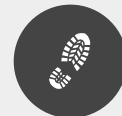


Nature and Heritage in Alaric

Alaric



(J.DIMUR)



Keep your eyes peeled, along this botanical trail, several breathtaking views await you. Admire the unique panoramic views to the south and north of the Pyrenees and the Montagne Noire, and enjoy the themed interpretive signs dotted along the way.

Useful information

Practice : By foot

Duration : 2 h

Length : 3.7 km

Trek ascent : 63 m

Difficulty : Easy

Type : Boucle

Themes : Flora, Point de vue

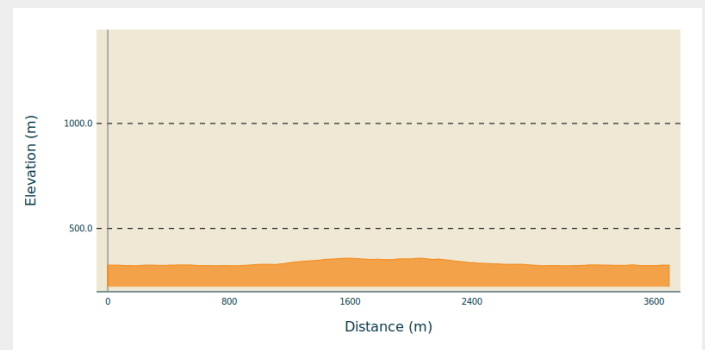
Trek

Departure : CAPENDU - Parking at the Col du Fer à Cheval

Arrival : CAPENDU - Parking at the Col du Fer à Cheval

Cities : 1. Val-de-Dagne
2. Capendu

Altimetric profile



Min elevation 323 m Max elevation 359 m

Trail Markings: Yellow Rectangle

Start from the parking lot at the Col du Fer à Cheval between Capendu and Montlaur.

Leave the parking lot by taking the trail that climbs, heading due west. At the top right, you'll see the trail welcome sign (taking a photo of it will help you orient yourself as you proceed, relative to the locations of the various themed signs).

You are in the heart of the "Corbières Occidentales" Natura 2000 site; be sure to stay on the marked trail and carefully follow the yellow rectangular markers.

Continue along the winding trail for one kilometer, then at the intersection, turn right onto a gentle uphill section. Enjoy the remarkable views to the south and north, overlooking the Pyrenees and the Montagne Noire.

In the wooded area, the southern part of the Capendu communal forest managed by the ONF (National Forest Office), at the small clearing where you'll find a themed sign, turn left. This small pass was once a route to Montlaur. Shortly after, at the busy Y-shaped intersection, you'll find yourself at a crossroads. Pay close attention to the yellow rectangular markers. Turn left.

You're already on your way back. About 200 m further on, on your right, is the last interpretive sign. Enjoy the extraordinary view of part of the Pyrenees.

On your path...



All useful information

How to come ?

Transports

[401 Ligne régionale NARBONNE - CARCASSONNE](#)

Access

D6113 from Carcassonne

Advised parking

Parking au col du fer à cheval entre Capendu et Montlaur

Information desks

Office de Tourisme - Antenne Canal du Midi

Avenue Pierre Curie, 11800 TREBES

contact@grand-carcassonne-tourisme.fr

Tel : 04 68 78 89 50

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