



**HIRIBURUKO
AINHARA**



CYLOTOURISME



RECUEIL DES PARCOURS

2025



51A / PB 440m ST PIERRE – VILLEFRANQUE – USTARITZ – CAMBO – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

51B / PB 440m ST PIERRE – MOUGUERRE PORT – LAPARIABRISCOUS – HASPARREN – CAMBO – USTARITZ – VILLEFRANQUE – ST PIERRE

51C / PB 585m ST PIERRE – VILLEFRANQUE – USTARITZ – HERAURITZ – ARRAUNTZ - D3 – HAUT DU LAC – ORDOTZ – SOURAIDE – ESPELETTE – LARRESSORRE – USTARITZ – VILLEFRANQUE – ST PIERRE

52A / PB 680m ST PIERRE – VILLEFRANQUE – USTARITZ – LANDAGOYEN – SOURAIDE – LAC DE ST PEE - (à droite) - HAUT DU LAC – D3 – ARRAUNTZ – HERAURITZ – USTARITZ – VILLEFRANQUE – ST PIERRE

53A / PB 450m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPAREN – LABASTIDE – BRISCOUS – SALINES – MOUGUERRE – ST PIERRE -

53B / L 245m ST PIERRE – BAYONNE – BOUCAU – ONDRES – LABENNE – LAC D'YRIEUX – ST MARTIN DE SEIGNANX – ST BARTHELEMY – URT – MOUGUERRE PORT – ST PIERRE

54A / L 290m ST PIERRE – MOUGUERRE PORT – URT – ST BARTHELEMY – BIAUDOS – BIARROTTE – URT – MOUGUERRE PORT – ST PIERRE

54B / L 290m ST PIERRE – MOUGUERRE PORT – URT – BIARROTTE – BIAUDOS – ST BARTHELEMY – URT – MOUGUERRE PORT – ST PIERRE

54C / PB 670m ST PIERRE – VILLEFRANQUE – USTARITZ – ST PEE – SOURAIDE – ESPELETTE – LARRESSORRE – HALSOU – JATXOU – VILLEFRANQUE – ST PIERRE

54D / PB 670m ST PIERRE – VILLEFRANQUE – HALSOU – JATXOU – LARRESSORRE – ESPELETTE – SOURAIDE – ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE

56A / PB 380m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

56B / PB 390m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPARREN – LABASTIDE – URT – MOUGUERRE PORT – ST PIERRE

56C / PB 580m ST PIERRE – MOUGUERRE – CERISIERS – LAHONCE – URCUIT – URT – CAMPAS – BUTTE MIREMONT -GUICHE – LA BOURGADE -URT – MOUGUERRE PORT – ST PIERRE

56D / PB 580m ST PIERRE – MOUGUERRE PORT – URT – LA BOURGADE – GUICHE – BARDOS – BUTTE MIREMONT – URT – URCUIT – LAHONCE – CERISIERS – MOUGUERRE – ST PIERRE



56E / PB 685m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – CAMBO – ITXASSOU – ESPELETTE – LARRESSORRE – USTARITZ – VILLEFRANQUE – ST PIERRE

57A / PB 530m ST PIERRE – MOUGUERRE PORT – LAPARIA – (direction URCUIT) – CHATORTEGUIA – URCUIT – URT – LABASTIDE – HASPARREN – BRISCOUS – SALINES – MOUGUERRE – ST PIERRE

58A / PB 590m ST PIERRE – VILLEFRANQUE – USTARITZ – JATXOU – RT DES CIMES – HASPARREN – LABASTIDE – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

58B / PB 590m ST PIERRE – MOUGUERRE PORT- LAPARIA – BRISCOUS – LABASTIDE – HASPARREN – RT DES CIMES – JATXOU – VILLEFRANQUE – ST PIERRE

58C / PB 620m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORRE – ESPELETTE – ITXASSOU – CAMBO – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

59A / PB 570m ST PIERRE – MOUGUERRE PORT – LAPARIA – (direction URCUIT) – CHATORTEGUIA – URCUIT – URT – LABASTIDE – HASPARREN – BRISCOUS – SALINES – MOUGUERRE – ST PIERRE

59B / PB 590m ST PIERRE – BAYONNE – AVIRON – (bord de nive) BASSUSSARRY – ARCANGUES – ALOTZ – ST PEE – SOURAIDE – ESPELETTE – LARRESSORRE – USTARITZ – VILLEFRANQUE – ST PIERRE



CYLOTOURISME

PARCOURS de 60 KMS à 69 KMS

60A / PB 710m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS - Rte d' HASPARREN- L' ENSEIGNE – PAXKOENEA - HASPARREN – LABASTIDE – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

60B / PB 785m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – BONLOC – MENDIONDE – MACAYE – LOUHOSSOA – CAMBO – USTARITZ – VILLEFRANQUE - ST PIERRE

