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- FRANCE / SPAIN BORDER
- PYRENEES NATIONAL PARK



USEFUL NUMBERS

- MAISON DU PARC NATIONAL DES PYRÉNÉES  
+33 (0)5 62 97 49 49
- FRANCE HAUTES-PYRÉNÉES WEATHER  
0 899 71 02 65 (PAYABLE NUMBER)
- EMERGENCY  
112
- MOUNTAIN RESCUE  
+33 (0) 5 62 92 41 41

REFERENCE MAPS & TOPOGUIDES

- This map does not replace a topographic map or a topographical guide. You will find opposite the references of the maps and topoguides covering this geographical area. On sale in shops and Tourist Information Points in the Gavarnie Valleys.
- TOPOGRAPHIC MAPS:**
- IGN 1/25000 1647 OT Vignemale (Ossau / Arrens / Cauterets) - couvre le secteur montagne
  - IGN 1/25000 1647 ET Lourdes (Argelès-Gazost / Le Lavedan) - couvre le secteur piémont
  - Rando Éditions 1/50 000 n°4 Bigorre (Cauterets / Gavarnie / Saint-Lary)
- TOPOGRAPHIC GUIDE REFERENCES:**
- Topoguide Val d'Azun – 14 balades et randonnées (Editions Glénat)
- PATRIMOINE EN BALADE (THE HERITAGE WALK):**
- Via a free downloadable application, discover 15 easy audio-guided walks throughout the valleys. Each walk has a theme, related to an historical event or to a specific place. Self -guided.



GUIDED  
HIKING

Throughout the year, local guides and mountain guides in the valley offer outings adapted to all levels and with very varied themes: the discovery and observation of flora and fauna; night outings under the stars; walks that take you off the beaten track; high-mountain walks and climbs up to mythical peaks...

Find the list of professionals on [valleesdegavarnie.com](http://valleesdegavarnie.com).  
A program of guided hikes is available at Tourist Information Points.

ADVICE &  
PRECAUTIONS

- PERIODS OF ACCESSIBILITY**
- The routes presented in this document can be undertaken in summer conditions, that is to say in the absence of snow or ice. Some routes located at high altitude or on shady slopes may retain late snowfalls (until late spring, or even late summer for some routes). Before planning an itinerary, always check with the Tourist Information Points as to whether the walking routes are operational.
- WEATHER AND EQUIPMENT**
- Bad weather conditions (fog, rain, wind, cold storm, etc) can also turn an easy course into a real ordeal. It is essential to check the weather forecast before departure and to adapt your outings to the daily conditions. Essential equipment: suitable shoes, warm clothes, windbreaker, headwear, sunglasses, sunscreen, water, a snack or a picnic.
- RESPECT FOR OUTDOOR AREAS AND THEIR USERS**
- Keep your dog on a lead.
  - Stay away from herds.
  - Park in dedicated spaces.
  - Leave nothing behind (picnic leftovers; toilet paper; stone balancing, etc).

REGULATIONS  
IN PROTECTED  
ZONES

**IN THE CORE ZONE OF THE PYRENEES NATIONAL PARK**

A National Park is an exceptional territory open to all. In order to protect this outstanding heritage, the heart of the Pyrenees National Park is protected by regulations:

- Dogs are not allowed in the heart of the park, even if they are kept on a leash.
- Gathering and collecting minerals or flora is forbidden.
- Noise and other disturbances are forbidden.
- Fires are strictly prohibited.
- Bivouacs are restricted.

 The core zone is announced at the start of the trails and is marked with specific signposts and painted markers.





**THE SOUM LAKE**

ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 2 HRS  
ELEVATION GAIN: 200 M

1

Departing from the legendary Soulor Pass, this small family loop takes in some grandiose panoramas. You begin your walk high above the discrete Ouzom valley and soon reach the high point of the walk: the small Soum Lake, with its aquatic vegetation that give it its characteristic and very photogenic shape. The return journey takes in the other side of the mountain, looking out onto the imposing Gabizos massif and the sharp ridges of the Pic du Midi d'Arrens. The route finally brings you to a cool and shady spot in a beautiful fir forest.

