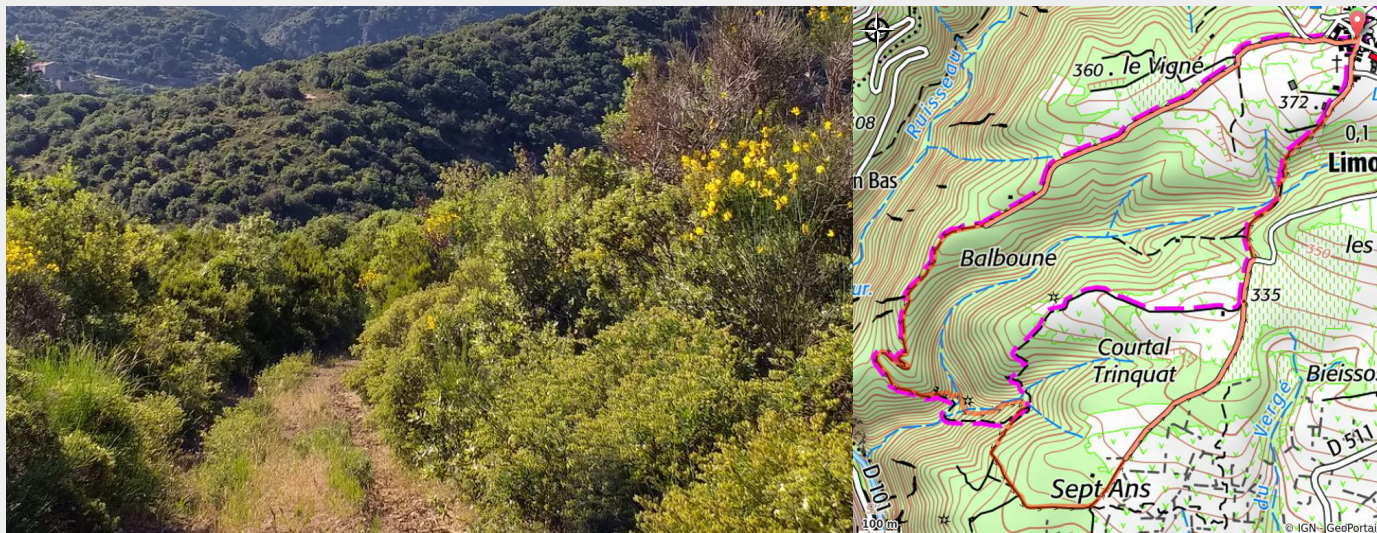


The Balboune combe

Montagne Noire - Limousin



(Julie DIMUR)

Enjoy the coolness of the undergrowth during summer.

As a reward for this pleasant tour, a breathtaking panorama of the four castles of *Lastours*.

Useful information

Practice : By foot

Duration : 2 h

Length : 4.1 km

Trek ascent : 175 m

Difficulty : Hard

Type : Boucle

Themes : Point de vue

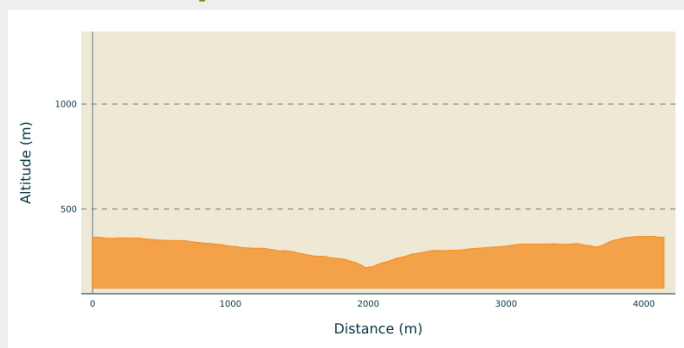
Trek

Departure : LIMOUSIS – Parking lot in front of the cemetery

Arrival : LIMOUSIS – Place de la Fontaine square

Cities : 1. Limousis

Altimetric profile



Min elevation 221 m Max elevation 370 m

Yellow markings

Leaving from the centre of the village, *place de la Fontaine*. Take west, *rue du Vigné*, a small paved road with a gentle slope.

While enjoying the landscape, you will discover after 1 km / 0.6mi several breathtaking views of the *four castles of Lastours: Cabaret, Tour Régine, Surdespine and Quertinheux*.

Then a small dirt road will take you along the downhill and will turn into a small path until you reach a brook flowing further down into the *Orbiel*.

