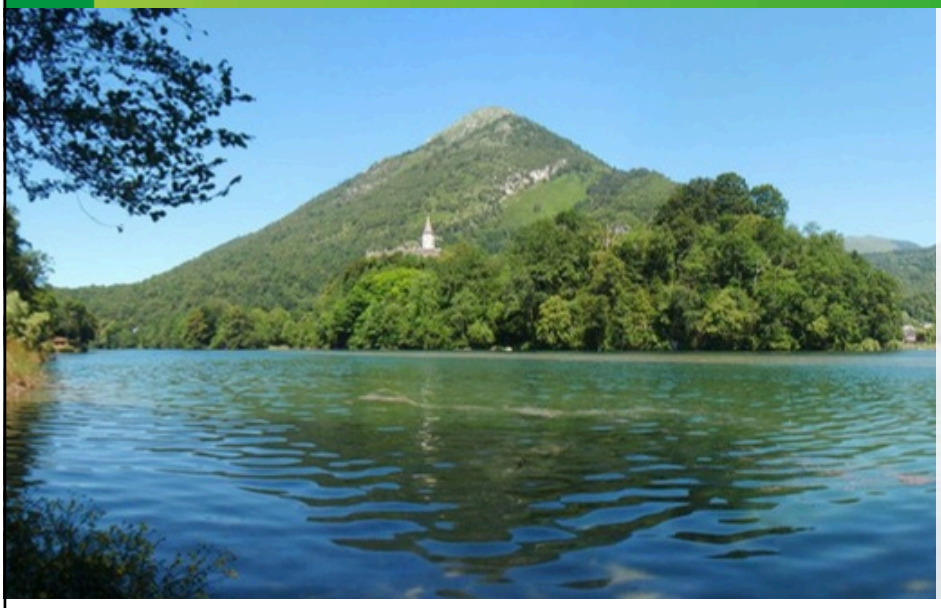
The Ossau Valley

LEV 1

Le lac de Castet



This very short loop offers you an immersion in the natural surroundings of Lake Castet, a "saligat", the name for the land bordering the mountain streams that are called "gaves" here.
Enjoy the shaded areas and the beautiful views of the Gave, the lake and the village of Castet, and don't forget to stop at the Maison du Lac (Lake House).

D From the car park, head east towards the Maison du Lac. Before the small bridge, turn left twice, taking a track in the undergrowth leading to the lake. At the end of the pontoon, there is a beautiful view of the heritage-listed village of Castet. Return along the same path to the playground.

0h15 1 ***709886E - 4771332N*** Take the towpath to the left, which goes up along the Gave d'Ossau. Walk past the picnic area and continue until you reach a barrier at the "Arriu Mage" car park. Turn right along the open-air theatre where many shows are organised in summer.

0h35 2 ***709841E - 4770426N*** At the north-west corner of the car park, take the track through the undergrowth back through the natural area in the opposite direction. This provides a different atmosphere, still sheltered by dense willow and alder trees. The environment is very humid: you will cross several small streams (footbridges) and walk along a pond that amateur fishermen frequent in summer.

0h55 3 ***709921 E – 4771337 N*** Once you reach the Maison du Lac (lake house), take the time to stop for a bite to eat, a drink or to enjoy the many activities on offer on the water and on land from April to early November.

