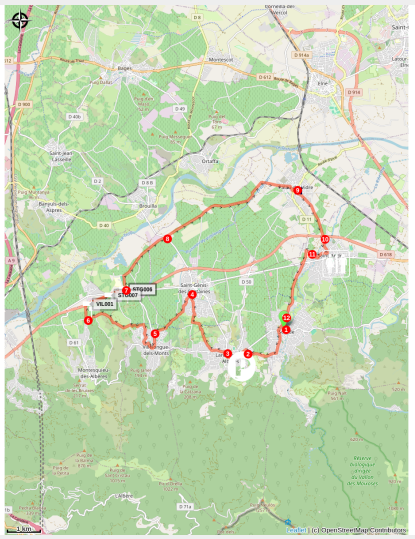
The loop of Les Albères "The great course"

Albères



(Frédéric Hédelin)



Discover the natural and cultural heritage of the Albères through sports activities, and explore its rich craftsmanship.

An itinerary full of natural and heritage discoveries in the heart of the Albères! This grand loop connects eight typical villages, featuring scenic viewpoints, museums, chapels, a wild lake, and local craftsmanship. A true concentration of Catalan authenticity to explore at your own pace.

Useful information

Practice : Cycling

Duration : 3 h

Length : 26.5 km

Trek ascent : 211 m

Difficulty : Hard

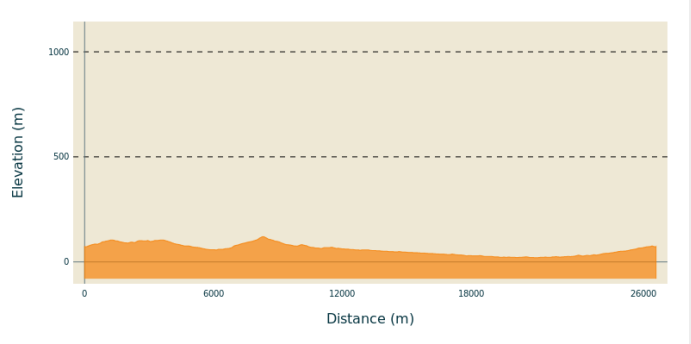
Type : Boucle

Themes : Plaine

Trek

Departure : Sorède Town Hall car park
Arrival : Sorède Town Hall car park
Cities : 1. SOREDE
2. LAROQUE DES ALBERES
3. ST GENIS DES FONTAINES
4. VILLELONGUE DELS MONTS
5. MONTESQUIEU DES ALBERES
6. PALAU DEL VIDRE
7. ST ANDRE

