

The Ossau Valley

LEV 1 CIRCUIT N° 5

Le tour du dolmen

A lovely loop on the foothills, which passes through thickets and pastures, sunken paths and lookouts.

Starting at Buzy, the track follows the high points of the moraine of the former Ossau glacier.

The view from the village of Bescat over the valley and the Pic du Midi d'Ossau is remarkable.



D From the Place du Prat, head towards the D920 and take the first track on the right.

0h15 ① 707315 E - 4778028 N 200m further on, on the left, follow the track upwards.

0h30 ② 707845 E - 4777976 N Walk 50m to the left, then turn right. The track goes up through the woods and leads to another track, which you follow to the left for 30m. At the Chemin de Lamayine, turn right. This road is shared with the local "Route de la Transhumance" and with the GR®78. At the houses, turn right and go up onto the D920.

0h45 ③ 707790 E - 4778370 N Turn right onto the road. Walk on the outside of the bend in the road. Walk past the dolmen and turn left towards Bescat. Cross over the railway line.

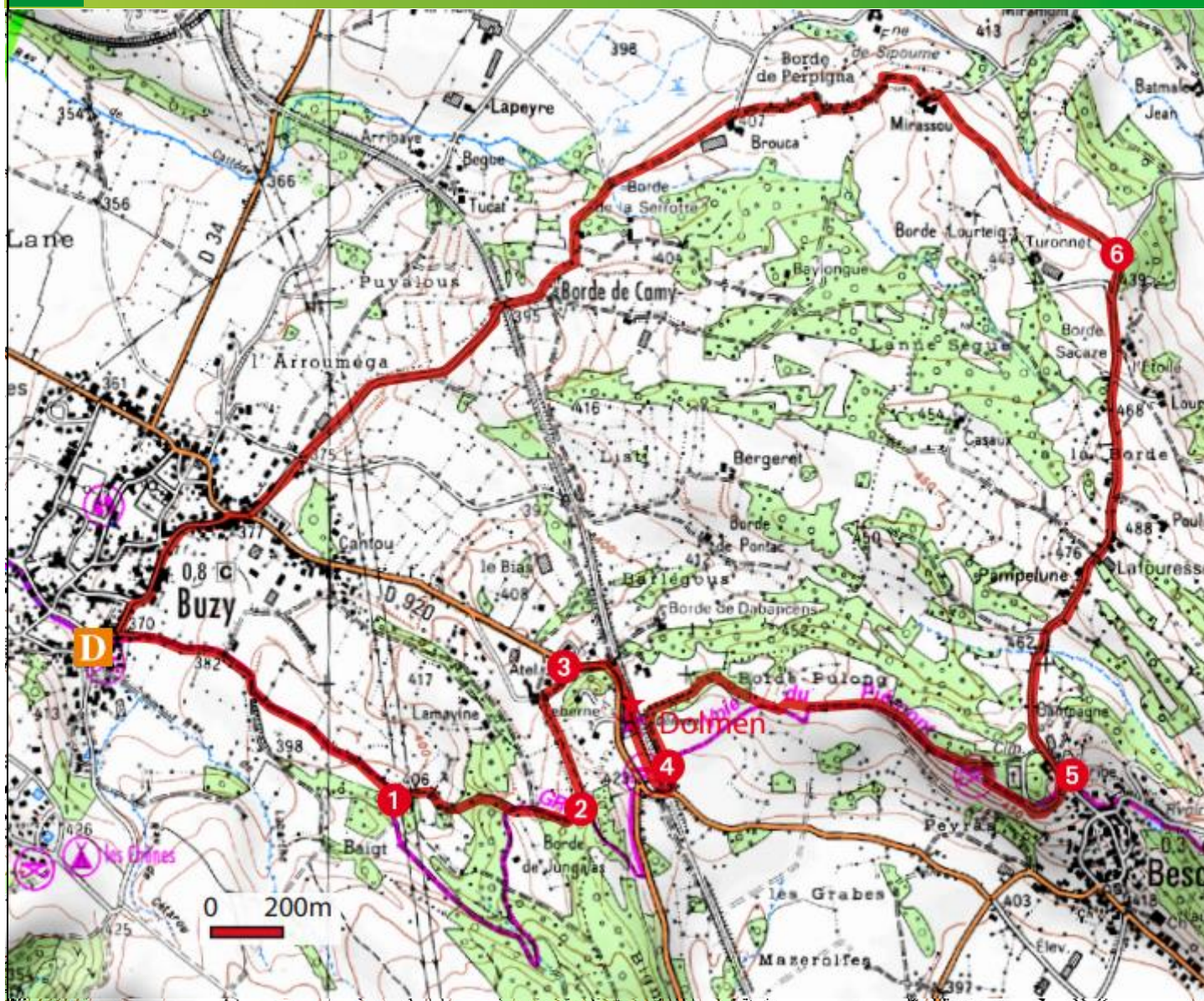
0h55 ④ 708080 E - 4778066 N Turn left onto a lovely track that climbs the moraine between old walls. Cross the track, keep climbing towards Bescat. Walk past the cemetery and carry on along the road.

1h20 ⑤ 709188 E - 4778120 N After the church, turn left and climb up. Leave the GR®78 and the "Route de la Transhumance". Walk along the road for about 1.5 km.

1h40 ⑥ 709284 E - 4779484 N As you go down, turn left.

Just before the Mirassou farm, turn left onto a path through the ferns. Walk past the Brouca farmhouse and continue along the Chemin Lanneseque, which goes downhill and then uphill. On the right, follow the Chemin de Larret. Continue on the small road to the village of Buzy. Turn right and then immediately left across the D920 to the car park.





D Start at Buzy, Place du Prat.

GPS WGS 84 UTM 30T
706473 E - 4778386 N

→ 2h30
 10km
 250m

★ Don't miss:

- The view of the valley and the Pic du Midi d'Ossau from Bescat.
- The dolmen of Teberne.

⚠ Note:

- When crossing the D920, walk on the outside of the bend, behind the safety rail.

Yellow markers

The secret of the dolmens

When the first humans settled in Ossau, the climate was cold. At that time, the landscape was one of barren arctic steppes. In the distance, where Laruns is now, the glacier ended in a glacial drop-off. The valley was swampy, leaving only the moraines, massive deposits of glacial residue, to get around on dry land. The communication routes that arose along them were later dotted with dolmens and other megaliths. Nowadays, the landscape that can be seen from their heights holds the secret of a universe that has disappeared with the changing climate and human activity.

Information :

Laruns/Artouste Tourist Information Office : +33 (0)5 59 05 31 41
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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 elevation gain.



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