**STARTING POINT:** "COL DU SOULOR" Car Park.

**ROUTE MARKERS:** FOLLOW THE RED & WHITE GR101 MARKERS TO "LAC DE SOUM" (Soum Lake). When you reach the "Col de Soum", leave the GR101 and cross to the other side and head down the right-hand track towards the pass.



**THE TOUR OF TECH LAKE**

ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 1 HR  
ELEVATION GAIN: 50 M

2

The Tech dam Lake is a site that lends itself perfectly to a lazy stroll or a family walk. Many herds spend the summer on the beautiful grassy slopes around the lake. Start by taking the path that runs quietly along the shores of the lake. When it reaches the other side, it heads upwards, above the lake and offers an impressive view of the Gabizos massif. The old mountain forest which borders the path, offers a much appreciated cool and fresh respite. The return route back to the car park is an unusual one, taking you across the dam itself.

**STARTING POINT:** "LAKE TECH" Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS.



**THE SUYEN LAKE**

ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 1.30 HR  
ELEVATION GAIN: 90 M

3

This is one of the easiest mountain lakes to access in the valley. The route starts in the shade of an impressive pine forest. Then the path opens out into a large sunny valley albeit steep sided, which leads you to the small Suyen Lake with its blue-green colour.

**STARTING POINT:** THE NATIONAL PARK Car Park. At the end of the Tech road, "Plan d'Aste".

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow directions for "Lac de Suyen".



**THE TOUR OF ESTAING LAKE**

ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 0.45 HR  
ELEVATION GAIN: 50 M

4

This is the ultimate family walk! Following an easy and comfortable path, you will discover this beautiful mountain lake surrounded by imposing mountain peaks. As you walk along the route, the scenery changes. From the grassy and sunny shores of the lake, you pass under the shady branches of hazelnut trees and then into the much-appreciated cool mountain fir forest on the way back.

**STARTING POINT:** CAR PARK AT THE LAKE'S ENTRANCE.

**STARTING POINT:** UNMARKED.



**THE BOULESTE CABIN**

ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 3 HRS  
ELEVATION GAIN: 510 M

5

The Bouleste Cabin is nestled in the heart of a splendid suspended plateau, surrounded by majestic peaks. You start your climb amidst a hazelnut grove. As you leave the forest, the path opens out into the summer pastures and heads up the valley in a succession of ledges and small steep slopes. Once you arrive at the cabin, you will enjoy the grandiose and peaceful scenery from this pretty grassy plateau. In the summer, the area is filled with grazing cattle. It is also a favorite spot for marmots. Don't forget to lift your eyes to the sky as many large raptors frequent this valley.

**STARTING POINT:** "LAKE TECH" Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Cabane du Bouleste".



**THE TOWER OF LUNCET**

ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 2.15 HRS  
ELEVATION GAIN: 340 M

6

This forest route starts in the small village of Sireix. The fairly steep climb is undertaken under the shade of a beautiful beech forest. It suddenly brings you out at Luncet, with its many barns and their adjoining meadows - the high point of the route. From here, the view extends far into the Estaing valley and the Cabaliros massif. It is a peaceful spot where you can enjoy a stroll. The descent is via another path which plunges under the forest canopy back towards the village.

**STARTING POINT:** SIREIX VILLAGE.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. And yellow markers. Follow signs for "Luncet" on the outward journey and "Sireix" on the return journey.



