

The Ossau Valley

LEV
2

La promenade des 3 villages

This lovely walk takes you up high to discover the typical villages of the Ossau Valley. The old tracks that linked the villages are still paved in places, the slate-roofed houses grouped around the church feature beautifully engraved marble doors.



D Take Rue Cap, which heads up the village between the houses, alongside the town hall. At the cross, turn left onto a gravel path that climbs up. Take a left-hand turn, and then to the right at the stone bench.

0h15 1 711169 E - 4763114N At the top of the path, turn right onto the road. 150m further, turn left onto a small road that climbs up.

0h50 2 711771 E - 4762052 N At the entrance to the village of Aas, turn right towards the centre. Walk past the church and turn right. Keep heading downwards.

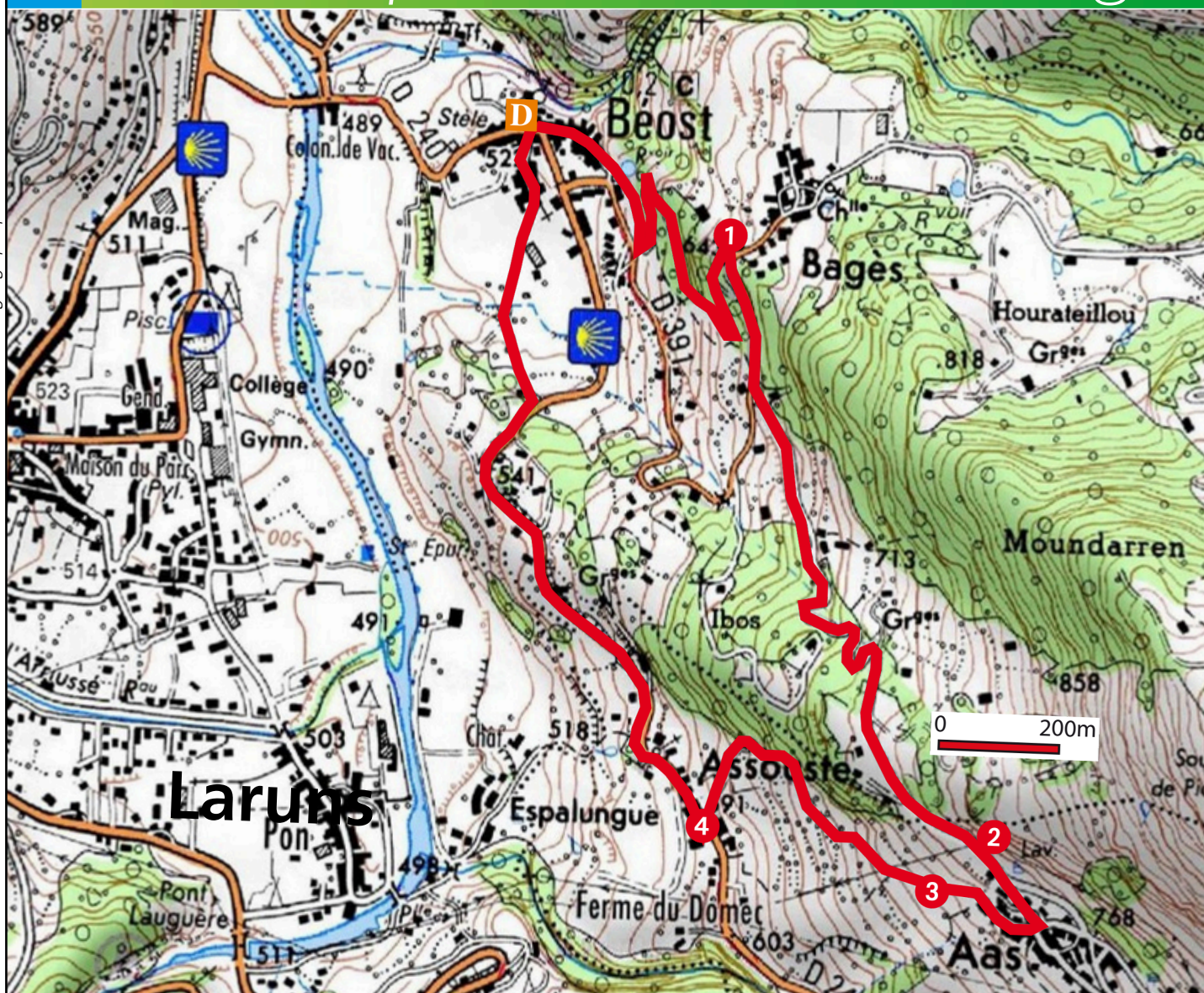
1h00 3 711656 E - 4762017 N At the exit sign of the village of Aas, take the path along a power line and head down. The path sits between low walls, is paved in places and towards the end is cut into the rock.

1h15 4 711192 E - 4762115 N Turn right onto the road in the village of Assouste. Walk past the church and go down the road for about 500m.

1h45 5 710794 E - 4762818 N When you get to a large gallery house, take a path on the left between low walls, heading down through the fields. There is a lovely view over Béost. After 100m, turn right onto a wider path that leads to the centre of Béost.



Detail of the 12th-century church in Assouste.



D Village of Béost, Place de la Fontaine, in front of the town hall.

GPS WGS 84 UTM 30T
710794E - 4763321N

→ 2h

5km

260m

★ Don't miss:

- The carved keystones of the houses.

⚠ Note:

- In traffic, on the road, it is best to walk on the outside of bends.

Yellow markers

Pierrine, a shepherd and botanist

Some characters have such passion they leave an impression on an entire era and a village. Pierrine Gaston Sacaze was born in Bagès, and discovered the pleasure of observing nature while tending his flock.

Later, the pharmacist from Laruns introduced him to the methodical classification of living things and more particularly of plants. He went on to learn Latin, deepening his knowledge. He became a reference in botany, and many scientists come to Bagès to meet him. This extraordinary shepherd left his name to a pretty blue flower, endemic to the Pyrenean limestone rocks, the Grémil de Gaston.



Made by:

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

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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