



NUMÉROS UTILES

MÉTÉO 32 50

SECOURS 112  
SAMU 15  
POMPIERS 18

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



Respect the reception, signalling and marking equipment



Do not fire or smoke in the woods or near 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

# Hiking record



RANDONNÉES PÉDESTRES

5

## The Rock of Mallorca



This itinerary will permit you to visit the village of Castelnou, one of the Most Beautiful villages in France, with its iconic castle and its typical narrow streets. Don't forget to come into the church and admire the rich heritage composed by work of art from the 13th century (the front door) to the 20th century (the Christ painted by Camille Descossy). The watchtower is the quiet guardian of this place. It was part of a mesh of 81 watchtowers on both sides of the Pyrenees.

CASTELNOU  
1h30 - 6km  
4h30 - 9,960 km

444 m



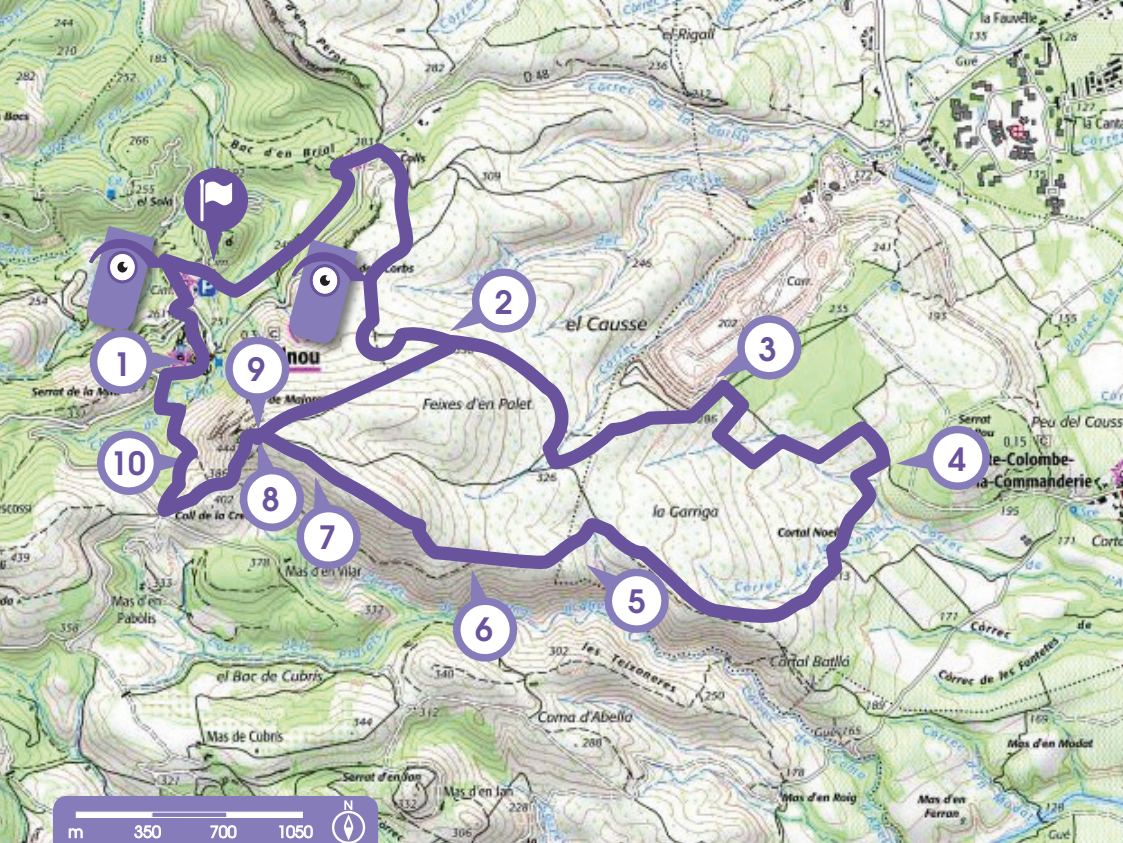
CASTELNOU



View over the rock of Mallorca







Licence IGN



**BY CAR OR BY FOOT :** Park your car in the parking lot at the village entrance. The start point will be there.



From the start pannel, take the direction of the watchtower or Tower of Goa. Take the path along the grove and follow this marked trail to the point of view where you can find a panorama and an orientation table. Cross the departemental road, follow the marking.



Take the direction of Ste Colombe and reach this typical village. You will follow the quarry which may inscribed as a visite of industrial heritage..



Presentation table of the hudge open pit quarry of Sainte Colombe de la Commanderie. It plays an important economic role in the territory.



Turn left on a path to reach the « Cortal Noall » an old sheep pen on a grassland.



Continue your hiking to join the path on your right. You will go up on this path progressively. Notice on the ground the wagon ruts..



You can see a panorama on the village of Terrats, Trouillas, Fourques et Montauriol.



View on olives trees planting and the vegetation found in the Aspres.



Point IGN dated in 1958.



Roc de Majorque (443m). You can see the village of Castelnaud. Here, the word « balcony » takes on all its significance. You can see a wonderful panorama in 360°. Far away, the Corbières montains and the mediterranean, the Roussillon plain and Perpignan, the Albères chain, the Aspres of course, the Canigou and finally in front of us the Madres and the beginning of our beautiful pyrenees. Then, turn back to Castelnaud and take the path which go down on the right towards the est.



Follow the marking until the village of Castelnaud and enjoy the visit of the village.



view over the Causse



## It's worth the detour

### SANTA MARIA DEL MERCADAL

*Its building was wanted by the viscount of Castelnaud, Guillem V. It was built in the XIII<sup>th</sup> century by the farmers of Castelnaud. It's romanesque and gothic style. To must see : St Roch remarkable sculpture - contemporanean painting « a Christ in majesty » by Camille Descossy classified in january 2019 - XIII<sup>th</sup> century front door classified in 1973.*



Santa Maria del Mercadal



Village of Castelnaud

### THE VILLAGE BUILT UNDER THE CASTLE

*This Castle built at the X<sup>th</sup> century by the count of Besalu plays a tactical, geographic and defensive role.*