

The Ossau Valley

NIV
4

GR® 108 Voie d'Ossau

De Laruns à Gabas

Leaving behind the wide, flat-bottomed valley, this second stage of the Chemin d'Ossau presents the delicate challenge of climbing a stretch of terrain where the geomorphology of the Pyrenees has left nothing but steep-sided valleys and deep gorges. The route ultimately overcomes these difficulties and, via discreet paths sheltered by boxwood, reaches a haven of life at the hamlet of Gabas, famous for its cheese-curing rooms.



D Stage 1: Eaux-Chaudes. From the main square in Laruns, on the corner of the town hall and the market halls, take Rue du Port (one-way street). At the end, cross the bridge over the Arriussé and, at the corner by the Hourat power station, take the first road on the right. It climbs past the last houses, winds its way between two cliffs (marker stone and wayside shrine), then enters the upper valley of the Gave d'Ossau (a gentle descent on tarmac). Without taking the Crabé Bridge (1.8 km / 0h35), which leads to the D934, turn right onto a signposted path. It passes under a power line and winds its way up this wooded slope. Follow the single track until you come to a footbridge over the Gave d'Ossau. Cross the bridge and climb up the opposite bank to quickly reach the D934. Cross the road (take care, heavy traffic) and continue along the path opposite. After four hairpin bends above the road, the path crosses discreetly across steep slopes (a narrow passage at the foot of a cliff – take care in wet weather) and rejoins the road 800 metres further on. Cross the D934 again (take care, heavy traffic) and head down a grassy track. A path takes over, running alongside the Gave d'Ossau, and emerges in the shade of around ten remarkable beech trees. Continue along a small road to the right.

At the sewage treatment works, a new path climbs steeply to the left up to the road. Follow the D934 to the right (take care, heavy traffic) to enter Les Eaux-Chaudes. 100 metres before the church, take the street on the right to reach the esplanade of the Les Eaux-Chaudes thermal baths.

Stage 2: Footbridge over the Gave d'Ossau. Cross the river via the metal footbridge and, on the opposite bank, take the footpath to the left (a flight of steps). A footpath takes over; pass a waterfall and you'll reach the D934 on leaving Les Eaux-Chaudes. Leave the Pont d'Enfer on your left and walk 50 metres along the road until you find the start, on the right, of a partially tarmacked track (signposted 'GRP® Tour de la Vallée d'Ossau'). Stay on this old road, which is now closed to traffic; it climbs in a series of hairpin bends. You'll reach a bend in the Route de Goust, beneath a high-voltage power line: ignore the yellow and red markings and head down the road to the left for over a kilometre. At a hairpin bend (cattle paddock), leave the tarmac and take the path on the right-hand side. It passes under the box trees and rejoins the D934 a little further on. Follow the road to the right for a short while (take care, as there is heavy traffic). Cross the road towards a picnic area on the left-hand side of the D934 (8.1 km / 2 hrs 45 mins). Take the footbridge over the Gave d'Ossau.

Stage 3: The Soussoueu torrent. On the opposite bank, a path branches off to the right. Opposite the Miégebat power station, a wooden footbridge helps you cross over the three water pipes; the stream that follows is forded. The path then climbs in altitude, winding its way in short hairpin bends, before cutting through the forest amidst lush vegetation. Once past a high point (800m), the path descends through a boxwood grove towards the stream. Continue alongside the stream, amidst imposing and enigmatic boulders covered in moss.



Pont d'Enfer (Hell bridge)

The route eventually moves away from the river, climbing through the forest, and soon follows a straight path lined with brambles. At the two barns at Le Hourq (830m), continue along the path opposite. After passing a building, cross the first bridge (over the Soussoueu torrent).

Stage 4: Gabas. Down below, ignore the bridge over the Gave d'Ossau (11.7 km / 3 hrs 55 mins) and head left onto a tarmac road (Route du Piet). At the first bend, carry on straight ahead along the pastoral path. Paved, it climbs through the forest with the Gave on your right, then runs alongside a hairpin bend in the road without joining it. Just before reaching the tarmac for the second time (920 m), keep to the right on the path which climbs a wooded ridge overlooking the road. At the T-junction (940 m), turn right. The route crosses through a beech and fir forest, then descends towards the Gave. On the other side of a footbridge, follow the single track back up to the road. Ignore the path to Lac d'Er opposite and walk along the D934 to the left for 200m, until you find the start of a track on the right, next to a cattle paddock. Cross the paddock, closing the gates behind you, and walk straight ahead. Finish the stage on the road, which you should follow straight ahead, until you reach the chapel at the entrance to the hamlet of Gabas.

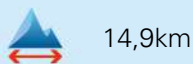
Text and description: ADT64

D Laruns

GPS WGS 84 UTM 30T
709820 E – 4762702 N



5h



14,9km



910m

White and red markers

★ Don't miss:

- Eaux-Chaudes Thermal bath. Situated at the exit of the Hourat Gorges, Eaux-Chaudes was one of the most renowned spa resorts in the Pyrenees during the 17th century. Many royalty and prominent figures of the bourgeoisie of the time came to 'take the waters' in this unassuming village in the Upper Ossau Valley. The thermal baths are still frequented for their therapeutic benefits against rheumatism, joint infections and respiratory ailments.
- Gabas Chapel. Founded in 1121 in accordance with the wishes of Gaston IV the Crusader, Viscount of Béarn, the small church at Gabas served as a waystation for the Sainte-Christine Hospital at Somport, designed to accommodate pilgrims on their way to Santiago de Compostela. It was therefore a welcome stop on the Ossau Way, the day before pilgrims crossed into Spain via the Col des Moines and the Col du Somport.



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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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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