

# The Ossau Valley

LEV  
4 GRP ®55

## Variante Cabane d'Arriutort / Bilhères



*If you are looking for wild mountains and the feeling of being away from it all, this magnificent variant on the Ossau Valley loop is for you.*

*It is aimed at experienced hikers who love routes with the added challenge of orientation and reading the terrain.*

- D** Go right from the Cabane d'Arriutort, go over a small pass, go down and then head left near the stream. Go up a hill on the left. **2h30**
- 0h40** ① 705255 E - 4760609 N Turn right at a flat area with rocks. Walk along the side of the hill, slightly uphill.
- 1h00** ② 705379 E - 4761275 N Keep walking along the side of the hill.
- 1h15** ③ 705092 E - 4761946 N At the Col d'Arriutort, continue on the flank, climbing up beneath a small rocky peak. Go over a small pass and continue on the other side. After a small lake, climb up across the hillside. Follow the most clearly-marked track.
- 1h50** ④ 705053 E - 4762590 N Go over a small pass with lots of sinkholes and go down into a talweg on the left. Cross over towards the right.
- 2h00** ⑤ 705049 E - 4762747 N Cross down through the Pas de Calhabet, a steep passage in the rocks. Then walk along the bottom of the cliff following the most clearly-marked track. Cross areas of scree under the Pic de Lorry.
- ⑥ 705643 E - 4763020 N At the level of a small lake, turn left. Walk down for 100 m. At a nice little spring, turn right and then climb up the slope.
- 3h10** ⑦ 705492 E - 4764356 N At the Barca pass, go down into the valley on the left and then follow a ridge to the right.
- 3h45** ⑧ 706218 E - 4765188 N Turn right down to the stream and then left. Go past the Cabane d'lbech and then up the track. Turn right and go down.
- 5h00** ⑨ 706670 E - 4768275 N On the left, cross the Pont de Bilhères bridge and climb up.
- 5h30** ⑩ 707226 E - 4769716 N Continue straight ahead on the path leading to the neighbourhood of Ourdos. After the mill, turn right and walk down the street to the Bilhères church.
- 6h00** A 707767 E - 4770532 N Arrival.




**D** Cabane (hut) d'Arriutort

**GPS** WGS 84 UTM 30T  
706149 E - 4761148 N

 6h

 18,5km

 780m

 Yellow and red markers

**★ Don't miss:**

- The whole route is very beautiful and wild.

**⚠ Note:**

- Do not walk this route in fog.
- Take an IGN Top 25 map of the area.

**Hunting.**

Gaston Phébus was the first in the Middle Ages to mention the richness of the Ossau Valley fauna in his hunting book.

Nowadays, with some species on the verge of extinction, hunting in the mountains is strictly regulated. Bears, wolves, lynxes and birds of prey are protected. The isard, the capercaillie and the ptarmigan are hunted according to a hunting plan which allocates a certain number of animals to be killed by commune over a short period in autumn.

Marmot hunting is not a tradition in the valley, and the animal is ignored.

As for pigeons, hunters build blinds on the passes where they stay while waiting for them to pass. Hunting in the mountains has its enthusiasts, and they would never miss a season.

