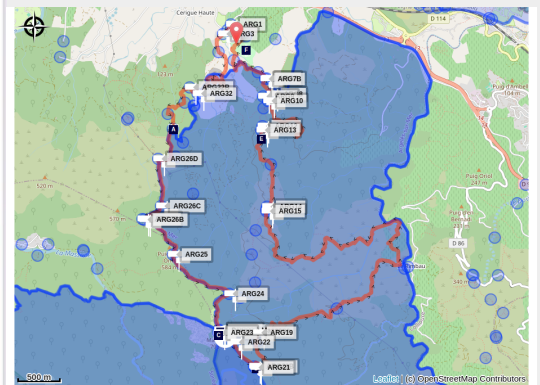


Argeles Nature Trail 2024- Massane Trail

Albères



(ANT2024)



The Argelès Nature Trail is a recurring event held in spring in the Albère region.

On Sunday, it features three races starting from the Château de Valmy:

La Massane Trail: 20 km (start at 9:00 a.m.)

La Font d'Andreu: 15 km (start at 9:30 a.m.)

La Ronde de Valmy: 10 km (start at 10:00 a.m.)

Additionally, there is a 10 km hike (start at 9:10 a.m.).

On Saturday, four races are organized for children.

Useful information

Practice : Trail running

Duration : 4 h

Length : 18.7 km

Trek ascent : 1217 m

Difficulty : Hard

Type : Boucle

Themes : Flora, Point de vue, Sommet, Histoire, Montagne, Patrimoine

Experience trail running or Nordic walking in a breathtaking setting!
Food truck on-site!
Plenty of prizes to be won.

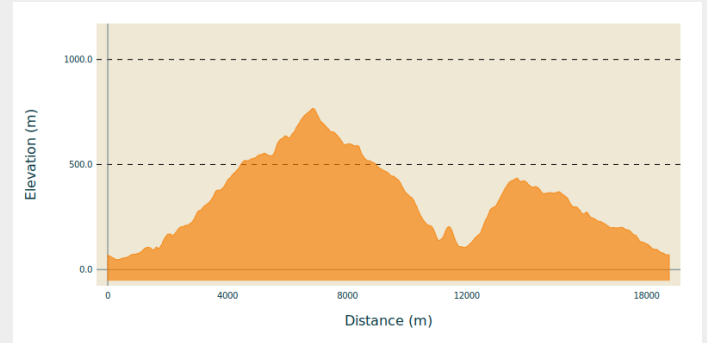
Trek

Departure : Valmy Castle

Arrival : Valmy Castle

Cities : 1. ARGELES SUR MER
2. SOREDE

Altimetric profile



Min elevation 47 m Max elevation 767 m

Back to Basics in 2023

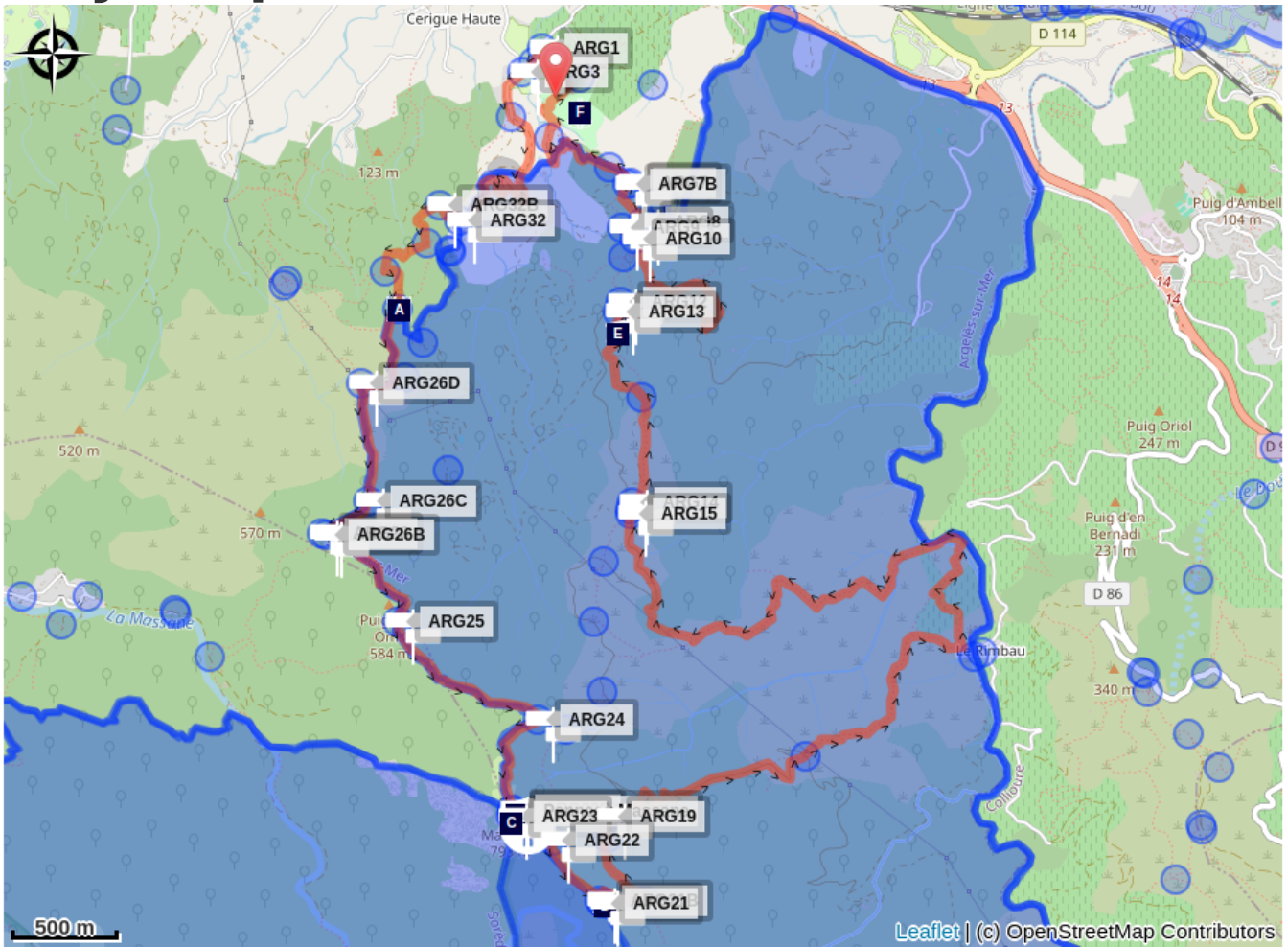
This trail immerses participants in nature, following rugged paths, steep inclines, and long distances.

