Tour de la Bouche



(@LeadeCussac)



A range of atmospheres and landscapes

From the arid, boxwood-covered southern slope ("eth bouch" in the local Bigourdan dialect) to the deep shade of the beech forest on the northern side, you will enjoy the shifting atmospheres throughout this panoramic circuit. Reaching the summit of Haboura offers a sweeping, bird's-eye view over the Campan Valley.

Useful information

Practice : A Pied

Duration : 6 h

Length : 15.5 km

Trek ascent : 885 m

Difficulty : Difficile

Rating scale :

- Technicité : 4 - Assez difficile
- Risque : 4 - Assez difficile
- Effort : 4 - Assez difficile

Type : Boucle

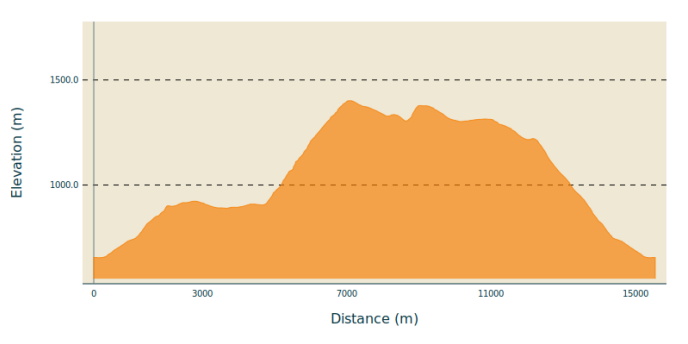
Themes : Pass and summit, Pastoralism, Viewpoint and landscapes, Forêt et sous-bois

Accessibility : en, Départ accessible en transports publics

Trek

Departure : Campan
Arrival : Campan
Cities : 1. Campan
2. Asté
3. Asque

Altimetric profile



Min elevation 654 m Max elevation 1401 m

1. From the parking area, head down to the right of the fountain. Turn right onto the embankment between the canal and the Adour River. Cross the meadow and then cross the "Pont Noir" (Black Bridge) to the left. Continue for 10 meters until you reach a junction.

2. Turn right. At the next intersection, go left (following signs for Ordincède). The path climbs steadily, passing alongside a watering trough and some *leytés* (small irrigation channels), before reaching another intersection.

3. Keep going straight ahead and make a long traverse across the hillside (southeast). The slope steepens. The path becomes wider and rockier, passing along the base of some rock faces. After a series of switchbacks, you will reach the *courtaou* (shepherd’s settlement) of Ordincède.

4. Ascend between the barns. At the last barn, follow the path to the left. Cross a grassy saddle (with the Banios hut on your left) and descend across open pastures, then through a beech forest. The path turns toward the northwest and, after a long traverse, emerges from the forest to reach the Col du Lhéris (1383m).

> Access to the summit of Haboura (1 hour 15 minutes round trip; 247m elevation gain): From the mountain pass, move forward a few meters; at a pyramidal rock, head uphill to the left along a trail. The path runs along the edge of the forest before making a switchback to the left. After 200m, at a fork, ignore the trail leading toward the trees and bear right. After approximately 180m, turn due south to reach the summit of Haboura (marked by a cairn at 1628m), located behind an isolated fir tree.

5. Cross over to the other side and descend into the grassy valley (to the west), keeping to its left flank. The trail passes by some watering troughs and continues straight ahead, entering a beech forest. It then joins a forest track. At the junction, head uphill to the left for 10m, then take the trail to the right. This leads to a small, grassy mountain pass. Continue straight ahead and descend to another small pass.

6. Descend to the left into the small valley (you will see the *courtaou*—a shepherd’s hut—of Le Teilhet on your right) and, below the hut, locate a trail running along the edge of the woods. Begin a long descent through the boxwood shrubs. Ignore the first trail that branches off to the right; continue descending along the

hillside, then, further down, turn right (heading west). At the next junction, take the path to the right for 30 meters, which will bring you back to the path you took on the way up.

