

The Ossau Valley

LEV
4

Le tour du Rey

The mountain “Rey” is the best lookout point in the Ossau Valley. It stands like a sentinel, and offers a panoramic view stretching from Pau to the Pic du Midi d'Ossau, taking in all the high peaks that dominate the valley. Without a doubt, this lovely loop will delight all those who love wild, challenging hikes.



D Go back down the road you came from.

0h10 | 712911 E - 4771556 N At the water trough, leave the road and take the track on the right.

0h15 | 712827 E - 4771761 N Turn left at the gate. The path becomes narrower and passes through an undergrowth of hazel trees.

1h35 | 711999 E - 4771918 N As you leave the forest, the path narrows. It climbs to the left through the ferns, then almost straight up the slope.

1h00 | 711858 E - 4772092 N Walk into the forest via a steep rocky area. The narrow path leads off to the right and crosses a very steep grassy slope. You can see the pass above.

1h40 | 712130 E - 4772553 N From the Col du Rey, go down to the left through a lovely field of hawthorns. Continue down steeply, winding through the trees. The path joins a track cut into the ground. Be particularly careful on this steep, grassy stretch.

2h20 | 711827 E - 4772837 N Head to the right. When you reach the forest, the path goes off to the right.

2h35 | 712421 E - 4773290 N At the crossroads with the GRP®, (marked in yellow and red), turn right. The path climbs slightly. You reach a 4x4 track.

Pass a water supply and a trough. Continue on the tracks, take a right-hand turn at every junction.

3h15 | 8 713575 E - 4773364 N Continue on, still climbing.

3h30 | 9 714135 E - 477322 N The track becomes a path that winds its way up through high vegetation.

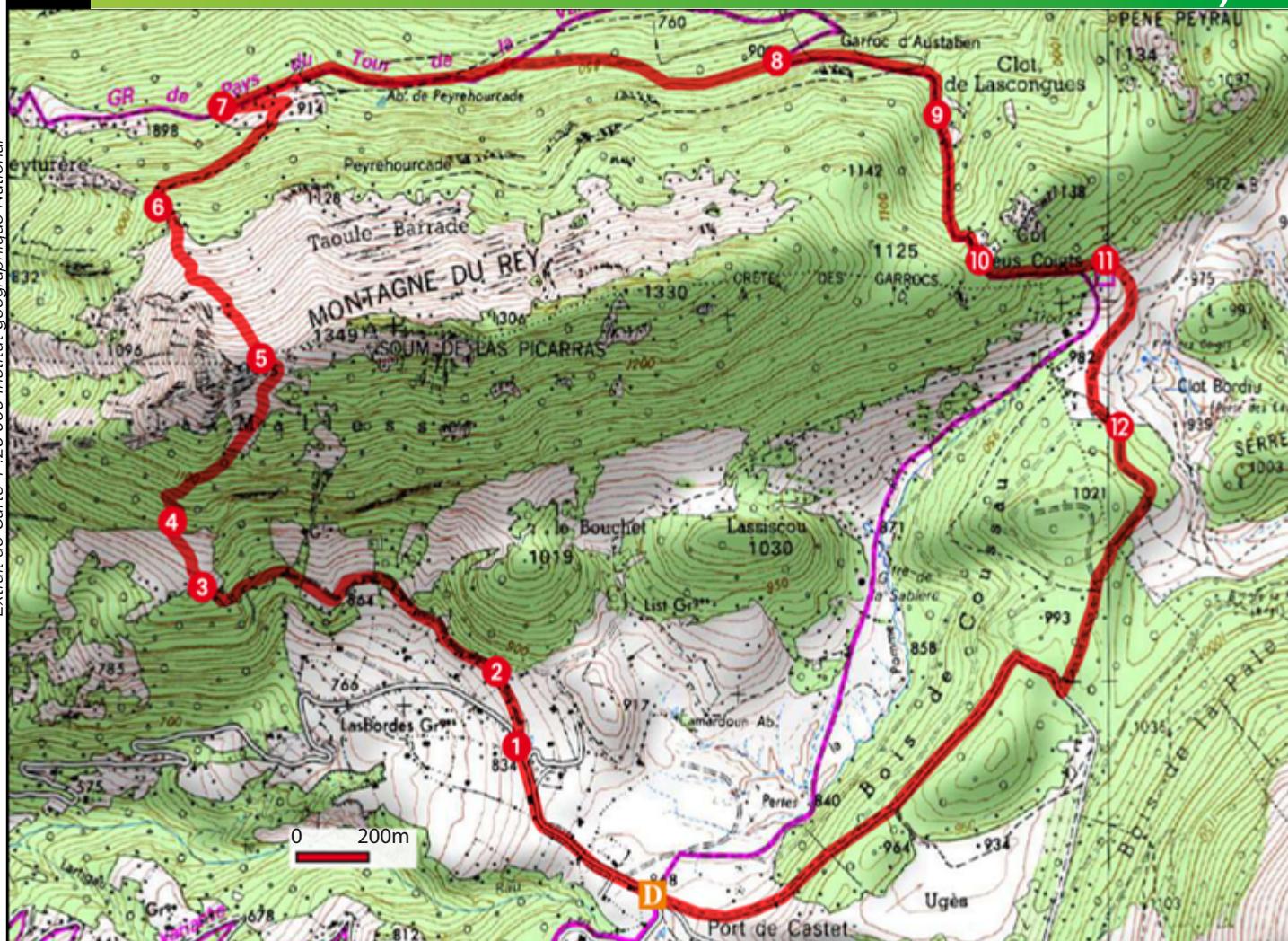
3h40 | 10 714237 E - 4772852 N Col deus Coigts. Head down into the forest.

3h50 | 11 714622 E - 4772864 N From the hut, go down to the plateau and head for the track that starts opposite.

4h00 | 12 714645 E - 4772477 N The track climbs slightly as it goes into the forest. At the junction with a wide gravel track, turn right and follow it to the car park.



Panoramic view of the valley, Arudy and the foothills.



D At the "Port de Castet", after the cattle grid, turn right at the holding pen.

GPS WGS 84 UTM 30T
713285E - 4771156N

4h30

10,5km

800m

★ Don't miss:

- The panoramic view from the Col du Rey.
- If you are brave enough, take the short track to the top of Rey.
- The little "Deus Coigts" hut.
- The plateau of Castet, its barns and pastures.

⚠ Note:

- Very steep in places, rocks and grassy slopes.
- Avoid walking this route after or during rainy days and in foggy weather.
- Use horsefly and tick repellent from June to August.

Yellow markers

Pastoralism

There is a close link between humans, their herds and their biotope. They follow the changes in the seasons with the growth of the grass, moving their herds to summer pastures in "transhumance".

Because of the high-altitude pastures of the Ossau area, there are only small farms in the valley. In spring and summer, the meadows are freed up for haymaking in preparation for winter.

It is also during the summer period that ewe's cheese is made, in large rounds that are matured for several months in shared salting rooms.

The farms are still family-run, as multiple tasks are carried out simultaneously in the mountains and the valley.



Made by:

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Information :

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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