The challenge begins with a climb from the Valmy Park to the Tour de la Massane, then descends near Rimbau, climbs again to the basin, and finally heads back down to the château—covering over 20 km and nearly 1,300 meters of positive elevation gain.

The route through the Albères offers stunning scenery: the Route des Mas, Saint-Laurent Chapel, Tour de la Massane, dolmens, and more.

It caters to trail and mountain running enthusiasts. However, its relatively "runnable" profile also makes it accessible to road runners, provided they are trained for the distance and ready to tackle a challenging elevation gain.

On your path...



Chapelle Saint Laurent (A)

Le champ filonien du val de la
Massane (B)

Tour de la Massane (C)

Col de la Place d'Armes (D)

Dolmen dels Collets de Cotlliure (E)

Valmy Municipal Park (F)

All useful information

Advices

Before Heading Out on the Trail :

Check the weather conditions and access restrictions to the massif during fire vigilance periods.

Respect the work of farmers, operators, and landowners.

Close gates, and avoid cutting across fields.

Carry your waste back to the designated collection points at the start of your hike.

The trails are also perfectly suited for hiking.

For more details, contact the event organizers.

How to come ?

Access

D914

Advised parking

Château de Valmy Parking Lot

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.).

On your path...



Chapelle Saint Laurent (A)

The Romanesque church of Saint-Laurent-du-Mont is mentioned in a decree from King Lothair in 981, confirming the possessions of the Abbey of Saint-Génis. It is undoubtedly one of the most beautiful architectural treasures of the Argelès mountains. Rebuilt in the 12th century, it became a parish church serving the many farms nestled on the hillsides. In 1939, the building provided refuge for Spanish refugees fleeing the war. Today, the chapel is managed by the Association of the Hermitages of Argelès-sur-Mer. Go admire it!

Attribution : Stéphane Ferrer



Le champ filonien du val de la Massane (B)

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 (C)

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 (D)

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



Dolmen dels Collets de Cotlliure (E)

Find this dolmen on the path that connects the Château de Valmy to the Tour de la Massane. The path will lead you first to the Dolmen de la Cova de l'Alarb, then you will arrive directly at the Dolmen del Collets area. Open your eyes and look around. The dolmen is there but in poor condition.

Attribution : Jean-Philippe Lapeyre



Valmy Municipal Park (F)

This park offers the most beautiful view of the commune and the landscapes of the Pyrénées-Orientales, bordered by the Mediterranean Sea. In this romantic, green 5-hectare setting, you can relax and picnic in the shade of the forest (there's a playground for children). Discover a walking trail dotted with unique signs that blend natural heritage with the history of the people of this land.

2025 Opening Dates:

- February 8 to April 30: daily from 10 am to 6 pm
- May 1 to September 30: daily from 10 am to 7 pm
- October 1 to November 2: daily from 10 am to 6 pm

[More informations](#)

Attribution : ot Argelès