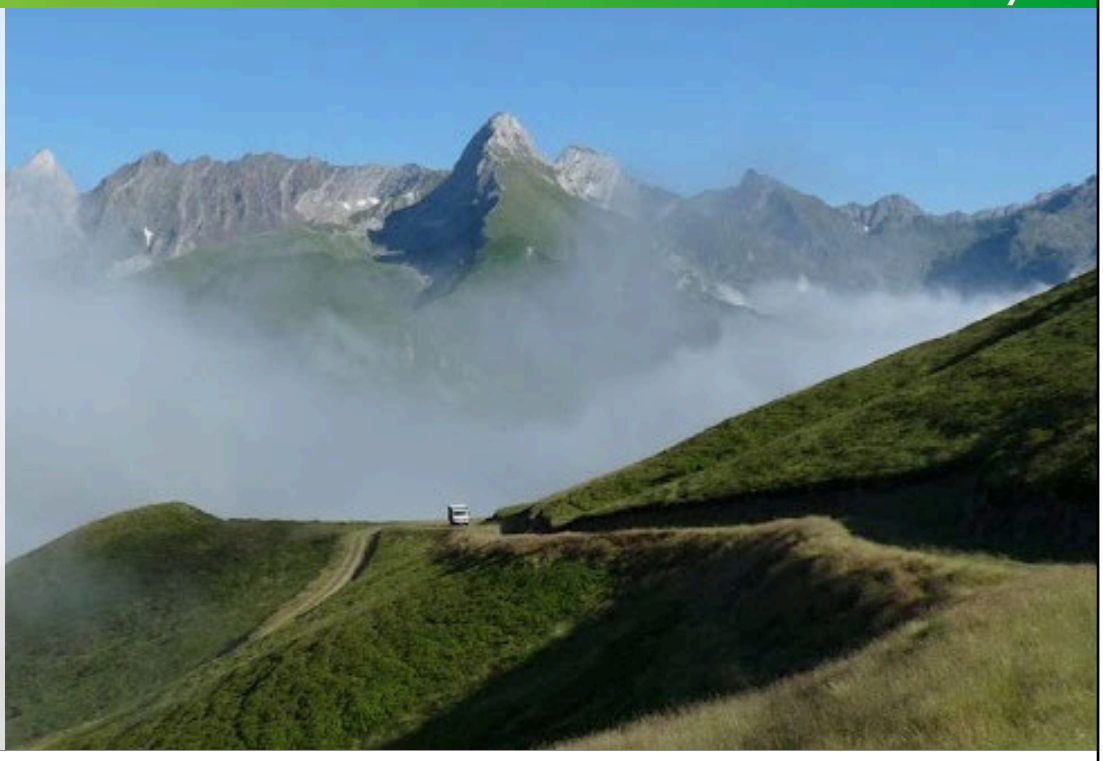
The Ossau Valley

LEV 3

Les crêtes d'Andreyt

A great little loop to do with the family. Crossing the Andreyt ridge involves no great difficulty, and offers the pleasure of hiking at altitude, facing the imposing Cirque de Gourette.



D Take the track to the right of the Col d'Aubisque hotel.

0h15 1 ***717399 E - 4762612 N*** When you reach a promontory with a splendid view of the Gourette mountains, turn left onto the track that climbs up.

0h30 2 ***717177 E - 4763610 N*** After reaching the Laudège ridge, continue on the track that cuts across and then winds down to the Cabane Gros.

1h15 3 ***715797 E - 4763206 N*** On the left at the last bend just before the hut, take a path that cuts across through the pastures.

1h30 4 ***714987 E - 4763065 N*** On the left, just below the Col d'Andreyt and when you reach the ruins, walk under some upright slabs of stone, then turn right to climb up the Andreyt ridge. Follow the path up and then down to the Col de Noulatte. (Optional: if the weather is very good, you can go straight ahead to the top of Soum de Grum).

2h30 5 ***716539 E - 4762675 N*** On the right, take a path that goes across and then down to the Col d'Aubisque.

