



N° 33 Lac du Montagnon par le Col d'Iseye

ACCOUS

WALKING



Nestled between the Mardas, Montagnon and Escala ridges, what sets the Montagnon d'Iseye Lake apart is its heart shape and isolation. It's a long way to go to reach this natural wonder. Highly original trail.



📍 Départ : ACCOUS
Arrivée : ACCOUS

📏 Distance :
20 km

🏔️ Dénivelé :
1340 m

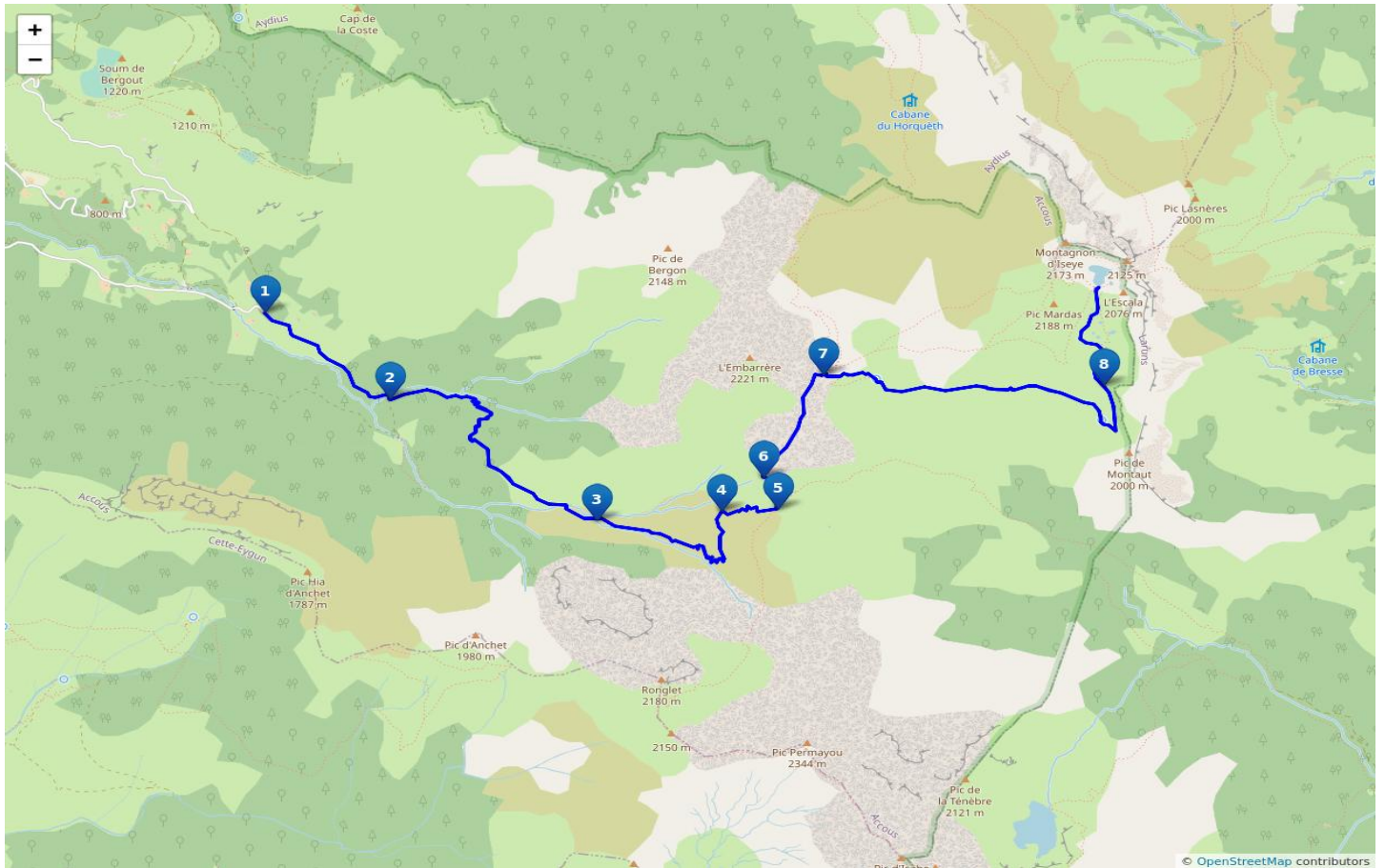
🕒 Durée :
10h

🅑 Terminus de la route
Aulet

☎️ 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 !



★ Étapes

- Step 1. Iseye backdrop.** Start the walk at the end of Aulet's road up of the village of Accous. Exit onto the gravel track on the right across a plateau. After the barn (Borde Guiraute), cross the Araille stream and carry on for a few metres
- Step 2. Cabane de Lapassat.** Take the left-hand path. Go up through the woods on a steep slope. Exit the forest and cross the Lapassa stream. Cross the plateau (the Cabane de Lapassat is on the right) and go past the stream again.
- Step 3. Cabane d'Escurets.** Continue on the right bank path and go back up the steep valley. After a series of bends, the track forks left (north) and levels out to reach the Cabane d'Escurets.
- Step 4. Col d'Iseye.** Head east (towards the right) on the track through the grass. Zig-zag up then go through the meadow to the mountain pass.
- Step 5. Col de Lasbignes.** Go up the ridge on the left and follow the right-hand trail. Go around the little summit and return on the left towards the Col de Lasbignes.
- Step 6. Col de Cotcharas.** From the mountain pass, go on a south-east-facing path. Carry on along the hillside and long scree that gradually comes out on the Col de Cotcharas.
- Step 7. Col de Montagnot.** Stay on track and go down to pick up a trail that veers right on the south side. Pass the Cotcharas Fountain and carry on along this long crossing overlooking the cirque. When the path pushes into the east side, you'll feel the elevation change suddenly. A bend puts it on track heading north to the Col de Montagnot.
- Step 8. Montagnon d'Iseye Lake.** Continue on the left side from the mountain pass. Walk on the hillside above the small lakes and maintain the same altitude. Pass a slight leap and carry on in the meadow to finally reach the Lake! Take the same way back.

pour bien préparer sa rando
et adopter les bons gestes
en montagne,
rendez-vous sur



reussirmarando.com