

# The Ossau Valley

LEV 2 CIRCUIT N° 23

## Le tour du Valentin



*This loop is not particularly difficult, and allows you to reach*

*Eaux-Bonnes from Laruns, passing through the typical Ossau Valley villages of Assouste and Aas. The walk offers both beautiful panoramic views and the opportunity to immerse yourself in the atmosphere of the 19th century thermal spa.*

**D** Take the footbridge over the Gave d'Ossau and turn left. After crossing the bridge over the Valentin, continue up to the end of the road (view of the Espalungue castle). Turn right onto a sloping track which comes out on the D240.

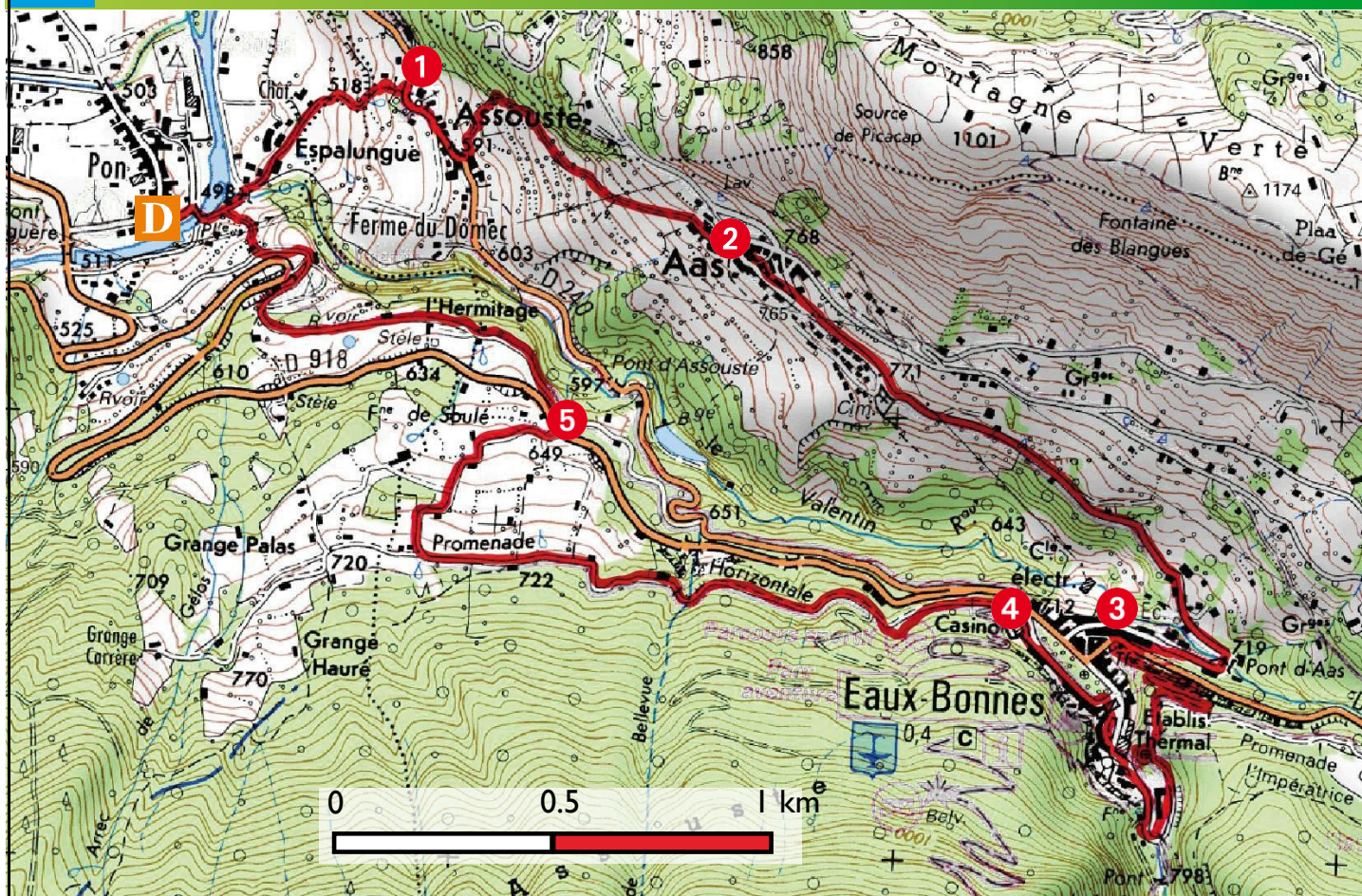
**0h20** **1** 711046 E - 4762269 N Turn right and go into Assouste (note the magnificent 15th century chapel). After 150m, at a bend in the road, turn left onto an old, steep but shady path that runs between Assouste and Aas. At the entrance to Aas, do not miss the information panel about the famous whistlers. Walk up the street to the intersection at the church and turn right.

**0h55** **2** 711819 E - 4761974 N Go up to the right towards the east. Once past the cemetery, walk down the gently sloping road (with a lovely view of the Eaux-Bonnes resort) to the bridge over the Valentin. 100 m after the bridge, on the left-hand side, a grassy path leads to the D918, which you should cross with care as there is constant traffic to and from Gourette.

**1h20** **3** 712729 E - 4761150 N Take the path marked "Promenade Eynard". The path twists and turns to reach a small plateau above which the Butte au Trésor stands. The short ascent up the hill is worth the effort as the panoramic view is breathtaking. On the way back, continue to the right until you reach the old mini-golf course and then turn right into a street leading down to the town centre. Take the steps on the left side of the town hall. They lead to the Darralde gardens, which you cross on the left to get to the casino esplanade.

**2h05** **4** 712475E - 4761203N Once past the casino, take the 1500m "Promenade Horizontale". At the end, go down the steep road until you get to the D918 again, which you should cross with the same caution.

**2h35** **5** 711438E - 4761515N Take the old route des Eaux-Bonnes below and turn left towards the west. 600 m further, do not miss the view of the glacial valley to the north of Laruns. Walk past the entrance to the camping grounds. A few metres further down, take a stony path which can be very slippery in the rain. Be very careful! Below, the footbridge is in sight.




**D** Laruns, car park in the Pon neighbourhood.

**GPS** WGS 84 UTM 30T  
710544 E - 4761929 N

 Yellow markers

 3h

 9,4 km

 375 m

**★ Don't miss:**

- Panoramic views of the Ger mountains, the glacial valley floor and the Cinq Monts.
- A panoramic view over the Eaux-Bonnes resort from the Butte au Trésor

**⚠ Note:**

- At the end of the route, the path between the Valentin camping grounds and the footbridge is extremely slippery and stony. Suitable walking shoes and caution are required.
- Caution is required when crossing the D918 (twice) in a bend: at the "Chalet Simone" in Eaux-Bonnes and below Artigues area.

**The Valentin river**

The source of the Valentin is on the heights of the resort town of Gourette (at 2100m altitude near the lake of Uzious) and flows 14 km further into the Gave d'Ossau, in the Espalungue district of Laruns. It crosses the heart of Gourette via an underground pipe of almost 400 m in length.

There are several waterfalls along the river, including the Gros Hêtre, which is easily accessible from the road between Eaux-Bonnes and Gourette.

The Valentin Valley was recognised as a heritage site in 1959. The water resource of the stream is used by several hydroelectric power plants. It is also a popular spot for canyoning enthusiasts.

**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:

- 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