

Sentier de Mespel



③ Medium 2 h 5.7km 245m -244m Loop

Departure : Town Hall of Larroque

Arrival : Same place as the start

Markings : — PR

Cities : 1. Larroque

2. Puycelsi

Close to the Grésigne forest, the Mespel trail follows the shapes of the arid hills and allows you to discover a preserved and wild environment. After leaving the Vère valley, the rock shelters of Larroque surprise the hiker and provide access to the limestone plateau of Mespel with its green oaks, phillyreas, and other pistachio trees. From the trail, there is a view of the medieval village of Puycelsi.

Information Desks

Office de tourisme - Accueil de Castelnaud-de-Montmiral

Place aux arcades, 81140 Castelnaud-de-Montmiral

info@latoscaneoccitane.com

Tel : 0 805 400 828

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

Office de tourisme - Accueil de Puycelsi

3 Place de l'Ancienne Mairie, 81140 Puycelsi

info@latoscaneoccitane.com

Tel : 0 805 400 828

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

Office de tourisme - Accueil de Gaillac

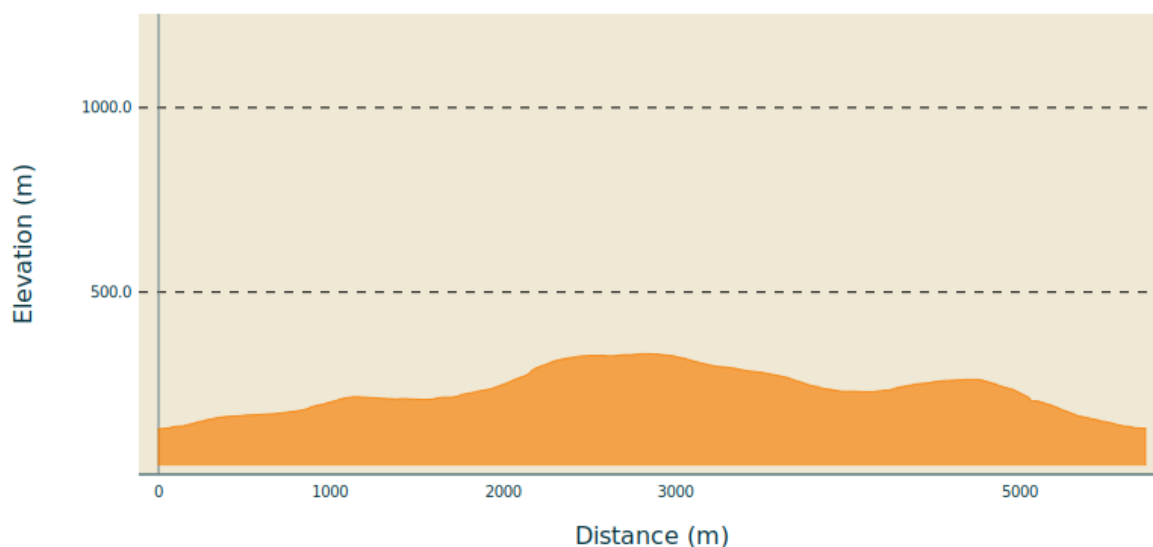
Place de la libération, 81600 Gaillac

info@latoscaneoccitane.com

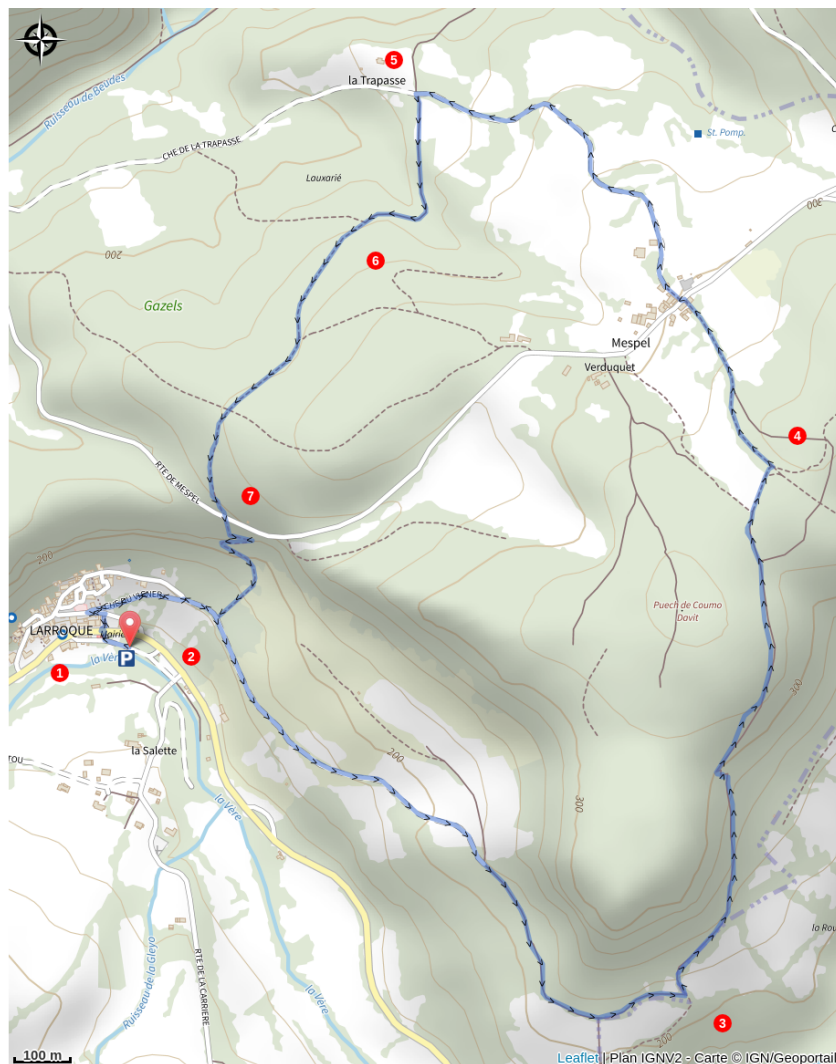
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Altimetric Profile



Min elevation 130 m Max elevation 333 m



Description

- 1 Facing the Larroque town hall, climb the stairs, then turn left and immediately right onto the road. Walk for 250 meters.
- 2 At the intersection, continue straight on the gravel path. At the fork, continue straight on the path that passes through the undergrowth.
- 3 At the crossroads (archaeological site on the right), climb to the left and continue straight under the trees. Upon reaching the open plateau dotted with oak groves and dry grasslands, continue straight up.
- 4 Take the path to the left (white-red markings of GR® 46) and head towards Mespel. After 500 meters, you will reach the Notre-Dame des Bois Chapel (20-minute round trip). In the hamlet, cross the road and continue straight along the path that runs alongside the houses.
- 5 At the crossroads, leave GR® 46 on the right (white and red markings) and take the path to the left (yellow markings).
- 6 At the fork, turn right onto the winding path, cross the road, and go straight down to reach a viewpoint.
- 7 After the viewpoint, descend the path (dangerous descent in wet weather) and then turn right to return to Larroque