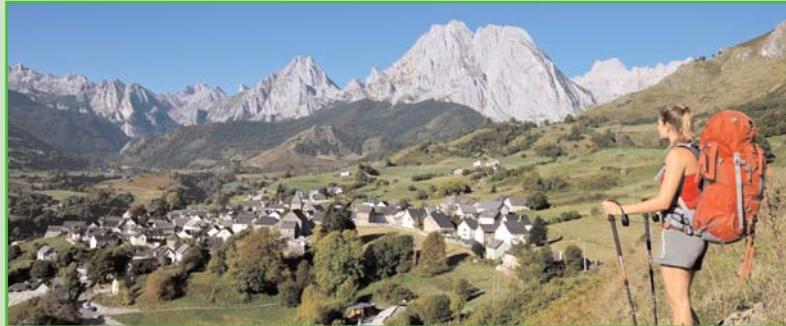


GR® 10

NIV
4

DIFFICULT

LESCUN - E TSAUT



A generous walk in extremely varied landscapes. It begins at the foot of the breathtakingly beautiful Cirque de Lescun, under the 'kindly watchfulness' of a few legendary mountains: the Aiguilles d'Ansabère, the Pic d'Anie, Le Billare, the Table des Trois Rois. At the col de Barrancq (1601m), the extraordinary hundred-year-old fir trees will 'tell' you the history of the sea. Then you will go back down towards the picturesque villages of Borce and Etsaut, two jewels in their verdant setting.

Getting to the start:

From PAU (A64 – exit 10), take the RNI 34 in the direction of Zaragoza until Oloron Sainte-Marie (35 km). Drive around Oloron on the 'outer' roads, following signs for Zaragoza (Spain by the col du Somport). As you leave Oloron, get back on the RNI 34 in the direction of Spain. Pass the villages of Gurmençon, Asasp-Arros, Sarrance, Bedous. Exiting Bedous, 3km after the roundabout, come off the RNI 34 and follow signs for Lescun, the ascending road on the right. Go to the village of Lescun (5km) and turn right at the first crossroads, which will take you to the village square (war monument), the starting point for this walk.

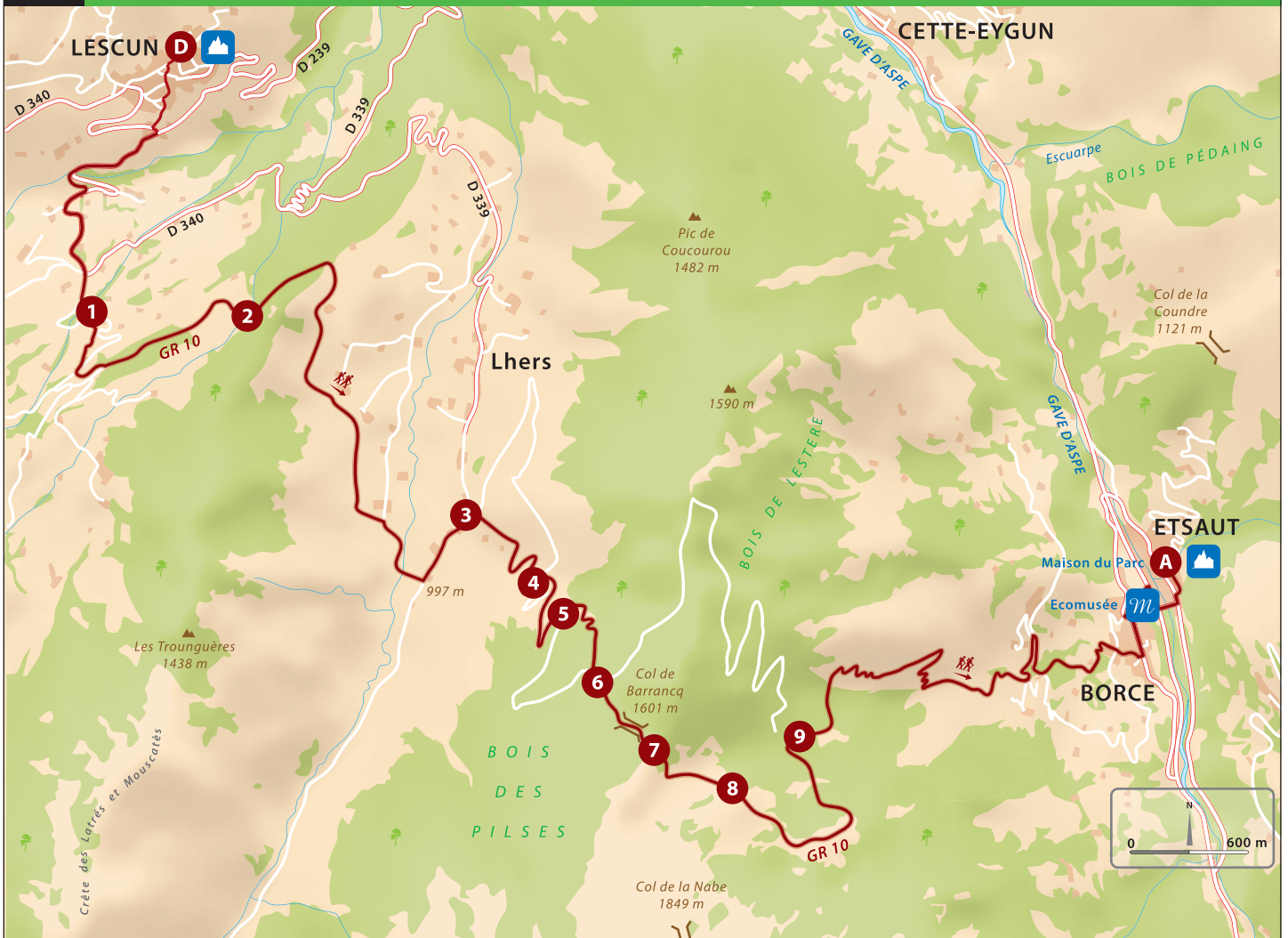
D From the square, take the alley to the right of the war monument. It descends for about 240m. Leave the village and head right for 30m, then turn right and follow the road that goes gently downhill to the bridge; cross the bridge and take the footpath opposite. Climb this footpath and you will come out at the campsite of Lauzart. Get back on the road, and go straight on at the crossroads; 100m after the bridge, take the footpath on the right **1** (1 930 m - 692640 4754984). Walk along the road again for 20m and take the footpath to the left. Follow this footpath past the block of houses and down to the stream. You enter the forest. After the stream, head left **2** (1010 m - 693439 4754998). Follow the footpath through undergrowth until you reach a metal barrier. Cross over the barrier and walk down the track. Follow it until you reach the road. Head right, cross the bridge and keep going until the next crossroads. Turn left here, and after 400m take a right turn towards the entrance of the **Tuquet forest** track. Do not take this track, but the footpath to the right that rises amid ferns **3** (1020 m - 694603 4754060). This footpath begins at the barrier. Follow it until it brings you back to the forest track. Follow the winding track for 650m. In the middle of a bend, leave the track on your right and take the footpath opposite **4** (1220 m - 694987 4753774). At the end of this footpath, rejoin the forest track and follow it until the next bend (150m) then take

