

# The Ossau Valley

LEV  
3

CIRCUIT N°26

## La montagne verte

*La Montagne Verte (the “Green Mountain”) is aptly named; its pastures stay green even in summer. Water is abundant and many springs flow from the hillsides. The barns at the top and the soft shapes of the ridge contrast with the harshness of the surrounding mountains. This natural viewpoint offers a spectacular panoramic view of the Eaux-Bonnes valley and the Pic du Ger.*



**D** Walk up the small road towards the Chemin de Pleyse. Shortly afterwards, there is a fork in the road marked by a stone cross. Turn right and 200 m later turn left at an antenna, towards the Miellerie de la Montagne Verte. The climb is quite steep. Continue to the end of the tar-sealed road at a water trough.

**0h30** ① 713036 E - 4761733 N Go left up the path that crosses the slope above the village. After a long stretch and three tight bends, you reach the top of the slope.

**0h50** ② 712523E - 4762218 N Continue along the path which goes to the right. It runs along below a low wall and then passes at the foot of some small rocky outcrops.

**1h00** ③ 713076 E - 4762046 N After this long stretch, you reach a track. Turn right towards a holding pen and gate.

**1h10** ④ 713762 E - 4762035 N Turn left to follow the pastoral track and continue downhill. A few bends down, you return to an asphalt track. Shortly after the first right-hand bend, leave the road and turn left onto a good path in the undergrowth.

**1h40** ⑤ 712897 E - 4762641 N The path allows you to avoid the road, before going back onto it below. Continue downhill through the hamlet of Bagès. As you leave the hamlet, turn right onto the path that leads down to the village of Béost at a lookout point. Continue on the road, a little further down you will come to a fork in the road.

**2h30** ⑥ 711185 E - 4762896 N Follow the tarmac track on the left through some barns, back to the village of Aas.







**D**

Aas: start of the "Chemin de Pleyse"

**GPS** WGS 84 UTM 30T

711948 E - 4761955 N

→ 3h15

10km

610m

**★ Don't miss:**

- The view of Eaux-Bonnes and the Pic du Ger.
- Visiting the hamlets of Bagès and Aas.

**⚠ Note:**

- Use horsefly repellent in summer.
- Leave the animals alone in the pastures.
- Avoid starting out on hot afternoons.

Yellow markers

**The whistlers of Aas**

Aas has a reputation, far beyond the Pyrenees, for having been the village of the whistlers. The people of Aas had their own way of communicating. With one or two fingers in their mouths, the whistlers could make themselves heard from one side of the mountain to the other. More than a simple whistle, it was a real language which allowed them to communicate according to their needs: domestic tasks, arranging to meet, etc. This special language was revealed to the general public in the 1960s, and sadly died out along with the last whistlers. This peculiar form of communication is only found in a few places around the world, such as the Canary Islands or Turkey, where it is still used.

**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  
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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