60C / PB 965m ST PIERRE – VILLEFRANQUE – USTARITZ – HERAURITZ – ARRAUTZ – D3 - HAUT DU LAC – ORDOTZ – SOURAIDE – ESPELETTE – ITXASSOU - Bas CAMBO - Rte des CIMES – HEGIA - ST PIERRE

61A / PB 840m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D755 – ALOTZ - ST PEE – SOURAIDE – ESPELETTE – ITXASSOU - Bas CAMBO – HALSOU – JATXOU – VILLEFRANQUE - ST PIERRE

61B / PB 590m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – BONLOC – AYHERRE – LABASTIDE – URT - MOUGUERRE PORT - ST PIERRE

62A / PB 550m ST PIERRE - MOUGUERRE PORT – URT - LABASTIDE- HASPARREN – URCURAY – CAMBO – USTARITZ – VILLEFRANQUE - ST PIERRE

62B / PB 880m ST PIERRE – VILLEFRANQUE – USTARITZ – HERAURITZ – ARRAUNTZ – D3 - HAUT DU LAC – ORDOTZ - SOURAIDE – ESPELETTE – ITXASSOU – CAMBO – URCURAY - (sommet cote à gauche) - PAXKOENEA – JATXOU – VILLEFRANQUE - ST PIERRE

64A / PB 770m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D755 – ALOTZ- ARBONNE – AHETZE – IBARRON – ST PEE – SOURAIDE – ESPELETTE – LARRESSORE- USTARITZ – VILLEFRANQUE – ST PIERRE

64B / L 545m ST PIERRE - MOUGUERRE PORT - LAPARIA – BRISCOUS - (D223) -LARREGAINA – URT - ST BARTHELEMY - ST ANDRE DE SEIGNANX - ST MARTIN DE HINX- BIARROTTE – URT - MOUGUERRE PORT- ST PIERRE

64C / L 545m ST PIERRE – MOUGUERRE PORT – URT – BIARROTTE – ST MARTIN DE HYNX – ST ANDRE DE SEIGNANX – ST BARTHELEMY – URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

64D / PB 720m ST PIERRE – VILLEFRANQUE – USTARITZ - CAMBO – LOUHOSSOA – MACAYE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

64E / PB 685m ST PIERRE – MOUGUERRE - DORREA (les cerisiers) – LAHONCE - URCUIT- URT – LABASTIDE – HASPARREN – URCURAY – CAMBO – USTARITZ – VILLEFRANQUE - ST PIERRE

64F / PB 780m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE - ESPELETTE- PINODIETA (par petite route) AIHNOA – DANCHARIA - ST PEE – USTARITZ – VILLEFRANQUE - ST PIERRE

65A / L 475m ST PIERRE - MOUGUERRE PORT - LAPARIA – BRISCOUS – (D223) LARREGAINA – URT - ST BARTHELEMY – BIAUDOS – BIARROTTE - ST MARTIN DE HINX- (garage à droite) - STE MARIE DE GOSSE - ST LAURENT DE GOSSE – URT - MOUGUERRE PORT - ST PIERRE



- 65B / L 475m** ST PIERRE – MOUGUERRE PORT – URT – ST LAURENT DE GOSSE – STE MARIE DE GOSSE – ST MARTIN DE HYNX – BIARROTTE – BIAUDOS – ST BARTHELEMY -URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE
- 65C / PB 890m** ST PIERRE – VILLEFRANQUE – USTARITZ – CAMBO – LOUHOSSOA – MACAYE – MENDIONDE – BONLOC – AYHERRE – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT - ST PIERRE
- 65D / PB 845m** ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPARREN – CELHAY – MENDIONDE – MACAYE – LOUHOSSOA - Bas CAMBO – HALSOU – JATXOU – VILLEFRANQUE - ST PIERRE
- 65E / PB 820m** ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – AYHERRE – BONLOC – MENDIONDE – CELHAY – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE - ST PIERRE
- 65F / L 560m** ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BARDOS – GUICHE – SAMES – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE
- 66A / PB 825m** ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – SEQUILLON - (direction Labastide) (Bardos par les crêtes) BARDOS – BIDACHE - GUICHE BOURG - La BOURGADE – URT - MOUGUERRE PORT - ST PIERRE
- 66B / PB 960m** ST PIERRE – VILLEFRANQUE – USTARITZ – HERAURITZ - ARRAUNTZ – D3 - HAUT DU LAC – ORDOTZ – LANDAGOYEN – SOURAIDE – ESPELETTE – ITXASSOU – CAMBO – URCURAY - PAXKOENEA – JATXOU – VILLEFRANQUE - ST PIERRE
- 67A / L 465m** ST PIERRE - MOUGUERRE PORT - LAPARIA – BRISCOUS – D223 - LARREGAINA - URT – BIARROTTE - ST MARTIN DE HYNX - ST ANDRE DE SEIGNANX - ST BARTHELEMY - URT - MOUGUERRE PORT - ST PIERRE
- 67B / PB 870m** ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPARREN – CELHAY – MENDIONDE – MACAYE – LOUHOSSOA – ITXASSOU – ESPELETTE – LARRESSORE – USTARITZ – VILLEFRANQUE - ST PIERRE
- 67C / L 465m** ST PIERRE – MOUGUERRE PORT – URT – ST BARTHELEMY – ST ANDRE DE SEIGNANX – ST MARTIN DE HYNX – BIARROTTE – URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE
- 69A / PB 920m** ST PIERRE – VILLEFRANQUE – USTARITZ – ST PEE – SARE – ZUGARRAMURDI – DANCHARIA – AINHOA – PINODIETA – ESPELETTE – LARRESSORE – USTARITZ – VILLEFRANQUE – ST PIERRE



