Grand Avaris hiking trail

Easy | 3 h 15 | 11.4km | 408m | -406m | Loop

Departure : Hiker car park - Saint-Amancet
Arrival : Same as departure
Markings : PR
Cities : 1. Saint-Amancet
2. Dourgne

Discover the village of Saint-Amancet and the surrounding mountains of the Montagne Noire by walking this 12km trail through the forest. Avaris is the name of the stream flooding in the valley. Saint-Amancet is part of the Parc Naturel Régional du Haut-Languedoc.

Advices

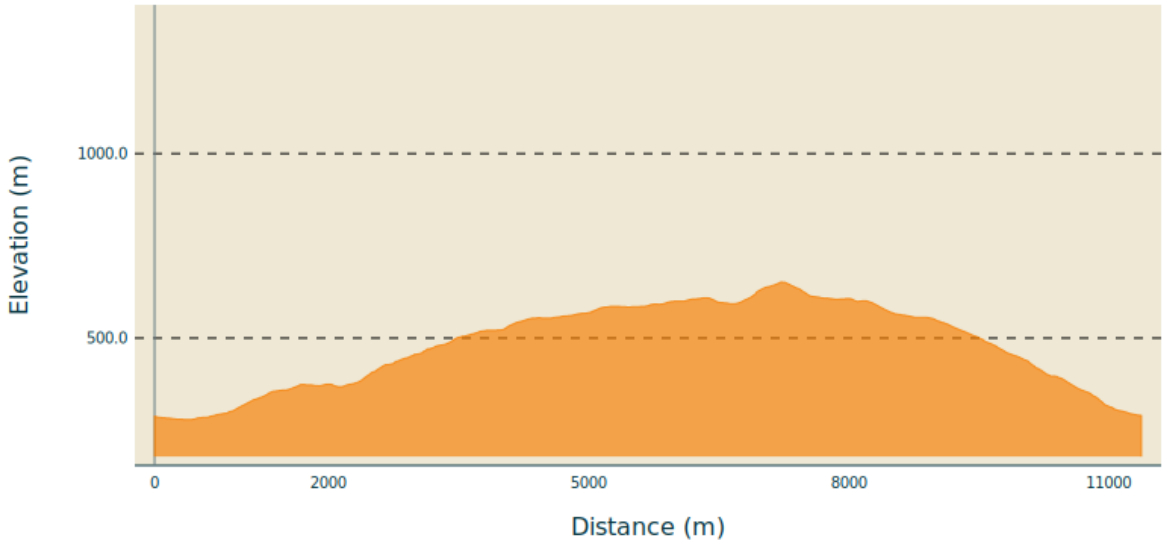
Respect the environment around the trail.
Do not pick flowers.
Do not disturb wildlife and herds.
Be careful on hunting days.

Information Desks

Bureau d'information touristique de Sorèze
1 rue Pierre Fabre, 81540 Sorèze
Tel : 05 63 74 16 28
https://www.auxsourcesducanaldumidi.com

Bureau d'information touristique de Revel
Place Philippe VI de Valois, 31250 Revel
Tel : 05 34 66 67 68
https://www.auxsourcesducanaldumidi.com