4h00

the footpath that rises in front of you **5** (1330 m - 695103 4753607)). After the bends, get back on the forest track and keep going straight on until it brings you back to the footpath **6** (1490 m - 695294 4753236). Follow this to the top of the **col de Barrancq** (1601 m) **7** (1600 m - 695642 4752988). At the summit, take the footpath that leads back down. Come out of the woods and cross the summer meadow (directions on the ground). Pass by the cabin in Udupet de Haut (in ruins) **8** (1500 m - 696052 4752815). Follow the directions on the ground and skirt round the woods to your left. At the cabin in Udupet de Bas, turn left and enter the undergrowth. Follow the winding footpath **9** (1350 m - 696387 4752977). Come out of the wood and walk down to Borce, following the bends through the ferns. When you arrive at the road, turn left. At the crossroads, follow the road that descends to the right towards the village. After 200m, take the footpath that descends to the right and skirt round the animal park in Borce until you reach the road. Cross the road towards the church.

After the church, take the street to the left. Follow this street until you arrive at the entrance to the village. Head right (in the direction of Etsaut) for 20m then take the little path that descends to your right in a hairpin and which leads to the footbridge. Use the footbridge to cross the RNI 34 and walk alongside it for 150m.

5h30 You have arrived in **Etsaut**.

**NIV
4****DIFFICULT****LESCUN - E TSAUT**

D Lescun (village square)
(693058 4756292).

**5h30****16 km****592 m** mini
1606 m maxi

Cumulative ascent: 800 m

Type of terrain:

11,2m of paths, 4,9m of roads.

Signposting: 

The entire route is consistently signposted in red and white.

Cartographie : IGN au 25 000^e

GPS (WGS84 – UTM-30T)

Téléchargez la trace GPS sur www.rando64.fr

Not to be missed:

- The view of the Cirque de Lescun
- The view from the summit of the col de Barrancq (Pic du midi d'Ossau)
- The extraordinary fir trees
- The view over the villages of Borce and Etsaut



For additional informations contact:



la vallée d'Aspe
Tel : 05 59 34 57 57
www.tourisme-aspe.com

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.

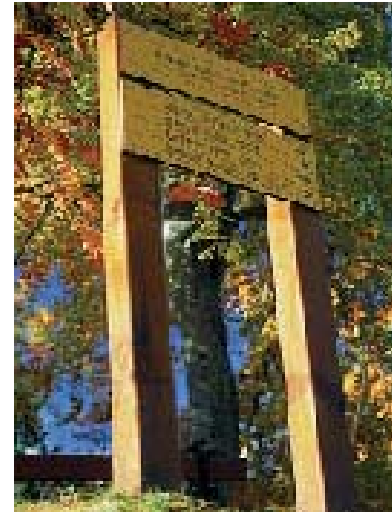
Very easy less than 2 hours of walking. Ideal for families, on well marked-off paths.

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 "Ecoville" observation sheet at: 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)

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)

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.

www.rando64.com

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