



1 Dels Pobles*** 10 km. 1 h 55. 30 min.

On this loop you can discover examples of Mediterranean architecture in three villages: Alénya, Théza, and Cornella-del-Vercol. Natural landscapes are also to be seen along the Réart, one of Roussillon coastal rivers which is dry most of the year, but which can become a real torrent during intense Mediterranean rain storms. This walk will take you on paths lined with fields of apricot trees, from which you will have a breathtaking view of Canigou Peak. The Agouille de la Mar path takes you past the chapel of Notre-Dame du Paradis in Cornella-Del-Vercol.

2 Avallrich** 4,8 km. 55 min. 15 min.

Between Cornella-del-Vercol and Montescot, this itinerary offers a fascinating view of the plain of Roussillon. This itinerary through uncultivated landscapes will take you to the heart of a surprising nature area, the Prade of Montescot. Along the Agouille de la Mar, you will discover castles and vineyards reflecting a multifaceted past. Please note that this loop includes unpaved sections.

3 Pilou** 4,5 km. 55 min. 15 min.

This itinerary between village and nature passes through the ancestral agricultural regions of the Roussillon plain. These landscapes are evidence of an ancient activity dating back to the Gallo-Roman era. The village of Latour-Bas-Elne was located on Roman roads. It is mentioned for the first time in the 10th century (early Middle Ages) as "Atiliac".

4 Villerasa** 2,7 km. 30 min. 8 min.

Ideal for a short bike ride, the Villerasa trail offers a beautiful view over the Roussillon plain and the Albères Mountains. On this loop you will have the opportunity to discover the Romanesque chapel of Villerasa.

5 Capellans** 6,4 km. 1 h 15. 20 min.

This route offers diverse perspectives of the coast and the Roussillon plain. It is also an opportunity to discover the botanical gardens, while browsing the coastline of Saint-Cyprien.

6 Méridienne*** 10,5 km. 1 h 55. 30 min.

Skirting the village, this tour allows you to discover the local architecture while alternating between rural, urban and sea landscapes.

Caption

| | | |
|----------------|------------------------|-------------------|
| City Hall | Departure point | Effort level |
| Tourist Office | Access to another path | Coastal path |
| Parking | Green lane | Path |
| Picnic area | Vigilance | Alternative route |
| | Point of interest | |

| | |
|---------------------------------------|-------------------|
| Natural and Agricultural environments | Beaches and dunes |
| Aquatic environments | Urban area |

Photo captions

a. Palm alley, Alénya
 b. European Bee-eater - *Merops apiaster*
 c. Arboriculture, Alénya
 d. Along the Réart River
 e. Village of Théza
 f. Chapel of Paradis, Cornella-del-Vercol
 g. The Agouille de la Mar in Alénya
 h. The meadows of Montescot
 i. Latour-Bas-Elne
 j. Pasture in Latour-bas-Elne
 k. Wetlands meadows of the Roussillon plain
 l. Romanesque chapel, Villerasa
 m. Saint-Cyprien Dunes - south beach
 n. The lagoons of Saint-Cyprien
 o. The northern beaches of Saint-Cyprien
 p. The Desnoyer Museum
 q. Parc Prade, Saint-Cyprien
 r. Roman Hyacinth or Squill - *Bellevia romana*

Credits

Design
 South Roussillon Common Community/Tourist Office of Saint-Cyprien / Echotone Agency

Production
 Echotone Agency

Photographs
 Echotone Agency / Tourist Office of Saint-Cyprien

Maps
 Echotone Agency

Traduction
 J. Guarini

Do not throw on the public road.



The Little TRAIL GUIDE


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The Little TRAIL GUIDE



Caption



City Hall



Tourist Office



Parking



Picnic area



1 Departure point



Access to another path



Vigilance



Point of interest



Effort level



Coastal path



Green lane



Path



Alternative way

1 Dels Pobles Loop***

10 km. ⌚ 1 h 55 🚲 30 min.

2 Avallrich Loop***

4,6 km. ⌚ 55 min. 🚲 15 min.

3 Pilou Loop***

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Meet them during your ride...



