

The Ossau Valley

LEV
4

National Park



Le tour de l'Ossau

If you do only one hike in the Pyrenees National Park, this should be the one! Over 15 km in distance and climbing 1200 m, you will walk alongside the Pic du Midi d'Ossau from all sides, crossing beautiful wild valleys which are home to the most emblematic fauna of the Pyrenees. But only for good walkers!



D From the car park, start north on the track that climbs into the forest to the right of the toilets.

0h40 **1 709201 E - 4749603 N** At the end of the woods, turn right onto the flat of the Col Long de Magnabaigt. Go into the forest again and then head up the Magnabaigt valley to the right along the edge of the woods.

0h50 **2 709731 E - 4749323 N** Turn right and walk past the path to the hut on your left to continue up the valley. Cross the stream and climb the other side of the valley.

2h20 **3 710538 E - 4747047 N** At the Col de Suzon, head due south towards the Refuge de Pombie. Cross a large area of scree at the foot of the imposing east face of Ossau.

3h00 **4 710293 E - 4745762 N** Pass behind the Refuge de Pombie and go around the left-hand side of the lake. Climb to the edge of the scree. When you get to a spring catchment, head to the left and then climb steeply up the zig-zags, towards the right. Walk over the spillway of a small lake that you bypass on the right and climb into the valley opposite.

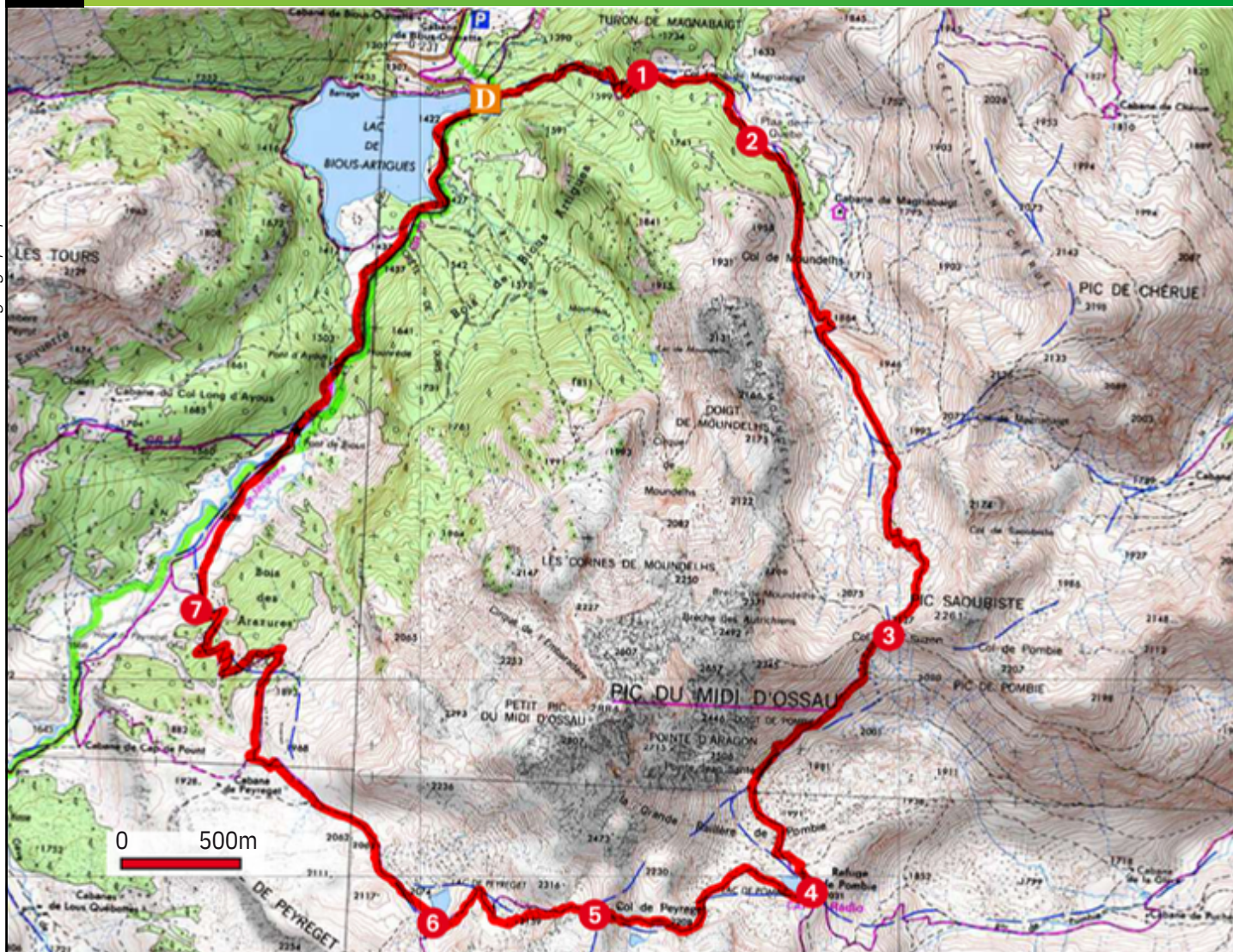
4h00 **5 709276 E - 4745586 N** At the Col de Peyreget, walk down into the scree, staying in the hollow. Go past a lake, continue up slightly and then head to the right. Then turn left again and go around the Peyreget lake on the left.

5h00 **6 708528 E - 4745492** On the flat, head to the right. Pass the track up to the Col de l'Iou on your left. Walk along the large boulders at the bottom of the scree. Walk above the Cabane de Peyreget and continue on the path to the right. Zig-zag down through the forest, crossing avalanche paths.

5h45 **7 707328 E - 4746900 N** At the bottom, turn right towards the Bious plateau, which you then cross. At the end, take a bridge on the left. Turn right, go slightly uphill and then downhill on the track that will take you back to the car park



Symbol of the national park's boundaries

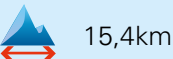


D Car park at the Bious-Artigues lake

GPS WGS 84 UTM 30T
708436 E - 4749389 N



7h



15,4km



1020 m

Signs on yellow background,
(no trail markers)

★ Don't miss:

- The isards and marmots.
- The flora of the Pyrenees (blue irises in July).
- The view on all the sides of the Pic du Midi d'Ossau.
- Run this loop as a trail if you feel like it.

⚠ Note:

- National Park, special regulations

The park's missions

The Pyrenees National Park was created in 1967 with four specific missions.

The first is to gain detailed knowledge of the ecosystems of which it is composed.

The second is the preservation of these outstanding spaces.

Because these are living environments, the third mission is to ensure the sustainable development of this sensitive area.

The fourth mission deals with hosting a growing number of visitors. This task is a challenge: the Pyrenees National Park is now the most popular of the nine French national parks!



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

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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