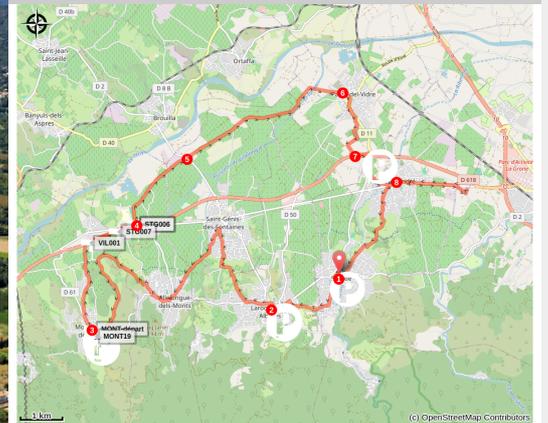


# The loop of Les Albères "The great course"

Albères - SOREDE



(Frédéric Hédelin)

*Discover the heritage and the crafts in the villages of "Les Albères".*

## Useful information

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Practice : Cycling

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Duration : 3 h

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Length : 34.8 km

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Trek ascent : 346 m

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Difficulty : Hard

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Type : Boucle

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Themes : Plaine

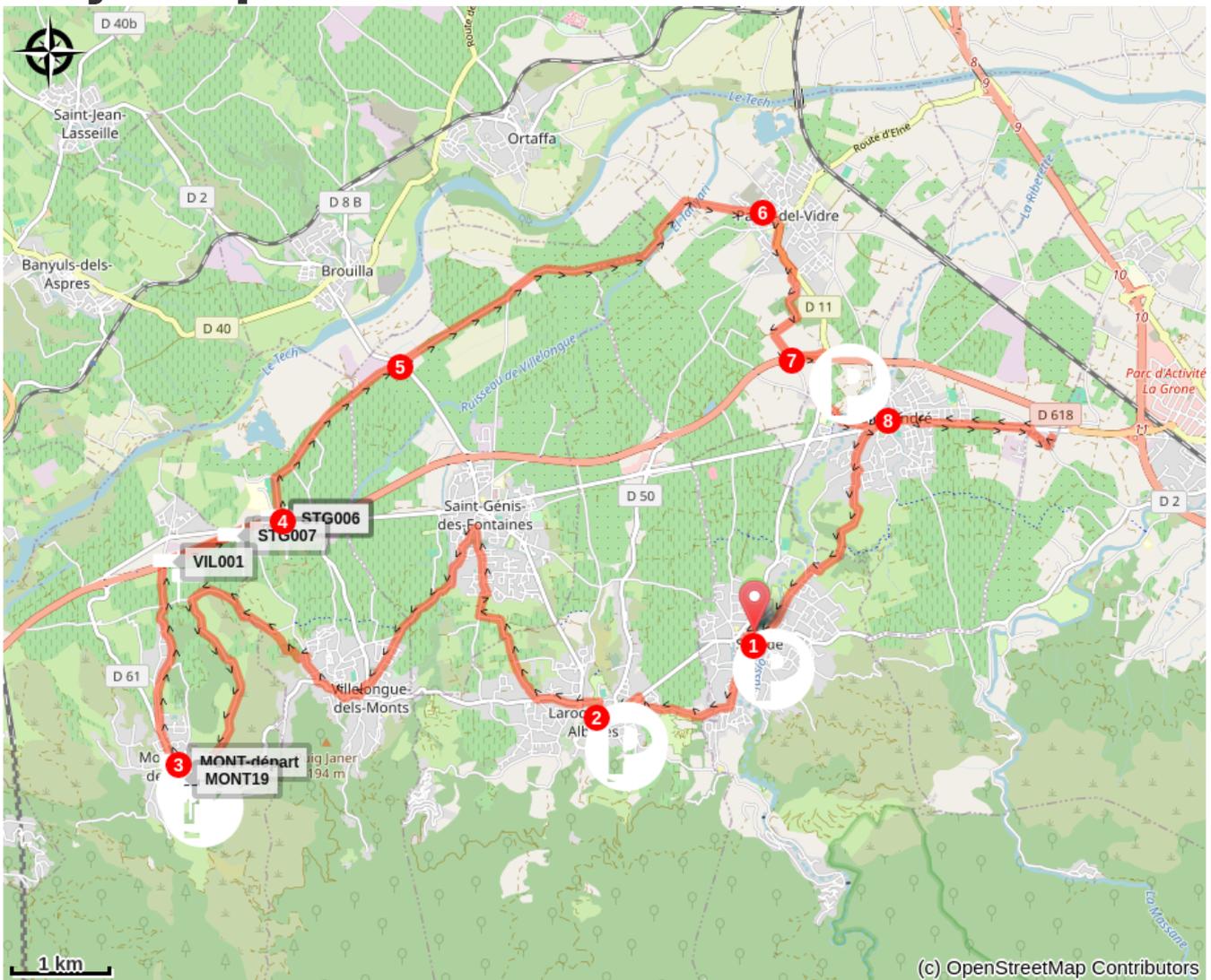
# Trek

Departure : Car park of Sorède city hall

Arrival : Car park of Sorède city hall

1. Leaving the town hall car park, go to the right and follow the black signs. You join Laroque-des-Albères.
2. Take advantage of a stop to go up in the old village, to the belvedere of the castle. Take your road towards Saint-Genis-des-Fontaines then Villelongue-dels-Monts. Be careful between Villelongue and Montesquieu, you will cross a ford which can be closed after the floods.
3. In Montesquieu-des-Albères, you pass the museum. Leaving Montesquieu, you join the cycle path, turn right towards Argelès.
4. Leaving the cycle path take a left on a small road which passes to the right of an agricultural school. You will reach the Lac de Villelongue. Take a break in this wild environment.
5. Continue your journey to reach Palau-del-Vidre. Be careful, you will cross the D2 where traffic is fast and dense. You now pass near "La chapelle de Cabanes" which you can visit on certain days.