70A / PB 740m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE – ITXASSOU – CAMBO – HASPARREN – LABASTIDE – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

70B / PB 925m ST PIERRE – VILLEFRANQUE – USTARITZ - ST PEE – SARE – ZUGARRAMURDI – DANCHARIA – AINHOA – ESPELETTE – LARRESSORE – USTARITZ – VILLEFRANQUE - ST PIERRE

71A / L 460m ST PIERRE - MOUGUERRE PORT – URT – HASTINGUES - ABBAYE D' ARTHOUS – CAME – BIDACHE – BARDOS – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

71B / PB 985m ST PIERRE – MOUGUERRE – DORREA (cerisiers) – LAPARIA – URCUIT(par Birueta) – URT – (Butte Miremont)- BARDOS – GUICHE (lac) – BIDACHE (direction bois de MIXE) – (direction BARDOS) – BARDOS – (chemin des crêtes) SEQUILLON – BRISCOUS – SALINES – MOUGUERRE – ST PIERRE

72A / PB 780m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – HASPARREN – BONLOC – MENDIONDE – MACAYE – LOUHOSSOA – CAMBO – USTARITZ – VILLEFRANQUE – ST PIERRE

72B / PB 970m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE - PINODIETA (par petite route) - AINHOA – DANCHARIA – ZUGARRAMURDI – SARE - ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE

73A / PB 865m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D755 – ALOTZ - ST PEE – ASCAIN - ST IGNACE – SARE - ST PEE – USTARITZ – VILLEFRANQUE - ST PIERRE

73B / L 465m ST PIERRE - MOUGUERRE PORT – LAPARIA - BRISCOUS – D223 - LARREGAINA – URT – BIARROTTE - ST MARTIN DE HINX – NAVACHON – SAUBRIGUES - ST ANDRE DE SEIGNANX – PIPETTE - ST BARTHELEMY – URT - MOUGUERRE PORT - ST PIERRE

73C / PB 805m ST PIERRE - MOUGUERRE PORT – URT – LABASTIDE – AYHERRE – BONLOC – MENDIONDE – MACAYE – LOUHOSSOA – CAMBO – USTARITZ – VILLEFRANQUE - ST PIERRE

73D / PB 745m ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – PESSAROU – LAHARRANE - BARDOS – (direction Bayonne, bas de cote, prendre à droite avant le charpentier) - SARRADE – URT - MOUGUERRE PORT - ST PIERRE

73E / L 465m ST PIERRE – MOUGUERRE PORT – URT – ST – BARTHELEMY – PIPETTE – ST ANDRE DE SEIGNANX – SAUBRIGUES – NAVACHON – ST MARTIN DE HYNX – BIARROTTE – URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

74A / PB 1000m ST PIERRE - MOUGUERRE PORT - Croix de MOUGUERRE - DORREA (cerisiers) – LAHONCE – URCUIT – URT – BARDOS – LAHARANNE – PESSAROU – LABASTIDE – BRISCOUS – SALINES – MOUGUERRE - ST PIERRE

74B / PB 740m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D3 - ST PEE – SOURAIDE – ESPELETTE – CAMBO – HASPARREN – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE



74C / PB 1080m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – CELHAY – MENDIONDE – MACAYE – LOUHOSSOA – ITXASSOU – ESPELETTE – SOURAIDE – LANDAGOYEN – USTARITZ – VILLEFRANQUE - ST PIERRE

75A / PB 885m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – PESSAROU – LAHARRANE – BARDOS – URT – URCUIT – BIRUETA (direction Salines) – LAPARIA – MOUGUERRE PORT – ST PIERRE

75B / PB 930m ST PIERRE – VILLEFRANQUE – USTARITZ - ST PEE – SOURAIDE – ESPELETTE – LARRESSORE – HALSOU – JATXOU - PAXKOENEA – HASPARREN – LAPARIA - DORREA (cerisiers) – MOUGUERRE - ST PIERRE

76A / L 510m ST PIERRE - MOUGUERRE PORT - LAPARIA – BRISCOUS – D223 - LARREGAINA - URT – GUICHE PORT – BIDACHE - (direction Peyrehorade, après pont sortie Bidache à gauche) SAMES – HASTINGUES - URT - MOUGUERRE PORT - ST PIERRE

