

# Les hauts de la Maladène



Medium 3 h 30 14.5km 234m -234m Loop

**Departure** : Base de loisirs les Sourigous, at the foot of Salvagnac

**Arrival** : Same place as the start

**Markings** : PR

**Cities** : 1. Salvagnac

2. Lisle-sur-Tarn

3. Puycelsi

In the Salvagnacois region, between vineyards and groves, paths run alongside farms made of stone and terracotta. Further up, on the heights of Sivens, they turn into forest trails and lead to magnificent panoramas overlooking the Tescou Valley.

## 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 - Accueil de Lisle-sur-Tarn

Place Paul Saissac, 81310 Lisle-sur-Tarn

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

Tel : 0 805 400 828

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

### Office de tourisme - Accueil de Rabastens

Hôtel de la Fite - 2 rue Amédée Clausade, 81800

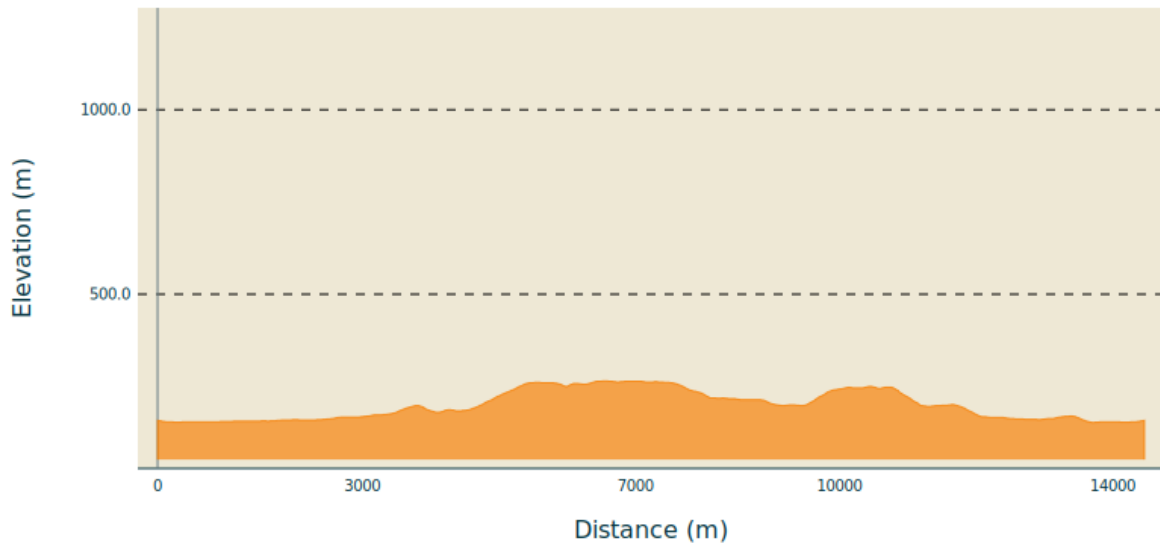
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info@latoscaneoccitane.com

