

The Ossau Valley

LEV
3

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



D Via Anéou

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 | **710249 E - 4744219 N** Go up to the right following the zig-zags in the track.

1h00 | **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 | **710292 E - 4745762 N** From the refuge, return along the same path.



Pombie mountain hut

Via the Caillou de Soques

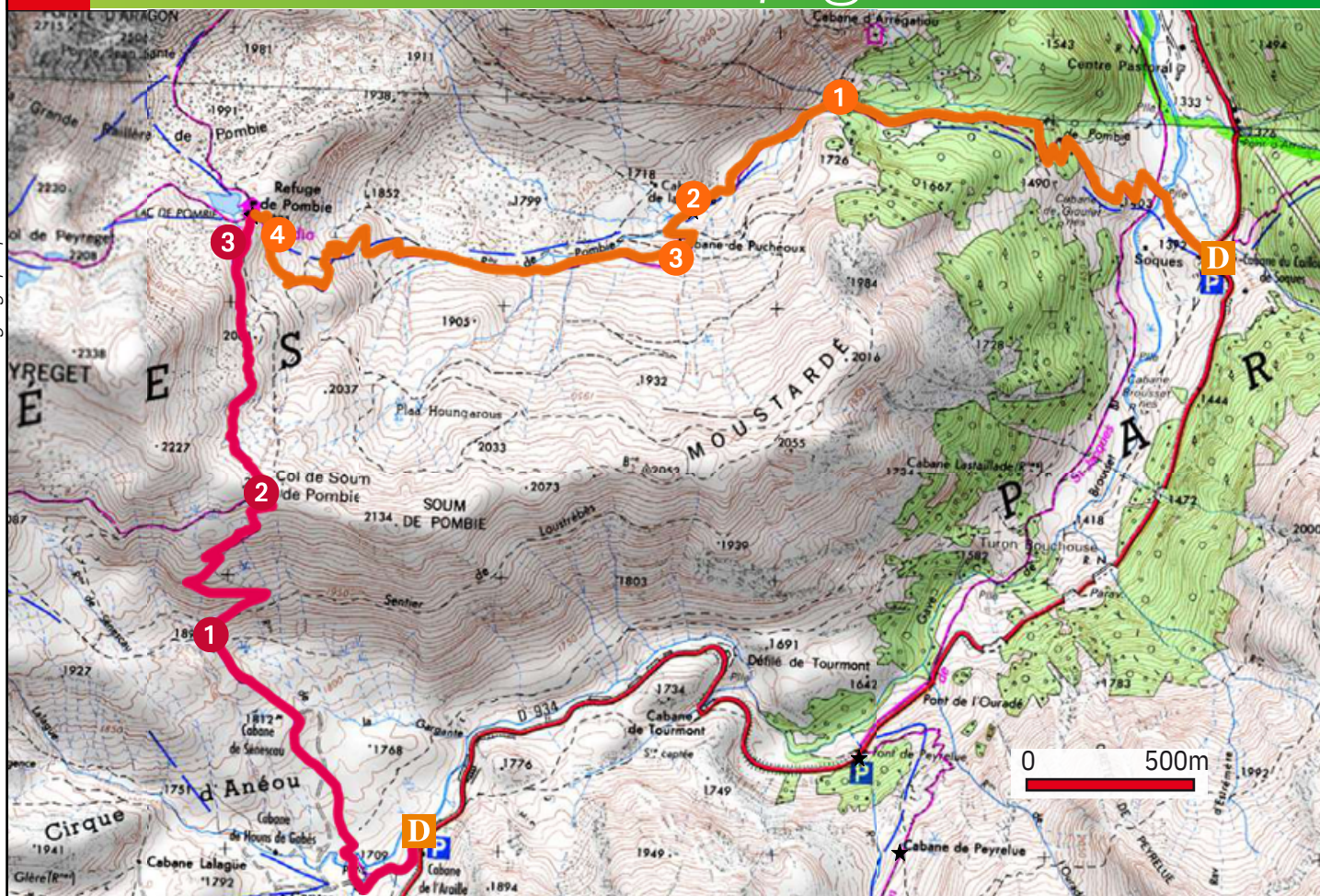
From the car park, go down to the bottom of the valley below the road, passing two huts on the right. Cross a bridge and go up the hill opposite, following the zig-zags. Go into the woods and keep climbing. Go through a clearing and then over a bridge

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

1h15 | **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 | **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 | **710291 E - 4745760 N** From the hut, go back down the same path.



Via Anéou (red circuit)

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



3h



7,9km



480m

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



10,7km



740m

GPS WGS 84 UTM 30T
713795 E - 4745865 N

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 of 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.

Signs on yellow background, no trail markers



Made by:

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Information :

Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41
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

The Pyrenees National Park

The central area of the National Park is a natural territory, open to all, subject to regulations. The Pyrenees National Park, a territory with an exceptional heritage, has the mission of protecting nature and landscapes, ensuring biological diversity, and raising public awareness of behaviors that respect nature. Discover this extraordinary place that we must all respect and protect.



Dogs are not allowed, even on a leash.



Camping and overnight parking of motorhomes is not permitted in order to preserve the beauty of the sites and prevent pollution. Regulated camping is permitted more than an hour's walk from the park boundaries or road access, between 7:00 p.m. and 9:00 a.m.



Dogs are not allowed, even on a leash.



Mountain biking is prohibited outside of authorized trails: cross-country ski trails in Brousset (Ossau Valley) and Somport (Aspe Valley).



No noise or disturbances to ensure peace and quiet for everyone.



Bring rubbish bags with you to take your waste away.



The use of 4x4 vehicles and motocross riding are prohibited.



Do not light fires, to prevent fires and damage to the ground.



There are no weapons here; all animals are protected.



Do not collect or gather. Animals, plants, minerals and fossils belong to the landscape.



Unpowered flight regulated to preserve the tranquility of wildlife.

These regulations apply to the 'central zone' of the national park. In the Ossau valley, it covers 8,000 hectares, located exclusively in the municipality of Laruns, between Gabas and the French-Spanish border.

Maison du parc national

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