



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



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## The cork path



This itinerary will lead you through cork oak woods named cork forest or subterranean forest. You will admire the Pyrenees and the Canigou Peak. You will see also the Albères mountains which plunge into the Mediterranean sea. This panorama offers a wonderful view on the Massane and Batère lookout towers, emblematic guardian of the history in our region. Take your time to explore Llauro and Viviès, typical catalan villages. Have a break in the squirrels fountain.

LLAURO

3h30 - 9,8 km

356 m

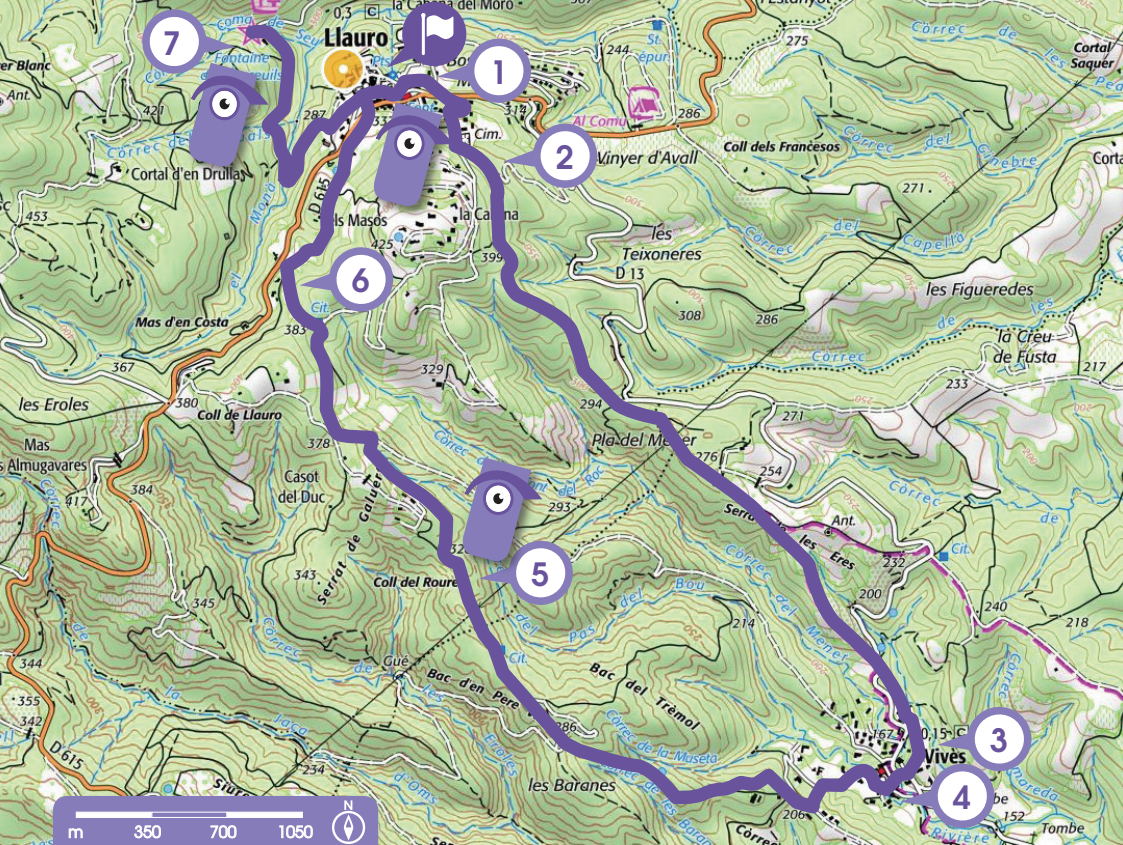


PLUSIEURS POSSIBILITÉS SUR LE VILLAGE



la fontaine des écureuils





Licence IGN



**BY CAR :** Park your car in one of the village car parks and go to the orientation table  
**À BY FOOT :** From the orientation table, take the Cerisiers street, direction « La Calcine »



Follow the signs « Viviers » and take the second road to reach « la Calcine »



At the next crossing, continue on the left, the itinerary « Chemin de Viviers », then turn right and go on « Chemin de Viviers ».



At Viviers, follow direction Llauro, cross the R.D n°13 and follow the marking



The marking in the « Joseph Sales » street will lead you to an escarpment path. Follow the marking near the sheep pen



An orientation table shows you the dolmen location and traces of rutting from Antiquity are inscribed in the shale.



When you go up, you will cross through cork forests that lead you to the Llauro village. Take the time to visit the village with its narrow streets, keystones and church.



The squirrels fountain, a private place, is waiting for you in the shade of various tree species.



Chêne liège

**LE CHÊNE-LIÈGE** est un arbre de petite taille, ne dépassant guère les 13 mètres, mais pouvant néanmoins atteindre 25 mètres. Son port est variable en fonction de la densité du peuplement : tronc court et houppier étalé dans les peuplements clairs ou tronc long et houppier élané dans les peuplements denses. Le chêne-liège est toutefois une espèce héliophile, il présente un couvert léger laissant passer la lumière. Il peut vivre jusqu'à 250-300 ans mais les levées successives, les éventuels incendies et les conditions stationnelles, diminuent fortement cette longévité. En Pays Catalan, la longévité est de 150-180 ans.



## It's worth the detour

### CHURCH OF SAINT MARTIN DE LLAURO

This church is mentioned for the first time in 1011. It's a romanesque church with a unique nave. The monument underwent numerous transformations during its history. A crenellated coronation surmounts the south and north walls. In the 17th century, the nave was raised with a coronation of merlons on the north side and a chapel was built on the north side. The building has a two-bay wall belfry with two bells and retains a 12th century Christ, altarpieces from the 17th and 18th centuries and two bells in the belfry.



Church of Saint Martin



The Galuert dolmen

### THE GALUERT DOLMEN

Dolmen means «the stone table» is a megalithic construction. This dolmen is a small and very rustic monument. It is made of blocks of shale. The funeral chamber offers a reduced space (0.93m by 0.80m). The bedside slab is oriented north-south. Around this dolmen we discovered several traces of undecided period shacks.