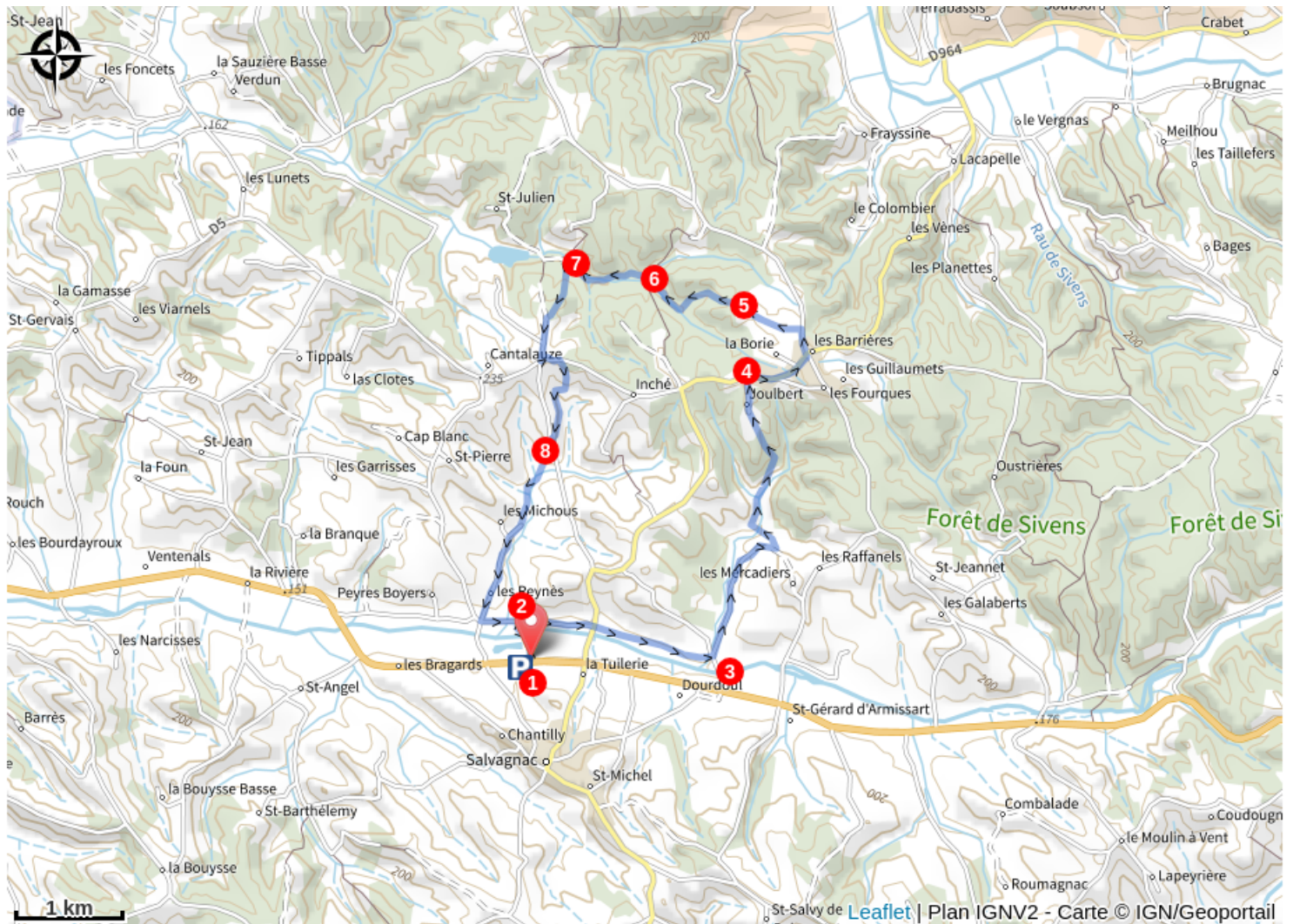
Tel : 0 805 400 828

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## Altimetric Profile



Min elevation 152 m Max elevation 265 m



## Description

- 1 From the parking lot at Les Sourigous leisure base, cross the footbridge and continue straight on the grassy path for 150 meters.
- 2 Turn right onto the road (follow the GR de Pays, marked with yellow and red signs). At the intersection, continue straight on the grassy path between the fields.
- 3 Turn left onto the road (ignore the yellow and red markings). At La Tounario, turn right, then descend left onto the dirt path. At the intersection, turn right.
- 4 Take the road to the right to reach Les Barrières. After the water tower, turn left and continue straight on the road. Take the gravel path on the left.
- 5 At the crossroads, take the trail into the woods on the left. Descend along the fence.
- 6 At the crossroads, continue straight, then turn left and cross the Tescounet stream.
- 7 Turn left again. At the intersection, continue straight on the track "GR de Pays" (yellow and red markings). On the road, turn left for about 350 meters. Turn left again. After the bend, descend to the right towards "Les Camalets". Turn right and continue straight. Turn right onto the road for about 50 meters.
- 8 Descend again to the right onto the path. Take the road to the left. At the crossroads, turn left.
- 9 Turn right to return to the starting point