The Flambé *Iphiclides podalirius*
The name of this large butterfly comes from the streaked coloration of its wings.



The meridional Rainette
Hyla meridionalis
Despite its bright color, it is not easy to spot this little tree frog !



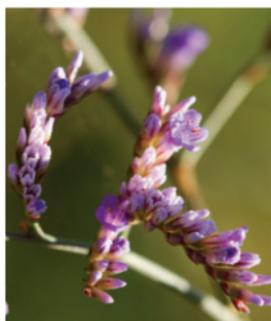
The Conehead mantis
Empusa pennata
Resident of the Mediterranean area, it looks a lot like its cousin, the praying mantis.



The dunes' eternal flower
Helichrysum stoechas
The flowers of this lovely dune sand plant emit a subtle curry-like smell.



The Yellow-legged Gull
Larus michahellis
You can't miss it with the red spot on its beak !



The Saladelle
Limonium narbonense
If you see this plant, you are not far from the sea and the soil is salty, it loves it !



The Tamarisk
Tamarix gallica
You will inevitably cross it on your path!

Before leaving,
do not forget to:

- check the weather forecast
- bring enough water
- take sun protections (hat, sunscreen, etc.)
- wear appropriate shoes

Thank you for respecting nature.

1 Dels POBLES**❄️

10 km. 🚶 1 h 55 🚲 30 min.

Start at the «Caves Ecoiffier» in Alénya.





1 Park your car at the **Caves Ecoiffier (A)**. Their construction began in 1905. The wine-making activities stopped in 1976. At this time, the vineyards were covering about 90% of the arable area of Alénia, and more than 130 individuals were working within the exploitation. Follow the **avenue Jean Jaurès** protected path.

2 At the roundabout, take **rue Vasarely**.

3 Turn right on **rue Réart**, you get out of the urban area of Alénia. Walk along the **Réart**. You can easily watch the **Grey Heron (B)** and the **Little Egret** along this coastal river.

4 Turn left on the road D22. On the other side of the Réart, you can see the village of **Saleilles**.

5 You enter the village of **Théza**. This village still has its traditional architectural style, with its many shingle and **cayrou (clay)** façades. Leave the city towards areas of vegetable gardens by the **Charlemagne Way**.

6 Make a detour to **Corneilla-del-Vercol (C)**, to discover the ancient hermitage, the **chapel of Notre-Dame du Paradis**. It was destroyed during the Revolution and rebuilt in 1829. Return to Alénia along the **Agouille * de la Mar**. ⚠ Be careful of the intersections, which are unprotected crossings. When you get back, stop for a moment at the **Taulera Public Gardens** in Alénia.

* Agouille: small stream of rain water discharge, irrigation canal.

Sainte-Eulalie Church

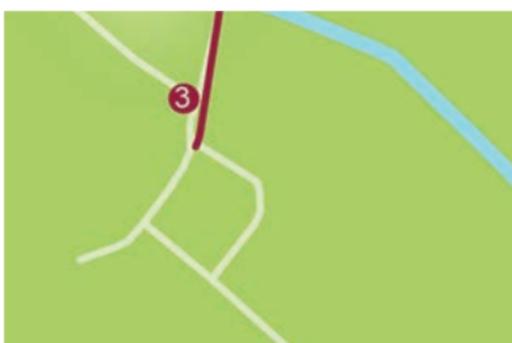
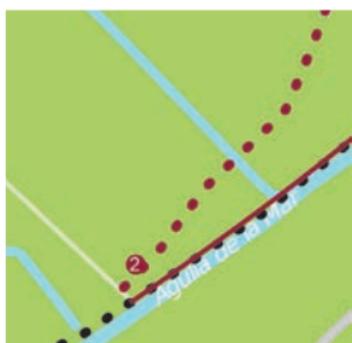
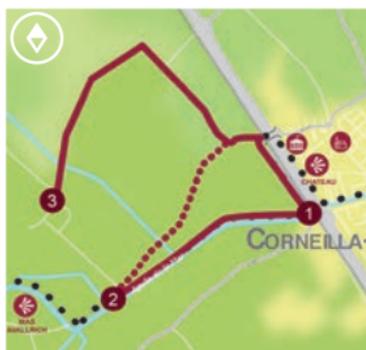
The Sainte-Eulalie Church was built in 1593 on the foundations of an older church. During construction in 1858, the apse of the original church was discovered. The entire sacred art of Sainte-Eulalie church is classified as a historical monument. It was restored in 1991-1992, with the creation of two stained glass windows in façade.

