



## How to get to the Pyrenees national Park

### By plane

Tarbes-Lourdes-Pyrénées international airport

Tel: +33 (0) 5 62 32 92 22

Pau-Pyrénées airport

Tel: +33 (0) 5 59 33 33 00

### By train

Railway stations at Pau, Oloron, Tarbes, Lourdes, Lannemezan

Coach services from these stations to the valleys.

Consult the SNCF (French Railways) or tourist offices.

### By car

Road maps

- Michelin n° 85

- IGN 1/100 000e n°70 Pau-Bagnères de Luchon.

## Books and maps

To prepare any walking tour

### Maps

Randonnées Pyrénéennes

1/50 000 "Bigorre"

1/50 000 "Béarn"

1/50 000 "Gavarnie-Ordesa" n° 24

IGN serie Top 25 al 1/25 000

1547 OT OSSAU

Aspe valley

1647 OT VIGNEMALE

Arrens Cauterets

1748 OT GAVARNIE

Luz-St-Sauveur

1748 ET NEOUVIELLE

Aure valley

## The freedom of the mountain...

- Make sure you're in good physical shape.
- Be well-equipped: walking boots, warm and waterproof clothing, woolly hat, sunglasses, provisions, water...
- Prepare your walk carefully (duration, possible difficulties). Don't hesitate to ask for advice, take guidebooks and walker's maps with you.
- The weather in the mountains can change very quickly, check the forecasts before you set off (two forecasts daily).
  - Tarbes-Ossun-Lourdes weather station: Tel: +33 (0)8 92 68 02 65
  - Pau weather station: Tel: +33 (0)8 92 68 02 64

## ... but dont forget the rules

- Dogs are not allowed inside the national park, even on a lead. Avoid bringing your pets with you, or have them looked after during your walk.
  - In Luz-Gavarnie valley kennel for dogs, at Gèdre, Tel: +33 (0)5 62 92 49 37
  - In Aure valley, kennel for dogs in the Néouvielle nature Réserve at Orédon from 1<sup>st</sup> july to 15<sup>th</sup> september. Information: mairie d'Aragnouet Tel: +33(0)5 62 39 62 63
- The use of 4-wheel drive vehicules and cross-country motorbikes is forbidden within the limits of the national park.
- Cross-country bikes are also forbidden off designated tracks (cross-country ski tracks at Brousset in the Ossau valley, and at the Somport in the Aspe valley).
- Take bin liners to carry your litter home with you and keep the national park clean for everyone.

Consult the many leaflets published by the national park, take advantage of services provided, exhibitions, events... If you have any other questions or queries about organising your stay or your walking tour, don't hesitate to contact us by post, by phone, or by mail.

## Useful addresses

### Pyrenees national Park

#### Head office

Villa Fould

2, rue du IV Septembre - BP 736

65007 Tarbes cedex

Tel: +33(0)5 62 54 16 40

Fax: +33 (0)5 62 54 16 41

E-mail:

pyrenees.parc.national@espaces-naturels.fr

Website:

www.parc-pyrenees.com

#### Sectors

##### Aure valley

Maison du parc national

65170 Saint-Lary

Tel: +33(0)5 62 39 40 91

##### Luz valley

Maison du parc national et de la vallée

65120 Luz-Saint-Sauveur

Tel: +33(0)5 62 92 38 38

Maison du parc national

65120 Gavarnie

Tel: +33(0)5 62 92 42 48

##### Cauterets valley

Maison du parc national

65110 Cauterets

Tel: +33(0)5 62 92 52 56

##### Azun valley

Maison du parc national

et de la vallée

65400 Arrens-Marsous

Tel: +33(0)5 62 97 43 13

##### Ossau valley

Maison du parc national

64440 Laruns

Tel: +33(0)5 59 05 41 59

##### Aspe valley

Maison du parc national

64490 Etsaut

Tel: +33(0)5 59 34 88 30

## How to use the national park



## Walking, rambling and climbing

### The choice is yours

- Cleared and waymarked paths covering each of the national park valleys.
- Long distance footpaths, crossing the Pyrenees and the national park:
  - The GR 10, accessible to anyone used to rambling.
  - The Haute Randonnée Pyrénéenne (Pyrenean Mountain Pathway), which is suitable for experienced mountain walkers only.
- Guided day-long walks
  - With national park rangers during the summer. Details from the park information centres (Maisons du parc national) in each valley.
  - With the Friends of the national park *Association des Amis du parc national* 2, chemin de l'Ormeau 65007 Tarbes, Tel: +33 (0)5 62 93 35 38 or 32, rue Samonzet 64000 Pau, Tel: +33 (0)5 59 27 15 30
  - With mountain guides or group leaders, for climbing or expert assistance: some guides or group leaders propose products with the «Parc national des Pyrénées» label and will offer you a rich discovery of nature and culture in the Pyrenees.

Information in tourism office and mountain guide office.

- School groups
 

One centre is open year-round where children can learn about the environment.

  - *Centre Permanent d'Initiation à l'Environnement(CPIE)* 5, chemin du Vallon de Salut - BP 123 65201 Bagnères-de-Bigorre, Tel: +33(0)5 62 95 49 67

## Fishing

Mountain and rainbow trout, Canadian brook trout, cristivomer and char love the pure gushing waters of the Pyrenees.

Fishing is allowed in the national park with a permit obtainable on the spot from tobacconists or fishing tackle shops.

Strict regulations apply to the fishing season which runs from March to September.

Attention, the opening of the fishing in mountain lakes is later.

