The Ossau Valley

LEV 2

Le Larroun



This route is a bit like a time machine; it will take you from of the 21st century, where precision mechanics are manufactured for the aeronautics industry, to the prehistory of the Ossau Valley, where the inhabitants lived in caves and hunted reindeer and rhinoceros.

D Walk in the direction of the Messier Foundry. At a gate, follow the path on the right that runs alongside the factory.

0h10 1 ***707896 E - 4774360 N*** Turn right onto a path that climbs quite steeply.

0h40 2 ***707142 E - 4773962 N*** At the top of the climb and at a large boulder, turn left, walk to a hut. From here turn right, cross the plateau and pass some hedges.

0h50 3 ***706916 E - 4773832 N*** Pass an area of sinkholes and climb slightly along the left edge of a clearing.

1h00 4 ***706726 E - 4774029 N*** The path enters the forest and turns right at a small pass. Go down into the hollow of the talweg, taking care to follow the path on the right when it becomes very steep and seems impassable at first sight. At the bottom of the descent, continue on a flat path through a larch plantation. Follow the path that crosses the hillside and descends slightly, still in the forest.

1h20 5 ***706878 E - 4774915 N*** At a pass, turn left and descend 100m to have a look at the Malarode cave. Retrace your steps and take the descent opposite. The path is a little steep at first, then the slope becomes gentler as it heads to the right.

1h30 6 ***706966 E - 4774766 N*** The path widens. Turn left and go down towards the Anglas farm. On the left, through the trees, you can see the cliffs of the Arudy school rock.

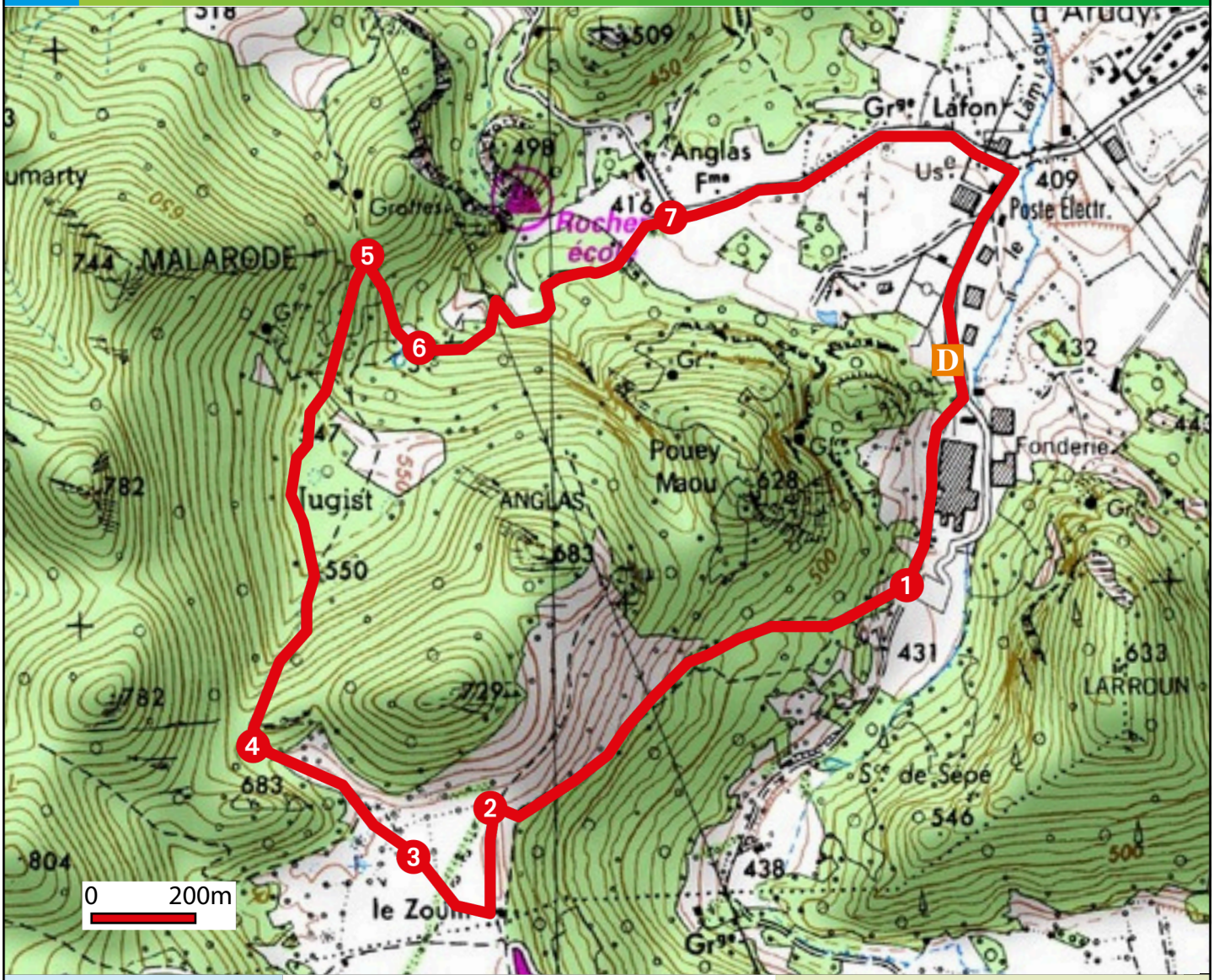
1h40 7 ***707441 E - 4775001 N*** Pass the gate through a small passage on the left and follow the road to the right. At the crossroads with Rue du Touya, turn right to get to the car park.



Moss in the woods

LEV 2

Le Larroun



Extrait de Carte 1 :25 000 Institut géographique National

D Village of Arudy near the Touya stadium and the Messier Foundry

GPS *WGS 84 UTM 30T*
707962E - 4774847N

2h

4,9km

240m

Don't miss:

- The diversion to the Malarode cave, the mysterious atmosphere of the forest overgrown with moss and the Zoum plateau.

Note:

- Very steep in places and very slippery, avoid this route after or on rainy days.
- Do not go through the protective barriers of the caves.
- Use horsefly and tick repellent from June to August.

Yellow markers

Prehistory

The history of humans in Ossau begins in the caves of Arudy.
The first traces date back to about 16,000 years ago.
These hunter-gatherers followed the herds of herbivores.
They ate meat from ibex and reindeer, but also snails, roots and grasses. They made bone and stone tools, mastered pottery and used red ochre as paint.

Made by:
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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***