**Nine hikes to discover our valley**

**N°1 - AGNOUÈDE LA CROIX DE SIA**
- **STARTING POINT:** SAZOS MAIN SQUARE
- **DURATION:** 1h
- **LEVEL:** EASY

Go up the street that surrounds the parking.

Follow the marked trail Agnouède. Cross the road, the path starts in front of you in the high wall enclosed by a balustrade.

Pass the Ferme des Cascades. At the bridge, follow the sign that indicates Agnouède. The path goes along private properties and woods. It will take you to the cross of Agnouède.

Follow the road on 1.5km in direction of La Croix de Sia. The path goes along the gorges of Gèdre. Cross the river Lassariou to reach the hamlet Sia.

Use the same trail to go back.

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**N°6 - BALADE DES 5 EGLISES**
- **STARTING POINT:** TOUROUSS TOURIST OFFICE OF LUZ
- **DURATION:** 2h15
- **LEVEL:** MEDIUM

At the crossroads of the bar La Terrasse, turn right in direction of Esquièze-Sère. Keep walking a few meters and turn left by the left of the bridge.

Walk along the goutte de Pau and make a left at the fire station.

Keep walking and take the second street on the right in direction of CEVIO.

At the end of the road, take the lake located on your right. Turn right to get to the play area and then park the church of Suzios. Turn right on D12 during 50m.

Go up the street on your left. Cross the canal and keep walking on the road. Cross the river on the bridge and follow the old path until the Croix de Saint Vincent.

Walk around the church and walk along the river, you will see the Brasiers de Pau.

Follow the sign Agnouède, cross the canal and let the signs guide you to the road to Sazos. Turn left and walk 500m before taking the path to the Belvédère. Follow the trail that indicates Agnouède.

You will get to your starting point.

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**N°3 - LES CASCADES**
- **STARTING POINT:** SAZOS TOWN HALL
- **DURATION:** 3h15
- **LEVEL:** EASY

The bridge is located 3km away from Luz Saint Sauveur on the road to Lourdes. Cross the bridge and walk up the path on the left to Sazos. 300m further, after the bakery, take the track on your right towards the Pont de la Reine.

Cross the bridge and walk up straight between the house and the barn. Follow the track on your left.

On your way, don’t miss: the local and organic bakery in Saligos (sales on Tuesday and Friday afternoons).

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**N°4 - PONT NAPOLÉON**
- **STARTING POINT:** TOURIST OFFICE OF LUZ
- **DURATION:** 2h
- **LEVEL:** EASY

Turn right on the Eglise des Templiers square. Follow the signs that indicate Camping and Auberge des Cascades. Keep walking to the Pont de l’Égalité, leaving the lorry on your left side.

At the crossing, take a path that goes uphill on the right along the Menogwo waters. Keep walking uphill until the waterfalls thanks to the stairs and then follow the path.

In a right turn, the path splits: go to the pastoral track on the right. Go down along the beautiful property Hautaldale, former thermal baths that were open until WWII. You will get to the thermal water source Hautaldale.

Walk down the street that gets to the main street of Saint Sauveur. Turn right and keep walking until you reach your starting point.

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**N°5 - CHÂTEAU SAINT MARIE**
- **STARTING POINT:** TOURIST OFFICE OF LUZ
- **DURATION:** 2h
- **LEVEL:** EASY

At the crossroads of the bar La Terrasse, turn right and follow the direction Lourdes. You will pass the bridge that leads to Esquièze-Sère and pass the pharmacy. Keep straight. Pass the old train station and make a right after the Terminius hotel and before the town hall, direction Vass. The starting point is located in front of the hotel Le Montagut. You will walk 15min on a shady path, quite steep but without any major difficulty.

This is the ultimate family walk, where your kids can pretend to be knights in a real castle! You can go down leaving the building behind you and following the trail on your right direction Esteve (at the bottom of the field of the castle).

Once you get close to the road, go down to the village of Esteve and cross the river. In front of the town hall, make a right along D991 to reach the parking of the Touristic office.

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**N°8 - CIRCUIT DES TROIS VILLAGES**
- **STARTING POINT:** SAZOS MAIN SQUARE
- **DURATION:** 2h
- **LEVEL:** MEDIUM

On your way, don’t miss: the thermal spa Luzea.

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**N°9 - BALADE DE SALIGOS**
- **STARTING POINT:** LEFT BANK OF THE SALIGOS BRIDGE
- **DURATION:** 1h15
- **LEVEL:** EASY

The bridge is located 3km away from Luz Saint Sauveur on the road to Lourdes. Cross the bridge and walk up the path on the left to Saligos. 300m further, after the bakery, take the track on your left towards the Pont de la Reine.

Cross the bridge and walk up straight between the house and the barn. Follow the track on your left. Once in the road, turn left until the junction to Vissos.

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**Bandarocaching**

A treasure hunt in the heart of Luz!

2h of GPS-guided walk, from hint to hint, to learn more about mountain’s security rules. The GPS is sent by the touristic office.
The tourist office proposes ideas of walks to fully enjoy your stay in Luz Saint Sauveur and the villages around.

For more information about hiking, do not hesitate in contacting mountain professionals and mountain guides.

Explore Luz differently thanks to our tale walks. A storyteller will guide you through the most beautiful sites of Luz, telling you about the legends and stories of the past...

**Grande Randonnée**
- Right direction
- Turn
- Wrong direction

**Categories of hikes and signing explanation**
- Church
- Castle
- Chapel
- Bridge
- Tourist office
- Parking

**IN THE FOOTSTEPS OF VICTOR HUGO AND NAPOLEON 3**
Wandering through the streets of Luz city center, enter history and find out the secrets of the most beautiful sites and villages, with a cultural guide. Only in July and August.

**NOCTURNAL TALE WALK**
Nocturnal walk to an incredible promontory: Sainte-Marie castle. Equipped with torch lamps, follow the paths of fairies, men and heroes from here and there. Only in July and August.

**VISITS TO THE PYRENEES NATIONAL PARK**
The National Park offers a rich natural and cultural heritage with pastoralism, fauna and flora etc.

During these incredible hikes in our environment's sustainable respect, you will meet interesting people and find out more about local know-how.

More information: +33 (0)562 921 839.