

The Ossau Valley

LEV
4

CIRCUIT N° 41

Le Lac du Lurien



The Lurien valley with its lake is one of the special places in the Ossau mountains that has managed to preserve its wild character.

The steep track through the forest deters leisurely walkers and leaves this mountain to the hikers. This valley is therefore one for true mountain lovers;

It becomes narrower and more winding as it progresses.

D Cross an area of thicket at an electricity pylon before heading into the forest. The track rises steadily through the undergrowth and soon becomes rocky. Despite the zig-zags, the climb remains steep. Further up, the track comes to a stream which it follows for a short while.

0h45 **1** 713401 E - 4750332 N After a few more steep zig-zags, the forest becomes less dense and the slope becomes gentler. The track crosses small clearings and shortly afterwards it comes out onto pasture.

1h00 **2** 713660 E - 4750195 N The Lurien valley opens up above. The track goes up to the bottom of the valley towards a waterfall. Behind a large boulder on the right, you can see a newer hut next to the ruins of the old one, destroyed by an avalanche. Continue along the stream over a small rise, before coming out onto a first small plateau.

1h30 **3** 714494 E - 4749781 N The track, which has been well marked up to now, becomes less clear in the grass, but is very well indicated by cairns. It turns to the left before you tackle the second, slightly steep, climb.

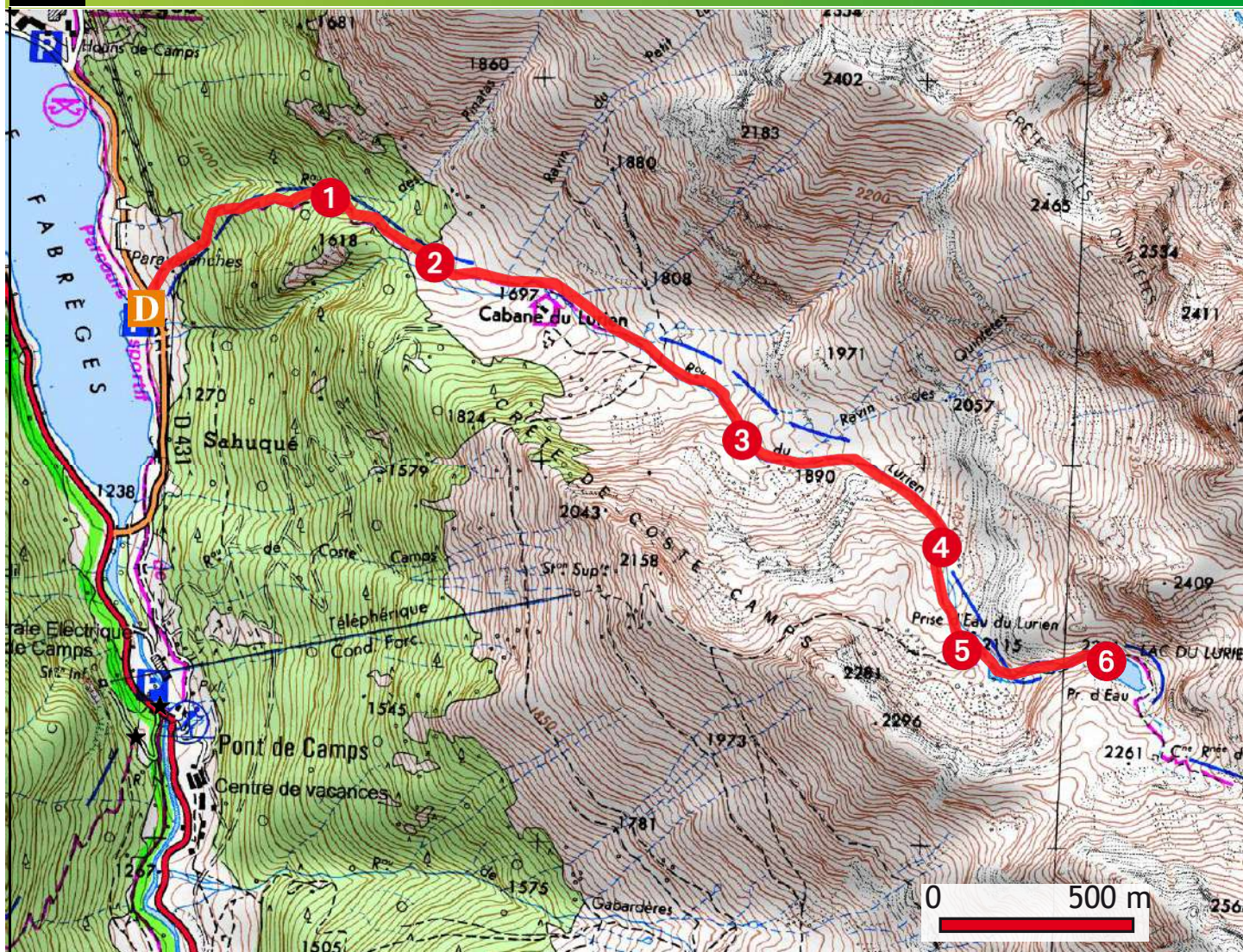
Climb up the talweg to a flat area.

2h15 **4** 715035 E - 4749539 N You now have to climb the third and final rise. Cross the stream and head for the shack clearly visible above, at a water intake.

2h30 **5** 715111 E - 4749287 N Further up, you come to a small lake, and the track veers left to cross a small gorge. After a short, steep and stony climb, you come out on grass again.

2h45 **6** 715485 E - 4749279 N Lac du Lurien. The return journey is made by the same route.





D Fabrèges:
at the first avalanche
barrier.

GPS WGS 84 UTM 30T
712930 E - 4750016 N

5h

6,7 km

925 m

Signs on yellow background,
no trail markers

★ Don't miss:

- The shepherd's hut and its avalanche barrier.
- The natural springs on the plateau above the hut.

⚠ Note:

- Steep section at the top, below the lake.
- You may continue beyond the lake to the Col du Lurien (20min).

The Euproctus

This small water lizard, a member of the newt family, is unique to the Pyrenees. It was even around at the time of the dinosaurs.

It is a grey or olive green amphibian, and differs from its cousins by the yellow-orange line down the middle of its back and belly.

It is the only newt to have nails to cling to the bottom of streams.

It can live at high altitudes, where it prefers cold, oxygenated water, feeding on larvae and aquatic worms. Its presence is a good indicator of high water quality, as it is very sensitive to pollution.

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



Made by:

Communauté de Communes de la Vallée d'Ossau
1 avenue des Pyrénées - 64260 Arudy : +33 (0)5 59 05 66 77




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 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