

The Ossau Valley

LEV
1

CIRCUIT N° 11

Le Turon de Técoùère



Sitting above the Ossau Valley, the Benou plateau is one of those special places in the mountains where the gentle rolls of the hills and the narrow paths are an invitation to go walking.

The barns, the meadows separated by hazelnut hedges, the springs and the horses and cows running free make this plateau a real Pyrenean postcard setting.

D

Go up the small road that runs alongside the picnic area. Continue to a fence.

0h10

① 706537 E - 4770335 N Do not go straight on but take the track on the right which climbs up, passes some barns and continues, overlooking a first plateau to join the road to the Col de Marie-Blanche. Follow the road to the left until you reach a junction.

0h30

② 704741 4770904 N Turn right onto the track which runs straight ahead, cross a small bridge and then continue on this track for 1.3km to a large plateau with a water trough.

0h50

③ 704741 E - 4770904 N From this point, you can see the characteristic mound of the Turon de Técoùère, with its regular lines as a vestige of the glacial erosion of the Quaternary. Turn left and cross a small bridge over the stream.

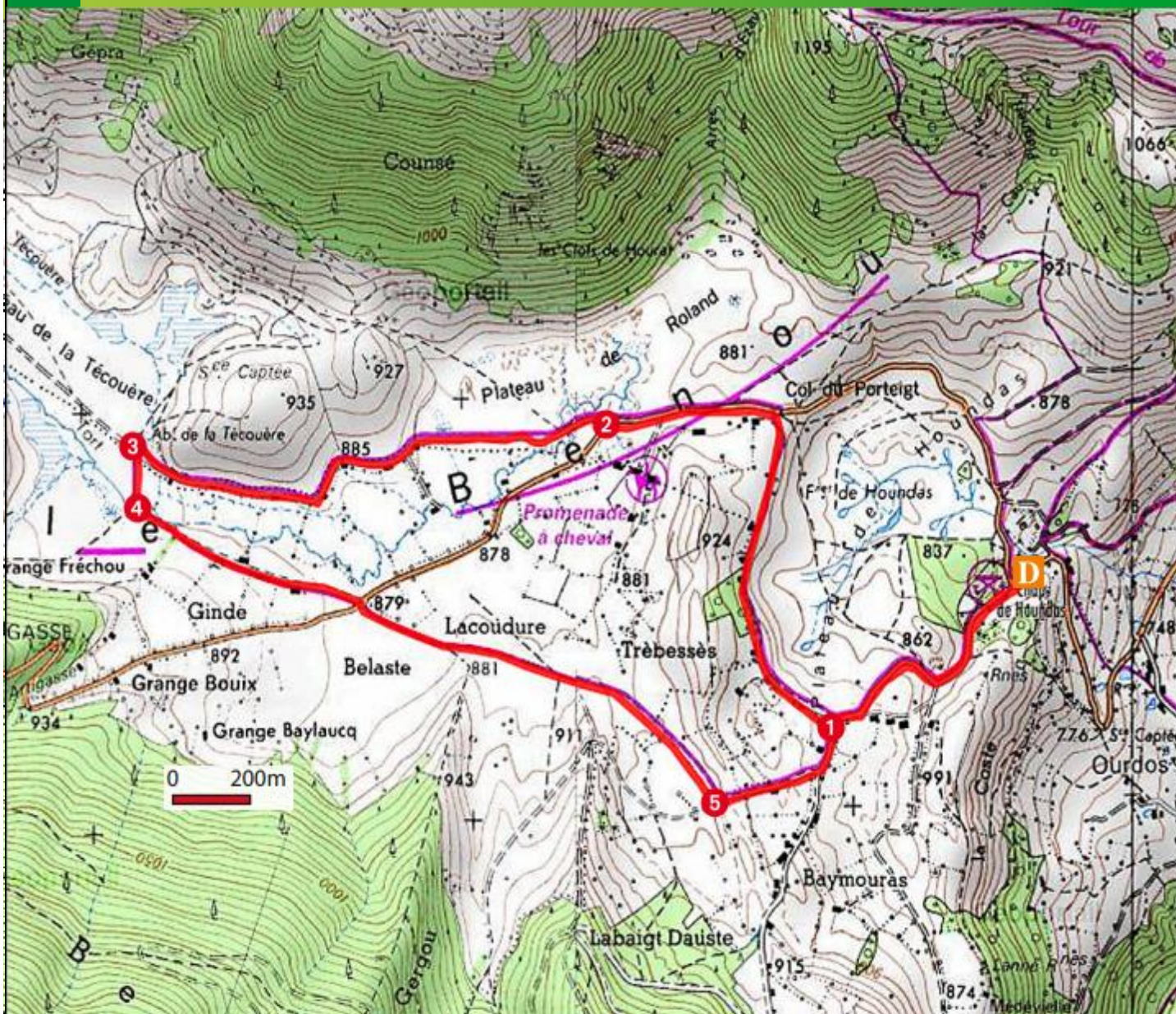
0h55

④ 704836 E - 4770859 N Follow the stream on the left. After 100 m, go through a gate and follow the track until it crosses the road.

1h05

⑤ 706273 E - 4770253 N Cross over and go straight on. The path passes between fences. Go past a track on the right and continue along the path lined with hazelnut trees, which leads to a road. Turn left, go through the gate and continue down to the chapel.





D Bilhères : Chapel of Houndas.

GPS WGS 84 UTM 30T
707064 E - 4770838 N

→ 1h25

6,3km

120m

Don't miss:

- The mélézin: larches planted behind the picnic area.

Note:

- Close gates behind you.

Yellow markers
PR® circuit

The formation of a plateau

40,000 years ago, the Pyrenees was an area covered by glaciers. The ice advanced a few metres each year with the effect of planing down the underlying rock, carving out valleys and depositing the torn rocks in huge dams called moraines.

20,000 years later, the climate warmed, the great glaciers melted and released devastating torrents that ran up against the moraines, forming huge lakes. Over the course of time, the lakes filled up with alluvium and then dried up. Today, the landscape still shows traces of this glacial history, with large plateaus and trough-shaped valley bottoms.

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:

- NV 1** Very easy, less than 2 hours walking. Ideal for families, on well-marked tracks.
- NV 2** Easy, less than 3 hours walking. Suitable for families, on tracks with sometimes more difficult passages.
- NV 3** Difficult, less than 4 hours walking. For hikers used to walking, with some quite intense sections or steep slopes.
- NV 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).

GPS 30T 7107030 - 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