**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

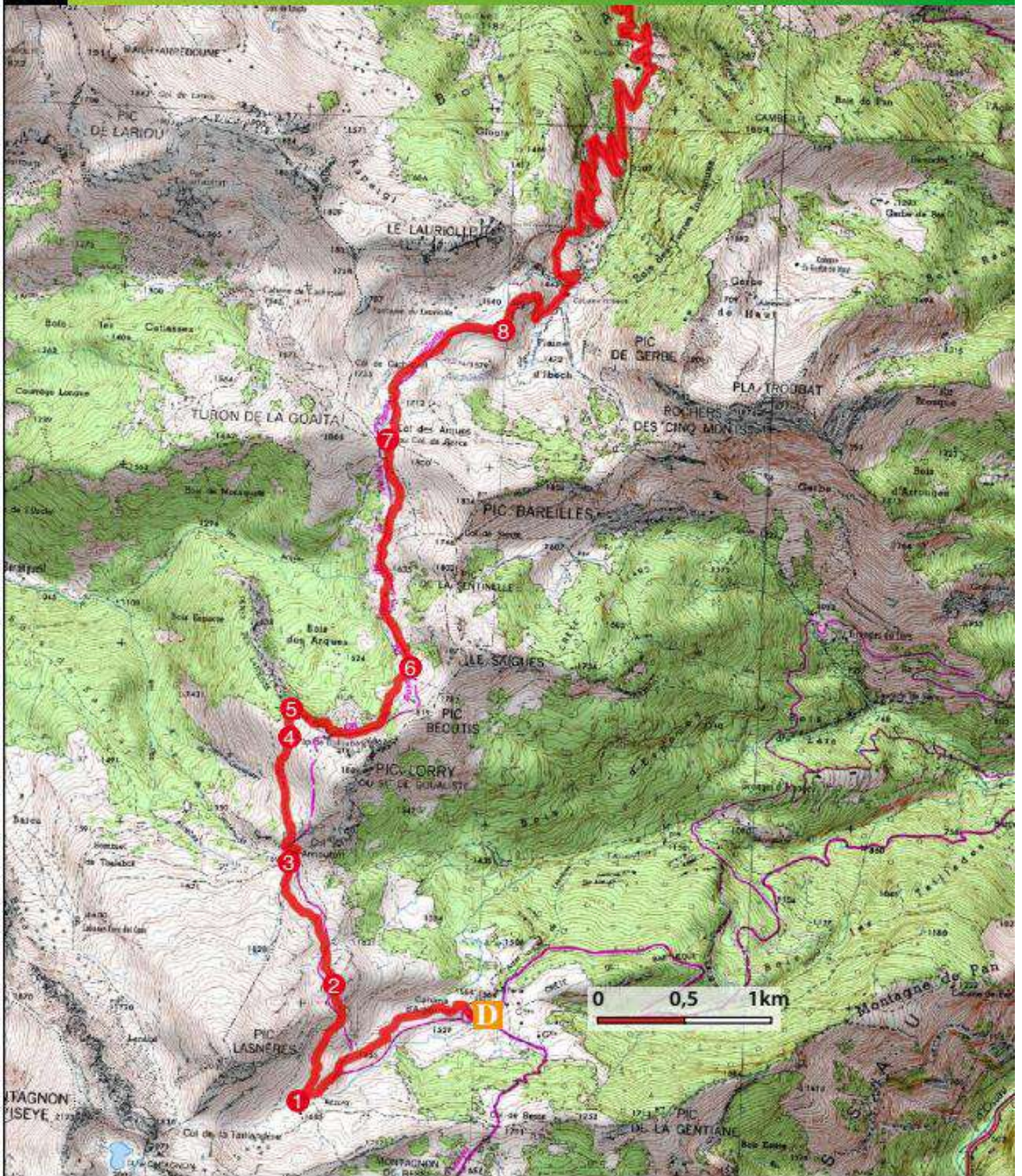


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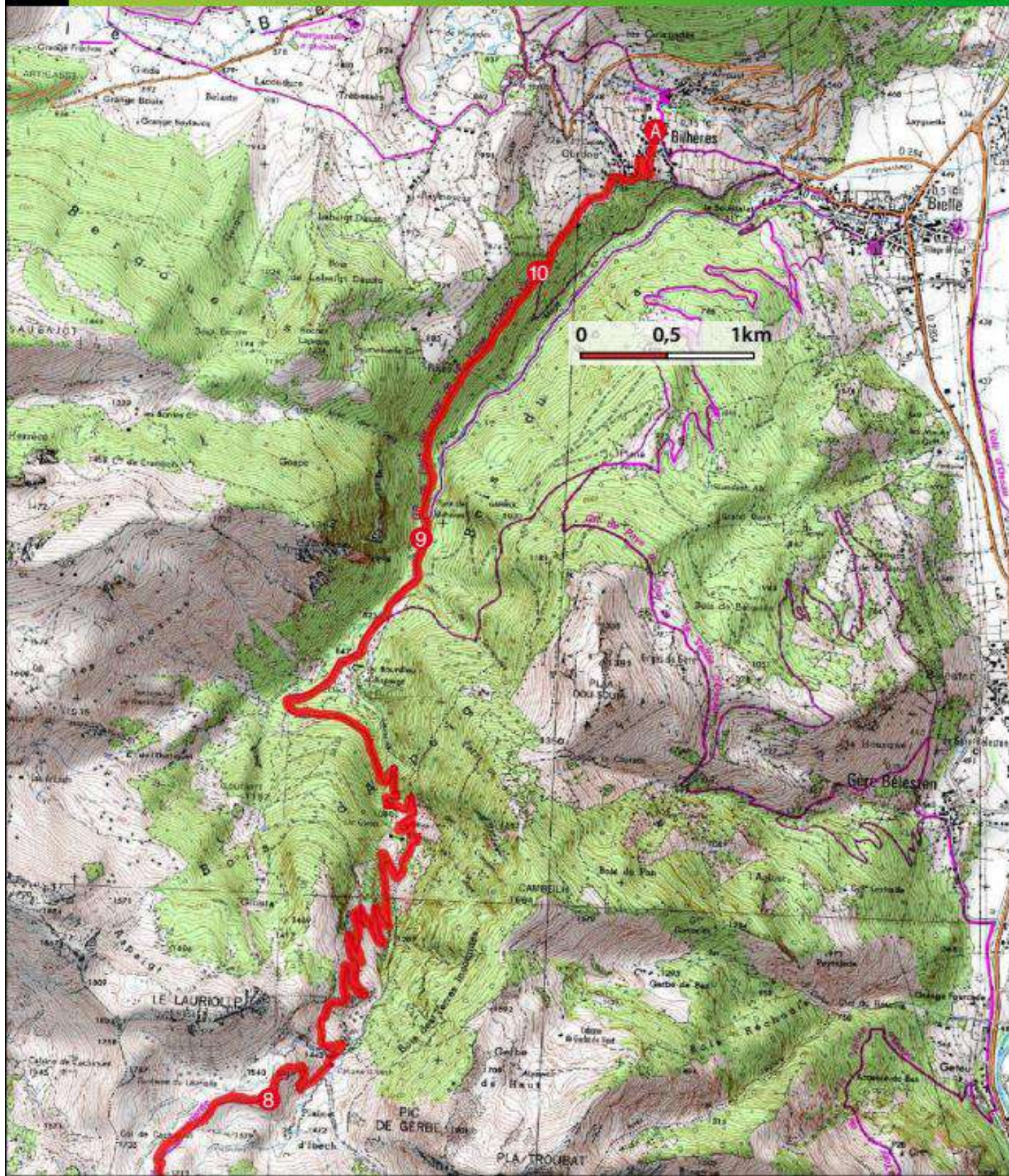
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# Choose your hike

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			




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.

## 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