

Le cirque du Litor

FACILE

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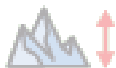
An easy and pleasant walk on a track that goes through the beautiful summer pastures of the Soulor. High-mountain atmosphere, in the heart of a majestic site. Pastoralism is the relationship between farmers, their flocks and herds and the environment. This relationship began with the domestication of certain herbivores living in groups, about 10 000 years ago. One of the particularities of pastoralism is transhumance. The farmers and their herds or flocks follow the growth of grass. In summer, they go towards the mountain, freeing their lowland pastures to make hay in anticipation of winter. When the autumn comes, the snow obliges them to go back down in the valley. This ancestral practice still prevails today in every Pyrenean valley. Each village of the valley has its summer pastures in the mountain.



Départ :
ARBEOST
Arrivée :
ARBEOST



Distance : **5.3 km**



Dénivelé : **250 m**
Dénivelé négatif cumulé : **0 m**

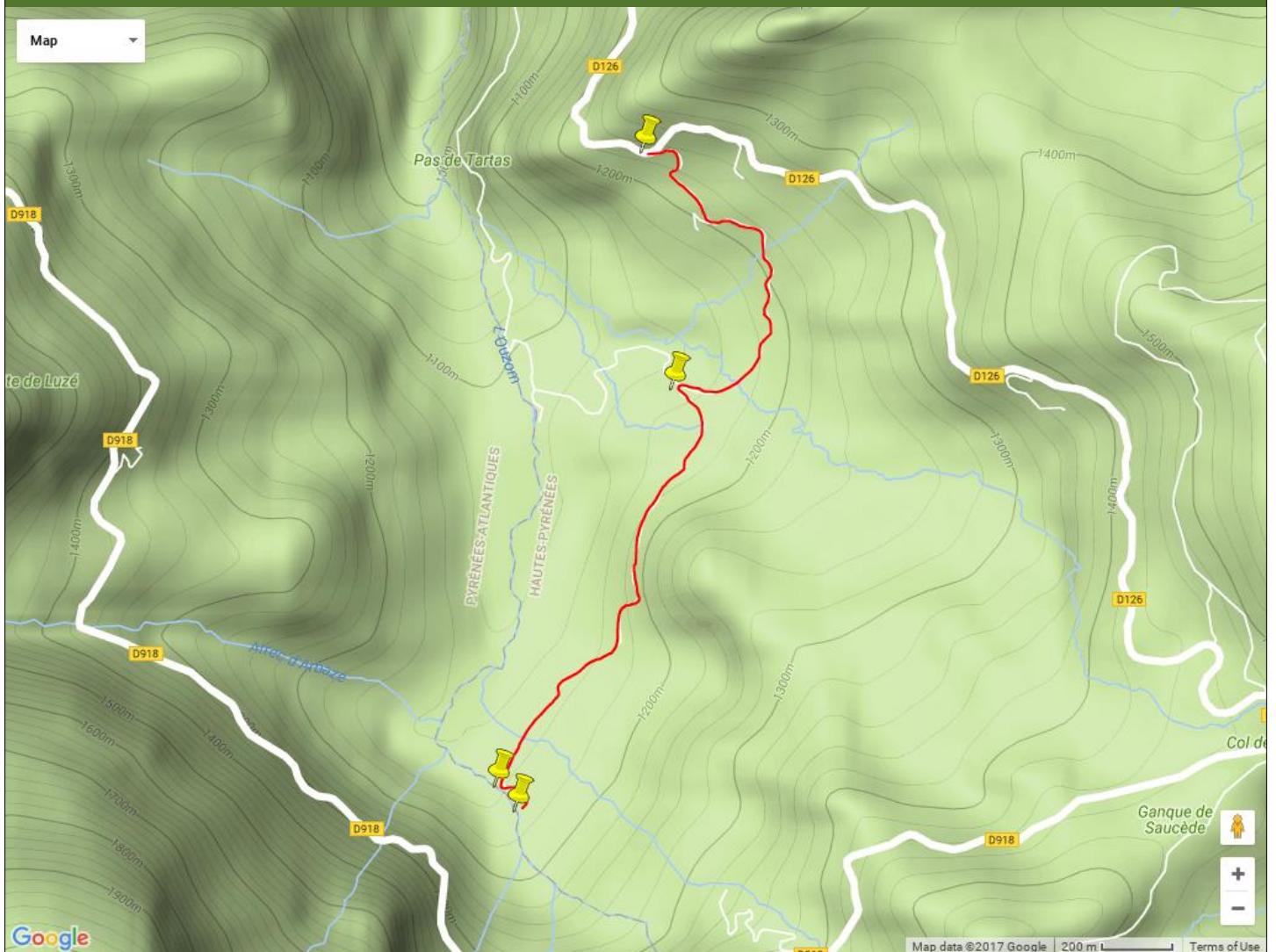


Temps de parcours : **1h30**

Balisage : **Yellow**

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Étapes

- Step 1. Towards the cabin.** Leave by following the path that goes down. Go on the track to the left that goes up.
- Step 2. Towards the Col de Tortes.** Turn left. Follow the path that goes up to the cabin. To the right you reach the GR©10 towards the Col de Tortes
- Step 3. Towards the pastoral zone and return.** Pastoral zone with ancient cabins made of dry stones and new cabins made of wood. Go back by the same path.

À ne pas manquer

- **The ancient cabins.** Les anciennes cabanes
- **The Corrie of Litor.** The Corrie of Litor
- **The summer pastures and the flocks and herds.** Les estives et les troupeaux

Attention

- Be careful with flocks and dogs
- Do not try to touch the animals

Recommandations utiles

Appel d'urgence : **112**

Préservez-vous

Préservez la nature

Respectez la montagne

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



www.tourisme-bearn-paysdenay.com



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