

The Ossau Valley

LEV
1

CIRCUIT N° 4

Les trois croix



This loop is an excellent way of discovering the scenery and heritage of the Ossau Valley. The route follows ancient pastoral paths through meadows and woods to Sainte-Colome, a typical Ossau Valley village. The view from the three crosses overlooking the village offers a panoramic perspective of the foothills of the Pyrenees.

D Cross the car park to go up to the traffic lights at the crossroads between the Route de Pau and the Route de Sainte-Colome (D934 and D232). Follow the direction of Sainte-Colome (D232), until the exit sign of the village of Sévignacq-Meyracq.

0h10

1 710670 E - 4776287 N Take the path on the right which starts below, follow it until you get to the hamlet of Meyracq.

0h20

2 710616 E - 4776032 N Go straight on to cross the hamlet and walk past the Saint-Saturnin chapel. Continue along a track and then take the path lined with boxwood that starts on the left. Cross two metal barriers, then a third one at a crossing between paths.

0h40

3 710622 E - 4775505 N Take the road on the right, going up. It leads to a track that you follow up to the junction with the Way of Santiago (*Chemin de Saint-Jacques*) on the right.

0h50

4 711100 E - 4775310 N Continue straight on to the village. You end up on the D232. Turn right. At the town hall, turn left just in front of the church, walk around it and take the small path that goes up opposite.

1h05

5 711183 W - 4775511 N Go through the gate and up the hill to the three crosses. Enjoy the beautiful 360-degree view.

1h15

6 711254 E - 4775620 N Continue up the track towards an antenna. Walk past the foot of the antenna and continue along the track that runs alongside a pine plantation. After 400 m, the track turns sharply to the left (be careful!).