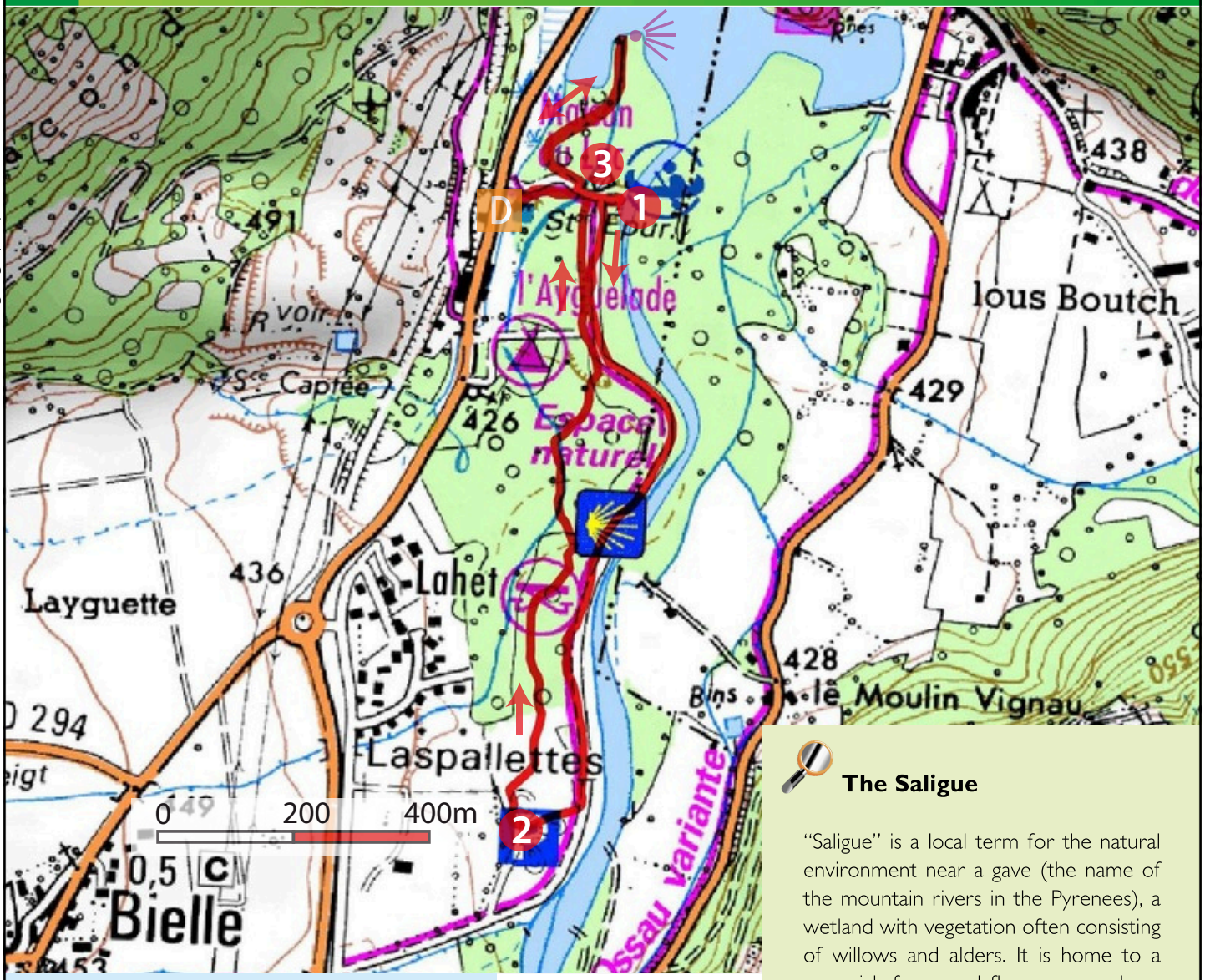


Night heron

LEV
1

Le lac de Castet

Extrait de Carte 1 :25 000 Institut géographique National



D Parking at the Lac de Castet car park in Bielle (on the edge of the D934, Ayguelade district). The site is accessible from the section of the Ossau Valley greenway between Iseste and Bielle, overlooking the Ayguelade district.

1h

3km

10m

GPS *WGS 84 UTM 30T*

709771 E - 4771314 N

Yellow markers

Don't miss:

• The view of the village of Castet, a heritage-listed site, with its 11th-century church of Saint Polycarp, and its castle, a fortified house from the 13th century.

The Saligue

"Saligue" is a local term for the natural environment near a gave (the name of the mountain rivers in the Pyrenees), a wetland with vegetation often consisting of willows and alders. It is home to a very rich fauna and flora, as seen here on the site of the Lake Castet natural area. As far as animals are concerned, there are no fewer than seven species of local interest, including the White-clawed Crayfish, the European Otter and the Atlantic Salmon. In terms of flora, the "Grande Listère" and the "Groseillier à grappes" are of note. The natural area, of which the left bank of the Gave is open to the public, is a fragile environment that everyone has a duty to protect.

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

All outdoor sports activities are available on the Vallée d'Ossau Pyrénées mobile app...
and on the website ***terredaventures.valleedossau.com***