**THE BAZÈS PEAK**

ROUTE N°  
DIFFICULTY: DIFFICULT  
TOTAL DURATION: 4 HRS  
ELEVATION GAIN: 565 M

7

With a height of 1 804 m, the Bazès Peak offers a very wide panorama of the Bigorre high mountain peaks: the Gabizos massif, the mythical Balaitous, the Moun Né, the Cabaliros or even the "Pic du Midi de Bigorre"... The route begins in the heart of the beautiful mountain forests of the Couradueque massif and quickly reaches the Bazès pass, dominated by the imposing Bazès Peak. From the pass, the view takes in two discreet valleys: the Bergons valley and the Ouzom valley. This is where the real fun begins: a relentless climb up the steep (and sometimes slippery) sides of the Bazès Peak. But at the top, you are duly rewarded with the 360 ° view that will make you forget the hard climb.

**STARTING POINT:** "COL DU COURADUEQUE" Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Pic de Bazès".



**THE MONT DE GEZ**

ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 3 HRS  
ELEVATION GAIN: 480 M

8

The Mont de Gez is a small, modest summit, dominating the Argelès valley at a height of 1 097 m. The climb up is made on beautiful forest paths, bordered by stone walls. Along the route, you pass through varied terrains. You exit the forest just underneath the summit. From the top, there is a 360 ° view of the Argelès valley, the Pibeste range, the Hautacam massif and the peaks of Val d'Azun.

**STARTING POINT:** ARRAS-EN-LAVEDAN Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Mont de Gez".



**THE "LEDORMEUR" MOUNTAIN REFUGE**

ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 3 HRS  
ELEVATION GAIN: 450 M

9

The walk begins with a short climb, shaded by tall pine trees and then quickly reaches the charming emerald "Lac de Suyen". The route turns into a stony path along the slopes and then leaves the axis of the main valley and turns into a steep climb amongst beautiful rhododendrons, finally reaching the Ledormeur refuge, formerly known as the Balaitous refuge (unguarded). It's possible to continue a little further, a 20 mn climb brings you to the entrance of the very pretty La Pacca valley, a true haven of peace nestled in the imposing foothills of the mythical Balaitous peak which rises at 3 144 m (allow 1 hr extra and an additional 200 m in elevation gain). Along the way, you will notice two "toutes", (stone huts) built into the side of large boulders.

**STARTING POINT:** THE NATIONAL PARK Car Park. At the end of the Tech road, "Plan d'Aste".

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Le Labassa / Ledormeur".



**THE PLAA DE PRAT LAKE**

ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 4 HRS  
ELEVATION GAIN: 505 M

10

This is a route which takes in very varied landscapes and environments. Beginning at the pretty Estaing Lake, the route slowly winds its way up alongside the stream on a pleasant track. The trail then rises up to a beautiful mountain forest and brings you to the entrance of an open and luminous valley which quietly welcomes you in. Here, the landscape and atmosphere is typical of the mountainous areas of Val d'Azun, alternating between grassy flats, moors and granite scree. The first thing you come upon is the small "Lac de l'Angle" before reaching "Plaa de Prat", surrounded by beautiful grassy areas, a perfect place to relax...

**STARTING POINT:** "LAC D'ESTAING" Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Lac du Plaa de Prat".



**THE MIGOUÉLOU LAKE & REFUGE**

ROUTE N°  
DIFFICULTY: DIFFICULT  
TOTAL DURATION: 5.30 HRS  
ELEVATION GAIN: 880 M

11

This beautiful hike will take you to the Migouélou Lake and Refuge, which are both perched on a spectacular rocky landscape. The climb is fairly long but is nevertheless on a pleasant path and the gradient is softened by numerous switchbacks. The magnificent and impressive panoramas over the valley are with you the whole time. At the end of the walk, you come out just below the dam walls, ready to discover this valley, surrounded by granite peaks with a large lake at its centre.

**STARTING POINT:** "PLAN D'ASTE" Car Park. 800 m before the end of the Tech road.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Lac de Migouélou".



