

-  WEATHER 32 50
-  RESCUE 112
- SAMU 15
- FIREMEN 18

# Hiking record



## HIKER'S CHARTER



Stay on marked paths and trails



Do not throw trash, take them with you



Respect fences and closed gates



Remain civil with the residents and other nature users



Pay attention to crops and animals



Be silent and discreet, to observe the fauna and flora without touching it



Take account into hunters' instructions during traditional hunting periods



Comply with equipment, signalling and marking equipment



Do not fire or smoke in the woods or near make a edges and undergrowth



Respect other practitioner's hikers, riders and cyclists



## RECOMMENDATIONS



## EQUIPMENT

- Avoid leaving alone
- Warn your loved ones of your itinerary
- Do not overestimate yourself, mark the course and choose it according to your physical abilities
- Do not forget the map of the area concerned (IGN Top 25 preferably), a compass
- If possible, plan a fall back solution if there is a problem (shelter or other route)
- Avoid going in bad weather and adapt your route according to the seasons (violent storms in summer, avalanches in spring)
- In case of thunderstorms, avoid using the telephone and the electric devices, do not shelter under the trees

- Wear, even in summer, hiking clothing suitable for all weather, walking shoes adapted to the terrain and your feet, a backpack, essential accessories (water bottle, knife, pharmacy, flashlight, compass, hat ) as well as walking sticks
- Remember to take enough water, avoid drinking water streams
- Bring energy foods high in protein, carbohydrates and fructose such as cereal bars, fruit pastes, dried fruits ... etc



### Forest fire prevention

From the 1st June to the 15th of september  
Before going on a hike, learn about the risk of the day :  
<https://www.prevention-incendie66.com/>  
or call at the nbr 04 68 38 12 05

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## El Cami de Caixas



*This hiking follows our most secret and wildest Aspres, where the first men found refuge when the plain was still hostile to man and high lands were too cold to live there. The view is magnificent, the two chapels charming.*

*From Candell, hamlet or Chapel, our view is drawn to Serrabona Priory, located just in front of it. This hiking trail is a hymn to Nature and to the past of our region.*

### CAIXAS

2h - 8 km

 350 m

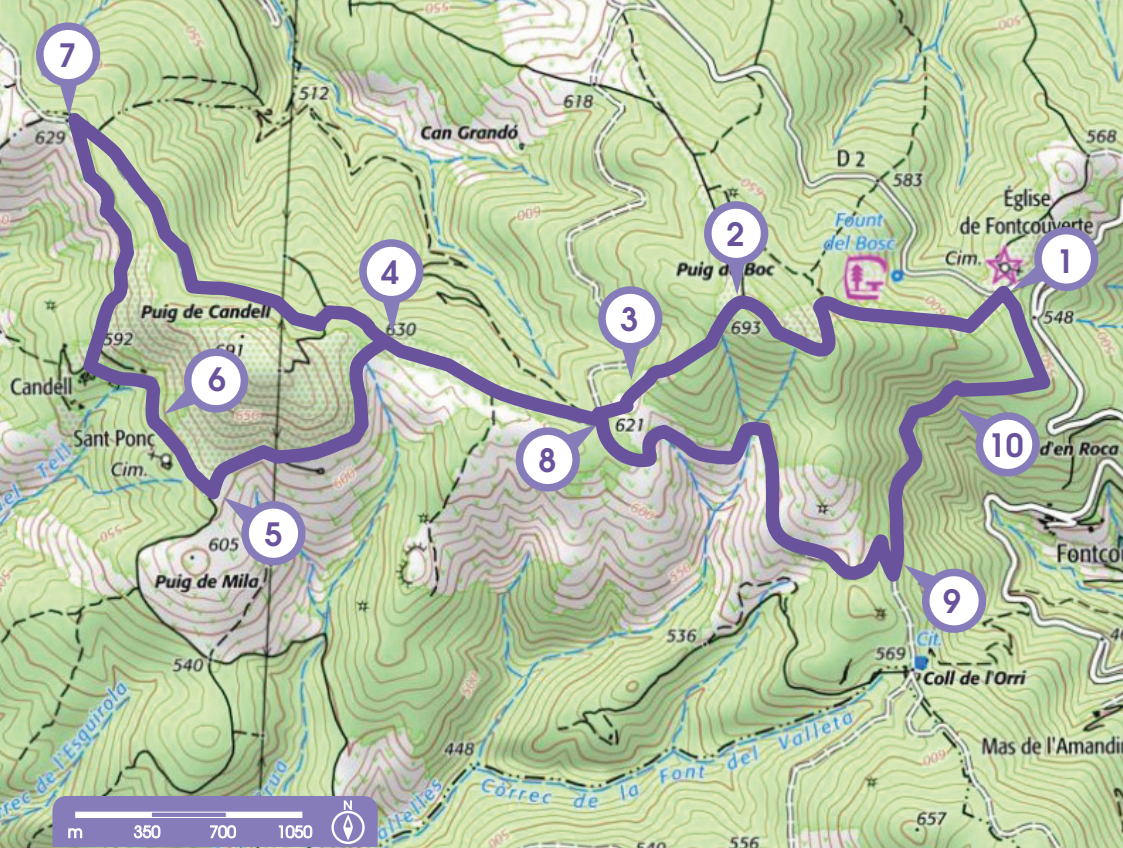


**P** PARK IN 'SAINTE-MARIE DE FONTCOUVERTE' CHURCH CAR PARK





plain view





Licence IGN

-  **BY CAR** : park in 'Sainte-Marie de Fontcouverte' church car park when arriving from Caixas or Saint-Michel de Lloles.
-  **ON FOOT** : From 'Sainte-Marie de Fontcouverte' car park arriving from Caixas or Saint-Michel de Lloles.

- 1 Take the direction of 'Puig de Boc' on your right as indicated and follow the markings to the post that indicates «Chapelle Saint-Pons and Hameau de Candell».
- 2 Take the path on your left which goes down to a new indication "Chapelle Saint-Pons et Hameau de Candell".
- 3 Go straight ahead (do not take the path on the left or the one on the right) until the crossroads where are also indicated "Chapelle Saint-Pons and Hameau de Candell".
- 4 Turn left, go down the path to an intersection, always follow the signs « Chapelle Saint-Pons and Hameau de Candell".
- 5 Follow the markings, do not take the path that descends to the left, always follow «Chapelle Saint-Pons and Hameau de Candell".

- 6 Take the path on your right and follow signposting until 'Hameau de Candell'. Cross it and follow 'Chapelle de Fontcouverte' direction.
- 7 At the intersection, turn right and follow "Chapelle de Fontcouverte" sign, walk along 'Puig de Candell'.
- 8 Take right (do not take the left path, do not continue straight) and follow the indication «Chapelle de Fontcouverte».
- 9 Go up on your left, follow the sign «Chapelle de Fontcouverte»; do not go down on your right.
- 10 Follow the markings, take the direction that indicates «Chapelle de Fontcouverte». Continue to this chapel, your point of arrival.



Remains of a Mas



It's worth the detour

**GARRIGUE AND THYME**

*In spring, the Garrigue is covered with flowers with varied colors, thyme is at the height of its visual and olfactory appearance.*



Garrigue and thyme



The ocellated lizard

**THE OCELLATED LIZARD**

*Protected species, in Catalan it is called 'lluert, llangardaix verd'. Adults weigh between 130 and 180 grams, the largest males can reach 350 grams.*