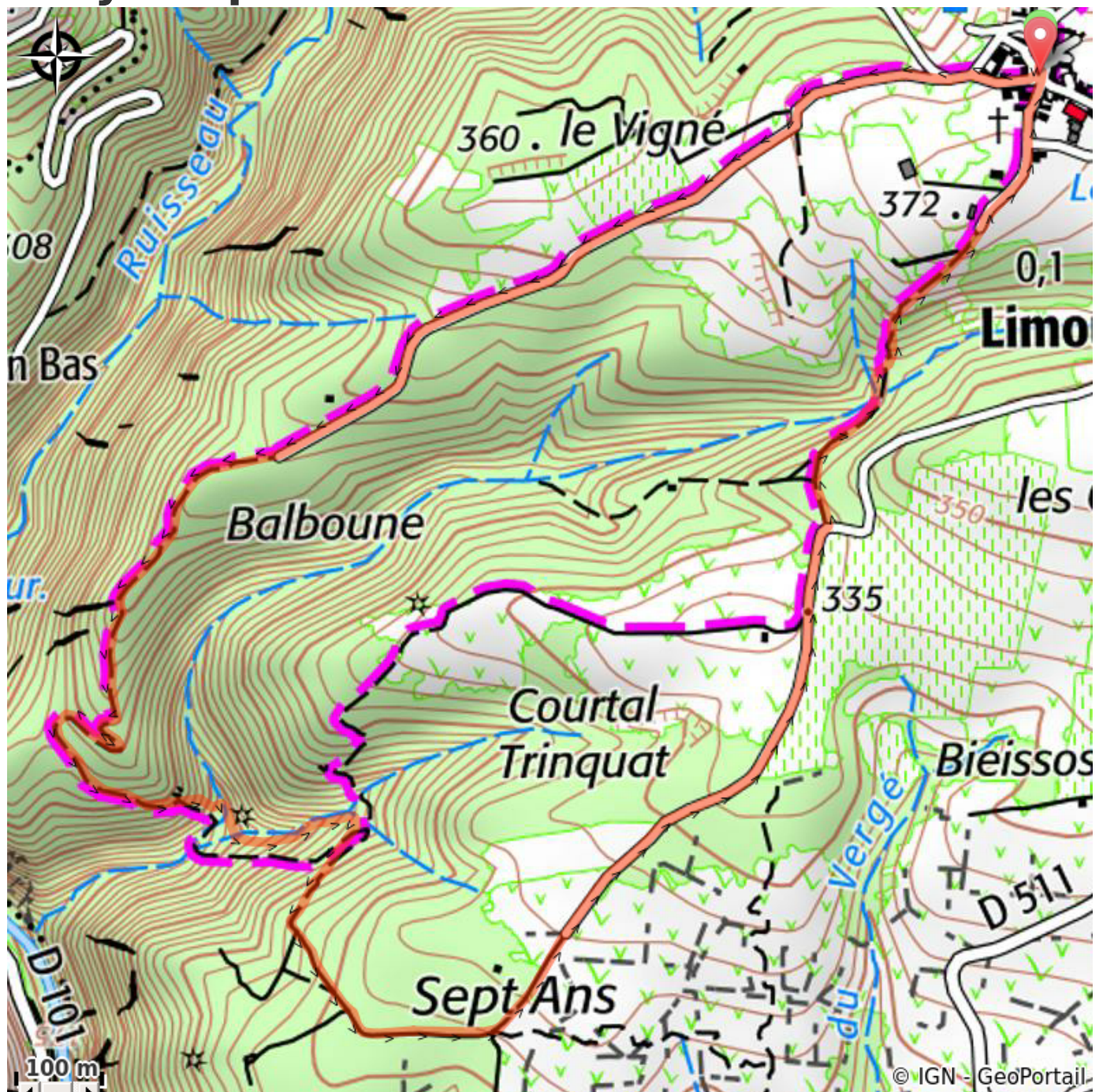
Crossing carefully and following the markings, you will start the return journey by an ascent in the undergrowth, which is very enjoyable in summer.

Then, when you arrive in an open area, a track will appear to your left, taking you back to a small road running along the *Limousis* vineyards.

At 200m/656ft after the ruin, in the bend, turn left onto the track taking you almost straight back to the village.

Finally, a descent then a steep path and a service road will bring you to *rue du Sol*, ending up back to *place de la Fontaine*.

On your path...



All useful information

Advices

Evitez de porter un short car la végétation peut vous griffer les mollets, le sentier est étroit à certains endroits.

La pente jusqu'au cours d'eau et la remontée sont assez rudes pour des enfants.

How to come ?

Transports

[RTCA - Ligne L](#)

Access

Nord-Est de Carcassonne, accès par la D511. Possibilité de venir depuis Conques-sur-Orbiel ou Villeneuve-Minervois.

Advised parking

Place de la Fontaine, en face du cimetière

Information desks

Tourist Information Center - Caunes Minervois

Ruelle du Monestier, 11160 Caunes-Minervois

contact@grand-carcassonne-tourisme.fr

Tel : 04 68 76 34 74

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