

Les quartiers d'Arbéost

MOYEN

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Centred on the village of Arbéost in the Pays de Nay, this enjoyable hike between village, undergrowth, pasture lands and barns, offers a good overview of all the districts of Arbéost. The circuit goes through some historical paths. In Bigorre, a mountainous area, where a landholding could only support one family. Primogeniture was the law. The eldest child, boy or girl, inherited the land and the house. The younger children had to seek their fortune elsewhere. They often settled not too far away, along with other younger children, and created small communities. Arbéost was founded in this way in the 12th century by younger children from Arrens and Marsous, in the Val d'Azun. The village, comprising several districts, each with its own identity and activities, reflected those men and women who made a living as craftspeople, shepherds, miners or colliers.

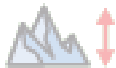
Homologué FFRandonnée



Départ :
ARBEOST
Arrivée :
ARBEOST



Distance : **11 km**

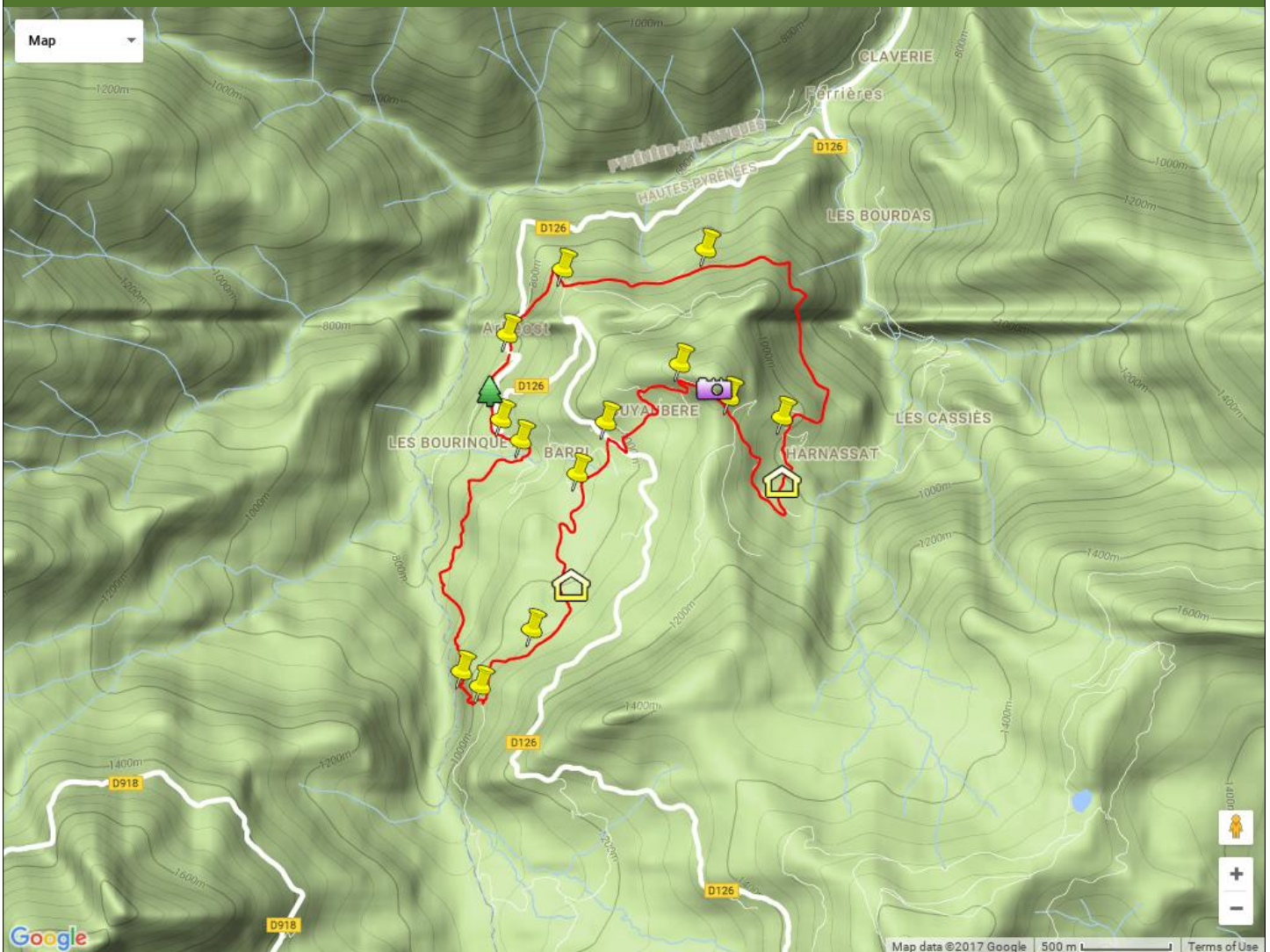


Dénivelé : **961 m**
Dénivelé négatif cumulé : **0 m**



Temps de parcours : **3h**

Balisage : **Yellow and red (GRP®)**
(marquage : rouge entouré de deux traits jaunes)



Étapes

Step 1. The gorges of l'Ouzom.. From the start in front of the church, go to the left looking at the church, towards the Bourrinquets. Turn left at the crossroads. Pass near a farm and an oratory dedicated to the Virgin (montjoie) and go up on the left. Pass near a very old ash tree. Continue straight on along the road. Take a bend to the right. At a barn, turn right, go down passing between two barns. At a barn above the source (leyté) turn left. Follow a pretty path between low walls. Go through a gate and continue on the path to go above the river of l'Ouzoum.

Step 2. The barns district.. Keep to the right on the path sloping above the mountain stream. Do not follow the steep path that goes up to the left, go up on a zigzagging path. Turn left then right after a drinking trough, you will see the first barn of the eponymous district.

Step 3. The Chemin des facteurs (postmen's way).. In the barns district, turn right on the road in front of a barn and a house. On the Soulor road, turn right and immediately to the left, towards Harnassat. Go up on a small road. Stay on the road; this is the Chemin des facteurs.

Step 4. The descent to the Col d'Harnassat.. At the Col d'Harnassat, at the crossroads, go down on the road and take in the view.

Step 5. Walk on the Chemin des morts (path of the dead).. Pass by a farm taking the road to the left and go up a little. Go down into a field. Turn left at a barn. Follow the Chemin des morts for 2km (approx. 1.24mi.).

Step 6. Return to the village.. After 2km (? 1.24mi.) on the Chemin des morts, turn left and follow a big path. Turn right at an aerial, go down then turn left to reach Arbéost.



À ne pas manquer

- **The barns of the district.**
- **Very beautiful outlook on the Gabizos and the gorge of l'Ouzom.**



Attention

- Careful, narrow path after the Clot de Ségudas.
- Careful with flocks, keep dogs on a leash



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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