

The Ossau Valley

LEV
3

CIRCUITS N° 44 and 45
National Park



Le refuge de Pombie

With its small lake bordered by large rocks, the Refuge de Pombie is the starting point for all the ascents and climbs of the Pic du Midi d'Ossau.

To get there, two routes are possible, via the Cirque d'Anéou or the Caillou de Soques.



44 - Via Anéou

D

From the car park, follow the track down to the pastoral centre. Cross a bridge, leave the track and turn right. Cross another bridge and climb to the right. Continue on a track through the grass. Walk past the Cabane de Sénescaut.

0h30 ① 710249 E - 4744219 N Go up to the right following the zig-zags in the track.

1h00 ② 710418 E - 4744755 N Go over the Col du Soum de Pombie, leaving the track to the Col de l'Iou on your left. Follow the track across to the Refuge de Pombie.

1h30 ③ 710292 E - 4745762 N From the refuge, return along the same path.



45 - Via the Caillou de Soques

From the car park, go down to the bottom of the valley below the road, passing two huts on the right. Cross a bridge and go up the hill opposite, following the zig-zags. Go into the woods and keep climbing. Go through a clearing and then over a bridge.

1h00 ① 712412 E - 4746324 N Climb across to the left. Walk past a meadow and then an area of scree.

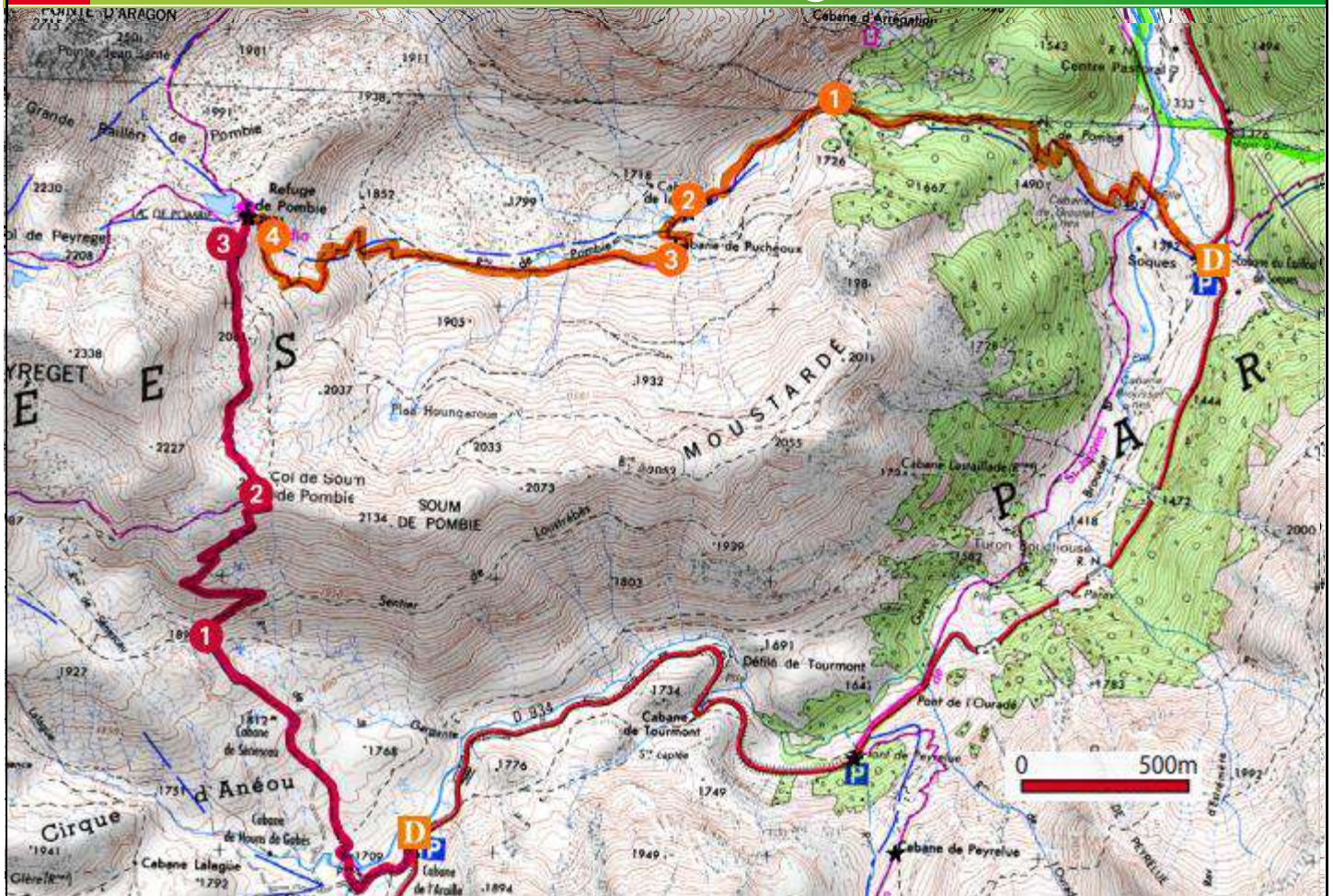
1h15 ② 711897 E - 4745897 N On a flat spot below the Cabane de Laglère, head left. Cross two bridges and go up to the left. At the top of the small rise, turn right.

1h25 ③ 711859 E - 4745767 N Walk in front of the Cabane de Puchéou, then continue until you reach the bed of the stream. Climb up the bed of the stream along a large patch of scree. On a fairly flat expanse, follow the track through the grass and then climb up the hill to the Refuge de Pombie.

2h30 ④ 710291 E - 4745760 N From the hut, go back down the same path.



Le refuge de Pombie



Via Anéou (red circuit)

D L'Araille car park on the D934, 1 km before the Col du Pourtalet.



3h



8 km



330 m

GPS WGS 84 UTM 30T
711092 E - 4743545 N

Via the Caillou de Soques (orange circuit)

D Caillou de Soques Car park on the D934.



5h



11 km



720 m

GPS WGS 84 UTM 30T
713795 E - 4745865 N

Signs on yellow background, no trail markers

The marmot

The marmot, which disappeared from the Pyrenees at the end of the last ice age, was reintroduced in 1948. Many were released in 1967, when the National Park was created.

Today it occupies all the Pyrenean valleys and its strident cry, which one might think came from a bird, will accompany you on your summer walks.

★ Don't miss:

- The view of the south-east face of Ossau
- Lake Pombie.
- Isards and marmots.

⚠ Note:

- National Park, special regulations.
- Avoid these routes in foggy weather.
- Beware of snow at the beginning of the season on the route from Anéou.

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
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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