2

AVALLRICH**✦

4,6 km. 55 min. 15 min.

Park near the Agouille de la Mar.



- 1 Walk along the **Agouille de la Mar** towards the **Mas d'Avallrich**. You will cross a meadow : the **Prade de Montescot**. It is composed of brackish wetlands, particularly rare and fragile in the Mediterranean Region, inhabited by many sensitive plant and animal species. The waterways covering this site is crucial for maintaining these wetlands, just as regular mowing and grazing are necessary for their maintenance.
- 2 Turn right and walk along the smaller, secondary agouille.
- 3 Join the **Villeneuve path** towards **Corneilla-Del-Vercol**. In the distance, you can see its impressive **feudal castle**. Please note that this route is not secured.

The Mas Avallrich

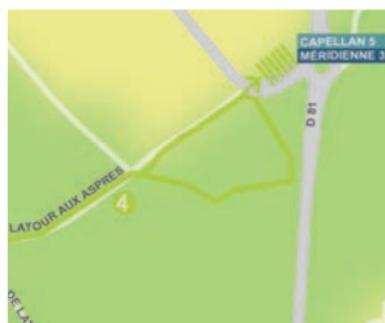
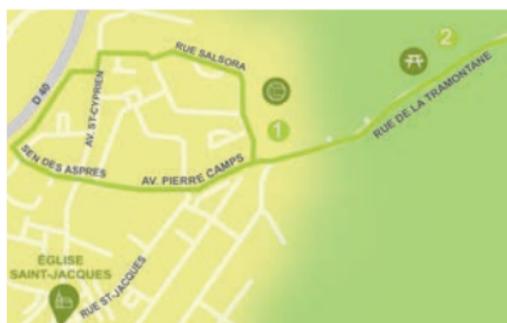
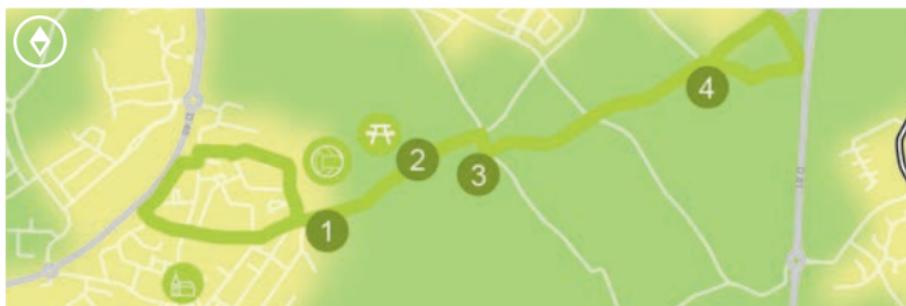
This vineyard from the 17th and 19th centuries is located on the site of the former Avallrich castle. Regularly rebuilt, it remains unusual building, and has for a backdrop the Canigou Peak.



3 PILOU * * *

4,5 km. 55 min.  15 min.

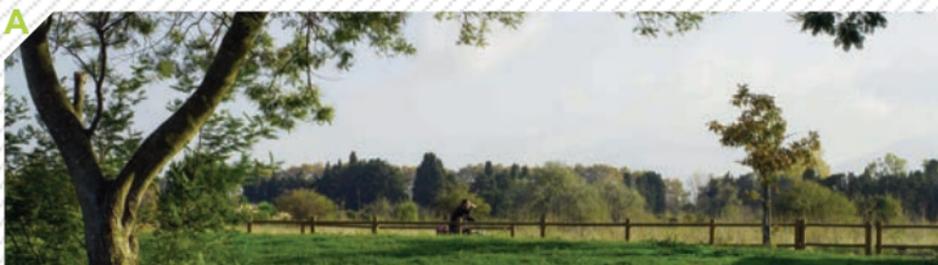
Park at the Latour-Bas-Elne stadium.



