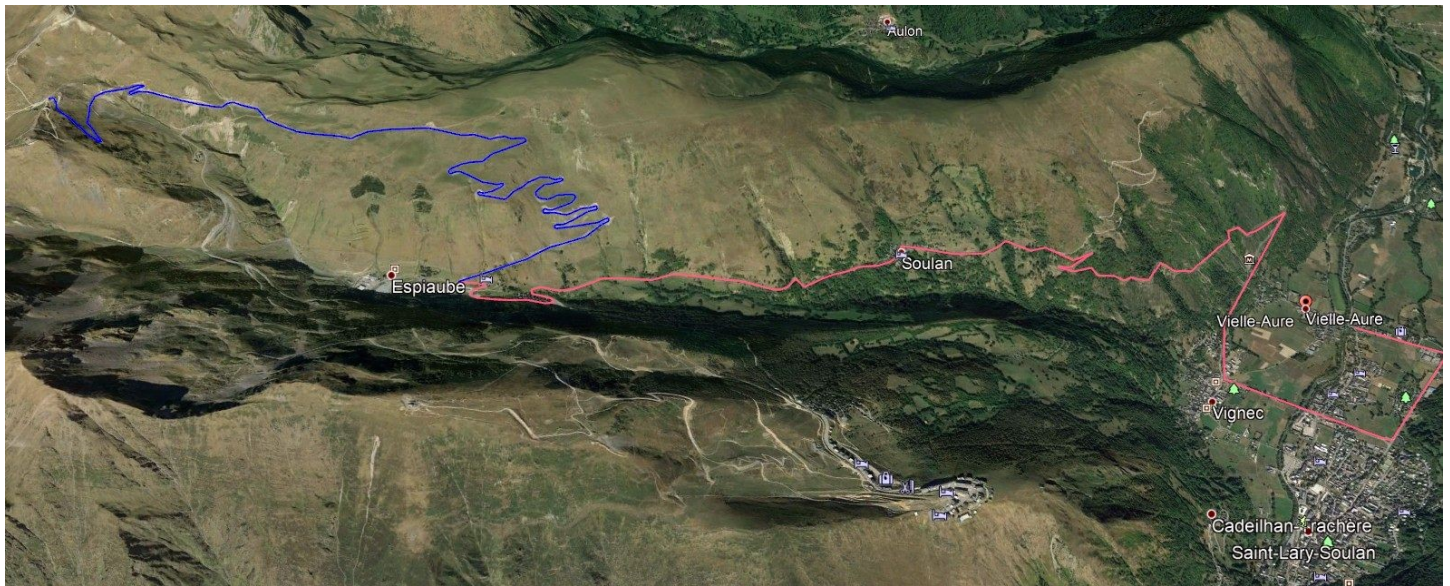


The main places where you can drive to follow
the Tour des Lacs
They are classified in the sense of trail.

Le col de Portet 14.4 Km

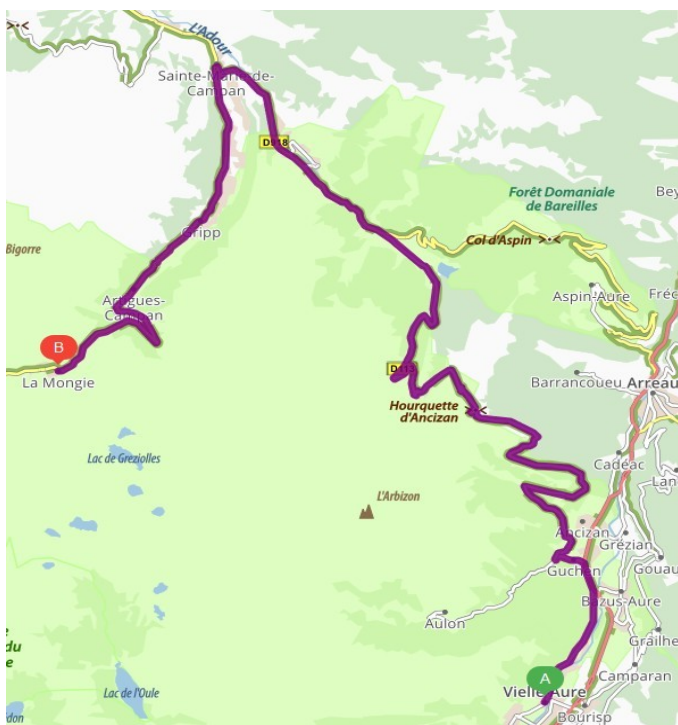


Red line Old Aure Vignec D123 Soulan Espiaube
Blue line Espiaube col de Portet

WARNING THIS ROUTE IS CLOSED FROM 10 AM TO 4 PM.

