

The Ossau Valley

NIV
4

GRP Tour de la Vallée d'Ossau

Cabane d'Arriutort / Bilhères



If you love wild mountains and the feeling they give you of being far away from it all, this magnificent variation on the Ossau Valley circuit is for you. It is aimed at experienced walkers who love routes where navigation and reading the terrain go hand in hand with walking.

- D** Set off to the right of the Arriutort hut, cross a small pass, head down and then veer left near the stream. Climb up a ridge on the left. **2h30**
- 0h40** **1 705255 E - 4760609 N** Turn right at a rocky, level stretch. Walk along the hillside, ascending slightly. **3h10**
- 1h00** **2 705379 E - 4761275 N** Continue walking along the hillside. **3h45**
- 1h15** **3 705092 E - 4761946 N** At the Arriutort Pass, continue along the hillside, climbing up beneath a small rocky peak. Cross a small pass and continue down the other side. After a small lake, climb up the hillside. Follow the most clearly marked path. **5h00**
- 1h50** **4 705053 E - 4762590 N** Cross a small pass dotted with sinkholes and descend into a gully on the left. Traverse along the slope to the right. **5h30**
- 2h00** **5 705049 E - 4762747 N** Pass the Pas de Calhabet, a steep section among the rocks which you descend. Then walk along the base of the cliff, following the most clearly marked path. Cross scree slopes beneath the Pic de Lorry. **6h00**
- 6 705643 E - 4763020 N** At a small lake, turn left. Head downhill for 100 m. At a pretty little spring, turn right then head back uphill along the hillside.
- 7 705492 E - 4764356 N** At the Col de Barca, head down into the valley on the left then follow the ridge, keeping to the right.
- 8 706218 E - 4765188 N** On the right, head down towards the stream then turn left. Walk past the Ibech hut, then head back up onto the track. Turn right and head downhill.
- 9 706670 E - 4768275 N** On the left, cross the Bilhères bridge and head back up.
- 10 707226 E - 4769716 N** Continue straight on along the path leading to the Ourdos district. Once past the mill, turn right and walk down the street to Bilhères church.
- A 707767 E - 4770532 N** Arrival.



D The Arriutort hut.

GPS WGS 84 UTM 30T
706149 E - 4761148 N



6h



17,2km



530m

 **Yellow and red markers**

★ Don't miss:

- The whole route is absolutely stunning and very wild

⚠ Note:

- Do not follow this route in fog.
- Set off with an IGN Top 25 map of the area

Hunting

Gaston Phébus was the first person in the Middle Ages to mention the abundance of wildlife in the Ossal region in his book on hunting. Nowadays, with certain species facing extinction, hunting in the mountains is strictly regulated. Bears, wolves, lynx and birds of prey are protected. Chamois, black grouse and ptarmigan are hunted in accordance with a hunting plan which may or may not allocate a certain number of animals to be killed per municipality over a short period in autumn. As marmot hunting is not a traditional practice in the valley, the animal is largely ignored. For wood pigeon hunting, hunters build hides on the mountain passes where they wait for the birds to fly over. Mountain hunting has its enthusiasts, who would never miss a season under any circumstances.



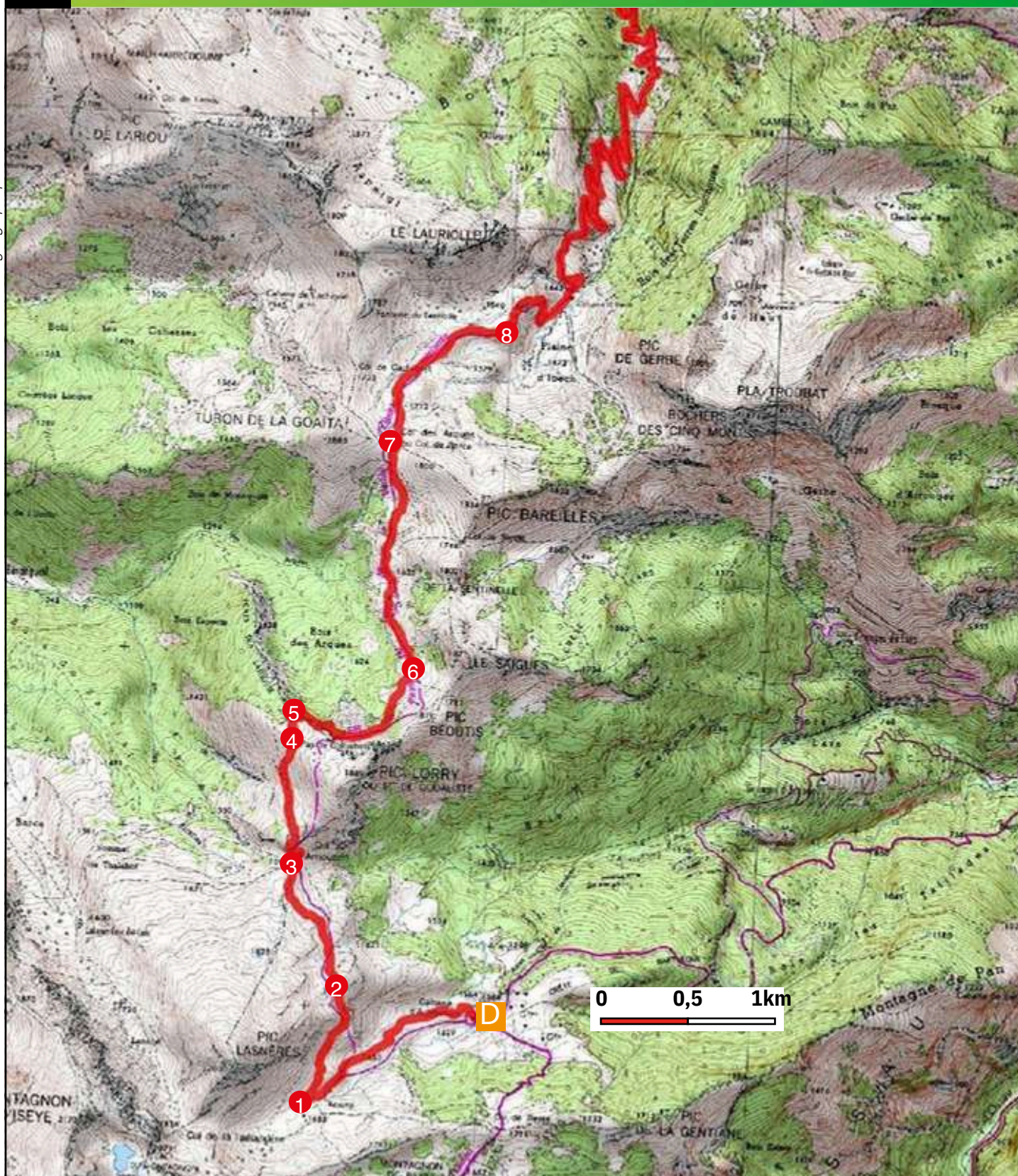
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1 avenue des Pyrénées – 64260 Arudy +33 (0)5 59 05 66 77

