



VTT N°13 - Chemins du gave VTC

 BEDOUS

MOUNTAIN BIKE



The Gave tour is more than a trek, it's a great way to explore the Bedous plain and its built and rural heritage. What a treat it is to ride on these trails through the fields!



 Départ : BEDOUS
Arrivée : BEDOUS

 Distance :
11.3 km

 Dénivelé :
80 m

 Durée :
1h10

 Place de la mairie

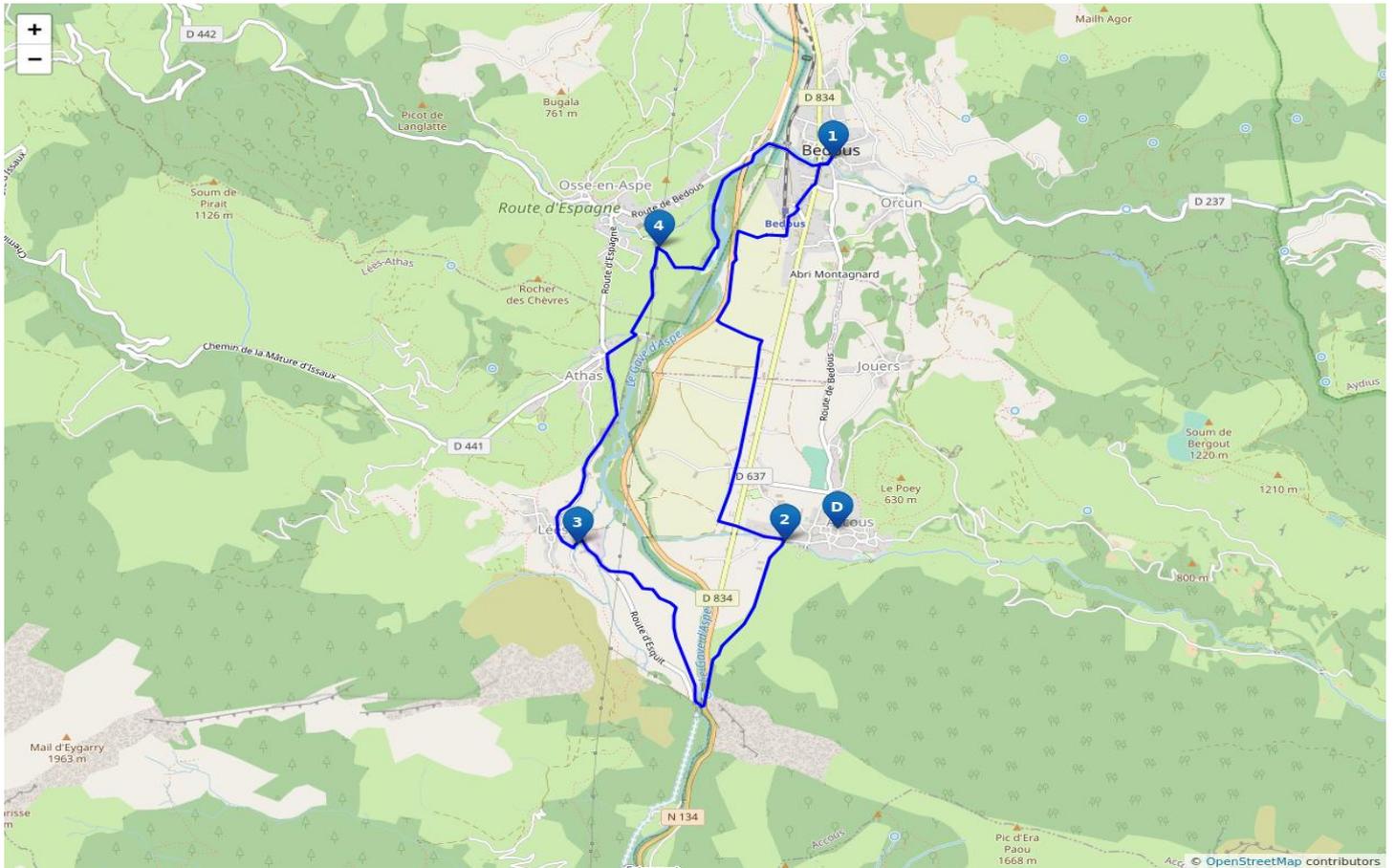
 Appel
d'urgence : 112

Balisage 

 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

- **Reapers.** If you look towards Accous you can see huge drawings in the hills above. Every year people painstakingly cut the ferns to create a character or creature.
- **Log driving on the river.** The royal navy used 35m high masts for their ships in the 18th century. Taken from Pacq Woods in the Aspe Valley, transported along the Chemin de la Mâtre, the barrels were assembled in Athas. These makeshift rafts sailed as far as Bayonne. An annual festival has celebrated these milestones for the last ten years.
- **Lintel.** A magnificent lintel from 1884 adorns the door on a barn by the path.



★ Étapes

Step 1. Accous. From the town hall square, take the main road (D834), watch out for traffic and go down to the train station. Pass the fire station and take a path that crosses the entire plain. Cross the railway and main road (watch out for traffic). Ride until the edge of Accous.

Step 2. Léés. Cross the bridge and carry on ahead. After the stables, take the path on the right (GR 653 and Santiago de Compostela). The shade cools you off but it is a bit bumpy! Cross the main road carefully and follow the piste behind the electricity plant. Exit the piste, ride to Léés-Athas and go to the picnic area to the left of the entrance to the village.

Step 3. Athas. Pass the washhouse and go up right towards the village. Go past the church and follow the road to Athas. Watch out for traffic. On the edge of Athas, take a right down to Lembeye Mill. At the bottom of the hillside, take a left onto a rolling path.

Step 4. Osse-en-Aspe. Turn right towards the sports pitch. On the edge of the path, go along the left and pick up the path in the bottom corner of the pitch. Follow a fun path on the bank and go back up the road, pass the bridge on the right and you'll reach Bedous.

★ Équipements

- Water point
- Picnic area

pour bien préparer sa rando
et adopter les bons gestes
en montagne,
rendez-vous sur



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