The Ossau Valley

NIV 4

GRP® Tour de laVallée d'Ossau

Louvie-Juzon / Port d'Aste / Granges du Dès



This long walk through forests and areas of barns offers breathtaking views of the valley and the "Pic du Midi d'Ossau". The "ports" of Castet and Aste, which you pass through, are transit areas.
With their pastures and barns, they provide a place for herds to stay before the great transhumance to the summer pastures or the descent into the valley for the winter.

D As you leave the car park, head up Pasteur street to the left, then turn right. Walk past the Camps square and turn right onto Bernis street until you reach the corner by the cemetery. From there, follow a gravel path to the left until you reach a small clearing (with picnic tables).

0h10 1 ***710551 E - 4773279 N*** Head right, heading east. At the fork in the path, take the left-hand path. Cross a stream and you'll come out into a clearing with ferns.

0h30 2 ***710764 E - 4773207 N*** Turn left and go up.

1h00 3 ***711494 E - 4773196 N*** Turn left into a clearing.

1h15 4 ***712004 E - 4773213 N*** Go straight on. Join a track. Pass a water reservoir, a drinking trough and a gate. Continue along the tracks, keeping to the right at every junction.

1h55 5 ***713575 E - 4773364 N*** Straight ahead, it's always uphill.

2h10 6 ***714135 E - 4773374 N*** Hike up a path through a valley.

2h20 7 ***714237 E - 4772852 N*** Deus Coigts Pass. Head downinto the forest.

2h30 8 ***714622 E - 4772864 N*** From the hut, head down towards the plateau and make your way to a track that starts opposite.

2h40 9 ***714645 E - 4772477 N*** Head uphill as you enter the forest. At the junction with a track, turn right.

3h10 10 ***713321 E - 4771166 N*** At "Port de Castet", take the road on the left. Pass some barns, then carry on straight ahead along a track and then turn right. Pass through two gates and head uphill through the forest, then along a path through the grass.

3h40 11 ***711733 E - 4768938 N*** At the drinking trough, head up into the hollow of the valley and join the track above.

3h50 12 ***711798 E - 4768561 N*** On the left, take a hairpin bend on the track and, at the second bend, turn right onto a steep path through the woods.

4h15 13 ***711811 E - 4768298 N*** At the pass, head downhill. Leave the forest and keep to the left.

4h30 14 ***711867 E - 4768063 N*** On the right, return to the beech trees, cross through them and join a grassy track. Head downwards, aiming for a path to the right of the barns.

4h45 15 ***711800 E - 4767772 N*** On the left, walk past the Port d'Aste barns and head up the track on the left.

5h00 16 ***711812 E - 4766882 N*** At the first bend, turn right and head downhill. Pass under a fence and then cross over.
Caution: steep grassy slope – stay firmly on the path. Cross through rocky areas.

5h30 17 ***712575 E - 4766062 N*** Turn left onto the track and follow it uphill for about 1 km, passing in front of the barns.

6h15 A ***713430 E - 4765856 N*** Arrival at the campsite.
Alternative route from Louvie to Port de Castet via the village of Castet: reduces the stage by 3 hours.

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Louvie-Juzon,
"Foyer rural"

GPS *WGS 84 UTM 30T*
710043 E - 4773523 N

6h15

17,3km

1325m

Yellow and red markers

Don't miss:

- The view of the Pic du Midi d'Ossau and the valley
- The barns at Port d'Aste
- The griffon vultures

Note:

- Steep path crossing between Port d'Aste and the barns of Le Dès. Do not attempt this crossing when there is snow on the slopes above. Risk of avalanches.
- Bring horsefly and tick repellent from June to August
- Set off with an IGN Top 25 map of the area

Our Lady of Ayguelade.

