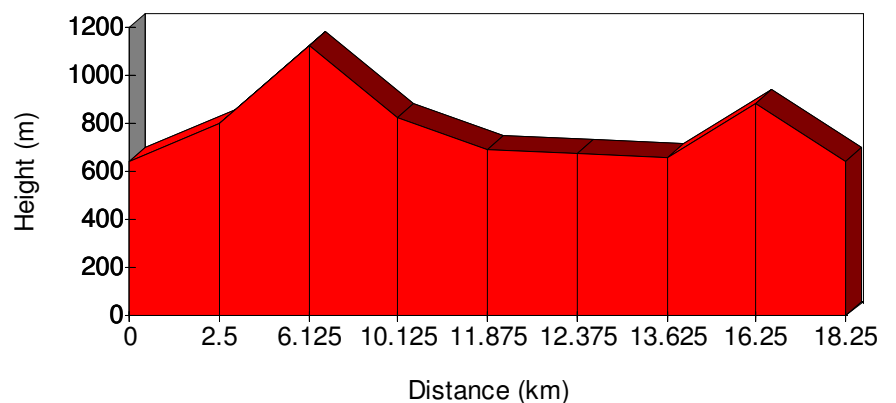


Route Three – “Medium Trail”

This is a 18.25km trail that takes you to a height of 1125 at the Col du Jou, if you are of the adventurous type or like to punish yourself, this is the trail for you. The long arduous climb begins at 639m above sea level in Vernet les Bains, thankfully the first uphill trail is on tarmac and is 6.125km up to the Col de Jou. The best time to start this trail would be early morning, to avoid the midday heat on the uphill and it makes the rock pools on the way to Sahorre a great stop for lunch.

As you reach the road to Sahorre via open gravel fire road, you will have just done a 431m downhill which is fast and has a few sharp hairpin corner to keep you on your toes. But be careful the gravel fire tracks can be skiddy on sharp corners. The fire road ends and you are back on the road down to the rock pools for a well earned rest and great lunch break with a great place to cool down in the midday sun.

Gradient Profile 3



After your long rest at the rock pools its through Sahorre then onwards and upwards along a dusty fire road. The climb is by no means easy, but worthwhile all the same. This track brings you to the mast above the picturesque Vernet Les Bains giving you some well earned views of the ridge and across the town. The descent into Vernet can be taken by singletrack if your eyes are tired of seeing dusty fire roads. But if you're not the confident type on the singletrack and would like to ease your way back down would be best to tack a slow open fire track through the dense forest taking in the views and the wildlife on the way down.