

# Sentier des dunes de Maraval aux Touardes



Medium 2 h 30 8.6km 277m -278m Loop

**Departure** : Car park on the Chemin de Maraval local road

**Arrival** : Same place as the start

**Markings** : PR

**Cities** : 1. Labarthe-Bleys

2. Vindrac-Alayrac

3. Tonnac

An itinerary combining geology, nature and heritage



## 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.

### **Advices**

A Sensitive Natural Area (ENS) is a site protected by the Department of Tarn. These are natural environments that are remarkable for their biodiversity, scenic interest or heritage value.

The scheme has the dual objective of preserving the ecological richness of these fragile places and making them accessible to the public, with a view to respectful discovery.

The Maraval dunes are one such site: a rare landscape, shaped by geological history, to be explored while bearing in mind the fragility of the species that live there.

### **Information Desks**

#### **Office de tourisme - Accueil de Cordes-sur-Ciel**

Maison Fonpeyrouse, 34 Grand rue Raimond VII,  
81170 Cordes-sur-Ciel

[info@latoscaneoccitane.com](mailto:info@latoscaneoccitane.com)

Tel : 0 805 400 828

<https://www.la-toscane-occitane.com/>

#### **Office de tourisme - Accueil de Gaillac**

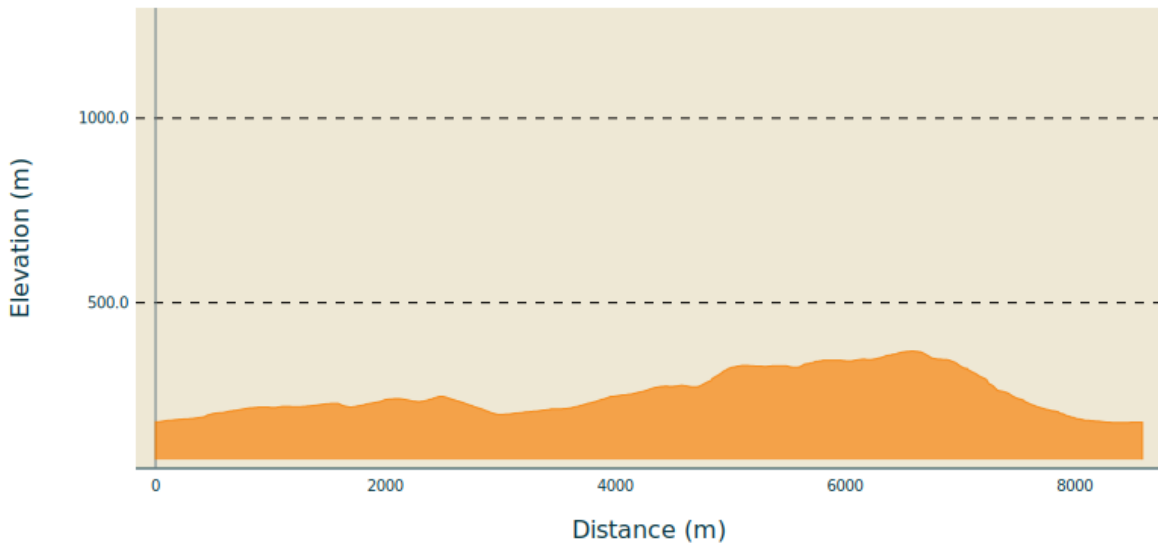
Place de la libération, 81600 Gaillac

[info@latoscaneoccitane.com](mailto:info@latoscaneoccitane.com)

