

FR-SP-Bordeaux-Pyrenees-Spain-Basque-country

1st day **Mon, 7 May 2018** 06:05 08:40 12500 Ft

4,5 h by train Bordeaux St . Jean train station 12:02 >>> Bayonne 13:47

Bayonne >> 25km Itxassou

330 - Artzamendi 915m , Itxassou 40m 43.33265 / -1.40814 , 875m , 10.4 km ,8.4 -18 %

Energy points 924 road-bike ok km **MTB 0->10,4 km** Gravel 0->10,4km 2,5 h cycling

40 km >>> **Arnéguy**

2nd day

419 - Orzanzurieta 1563 m second name Puerto Ibañeta- **start place Arnéguy** 173m

43.10962 / -1.28102 , 1390m , 26 km , 5.3-14.4 % Energy points 1166 Surfaced 0->21,0 km road-bike 0->26,0 km MTB ok km Gravel 21,0->26,0km 5h cycling

8 km >>> **Saint-Jean-Pied-de-Port**

331 - Col de Bagargui-Iraty 1327m , **Saint-Jean-Pied-de-Port** 160m , 43,16408 / -1,23609

1167m , 38 km , 3.1-14.4 % Energy points 1376 6 h cycling

3rd day

45 km >>>> **Larrau**

420 - Puerto de Larrau 1573m , second name Port de Larrau ,start place **Larrau** , 393m

43.01933 / -0.9562 , 1180m 26 km , 4.5-13.2 % ,Energy points 1188 4,5 h cycling

30 km>>>> **Barlanes**

4th day

332 - Col de la Pierre Saint-Martin 1760m **Barlanes** 190m 43.07226 / -0.78761

1570m , 25 km , 6.3-14.4 % ,Energy points 1527 5-6 h cycling

125 km >>>SP >>???

418 - Higa de Monreal 1280m **Monreal** 531m start location 42.70498 / -1.50544 749m , 8 km , 11.7-17.9 % Energy points 953 2 h cycling

5th day >>> 65 km Etxarri-Aranatz

417 - Puerto de Lizárraga 1044m **Etxarri-Aranatz** 527m , 42.90595 / -2.0641 ,517m ,10 km , 5.2-7.2 % ,Energy points 350 >>>>10 km **Uharta-Arakil** 2h cycling

414 - Alto de Hachueta 1342m , **Uharte-Arakil** 458m ,42.92303 / -1.96917

885m , 9.7 km , 9.1 -13.2 % , Energy points 816 .Surfaced 0->9,7 km road-bike 0->9,7 km 2h cycling

MTB ok km >>>> 20 km **Uharte-Arakil** 20km >>>>**Olazagutia**

6th day

416 - Puerto de Urbasa 875m , **Olazagutia** 550m 42.87526 / -2.19611 , 370m ,16.1 km

2.3-7.2 % Energy points 218 2 h cycling

>>> 65 km **Azcoitia**

413 - Alto de Azurki 685m **Azcoitia** 117m 43.17932 / -2.31756 , 568m ,9.8 km

5.8-10.6 % Energy points 517 2 h cycling

60km >>> **Fuenterrabia**

7th day

412 - Alto de Jaizkibel 455m **Fuenterrabia** 18m 43,37389 / -1,79867 437m , 8 km , 5.5-10.8 % Energy points 355 2 h cycling

411 - Puerto de Urkiola 752m , **Manaria** 189m 43.13786 / -2.66067 , 563m ,6.1 km

9.2-12.2 % ,Energy points 585 3 h cycling

some more destinations in Spain (Basque country) or in the Pyrenees

11th day >>>>> by train to Bordeaux 4,5 h 8 -9 days tour

accommodation near the airport 17th May

12th day = last day Fri, 18 May 2018 09:15 11:50 23000 Ft