76B / PB 1000m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – (D755) - ALOTZ- D255 - ARBONNE – AHETZE – IBARRON – ASCAIN - ST IGNACE – SARE - ST PEE – SOURAIDE – LANDAGOYEN – USTARITZ – VILLEFRANQUE - ST PIERRE

78A / L 570m ST PIERRE - MOUGUERRE PORT – URT - GUICHE PORT – BIDACHE – BARDOS - D123(petit tourmalet) – LABASTIDE – HASPARREN – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

78B / PB 960m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – AYHERRE – ISTURITZ – LAHARRANE – PESSAROU – LABASTIDE – URT – URCUIT – LAHONCE - MOUGUERRE PORT - ST PIERRE

79A / PB 965m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE - PINODIETA (par petite route) – AINHOA – DANCHARIA – SARE - ST IGNACE – ASCAIN - ST PEE - USTARITZ – VILLEFRANQUE - ST PIERRE

79B / PB 1045m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE – ITXASSOU – LOUHOSSOA – MACAYE – MENDIONDE – BONLOC – AYHERRE – LABASTIDE – URT – URCUIT – LAHONCE - MOUGUERRE PORT - ST PIERRE

79C / L 580m ST PIERRE - MOUGUERRE PORT – URT - ST LAURENT DE GOSSE - STE MARIE DE GOSSE – D117 - PORT DE LANNE (à droite direction Orthevielle par petite route) - PEYREHORADE – BIDACHE – BARDOS – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

79D / L 580m ST PIERRE – MOUGUERRE PORT – LAPARIA * BRISCOUS – BARDOS – BIDACHE – PEYREHORADE – ORTHEVIELLE (par petite route) PORT DE LANNE -D117 – ST MARIE DE GOSSE – ST LAURENT DE GOSSE – URT – MOUGUERRE PORT – ST PIERRE



80A / PB 1050m ST PIERRE- MOUGUERRE PORT- LAHONCE- URCUIT- URT- LABASTIDE- AYHERRE- BONLOC- MENDIONDE- MACAYE- LOUHOSSOA-ITXASSOU- ESPELETTE- LARRESSORE- USTARITZ- VILLEFRANQUE- ST PIERRE

81A/ PB 1030m ST PIERRE- VILLEFRANQUE- USTARITZ- CAMBO- ITXASSOU- LOUHOSSOA- HELETTE- BONLOC- HASPARREN- LABASTIDE- URT- URCUIT- LAHONCE- MOUGUERRE PORT- ST PIERRE

81B / PB 975m ST PIERRE- MOUGUERRE PORT- LAPARIA- BRISCOUS- HASPARREN- BONLOC- ST ESTEBEN- ISTURITZ- LAHARANNE- BARDOS- BRISCOUS- SALINES- MOUGUERRE- ST PIERRE

81C / PB 1010m ST PIERRE- MOUGUERRE – SALINES - BRISCOUS- LABASTIDE- AYHERRE- ISTURITZ- ST ESTEBEN- HELETTE- MENDIONDE- BONLOC- HASPARREN- BRISCOUS- LAPARIA – MOUGUERRE PORT- ST PIERRE

81D / L 640m ST PIERRE – MOUGUERRE PORT – LAPARIA – SALINES à gauche, direction URCUIT – URT – Butte Miremont – BARDOS – GUICHE – BIDACHE – direction PEYREHORADE après pont à gauche SAMES – HASTINGUES – bord d'Adour – URT – MOUGUERRE PORT – ST PIERRE

81E / L 410m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LARREGAINA – URT – bord d'Adour – GUICHE PORT – SAMES – HASTINGUES – PEYREHORADE – ORTHEVIELLE par petite route – PORT DE LANNE – pont Adour à gauche – ST MARIE DE GOSSE – ST LAURENT DE GOSSE – URT – MOUGUERRE PORT – ST PIERRE

82A / PB 965m ST PIERRE- MOUGUERRE PORT- LAPARIA- BRISCOUS- LABASTIDE- AYHERRE- ISTURITZ- ST ESTEBEN- HELETTE- LOUHOSSOA- CAMBO- USTARITZ- VILLEFRANQUE- ST PIERRE

82B / PB 850m ST PIERRE- MOUGUERRE PORT- LAHONCE- URCUIT- URT- BORD D'ADOUR- LA BOURGADE- GUICHE- BARDOS- LAHARRANE- PESSAROU- LABASTIDE- BRISCOUS – LAPARIA - MOUGUERRE PORT- ST PIERRE

83A / PB 1200m ST PIERRE- VILLEFRANQUE- USTARITZ- CAMBO- LOUHOSSOA- HELETTE- IRRISSARY- IHOLDY- ST ESTEBEN- BONLOC- HASPARREN- BRISCOUS- SALINES- MOUGUERRE- ST PIERRE

