# Le chemin de l'eau

Easy | 2 h 15 | 9.2km | 196m | -196m | Loop

**Departure** : Church Square
**Arrival** : Same place as the starting point
**Markings** : PR
**Cities** : 1. Guitalens-L'Albarède
2. Puylaurens

**Along the water, life**

Since the dawn of time, water, the source of life, has been part of our history. A means of transport, a source of food, a holiday destination, and sometimes a dangerous killer, it is part of all the myths and legends. Water, or aïga in Occitan, is the element without which we would not be here. For our region, this water is called Agout and a whole valley has developed on either side of the river. This trail focused on water is the result of a process of reflection carried out by elected officials and members of civil society in 2005. All along the route, 5 thematic panels remind us of the role of water on both the landscape and human environment. This loop offers three variations: 6, 8 and 9 km. Without any difficulty, this beautiful family walk tells you everything about water and its uses and knows how to lead you to the prettiest spots. Several belvederes on the route offer remarkable views of the Agout valley. This is the appeal of this countryside with its discreet but undeniable charms.

Download the pdf sheet of the trail

## Information Desks

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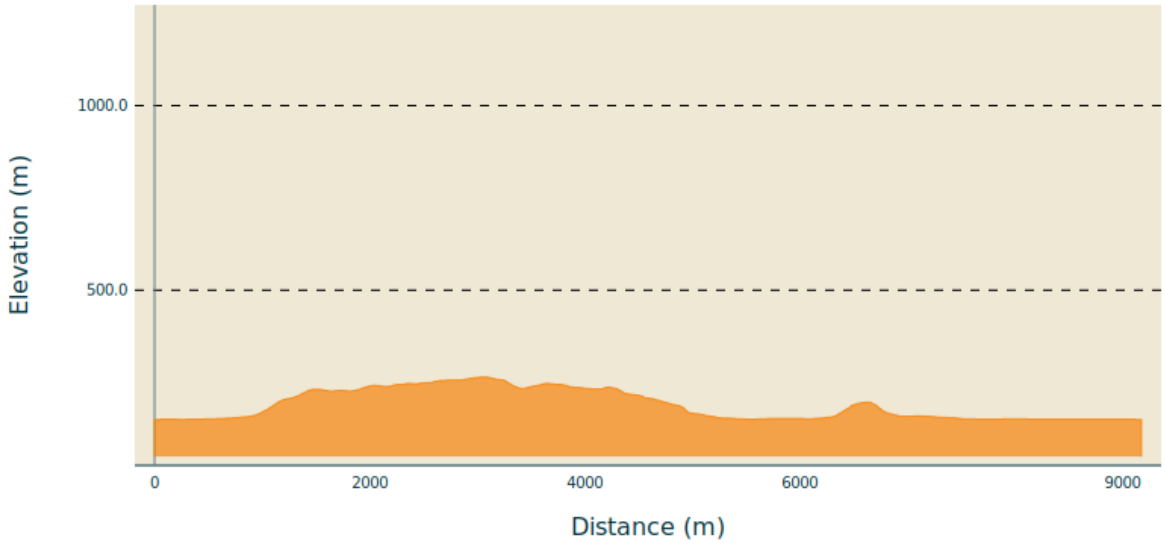
## Altimetric Profile




Min elevation 149 m  Max elevation 264 m

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## Description

1. On the church square, take the street that leads to the D112. Cross the road to follow the direction "Puylaurens". Stay on the tarmac road. After 800 m, turn left to go up the ridge path. Follow this ridge for 2 km. Attention! Thematic sign: landscape and flora. Always stay on this same path which will gradually go into the Caudeval woods.

2. At the first junction, turn left if you want to do the small circuit that goes down through the woods (3 km left). Otherwise, continue slightly to the right to head towards the medium and long circuits. After 250 m, leave the path that goes off to your left and continue straight before turning left to go down into the woods for 250 m and turn right to arrive at the place called "La Falaise".

3. On the left, return to Guitalens-L'Albarède by the medium circuit (3.5 km left). On the right, take the long circuit (4.7 km left) - Warning! Thematic panel: water in the landscape. After a few meters, the long circuit descends between two fields - at the bottom turn left towards the En Rigal farm. Pass in front of the farm and walk towards the river. At the road, turn left along the river for 800 m - Warning! Thematic panel: the riparian forest.

4. At the Caudeval castle, turn left onto the dirt road towards the Caudeval woods. Go up 100 m into the woods, take the small path on the right and turn left to join the short circuit. Return by taking the wide path on your right. At the foot of the hill, you are first on the edge of the woods to gently return to the Agout plain - Warning! Thematic panel: the gravel pits.

5. On the tarmac road, turn left towards the D112 which you cross to return to your starting point.

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