

Le lac de Soum au départ du Col du Soulor

FACILE

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The start is at the Col du Soulor. Lake of Soum means “the lake of the summit”. This easy walk will lead you to a lovely small lake where the view is panoramic, rather like from the top of a summit. With such a big sky, the area is perfect for observing large birds. The Col du Soulor is an excellent place for bird watching. The great Pyrenean birds of prey such as the griffon vulture, bearded vulture, Egyptian vulture and golden eagle often glide here. The area is also remarkable for migratory birds. White and black storks as well as common cranes pass by every year from late summer and in spring. Black kite, red kite, European honey buzzard and the short-toed snake eagle are among the travellers. At the banks of the Lake of Soum you'll see waterfowl, including the common moorhen, the water rail and the little grebe.

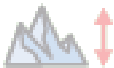
Homologué FFRandonnée



Départ :
ARBEOST
Arrivée :
ARBEOST



Distance : **5.6 km**



Dénivelé : **320 m**
Dénivelé négatif cumulé : **0 m**

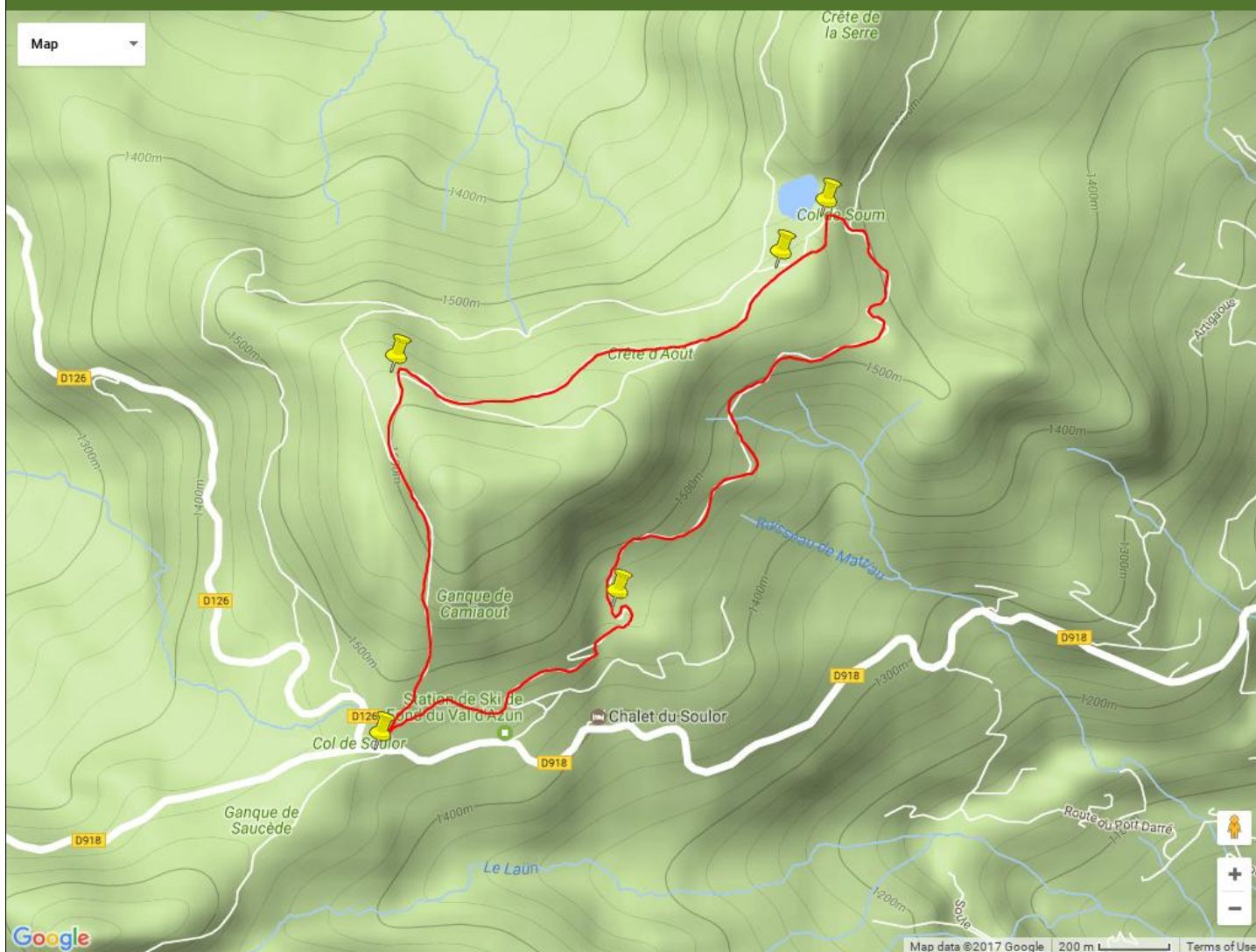


Temps de parcours : **2h**

Balisage : **White and red (GR®)**
(marquage : marquage rouge blanc et jaune)

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Étapes

Step 1. Towards the Col de Soum.. Go to the left at the end of the car park. Go on a path that goes up a little and pass in front of an information board about birds of prey. Go down, following a grassy track that goes towards a wood and a cabin. Turn left above the Tyrolean's cabin and go towards the wood. After two zigzags, enter the wood. Turn left, take the track that goes up towards a small col.

Step 2. Arrival at the Col de Soum. At the Col de Soum, turn left. Pass above the lake.

Step 3. Towards the Lake of Soum.. Go on the left-hand track that goes up (red and white marking GR©101)

Step 4. Go back to the start.. Turn left, go down by a path that passes next to a scree and a rocky outcrop. Follow the path to the Soulor car park.

★ À ne pas manquer

- **The lake of Soum.** The lake of Soum
- **The view of the Gabizos..** he view of the Gabizos.



Attention

- Careful with dogs and flocks/herds
- 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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