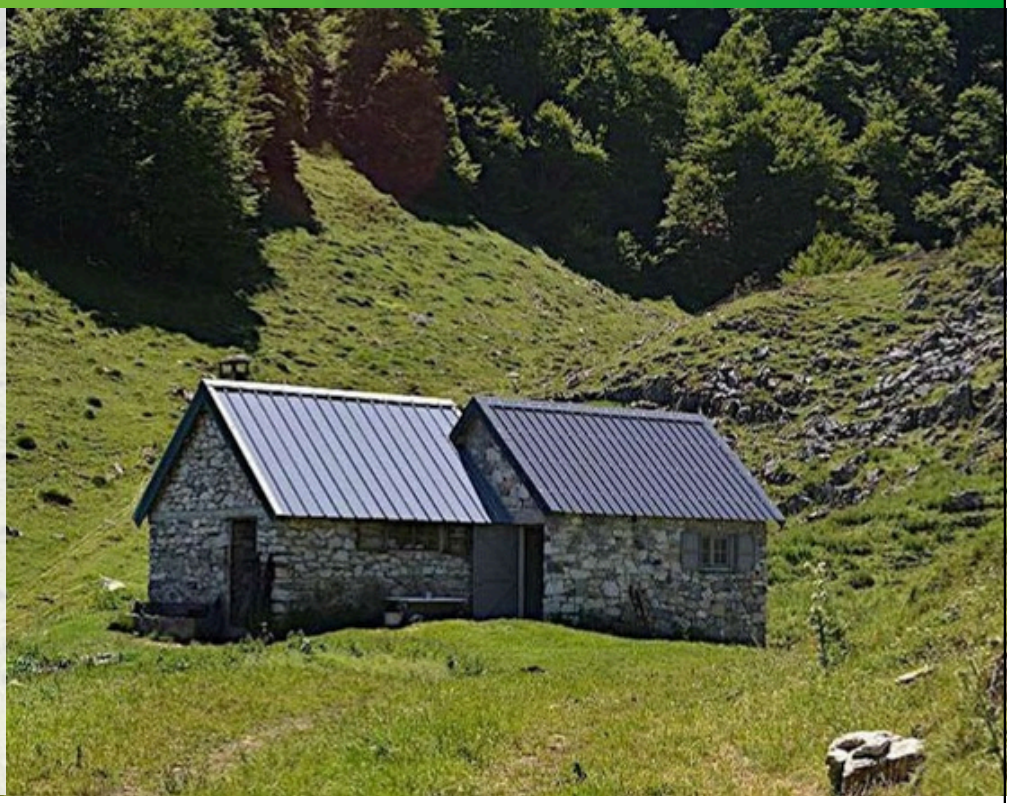
The Ossau Valley

LEV 3

La cabane de Lasbordes

This hike introduces walkers to all the different landscapes of the mid-range Béarn mountains. A gentle start in the area where the barns are, before you start climbing through the forest of beech and fir: the great Pyrenean forest, the mother of much of the local fauna. To finish, you cross the high pastures and a shepherd's hut, without forgetting the remarkable viewpoints



D Go up the small road that runs alongside the picnic area. Continue to a fence.

0h10 1 ***706537 E - 4770335 N*** Do not go straight on but take the track on the right which climbs up, passes some barns and continues, overlooking a first plateau to join the road to the Col de Marie-Blanque. Follow the road to the left until you reach a junction. Turn right onto the track which runs straight ahead, cross a small bridge and then continue on this track for 1.3km to a large plateau with a water trough.

0h50 2 ***704741 E - 4770904 N*** Turn left and cross a small bridge over the stream. At the signpost, fork right and take the path starting behind the two barns. Follow the hazel tree hedge and come out onto the road in a bend. Go up the slope to the right of the talweg, behind the ONF sign. You arrive at the quarry car park.

1h45 3 ***704152 E - 4770339 N*** The path starts just after the barrier on the left, joins a track and goes up to the right. Then turn left, walk past the quarry and continue along the steep path up into the forest. After a small clearing, it leads to a vast plateau.

2h30 4 ***703926E - 4769721 N*** At the entrance to the plateau, the path makes a semicircle and then climbs eastwards to the edge of the forest. It climbs steeply through the forest to reach the bottom of a pasture dotted with young fir trees.s.

2h45 5 ***704092 E - 4769708 N*** Go up the path which follows an old track winding up to a pass on the left.

3h15 6 ***704597 E - 4769248 N*** Go over the pass and then down through the pasture to the Cabane (hut) de Lasbordes, below. The path leads to a water trough and a track that can be driven on.

3h30 7 ***704983 E - 4768864 N*** Go down to the left following the track, there are clear alternative paths to shorten the zig-zags. You arrive at a junction of tracks.

4h30 8 ***706383E - 4769238 N*** Follow to the right, below, on a steep path that descends through the forest and meets the track to the road and the chapel.

