

Circuit R7. Des cols d'école. Ça décolle à Iraty.

Départ : St Jean Pied de Port, Parking Carrefour Market ou salle de Jaï Alai (D918 puis D933) 50 min
25 cols- 91 km- 2310 m

| Alt | Lieu | Route | indication | km partiel | km total | N° col |
|------|-----------------|---------------|------------------------------------|------------|----------|--------------------|
| 160 | St Jean pied de | D933 | Sortir Parking AD | 0 | 0 | |
| | | D2933 | RP TD -> Iraty, St jean le vx | 2.6 | 2.6 | |
| | St Jean le Vx | D18 sur 21 km | AD -> Iraty | 0.8 | 3.4 | |
| 782 | Lecumberry | D18 | Col D'Haltza | 14.3 | 17.7 | FR-64-0782a |
| 784 | | D18 | Col d'Haritzcurutche | 0.5 | 18.2 | FR-64-0784 |
| 1135 | Mendive | D18 | Col de Burdincurutcheta | 4.1 | 22.3 | FR-64-1135a |
| 1005 | Mendive | D19 | AG -> Larrau, Iraty | 2.4 | 24.7 | |
| 1319 | Larrau | D19 | Col Heguichouria | 5.5 | 30.2 | FR-64-1319 |
| | Larrau | CV | AD au dessus de la "Pyramide | 0.05 | 30.25 | |
| 1383 | Larrau | CV | Col Mehatze | 1.35 | 31.6 | FR-64-1383 |
| | Larrau | R1 50m AG | Etchégaraté-co-Léphoua | 0.5 | 32.1 | FR-64-1425c |
| | Larrau | CV | Col Ilharre Murru | 0.6 | 32.7 | FR-64-1465a |
| | Larrau | CV | Chardéca-co-Léphoua | 0.8 | 33.5 | FR-64-1535a |
| 1547 | Larrau | CV | Col Sensibile | 0.6 | 34.1 | FR-64-1547 |
| | Larrau | CV | Leherra Murkhuillako Lepoua | 1.4 | 35.5 | FR-64-1528 |
| | Larrau | D19 | Retour "Pyramide" AD | 4.9 | 40.4 | |
| | Larrau | D19 | Col Bagargiak | 0.7 | 41.1 | FR-64-1327 |
| 1284 | Larrau | D19 AR | Col d'Orgambidesca | 0.4 | 41.5 | FR-64-1284 |
| 1327 | Larrau | CV | Retour Bagargiak AD | 0.4 | 41.9 | |
| | | CV | 1ère épingle AG Chemin | 0.5 | 42.4 | |
| 1248 | | R1 | Col d'Iratzabaleta Retour | 0.3 | 42.7 | FR-64-1248 |
| | | CV | AD chemin GR10 | 2.9 | 45.6 | |
| 1145 | Lacarry | R1 | Col Ugatze Retour AD | 0.3 | 45.9 | FR-64-1145b |
| 928 | Lacarry | CV HS 50m | Col d'Arhansus | 5.1 | 51 | FR-64-0928 |
| 892 | Alçay | CV | Col Burdin Olatze | 2.6 | 53.6 | FR-64-0892 |
| | Alçay | D117 | AD -> La Soule | 0.7 | 54.3 | |
| | Alçay | D117 | Col d'Ibarburia Retour | 0.2 | 54.5 | FR-64-0966 |
| 1026 | Alçay | D117 | Col Inharpu | 1.5 | 56 | FR-64-1029 |
| | Alçay | D117 | AD -> Behorleguy | 1.3 | 57.3 | |
| 1044 | Mendive | D117 | Col d'Apanice | 2 | 59.3 | FR-64-1044 |
| | Mendive | D117 | Col de Landerre | 1.1 | 60.4 | FR-64-1072 |
| | Béhorleguy | CV | AD quitter D117 | 1.9 | 62.3 | |

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|---------------|--------------|---------------------------------|-----|------|-------------------|
| Béhorleguy | CV | Col d'Arrouscoua retour | 0.8 | 63.1 | FR-64-1103 |
| Mendive | D417 | retour X D417 AD -> Mendive | 5.9 | 69 | |
| Mendive | CV | AG CV 20m Ilhareko Lepoa | 1.9 | 70.9 | FR-64-0905 |
| Mendive | D417 | Bestako Lepoa | 1.4 | 72.3 | FR-64-0841 |
| Mendive | CV puis R1-2 | CV AG | 0.4 | 72.7 | |
| Mendive | CV puis R1-2 | Col d'Egurcé Retour AD | 0.3 | 73 | FR-64-0911 |
| Mendive | D417 | Col d'Haritxarte | 3.6 | 76.6 | FR-64-0735 |
| Mendive | D417 | maison blanche AG -> St Jean | 3.4 | 80 | |
| Mendive | D18 | AD -> St Jean Pied de Port | 0.4 | 80.4 | |
| ST Jean le Vx | D2933 | Stop AG -> St Jean Pied de Pt | 6.7 | 87.1 | |
| ST Jean le Vx | D933 | RP en face -> St Jean | 0.9 | 88 | |
| St Jean Pied | D933 | Retour Parking | 2.6 | 90.6 | |

FIN