Information :

Ossau Valley Tourist Office, Pyrenees - Headquarters in Laruns - +33 (0)5 59 05 31 41
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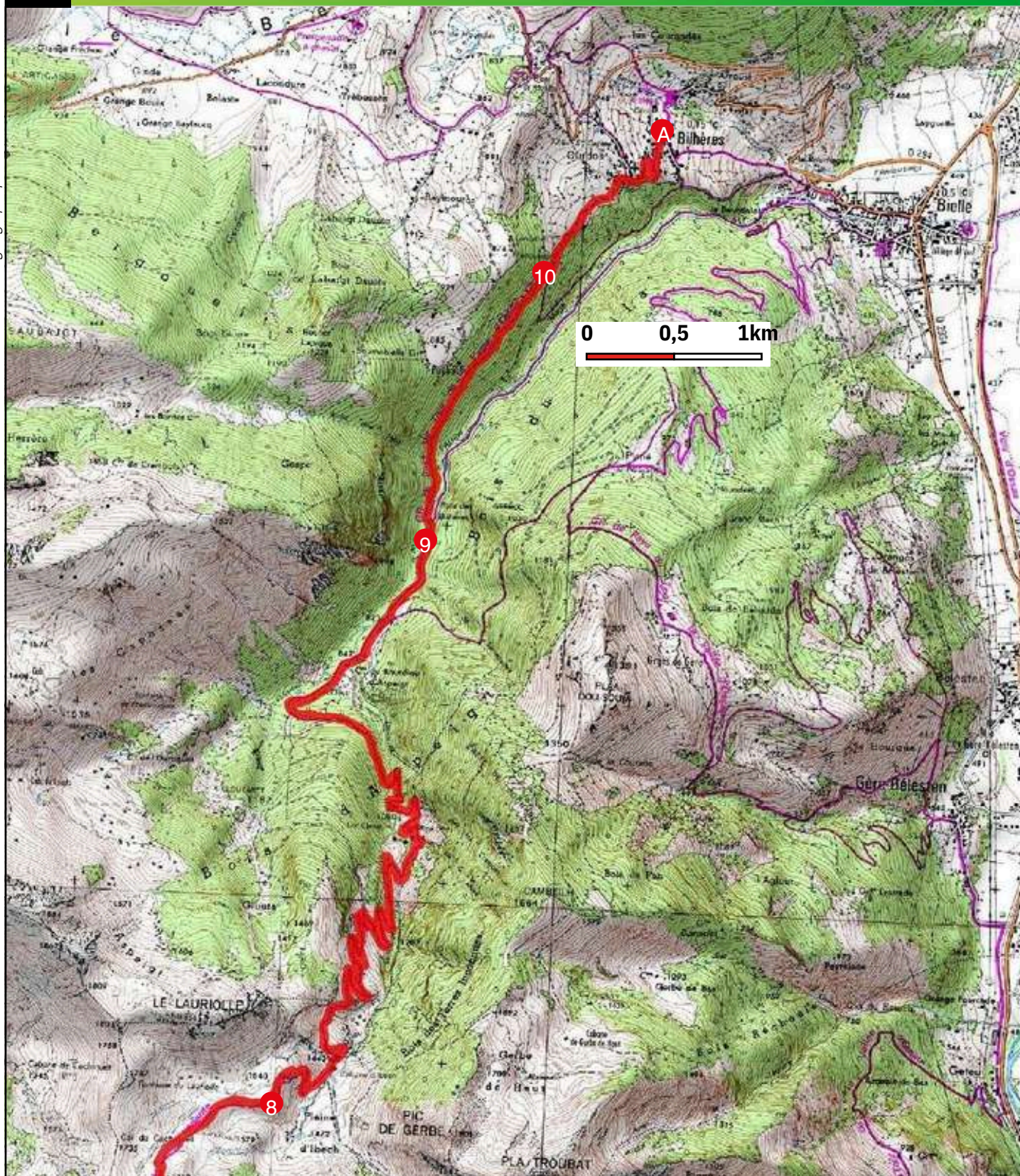
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Choose your hike

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

 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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