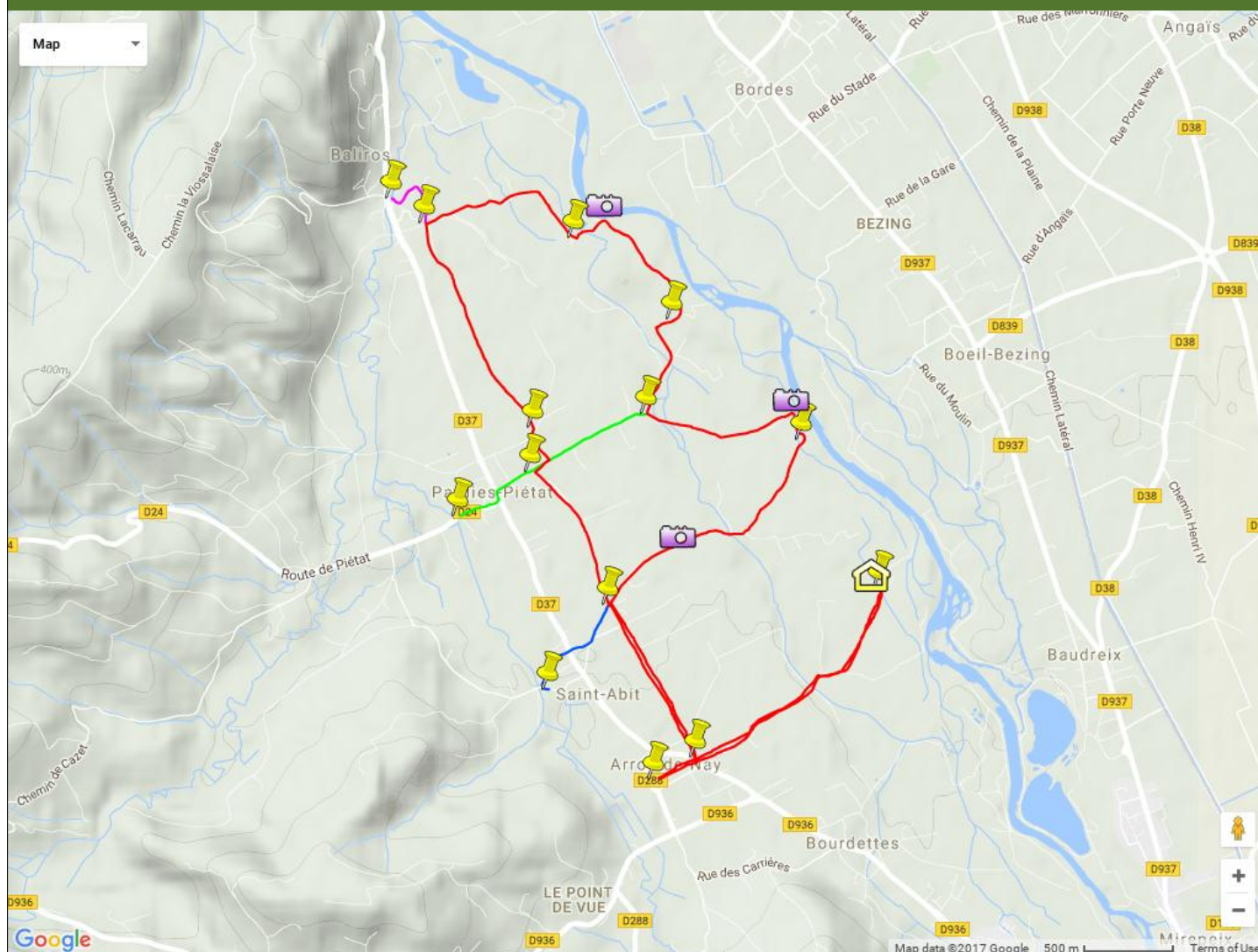


Dénivelé : **70 m**
Dénivelé négatif cumulé : **0 m**



Temps de parcours : **2h**

Balisage : **Green**
(marquage : VTC 1 Entre plaine et gave)



Étapes

Step 1. Reach the Ladebat barn. From the start in Arros de Nay, start riding with the castle behind you. At the stop sign, go straight ahead on the street Rue de Cardède. At the bridge, go straight ahead, then turn right and then left. Ride to a renovated barn by the canal: The Ladebat barn. Then retrace your steps to Arros de Nay.

Step 2. Ride towards the church of Baliros. From the Ladebat barn, turn right on the road Rue de la Roundade. Keep going for about 1 km (?0,6mi.). At the stop sign, join the road D2 at Saint-Abit. Go straight on and follow the way Chemin de Larrounada. Join the road D3 at Pardies-Piétat, turning to the right then left to continue to Baliros in a large loop. Turn right then straight on to make a small loop coming back to Saint-Abit. Turn left then straight on.

Step 3. Reach the fronton of Saint-Abit. From the church of Baliros, go to the road D4. Turn right then go down and follow the main road. To the left cross a footbridge and continue on the road that goes to the Gave. Turn right and follow the main road to the right towards a barn. Back on the asphalt, turn right to a crossroads with a Cross. Turn left to continue the circuit or go straight ahead to come back to Pardies-Piétat. Pass by an old mill and continue straight ahead. Turn right and follow the path along a field. Once back on the asphalt, turn right, passing two little bridges and an old mill. Go up and ride towards Saint-Abit. Once back to the point 3, turn left to go back to the start or go straight ahead towards the centre of Saint-Abit. Head for the fronton near the church and the castle

Step 4. Towards the castle of Baliros. At the fronton near the church and the castle, turn right, leaving the washhouse and the bridge to the left. Turn on the road to the left. At the stop sign, go straight ahead to the road Rue Jean Bonne Maizon. At the crossroads with a Cross, turn left towards Pardies-Piétat. Go to the car park before the

bridge that crosses the Luz and head to the village. At the stop sign, turn left then right, pass by the school and the church towards Baliros. Near the road D37, go along the castle to the left on the road Rue Saint-Vincent. Turn right, we reach the point 6 near the church then turn left.

À ne pas manquer

- **The Ladebat barn.** Barns and shacks
- **The riverbanks of the Gave.**
- **The farms with their inner courtyards and their sculpted lintels / cartouches.** The farms with their inner courtyards and their sculpted lintels / cartouches

Attention

- Be careful when crossing roads
- Do not go near the water during floods

Recommandations utiles

Appel d'urgence : **112**

Préservez-vous

Préservez la nature

Respectez la montagne

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



www.tourisme-bearn-paysdenay.com



**SIGNALER
UN PROBLÈME**
sentinelles.sportsdenature.fr