The Cellera de Latour : a protected area surrounds the church

The Cellera originally housed a defense tower, that gave its name to the village, and from which citations dating back to the 10th century can be found. The Cellera, which means cellar, is in Catalonia and the Roussillon the sacred space surrounding churches, where any violence is forbidden. Latour peasants used to go there to store their crops safely from looting.

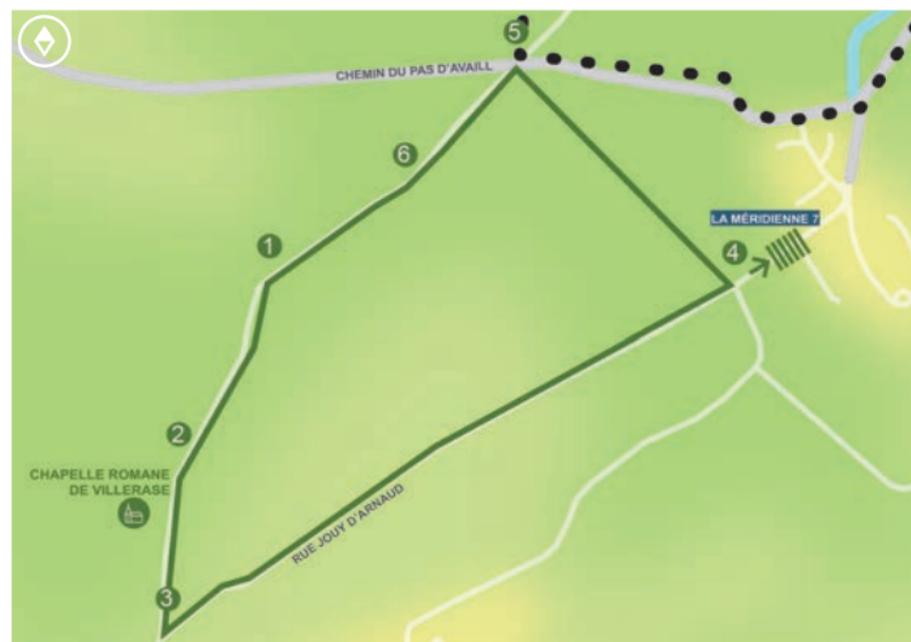
- 1 The trail begins in front of the **Latour-Bas-Elne stadium**, in the rue Tramontane, along the agouille. You can take the village loop. Stop for a moment at the **Saint-Jacques church**. Follow the protected path.
- 2 You will find on your left a shady rest area (A). When you return, you will also be able to take various unmarked footpaths going towards the stadium of Latour-Bas-Elne.
- 3 Follow the **Latour aux Aspres path**, to the Saint-Cyprien beaches.
- 4 Leave the road and take the path on the right. This agricultural area is marked by some small ancient forested islands, typical of a humid forest habitat.



4 VILLERASE*✿✿

2,7 km. 🌀 30 min. 🚲 8 min.

🚩 Park at the ①.



Saint-Étienne-de-Villerase chapel

Appearing in notary records since July 904 AD, it initially had a wooden framed roof, replaced by a vaulted stone structure during the 12th century. It is likely at this time that the choir was built in a semicircle, replacing the original quadrangular choir. The western façade was redone in 1867. The small bell tower was built in the same period.

- ② The Villerase chapel is a Romanesque type classified as an 11th and 12th century monument.
- ③ You can see in the distance greenhouses on your right. Vegetable production is a highly developed activity in the Roussillon plain.
- ④ Near the crossing, take the path on your left.
- ⑤ Take the path on your left. You are on wetlands, a shelter area for biodiversity. You can easily observe common birds such as the Kestrel or the Cattle Egret.
- ⑥ Notice the panoramic view of the Albères Mountains and Canigou (A).



