

# Up and Over - Metiaut to Bidau



Hera

[Route map](#)

8/10 difficulty

2.5 hours

5.8km up 269m

[Video](#)

Metiaut to Bidau and back along the beach. We start with a technical in places climb to the cross and antenna on the ridge. Take in the spectacular views before dropping down into Bidau, and exploring the back streets, coming out at Santa Ana Cemetery, before walking along the beach back to the start.

**Difficulty rationale** – Very steep and slippery start, before getting easier, but care needs to be taken on the descent. Paths can be narrow with dropoffs.

Meet at  
[L'Aubergine  
Restaurant in  
Metiautu](#)

Microlet 12

Walk from start

Click above links