**THE LARRIBET REFUGE**

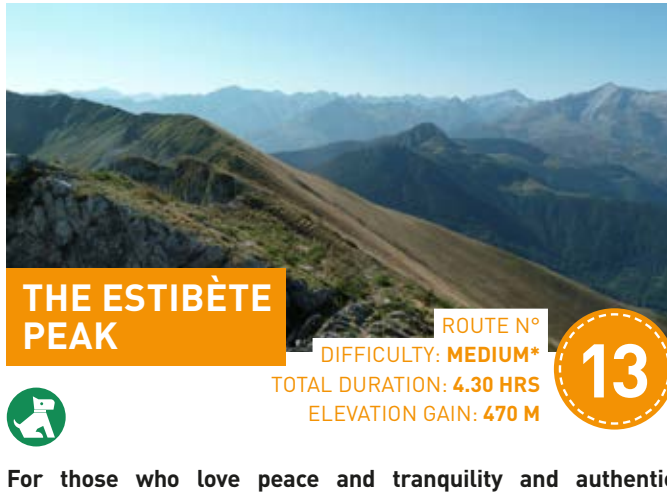
ROUTE N°  
DIFFICULTY: MEDIUM  
TOTAL DURATION: 5 HRS  
ELEVATION GAIN: 590 M

12

The walk up to the Larribet refuge is a multi-faceted route where the landscape changes with each step you take. The walk begins in a large mountain fir forest and then quickly brings you up to the Suyen Lake. Shortly afterwards, you leave the main valley behind and begin the steady climb towards a narrow hanging valley. Here, you discover an enchanting plateau, called La Claou. The route continues along a stream, then at the end of the plateau, another steep ascent awaits you. It brings you out just below the refuge, in front of an imposing natural cirque. The refuge is really close by! The more athletic amongst you can head up to the Batcrabère lakes, at the foot of the Balaitous mountain, a world where nature is king...

**STARTING POINT:** THE NATIONAL PARK Car Park. At the end of the Tech road, "Plan d'Aste".

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow directions for "La Claou / Refuge Larribet".



**THE ESTIBÈTE PEAK**

ROUTE N°  
DIFFICULTY: MEDIUM\*  
TOTAL DURATION: 4.30 HRS  
ELEVATION GAIN: 470 M

13

For those who love peace and tranquility and authentic landscapes, this small piedmont summit is unpretentious and very interesting. From the "Col de Spandelles" car park, the path takes you through a small beech wood and quickly brings you out at the vast "Col d'Ansan" with its remarkable panorama. At the pass, a fairly steady climb takes you up the mountainside, offering an absolutely fabulous panorama and plunging views over the Ouzom valley. The route crosses a rocky zone with enigmatic shapes and quickly reaches the tapering ridge that leads to the summit. The 360° view is extraordinary: the peaks of the Béarn Pyrenees, the Bigourdan plain, and the high peaks of our valleys! \*Not suitable for people prone to vertigo, outdoor aerial passage halfway through.

**STARTING POINT:** "COL DE SPANDELLES" Car Park.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Pic de L'Estibète".



**THE "ARTIGAUX"**

ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 2 HRS  
ELEVATION GAIN: 370 M

14

Bucolic is undoubtedly the most appropriate term to describe this route. You will travel through pretty neighbourhoods filled with barns, meadows and dry stone walls, typical of the pastoral landscapes in this valley. Sometimes, under the shady boughs of hazelnut or ash groves, at other times in wide open spaces, enjoying a panoramic view of the "Pic du Midi d'Arrens", the "Pic de Pan" or the Gabizos.

