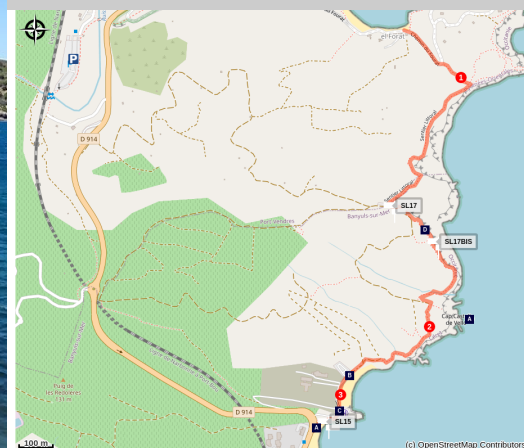


# Sentier littoral - Elmes' path

Côte Vermeille - BANYULS SUR MER



Plage du fourat (CCACVI)



Une petite baignade dans une crique pendant votre randonnée sur le Sentier littoral? La CCACVI vous permet de retrouver la qualité des eaux de baignade mise à jour quotidiennement sur la Côte Vermeille pendant la saison estivale. Tous les résultats sont accessibles en [cliquant ici](#)

## Useful information

Practice : Hiking

Duration : 1 h

Length : 2.0 km

Difficulty : Medium

Type : Traversée

Themes : Flora, Point de vue, Histoire

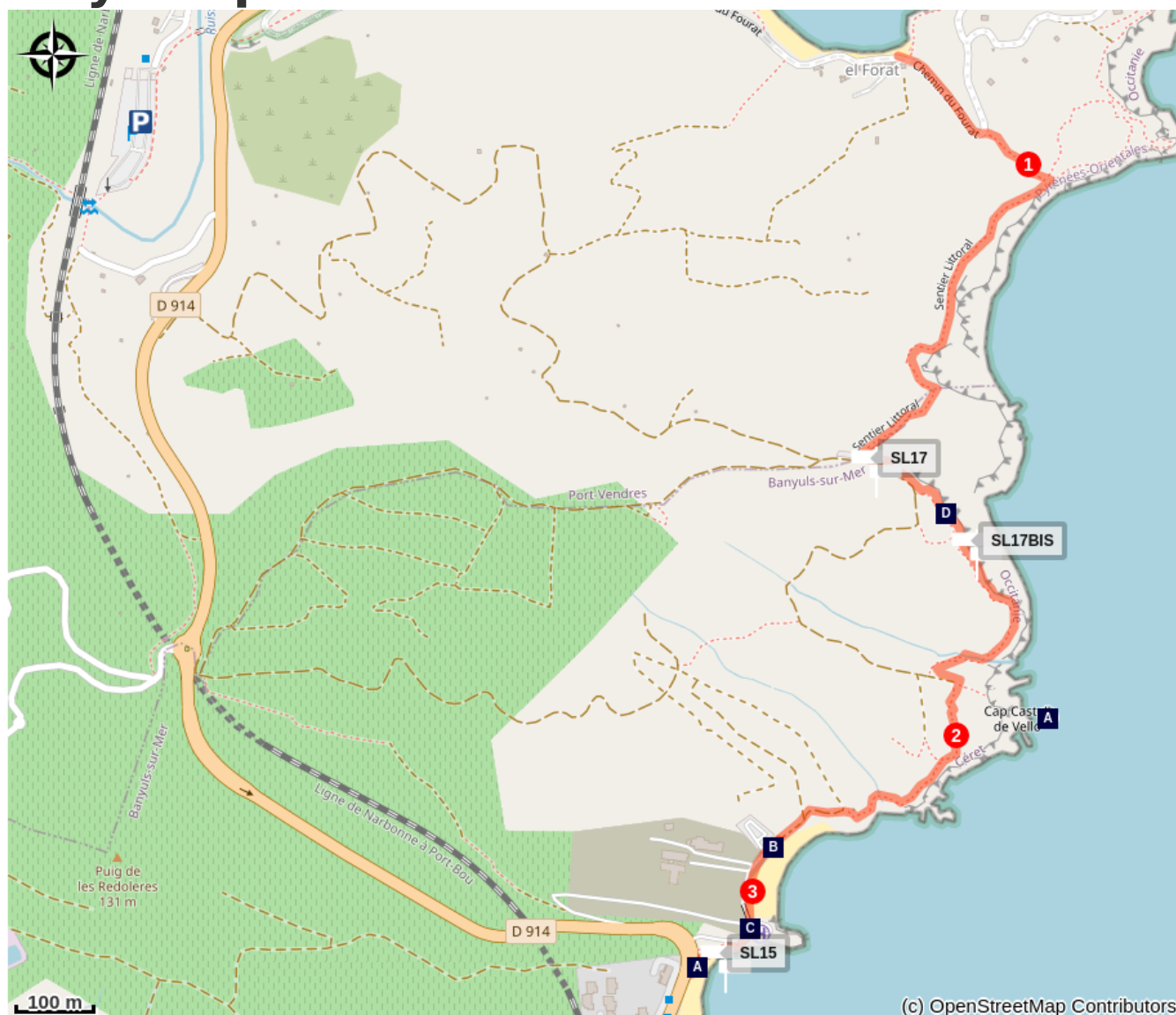
# Trek

Departure : Fourat beach

Arrival : Elmes beach

1. Take the trail that leads to the houses of Fourat . The path begins on the right, just after the gate where the path curves. Follow the path and arrive on the cliff with the Cap Ullastrell. Take right. The path climbs up along a cliff among cistus and rosemary, offering a beautiful view of the cove, especially in the summer.
2. The path weaves along the coast, through the old vineyards. You will see dry-masonry and small walls, and a beautiful view of the Sphinx rock .The path arrives at the seaside heliotherapy center (former sanatorium).
3. Continue on the access road of the seaside heliotherapy center that leads on the RD 914. Turn left and take the paved road that runs along the Elmes beach.