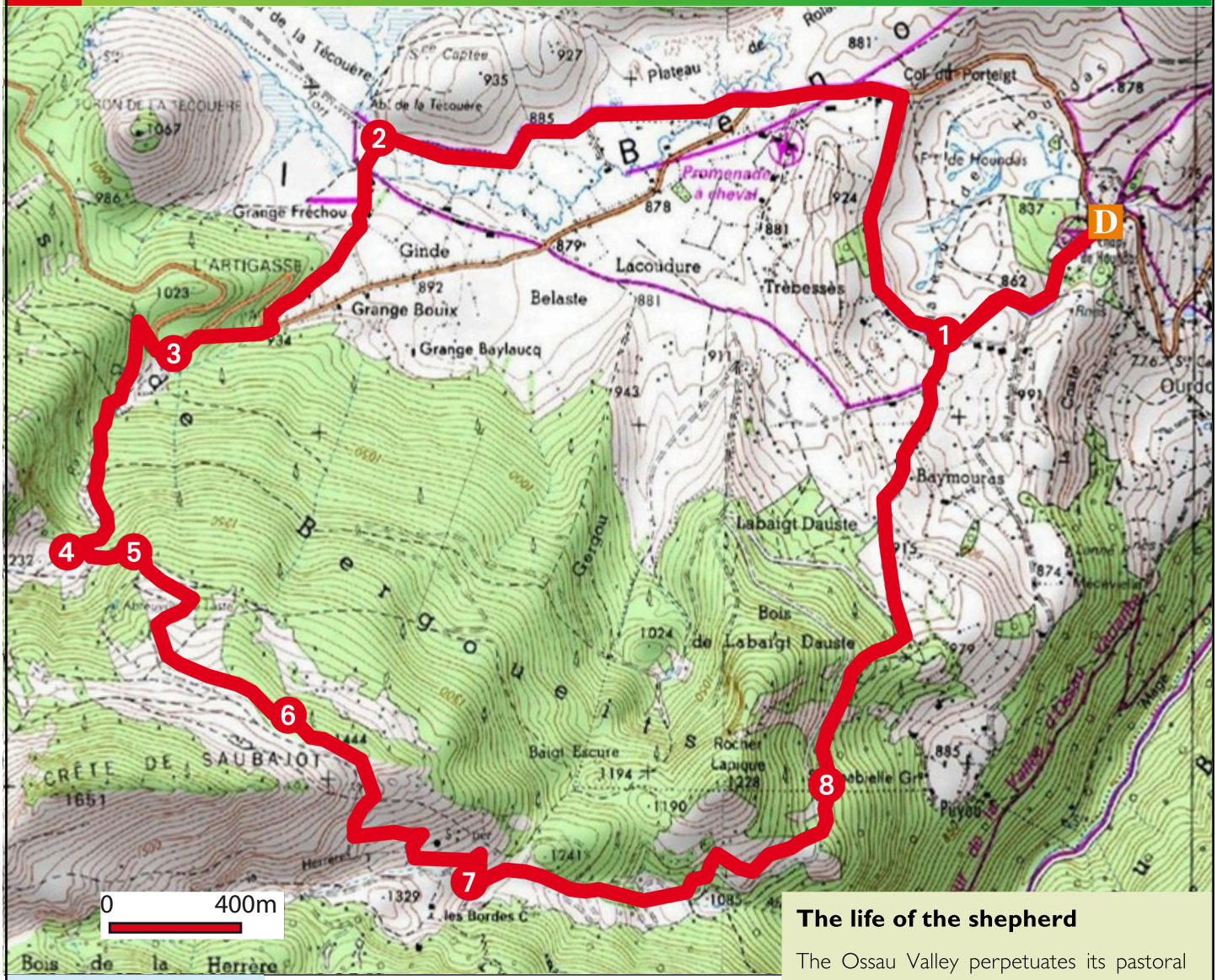


Alpine thistle

LEV
3

La cabane de Lasbordes

Extrait de Carte 1 :25 000 Institut géographique National



D Bilhères - Chapel of Houndas

GPS *WGS 84 UTM 30T*
707064E 4770838N

5h15

11,6km

650m

Don't miss:

The Benou quarry: one of the most beautiful marbles in the valley

• The water trough on the right as you arrive 5

• The Cabane de Lasbordes: a hut behind the water trough 7

Note:

• Path not always well marked: after point 4, be careful!

• Close gates behind you.

• The route passes through many grazing areas with herds of animals.

Yellow markers

The life of the shepherd

The Ossau Valley perpetuates its pastoral traditions and the ancestral practice of transhumance. The shepherds take their animals up to the estives (mountain pastures) at the beginning of July. They come down again in mid-September. They stay in huts known as cujala. Their days are punctuated by morning and evening milking and cheese making. In the afternoon, they watch over the herd.To help them in their work, they have two faithful companions: the "Patou or Pastou", a large guard dog that never leaves the herd, and the Labrit or Border Collie, always at his master's feet waiting for orders

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

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