

The Ossau Valley

LEV
1 CIRCUIT N° 13

La promenade horizontale



This easy walk with no major changes in altitude allows you to immerse yourself in the old-fashioned atmosphere of the romantic Pyrenees.

You can just imagine the ladies and gentlemen in their Second Empire outfits, strolling around, exalting themselves, painting and writing about the mysterious Pyrenean mountains inhabited by the hardy people of the mountains.

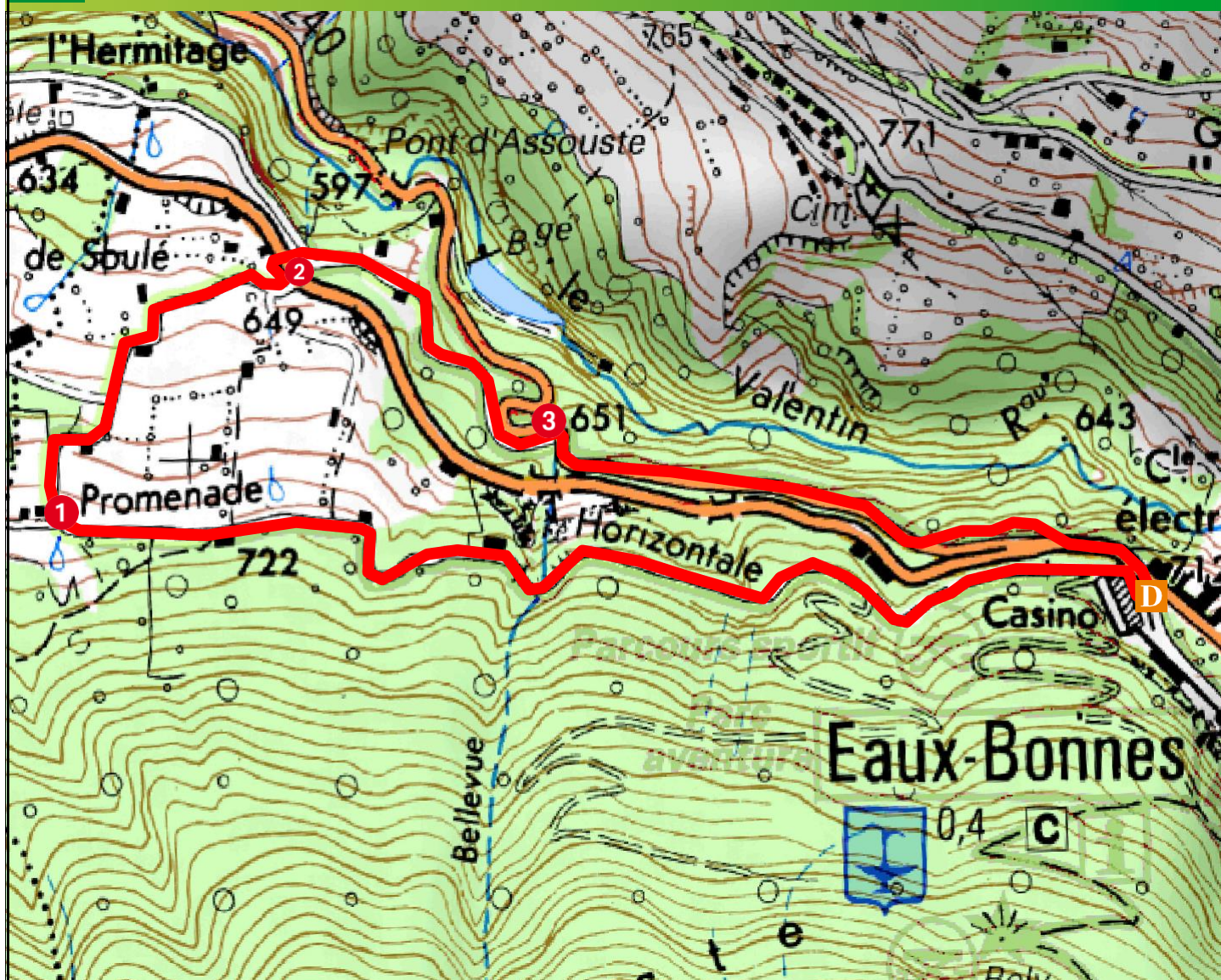
D Go past the casino and then turn left onto the horizontal promenade. Pass a fence and continue along the promenade.

0h30 ① 711150.34 E - 4761221.03 N At a water trough and a house, turn right. Go down to a small road that passes through a neighbourhood of barns.

0h45 ② 711444.37 E - 4761511.34 N On the D918, turn left, cross the road and turn right. Go down and turn right onto a small road that climbs up.

1h00 ③ 711772.18 E - 4761328.83 N At the intersection, go right up to Eaux-Bonnes. At the entrance to the village, take the stairs on the right to the casino.





D Eaux-Bonnes, behind the casino

GPS WGS 84 UTM 30T
712510 E- 4761167 N

→ 1h30

3,8km

140m

★ Don't miss:

- The beautiful trees the whole length of the promenade, dating from the times of the Empress Eugenie
- The architecture of Eaux-Bonnes

⚠ Note:

- Be careful at the crossing of the D918 on a bend.

Yellow markers

Thermal baths

Thermal waters come from pockets of water in close contact with underground magma. These waters are rich in various minerals, their healing properties have been known since the dawn of time. The first thermal baths date back to the Romans. However, it was in the 19th century that the Pyrenean thermal baths reached their peak. Thanks to regular visits by Empress Eugenie, Eaux-Bonnes and Eaux-Chaudes became very fashionable destinations for romantics. Nowadays, these resorts are looking to the future and focusing on relaxation and hydrotherapy associated with outdoor activities.

Information :

Laruns/Artouste Tourist Information Office : +33 (0)5 59 05 31 41
Eaux-Bonnes/Gourette Tourist Information Office : +33 (0)5 59 05 33 08
Arudy Tourist Information Office : +33 (0)5 59 05 77 11



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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

