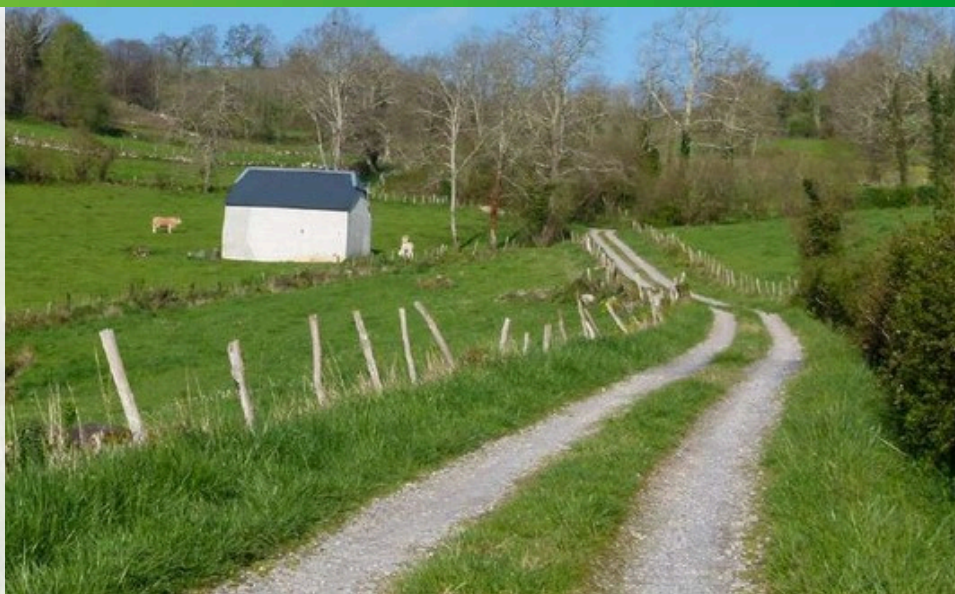


The Ossau Valley

LEV
2

Les buis

This route gives an idea of the richness of Sainte-Colome's heritage: architectural and historical in the centre of the town with the church, the castle and the character houses; natural and scenic as you walk through the hilly, wooded and rural areas. A condensed version of the Ossau foothills!



D Go past the church and up the main street towards Nay. At the crossroads with the Chemin d'Arruets, turn right and then immediately left onto the Chemin de Terranère. 150m further on, turn left onto a track which becomes a narrower path. Be careful, the descent can be slippery in wet weather. At the bottom of the path, turn left, go through the gate (chicane) and walk up the meadow with the woods on your left

0h25 | 711858 E – 4775245 N At the second gate, go right for 250m down the stone path to an intersection. Turn right onto the Chemin de Lasbordes. After a few zig-zags, it becomes a path through boxwood and oak trees to reach a clearing (a small barrier). Cross it, first flat to the east and then downhill to the south.