84A / L 545m ST PIERRE- MOUGUERRE PORT- URT- ST BARTHELEMY- ST MARTIN DE SEIGNANX- ST ANDRE DE SEIGNANX- ORX- SAUBRIGUES- ST JEAN DE MARSACQ- (vers Adour) COTE DE POUY- ST MARTIN DE HINX- BIARROTTE- URT- MOUGUERRE PORT- ST PIERRE

85A / PB 985m ST PIERRE- VILLEFRANQUE- USTARITZ- CAMBO- LOUHOSSOA- HELETTE- ST ESTEBEN- ISTURITZ- AYHERRE- LABASTIDE- URT- MOUGUERRE PORT- ST PIERRE

85B / PB 985m ST PIERRE- MOUGUERRE PORT- LAPARIA- BRISCOUS- HASPARREN- BONLOC- ST ESTEBEN- ISTURITZ- LAHARRANE- PESSAROU (prendre à droite rte de la chapelle) (2ième rte à droite Marion) (1ière rte à droite Borde Arroubers) SEQUILLON- URT- MOUGUERRE PORT- ST PIERRE



85C / PB 990m ST PIERRE- VILLEFRANQUE- USTARITZ- CAMBO- LOUHOSOA- OSSES-IRISSARRY- HELETTE- BONLOC- HASPARREN- BRISCOUS- LAPARIA- MOUGUERRE PORT- ST PIERRE

86A / PB 1165m ST PIERRE- MOUGUERRE- SALINES- BRISCOUS- LABASTIDE- AYHERRE- BONLOC- ST ESTEBEN- HELETTE- MENDIONDE- CELHAY- HASPARREN- BRISCOUS- LAPARIA- MOUGUERRE PORT- ST PIERRE

86B / PB 1245m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – BONLOC – MENDIONDE – MACAYE – LOUHOSOA – ITXASSOU – ESPELETTE – SOURAIDE - ST PEE – D755 – ALOTZ - (après petit pont entrée d'Arcangues chemin à droite Hotchaenia) – D3 – ARRAUNTZ – HERAURITZ – USTARITZ – VILLEFRANQUE - ST PIERRE

86C / PB 1365m ST PIERRE – VILLEFRANQUE – JATXOU – HALSOU - Bas CAMBO – PAXKOENEA - (prendre à droite Pagoeta) SOMMET COTE D'URCURAY - (prendre en face Sambosenea) - CELHAY – MENDIONDE - (direction Macaye, 1iere rte à gauche après la fromagerie Zahiolakobidea) - D119 – HELETTE - ST ESTEBEN – ISTURITZ – AYHERRE – HASPAREN – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

86D / PB 1020m ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – BARDOS – LAHARANNE – ISTURITZ – AYHERRE – HASPARREN - CAMBO (direction Espelette) - LARRESSORE – USTARITZ – VILLEFRANQUE - ST PIERRE

87A / PB 855m ST PIERRE - MOUGUERRE PORT – URT – LABASTIDE – PESSAROU - LAHARRANE – OREGUE - BOIS DE MIXE – BIDACHE – BARDOS – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

87B / PB 930m ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – HASPARREN – CAMBO – ESPELETTE – SOURAIDE - ST PEE – D3 – USTARITZ – VILLEFRANQUE - ST PIERRE

87C / PB 980m ST PIERRE – VILLEFRANQUE – USTARITZ - ST PEE – SOURAIDE – ESPELETTE – LARRESSORE – HALSOU – JATXOU - PAXKOENEA – HASPARREN – LABASTIDE – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE

87D / L 450m ST PIERRE – MOUGUERRE PORT – URT – ST LAURENT DE GOSSE – ST MARIE DE GOSSE – bord d'Adour – PORT DE LANNE – BELUS – PEYREHORADE – HASTINGUES – URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT -ST PIERRE

87E / L 450m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LARREGAINA – URT – HASTINGUES – PEYREHORADE – BELUS – PORT DE LANNE – BORD D'ADOUR – STE MARIE DE GOSSE – ST LAURENT DE GOSSE – URT – MOUGUERRE PORT – ST PIERRE

89A / PB 875m ST PIERRE - MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – AYHERRE – ISTURITZ – LAHARANNE – OREGUE - BOIS DE MIXE (sortie du bois prendre à gauche rte du pont de labourd) (1ier pont à droite) - BARDOS – BRISCOUS – URT - MOUGUERRE PORT - ST PIERRE



CYLOTOURISME

PARCOURS de 80 KMS à 89 KMS

89B / PB 1150m ST PIERRE – BAYONNE – ARCANGUES – (D755) – ALOTZ – D255 - ARBONNE – AHETZE – IBARRON – ASCAIN - ST IGNACE – SARE – ZUGARRAMURDI - DANCHARIA - ST PEE – USTARITZ – VILLEFRANQUE - ST PIERRE

89C / PB 1215m ST PIERRE – SALINES – BRISCOUS – HASPARREN – AYHERRE – ISTURITZ - ST MARTIN D'ARBEROUE – MEHARIN – ARMENDARITS – I HOLDY – HELETTE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA - MOUGUERRE PORT - ST PIERRE



