

The wall walk - Le Chemin de ronde

Alaric - Capendu



Sentier (DMX)

The vineyard was settled in Languedoc by the Romans. For centuries, it rubbed shoulders with the olive tree plantation and was under the strong domination of cereals. Only a few ruins of windmills remain from the cereal-farming era, on the promontories near the villages. This loop allows you to observe the "couloir Audois" (Aude Corridor) criss-crossed by communication routes, the settlement of the villages and to recall the evolution of southern agriculture.

Cross the vineyards and enjoy the shade of the oaks and pines while admiring the panorama of the "couloir audois".

Useful information

Practice : By foot

Duration : 2 h 30

Length : 8.2 km

Trek ascent : 327 m

Difficulty : Easy

Type : Boucle

Themes : Géologie

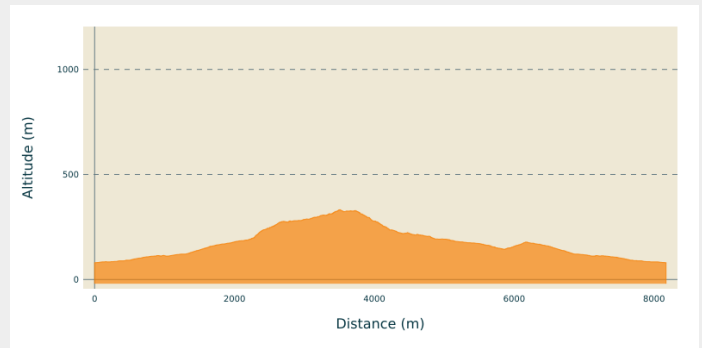
Trek

Departure : CAPENDU - place de la Mairie parking lot

Arrival : CAPENDU - place de la Mairie parking lot

Cities : 1. Capendu

Altimetric profile



Min elevation 80 m Max elevation 332 m

Signs: Yellow markings topped by a square of the same colour

The departure is in the heart of the village of *Capendu*, "*place de la Mairie*", in front of the sign. Pass in front of the post office and take the direction of *Montlaur-Val de Dagne*.

Be careful when passing through the level crossing ! Continue under the highway bridge.

First right-angle turn to the left, take the path going outwards below.

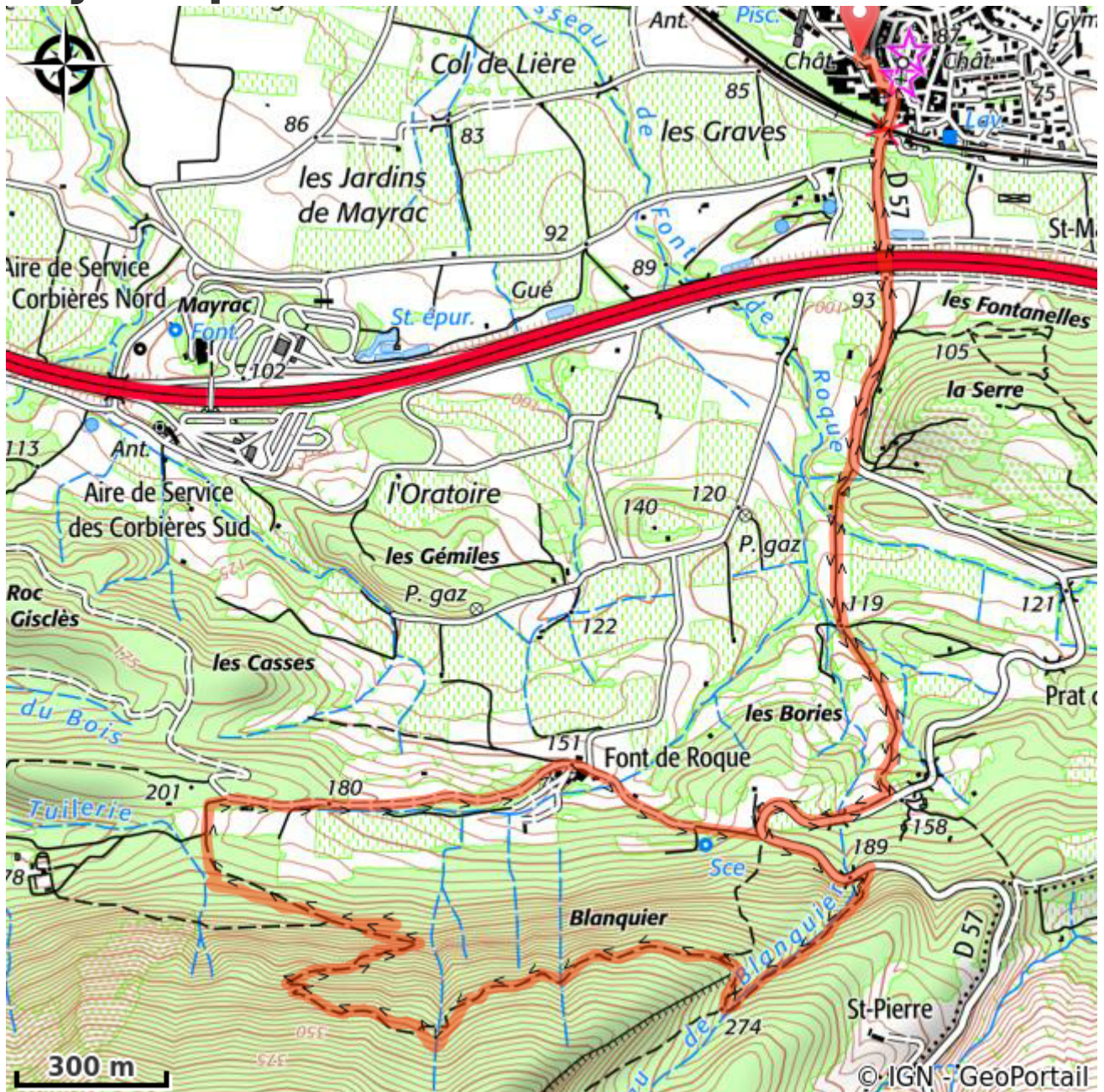
It winds through the vineyards to the D 57.

Turn right again, continue for about 600m/1970ft, just after a safety rail on the right-hand side of the road, inside the bend, take the uphill path.

Small slope, in the shade of holm oaks and white oaks, very pleasant in hot weather. Turn right and as you progress, take the time to observe the "*couloir audois*" (Aude corridor) criss-crossed by communication routes, the villages and in the background the *Montagne Noire* (Black Mountain).

Through the scree, the descent begins and then take the path that leads through the pines. Once at the bottom, cross the vineyard and turn right onto the path, first paved then tarred, which leads to the hamlet of "*Font de Roque*".

On your path...



All useful information

How to come ?

Transports

Ligne 1 du Département Carcassonne-Narbonne

Access

Prendre la D6113 depuis Carcassonne, direction Narbonne puis la D57 une fois dans Capendu jusqu'à La Poste.

Advised parking

Parking devant la Mairie