

# GR<sup>®</sup> 10

NIV  
4

DIFFICULT

ETSAUT - GABAS



Leaving the valley of Aspe by the vertiginous Chemin de la Mâtre, you climb through forests and summer meadows towards the col d'Ayous, where you will enjoy a magnificent view of the Pic du Midi d'Ossau. The descent to the valley of Ossau goes past some beautiful lakes. A well-signposted route for hardened walkers, only advisable in good weather.

## Getting to the start:

From Oloron-Sainte-Marie, take the RN134 Route du Somport in the direction of Spain. Pass Bedous (24km) and drive another 12km then turn left on the D739 towards Etsaut. Another 500m on the main road brings you to the central square, which has parking spaces.

**D** From the square, walk back up the main road. At the exit of the village, leave the bridge of the Gave to your right and continue straight ahead, following signs for 'Chemin de la Mâtre'. At the bridge of Cébers (parking spaces) head left on the rising tarmac road. **4h00** **3** (2175 m - 704498 4747408). The badly defined footpath descends towards the lakes of Ayous and passes round them on the left, with the refuge on your right. Going alongside the lake of Roumassot, the footpath passes close to a cabin **4** (1855 m - 705965 4747250) then heads towards the valley on a grassy slope before disappearing into a beech forest. Ignore the footpaths that go off to the right and continue until you come out of the forest, opposite a torrent and at the edge of a summer meadow that stands out to the right (5h30'). Take the wide path to the left which, having passed through a metal gate, leads you to the lake of Bioux-Artigues. At the dam **5** (1420 m - 708441 4749420) follow the D231 for 10 mins then take the footpath on the right and descend the other side until you reach the tarmac road near a car park (6h25'). The GR10 continues on this tarmac road until the crossroads with the RD934 **6** (1070m - 710273 4751480). The refuge is 50m further on, at the side of the road.

**0h45** **1** (1710 m - 699070 4751770). At the first hairpin bend, leave the road and take the footpath opposite - the 'Chemin de la Mâtre'.

Pass the sector carved into the cliff-face rock; the path goes through undergrowth.

**2h00** The footpath crosses a torrent by a little bridge **2** (1260 m - 702286 4751757) and follows along the other side across moors and undergrowth.

After passing a cabin, keep going straight on across summer meadows and cross the torrent on a metal footbridge. The footpath moves away from the torrent and climbs towards a grassy slope scattered with boulders. The GR10 is now steep and after several bends it reaches the col d'Ayous

**4h45**

**6h05**

**7h20**



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**D** Etsaut (village square)  
(698216 4753959).

7h20 23,7 km 598 m mini  
2177 m maxi

**Cumulative ascent:** 1600 m

**Type of terrain:**  
17,2m of paths, 6,5m of roads.

**Signposting:**   
The entire route is consistently signposted  
in red and white.

**Cartographie :** IGN au 25 000\*

GPS (WGS84 - UTM-30T)  
Téléchargez la trace GPS sur [www.rando64.fr](http://www.rando64.fr)



**Not to be missed:**

- The village of Etsaut, its church, the Maison de l'Ours, the Maison du Parc National, the fort of Pourtalet, etc
- The impressive Chemin de la Mature.
- The view of the Pic du Midi d'Ossau.
- The village of Gabas



For additional informations contact:



**la vallée d'Aspe**  
Tel : 05 59 34 57 57  
[www.tourisme-aspe.com](http://www.tourisme-aspe.com)

**la vallée d'Ossau**  
Tel : 05 59 05 31 41  
[www.ossau-pyrenees.com](http://www.ossau-pyrenees.com)

[www.rando64.com](http://www.rando64.com)

on foot, mountain bike or horseback, discover Béarn and Basque country !



Remerciements à l'O.N.F.



# CHOOSING THE RIGHT HIKE FOR YOU

**The elevation** indicated on the sheets represents the total distance climbed. Stops are not included in hiking times.

**Hikes are classified by difficulty** and distinguished by colours on each route's practical sheet. We adhere to the recommendations of the French Federation of Hiking.

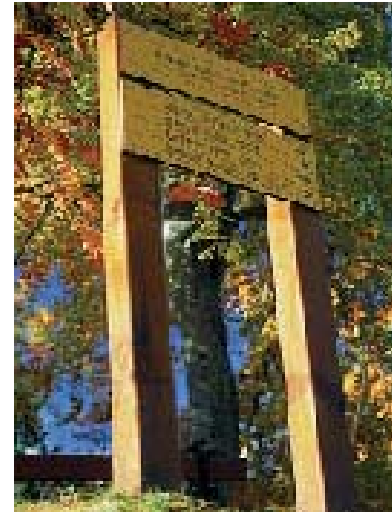
**Very easy** less than 2 hours of walking. Ideal for families, on well marked-off paths.

**Easy** less than 3 hours of walking. Suitable for families. On paths, occasionally with more.

**Medium** less than 4 hours of walking. For hikers who are used to walking. With occasional challenging sections or slopes.

**Difficult** more than 4 hours of walking. For experienced and athletic hikers. The itinerary is long and/or difficult (slopes, difficult sections).

**Duration of the hike:** The duration of each route is indicated for information only. It is calculated based on the length of the hike, slopes and possible difficulties.



Trail sign

## Marking

Follow the markers to stay on the right path

Trail markers	Sentiers de Pays and PR®	GRP®	GR®	Mountain biking	Horseback riding
Right direction					
Turn left					
Turn right					
Wrong direction					

## Your opinion of our trails

The utmost attention has been paid to our various itineraries. We are interested in your impressions and observations concerning the state of our trails so we may keep them in good condition. To send us your comments, please contact CRDP 64: 05.59.14.18.80.

Or download an "Ecoveille" observation sheet at: [www.rando64.fr](http://www.rando64.fr)

## Useful recommendations

Weather 08 92 68 02 64

European emergency number 112

When discovering Béarn and Basque Country trails, you are asked to adopt behaviour that respects nature and the men and women who work to bring this territory to life.

There are a few rules that you need to follow.

### Preserve nature

Bring a bag for your trash  
Respect the fauna and flora  
Stay on the marked trails

### Protect yourself

Do not leave without the necessary materials  
Do not hike alone  
Do not drink stream water  
Check the weather forecasts in advance

### Respect activities and humans

Remember to close fences  
Fires are prohibited  
Respect the private properties that line our itineraries

### Please note!

**The Basque and Béarn mountains are pastoral areas. If possible, do not bring your dog along. In all cases, keep it on a leash. Thanks!**

## Hiking labels

### PR® labelled itineraries

With this label, the French Federation of Hiking certifies a certain number of hiking routes based on quality criteria. It makes its selection according to pleasure, technical, tourist and environmental criteria (For more info, visit [www.ffrandonnee.fr](http://www.ffrandonnee.fr))

### Horseback riding

This logo guarantees an itinerary that has been labelled by the Departmental Committee of Equestrian Tourism based on specific specifications.  
(For more info, visit [www.cheval64.org](http://www.cheval64.org))

### Mountain biking:



wide and easy trail,  
elevation less than 300 m.



fairly easy trail,  
elevation less than 300 m.



technical trail,  
elevation less than 800 m.



very difficult trail,  
elevation from 300 to 800 m.

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