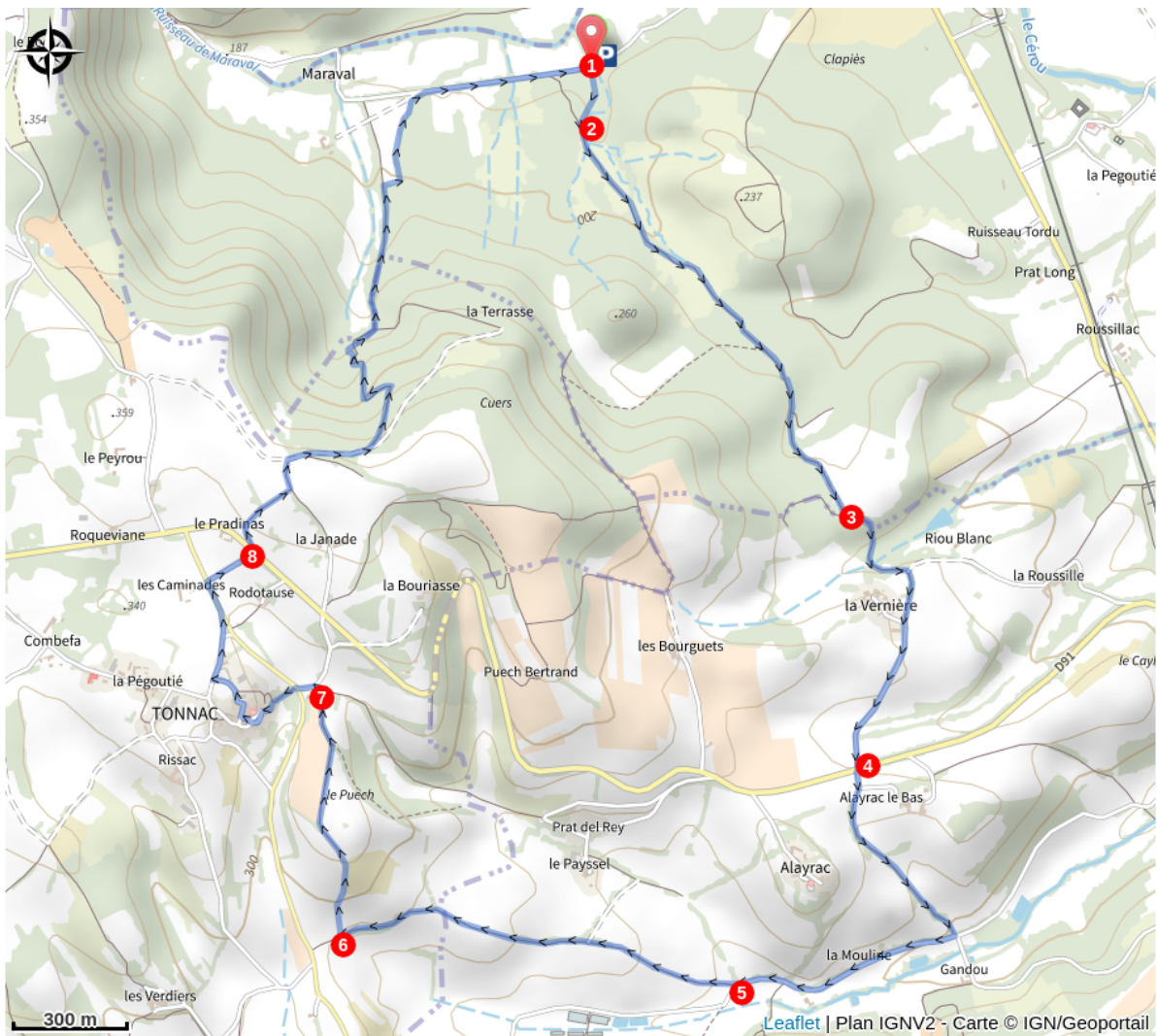
Tel : 0 805 400 828

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### **Altimetric Profile**



Min elevation 175 m Max elevation 369 m



## Description

- 1 In front of the starting sign, near the car park, take the path that leads into the woods.
- 2 You are now entering the clay dunes of the Rougier de Maraval. Please note: you are now entering a Sensitive Natural Area (ENS): stay strictly on the marked path; on either side you are on private property.
- 3 Turn left towards La Vernière. Pass by the foot of the hamlet and join the D91 departmental road. At this point, there is a shorter 5.34 km option (1 hour 45 minutes) by taking the path on the right.
- 4 Cross the departmental road and continue straight ahead until you reach the small road. Take it on the right, pass in front of the Mouline and continue for another 400 m.
- 5 Turn onto the path on the right.
- 6 Shortly before reaching the road, turn right, go up the path along the edge of the field and join a farm track. Turn left towards Tonnac.
- 7 At the road, turn left, cross the D33 and follow the path up to the village church. Go around the church on the left, cross the village to the cemetery. If you are starting from Tonnac: the loop begins here. After the cemetery, turn right and go down to the D33. Turn left onto it for 130m and turn right to go up towards the D91.
- 8 Cross the main road and take the path through the fields. At the track, turn right. At the next intersection, ignore the path on the right (arrival of the alternative route) and take the path opposite which descends through the woods to the entrance of the Maraval estate. Take the road on the right and return to the starting point.