90A / PB 1135m ST PIERRE- BAYONNE- SUTAR – D3 – ST PEE – SOURAIDE – ESPELETTE – ITXASSOU – LOUHOSSOA – HELETTE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

90B / PB 1020m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – LABASTIDE – PESSAROU – LAHARANNE – OREGUE – BOIS DE MIXE – BIDACHE – BARDOS – URT – MOUGUERRE PORT – ST PIERRE

90C / L 690m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BIDACHE – CAME – LBASTIDE VILLEFRANCHE- ESCOS – ST DOS – PEYREHORADE – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

91A / PB 1230m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – HASPARREN – URCURAY – CAMBO – ESPELETTE – PINODIETA – (par petite route) AINHOA – DANXARIA – ST PEE – D3 – HAUT DU LAC – ORDOTZ – LANDAGOYEN – USTARITZ – VILLEFRANQUE – ST PIERRE

91B / PB 1530m ST PIERRE – MOUGUERRE – DOREA (CERISIERS) – LAHONCE – URCUIT – URT – LABASTIDE – PESSAROU – ISTURITZ – AYHERRE – BONLOC – MENDIONDE – CELHAY (prendre à gauche) – HAUT DE COTE URCURAY – PAXKOENEA – JATXOU – VILLEFRANQUE – ST PIERRE

92A / PB 1320m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE – PINODIETA (par petite route) – AINHOA – SARE – LIZUNIAGA – VERA – IBARDIN – OLHETTE – ASCAIN – ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE

92B / PB 1320m ST PIERRE – VILLEFRANQUE – USTARITZ – JATXOU – D22 –PAXKOENEA - HASPARREN – CELHAY – MENDIONDE – BONLOC – AYHERRE – ISTURITZ – LAHARRANE – BARDOS – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

92C / L 600m ST PIERRE - MOUGUERRE PORT – URT – HASTINGUES – PEYREHORADE – SORDE L'ABBAYE – CARRESSE – AUTERRIVE – LABASTIDE VILLEFRANCHE – CAME – BIDACHE – BARDOS – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

94A / PB 1330m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D3 – ST PEE – ASCAIN – OLHETTE – IBARDIN – VERA – LIZUNIAGA – SARE – ST PEE – ORDOTZ – LANDAGOYEN – USTARITZ – VILLEFRANQUE – ST PIERRE

94B / PB 1140m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – AYHERRE – ISTURITS – ST MARTIN D'ARBEROUE – MEHARIN – AMOROTZ – LAHARRANE – BARDOS – BUTTE MIREMONT – URT – MOUGUERRE PORT – ST PIERRE

95A / PB 1370m ST PIERRE- BAYONNE- SUTAR- ARCANGUES- (D755) ALOTZ- ST PEE- SARE- LIZUNIAGA- VERA- IBARDIN- OLHETTE- (rond point à gauche) CIBOURE- (bord Nivelle) ASCAIN- ST PEE- USTARITZ- VILLEFRANQUE- ST PIERRE

95B / PB 1290m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – AYHERRE – ISTURITS – ST MARTIN D'ARBEROUE – MEHARIN – ARMENDARITS – IHDY – IRISSARRY – HELETTE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE



95C / PB 1130m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BARDOS – BIDACHE – BOIS DE MIXE – ARRAUTE – MASPARRAUTE – SUCCOS – AMOROTZ – LAHARRANE – PESSAROU – LABASTIDE – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

95D / PB 1095m ST PIERRE – MOUGUERRE PORT – URT – LABASTIDE – PESSAROU – AMOROTZ – MEHARIN – ST ESTEBEN – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

95E / L 640m ST PIERRE – MOUGUERRE PORT – BRISCOUS – BARDOS – BIDACHE – CAME – ARANCOU – LABASTIDE VILLEFRANCHE – AUTERIVE – CARRESSE – SORDE L'ABAYE – PEYREHORADE – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

96A / PB 930m ST PIERRE – MOUGUERRE PORT – URT – GUICHE PORT – BIDACHE – CAME – ARANCOU – BERGOUEY – ARRAUTE – OREGUE – PESSAROU – LABASTIDE – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

96B / PB 1195m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – BONLOC – ST – ESTEBEN – ARMENDARITS – MEHARIN – BEGUIOS – AMOROTZ – PESSAROU – LABASTIDE – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

97A / PB 1105m ST PIERRE – VILLEFRANQUE – USTARITZ – LOUHOSSOA – OSSES – IRRISSARY – IHOLDY – ARMENDARITZ – MEHARIN – ST ESTEBEN – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

97B / PB 1430m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – PINODIETA (par petite route) AINHOA – SARE – LIZUNIAGA – VERA – ASCAIN – ST PEE – SOURAIDE – LANDAGOYEN – USTARITZ – VILLEFRANQUE – ST PIERRE

98A / PB 905m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LABASTIDE – PESSAROU – OREGUE – ARRAUTE – BERGOUEY – ARANCOU – CAME – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