Information leaflet available from the "*Fédération pour la Pêche et la Protection des Milieux Aquatiques*".

### Hautes-Pyrénées

20, boulevard du 8 mai 1945  
65000 Tarbes, Tel: +33 (0)5 62 34 00 36

### Pyrénées-Atlantiques

12, boulevard Hauterive  
64000 Pau, Tel: +33 (0)5 59 84 98 50

## Photographs

Summits and glaciers, mountain streams or waterfalls, flowers in the high pastures, immense beech and fir forests... plenty to keep you taking pictures.

One vital point: be careful not to disturb any wildlife.

## Discovering the national park

In the mountains, everything is interesting. Take the time to stop, to watch, to listen. Don't forget your binoculars. Meet the rangers and go to exhibitions in the national park centres (see list below) and get to know the very different world of the mountains.

## The national park in winter

From November to May, with slight variations from year to year, the national park is entirely covered in snow. Cross-country skiing is possible, but is reserved for experienced skiers and mountaineers. However with snowshoes many easy walks can be undertaken at lower altitudes. Rackets with snow can be a good

means of discovery. The best is stay on grounds appropriate for rackets and not venture into steep places will require a strong knowledge of the mountain (avalanches...).

## Accommodation

### Inside the national park

**Mountain refuges** (around 20, with 50 places), open and manned from mid-June to September, offer dormitory accommodation (10 € to 19 € a night) and meals (around 15 €).

The rest of the year, part of the building known as the «Winter refuge» stays open and offers an average of 10 places.

A refuge is not an hotel. It is there to welcome passing mountain walkers. You can bring your own food, or appreciate the meals prepared by the warden.

Either facing the Ossau summits, or the Gavarnie cirque, or by the side of little mountain lakes, there are 5 refuges under the care of the Pyrenees national Park:

- Barroude, in the Aure valley (2 377m), Tel: +33 (0) 5 62 39 61 10
- Espuguettes, in the Luz valley (2 027m), Tel: +33 (0) 5 62 92 40 63
- Migouélou, in the Azun valley (2 278m), Tel: +33 (0) 5 62 97 44 92
- Ayous, in the Ossau valley (1 980m), Tel: +33 (0) 5 59 05 37 00
- Arlet, in the Aspe valley (1 986m), Tel: +33 (0) 5 59 36 00 99

Other refuges are run by:

The Club Alpin Français, 24, avenue de Laumière, 75019 Paris, Tel: +33 (0) 1 53 72 87 00

More details are available in the special leaflet «Refuges», available in the national park centres.

**Camping** not permitted inside the national park. It is possible, however, to spend one night in a small tent, pitched after nightfall, or during bad weather, and taken down at daybreak. It should be more than one hour's walk from any motorised access.

Caravan or camper stopovers are also forbidden on any of the roads or carparks during the night inside the national park.

### Around the national park

#### Hotels, furnished accommodation, country gites, bed and breakfast

**Hautes-Pyrénées**  
Information and bookings  
Hautes-Pyrénées Tourisme  
Environnement,  
11, rue Gaston Manent - BP 9502  
65950 Tarbes cedex 9  
Tel: +33 (0) 5 62 56 70 65

**Pyrénées-Atlantiques**  
Information and bookings  
Agence Touristique du Béarn  
22, ter rue J.J de Monaix  
64000 Pau,  
Tel: +33 (0) 5 59 30 01 30

The Maisons des Pyrénées  
In Paris,  
15, rue St Augustin, (75002),  
Tel: +33(0)1 42 86 51 86

In Nantes,  
7, rue Paré (44000),  
Tel: +33 (0)2 40 20 36 36

In Bordeaux,  
7, rue Buffon, (33000),  
Tel: +33 (0)5 56 44 05 65

#### Campsites

##### Hautes-Pyrénées

##### Tourist offices

*Aure valley*  
65170 Saint-Lary,  
Tel: +33 (0)5 62 39 50 81

*Luz valley*  
65120 Gèdre,  
Tel: +33 (0)5 62 92 48 05  
65120 Luz-St-Sauveur,  
Tel: +33 (0)5 62 92 30 30  
65120 Gavarnie,  
Tel: +33 (0)5 62 92 49 10  
65120 Barèges,  
Tel: +33 (0)5 62 92 16 00

*Cauterets valley*  
65110 Cauterets,  
Tel: +33 (0)5 62 92 50 50

*Azun valley*  
65400 Arrens-Marsous,  
Tel: +33 (0)5 62 97 49 49

*Gaves valley*  
65400 Argelès-Gazost,  
Tel: +33 (0)5 62 97 00 25

##### Pyrénées-Atlantiques

##### Tourist offices

*Ossau valley*  
64440 Laruns,  
Tel: +33 (0)5 59 05 31 41  
64260 Arudy,  
Tel: +33 (0)5 59 05 77 11  
64440 Eaux-Bonnes,  
Tel: +33 (0)5 59 05 33 08

*Aspe valley*  
64490 Bedous,  
Tel: +33 (0)5 59 34 57 57  
64400 Oloron Sainte-Marie,  
Tel: +33 (0)5 59 39 98 00

#### Farm campsites, country camping, gites

##### Hautes-Pyrénées

Information from  
Gîtes de France,  
22, place du Foirail,  
65000 Tarbes,  
Tel: +33 (0)5 62 34 31 50

##### Pyrénées-Atlantiques

Information from  
Gîtes de France,  
20, rue Gassion - BP 537,  
64010 Pau cedex,  
Tel: +33 (0)5 59 11 20 64