



N° 1 Tour Bilboquet-Barescou

ESCOT

WALKING

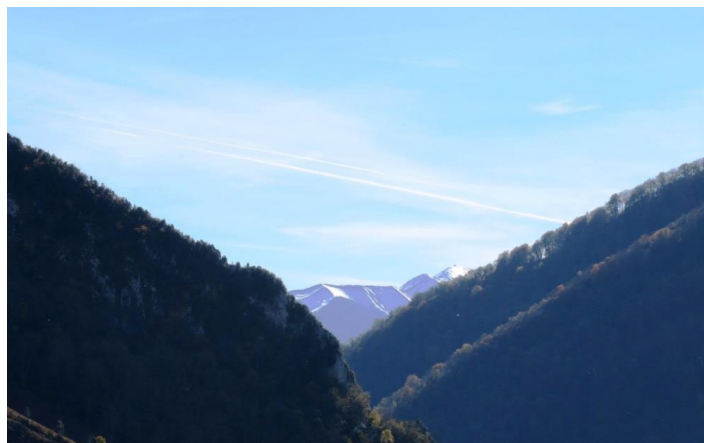


PYRÉNÉESBÉARNAISES*
OFFICE DE TOURISME



HAUTBÉARN*
COMMUNAUTÉ DE COMMUNES

The pyrenean piedmont is teeming with wonderful hikes. This route rises on the edge of the Aspe Valley and up onto a ridge to run beneath the Mail Arrouy's sharp rows of rocks. You can see the Bilboquet, a geological point, before diving into the descent.