Altimetric Profile



Min elevation 279 m Max elevation 652 m

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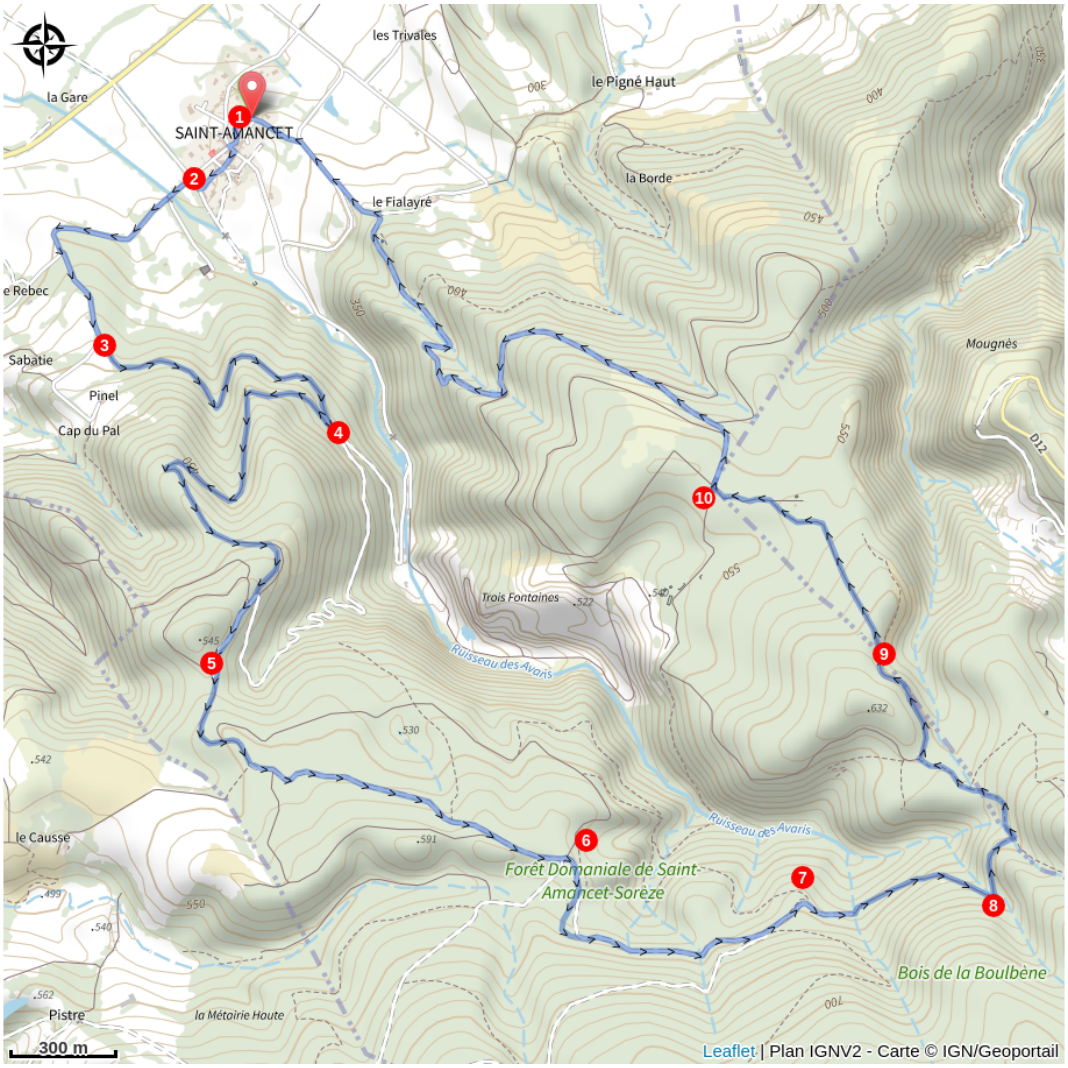
sentinelles.sportsdenature.fr



Description

1. Turn left. Look out for the former public oven on the right and walk past the church. Next, cross go through the two squares where you will find refreshing fountains (toilets in front of the town hall). After the second square, take ruelle de la Canèla Vièlha, then turn right. You will see a stone bridge over a diversion of the Avaris on your left.
2. Turn left up the tarred road.
3. At a bend leave the road for a path on the left, closed by a chain.
4. Next crossroad, turn completely right to continue along the track.
5. When you reach the plateau, turn right and enjoy the view over the Lauragais plain.
6. Turn right and follow the path that used to lead to a former farmhouse Métairie Haute, which no longer exists. Watch out for the markings.
7. After around 1,500 m, the final climb of the route awaits you, then head down towards the Avaris stream.
8. Cross the old stone bridge.
9. On your right, a narrow path leads to a panoramic view over Dourgne slate quarries.
10. Turn right at "des chasseurs" crossroads and follow the gravel path until you reach the tarmac road and then the car park.

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