

The Ossau Valley

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Le Tòs de la Courade



This easy loop invites you to discover the moraine of the ancient Ossau glacier between the villages of Bescat and Sévignacq. It is particularly enjoyable in warm weather, as almost the entire route is located in undergrowth. There are several viewpoints along the way, particularly over the plain at the top of the ferny area.

D From Place Lartillaire, go up on the left for 100m along Rue du Bourg towards the church. Then turn right onto the Chemin du Boila. Once past the houses, it quickly opens onto a grassy path that climbs northwards and then eastwards. At the crossroads of two paths, take the path in front of you.

Oh15 I 7109649 E - 4777829 N It quickly goes down towards the Cassoures trough or 'Tòs de la Courade' trough, a good place for a first break. Heading east again along the path through the woods, and stay on this path ignoring the many paths that cross it. After 15 minutes, it turns sharply in the opposite direction. Leave it on the right just after the bend and head up a woodland path that soon leads to the GR®78.

Oh40 2 710525 E - 4777241 N Turn left. The route leads gently down through the trees to the bottom of a large ferny area, which you need to climb up towards the south. After a good effort, almost to the summit, enjoy the view of the plain behind you before plunging back into the undergrowth.

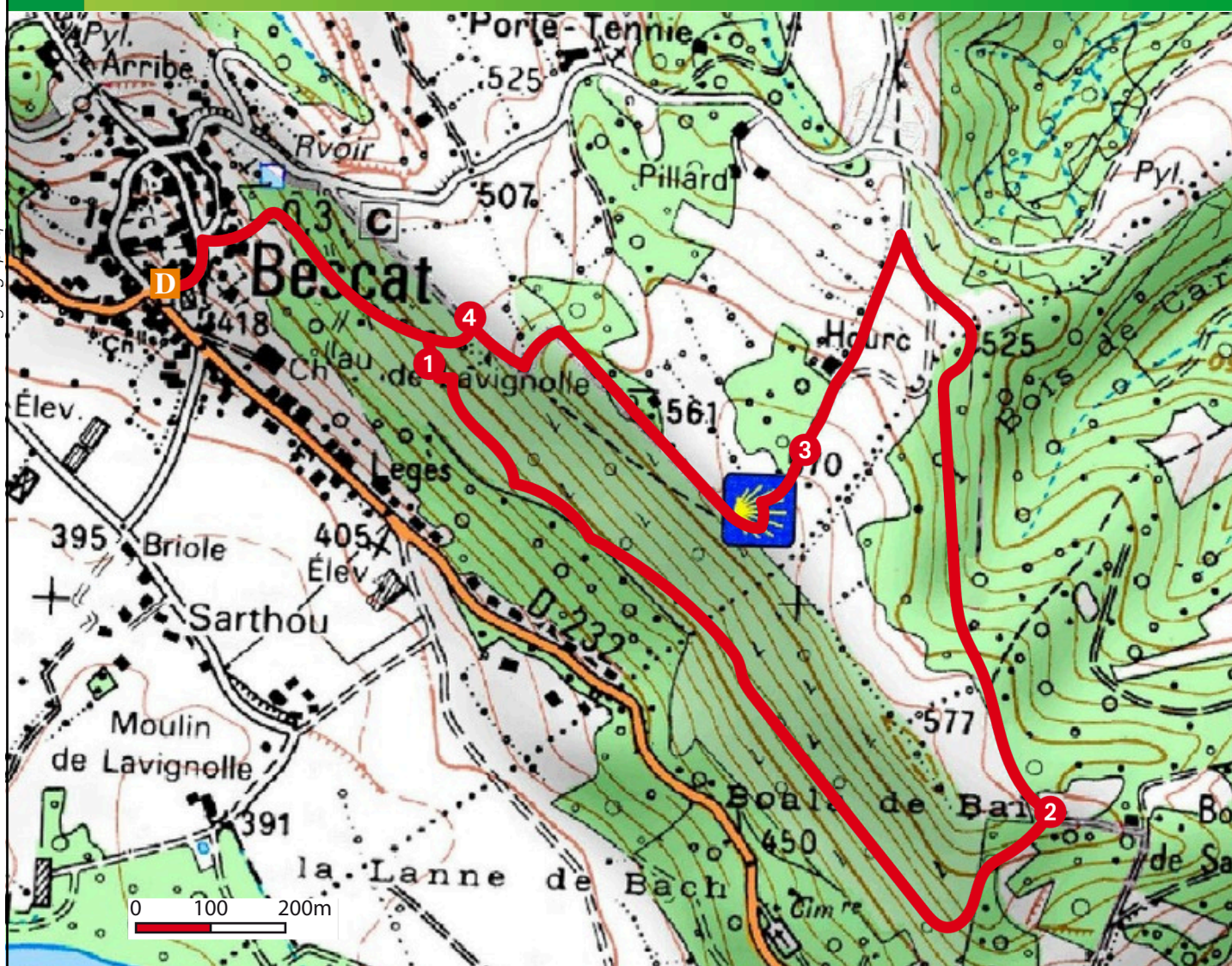
Ih00 3 710168 E - 4777704 N Walk along the ridge of the moraine for around fifteen minutes.

Ih05 4 709718 E - 4777845 N Leave the main path and head left again into the woods. The downhill path quickly rejoins the crossroads you came across on the outward journey (I). Turn right to reach the starting point at Bescat, taking in the magnificent centuries-old trees (oaks, beeches, plane trees).



The trees

The trees



D Start at Bescat, Lartillaire square car park (opposite the town hall)

GPS WGS 84 UTM 30T
709315E - 4777877N

1h30

4,2 km

180 m

★ Don't miss:

- Panoramic views: of the village of Bescat and the foothills of the Pyrenees, the plain to the north and the Pic du Midi d'Ossau from the town hall viewpoint.
- Centuries-old trees on the outward and return journey.

Yellow markers

The moraine

The Bescat front moraine is made up of rocks brought down and then left by the old Ossau glacier when it retreated. It dates from the Quaternary period, during the Riss, between 300,000 and 120,000 BC. More than 150m high, the moraine at its summit offers striking overview of a U-shaped glacial valley. Its impact on the "Gave d'Ossau" (the Ossau river) can be seen, as it has diverted the river's course towards the west. To find out more about the geology of the valley, visit the Croix de Buzy interpretation table (Croix de Buzy/Bescat mountain bike trail).



Made by:

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Information :

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All outdoor sports activities are available on the Vallée d'Ossau Pyrénées mobile app...
and on the website terredaventures.valleedossau.com

Choose your hike

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

Levels of difficulty

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

- NIV 1** Very easy, less than 2 hours walking. Ideal for families, on well-marked tracks
- NIV 2** Easy, less than 3 hours walking. Suitable for families, on tracks with sometimes more difficult passages.
- NIV 3** Difficult, less than 4 hours walking. For hikers used to walking, with some quite intense sections or steep slopes.
- NIV 4** 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

GPS 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.

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.

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

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and on the website terredaventures.valleedossau.com