During the great invasions, the Normans marched up the valley as far as Bielle. The Lord of Béon, determined to put up a fight, gathered an army at Castet Castle. To provoke the people of Oss, the Norman chieftain captured the beautiful Margalide, the lord's wife. A valiant knight, the lord rode out alone from the castle to fight and free his beloved. The gigantic Norman would have made short work of the young lord had Margalide not, during the fight, neutralised him by throwing her scarf over his head. Taken by surprise and blinded, the giant found himself beheaded. The invaders fled. To thank the Virgin Mary for saving his wife and his valley, the Lord of Béon had a chapel built at Ayguelade, the site of the duel.
So goes the legend…

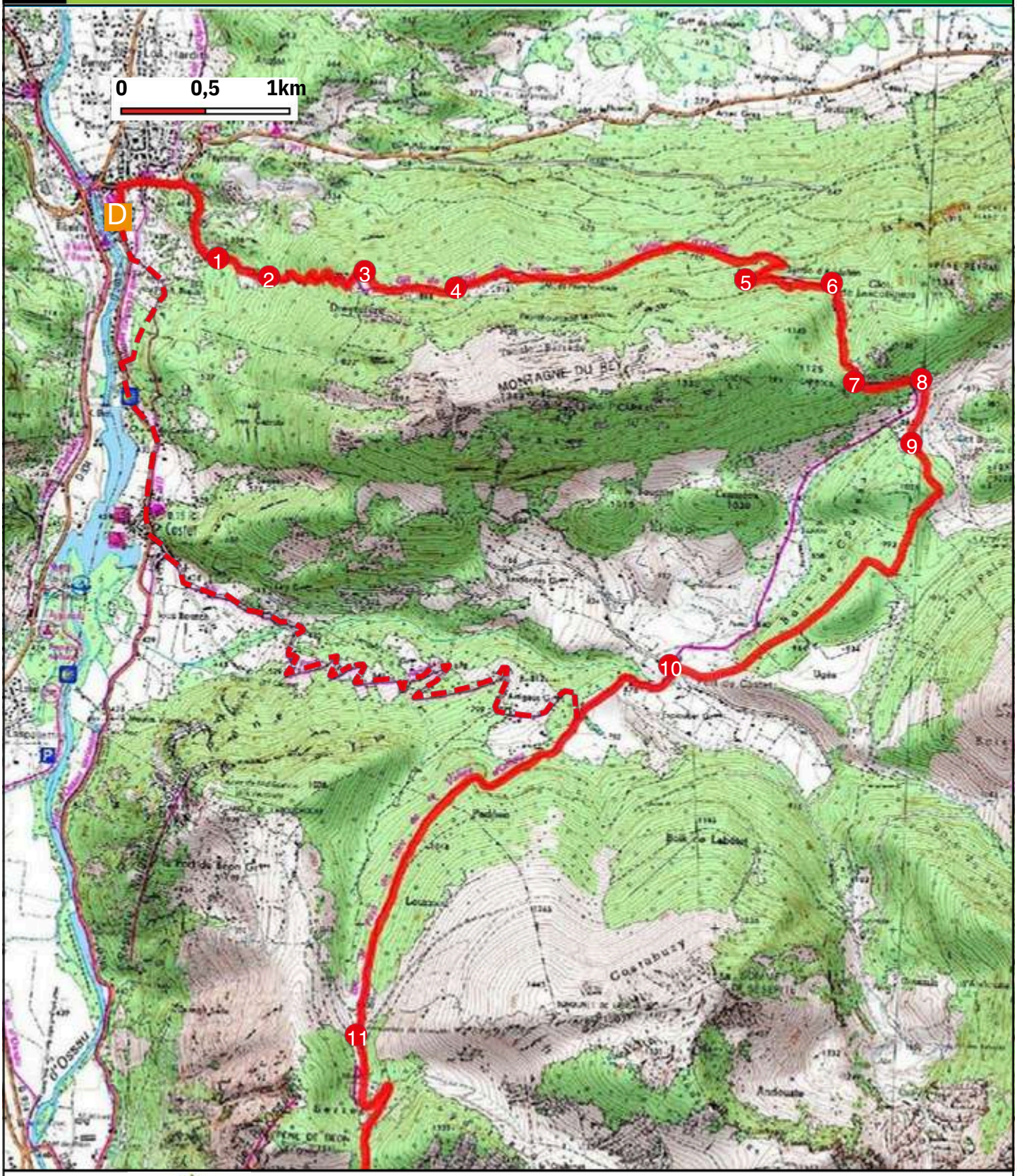
Made by:
Communauté de Communes de la Vallée d'Ossau
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Information :
Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41
www.valleedossau.com

