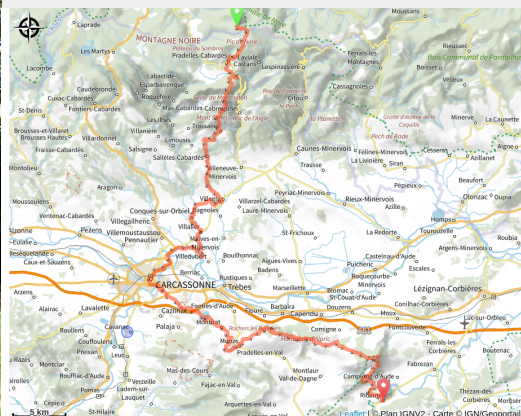
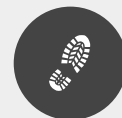


GR®36

Montagne Noire



The GR®36, part of the European E4 trail, connects the English Channel to the Mediterranean Sea.

Starting from the Montagne Noire near Mazamet, it crosses the Aude region from north to south, passing through Carcassonne and its two UNESCO World Heritage sites: the Medieval City and the Canal du Midi.

Discover a diverse range of landscapes, breathtaking panoramas, unspoiled wilderness, and an exceptionally rich variety of flora and fauna. (source: aude-rando)

This route is the section of the trail that passes through the Carcassonne metropolitan area.

Useful information

Practice : By foot

Duration : 18 h

Length : 86.9 km

Trek ascent : 1990 m

Difficulty : Medium

Type : Traversée

Themes : Canal du Midi

Trek

Departure : TRASSANEL

Arrival : CAPENDU

Markings :  GR

Cities : 1. Castans

2. Pradelles-Cabardès

3. Cabrespine

4. Fournes-Cabardès

5. Trassanel

6. Sallèles-Cabardès

7. Limousis

8. Villegly

9. Conques-sur-Orbiel

10. Villalier

11. Villedubert

12. Villemoustaussou

13. Carcassonne

14. Palaja

15. Montirat

16. Monze

17. Floure

18. Barbaira

19. Val-de-Dagne

20. Capendu

21. Comigne

22. Lagrasse

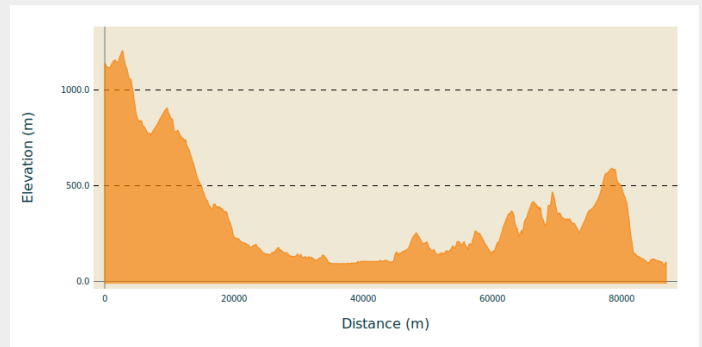
23. Douzens

24. Moux

25. Camplong-d'Aude

26. Ribaute

Altimetric profile



Min elevation 88 m Max elevation 1205 m

Trail Markings: red and white

Montagne Noire

The trail passes through Trassanel (must-see: the Grotte du Maquis), near Limousis (must-see: guided tour of the cave).

Sallèles-Cabardès, Villegly, Conques-sur-Orbiel.

Canal du Midi and Carcassonne

North of Villedubert, the trail joins the Canal du Midi and the GR 78 all the way to Carcassonne.

