

The Ossau Valley

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L'eau



Laruns, capital del Alto Ossau, es el tercer municipio de Francia continental. Su territorio se extiende hasta la frontera española. Un paseo por el pueblo permite descubrir de nuevo la atmósfera de antaño, así como la oportunidad de descubrir, por casualidad, el ambiente de un moderno pueblo de montaña.

D When you leave the car park, turn right and walk up to the town hall square.

1 The drinking water fountain is made of white marble from Louvie-Soubiron, which is used in the most famous castles in France. Go up to the church. On the left is the bust of the hussar Jean-Baptiste Guindey, a hero from Laruns who, during the Prussian campaign, killed Prince Louis Ferdinand of Prussia with his sabre. Opposite, the church of St. Peter was rebuilt in 1892 after a flood swept away the old 15th century church. Inside, there is a magnificent font decorated with a mermaid, a centaur and fish.

2 Go up Rue du Bialé, which in Bearnais means “main street”. It is composed of farms, expressing the primary vocation of the village: pastoralism.

3 At the top of the street, as in every part of the village, there is a wash house. After cleaning their laundry with ashes, the women would gather at the wash house to rinse it. Walk past the wash house and go up to the right.

4 At the top of Rue du Bialé starts a stock trail lined by low stone walls which was used for transhumance. Turn left and stay on the road.

5 Pass over an old canal, the Arrec de Soum, which brought water to the wash house and fed 8 mills and a rosary factory.

6 On the right, higher up, an old tower was used as a lime kiln. Turn left down Rue Barthèque and turn left again.

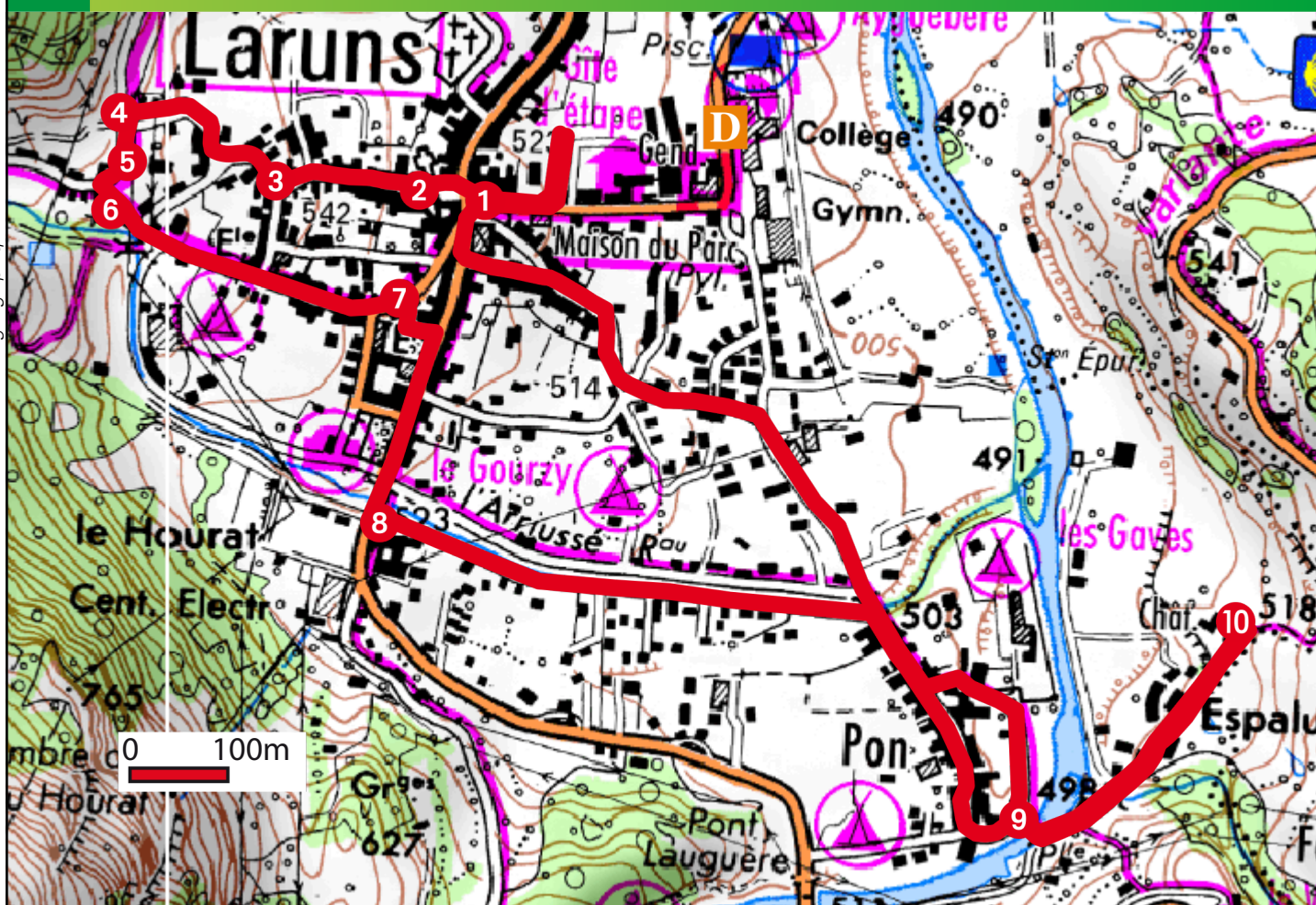
7 Turn right just after the school. Go down a staircase, cross the war memorial garden and turn right into Rue du Port. This name seems strange for a mountain village, but in the 18th century Laruns had a port on the Gave d'Ossau. Fir tree trunks for ship masts were stored there and floated to Bayonne.

Walk past the bridge in front of which the Hourat hydroelectric plant collects all the water from the Artouste, Fabrèges and Bious-Artigues lakes. Hydroelectricity is one of the most important economic activities in the valley.

8 Turn left and walk down the Arriusé, which means “dry river”. Despite its name, it has experienced several major floods. Stone groynes were built in the river bed to break the current. At the end of the street, turn right. In the neighbourhood of Pon, the narrow houses and streets are a reminder of its medieval origin.

9 Take the footbridge over the river and go up to the left.

10 The Château d'Espalungue dates from the 16th century. During the Wars of Religion, it was the scene of a drama in which the Baron d'Albère was hanged and his daughter thrown into the Valentin by Captain Bonasse and his men. Later, the musketeer Aramitz retired there with his family and remained until his death.



Return the same way, cross the bridge and turn right. Pass a camping ground, go up into the neighbourhood of Pon, turn right and continue on the road past the Arriusé.

|| Take the first left and then right. Go up and turn left into Rue du Bourgneuf Escu. It is very narrow, the name comes from "escu", meaning darkness. Its houses are rich in keystones, lintels and sculpted cartouches. They were meant to protect, to bring fertility and prosperity.

You will see hearts, plant motifs but also religious motifs, sometimes recovered from old abbeys or churches, and evoking the passage of the Way of Saint James in Laruns. The theme of companionship is represented by the mason's square and level. Often the date of the house or the name of the owners is written.

12 Turn right to return to the square. The arches below the town hall host the market every Saturday as well as the large cheese fair held every first weekend in October.

D Car park below the Place de la Mairie (City Hall)

GPS WGS 84 UTM 30T
709924E - 4762800N

Blue markers



1h30



4,9km



100m

★ Don't miss:

- A great walk to do on Saturday as it is the local market day.



Made by:

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Information :

Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41
www.valleedossau.com

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