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

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Extrait de Carte 1 :25 000 Institut géographique National

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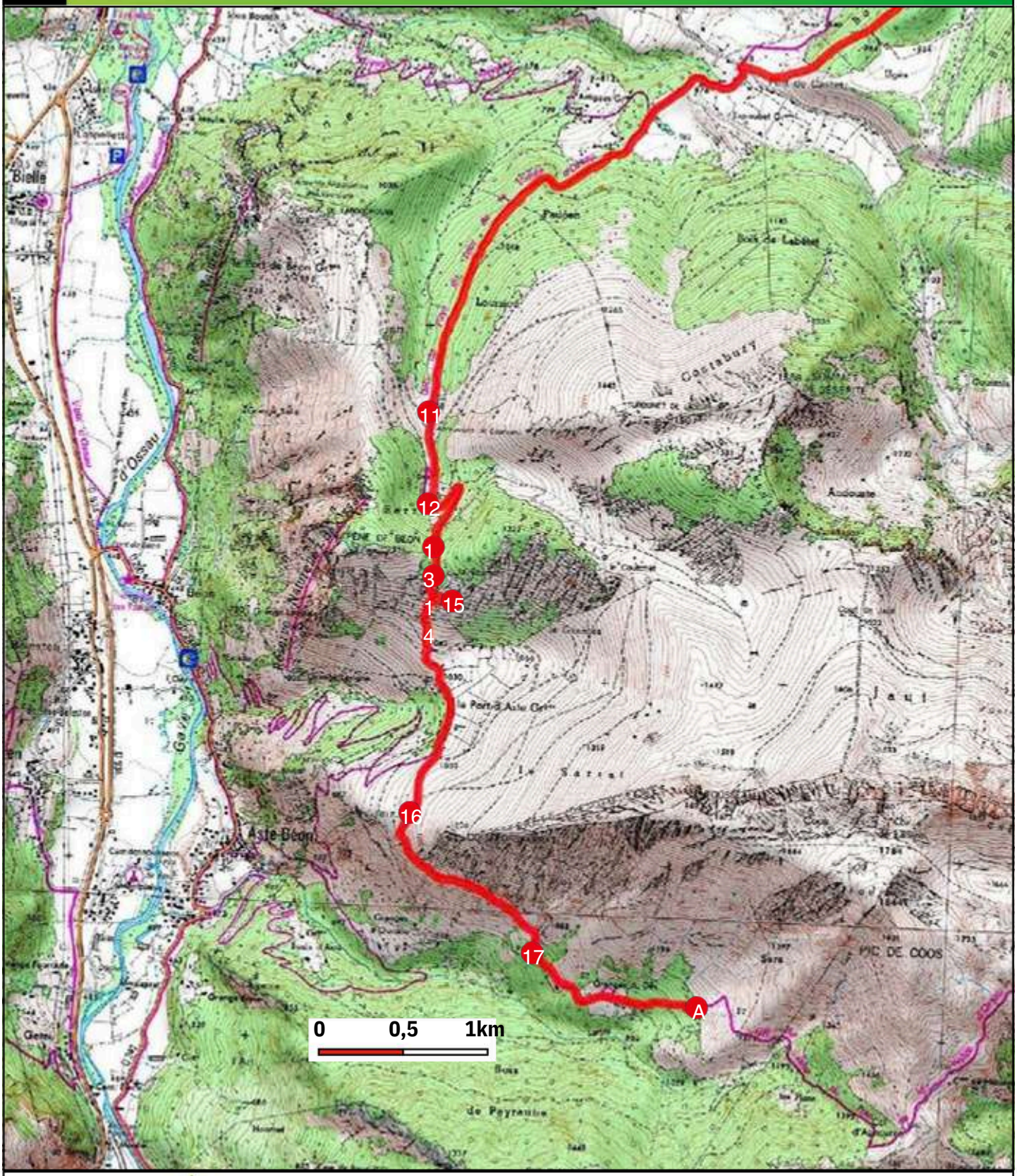
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Choose your hike

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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