

The Ossau Valley

LEV
3

National Park



Le col d'Artouste



This beautiful hike will introduce you to the mineral world of the high mountains, with little effort.

Up here, there is nothing but rocks, turquoise lakes and crystal-clear waters. The only survivors of this harsh environment are a few crookedly shaped mountain pines, which stand out on the white of the granite slabs.

D From the arrival station of the tourist train, take the tourist path that leads to Lake Artouste. Cross over the dam.



Carnau lakes

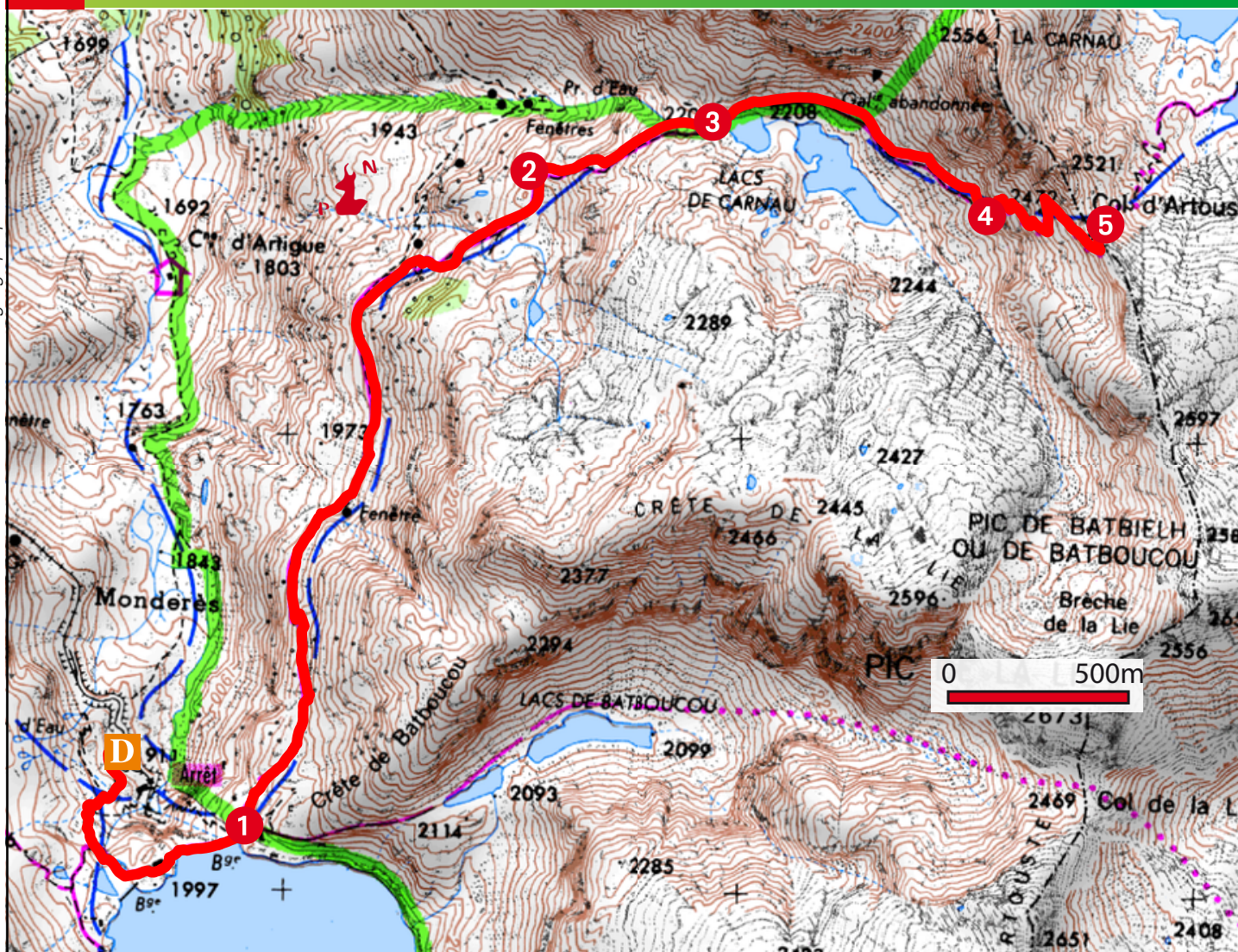
0h15 | **717930 E - 4749055 N** Turn left. Walk past the ruins on the left and follow the path upwards. Cross a patch of granitic rocks and mountain pines. Pass a flat area with a resurgence.

1h00 | **2 718466 E - 4750556 N** Turn right and climb steeper still on the well-marked path. Walk past a rocky area and walk straight up, then cross a steep area on the left with small rocky outcrops.

1h20 | **3 718860 E - 4750693 N** At the Carnau lakes, turn left, cross the stream and climb steeply to the right over a patch of scree.

1h35 | **4 719464 E - 4750530 N** Climb to the left in tight zig-zags in a steep rocky corridor then head to the right following zig-zags on the steep and stony slope.

2h15 | **5 719700 E - 4750514 N** From the Col d'Artouste, go back down using the same path.



D Car park at Fabrèges to take the Artouste tourist train.

GPS WGS 84 UTM 30T
717650 E - 4749239 N

→ 4h

9,2km

690m

Signs on yellow background
(no trail markers)

★ Don't miss:

- The view from the Col d'Artouste.
- Carnau lakes.
- Mountain pines.

⚠ Note:

- National Park, special regulations.
- Steep slopes, experience of walking in the mountains is essential above the Carnau lakes.
- In the event of snow, the section between the Carnau lakes and the Col d'Artouste is very dangerous.

Adaptation to the mountain environment and endemism

The mountains are like islands above the plains, where flora and fauna develop survival strategies to cope with the climate, the slope and the altitude. The plants resort to dwarfism, with creeping stems, small rosette-shaped leaves and very short flowering periods. The animals have a very high red blood cell content; they change colour, hibernate or become covered in warm down. As the glaciers retreated, species preferring the cold became isolated, giving rise to species specific to each area, known as endemics, such as the chamois and the isard.



Made by:

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Information :

Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41
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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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The Pyrenees National Park

The central area of the National Park is a natural territory, open to all, subject to regulations. The Pyrenees National Park, a territory with an exceptional heritage, has the mission of protecting nature and landscapes, ensuring biological diversity, and raising public awareness of behaviors that respect nature. Discover this extraordinary place that we must all respect and protect.



Dogs are not allowed, even on a leash.



Camping and overnight parking of motorhomes is not permitted in order to preserve the beauty of the sites and prevent pollution. Regulated camping is permitted more than an hour's walk from the park boundaries or road access, between 7:00 p.m. and 9:00 a.m.



Dogs are not allowed, even on a leash.



Mountain biking is prohibited outside of authorized trails: cross-country ski trails in Brousset (Ossau Valley) and Somport (Aspe Valley).



No noise or disturbances to ensure peace and quiet for everyone.



Bring rubbish bags with you to take your waste away.



The use of 4x4 vehicles and motocross riding are prohibited.



Do not light fires, to prevent fires and damage to the ground.



There are no weapons here; all animals are protected.



Do not collect or gather. Animals, plants, minerals and fossils belong to the landscape.



Unpowered flight regulated to preserve the tranquility of wildlife.

These regulations apply to the 'central zone' of the national park. In the Ossau valley, it covers 8,000 hectares, located exclusively in the municipality of Laruns, between Gabas and the French-Spanish border.

Maison du parc national

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