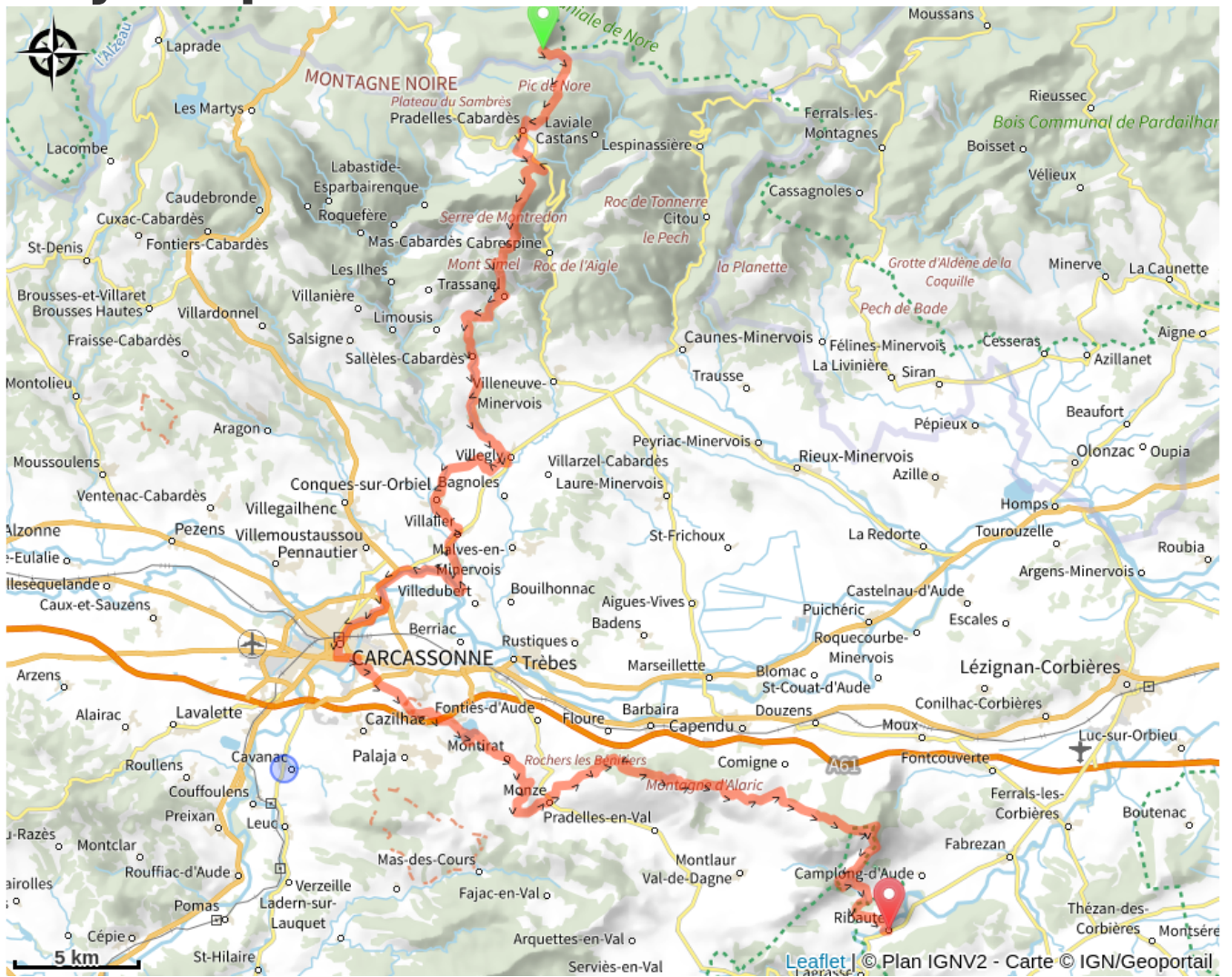
Walk through the bastide of St. Louis, cross the Old Bridge, and pass through the medieval city; follow the vineyard path at the foot of the citadel toward Lake Cavayère.

Mount Alaric

Pass through Montirat and head toward the Corbières and Mount Alaric via Monze; before reaching the ruins of Miramont Castle, admire the stone stoup of Floure...

You are on Mount Alaric

On your path...



All useful information

How to come ?

Access

The starting and ending towns are provided for reference only; you can choose to start from wherever you like.