Sentier des pays d'en haut

Medium | 4 h | 13.2km | 232m | -232m | Loop

Departure : Church of Lugan
Arrival : Same place as the starting point
Markings : PR
Cities : 1. Lugan
2. Lavaur
3. Garrigues
4. Azas
5. Saint-Sulpice-la-Pointe

On the edge of the Toulouse region, go for a family walk to discover the small villages perched on the hills. Enjoy the rural heritage: churches, dovecotes, wash houses or half-timbered houses.

Download the hiking sheet in PDF format

Information Desks

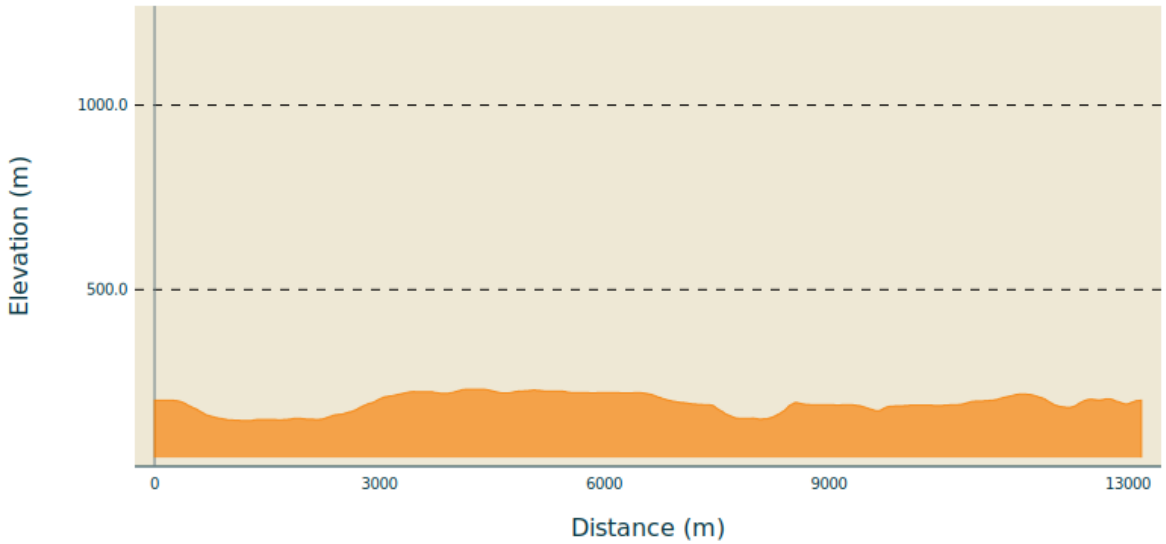
Bureau d'information touristique de Saint-Sulpice
rue du 3 mars 1930, 81370 Saint-Sulpice-la-Pointe