**STARTING POINT:** MARSOUS CHURCH.

**ROUTE MARKERS:** YELLOW SIGNPOSTS. Follow signs for "Les Artigaux".



**AROUND THE VILLAGES**

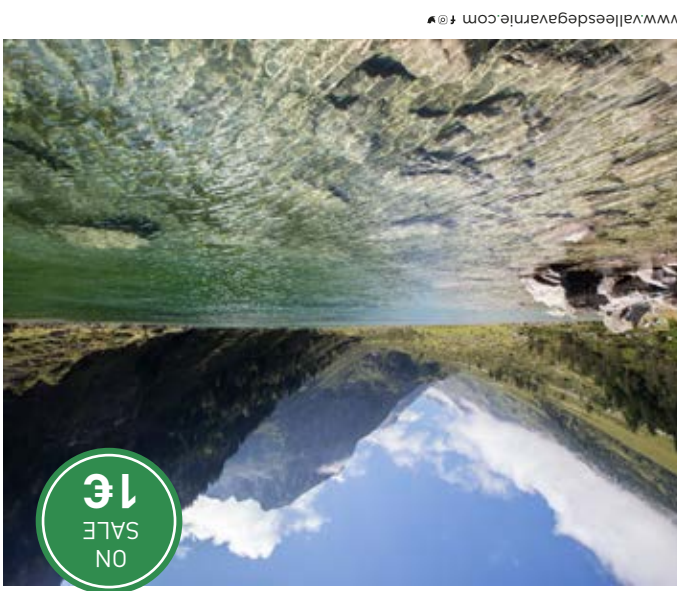
ROUTE N°  
DIFFICULTY: EASY  
TOTAL DURATION: 2 HRS  
ELEVATION GAIN: 110 M

15

This walking loop begins by taking you to the forest trails that traverse the foothills of the "Pic de Pan". Starting in a fir forest, the route then joins a pleasant leafy wood and offers beautiful snapshot views of the valley. Midway through the walk, you leave the forest cover and discover the bucolic beauty of the small plain through which the Gave d'Azun river flows. Passing by meadows and fields and crops, the route then continues on small tracks or roads that connect the three villages of Aucun, Marsous and Arrens with remarkable Bigourdan architecture.

**STARTING POINT:** ARRENS. "Chemin des Bayens".

**ROUTE MARKERS:** YELLOW SIGNPOSTS & YELLOW MARKERS. First follow signs for "Le Then" and then "Marsous / Aucun". On the outskirts of the village of Aucun (opposite the wash house) take the road on the left, then follow signs for "Marsous". In Marsous follow signs for "Arrens".



IDEAS FOR WALKS FOR ALL LEVELS

VAL D'AZUN

PARC DES VALLÉES DE GAVARNIE



**VAL D'AZUN**  
IDEAS FOR WALKS FOR ALL LEVELS

infotourisme@valleesdegavarnie.com  
www.valleesdegavarnie.com

TOURIST INFORMATION POINTS

ARGELÈS-GAZOST +33(0)5 62 97 00 25  
VAL D'AZUN +33(0)5 62 97 49 49

Step into the dream

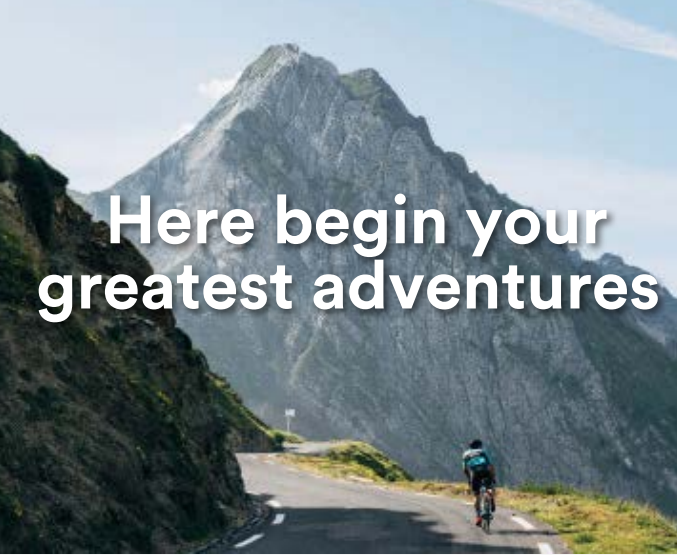
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**VAL D'AZUN**  
VALLÉES DE GAVARNIE

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