

# Valley Path



② Easy ⌚ 2 h <> 7.5km ⬆️ 199m ⬇️ -199m 📍 Loop

**Departure** : Travet picnic area

**Arrival** : Same place as departure

**Markings** : — PR

**Cities** : 1. Terre-de-Bancalié

The Chemin des Vallées leaves from the village of Travet, the highest commune in Réalmontais (480 meters), before descending into the magical Dadou valley. The village was once a very important place of passage, a crossroads of roads which played a big role in the past. Around the year 1000, the existence of a castle motte (fortifications) serving as a place of observation over the valley is supposed to have existed in Cayla. This is how we can enjoy today a set of remarkable viewpoints at the start of the hike, then an unsuspected natural wealth in the very discreet Dadou valley.

[Download the hiking sheet in PDF format](#)

## 📍 Is In The Midst Of The Park

The national park is an unrestricted natural area but subjected to regulations which must be known by all visitors.



## Labellisé FFRandonnée® Tarn

Cet itinéraire est labellisé FFRandonnée®. Il fait partie du réseau tarnais de chemins validé et reconnu par la Fédération Française de la Randonnée et les partenaires du Tarn comme de qualité supérieure.

## 📍 Information Desks

### Office de tourisme Centre Tarn

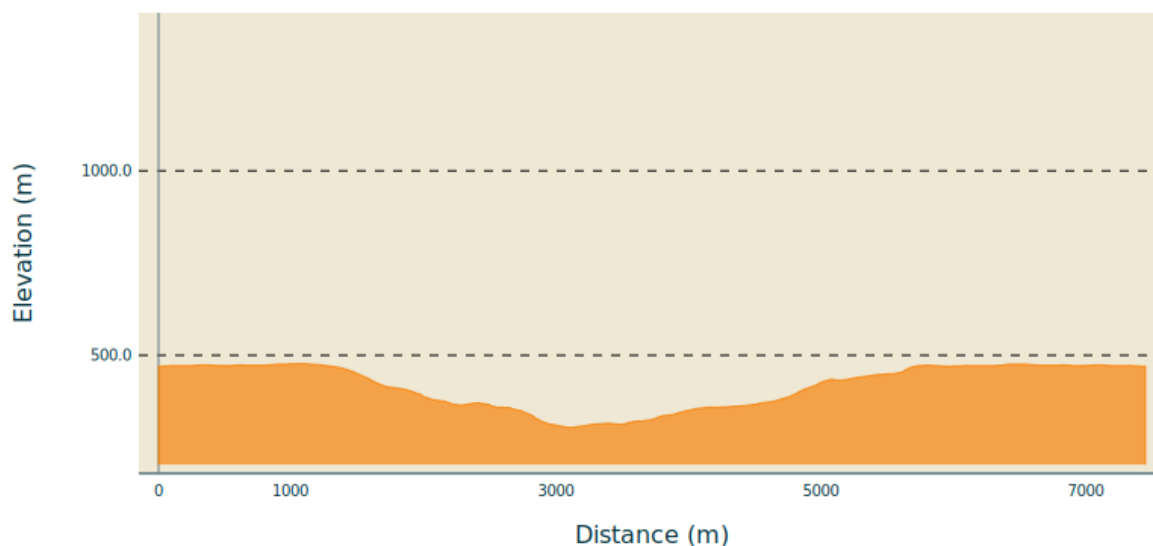
8 place de la République, 81120 Réalmont

accueil.tourisme@centretarn.fr

Tel : 05 63 79 05 45

<https://www.tourisme-centretarn.fr/>

## Altimetric Profile



Min elevation 304 m Max elevation 477 m



## Description

- 1 Departure from the picnic area, follow the yellow marks, go approximately 30m before turning left. Go another 50m and turn right. Finally follow the signs which take us out of the village via a dirt road. On a clear day, you can admire the Pyrenees mountain range.
- 2 After the pond, continue until the road, then turn right. Go about 10m and turn left onto the path which runs alongside the field. At the end turn right and follow the signs.
- 3 Admire the “Lajasse” viewpoint before turning left and going down a good descent into a wood.
- 4 You enter a boxwood forest covered in lichens.
- 5 You then arrive in a meadow bordering the Dadou covered with flowers in spring. At the end of it, do not cross the stream and turn right.
- 6 You pass near a waterfall lined with boxwood laden with lichens.
- 7 The path runs alongside the stream and brings you back, after a long climb on the plateau.
- 8 You pass near the Costes Auries farm, producer of sheep's milk.
- 9 Take the path on the left which takes you to the road towards Le Travet then take the same route as on the way back to return to the start.