tourisme@cc-tarnagout.fr
Tel : 05 63 41 89 50
http://www.lepaysdecocagne.fr

Bureau d'information touristique de Lavaur
35 Grand'Rue, 81500 Lavaur

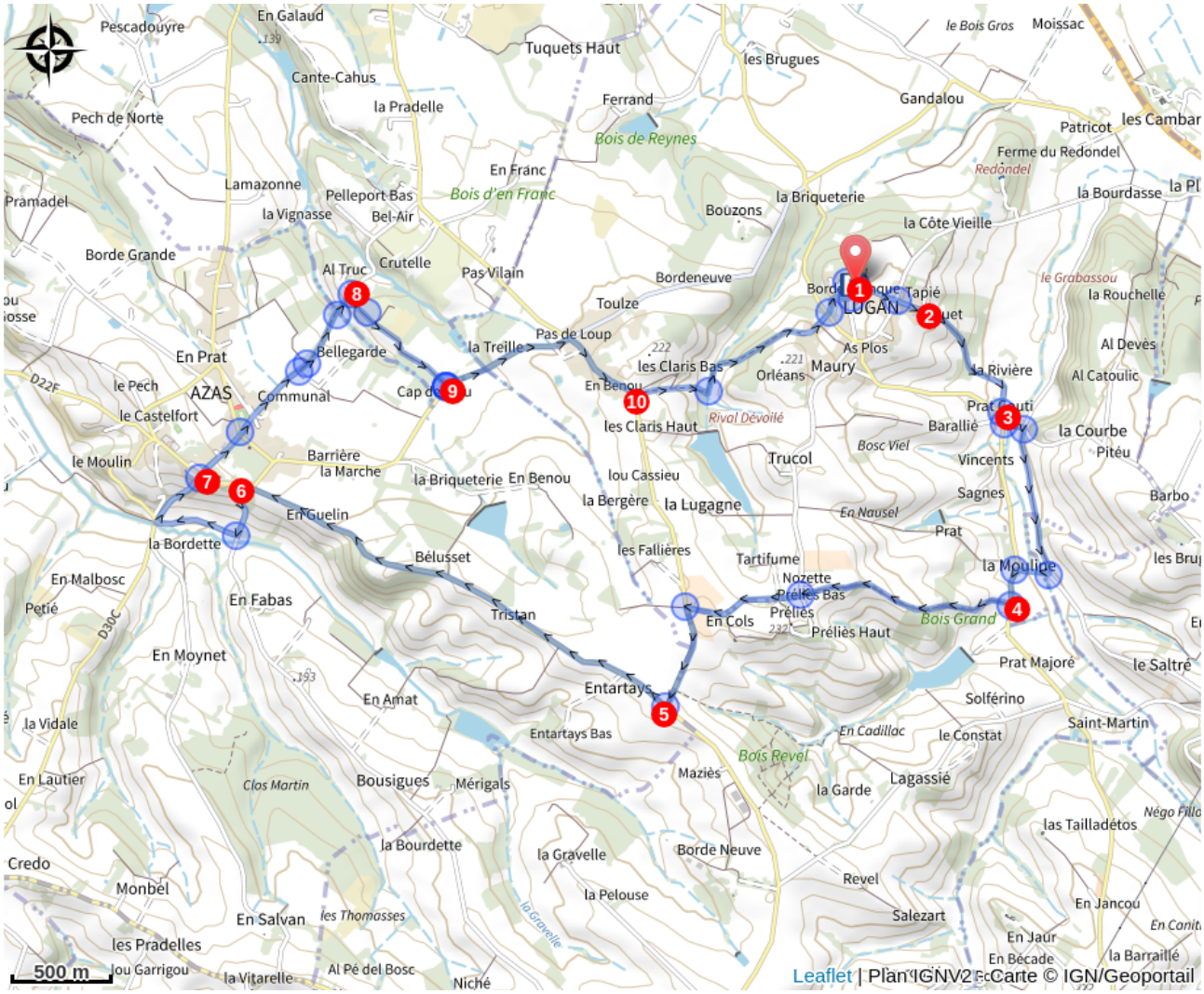
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Altimetric Profile



Min elevation 145 m Max elevation 230 m

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Description

1. Head towards the dovecote, continue straight ahead, leaving the road on your right. At the intersection, continue on the rural path.
2. Leave the road and take the path that goes down, cross the copses then you arrive on a stony path.
3. Turn left on the D35 then left again and cross the bridge over the stream "Prat Vayssière". Continue straight then take the dirt path on the right along the fields to the place called La Mouline. When you reach the building, go right towards the D35. At the intersection, on the left, walk for 500m.
4. Take the path on your right across the fields, then cross the copse. Attention: when leaving Bois Grand, it is possible to extend the circuit by the Bois Revel loop indicated on the map in blue. Otherwise, continue to join the tarmac road.
5. At the intersection, go left if you want to continue the hike, otherwise turn right to follow the short route and reach point no. 10. Walk on the D22g towards Azas. (1 km more via the Lagassié variant: loop, towards Garrigues, offers a variant with a rich and diverse flora).
6. Arriving in Azas, leave the town centre by diving to your left, pass in front of the wash house. At the crossroads below, go to the right towards the Chemin du Prat Long and return to the village by turning right.
7. Cross the town centre, then at the intersection leave the town hall on your right to continue straight on the tarmac road. After about 400 m, take the communal path on your left through fields and groves. Jump over the Loupiac stream and continue for a few metres to find the place called Al Truc.
8. Turn right and follow the dirt road along the Taupiac stream to join the D22f.

9 At the crossroads, turn right, pass in front of the Treille estate. When you reach the crossroads, turn right towards Garrigues and continue straight on for 500m.

10 Turn left onto the country road then follow the stream and finally turn right. Stay on the path and go back up towards the cemetery and finally find the starting point.

Le Département du Tarn s’engage pour le développement maîtrisé des sports et activités de nature, en proposant une offre qualifiée. Retrouvez l’intégralité de cette offre sur le site et l’application mobile gratuite Tarn Pleine Nature