📍 Départ : ESCOT
Arrivée : ESCOT

📏 Distance :
9.9 km

🏔️ Dénivelé :
420 m

🕒 Durée :
3h30

📍 Place de la mairie

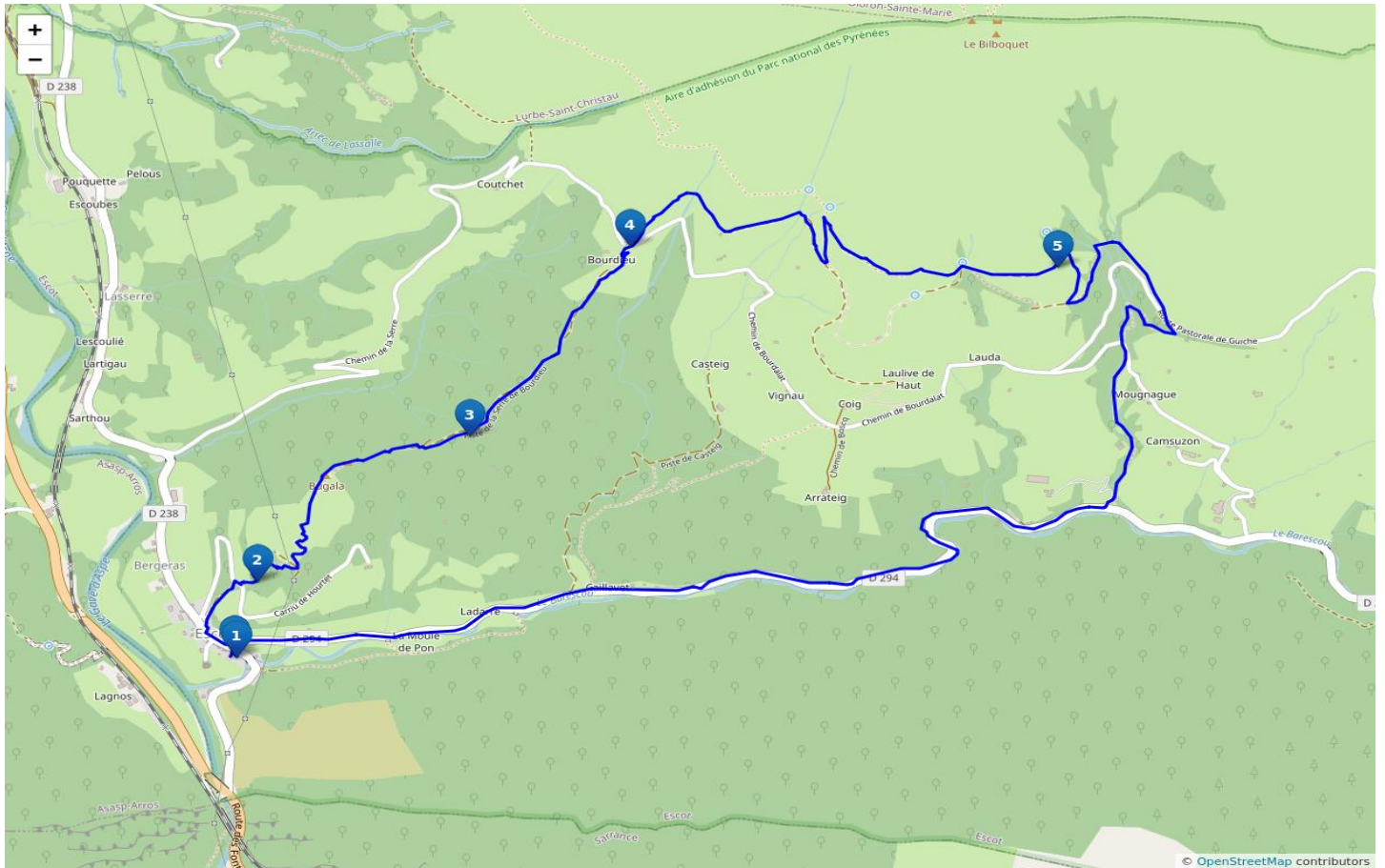
☎️ Appel
d'urgence : 112

Balisage 

⚠️ Les montagnes basques et béarnaises sont des espaces pastoraux. Evitez de partir avec votre chien.
Dans tous les cas, tenez-le en laisse. Merci !

★ À ne pas manquer

- **Crête de Bugala.** The view from the Crête de Bugala is spectacular.
- **Cup-and-ball.** A stake marks the belvedere, go back on yourself towards the ridges on the left (north) and you'll see the point beneath the Mail Arrouy
- **Mills.** On the way back you can see former mills that were once powered by the Barescou. Farmers would come here to grind wheat to make bread.



Étapes

Step 1. Escot crossing. Park in front of the town hall and go back up the main road then turn right towards the "Maison Pour Tous". Go on a narrow lane between the houses and, when it gets wider, take a right onto a lovely box tree-lined path. When you reach the road go up it and past a chalet on the right.

Step 2. Ascent to the Crête de Bugala. Fork onto a left-hand path 20m after. It starts out flat then veers right with a steeper slope and a few steps. On a flat section, leave the track and turn right. Cross the grassy piste and come out in the ferns then set your sights on a pylon for a winding ascent taking you to the ridge. The path widens, walk to a junction.

Step 3. Crossing the ridge. Go for the middle path (it veers slightly right) that continues on the ridge line. At the mountain pass, take a left onto the lovely box tree alley and at the end of it pass the gate on the right in front of the property. Go along the fence through the meadow and through the gate in the corner at the top of the field. Go on a pebbly path beneath the box trees to reach a road.

Step 4. Ledge path. Cross the road and hit the path opposite (Bilboquet panorama). Cross two streams and the branches of a large chestnut tree will stand in your way. Just before it, go up the embankment and follow a lovely path. Take the route at the bottom after an alley of beech trees (wonderful). Pass the trough and thalweg to reach the Bilboquet belvedere.

Step 5. Cup-and-ball. Continue on the path that is horizontal before twisting and turning downhill (slippery bends) to a thicket of hazel trees. Fork right on the slightly downhill track and take a left at the crossroads with a wide path. When you reach the road, go straight onto the path. Open (and close!) the gate further down just before a barn. Watch out for rolling stones on the way down.

Step 6. Barescou. Cross the road and follow the rocky path along the stream that ends as a flume. Open the electric wires and turn right onto the road. Go along the Barescou on the roadside with an eye out for traffic and reach Escot.

Équipements

- Water point

- Ablutions

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en montagne,
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