98B / L 660m ST PIERRE * MOUGUERRE PORT – URT – HASTINGUES – PEYREHORADE – SORDE L'ABBAYE – ST CRICQ DU GAVE – LAHONTAN – CARRESSE – AUTERRIVE – ST DOS – CAME – BIDACHE – BARDOS – BRISCOUS -LAPARIA – MOUGUERRE PORT – ST PIERRE

99A / L 625m ST PIERRE – MOUGUERRE PORT – URT – ST LAURENT DE GOSSE – ST MARIE DE GOSSE – PORT DE LANNES – ST ETIENNE D'ORTHE – PEY – ORIST – ST LON LES MINES – CAGNOTTE – PEYREHORADE – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

99B / PB 1235m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPARREN – CELHAY – MENDIONDE – BONLOC – ST ESTEBEN – ST MARTIN D'ARBEROUE – ISTURITS – LAHARRANE – OREGUE – BOIS DE MIXE – (sortie du bois, prendre à gauche rte du pont du Labourd) – BARDOS – URT – MOUGUERRE PORT – ST PIERRE

99C / PB 1410m ST PIERRE – VILLEFRANQUE – USTARITZ – ST PEE – ASCAIN – (bord de Nivelle) CIBOURE – OLHETTE – IBARDIN – VERA – LIZUNIAGA – SARE – AINHOA – ESPELETTE – LARRESSORE – HALSOU – JAXSOU – VILLEFRANQUE – ST PIERRE



CYLOTOURISME

PARCOURS de 90KMS à 99KMS

99D / PB 1280m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – HASPARREN – CAMBO – ESPELETTE – PINODIETA (par petite route) – AINHOA – SARE – ST IGNACE – ASCAIN – IBARRON – AHETZE – ARBONNE – ALOTZ – ARCANGUES – ARRAUNTZ – HERAURITS – USTARITZ – VILLEFRANQUE – ST PIERRE



100A / PB 1340m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BARDOS – BIDACHE – CAME – LABASTIDE VILLEFRANCHE – BERGOUEY – ARRAUTE – LAHARRANE – ISTURITZS – ST ESTEBEN – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

101A / PB 1240m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – AYHERRE – USTARITZ – LAHARRANE – OREGUE – ARRAUTE – BERGOUEY – LABASTIDE VILLEFRANCHE – CAME – BIDACHE – BARDOS – URT – MOUGUERRE PORT – ST PIERRE

102A / L 830m ST PIERRE – MOUGUERRE PORT – LAPARIA – LARREGAINA – URT – BUTTE MIREMONT – BARDOS – GUICHE – SAMES – HASTINGUES – CAME – ST DOS – LEREN – PEYREHORADE – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

102B / PB 1275m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – D3 – HAUT DU LAC – ORDOTZ – SOURAIDE – ST PEE – DANCHARIA – AINHOA – ESPELETTE – ITXASSOU – LOUHOSSOA – MACAYE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

103A / PB 1525m ST PIERRE – VILLEFRANQUE – USTARITZ – JAXOU – D22 – PAXKOENEA – HASPARREN – CELHAY – MENDIONDE – BONLOC – AYHERRE – ISTURITS – LAHARRANE – AMOROTZ – MASPARRAUTE – ARRAUTE – BOIS DE MIXE - (sortie du bois prendre à gauche direction Bardos) BARDOS – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

106A / PB 1260m ST PIERRE – VILLEFRANQUE – USTARITZ – LOUHOSSOA – OSSES – ST JEAN PIED DE PORT – ISPOURE – JAXU – IRISSARRY – HELETTE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

106B / PB 1290m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BARDOS – BIDACHE – CAME – LABASTIDE VILLEFRANCHE – ESCOS – ILHARRE – BERGOUEY – ARRAUTE – OREGUE – LAHARRANE – ISTURITS – AYHERRE – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

106C / PB 1500m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – BARDOS – LAHARRANE – ISTURITS – ST MARTIN D'ARBEROUE – MEHARIN – ARMENDARITS -IHOLDY – IRISSARRY – HELETTE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

107A / L 755m ST PIERRE – MOUGUERRE PORT – URT – HASTINGUES – PETREHORADE – CAGNOTTE – GAAS – POUILLON – LABATUT – ST CRICQ DU GAVE – PEYREHORADE – BIDACHE – BARDOS – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

107B / L 685m ST PIERRE – MOUGUERRE PORT – URT – ST LAURENT DE GOSSE – ST MARIE DE GOSSE – PORT DE LANNE – BELUS – CAGNOTTE – GAAS – ST CRICQ DU GAVE – SORDE L'ABBAYE – PEYREHORADE – HASTINGUES – URT – LARREGAINA – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

107C / PB 1590m ST PIERRE – VILLEFRANQUE – USTARITZ – CAMBO – LOUHOSSOA – HELETTE – IRISSARRY – SUHESCUN – PALOMBIERES – LANTABAT - ARMENDARITS – ST ESTEBEN – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE



