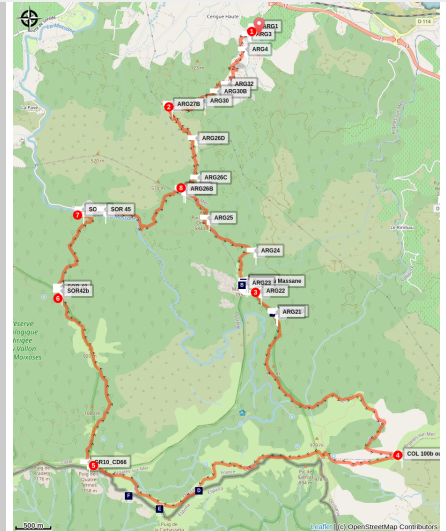


The border crossing via the GR 10

Albères - ARGELES SUR MER



Pic des 4 Termes (ot Argelès)



An demanding trail, but highly rewarded by the landscapes and views.

Do you love wild places where the forest is silent? Are you addicted to the challenges of summits where panoramic views are the reward? Set off to conquer this loop trail with over 29 km and 1800m of elevation gain.

Useful information

Practice : Trail running

Duration : 4 h 30

Length : 28.9 km

Trek ascent : 2066 m

Difficulty : Very hard

Type : Boucle

Trek

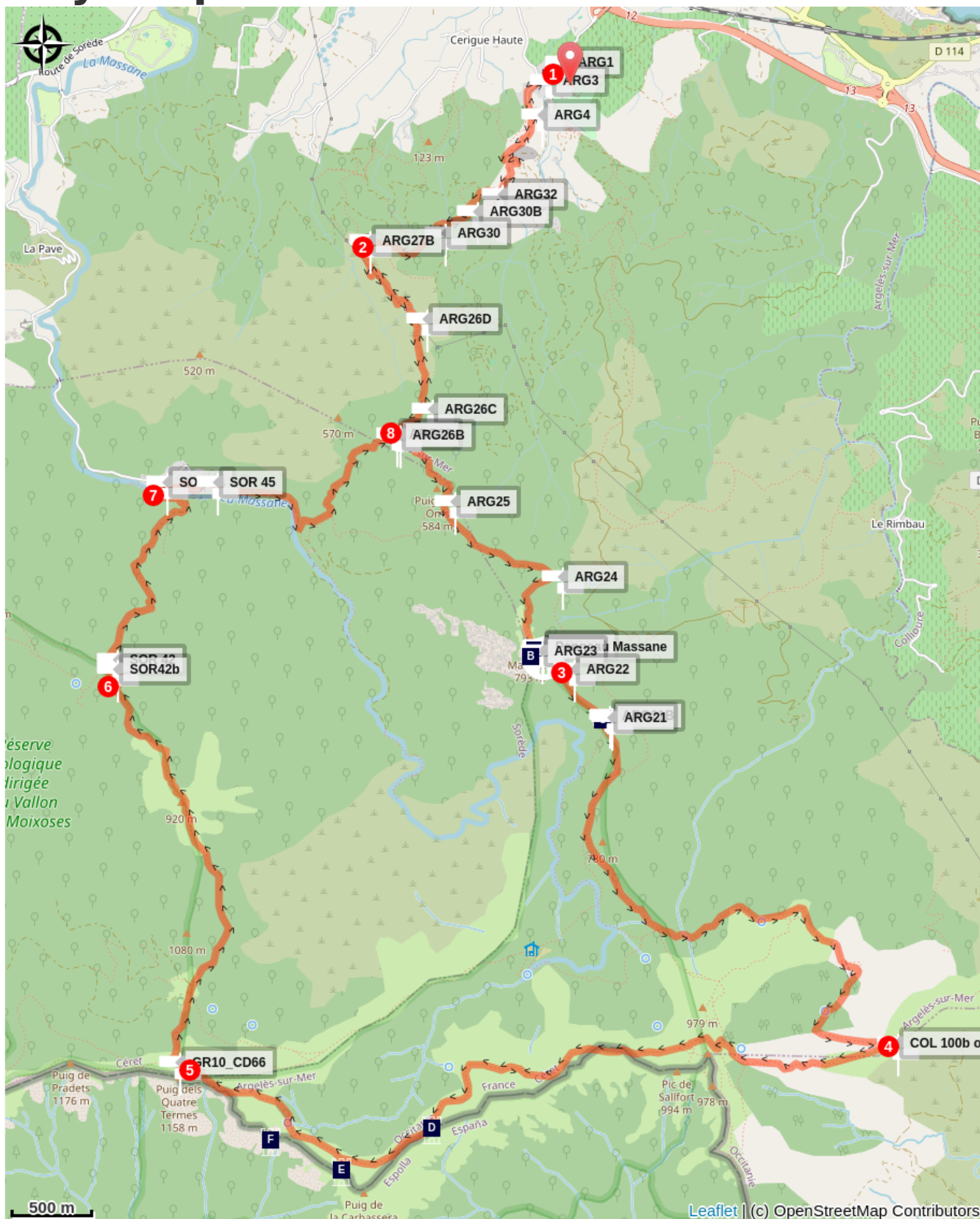
Departure : Valmy parking lot




Arrival : Valmy parking lot




Take the route from the St. Laurent Chapel (Sant Llorenç) PR® ARG4.

