The Ossau Valley

NIV 4

GRP® Tour de laVallée d'Ossau

Eaux-Bonnes / Eaux-Chaudes

This long hike takes you almost all the way round the Gourzy. It offers experienced walkers a magnificent panoramic view of the Ossau Valley and all its high peaks. Combined with the Gabas–Gourette section of the GR®10, it allows you to avoid the pass at the Hourquette d'Arre at 2,465 m when there is still snow in the spring.



D Behind the casino, take the track on the left and walk through the 'Suspended Forest' park. Continue along the track, leaving the 'Princes' Path' on your left. Carry on up the winding path through the forest until you reach a gate.

1h15 1 ***712305 E - 4760328 N*** Go through the fence and cross the clearing, then a track, and carry on straight ahead through clearings and woodland until you emerge onto the pastures. After a few hairpin bends, the path climbs alongside the woodland before veering right to pass over a ridge and traverse the hillside towards the Laga de Haut hut.

2h00 2 ***711736 E - 4759580 N*** Pass beneath the hut and climb up the hollow of a wooded valley.

2h20 3 ***711603 E - 4759014 N*** Leave the valley to climb to the right. Climb steep switchbacks over scree and cross a pasture with the ruins of huts.

2h50 4 ***711259 E - 4758819 N*** Turn left below the ridge and follow a path along the hillside. Once on the ridge, climb to the left, pass the Col de Gourzy and continue along the hillside, keeping the Pic de Gourzy on your left.

3h30 5 ***711994 E - 4757850 N*** Pass the Pas de Brèque, descend along the hillside and then climb again.

4h00 6 ***712201 E - 4756819 N*** Pass a small pass with views of the Col de Lurdé and the Ossau. Continue across a plateau of sinkholes, veering slightly to the left and then sharply to the right..

4h25 7 ***712039 E - 4756180 N*** After passing an area of rocky outcrops, leave the GR®10 on your left and turn right towards a pass and the Pic de Cézy. Descend and turn left onto a well-marked path through scree. Cross a ridge descending from Cézy (you can see the track to the Cambeilh hut below), follow it to the right, then head down to the left and then to the right, following a fairly well-marked path that winds round some hillocks. Walk alongside a stand of mountain pines, heading down to the right towards a wooded valley. Descend into the valley, then climb slightly to reach the hut.

4h50 8 ***710681 E - 4756602 N*** Pass to the right of the hut and head down due north, veering slightly to the right. At the bottom of the valley, you'll reach a marked path that branches off to the right. Cross a stream and follow the path on the opposite bank.

5h05 9 ***710371 E - 4757612 N*** Cross the stream, turn left and head down.

5h10 10 ***710196 E - 4757761 N*** After the gate, continue the descent through the forest along the steep, stony path which joins a track suitable for vehicles at a ford.

