



## TOUR DU BIROS

### A 4 days hike

**Day 1. Parking Anglade/fréchendeck – Etang d'Araing (pond) : 3h30 (or 4h by the chapel of Isard), +1100m positive altitude.**

1. Upon arrival at the top of the parking in Sentein, take the marked path towards Etang d'Araing.  
Hamlet (Fréchendeck) — 815m, approx 20 min.
2. Go on the ascending path, stay on it until you arrive at the walkway (Illa Maria) — 920m, approx 45min.
3. Then, continue up until the second Walkway (of « Piches ») — 1105m, approx 1h25.
4. From here there are two options:
  - If you stay on the right bank, you'll directly join the hut of « Illaou » — approx 1h45.
  - If you cross the walkway, you'll reach the chapel of Isard and then the hut of « Illaou » in — approx 2h15.
5. Chapel of Isard : there is a pilgrimage on the 5th August. You'll find water behind the chapel — 1320 m, approx 1h55.
6. On the right of the chapel, the path goes down towards the stream 10 min. Once there, cross the walkway. Go up thirty meters and then go on the left on the « path of Ussos » (ussos means bear) — approx 2h05.
7. Carry on the path until the stream of Araing. On the other side, after a little climb you'll reach the path of the right bank — 1400m, approx 2h35.
8. Go straight on the path which goes to the hut of « Illaou » — 1485m, approx 2h55.
9. Then the slope join the dam of « étang d'araing » — 1911m, approx 3h30.
10. Remain on the GR10 on the right until the Refuge CAF d'Araing — 1965m, approx 4h.

*\*Variant : from Etang d'Araing, you can climb the peak of Crabère — 2629m (3 hours round trip).*

Contact details for the refuge : Anoura Barré, 05-61-96-73-73 or 06-88-69-46-07.

**Day 2. Etang d'Araing – Eylie (village) : 3h20, - 1230 of descent.**

Refuge CAF Etang d'Araing — 1965m, 0h.

1. Go down towards the dam and take the right GR10 which climbs to Col de la serre d'Araing (pass of « serre d'Araing) — 2221m, approx 1h.
2. Go down to the left while remaining on the white and red marked path of GR10 to reach Les mines du Bentaillou (the mines of Bentaillou) — 1900m, approx 1h45.
3. At first the path is flat then the GR10 goes down to Le plateau de Rouge (mines) — 1650m, approx 2h15.
4. A steep slope takes you to Gîte d'Eylie — 990m, approx 3h20.

*\*Variant off-trail (on the left north/east direction) : Le pic de l'Har (the peak of Har), 2424m, one hour round trip. Several paths climb on the south side fifty meters under the ridge, on the mines of Bentaillou side. Take it and when it becomes too steep, cross the ridge on the left to be on the Etang d'Araing side in order to avoid the difficulty to climb to the peak.*

Contact details for the Gîte : Claude and Nelly, 05-61-96-14-00.

**Day 3. Day 3 Eylie – Bonac : 5h, Positive altitude +740m, -950m**

Gîte Eylie — 990m, 0h

1. On an easterly direction, take the GR10 which goes down to the river and will take you to a forest track. Follow it on the right and then quickly take your left. The GR10 climb until the beginning of Bois de Laspé (Laspé wood) — 1250m, approx 1h.
2. Carry on and go up. After the wood you'll find L'abri de berger en pierre (the stone shepherd shelter) — 1660m, approx 1h50.
3. Then, quit the GR10 and take the path on your left, a variant of GR10, Bonac. This path, which goes on the mountainslope, will take you to Le col des Cassaings (pass of Cassaings) — 1497m, approx 2h50.
4. Next, the path will take you to La piste forestière (the forest track) — 1400m, approx 3h40
5. Keep an eye on the red and yellow markings and follow them. They will take you to a path which goes down to Relais Montagnard, Bonac — 706m, approx 5h.

Contact details for the Relais Montagnard : 09-51-26-79-55 or 07-68-90-78-96.

**Day 4. Bonac – Frechendeck/Parking Anglade : 6h15, Positive altitude +900m, a descent of -790m**

Bonac — 706m, 0h

1. Just behind of Relais Montagnard, take the variant of GR10 (red and white), through the forest to join a road which goes to Balacet village. On top of the village, you will find Le lavoir de Balacet (wash house of Balacet) — 909m, approx 45min.
2. On the left side of the wash house, take the path marked in red and white. Then, you'll arrive at Cabane du col de l'araing (hut of Araing path) — 1350m, approx 1h50.
3. On the left of the drinking fountain, follow the flat path. This will take you to the hut of cirque of Morères. A steep slope reaches the Col des morères (pass of Morères) — 1550m, approx 3h15.
4. Cross the pass, and go down on the left side towards the hut of Couledoux. The path continues in the forest. Follow it until you reach Mail de Laroque — 1397m, approx 3h45.
5. Carry on the same path going down until you find Col de Lacroix (the pass of Lacroix) — 1270m, approx 4h.
6. Carry on the path until you reach a fork then take the right. You'll then reach the Col de Hérechec (pass of Hérechec) — 1289m, approx 4h45.
7. Go straight up the slope (the path isn't marked) you should pass several ruined barns. On top of the field, take the marked path on the left. Soon the path takes you onto a forest track which leads to Col de Blazy (pass of Blazy) — 1309m, approx 5h10.
8. Follow the southernly direction of the path to Hamlet of Playras — 1100m, approx 5h35.
9. Go through the village and at the otherside take a right following a path towards the bottom of the valley. Stay on the path and you'll arrive at Fréchendeck — 810m, approx 6h.
10. Walk through the village and then the path brings you to the parking space Anglade — 815m, approx 6h15.

*\*Variant by la carrière de marbre (marble quarry) + 40min*

*Wash house of Balacet — 909m, 45min*

*Take the large path on the right side from the wash house which passes next to drinking troughs. A few minutes later, you'll find a path marked in yellow. Take the yellow path until you arrive at Carrières de marbres — 1235m, 1h30 (marble quarry). Then you'll see the big ruined barn continue on the same path don't take the path on the right. The path begins to wind and climb to the top and you should soon arrive at a stone shepherd shelter. Just after it take the left to circle back to the same path that brings you back to Col of Araing — 1360m 2h30.*