

The Ossau Valley

NIV
4

HRP

La Haute Route Pyrénéenne



The HRP, or more precisely 'La Haute Route Pyrénéenne', is a long-distance hiking route which, over 45 high-mountain stages, crosses the Pyrenean massif, linking the Atlantic to the Mediterranean. The section through the upper Ossau Valley is covered in two stages: from the Col des Moines to the Pombie refuge, and from the Pombie refuge to the Arrémoulit refuge.

Col des Moines - Pombie Refuge



→4h



8,9km



680m

Pombie Refuge - Arrémoulit Refuge



→ 5h15



12,6km



1130m

★ Don't miss:

- The view of the Pic du Midi d'Ossau and the Pic Palas. The chamois, marmots and vultures.
- Lakes Casterau, Peyreget and Pombie.
- The lakes around Arrémoulit.

⚠ Note:

• Unmarked routes

- Special regulations apply in the Pyrenees National Park.
- Snow at the start of the season at the Col de Peyreget, the Col d'Arrius and on approaching Arrémoulit.



D 704428 E - 4744353 N From the Col des Moines, head downwards across to the left towards Pic Casterau (a large cliff face with a striking horizontal fold).

0h20 1 705001 E - 4745455 N In an area of large boulders, follow the path to the right as it descends towards Casterau lake. Go round the lake on the right and head back up, keeping to the left. Pass a rocky outcrop and descend in switchbacks, following the path.

0h40 2 706252 E - 4745901 N At the La Hosse hut, follow the track to the left for 20 metres as you descend, then turn right. Descend along a path on the mountainside, cross a small bridge, turn left and head towards the Cap de Pount hut.

0h50 3 706796 E - 4746209 N After crossing a stream, head slightly uphill and go round the Cap de Pount hut on the left. As you cross a boulder field, join the path that climbs to the left. Pass through a sort of gap between the cliffs.

1h50 4 707538 E - 4746126 N When you reach a flat stretch, leave the Peyreget hut on your right and turn left. Join the park path and follow it uphill to the right until you reach Lake Peyreget. Walk round the lake on the right-hand side.

2h30 5 708528 E - 4745492 N Follow the path that branches off to the left, leaving the climb to the Col de l'Iou on your right. Climb up, taking a wide hairpin bend to the right, then, after a small bend, continue upwards following the cairns whilst staying in the hollow of a large scree slope.

3h20 6 709277 E - 4745586 N At the Col de Peyreget, descend to the other side. Pass a small lake on your left and, after a short, steeper section, descend keeping to the left. Pass in front of a spring catchment. At the edge of the Ossau scree slope, head to the right. Go round Lake Pombie on the right until you reach the refuge.

4h00 7 710295 E - 4745763 N Pombie Refuge.

**Made by:**

Communauté de Communes de la Vallée d'Ossau
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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0h20

D 710295 E - 4745763 N Head down the large valley opposite the refuge, following the path that starts in front of it. After a few hairpin bends, you'll reach a flat stretch bordered by the Ossau scree slope.

0h30

1 711060 E - 4745647 N Follow the path between the scree slope and the stream. Pass in front of the Puchéou hut.

2 711904 E - 4745808 N 50 metres past the hut, turn left. Walk down a few metres, cross two footbridges and head right. After a scree slope, walk down the hillside.

1h00

3 712412 E - 4746324 N Cross a bridge over the Gave de Pombie and continue the descent through the forest to the bottom of the valley.

1h30

4 713592 E - 4746087 N Cross a bridge over the Brousset and head back up towards the road.

1h50

5 713796 E - 4745863 N At the Caillou de Soques car park, follow the road for 100 m to the left. Head up the winding path to the right above the small car park. As you emerge from the forest, cross a footbridge over the Gave (river) of Arrius.

2h05

6 714488 E - 4746278 N On the right, climb up the switchbacks then traverse along the hillside. Pass the hut.

3h05

7 715924 E - 4746786 N At the 'quèbe d'Arrius' – a large rock shelter – head up to the left towards a scree slope, then traverse.

3h25

8 716483 E - 4746970 N Continue along the bottom of the valley and follow the stream. Pass two steep sections interspersed with flat stretches.

3h55

9 717184 E - 4747465 N At the Col d'Arrius, head down towards Lac d'Artouste. Pass through a slightly steep gully and continue to a large grassy plateau, which you cross to the right until you reach a junction.

4h35

10 717712 E - 4747793 N On the right, climb up a series of switchbacks to a snow gauge at the top of the slope. Go round a small lake on the right. Cross to the left beneath the dam wall to reach the refuge.

5h15

11 718252 E - 4747179 N Arrémoulit Refuge (staffed from June to the end of September)

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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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