

# Péiras e Vinhas

Carcassonnais - Saint-Hilaire



*From the Medieval Castle of Carcassonne to the St Hilaire's Abbey.*

Through stones and vineyards, to the south of Carcassonne.

## Useful information

Practice : By foot

Duration : 6 h

Length : 22.9 km

Trek ascent : 433 m

Difficulty : Medium

Type : Traversée

Themes : Flora

# Trek

**Departure** : Carcassonne - Church St Gimer Rue Barbacane

**Arrival** : Saint Hilaire - Abbey

**Cities** : 1. Saint-Hilaire

2. Verzeille

3. Leuc

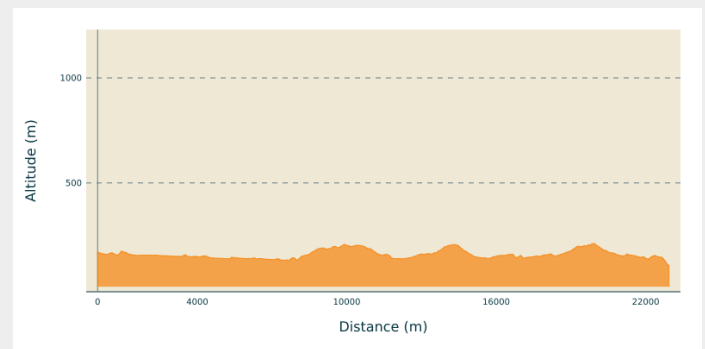
4. Cavanac

5. Cazilhac

6. Palaja

7. Carcassonne

## Altimetric profile



Min elevation 106 m Max elevation 212 m

From Saint-Gimer church, take the ascent of the Porte d'Aude (GR36) and enter the Medieval City.

The trail starts on the right and passes in front of the Saint-Nazaire basilica to exit through the Porte Narbonnaise. After the drawbridge, cross the square and turn right along the cemetery.

Take the first street on the left towards Sainte-Croix, bordering a vineyard. Pass under the bridge and continue straight ahead until you reach the highway. Cross it and continue for 120 meters , turn left and follow the path in the middle of broom.

Then, go down along the edge of a row of trees and at the end of it, turn left along the field and then go up in the undergrowth.

When you reach the road, turn right for 100m over the bridge and take a path on the right as far as the Saint-Foulc priory.

Just after the priory, cross the D42 road and follow the path up to the road. Cross it and take opposite a path going down along the campsite of the village of Cazilhac.

Cross the river, go up following the signs to the vineyards. Turn right up to the cemetery.

At the end of the cemetery, turn left onto the small tarred road which turns onto a track that runs along and under the high voltage line.

Alternate between tracks and tarred roads and wander through the old village of Cavanac.

At the exit, take a path going up gradually allowing you to appreciate the landscape at its fair value.

Then at the crossroads of tracks, turn right and gradually discover the impressive panorama offered by the Pyrenean mountain range. A plunging view over the village of Leuc surprises, cross its alleys, then a bridge.

At the passageway, take on the left the half-shaded path along the railway line.

Pass through the small tunnel leading to a very pleasant track as it is protected from the sun by its vaulted vegetation.

On the left stands the peaceful village of Verzeille . While following the Lauquet (river) on your right, pass by a stone well surmounted by an iron structure called noria: an old hydraulic irrigation system operated by horses.

Cross the road leaving the Peyremale bridge behind you and join the path on your left.

Follow the Lauquet river through its meanders, other vineyards and olive groves and finally you will see the Abbey of Saint-Hilaire.

## On your path...



# All useful information

## How to come ?

Advised parking

Parking de l'île (Payant) ou Place Gaston Jourdanne

## Information desks

### Office Tourisme Grand Carcassonne

2 square Gambetta, 11000 carcassonne

[contact@grand-carcassonne-tourisme.fr](mailto:contact@grand-carcassonne-tourisme.fr)

Tel : 04 98 78 58 90

<https://www.grand-carcassonne-tourisme.fr/votre-sejour/pratique/loffice-de-tourisme/nos-bureaux-dinformations/>