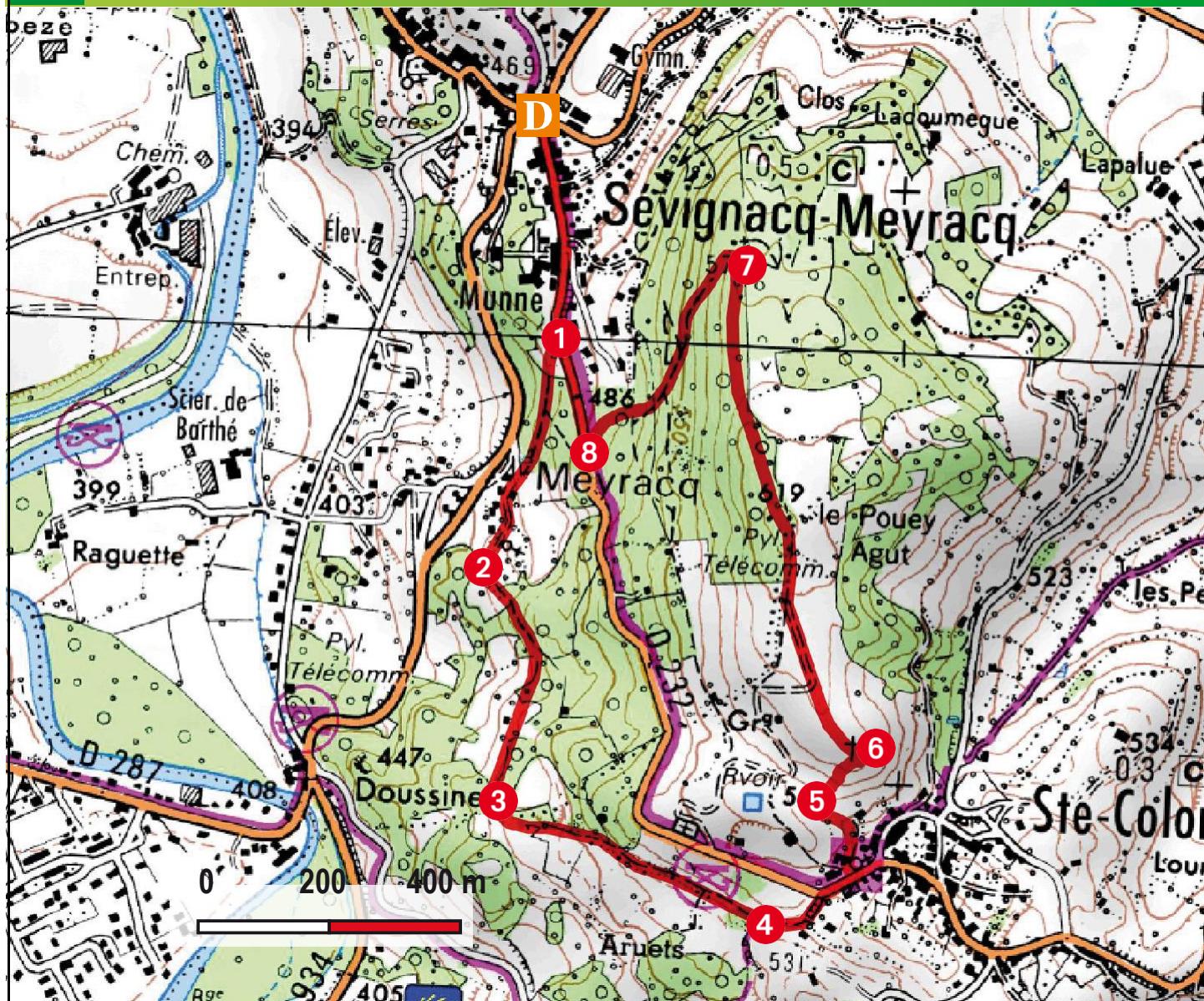
1h30

7 710962 E - 4776454 N The path goes down through the plantation to join the D232 further down.

1h40

8 710721 E - 4776143 N. Turn right to head back to Sévignacq.





D Car park de l'Europe in Ségnacq-Meyracq

GPS WGS 84 UTM 30T
710703 O - 4776694 N

1h50

4,3km

210m

Don't miss:

- The hamlet of Meyracq.
- A visit to Sainte-Colome: with a gothic church and traditional houses.

Yellow markers

Pilgrims on the Way of Santiago de Compostela

From the 10th and 11th centuries onwards, the pilgrimage to Santiago de Compostela in Galicia was established at the same time as the Reconquista, under the influence of Christianity. In the Ossau Valley, pilgrims arrived from Mifaget on their way to Sainte-Christine du Somport via Sainte-Colome, Béost then Gabas and finally the Col des Moines at the foot of the Pic du Midi d'Ossau. Along the route, "Hospitals" were in charge of welcoming them. In Bearn, these homes were run by lay abbots, and were known as lay abbeys. The scallop shell, symbol of the pilgrims of Santiago de Compostela, adorns many houses in the Ossau Valley.

Information :

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Choose your hike

For each route, you will find technical and practical information to help you choose your hike

Levels of difficulty

The hikes are classified by order of difficulty defined by a colour code following the recommendations of the French Hiking Federation:

- NIV 1** Very easy, less than 2 hours walking. Ideal for families, on well-marked tracks.
- NIV 2** Easy, less than 3 hours walking. Suitable for families, on tracks with sometimes more difficult passages.
- NIV 3** Difficult, less than 4 hours walking. For hikers used to walking, with some quite intense sections or steep slopes.
- NIV 4** Very difficult, more than 4 hours of walking. For experienced and fit hikers. The itinerary can be long and technical (strong elevation gain, tricky passages).

 30T 710703O - 4776694N

GPS coordinates

D Start



Walking time, given in hours. This estimated time takes into account the length of the hike, the elevation gain and the possible difficulties.















Elevation gain, expressed in metres. For each circuit, the value corresponds to the cumulative



Distance, the value expressed in kilometres corresponds to the total length of the route.

Markers

Direction	Local routes and PR®	GRP®	GR®
Right way			
Turn left			
Turn right			
Wrong way			



GR®, GRP® and PR® are registered trademarks of the French Hiking Federation. Some routes have been selected by the French Hiking Federation according to quality criteria. They are PR® certified.

Recommendations

Before you leave

Check your equipment, the difficulty of the circuit and the weather conditions
If you are going alone, communicate your itinerary to friends and family
See the map of controlled fires

In the mountains / pastoral areas

Follow the marked paths and close gates after passing through
Respect nature and bring waste back
If accompanied by a dog, make sure that it is allowed on the chosen route and keep it on a lead
During the hunting season, avoid hunting areas or turn back
Go around herds and do not approach farm dogs (do not feed them or pet them)

National Park

The heart of the National Park is a natural territory and is open to all, but is subject to a code of conduct. Dogs are not allowed, even on a lead. No fires, no mountain bikes, no wild camping, only bivouacs are allowed - a small tent can be set up for the night from 7 pm and taken down in the morning before 9 am. It must be set up more than an hour's walk from any motorised access.

European emergency call : 112