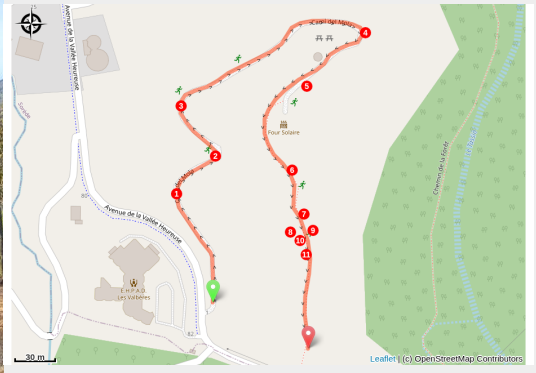
Fitness trail

Albères

(Elisabeth Coste)



A fantastic fitness trail on the foothills of the Albères. Perfect for a family outing!

Discover this fitness trail featuring 7 wooden exercise stations and a fitness area. Stretching over approximately 1 km, it is located at the foot of Sorède's solar furnace in a charming setting. A delightful experience for the whole family!

Useful information

Practice : Trail running

Duration : 1 h

Length : 0.7 km

Trek ascent : 14 m

Difficulty : Medium

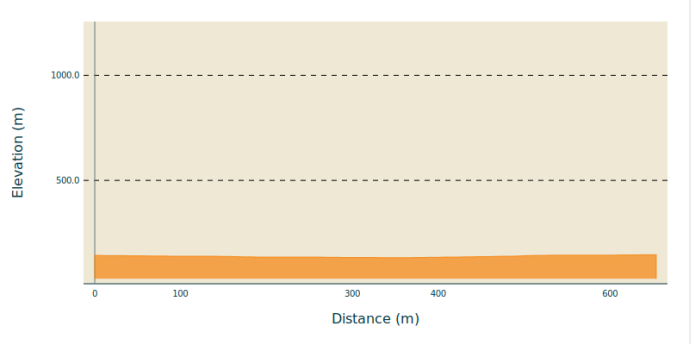
Type : Traversée

Themes : Flora, Patrimoine

Trek

Departure : Mas del Ca
Arrival : Mas del Ca
Cities : 1. SOREDE

Altimetric profile



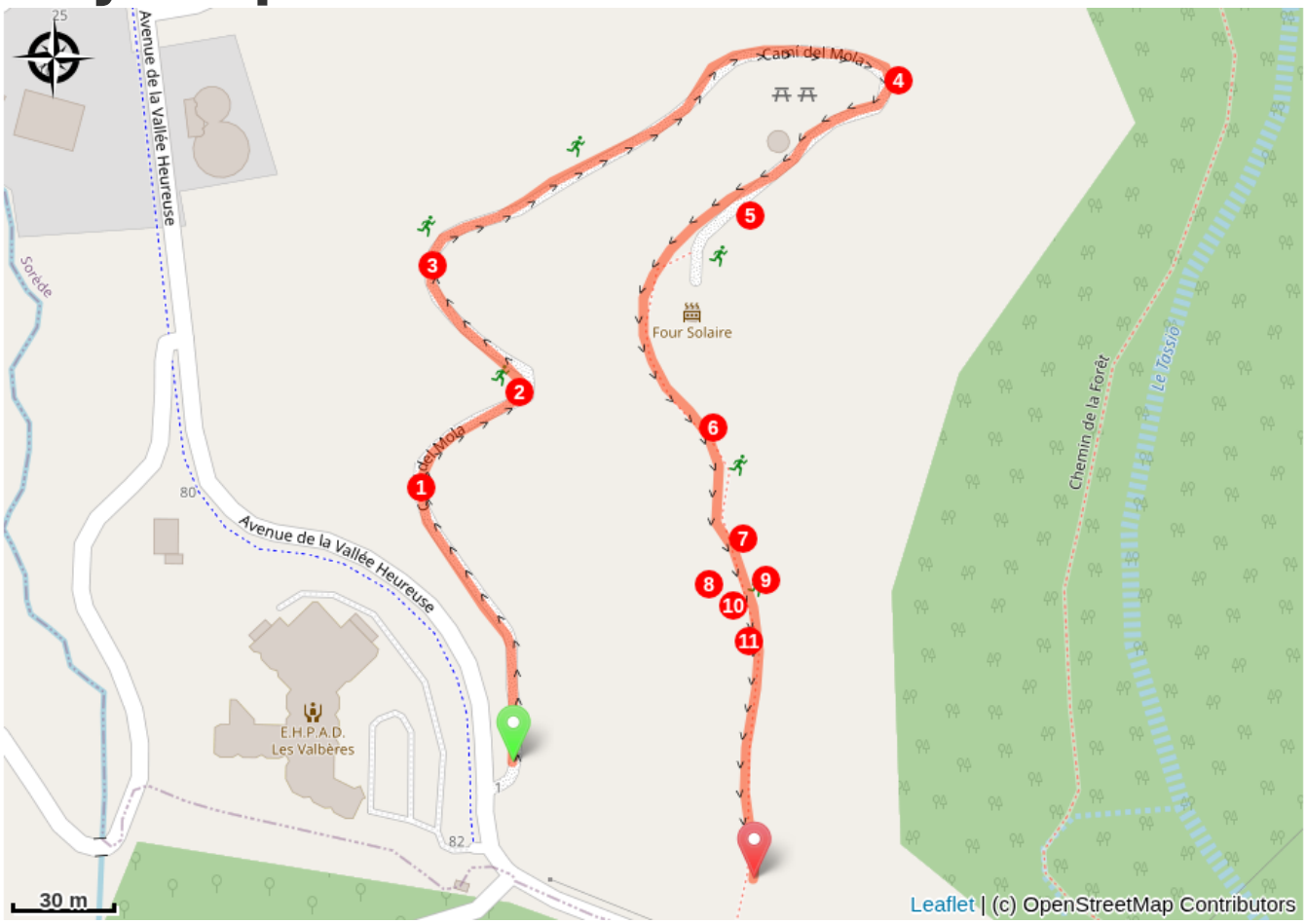
Min elevation 132 m Max elevation 146 m

Take the path opposite the 'Les Valbères' residence. This is the trail leading to the solar furnace. (In the summer season, the 'Padre Himalaya Association' offers very interesting guided tours in a peaceful and green area near Mas del Ca and the Vallée des Tortues.) This route is mostly shaded by pines and oaks. A picnic table is available for a short break!

1. Start with the double ladder.
2. Then, test your balance on the beam.
3.Next, move on to the double wall bars for some stretches or ab exercises.
4. Try the pull-up bar!
5. Then, the suspension ladder!
6.The ab bench invites you to a quick session.
7. Now you're at the fitness area, where you start with the bike.
8. Next, work on your adductors.
9. Continue with the elliptical bike.
10. Then, focus on your arms and chest.
11. Finish the course with the rowing machine.

There's also a 'frog jump' between the two trails.

On your path...


Avenue de la Vallée Heureuse
Sorède
Cami del Mola
Four Solaire
Le Tossic
Chemin de la Forêt
Avenue de la Vallée Heureuse
E.H.P.A.D.
Les Valbères
30 m
Leaflet | (c) OpenStreetMap Contributors

All useful information

⚠ Advices

To optimize the exercises on the equipment, read the recommendations posted on the signs.

How to come ?

Access

Avenue de la Vallée Heureuse in Sorède

Advised parking

Mas del Ca Parking