107D / L 725m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – BARDOS – BIDACHE – CAME – ST DOS – CARRESSE – SALIES (rond point du sanglier à gauche) - BELLOCQ – LAHONTAN – ST CRICQ DU GAVE – SORDE L'ABBAYE – PEYREHORADE – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

108A / PB 1570m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – ALOTZ – ST PEE – SARE – LIZARIETA – ECHALAR – VERA – LIZUNIAGA – ST IGNACE – ASCAIN – ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE

109A / L 700m ST PIERRE – MOUGUERRE PORT – LAPARIA – BRISCOUS – LARREGAINA – URT – HASTINGUES – PEYREHORADE – CAGNOTTE – HEUGAS – SIEST – ORITS – PEY – LOUSTALOT – ST ETIENNE D'ORTHE – PORT DE LANNES – ST MARIE DE GOSSE – ST LAURENT DE GOSSE -URT – MOUGUERRE PORT -ST PIERRE

109B / PB 1505m ST PIERRE – MOUGUERRE - SALINES – BRISCOUS – HASPARREN – BONLOC – ST ESTEBEN – ARMENDARITZ – BEYRIE – MEHARIN – AMOROTZ – PESSAROU – LABASTIDE – URT – MOUGUERRE PORT – ST PIERRE

109C / PB 1560m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE – PINODIETA (par petite route) - AINHOA – SARE – LIZARIETA – ECHALAR – VERA – IBARDIN – ASCAIN – ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE



110A / PB 1575m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – LABASTIDE – AYHERRE – ISTURITS – ST ESTEBEN – I HOLDY – LANTABAT – PALOMBIERES – SUHESCUN – IRISSARRY – HELETTE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

112A / PB 1740m ST PIERRE – VILLEFRANQUE – USTARITZ – LARRESSORE – ESPELETTE – PINODIETA (par petite route) AINHOA – DANCHARIA - ERRAZU – ISPEGUY – BAYGORRY – OSSES – LOUHOSSOA – CAMBO – USTARITZ – VILLEFRANQUE – ST PIERRE

112B / PB 1510m ST PIERRE – VILLEFRANQUE – USTARITZ – CAMBO – LOUHOSSOA – OSSES – BAYGORRY – IROULEGUY – ST JEAN PIED DE PORT – JAXU – IRISSARRY – HELETTE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

113A / PB 1475m ST PIERRE – MOUGUERRE PORT – URT – BUTTE MIREMONT – BARDOS – BIDACHE – BOIS DE MIXE – OREGUE – LAHARRANE – ISTURITS – ST ESTEBEN – HELETTE – LOUHOSSOA – MACAYE – MENDIONDE – BONLOC – HASPARREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

113B / PB 1745m ST PIERRE – BAYONNE – SUTAR – ARCANGUES – ALOTZ – ST PEE -SARE – LIZARIETA – ECHALAR – VERA – IBARDIN – OLHETTE – ASCAIN – ST IGNACE – SARE – AINHOA – PINODIETA – ESPELETTE – LARRESSORE – USTARITZ – VILLEFRANQUE – ST PIERRE

113C / L 810m ST PIERRE – MOUGUERRE PORT – URT – HASTINGUES – PEYREHORADE – SORDE L'ABBAYE – CARESSE – ORAAS – SAUVETERRE – AUTEVIELLE – ESCOS – LABASTIDE VILLEFRANCHE – CAME – BIDACHE – BARDOS – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

115A / PB 1155m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – VERS LABASTIDE (croisement D33 D10 prendre à gauche vers Bardos par les crêtes) BARDOS (à droite) LAHARANNE – AMOROTZ – BEGUIOS – LUXE – GARRIS – AMENDEUIX – GABAT – LABASTIDE VILLEFRANCHE – CAME – HASTINGUES – URT – MOUGUERRE PORT – ST PIERRE

117A / PB 1800m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPAREN – ST ESTEBEN – MEHARIN – BEYRIE – ST PALAIS – RTE DE GIBRALTAR – UHART MIXE – OSTABAT – IPHARLAXE – BEHAUNE – I HOLDY – HELETTE - BONLOC – HASPAREN – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE

119A / PB 1700m ST PIERRE – VILLEFRANQUE – USTARITZ – CAMBO – LOUHOSSOA – OSSES – BAIGORRY - ISPEGUY – ERRAZU – OTXONDO – DANCHARIA – ST PEE – USTARITZ – VILLEFRANQUE – ST PIERRE

119B / PB 1670m ST PIERRE – MOUGUERRE – SALINES – BRISCOUS – HASPARREN – ST ESTEBEN – I HOLDY – BEHAUNE – IPHARLAXE – OSTABAT – UHART MIXE – RTE GIBRALTAR – ST PALAIS – GARRIS – BEGUIOS – AMOROTZ – PESSAROU – LABASTIDE – BRISCOUS – LAPARIA – MOUGUERRE PORT – ST PIERRE