

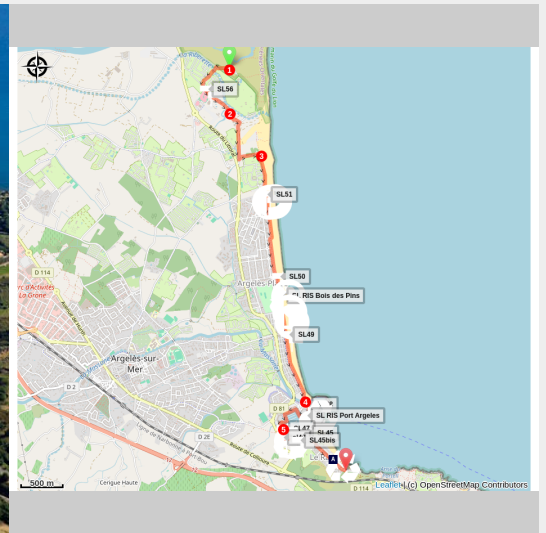
(E 12-Sentier Littoral/guide 2022) Mas Larrieu Nature Reserve - The Racou



Albères - ARGELES SUR MER



(Frédéric Hédelin)



An ideal walk to do with the family.

Discover the sandy coastline of Argelès-sur-Mer, which leads you to the Racou beach, passing by the port.

