

The Ossau Valley

LEV
4

GRP ®54

Eaux-Bonnes / Eaux-Chaudes

This long hike goes almost all the way around the Pic du Gourzy. It offers the experienced hiker a magnificent panoramic view of the Ossau Valley and all its high peaks.

Combined with the Gabas/Gourette stage of the GR®10, it allows you to avoid the Hourquette d'Arre at 2465m when there is still snow in spring.



D Behind the casino, take the track on the left and cross the "Forêt suspendue" area. Continue along the track, leaving the Sentier des Princes on the left. Continue up the winding path through the forest to a fence.

1h15 **1** 712305 E - 4760328 N Pass the fence and cross the clearing then a track and continue straight on through clearings and woodland to reach pasture. After a few zig-zags, the path climbs up along the woods and then bends to the right to cross a ridge and cross over to the Cabane(hut) de Laga de Haut.

2h00 **2** 711736 E - 4759580 N Pass below the hut and go up into a wooded valley.

2h20 **3** 711603 E - 4759014 N Leave the valley to climb to the right. Climb steep zig-zags in the rocks and cross a pasture with hut ruins.

2h50 **4** 711259 E - 4758819 N Turn left below the ridge and follow a path along the side. Once on the ridge, climb up to the left, over the Col de Gourzy and follow along, leaving the Pic du Gourzy on your left.

3h30 **5** 711994 E - 4757850 N Go over the Pas de Brèque, go down the side and then climb back up.

4h00 **6** 712201 E - 4756819 N Go over a small pass with a view of the Col de Lurdé and the Pic di Midi d'Ossau. Continue on a plateau of sinkholes, heading slightly to the left and then sharply to the right.

4h25 **7** 712039 E - 4756180 N After an area of rocky outcrops, leave the GR®10 on the left and turn right towards a pass and the Pic de Cézy. Go down and turn left onto a well-marked path in the scree. Pass a ridge that descends from the Cézy (you can see the track for the Cabane de Cambeilh at the bottom), go along it on the right, go down to the left and then on the right following a fairly well marked path that goes around the hills. Walk along a clump of mountain pines, descending to the right into a wooded valley. Go down into the valley and then climb slightly to reach the hut.

4h50 **8** 710681 E - 4756602 N Go past the right hand side of the hut and descend due north, slightly to the right. At the bottom of the talweg, you reach a marked path that goes to the right. Cross a stream and follow the path on the other side.

5h05 **9** 710371 E - 4757612 N Pass the stream, turn left and go down.

5h10 **10** 710196 E - 4757761 N After the fence, continue downhill through the forest on the steep stony path that joins a wider track at a ford.

5h25 **11** 709906 E - 4757964 N Follow the track to the right for 200 m and then go down the path that starts on the left below. It leads to a wide path that goes straight down, intersecting the track at times.

6h20 **12** 708729 E - 4758425 N Leave the tar-sealed track at a hairpin bend to take the horizontal promenade to the right to reach Eaux-Chaudes. Arrival at the Eaux-Chaudes thermal baths.



D Behind the Casino in Eaux-Bonnes.

GPS WGS 84 UTM 30T
712490 E - 4761208 N

7h

16,5km

1546m

Yellow and red markers

★ Don't miss:

- The view over the valley, the Anouilhas plateau and the Ger mountain.

⚠ Note:

- Do not walk this route in fog.
- Take an IGN Top 25 map of the area and orientation equipment (compass and altimeter) and/or GPS.

The combat zone

Located on the border between the forest and pastures, the moorland area was the scene of bitter territorial struggles.

There was fierce competition between the mountain level, where the beech and fir forest reigned supreme, and the subalpine level, where man had cleared the land for pastures over the last three thousand years. Depending on the mountain climate and human activity, this struggle led to the forest taking over or giving way to pastureland.

Nowadays, from the Pic du Gourzy, we can see the abandonment of pastoral activities by the advance of the forest and the expansion of a large moor with heather, bilberry and juniper trees, dotted with birch trees, stunted beech trees, rowan and mountain pines.

Information :

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Made by:













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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

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