

The Ossau Valley

LEV
4

La montagne du Rey

The summits of the emblematic Rey mountain have to be earned! Although the route is not very long, the elevation gain makes for some very steep slopes, both uphill and downhill. But the panoramic views are such a magnificent reward! With the added bonus of a variety of different atmospheres, characteristic of the mountain landscapes of the Ossau Valley.



D At the end of the car park, turn left into Rue Pasteur and then right. Walk past Place Camps and turn right into Rue Bernis. Continue until you reach the corner of the cemetery. Here, follow a gravel path to the left to a small plateau (picnic tables).

0h10 1 710551 E - 4773279 N Go east up the path to the entrance to a clearing. Turn left, climbing up, and onto a path that winds through the undergrowth before leading to a second clearing (Dreyturère).

1h00 2 711505 E 4773164 N Continue east on the (momentarily!) gentler path.

1h15 3 712026 E - 4773219 N At the intersection, turn right up a steep, winding track. At the edge of the forest, there is a final climb to the Col du Rey, across a steep grassy slope (250 m elevation gain).

2h30 4 712148 E - 4772557 N At the pass (1290m altitude!), you will need a break to admire the panoramic view. Start the descent southwards following the path winding across the grassy slope and then further down over stony ground. Be extremely careful on this section, which leads to a large fern grove.

3h30 5 711921 E - 4771987 N Take the well-marked path on the right, which descends gradually to the west. Beautiful views of the village of Castet, the Lazerque mountain range and further on, Bielle et Bilhères. Don't miss the majestic beech trees that line the track

4h15 6 710919 E - 4772077 N At the crossroads, turn right, heading north. Go through the gate (be sure to close it behind you) and take a lovely path in the undergrowth. It joins a gravel road leading to point 1. All that remains is to go down the path on the left between low walls that leads to the centre of the village of Louvie-Juzon.



View of the plain from the summit



D Louvie-Juzon, « Foyer Rural » Car park Route (Road) de Castet

GPS WGS 84 UTM 30T
710023E– 4773521N

Yellow markers

5h

8,8km

880m

★ Don't miss:

- At the highest point of the route, the panoramic views over the plain, the Lazerque and Jaout mountains, the Pic du Midi d'Ossau
- The view over the village of Castet, the lake of Castet
- If you are brave enough, take the short track to the top of Rey (from the pass, not signposted)

⚠ Note:

- Very steep path in places, rocks and grassy slopes. Be very careful, especially in the first part of the descent.
- Avoid walking this route in fog or on rainy days. A very popular route, give way to people walking uphill!

The Rey

At 1349m, the Rey is the first mountain to be seen from the famous Boulevard des Pyrenees in Pau. For the inhabitants of the foothills, it is a lookout, a landmark. In winter, for example, a simple glance can tell you to what altitude the snow has fallen!

It has also become, in all seasons, a paradise for trail runners who come to challenge themselves on its rough slopes, sometimes even at night! You will certainly come across them.

Less well known is its role in providing seismic data. A sensor, buried at a depth of 6m, records the slightest tremors of the earth, whether local or more distant!



Made by:

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Information :

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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

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