Useful information

Practice : Hiking

Duration : 2 h

Length : 7.2 km

Trek ascent : 38 m

Difficulty : Easy

Type : Traversée

Themes : Fauna, Flora, Histoire, Littoral, Artisanat

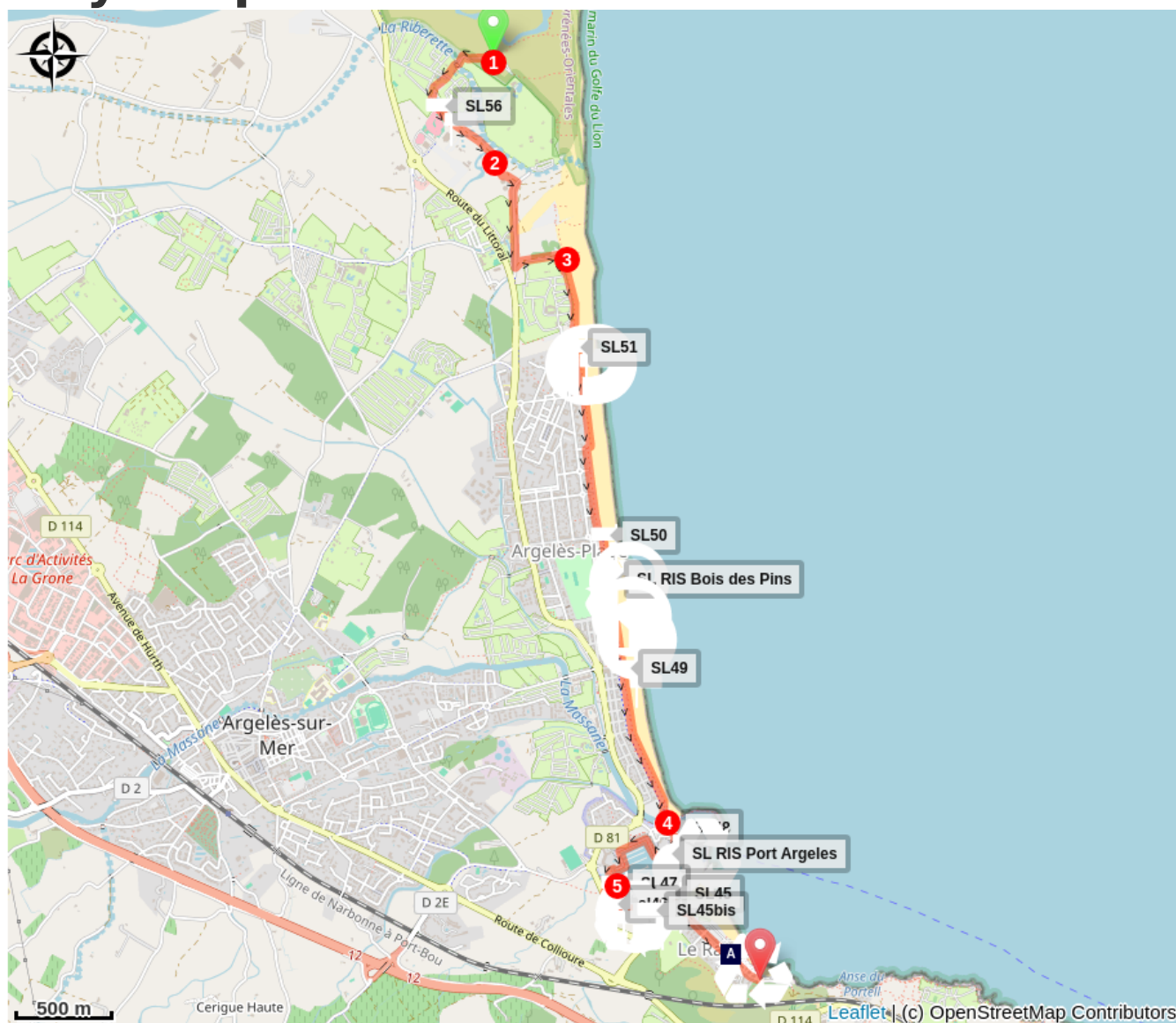
Trek

Departure : Mas Larrieu Nature Reserve

Arrival : Le Racou

1. From the Luna Park parking lot, you have two options. First option: Head north, cross the Equinoxe campsite, ford the stream, and you will find access to the Mas Larrieu nature reserve. The Argelès-sur-Mer tourist office offers guided walks. Additionally, information panels on the dune discovery trail are accessible year-round, explaining the management, history, flora, and fauna of this protected coastal site. To join the coastal path, simply follow the shore southward. Cross the mouth of the Riberette River and continue towards Argelès beach.
2. Second option: Head to your right towards Argelès-sur-Mer. Leave the road to walk along the leisure park and the Riberette on your left, which flows into the sea a bit further on. A first ford allows you to cross a ditch. Follow the path briefly winding through the undergrowth, where a second reed-lined ford awaits you. Once out of the shade, take the road to the right, then head to the beach on your left, passing along the Marende parking lot.
3. Now, continue to the right with your feet in the sand. Be mindful of the vegetation growing here and there, as it helps to maintain the beach! In the depression known as "Tamariguer," take the walk under the pine trees. Dotted with signs describing notable sites, it will naturally lead you to the port.
4. Cross the Massane River via the bridge, and take the left along the quays, welcoming fishermen and boaters.
5. Leave the quays via the stairs leading to the parking lot before the port's technical area. Follow the bike path towards "Le Racou." This path will lead you to a trail that skirts the Racou wetland on the left. You can stop at the beach to observe this wetland area, along with its developing flora and fauna. This part of the trail ends at the Racou parking lot.

On your path...



🏛️ Un petit recoin catalan : « Le Racou
» (A)

All useful information

Advices

You enjoy nature, you love it, take care of it...

You are about to embark on a hiking trail along which regular household waste collection points are available for your use.

Out of respect for this exceptional area, which is visited each month by tens of thousands of hikers and walkers, we invite you to dispose of all your waste (glass, paper, food scraps, etc.) at these collection points, as well as any litter you might unfortunately come across during your walk.

By following these simple yet essential steps, we can keep this site as clean as nature graciously provided it to us.

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

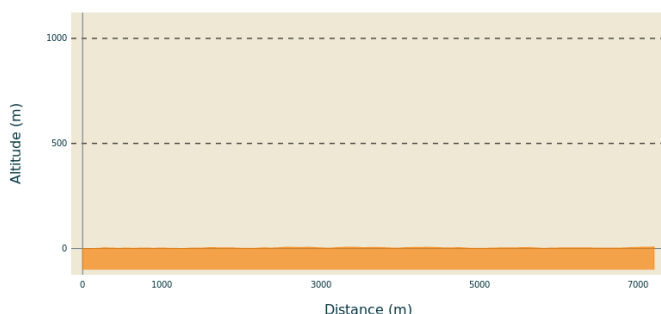


Réserve Naturelle du Mas Larrieu

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

Réserve Naturelle du Mas Larrieu

Altimetric profile



Min elevation -1 m

Max elevation 7 m

Transports

Bus 1€

Access

From the D81, enter the grounds of Luna Park at the northern roundabout of Argelès-sur-Mer (towards Bowling). There are parking areas available, and a sign will indicate the trail.

Advised parking

Luna Park Parking Lot

On your path...



Un petit recoin catalan : « Le Racou » (A)

The term "Racou" means "nook" in Catalan. Located between rocky coast and sandy beach, it is one of the typical places of the Argelesian coastline. The first installations of "demountable" wooden cabins go back to the 1920s but will be destroyed during the German occupation. In the 1960s, the Racou already has three lines of houses. This place is almost a village in its own right. Through its tiny alleyways floats a retro atmosphere where there is good walking.

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