

The Ossau Valley

LEV
3

Le tour du bassin d'Arudy



An attractive loop alternating between villages (six in total on the route) and mostly shaded rural paths. As a bonus, there are many views over the foothills of the Pyrenees.

- D 709277E - 4775567 N** Walk up Rue Trey. Place de la Mairie (City hall), turn left then right into Rue Lacazette. At Rue Tilhou, turn right. At the end of the road, turn left into Rue Pont Germe and walk down to the end. At the stop sign (D920), cross the bridge on the right and then, at the end of the bridge, cross and turn left onto Chemin (road) de Laborde. 200 m further on, at the intersection, continue straight on.
- 3h40 6 711253 E - 4775613 N** Walk down the hill. Go through the gate. An alley leads to Place de l'Eglise. Walk 50 m along the road on the right and go down the Chemin de Coungues to the left, in the undergrowth. It joins a small road (Cami d'Arruets) that you will leave after the first bend. The path descends steeply until it reaches the D934.
- 0h25 1 708209 E - 4776190 N** At the next bend, leave the road for a nice path between low walls. After 15 minutes, it turns north, crosses a fern grove and joins a track that climbs and then goes down through the meadows.
- 4h15 7 710314 E - 4775011 N** Keep to the left of the road (be careful!) for 200m then turn left and walk past a field. The track leads to the Espalungue housing estate. Cross the estate and go to the centre of Louvie-Juzon via the Rue(street) Espalungue and Rue Général Peyrègne.
- 1h00 2 707467 E - 4777107 N** At the intersection, turn right. The track soon goes into the woods; walk through to get to the track around the dolmen and then the D920. Cross the D920 and stay on the outside of the bend behind the safety barriers. After the dolmen, turn left towards Bescat.
- 4h40 8 710162 E - 4773671 N** At the church, turn right, pass Place Camps and cross the river after the stop sign. At the end of the bridge, go down to the right towards the picnic area and follow the path along the river and the village of Iseste for 1200m.
- 1h50 3 708081 E - 4778058 N** After the bridge, go up a path on the moraine to the left. Beautiful views of the Arudy basin and the foothills of the Pyrenees.
- 5h05 9 709622 E - 4774743 N** At the end of Rue d'Aran, turn left onto the Arudy sports trail, and walk all the way up. After the college, turn right and walk down Rue Saint Michel to get back to the starting point.
- 2h15 4 709188 E - 4778120 N** At the church in Bescat, take a small path opposite overlooking the village. Go 200 m up the tar-sealed road (Chemin de Lasserre), then turn right onto a long path in the undergrowth. At the pass, go down due north into a fern grove. At the bottom of the slope, turn right and go into the woods towards Sévignacq via the Chemin du Hoignas.
- 3h00 5 710606 E - 4776633 N** Cross the D934 at the pedestrian crossing and go up Route de Sainte-Colome. Leave the GR®78 on your right, continue 150m along the road and then turn left. Climb the path, which becomes narrower. It leads to a plateau with three crosses overlooking the village of Sainte-Colome.
- Short option** (not signposted): at Sévignacq, turn right towards the centre of the village and then, at the castle, turn left (Chemin de Pujale). Head down this road, which offers beautiful views.



Beware of vehicles on this road, especially on bends. At the end of the road (stop sign), turn right towards Arudy, cross before the bridge (pedestrian crossing) and cross the river to go up Avenue des Pyrénées to the start (distance using this option: 13.4 km).



Place du Carribot in Arudy



→ 5h30



19,2km



WGS 84 UTM 30T

709277 E – 4775567 N



590m

**Don't miss:**

- The beautiful views over the Arudy basin and the foothills of the Pyrenees (Rey and Lazerque mountains).

**Note:**

- Be careful walking along the sections of major roads: D920 before the dolmen and D934 after Sainte-Colome.

**Yellow markers****Made by:**

Communauté de Communes de la Vallée d'Ossau

1 avenue des Pyrénées – 64260 Arudy +33 (0)5 59 05 66 77

**Information :**

Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41

www.valleedossau.com

All outdoor sports activities are available on the Vallée d'Ossau Pyrénées mobile app...
and on the website terredaventures.valleedossau.com

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).

GPS Coordinates

GPS 30T 710703O - 4776694N

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

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and on the website terredaventures.valleedossau.com