1. Pass the Mimosas campsite, the Mas Blanc, and begin the ascent on the DFCI-AL N°39 track. At the intersection of the two tracks, take the DFCI-AL N°28, pass the cistern, and take the path on the left that climbs into the cork oak forest. A much wider path leads to an opening where the ruins of Mas Pardès appear.
2. Turn left (south) onto the well-marked path that leads to Roc del Grill - Torre de la Maçana (Tower) PR® ARG1 and follow this route all the way to the Tour de la Massane.
3. Descend through the scree to reach the Coll de la Place d'Armes. Follow the Rimbau PR® ARG3 trail, which plunges into the beech forest, and emerge at the Coll d'en Verderol (776m). Continue on the route, passing the water catchments of the Font (spring) d'en Cassanyes and the Font d'en Vergès (the tunnel is bypassed).
4. As you follow the GR®10 along the ridges of the massif, the 360° panorama of both Catalonias (North and South) is exceptional when the sky is clear (beware of strong winds). Admire the holly sculptures created by the Massana cows. Pass the peaks of Sallfort (978m), Carbassera (1,000m), and Quatre Termes (1,158m). The Font de la Maçana: Altitude: 968m / GPS coordinates = 31 T 500638 E 4701972.
5. Reach the GR10 milestone "Puig dels Quatre Termes," then descend north to the Col des Trois Hêtres (Coll dels Tres Faigs). This is the intersection where the DFCI-AL N°18 track ends. Continue north, descending to reach the Coll de l'Aranyó and the Roc (rock) de les Medes.
6. At the base of the rock, to the left, is La Font (spring) dels Miracles, at the foot of a large, tall beech tree. Climb back up the trail and then begin the descent (steep and sharp) towards the hamlet of Lavail.
7. Arrive at the Massane river, cross at the level of the St. Martin Chapel. Head right at the end of the paved road that leads into the hamlet, then take the DFCI-AL N°35 dirt track. Arrive at the parking lot, follow the signage marked "La Vall PR® ARG6." Make sure to close the gates behind you, as cattle are present year-round. The path climbs steadily up to Roc del Grill.
8. The route then descends to reach Valmy.

On your path...



-  Le champ filonien du val de la Massane (A)
-  Col de la Place d'Armes (C)
-  Border Cross 587 (E)

-  Tour de la Massane (B)
-  Border Cross 588 (D)
-  Border Cross 587 (F)

All useful information

Advices

Bring snacks and sufficient hydration. Check the weather conditions. Take all your waste with you.

Every year, the 'Argelès Nature Trail' association organizes nature sports challenges (hiking, trail running, nature races, etc.) on the last weekend of April. This friendly event takes place in the Albère massif and around the Valmy municipal park: <https://www.argelesnaturetrail.com/>.

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



Zone Natura 2000 Directive Oiseaux

Sensitivity period:

Zone Natura 2000 Directive oiseaux



Réserve de la Forêt de la Massane

Sensitivity period: January, February, March, April, May, June, July, August, September, October, November, Decembre

Réserve Naturelle de la Forêt de la Massane.

Porté par l'Etat français, la hêtraie de la Réserve Naturelle de la Forêt de la Massane a rejoint le patrimoine mondial de l'UNESCO le 28 juillet 2021 sur la liste des "Forêts primaires et anciennes de Hêtres des Carpates et autre régions d'Europe".

Ce classement international prestigieux reconnaît l'ancienneté et le fort niveau de naturalité de cette vieille forêt du bassin méditerranéen en libre évolution depuis plus de 150 ans. Il est le fruit du travail exemplaire mené tant sur la connaissance que sur la gestion de la réserve depuis sa création en 1973 par les organismes cogestionnaires : l'Association des Amis de la Massane et la Fédération des Réserves Naturelles Catalanes.