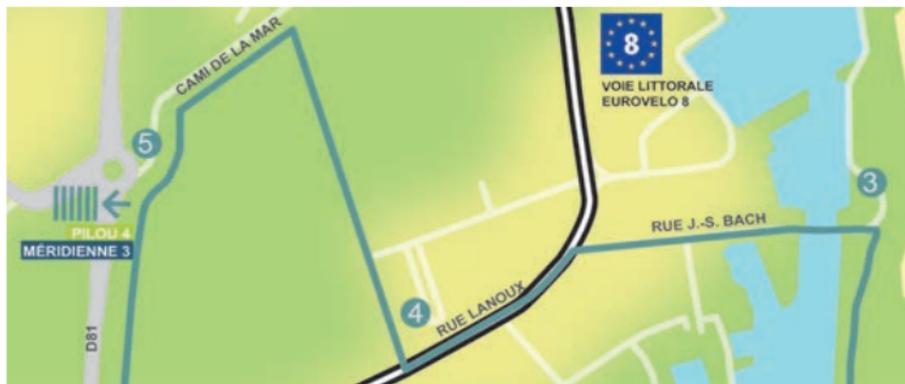


5 CAPELLANS * **

6,4 km. 1 h 15 20 min.



Park your car in the parking lot of the Grand Stade des Capellans.



- 1 This itinerary starts at the Capellans Great Stadium. Take the opportunity to discover the **Jardin des Plantes** in Saint-Cyprien.
- 2 You enter the **Capellans Dunes**. The Saint Cyprien Lagoon extends in front of the Mediterranean.
- 3 Cross the bridge and reach the **coastal road** (EuroVélo8). You can also reach the Méridienne.
- 4 You cross a few wetlands.
- 5 From this point, you can join the loops of Pilou, the Méridienne and the **Parc de la Prade**.

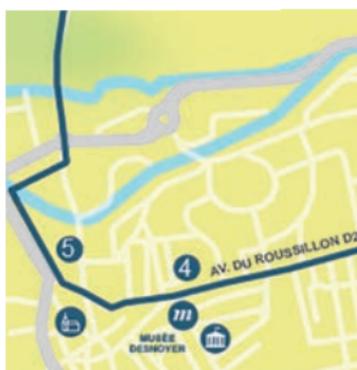
Dunes Capellans

This natural area of interest for ecology, wildlife and flora extends over 18 hectares. It is considered an important area of biological and ecological interest. In particular, the dune Bindweed (*Calystegia soldanella*) can be found there.

6 MÉRIDIENNE** ✚

10,5 km. 🚶 1 h 55 🚲 30 min.

Start on the seafront promenade.





Parc de la Prade

This park has the particularity of serving as rain water retention area. Connecting the village and the beach, the Parc de la Prade is a junction between the sea and the land. You can stroll there along a 2.5 km trail.

- 1 Start the itinerary on the seafront, follow the secure walk (A) towards the port. At the [Place Maillol](#), see «The draped bather», a replica of the bronze statue by Aristide Maillol.
- 2 You are in the [Mediterranean's second-largest marina](#). With its 2200 berths, Saint-Cyprien is busy throughout the year. You can find there a few [traditional Catalan lateen sail fishing boats](#).
- 3 From this point onwards, you can reach the [Parc de la Prade](#), as well as the [Pilou](#) and [Capellans](#) path. Continue on [Cami de la Mar](#) and then the center of the village by following the [Avenue du Roussillon](#).
- 4 The [F. Desnoyer Collection](#) plunges you in the atmosphere of great 20th century painters inspired by the Roussillon like Gauguin, Toulouse-Lautrec, Matisse, and Picasso. At the heart of this collection is the 1972 donation of more than 700 works of the artist François Desnoyer !
- 5 You pass near the church of Saint-Cyprien, built in the 18th century on the remains of an old Romanesque church. Take the [rue Blaise Cendrars](#). ⚠ Warning: shared lane!
- 6 You can reach the Parc de la Prade by the proposed alternative route, which goes to the heart of the wetland areas of Saint-Cyprien.
- 7 You can reach the Villerase trail.
- 8 Walk along the [Saint-Cyprien international Golf](#) and the lake to the swimming beach.
- 9 You pass near the [Canet-Saint-Nazaire pond](#), and its lagoon complex. Here, you can observe a multitude of birds, including the famous Flamingos, along with a stunning view of Canigou.





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