

The Ossau Valley

LEV
4

GRP ®50

Bilhères / Louvie-Juzon

All the way up, this beautiful route offers a splendid view of the valley and the Benou plateau.

You then walk down the other side through a large beech forest, before an unexpected arrival on the charming plateau of Zoum, where you will be greeted by a rural atmosphere.



- D** Opposite the church, take the road leading north. Go past the cemetery and at the end of the road, go up the path on the left to the main road. Turn right and then left after a water trough. Follow the path between low walls. Pass through a gate and keep going up.
- 0h40** ① 707117 E - 4770912 N Turn right onto a path and then a track. Go through a gate and continue to climb for about 1 km until you come to a large bend on the left.
- 1h10** ② 708129 E - 4771616 N Turn left off the track. Go up 200 m and turn right. Continue on a path on the side of the mountain.
- 1h45** ③ 706328 E - 4772466 N Turn right off the main path and climb steeply.
- 2h15** ④ 706312 E - 4772543 N From the pass, go down, and then climb up a sinkhole. Take an old path that starts between low walls and descends into the forest.
- 2h25** ⑤ 706237 E - 4772719 N At the Cayolar de Lazercou, turn right into the valley. At the bottom, go up along the left.
- 2h35** ⑥ 706425 E - 4772748 N Descend into the forest. On a large flat area, take the track on the right.
- 2h45** ⑦ 706848 E - 4772733 N To the left, leave the track and wind down through the forest.
- 3h30** ⑧ 707018 E - 4773267 N Back on the track, turn left for 50m and right again down a winding path. Join the track again, before soon leaving it to turn right. Pass the Zoum plateau and go down to the road.
- 4h15** ⑨ 708780 E - 4773810 N Continue straight ahead along the road. Pass under a road and go into the village of Iseste.
- 4h30** ⑩ 709520 E - 4774127 N Cross the road, pass the town hall on the right and turn right along the river. At the end of the road, turn left over the bridge over the river and then immediately right to reach the centre of Louvie-Juzon.
- 5h00** ⑪ A710149 E - 4773662 N Arrival at Louvie-Juzon.




D Bilhères-en-Ossau,
Place de l'Eglise (Church)

GPS WGS 84 UTM 30T
707767 E - 4770532 N

 → 5h

 12,9km

 650m

 Yellow and red markers

 **Don't miss:**

- The view over the valley and the Benou plateau.
- The Zoum plateau.

 **Note:**

- Use horsefly and tick repellent from June to August.
- Take an IGN Top 25 map of the area.

The Crestadous of Bilhères en Ossau.

“Crestadous” in Patois refers to men who castrated animals. Ossau locals, and more particularly the inhabitants of Bilhères en Ossau, who acquired great dexterity in this speciality, passed it on from generation to generation.

They provided solid additional income for their families, who were among the wealthiest in the valley and had the most beautiful houses. They castrated horses, bulls and donkeys, but also pigs, chickens and cats. With such a good reputation, they were recognised on the other side of the Pyrenees and often spent several months in Spain and Portugal. Some of them stayed on and started a family there. Today, veterinarians perform these operations.

