

N°10
Difficult

Circuit recommended for advanced mountain bikers. The ascension of Mont Xoldokogaina is rugged and the descents from altitude point 507 and Mont Xoldokogaina as well as the crossing above the lake are very technical.

DESCENTE DES FOUS circuit



D URRUGNE (departure)
parking col d'Ibardin

3hrs

16,5 km

500 m

Crossing the municipalities of
URRUGNE • BIRIATOU • HENDAYE

Particular difficulty
This circuit is not a circular loop. Organise transport.

Points of the circuit

D 606605-4796015 At the Col d'Ibardin, take the road passing through the Ventas as far as the highest one which you will pass. Then take the GR®10 as far as altitude mark 507 **1** 605399-4796253. Then go down (N-W) towards the Xoldokogaina lake on the edge of the forest. When you arrive on the flat terrain of Mont Munoa, go left (S-W) on a path crossing several thalwegs and then take the track leading to the Col des Poiriers **2** 604061-4796833. Do not take the GR®10 walking track and stay on the path to the right (N) leading to the Col d'Osingo. Then take a path to the right (N) which is sometimes a track and very steep, to reach Mont Xoldokogaina **3** 603641-4797847. From the summit you leave in the direction of the ocean. The path becomes increasingly steep, sunken and stony. It curves round to the north in the direction of Mont du Calvaire. Take a track which climbs gradually and goes left around Mont du Calvaire (N-W). Join a narrow road. At the Larretxeko-borda district **4** 603015-4799415, turn right (N) and go down, then left (N-W) and cross the A63 motorway a bridge. Continue alongside the A63. A little

further down join the GR®10 walking track and the "Descente des Sages" circuit **5** 602115-4799618. From there follow the GR®10 signs. Turn right (W-NW) to climb up towards the RD810 road **6** 601751-4800406 which you should cross. Follow the GR®10 to the entry into the town **7** 600487-4801498 and turn left (W). Follow Chemin d'Er-rondenea, Chemin de Biantenea, Rue de Beltzenea and then Boulevard du Général Leclerc as far as the beach of Hendaye **8** 599316-4803010.



HOW TO CHOOSE YOUR ROUTE

Levels and signposting



Difference in altitude : the total cumulative difference is given for each circuit. cumulé des montées.



Length : an indication of the length of each circuit is provided. This takes into account the length of the circuit, climbs and possible difficulties.

Levels

Different circuits are identified by numbers. They are matched to coloured numbers according to their difficulty.

- ▶ Wide, smooth path. All levels, possible on a hybrid bike.
- ▶ Technical path. Suitable for advanced bikers, technical skills required.
- ▶ Path is fairly smooth. Suitable for the occasional user of mountain-biking trails.
- ▶ Very technical path. Advanced technical and physical level required.

Signposting

Follow the signs so you stay on the right path.



Right direction



Be careful, danger



Turn left



Routes join



Turn right



Direction



Wrong direction



Circuits on this route



Hiking trail sign

GPS coordinates of routes

The reference format is WGS 84 – UTM 30T
Download the GPS tracking for circuits at:
www.terreetcotebasques.com



MOUNTAIN BIKING CODE

Recommendations

- ▶ For your own safety, use marked trails and respect the direction of routes.
- ▶ Do not overestimate your ability. Mountain-bikers should control their speed in every situation.
- ▶ For your own safety, do not forget your helmet.
- ▶ Bring food, drink and suitable clothing.
- ▶ Please proceed cautiously and be courteous when overtaking or meeting hikers.
- ▶ A mountain-biker knows that pedestrians have priority and respects the Highway Code.
- ▶ Respect private property and crop-growing areas. Close gates.
- ▶ Watch out for agricultural and forestry trucks, do not block their way.
- ▶ Do not disturb the peace and quiet of wild animals.
- ▶ Do not pick wild flowers, fruit or mushrooms.
- ▶ During the hunting season watch out for beats and hides.
- ▶ Do not throw litter, keep quiet and respect the environment.
- ▶ If you go alone, let someone know your planned route.
- ▶ Let the Tourist Office know if you notice something is missing or unusual on the cycle path.
- ▶ Do not hesitate to contact professionals if you would like to make your outings more enjoyable.

▶ Weather 08 92 68 02 64 or 32 50 or ▶ European emergency number 112
visit www.meteofrance.com

Caution!

During the seasons for pigeon hunting (October to November), group beats (year-round) and stubble-burning (December to March), some circuits should be avoided. Find out more from the Tourist Office.

Your opinion on our paths

Eco-veille® Suggested routes are chosen very carefully. Your comments and observations on the upkeep of our paths interest us, and allow us to keep them in good condition. We invite you to fill out an *Ecoveille*® form at the Tourist Office. This can also be downloaded at www.rando64.com - under the section *Ecoveille*.

You can also give your comments to Agglomération Sud Pays Basque (+33 (0)5 59 48 30 85).

www.rando64.fr

Discover the Béarn and Basque country by foot, mountain bike or on horseback!