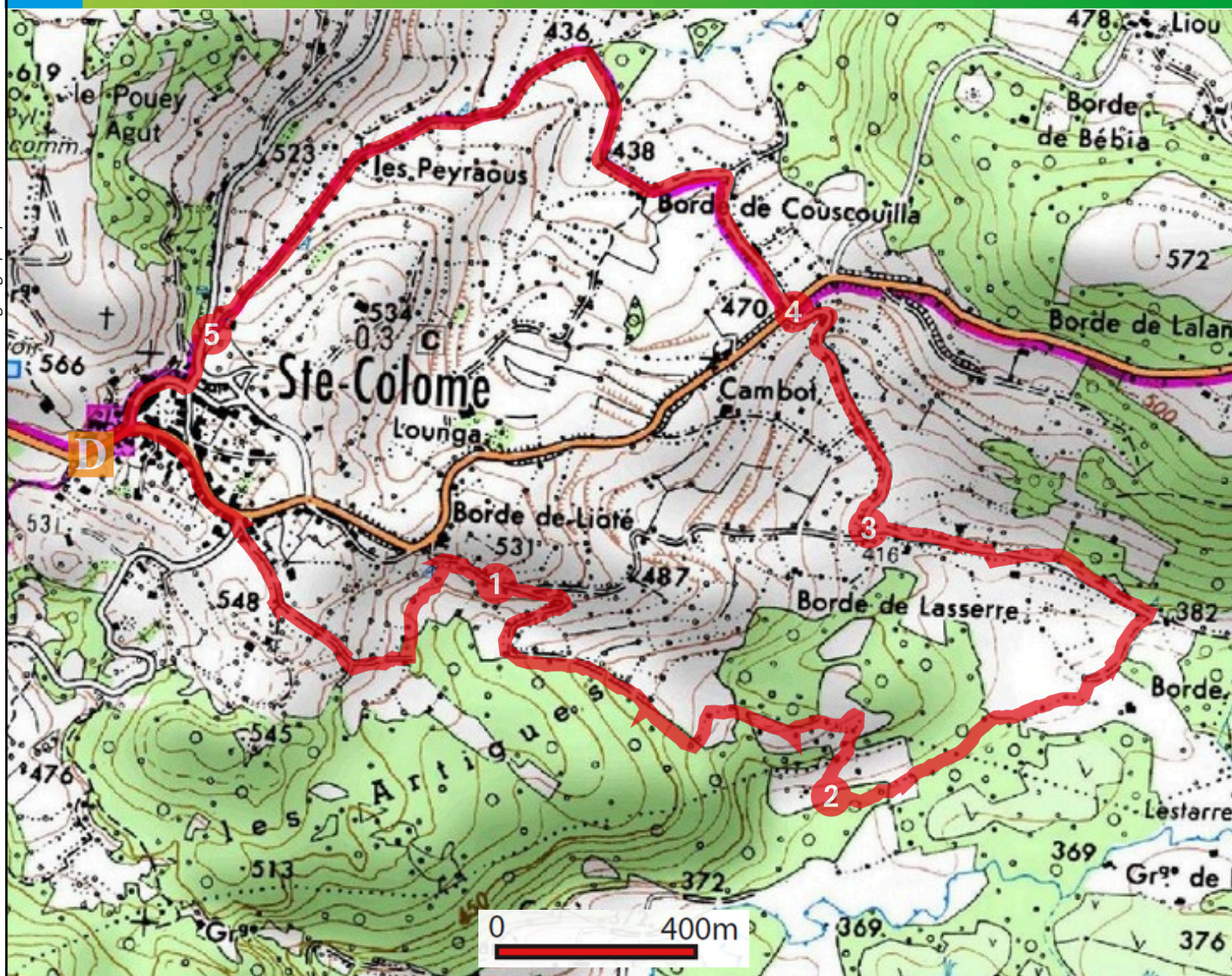
0h55 | 2 711989 E – 4775089 N Below, pass through another barrier. After 100m, the circuit is joined by the mountain bike loop of the peat bog. Continue for 600m. At the Borde d'Estarrès, the path climbs back up and heads north-east for 700m. There is a beautiful view of the Rey mountain to the south (peak at 1349m).

1h15 | 3 712598 E – 4775355 N At the next intersection, leave the mountain bike loop no. 5 to go up the path on the right, The Chemin Dous Quatrou (or Chemin de Gailles) to the junction with the D932 (Route/Road de Bescat-Mifaget).

1h25 | 4 712428 E – 4775735 N Continue on the path opposite. You are on a section of the GR®78, the Piedmont route of the Way of Saint James. The track goes along the Peyraous plain, across fields, bordered by trees, some of which are centuries old, and climbs southwards to join the Route Sainte-Colome/Lys (Chemin (road) d'Ossau).

1h45 | 5 711400 E – 4775615 N Turn left and then take the first right (Chemin de l'Espezieu). The alleyway leads to the beautiful 16th-century church of St Sylvester, the end of your walk.





Church of Sainte-Colome



WGS 84 UTM 30T

711225 E – 4775405 N



Yellow markers



1h50



6km



220m

**Boxwood**

Native to southern Europe and Anatolia, this small tree, which can grow to 5 to 6 metres, is very common in our mountain forests or on the edges of paths, as it is here in Sainte-Colome. Its presence can be beneficial in summer, as its compact, evergreen foliage provides cool shade. Its wood is particularly well known for the manufacture of knife handles, as woodturners (including local ones) appreciate its density, fineness and shine when worked. For some years now, however, it has been threatened by a formidable predator, the “box tree moth”, a nocturnal butterfly whose caterpillars feed on the leaves.

Don't miss:

- The view of the first foothills of the Pyrenees, symbolised by the mountain of Rey, an imposing massif culminating at 1349m.
- The heritage interpretation circuit in the “Wivisites” mobile app.

**Made by:**

Communauté de Communes de la Vallée d'Ossau

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Information:

Ossau Valley Tourist Office, Pyrenees - Head Office 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