Ascent of the pass 18Km estimated time 45mn

La Mongie 30 Km Small refueling



Since Vielle Aure
Take the **D929** in the direction of Arreau 5km the village
of Guchen turn left on the **D113** towards the Hourquette
d'Ancizan. 10.6 km. Continue after the upholstery for 10.6
km to reach Payolle.
Continue on the **D918** to Sainte Marie Campan. Turn left
always the **D918** direction La Mongie.
The refueling is at the entrance of La Mongie
Course 44Km Time 1H10



Col de Sencours 30 Km Small refueling



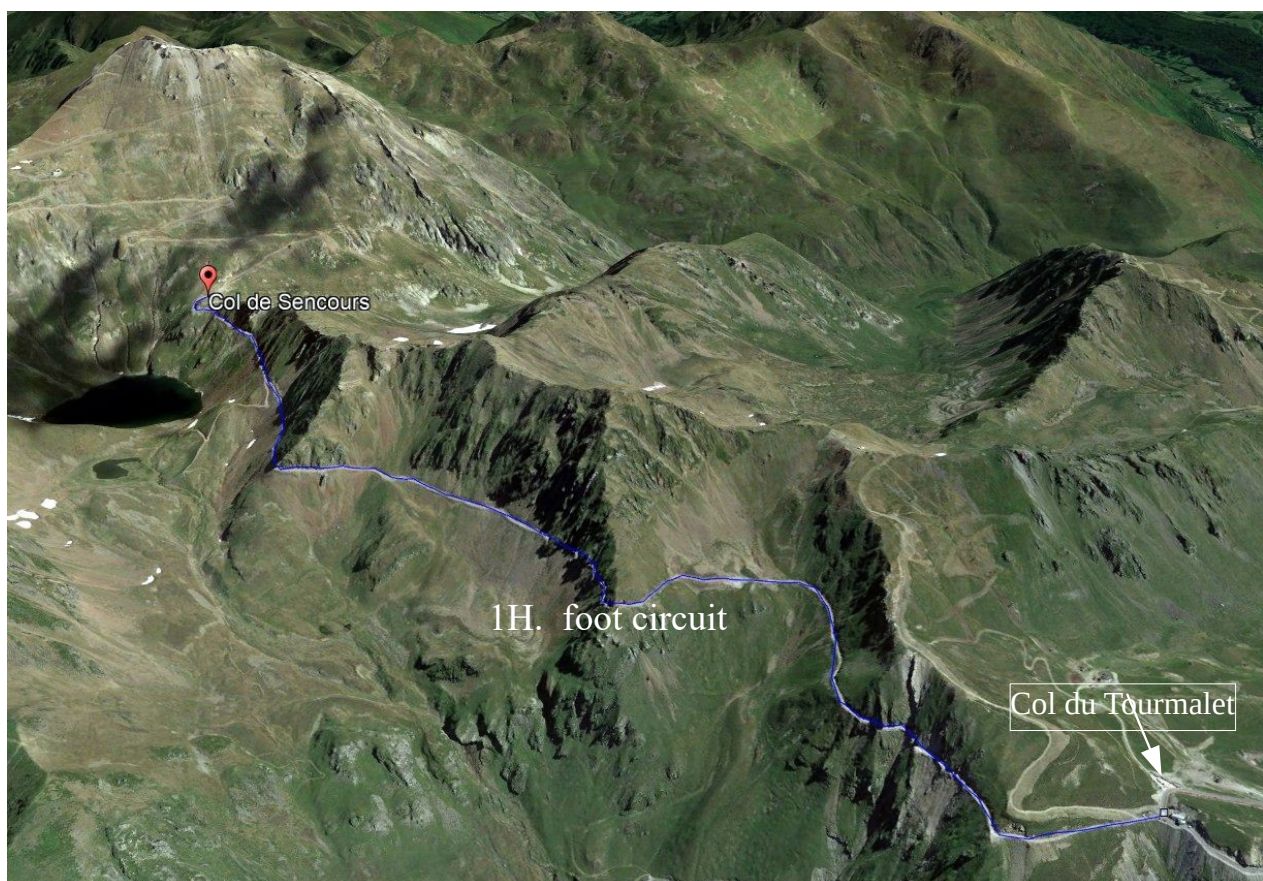
Continue on the **D918** towards the Col du Tourmalet 4Km, leave the car at the pass.

On foot take the path towards the Col de Sencours 3.4 Km 1 hour.

We can see the runners on the ascent and descent of the Pic du Midi

In red car ride in blue Foot trip

Start of the climb on foot to the Sencours pass



Tournabou 30 Km Big refueling



Back to the Col du Tourmalet 1 hour
By car descend the pass Barèges side.
Tournabou 8Km.

Total time 1H.20

