

The Ossau Valley

LEV
4 63/64 - HRP

La Haute Route Pyrénéenne



The HRP, or more precisely the “Haute Route Pyrénéenne”, is a long-distance hiking route which, in 45 high mountain stages, crosses the Pyrenees, linking the Atlantic to the Mediterranean. Crossing the high valley of Ossau is done in two stages, from the Col des Moines to the Refuge de Pombie and the Refuge de Pombie to the Refuge d'Arrémoulit.

Col des Moines – Refuge de Pombie



4h



8,8km



745m

Refuge de Pombie - Refuge d'Arrémoulit



5h15



12.3km



1248m



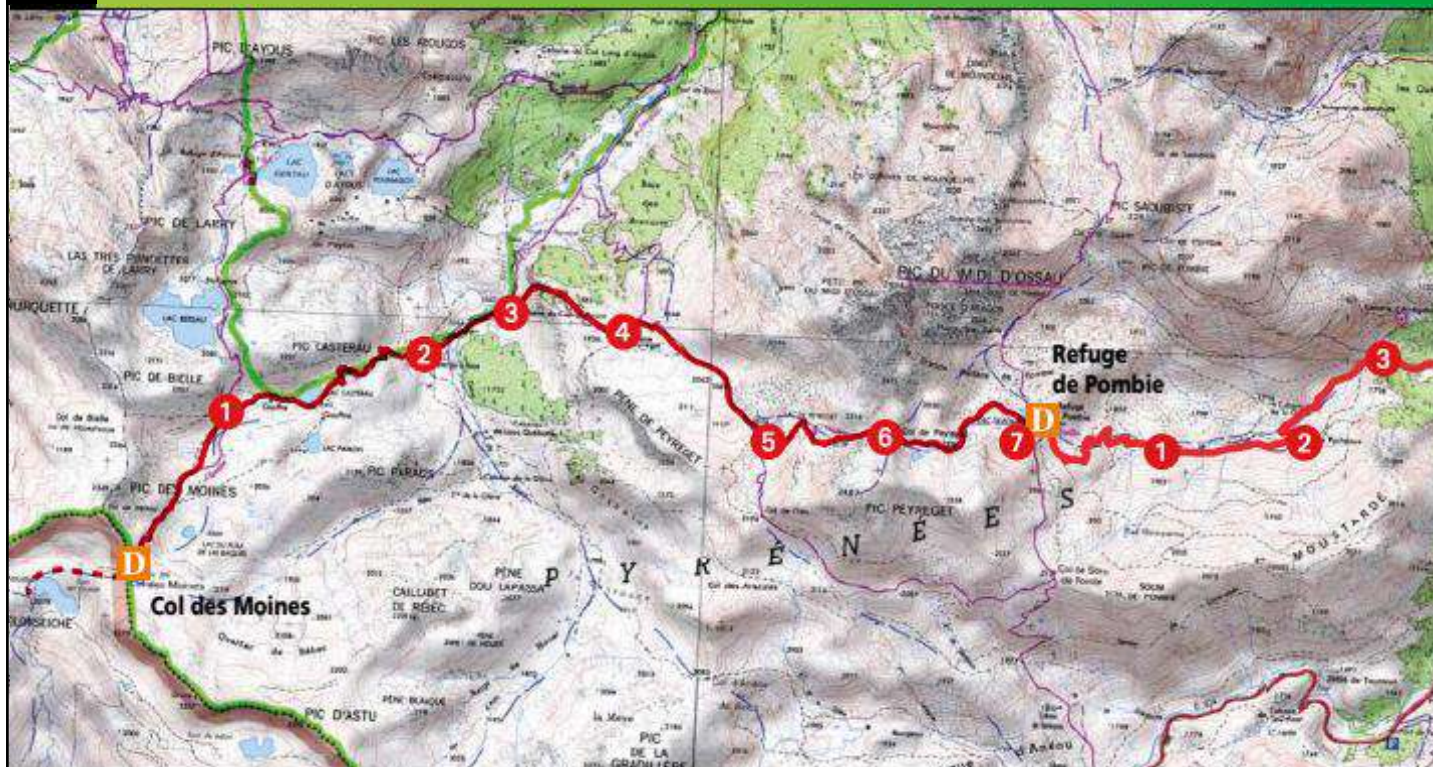
Don't miss:

- The view of the Pic du Midi d'Ossau and Pic Palas. The isards, marmots and vultures.
- Lakes Casterau, Peyreget and Pombie.
- The lakes around Arrémoulit.



Note:

- **Unmarked routes**
- Pyrenees National Park special regulations.
- Snow at the beginning of the season at the Col de Peyreget, Col d'Arrius and when arriving at Arrémoulit.

**D**

704428 E - 4744353 N From the Col des Moines, go down across to the left towards the Pic Casterau (a large cliff with a crevasse).

0h20

1 705001 E - 4745455 N In an area of large boulders, follow the path on the right down towards Lake Casterau. Go around the lake to the right and upwards to the left. Go over a rise and zig-zag down the path.

0h40

2 706252 E - 4745901 N At the Cabane de la Hosse, follow the track on the left for 20 m downhill and turn right. Go down on a side path, cross a small bridge, turn left and head towards the Cabane (hut) de Cap de Pount.

0h50

3 706796 E - 4746209 N After crossing a stream, go slightly uphill, and around the lefthand side of the Cabane de Cap de Pount. As you cross an area of boulders, join the track that climbs to the left. Pass through a sort of gap between the cliffs.

1h50

4 707538 E - 4746126 N As you reach a flat area, leave the Cabane de Peyreget on your right and turn left. Go onto the "sentier du parc" track and walk up to the right to Lake Peyreget. Go around the lake to the right.

2h20

5 708528 E - 4745492 N Follow the path on the left, leaving the climb to the Col de l'Iou on your right. Climb up a wide zig-zag to the right and then after a small lake, climb following the cairns, in the hollow of a large area of scree.

3h20

6 709277 E - 4745586 N When you get to the Col de Peyreget, go down the other side. Pass a small lake on the left and after a small, steep climb, go down to the left. Walk past a spring catchment. At the edge of the Ossau scree, head to the right. Go around Lake Pombie on the right to the refuge (shelter).

4h00

7 710295 E - 4745763 N Refuge de Pombie.

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

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

Made by:

Communauté de Communes de la Vallée d'Ossau
1 avenue des Pyrénées – 64260 Arudy :+33 (0)5 59 05 66 77