Altimetric profile



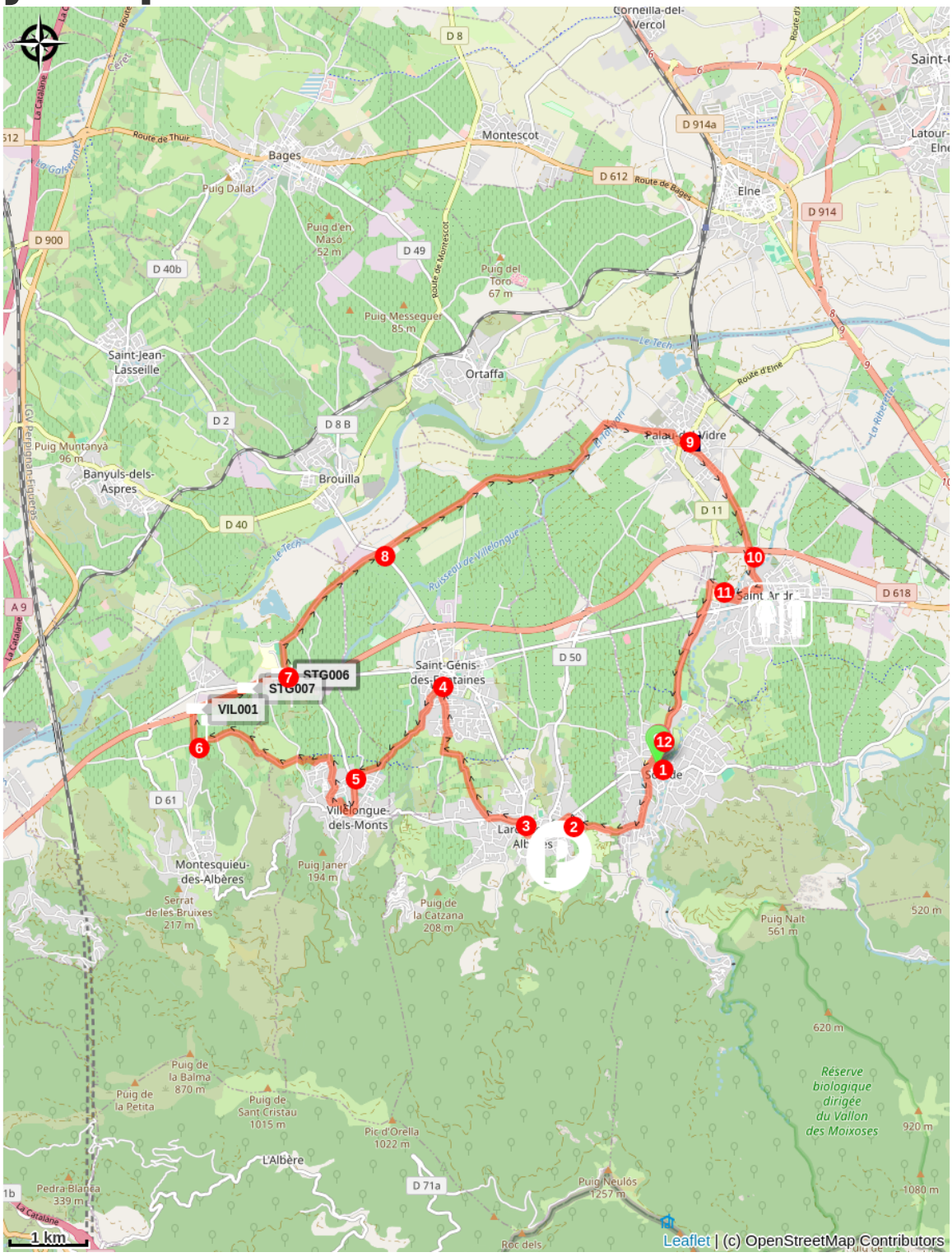
Min elevation 20 m Max elevation 120 m

Departure: Town Hall Car Park

1. When leaving the town hall car park, head towards Laroque-des-Albères. To do so, turn left onto Rue de la Caserne. At the roundabout, take the 3rd exit. Pass in front of the church. At Place République, turn left onto Rue Saint-Jacques. Continue straight along Rue du Moulin Cassanyes. Turn right onto Rue du Vallespir, then continue straight ahead on Route du Moulin de Cassanyes to reach Laroque-des-Albères.
2. At the end of this road, you'll reach a "no entry" sign — turn right towards the roundabout. Take the 3rd exit, then follow the main road through the village.
3. After crossing the bridge, turn left towards Villelongue-dels-Monts. Continue straight. At the roundabout, turn right onto Chemin de la Boutade. At the end of the path, do not follow the EV8 cycle route, but turn right instead. Upon entering Saint-Génis-des-Fontaines, turn right into the housing estate, and at the stop sign, continue straight ahead until you reach the water tower.
4. After the water tower, turn left. Continue left along Avenue des 2 Catalognes, then bear right on Traverse de Villelongue. At the stop sign, turn left. Leave the EV8 and continue straight towards Villelongue Centre. At the stop, keep right, and continue straight ahead.
5. After the second "give way" sign, turn left. At the stop sign, turn left again towards Montesquieu-des-Albères. In Villelongue, turn right towards the town hall. Pass in front of the town hall and the museum, then continue straight. At the roundabout, take the 3rd exit. Continue straight to join the EV8, which you should take left, in the direction of Montesquieu.
6. Leave the EV8 before the sign indicating Le Boulou and turn right. Pass under the highway bridge, then turn right onto the cycle path towards Argelès-sur-Mer.
7. At the agricultural high school, leave the cycle path and turn left onto a small road (Cami de Vergells), which passes to the right of the school, leading to the entrance of the Villelongue-dels-Monts lake, next to the wastewater treatment plant.
8. Continue straight ahead. At the stop sign, go straight across. Keep straight for 5.8 km. At the "give way" sign, turn right. Upon reaching Palau-del-Vidre, continue to the right. Near the post office (La Poste), turn left.

9. After the road narrows, turn right and follow Rue Vila to reach the town hall car park. Cross it, then take the second street on the left, towards the “Micro Crèche”. Continue straight, passing the roundabout and leaving the village, until you pass under the highway bridge to reach Saint-André.
10. Continue straight ahead. When you reach Allée de la Liberté on the right, cross the town hall car park. Follow the “All directions” sign twice. Take Rue des Micocouliers. At the stop sign, turn right to reach the Saint-André middle school.
11. Go around the school to the right along the cycle path and continue straight towards Sorède.
12. When you arrive in Sorède, at the roundabout follow signs to the town centre, then at the next roundabout, turn left to reach the town hall, the end of your route.

On your path...



The Glassmakers of Palau-del-Vidre
(A)

All useful information

⚠ Advices

This route is not recommended for families. It is suitable for mountain bikes (MTB) or electric bikes (e-bikes).
Please respect the highway code, as many sections are shared with other users.
Wearing a helmet is strongly recommended for adults and mandatory for children.
Remember to bring snacks and water.

How to come ?

Transports

2€ buses

Advised parking

Town Hall Car Park

Environmental sensitive areas

Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

Zone Natura 2000 Directive Habitat

Sensitivity period:

Zone Natura 2000 Directive Oiseaux

On your path...



The Glassmakers of Palau-del-Vidre (A)

Several artists work glass using different techniques in the center of Palau-del-Vidre. The glass workshop will allow you to admire the work of a glass blower and its magnificent compositions. Right next to the studio, an artist works with a blowtorch; a little further, glued or reworked glass will be presented to you ... a real village of glassmaking workshops to discover!

Attribution : Verriers de Palau