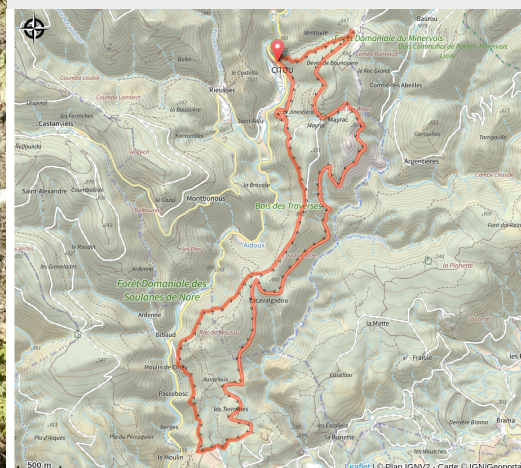
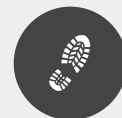


Citou Loop

Montagne Noire



A pleasant, long loop starting from the village of Citou, in the Montagne Noire, just above the village of Caunes-Minervois.

A smooth ride, perfect for experienced mountain bikers.

Most of the route runs through the woods, making it pleasant even in hot weather. A section along the ridge—at the highest points of the route—offers magnificent panoramic views of the surrounding area, especially the village of Lespinassière.

Useful information

Practice : By foot

Duration : 5 h

Length : 16.7 km

Trek ascent : 638 m

Difficulty : Medium

Type : Boucle

Themes : Point de vue

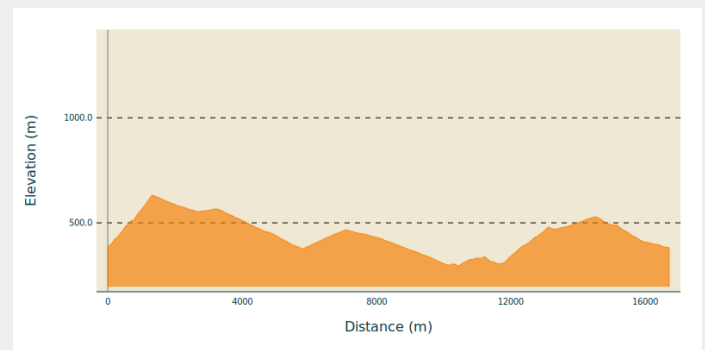
Trek

Departure : CITOU - Avenue de l'Argent-Double

Arrival : CITOU - Avenue de l'Argent-Double

Cities : 1. Citou
2. Caunes-Minervois

Altimetric profile



Min elevation 296 m Max elevation 631 m

Trail markers: yellow + green "M" logo

At the fountain, take the Chemin de Mayrac, located just above Avenue de l'Argent-Double. The path climbs gently and then, around a bend, goes around an old barn.

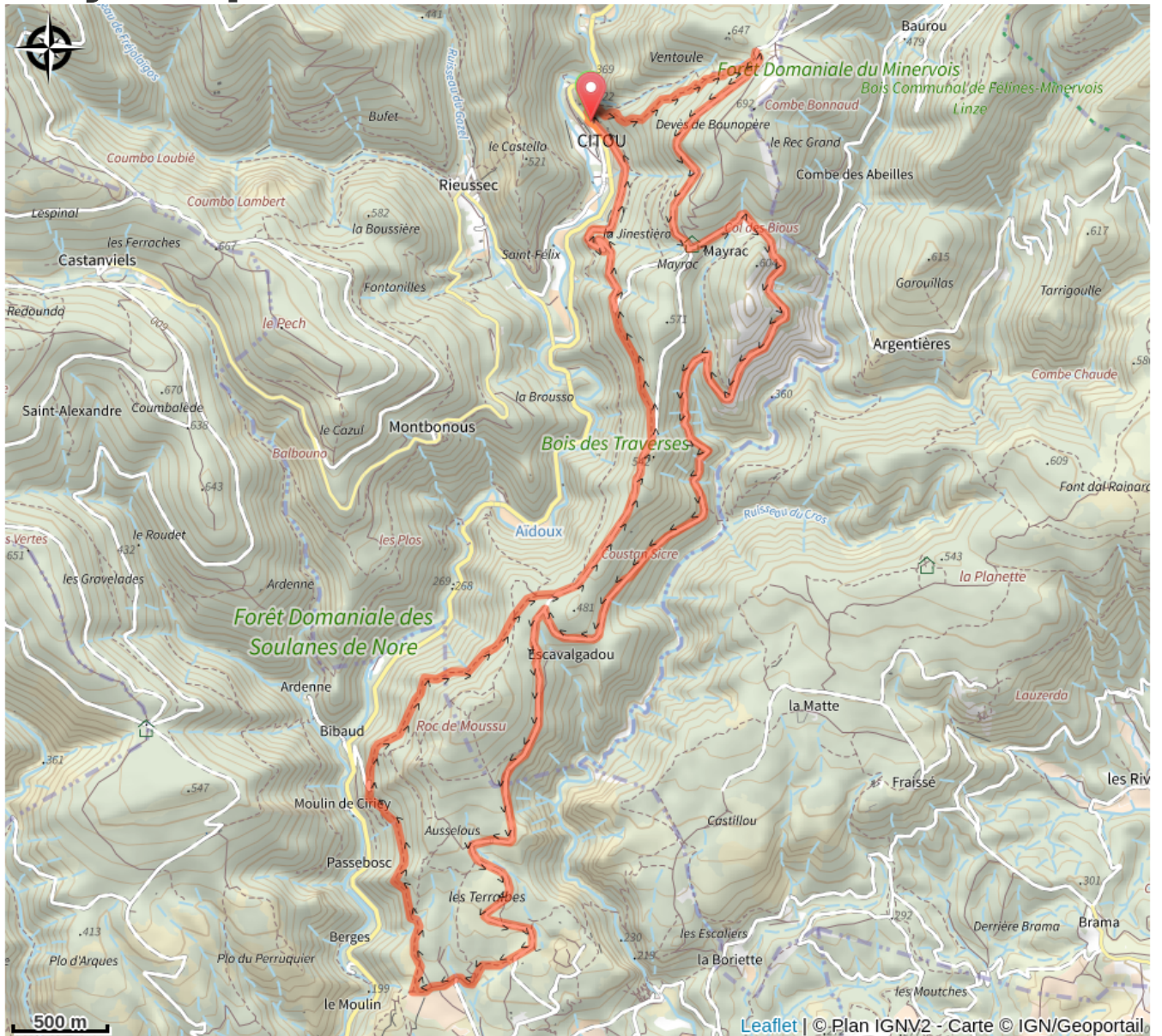
Further on, just past a bend, take a shaded trail, very pleasant in summer times. On the forest trail, turn right for 1 km, then right again onto a path.

Further on, after passing a "capitelle" (a dry stone cabin) on your right, when you reach a T-shaped crossroad, turn left to rejoin the forest trail. Follow it uphill until you reach a trail junction, then turn right, through a green-painted gate.

Much further on, when you reach a crossroads of trails, turn right again, leaving the forest shelter on the same side.

After about 1.5 km, take the path on the left—a descending trail that leads you to a spot above the village, overlooking the Château de CITOU.

On your path...



All useful information

How to come ?

Transports

[RTCA - ligne A](#)

Access

From Carcassonne, follow the D118 and D620 toward Citou, in the direction of Villalier/Villegly/Caunes-Minervois.

In Caunes-Minervois, turn left onto Av. de la Montagne Noire/D620, then drive 7.4 km to Citou.

Advised parking

Avenue de l'Argent-Double stationnement le long du mur

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/>