



N°84 Castets

ASASP-ARROS

WALKING



PYRÉNÉESBÉARNAISES*
OFFICE DE TOURISME



HAUTBÉARN*
communauté de communes

The highlight of this loop may be the ascent to Castet with its incredible belvedere but the next section is just as magical. It glides over the Pre-Pyrenean shaded hillsides in a peaceful and relaxing atmosphere.



📍 Départ : ASASP-ARROS
Arrivée : ASASP-ARROS

📏 Distance :
9.3 km

🏔️ Dénivelé :
353 m

🕒 Durée :
3h

🅑 Parking de l'église

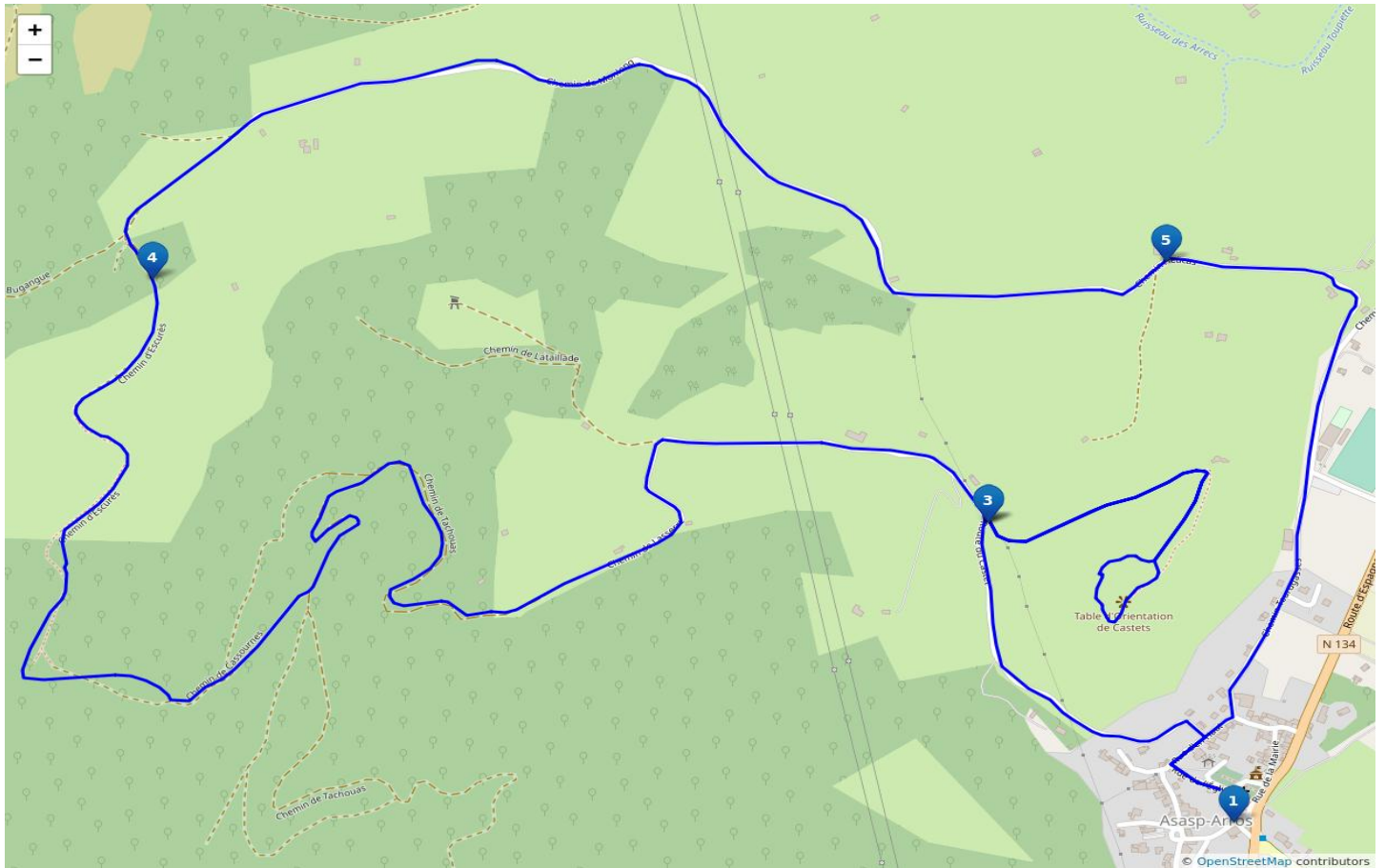
☎️ Appel
d'urgence : 112

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

- **Castet Belvedere.** The Castet Belvedere is split between the plain and piedmont.
- **Sinkhole.** A huge basin pierces the meadow in the left-hand prairie. It's a sinkhole, a specific feature of limestone layers. Water seeps in and dissolves the rock to create an underground grotto that ends up crumbling.
- **Béarnaise cattle.** Whilst in the meadows you may see cows with amazing horns: long and reaching up to the sky. They adorn the Bearn coat of arms and former currency called "vaquette". It was abandoned after the war due to its output but a regional breed protection programme was put in place in the 1970s. It is a rustic and strong breed that has adapted to the Pyrenean climate.



★ Étapes

- Step 1. Exiting the village.** Go up towards the church then take a left. At the end of the street follow it right then left. Walk on the shaded Castet road until a mountain pass.
- Step 2. Castet.** Follow the gravel path up to a water reserve. Climb straight up a track in the meadow towards the summit. Please close all the electric gates. Go around the summit on the right on a horizontal path. Go down to the mountain pass on the same path.
- Step 3. Sinkhole.** Go straight on along the tarmac path that makes way for a track after a barn. Go up the winding road to a hunter's cabin. Leave the piste and go on the dirt path. Take the right-hand path at the fork.
- Step 4. Ledge.** Continue on the piste and go down to a road. Walk on the ledge with views overlooking the valley. After a downward slope you'll reach a bend with a farm opposite.
- Step 5. Descent to Asasp.** Go straight on and, after a brief ascent, go down the road on the right. Pass by the stadium, into the village and leave the left-hand street after the farm. Go onto the Rue de l'Eglise and down the passage to the departure sign.

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



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