

# GR 108 From Laruns to Gabas

 Laruns



Difficult - Level 3

Leaving behind the wide, flat valley, this second stage of the Chemin d'Ossau will see you take on the challenge of climbing a stretch of landscape where the geomorphology of the Pyrenees has left only deep valleys and gorges. You will finally overcome the difficult parts of the track and, via discreet paths under the cover of boxwood, find a haven in the hamlet of Gabas, famous for its cheese cellars.



Start : LARUNS  
Arrival : GABAS



Distance :  
15km



Elevation gain:  
1055m



Duration :  
5hrs



Emergency  
call : 112



## Stages

### 1- Eaux-Chaudes

From the central square of Laruns, at the corner of the town hall and the covered market, take the Rue du Port (one way). At the end, cross the bridge over the Arriussé and, at the corner of the Hourat power station, take the first road on the right. It climbs beyond the last houses, slips between two cliffs (stele and oratory), then enters the upper valley of the Gave d'Ossau (slight descent on a tar-sealed path). Without taking the Crabé bridge (1.8 km / 35 min), which leads to the D934, turn right onto a marked walking track. It passes under a power line and undulates along this slope in the woods. Continue on the only track until you reach a footbridge over the Gave d'Ossau. Cross over and go up the other bank to join the D934. Cross the road (caution, heavy traffic) and continue along the path opposite. After four zig zags above the road, it crosses discreetly into steep slopes (narrow passage at the foot of a cliff, caution in wet weather) and comes back to the road 800 m further on. Cross the D934 again (caution, heavy traffic) to go down along a grassy path. Another track begins, skirting the Gave d'Ossau and leading to the shade of a dozen remarkable beech trees. Walk along a small road to the right. At the sewage treatment plant, a new track climbs steeply left to the road. Follow the D934 to the right (caution, heavy traffic) to enter Eaux-Chaudes. 100 m before the church, take the street on the right to reach the esplanade of the Eaux-Chaudes thermal baths.

### 2- Footbridge over the Gave d'Ossau

Cross the Gave using the metal footbridge and, on the other bank, take the pedestrian path to the left (a series of steps). Take the new path, past a waterfall, and join the D934 at the exit of Eaux-Chaudes. Leave the Pont d'Enfer on the left and walk 50 m along the road until you find the start, on the right, of a partially tar-sealed path (signposted "GRP Tour de la Vallée d'Ossau"). Stay on this old road, which is now closed to traffic; it climbs in several zig-zags. When you reach a bend in the Route de Goust, under a high voltage line, ignore the yellow and red markings and go down the road to the left for over a kilometre. At a hairpin bend (cattle pen), leave the tar-sealed road for the path on the right. It passes under the boxwood and joins the D934 again a little further on. Walk along it to the right for a while (caution, heavy traffic). Cross the road to a picnic area on the left-hand side of the D934 (8.1 km / 2h45). Take the footbridge over the Gave d'Ossau.

### 3- Torrent du Soussouéou

On the other side of the river, a path continues to the right. Opposite the Miégebat power station, a wooden footbridge helps you to cross the three water pipes; ford the stream. The track gains altitude in short zig-zags, and then crosses through the forest, with generous vegetation. After a high point (800 m), the path descends through a boxwood forest towards the river. Follow the river, in the middle of imposing and enigmatic boulders covered with moss. The route eventually leads away from the river, up into the forest, and soon onto a straight bramble-lined path. At the two barns in Hourc (830 m), continue on the path opposite. After a construction, take the first bridge (Torrent du Soussouéou).

### 4- Gabas

At the bottom, ignore the bridge over the Gave d'Ossau (11.7 km / 3h55) to follow a tar-sealed road to the left (Route du Piet). At the first bend in the road, continue on the farm path. It climbs into the forest with the river on the right, then comes close to a bend in the road, without taking the road. Just before reaching the tar-sealed road for the second time (920 m), keep right on the path that climbs a wooded ridge above the road. At the T-junction (940 m), turn right. The route leads through the beech and fir forest and then down to the river. On the other side of a footbridge, walk up the only path to the road. Leave the Lac d'Er path opposite and follow the D934 to the left for 200m, to find the start of a path with a cattle pen on the right. Cross the park (close gates behind you) and walk straight ahead. End the stage on the road opposite you, at the chapel at the entrance to the hamlet of Gabas.