6. You then arrive at Palau-del-Vidre where you can discover the treasures of the church.
7. Now go to Saint André. You will once again take the cycle path towards Boulou. At the Saint André school level, you can cross a ford which can be closed following floods.
8. In Saint André, the glassmakers work before your eyes. To reach them, follow the direction of Argelès in the village. You now continue your route to Sorède, your starting point. Do not forget to visit, here, the Valley of the turtles on the heights of the village.

# On your path...



 Castle of Montesquieu (A)

# All useful information

## **Advices**

Respecter le code de la route de la route, le port du casque est vivement recommandé pour les adultes et obligatoire pour les enfants. Prévoir une bonne hydratation.

## **Environmental sensitive areas**

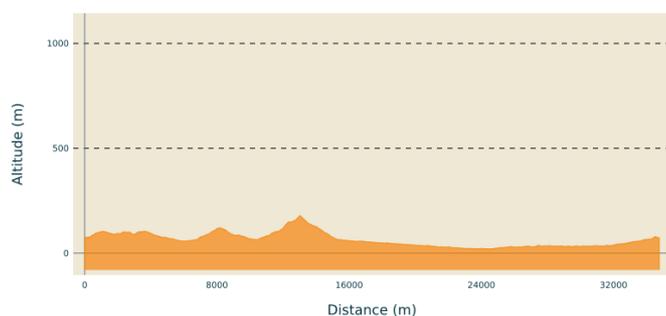
Along your trek, you will go through sensitive areas related to the presence of a specific species or environment. In these areas, an appropriate behaviour allows to contribute to their preservation. For detailed information, specific forms are accessible for each area.

## **Zone Natura 2000 Directive Habitat**

Sensitivity period:

Zone Natura 2000 Directive Oiseaux

## **Altimetric profile**



Min elevation 20 m  
Max elevation 178 m

# On your path...

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## Castle of Montesquieu (A)

Feudal castle built by the lords of Sant Cristau, who then took the name of Montesquieu, dates back to 1080. The central dungeon houses the former home of the lord which was later backed a vaulted room which was the subject of a restoration. The enclosure wall to protect the whole measures nearly 12 meters high. A breathtaking view awaits you!  
Attribution : Mairie Montesquieu-des-Albères