3bis. Turn right and head back to the parking area.

On your path...


Grande Roche
Coume de Tournarisse
Cantère
Mail Ardoun
Plateau de l'Izard
.1239
Pic d'Asté
la Fenêtre
Coulato
Birouadet
le Lhéris
Cap de las Penas
l'Artigue
.920
Bois de Tournarisse
.1156
1210
Tachau
Coume d'Artigous
anne debat
Pleu de la Bereu
Bois de Labouche
Pène Oubac
le Teilhet
6
Pène Lounque
le Passet
Arris
Coume d'Asque
l'Homme Mort
1
les Arrués
Pla d'Espet
2
CAMPAN
Coume Hérède
le Habata
les Clotes
le Haboura
le Lhéris
Casque du Lhéris
Montagne de
Vallée de Campan
Coume d'Arricaou
Mourcoueou
.1536
Col d'Arris
5
Lanne dessus
Carrot Boussut
les Cassoulats
Pène det Carras
Pène Houradade
la Côte du Lhéris
Es Pasquinet
Coume du Grihou
Pé de Hourquet
3
les Hèches
le Courtalet
Soum Arra
l'Entrade
Caoutérou
Pas de l'Asou
Pene Arrouye
.1603
la Bouche
les Pénettes
le Haboura
Coume de Bourguigna
Lagues
le Sarrat
Saint-Roch
Coudorry
la Gudère
Coume de la Houlette
Pas de l'Âne
Cinté de Broc
les Ganguettes
Hount de Nabay
Coume Sèc
Galade
les Arrougets
les Estellous
Puyo de Hu
le Courouaou
.1427
Bois du Hérédé
Coste de Jouanicare
.1384
Cabrecars
le Pont d'Arrimoula
Pène des Mougnes
4
les Abelières
la Crespe
Gorge du Hourc
Cluc
Buala
Burre
Lapeyrère
Nabaillet
Cap de la Pène
Cayres de By
las Soulas
.137
les Palanquos
Et Gor
Nougués
Escaret
Sainte-Marie de Campan
le Pouy
Trassouet
les très Bourdettes
le Peyras
Arrimoula
Couya
500 m
las Testes
D154
Leaflet | Plan IGNV2 - Carte © IGN/Geoportail

All useful information

Zone pastorale

Cet itinéraire se situe dans une zone pastorale. Vous êtes donc sur le territoire des troupeaux de vaches et de brebis, et pas l'inverse. Pour rappel, vous devez garder vos distances avec les troupeaux et votre chien doit être tenu en laisse. Une signalétique rappelle la conduite à tenir dans ces zones.

Advices

Do not attempt this route in foggy weather (difficulty with orientation).
From 6 to 3: descent along a stony path.

Required Equipment:

Hiking requires a minimal amount of gear. Below is a list of our essentials (source: ffrandonnee.fr):
- a pair of shoes suited to your activity,
- a hat, important for sun protection,
- a backpack containing a water bottle,
- a fleece and/or windbreaker, depending on the temperatures you might encounter,
- a compass and a map, useful in case of fog,
- a first-aid kit with adhesive bandages to treat blisters, as well as an emergency survival blanket,
- a camera or your phone to capture memories of the excursion. Remember to bring a portable power bank.

Physical Preparation:

As with any physical activity, it is highly recommended to perform some warm-ups to prevent injuries; be sure to mobilize your ankles, knees, hips, shoulders, and neck.

Suitable Conditions:

This route should be avoided when snow is present. Always check the weather forecast before heading out, and consult with the local Tourist Office.

How to come ?

Transports

Bus connection between Bagnères-de-Bigorre and La Mongie (during operating periods)

Access

Campan, 6 km south of Bagnères-de-Bigorre via the D935

Advised parking

playground

Accessibility

en Départ accessible en transports publics