

## VULTOURIS ROUTES: Abodi (Navarra)



The route sets off from the Bar/Cafe of the Abodi Cross-country Ski Area (Centro de Esquí Nórdico de Abodi), located in Larrainxarra, an area known as Pikatua. It's situated on the flank of Mount Ori, near Iturzaeta Pass (1,573m) along the highway to Larraine-Larrau. At times the route follows a cross-country ski trail (which makes it inaccessible during ski season) allowing for easy walking on a wide path. It's a different way to experience La Selva de Irati.

The first leg of the route begins by gradually ascending through a beech forest toward the Sierra de Abodi (1,400m), offering beautiful views of the Pyrenees of Huesca, the Salazar/Zaraitzu Valley and the Municipality of Navascués/Nabaskoize, a land rich in contrasts and possibilities to delve into. Livestock still make their seasonal migration through these valleys, which are inhabited by sanctuaries and chapels with artwork still preserved. Among architecturally safeguarded towns, art and history join hands with local traditions, dances and gastronomy.



### ROUTE FILE



Distance: 4.22km.  
Minimum elevation: 1,329m.  
Maximum elevation: 1,484m.  
Total ascent: 155m.

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From this height, the mythical Pico de Ori comes into view, the first 2,000 metre peak of the Pyrenees heading inland from the Cantabrian coast, in addition to the impressive Irati Forest which offers an astonishing display throughout the year.

Irati, forest of forests, home of wood traders and lumberjacks. The Irati Forest is an extensive territory covering an area of 17,195ha, 75% of which is forest. It inhabits a basin bordered by mountains that encompasses the Salazar/Zaraitzu and Aezkoa Valleys in Navarra, the Cize Valley of Lower Navarra (Baja Navarra) and the Xiberoa Valley. It's a forest that has given recompense to forestry, livestock and hunting exploitation since ancient times. With its great natural and ecological value, it is considered to be one of the largest beech-fir forests of Europe and has been listed as a Special Area of Conservation (SAC) within the Natura 2000 network. Walking along with eyes closed, one can imagine the raftsmen descending the Salazar/Zaraitzu, the shepherds heading down to the Bardenas, or ancient stories, like the legend of Basajaun or Gartxot the Bard of Itzalzu...