

The Ossau Valley

LEV
4

CIRCUIT N° 43
National Park



Le refuge d'Arrémoulit

The Arrémoulit refuge and its lake at 2305 m are nestled in the heart of a glacial cirque formed by the walls of the highest peaks in the Ossau Valley (Palas 2974 m, Arriel 2824 m). It can be accessed without technical difficulty, allowing hikers to get close to the mineral world of the high mountains and high altitude lakes.



D

0h25

Climb the winding path above the road. After crossing through the forest, you will cross a footbridge.

① 714488 E - 4746278 N Walk past a track in the undergrowth on the left and continue along the path which continues on the right through the pastures towards the bottom of the valley. Climb steadily up to a large distinctive boulder which protects the new shepherd's hut from avalanches (the old one a little further downstream has been destroyed several times).

1h30

② 715924 E - 4746786 N The path winds its way up to a scree slope; cross the scree to get over the first rise.

2h00

③ 716483 E - 4746970 N Walk past the small, unmarked path that climbs to the right and continue along the bottom of the valley alongside the stream. Shortly afterwards, cross over and continue up the winding path to reach the second rise. Above the rise, cross a grassy flat before crossing the third and final rise that opens up onto the Col d'Arrius (signposted).

2h30

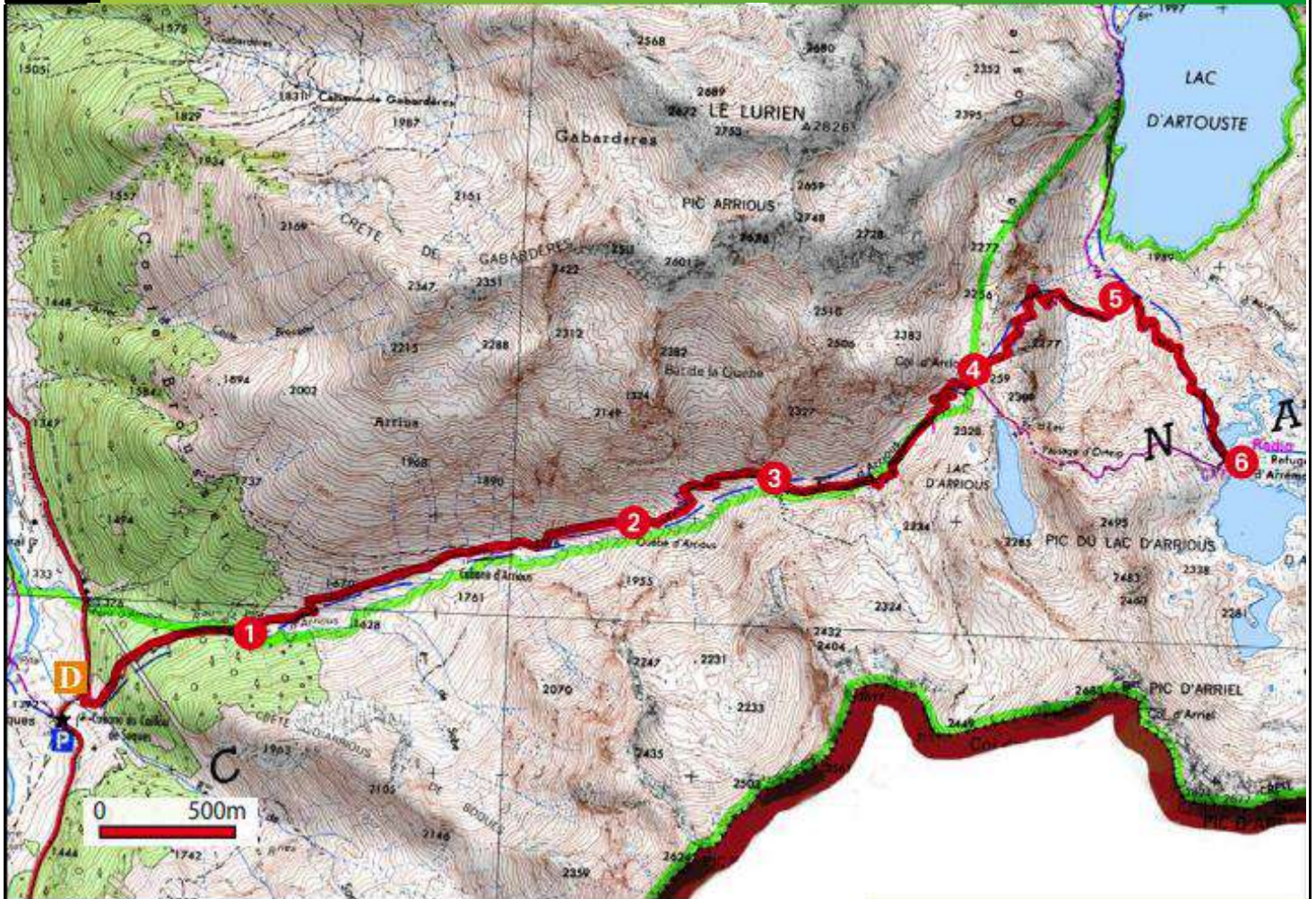
④ 717184 E - 4747465 N Leave the path that goes to the right towards Lake Arrius and head straight along the path that starts the descent towards Lake Artouste, which you can see below. Pass a small, slightly steep gully and keep walking down to a large grassy area which you cross to reach a junction (with signpost) shortly afterwards.

3h00

⑤ 717712 E - 4747793 N Leave the path that goes down to the lake and continue to the right up the slope on well-marked zig-zags to a snow measuring pole at the top of the hill. Then the walk becomes easier and you soon arrive at the refuge. After a short descent and after passing a small lake on the right, the path goes up beneath the dam. Cross below the wall to reach the refuge.

3h40

⑥ 718252 E - 4747179 N Refuge d'Arrémoulit (guardian present from 1/06 to 30/09). The return journey is made by the same route. You can go back to the Col d'Arrius ③ via the dizzying Passage d'Orteig (cairns and handrail), for experienced hikers only.



D D 934 - Car park of the Cabane (hut) du Caillou de Soques.

GPS WGS 84 UTM 30T
713862 E – 4745961 N

6h

13,6 km

1285 m

Signs on yellow background,
no trail markers

★ Don't miss:

- The Quèbe d'Arrius, an old shepherd's shelter located below a boulder just downstream from the hut.
- Traces of occupation by shepherds (low walls in ruins) on the flat **5**.
- The high-altitude flora
- The Arrius waterfalls and the Arremoulit lakes.

⚠ Note:

- National Park, special regulations.
- The track crosses through many herds on the grazing areas.
- This is quite a long route (on the way back, remember the climb to the Col d'Arrius).
- Experienced hikers may return from the refuge via the dizzying Passage d'Orteig.

The Ptarmigan

The alpine ptarmigan is a rare species in our mountains. It is found above 2000 m where it enjoys rocky terrain and high grasslands, feeding on vegetation.

It is a specialist in the art of camouflage, its colour varies with the seasons, grey-brown in summer and white in winter.

It is highly adaptable to the cold and can withstand the rigours of winter thanks to its dense plumage that covers its entire body.

It is a relic of a bygone ice age, and its population is currently threatened by global warming.

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).

GPS 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