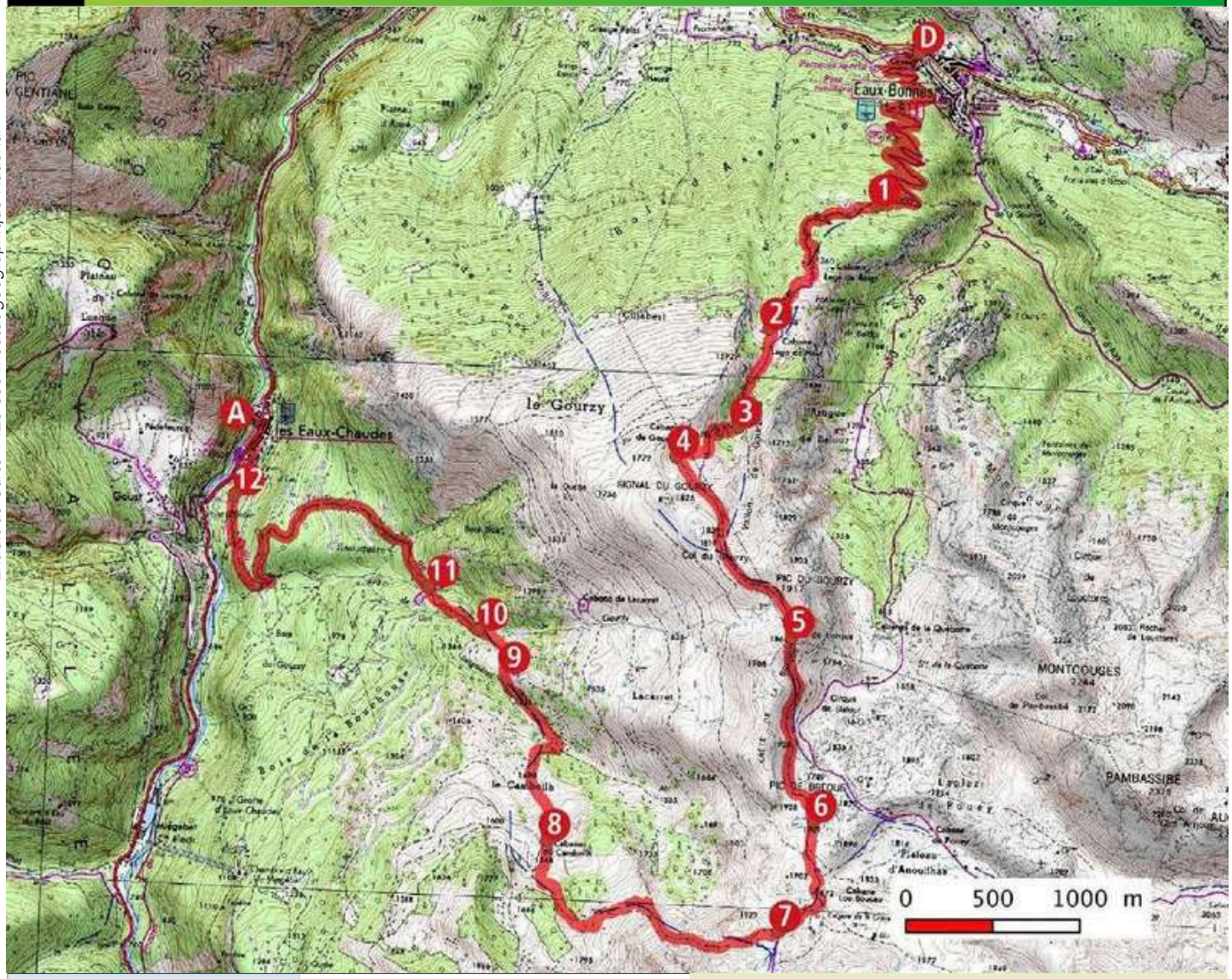
5h25 11 ***709906 E - 4757964 N*** Follow the track to the right for 200 m, then head down the path that starts to the left below. It leads to a wide track that descends straight ahead, occasionally crossing the track.

6h20 12 ***708729 E - 4758425 N*** Leave the tarmac track at a hairpin bend and turn right onto the level path that leads to Eaux-Chaudes. Arrival at the Eaux-Chaudes thermal baths.

NIV **4**

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Eaux-Bonnes / Eaux-Chaudes



Extrait de Carte 1 :25 000 Institut géographique National

D Behind the Casino des Eaux-Bonnes.

GPS *WGS 84 UTM 30T*

712490 E - 4761208 N

7h

17km

1240m

Yellow and red markers

Don't miss:

- The views of the valley, the Anouilhas plateau and the Ger massif.

Note:

- Do not walk this route if there is fog.
- Take an IGN Top 25 map of the area and orienteering equipment (compass and altimeter) and/or a GPS.

The battle zone

Situated on the edge of the forest and the pastures, this area of heathland is the scene of fierce territorial struggles. Between the montane zone, where beech and fir forests reign supreme, and the subalpine zone, where over the course of three thousand years humans have cleared land to create summer pastures, there exists a competition which, depending on the mountain climate and human activity, causes the forest to reclaim the land or give way to pastures. Nowadays, on the Gourzy, one can observe the decline in pastoral activity through the encroachment of the forest and the establishment of a vast moorland covered in heather, blueberry bushes and juniper, dotted with birches, stunted beech trees, rowan trees and mountain pines.

Made by:
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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***