The Ossau Valley

NIV 4

GR® 10

De Gabas à Gourette



This mountain route, the only section of the GR®10 that lies entirely within the Ossau region, offers the chance to discover some of the Ossau Valley's hidden gems, such as the Soussoueou valley and a magnificent panoramic view of the Pic du Midi d'Ossau, as well as areas of historical economic activity, such as the former iron mines, and modern-day economic activity, such as the ski resorts of Artouste and Gourette.

D From the car park, head up the D 934 for 15 minutes, then turn left before the power station.

0h30 1 ***711117 E - 4751521 N*** Cross the Alhas Bridge. Continue along the path, which then becomes a forest track, until you reach a T-junction.

1h30 2 ***710444 E - 4753597 N*** From there, there are two possible routes: either the path on the right, with some dizzying but well-secured sections (handrail: cable), or continue along the main track and cross the Goua Bridge. The two routes join after 30 minutes. After a steep climb, you reach the Tume cliff.

2h30 3 ***711927 E - 4754200 N*** After a final hairpin bend, the path continues on level ground. Pass the Cézy huts on your left, keeping a good distance away (500 m), and continue along the path overlooking the Soussoueou plain. You then move away from this valley to resume the climb. After 45 minutes, cross a small stream

5h00 4 ***716164 E - 4754859 N*** and continue the ascent along the left bank. You'll soon reach a flat stretch and a small pool, before climbing up to the Hourquette d'Arre.

6h30 5 ***717893 E - 4755429 N*** Head towards Gourette, passing a stone hut on your right. Carry on straight ahead, descending towards Lake Anglas. Pass the ruins of the old iron mine on your right and Lake Anglas on your left.

7h00 6 ***718466 E - 4756593 N*** At the end of the lake, head down towards Gourette, then pass to the left of the Coste de Goua hut and continue to a fork in the path.

8h00 7 ***718455 E - 4758035 N*** Turn right.

8h30 A Arrival in Gourette.

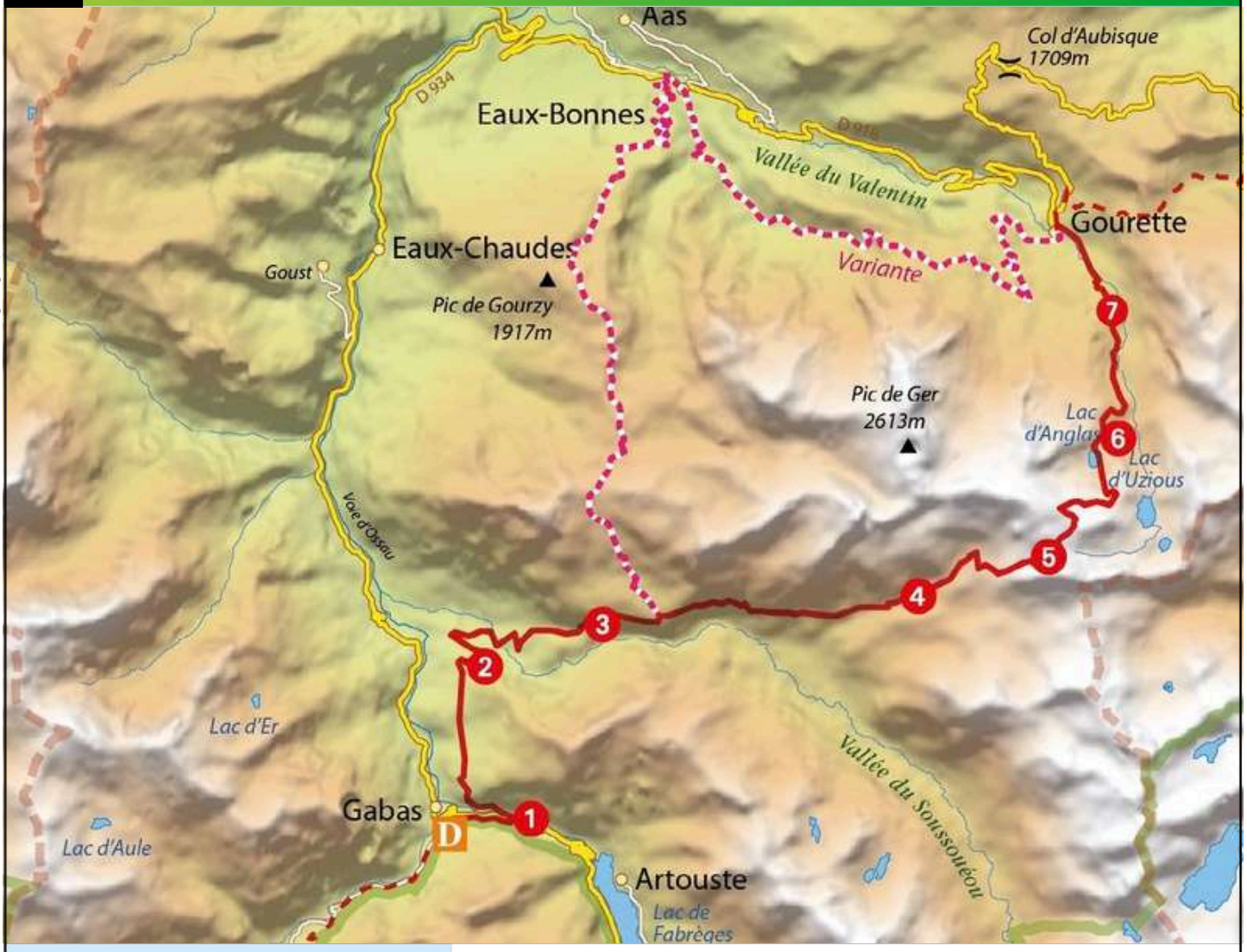


Soussouéou gorges

NIV
4

GR® 10

De Gabas à Gourette



Extrait de Carte 1 :25 000 Institut géographique National

D Gabas (village exit, car park before the road to Bious-Artigues)

GPS *WGS 84 UTM 30T*
710273 N - 4751480 E

8h30

22,5km

1770m

White and red markers

Don't miss:

- The Soussoueou valley.
- The panoramic view over the Ossau valley, including the Pic du Midi d'Ossau.
- The old iron mines.

Note:

- In bad weather, certain sections may be dangerous.
- This long route with a significant elevation gain (highest point of the route: 2,465 m) is reserved for experienced walkers.
- An alternative route via the Lurdé and Gourzy passes is possible in the event of heavy snow on the Hourquette d'Arre.

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***