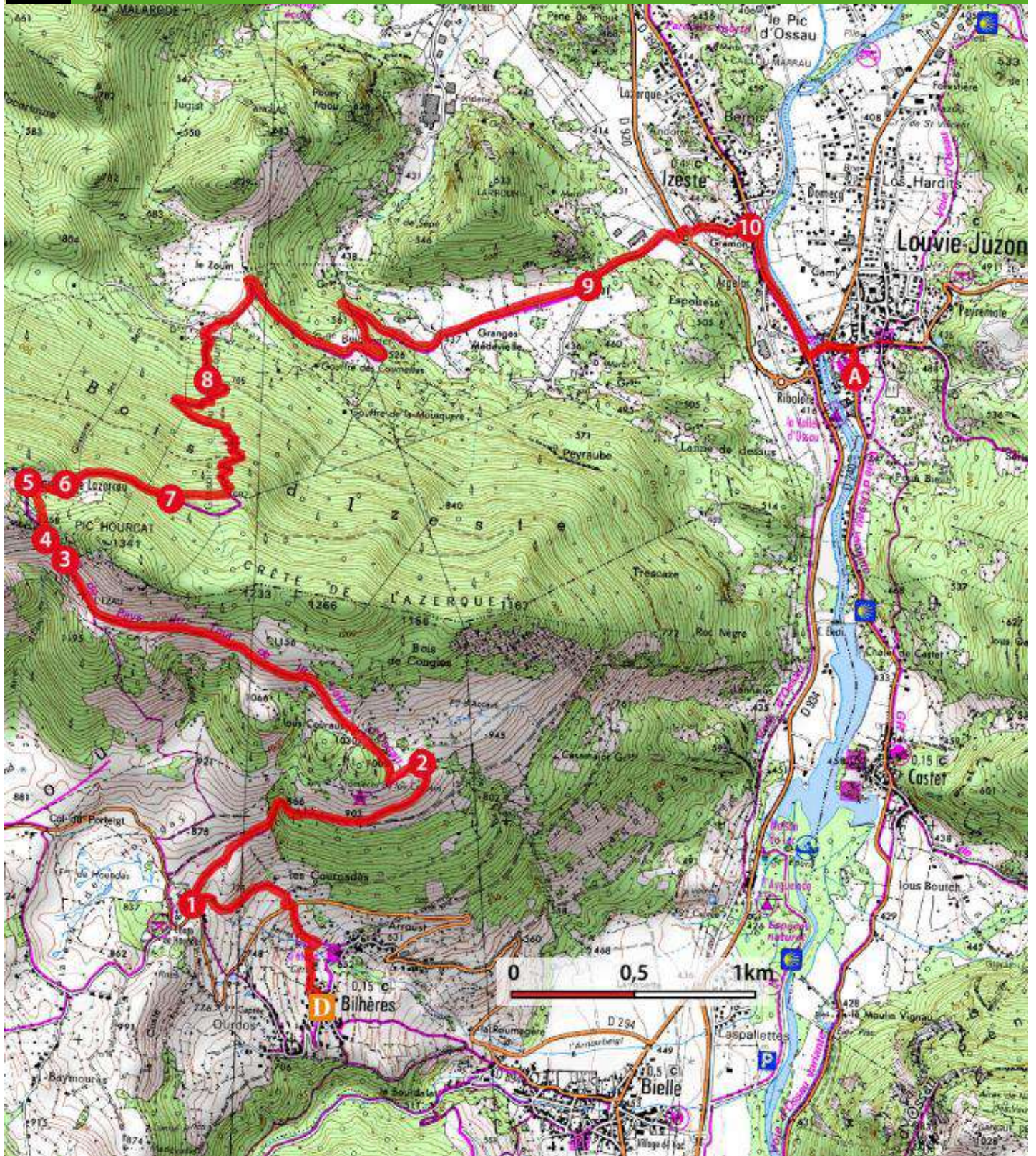
Information :

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Arudy Tourist Information Office : +33 (0)5 59 05 77 11

Made by:

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Vallée
d'**OSSAU**
PYRÉNÉES
Office de Tourisme

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Choose your hike

For each route, you will find technical and practical information to help you choose your hike

Markers

Direction	Local routes and PR®	GRP®	GR®
Right way			
Turn left			
Turn right			
Wrong way			



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Levels of difficulty

The hikes are classified by order of difficulty defined by a colour code following the recommendations of the French Hiking Federation:

- Very easy, less than 2 hours walking. Ideal for families, on well-marked tracks
- Easy, less than 3 hours walking. Suitable for families, on tracks with sometimes more difficult passages.
- Difficult, less than 4 hours walking. For hikers used to walking, with some quite intense sections or steep slopes.
- 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

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.

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