# On your path...



 Sphinx (A)

# All useful information

## **Advices**

### **You enjoy nature, You like it, take care of it...**

Along the hiking trail, rubbish bins are at your disposal.  
Every month over tens of thousands of hikers and walkers visit this exceptional site. Please do not litter and use the rubbish bins (glass, plastic, rubbish etc...).  
Also, please dispose of any litter you might find along the trail.  
Help keep this site clean with simple yet essential gestures. Lets give back to nature what nature gave 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

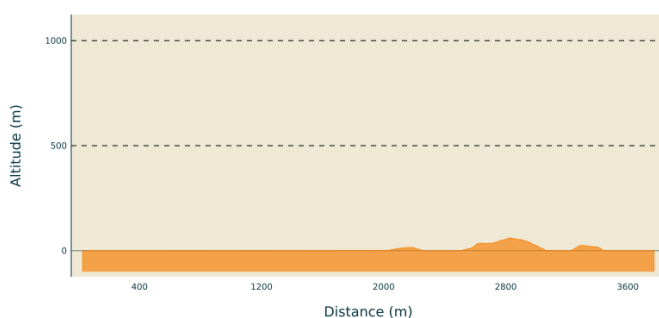


### **Zone Natura 2000 Directive Oiseaux**

Sensitivity period:

Zone Natura 2000 Directive oiseaux

## **Altimetric profile**



Min elevation 0 m  
Max elevation 0 m

## **Transports**

Paulilles, les Elmes.

## **Access**

From the classified site of Paulilles carpark between Port-Vendres et Banyuls-sur-Mer

## Advised parking

Paulilles carpark

# On your path...

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### Sphinx (A)

When Egypt invites itself on the Côte Vermeille. Observe the coastline and you will discover an authentic sphinx ... with a little imagination. This cape located near the Plage des Elmes is a beautiful place. You have to take the Chemin des Douaniers, by the Plage des Elmes to get there.

Attribution : CCACVI