



# VTT N°3 Tour de Lanne-en-Barétous

📍 LANNE-EN-BARETOUS

MOUNTAIN BIKE



This tour will take you pedalling up to the heights of Lanne-en-Barétous for the pleasure of the eyes. After a bit of warming up in the plain, the ascent up a beautiful path, with some small steep slopes, will be done comfortably. Then comes a loop over the most pleasant hills, between the fences of the meadows occupied by curious and carefree ruminants. The final part offers a very interesting descent on a wide track; it can be muddy in rainy weather. Then you just have to savour the return to the starting point.



📍 Départ : LANNE-EN-BARETOUS  
Arrivée : LANNE-EN-BARETOUS

📏 Distance : 11.2 km

🏔️ Dénivelé : 322 m

🕒 Durée : 1h15

**P** Parking en face de la piscine

☎️ Appel d'urgence : 112

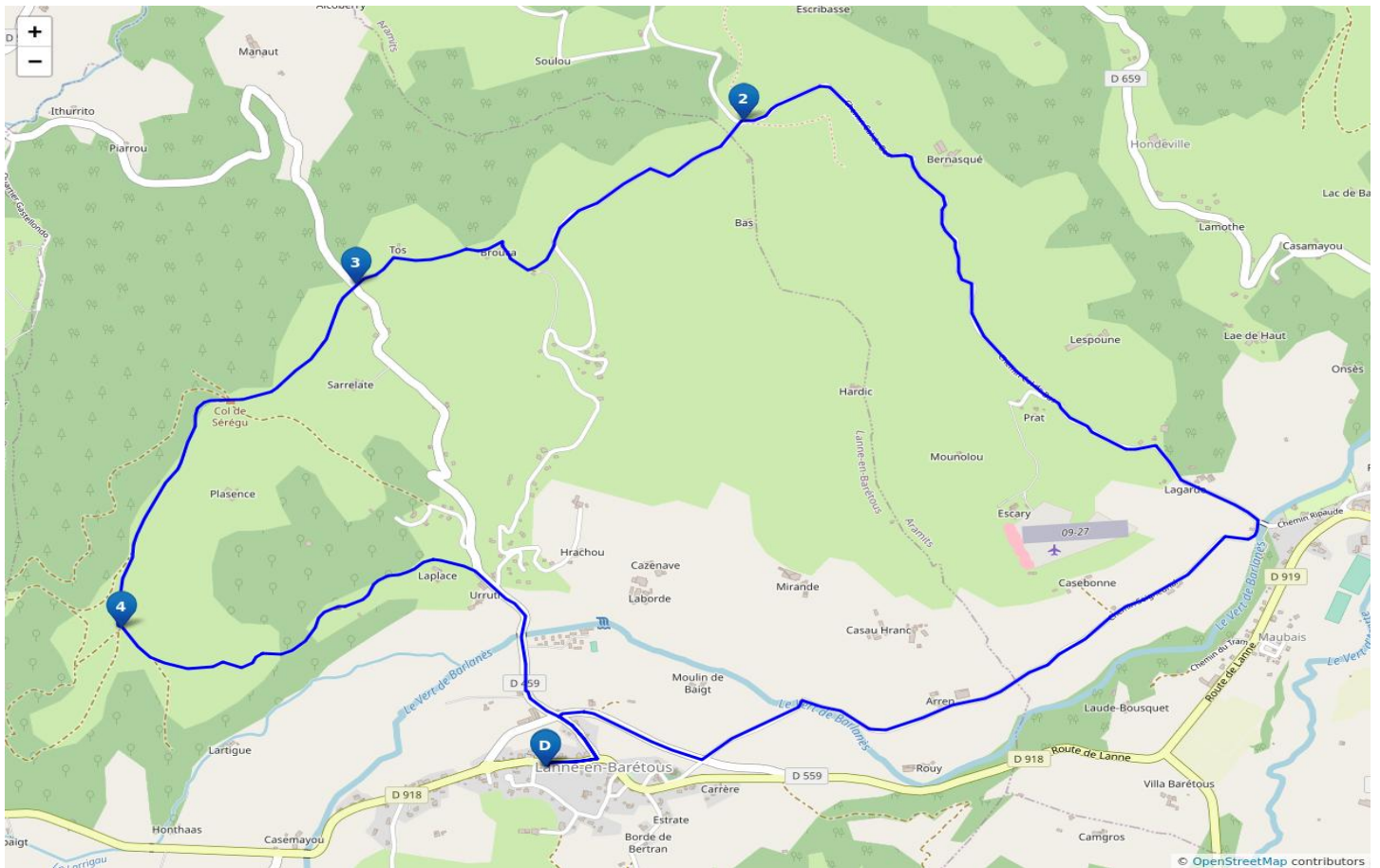
Balisage 

⚠️ 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

- **Blonde d'Aquitaine.** This impressively-sized cow is from a dairy breed and occupies most of the countryside and summer pastures in Barétous. It is intended to produce young calves which you shouldn't approach. The red label accreditation has recognised the quality of its meat.
- **Chemin Seigneurial.** This age-old route between France and Spain has seen myriad people pass by since the dawn of time. The Chemin Seigneurial leads to Lanne-en-Barétous and specifically to Isaac de Porteau's château who became a musketeer in 1643 (A. Dumas renamed him Porthos). This château is now a B&B.

- **Château de Porthos.** This building was constructed in the late 16th century and now houses a B&B. Its classic and opulent style is typical of Béarnaise architecture. Isaac de Pourtau moved in 1646 to spend the rest of his life here after serving in the musketeers.



## ★ Étapes

**Step 1. Ascent to the ridges.** In the centre of the village of Lanne, park in the car park in front of the inter-municipal swimming pool of Barétous. Exit the car park, turn right towards Aramits, and then take the first left towards Barcou. At the first fork, turn right and follow this section. Turn left, cross the Sau bridge, turn right and drive to the Rachou bridge. Turn left and go up 2.6km to reach a junction (Oumbré) on a winding road, watch out for oncoming vehicles.

**Step 2. Col de Sérégu.** Carry on along the track that loops and winds around the hilltop. Go past the Col de Sérégu and continue. When the descent begins, control your speed and watch out for the crossing with the D459 road that comes all of a sudden.

**Step 3. Brouca.** Continue left towards Lanne on the road that runs along the ridge. Stay alert and after 800 meters turn right onto a very steep track, where technique on your mountain bike will be important. Follow the path of Brouca on a balcony until the junction of the D459. .

**Step 4. Descent to Aramits.** Go down the winding road and watch out for oncoming vehicles, especially in the bends. Once it flattens out, turn right just before the Rachou Bridge. Go straight on along the path and cross the Sau Bridge. At the stop sign, turn right then left to reach Lanne-en-Barétous town centre.

## ★ Équipements

- Ablutions

Pour bien préparer sa rando et adopter les bons gestes en montagne, rendez vous sur [reussirmarando.com](http://reussirmarando.com)