

Le Pic de l'Estibète

DIFFICILE

Le Pic de l'Estibète



This lovely hike with a sharp climb will delight mountain lovers keen on wild and empty spaces. Its steep slope can be a perfect circuit for those who like to race the clock on their mountain climbs. No matter how you reach it, the summit of l'Estibète, at the beginning of the Pyrenees, provides a gorgeous panorama. If you look up, you may see birds of prey in the Pyrenean sky. The bearded vulture, a scavenger with an orange stomach and black wings, has a wingspan of about 3m (? 9.84ft.). It is the biggest bird of prey in Europe. Its cousin, the more solid, brown griffon vulture follows closely behind it with a 2.80m (? 9.18ft.) wingspan. Smaller, the golden eagle differentiates itself by its hunter's flight. Its wings of 2.10m (? 6.90ft.) wingspan are solid, dark brown and curved at the end. Immature eagles have white markings.

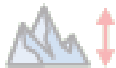


Départ :
ARTHEZ-D'ASSON

Arrivée :
ARTHEZ-D'ASSON



Distance : **11.7 km**



Dénivelé : **1548 m**

Dénivelé négatif cumulé : **0 m**



Temps de parcours : **8h**

Balisage : **Yellow**



Étapes

Step 1. Towards the Col d'Arrangou. Start just before a house. At the Col d'Arrangou, turn right.

Step 2. Towards the cabin of Monbula.. Turn left, do not climb up to the lovely valley. At the cauldron, go a little to the left and go up on the right border of the valley. Reach the valley and go out of the forest. The cabin of Monbula is to the right. Continue towards the col (plateau of Monbula) passing in front of the colliers' cauldron.

Step 3. From the plateau of Monbula towards the ridge. Plateau of Monbula. Follow the sloping path to the right. Turn right and go up straight ahead in a beech thicket. Then go a slightly to the left going up on the really steep path. Turn right after the tree with protrusions. Turn left, go up towards the knoll then cross to the right on the slope.

Step 4. Towards the summit and return.. Go up towards the ridge. Summit 1851m. Go back down using the same path. Allow 3h30 for the descent.



À ne pas manquer

- **The cabin of Monbula.** The cabin of Monbula
- **Chaudron de charbonniers.** Chaudron de charbonniers



Attention

- Narrow path on the slope of grassy hills.
- Itinerary not recommended on rainy days and when there is fog
- Mountain equipment essential
- Steep summit
- Don't try to reach the "tute de l'ours" from the summit.



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 !



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