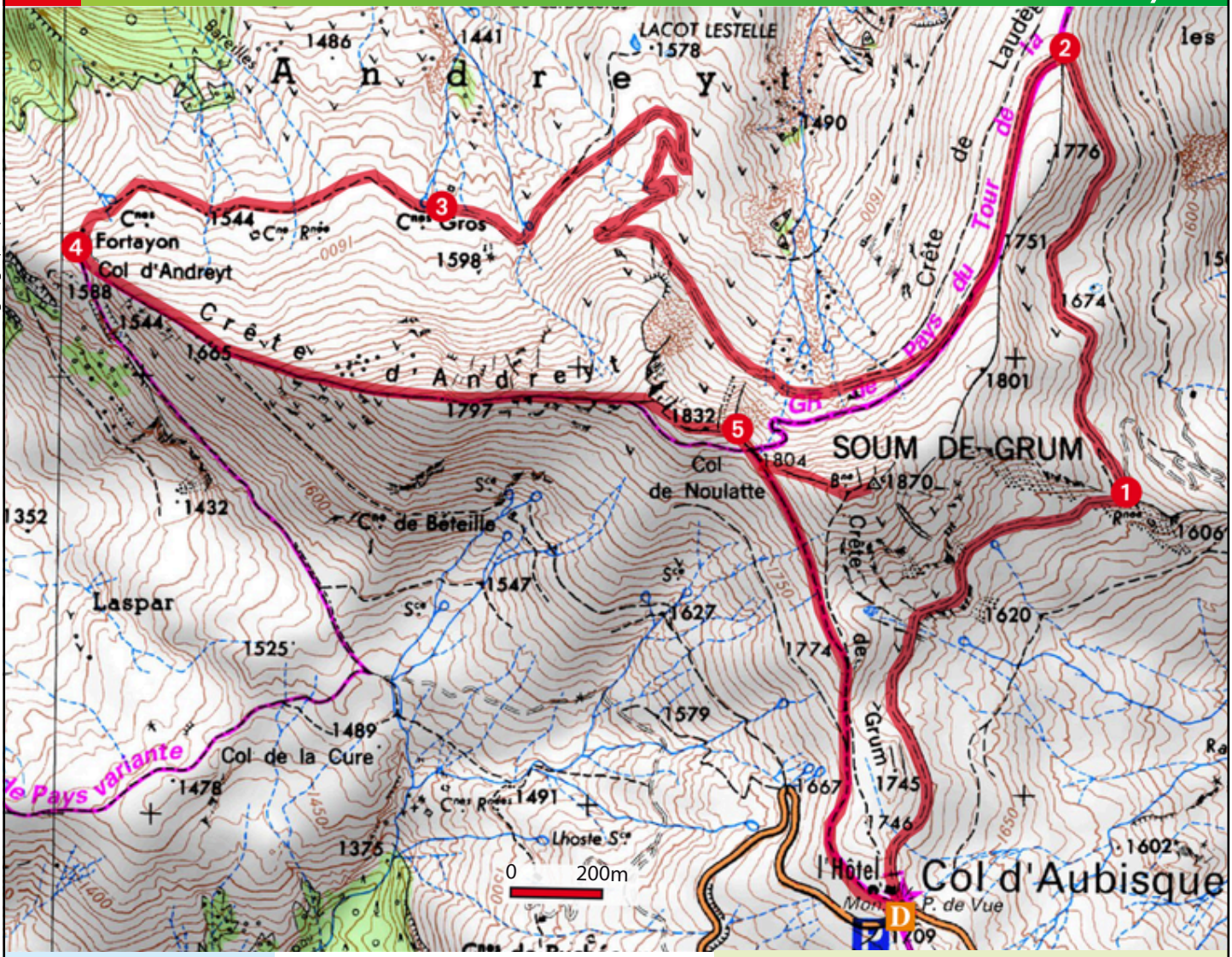


In the background : the Laruns villlage

LEV
3

Les crêtes d'Andreyt

Extrait de Carte 1 :25 000 Institut géographique National



D The Aubisque pass

GPS *WGS 84 UTM 30T*
716910E - 4761671N

3h

9,5km

370m

Don't miss:

- The view of the Gourette mountain range, the blueberries, the vultures that regularly fly over the area.

Note:

- Do not attempt this route in foggy weather, especially from the Cabane (hut) Gros.
- The path is often narrow and stony, and experience walking in the mountains is essential.
- Watch out for the Pyrenean Patou dogs guarding the sheep. Walk around the herds.

Yellow markers

The "Col d'Aubisque" and the Tour de France

Located between Béarn and Bigorre, the Col d'Aubisque is part of the legend of the Tour de France. It was crossed for the first time by the riders of the peloton in 1910 during the first major mountain stage in the history of the Tour, and has become an almost essential stage in the race. The ascent via Laruns is the steepest and most difficult with an average gradient of 7.2% and one section at 13%. The finish at 1709 m altitude after 16.6 kilometres of effort and an elevation gain of 1189 metres is always a great moment in a cyclist's life.

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***