Un haut lieu de biodiversité

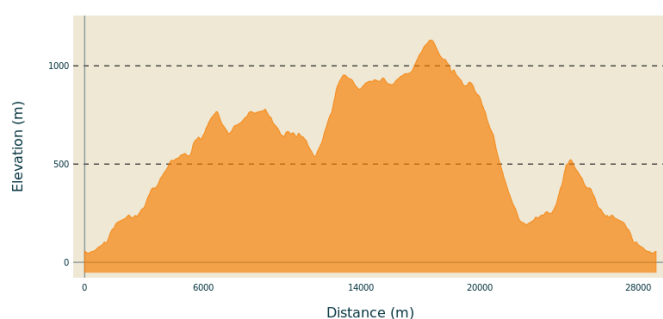
La forêt de la Massane est probablement l'aire protégée la plus inventoriée d'Europe, voire du monde. Les dernières publications montrent que cette forêt peut être considérée comme présentant une très grande diversité d'espèces à l'hectare, avec plus de 8 200 espèces répertoriées sur seulement 336 hectares.

Un patrimoine commun à préserver

Si la hêtraie de la Massane a conservé ce patrimoine naturel exceptionnel depuis les dernières glaciations, elle n'en est pas moins menacée par les changements globaux brutaux (climat, activités humaines, etc.). De par ses caractéristiques biogéographiques, la Massane est considérée comme un poste avancé du changement climatique en zone méditerranéenne. Elle accuse certaines années des taux de mortalité 6 fois supérieurs à ce que l'on observe dans les autres hêtraies.

Afin de répondre aux enjeux actuels de gestion, un plan d'adaptation a été élaboré à partir d'un diagnostic de vulnérabilité établi selon les prédictions du GIEC et toutes les connaissances acquises sur le site (Life Natur'adapt). Pour préserver ce bien commun, il est donc indispensable de garantir sa tranquillité et son intégrité, notamment au regard des risques majeurs actuels (changement climatique, pollutions, surfréquentation, etc.).

Altimetric profile



Min elevation 47 m
Max elevation 1130 m

Transports

Bus 1€

Advised parking

Château de Valmy Parking Lot

Access

D 914, exit 12, Château de Valmy

On your path...



Le champ filonien du val de la Massane (A)

The wild gorges of the Massane are dug through the most metamorphic rocks (transformation of minerals under the effect of pressure or temperature) of the Massif des Albères. The most remarkable geological character is the presence of numerous leucocratic magmatic injection veins (rock made up of clear minerals). These veins are of all sizes but one of the most remarkable, of kilometer size, outcrops at the foot of the Tower of Massane (BRGM).

Attribution : Guide ADT



Tour de la Massane (B)

This watchtower, built by the Kings of Majorca, offers an exceptional point of view on the Plaine du Roussillon. At 793 meters altitude, the tower is a landmark for hikers of the massif. The famous Cassini cartographer even used it as a geodesic landmark in 1701 for his meridian work. He manages to find a difference of 397 toises between the foot of the Tower and Collioure (an altitude of 780 meters). Rather precise for the time, no?

Attribution : Aurélie Rubio



Col de la Place d'Armes (C)

The Col de la Place d'Armes (Coll de la Placa d'Armes), located 677 meters above sea level, is a strategic point serving two distinct paths: on one side the path leading to the forest in the reserve de la Massane, and on the other the Tower of Massane. Rest for a moment in the shade on the rocks before making your route decision!

Attribution : Benjamin Collard



Border Cross 588 (D)

This cross is located at Coll de Terrers. Border markers and crosses have marked the boundary between France and Spain since 1856 (Treaty of Bayonne, or Treaty of Limits). Linked together, they span a length of 623 km from the Atlantic to the Mediterranean, forming a rich vernacular heritage. For more information, you can consult Jean-Philippe Lapeyre's books *Randonnées Mégalithiques Volumes 1 and 2* ([click here to view points of sale](#)).

Attribution : jean-Philippe Lapeyre



Border Cross 587 (E)

This cross is located at Coll de la Maçana. Border markers and crosses have defined the boundary between France and Spain since 1856 (Treaty of Bayonne, or Treaty of Limits). Connected together, they span 623 km from the Atlantic to the Mediterranean, forming a rich vernacular heritage. For more information, you can consult Jean-Philippe Lapeyre's books *Randonnées Mégalithiques Volumes 1 and 2* ([click here to view points of sale](#)).

Attribution : jean-Philippe Lapeyre



Border Cross 587 (F)

This cross is located at Coll de la Maçana. Since 1856, border markers and crosses have delineated the boundary between France and Spain (Treaty of Bayonne, or Treaty of Limits). Linked together, they stretch 623 km from the Atlantic to the Mediterranean, forming a rich vernacular heritage. For more information, you can consult Jean-Philippe Lapeyre's books *Randonnées Mégalithiques Volumes 1 and 2* ([click here to view points of sale](#)).

Attribution : jean-Philippe Lapeyre