

## Two Fountains Walk

Rated: Easy. Climb 400 metres. Duration: 2 hours 40 mins without stopping.

Follow: Route No. 5

Noteworthy Points: The springs of Laroque des Albères. The spring of “**The Simiots**” ....these mythical beasts had a bad reputation for taking infants from the village and they lived near this spring after being chased away from Arles- sur- Tech.

Secondly the “**Fountain of Vernosa**”. From this well conserved spring you have a superb view over the Roussillon Plain.

From the Tourism Office, Walkers’ Centre, return to the church at the old village. With your back to the church door, go up the “**Rue de L’Eglise**” and at the end, take the footpath with a small stream on the left: this footpath leaves the village. On the right hand is the old windmill - “**Moulin de la Pave**”. Shortly you come to fine shady spring – “**Fontaine des Oiseaux**”. The footpath then goes uphill following a half buried pipe. Arriving at a fork, go right and immediately on the right will be a small reservoir at the end of which is a crossroads with a signpost. Take the path towards “**Dolmen- Pic Neulos – Col de L’Ullat**”. To the left of the footpath is a small watering canal that you follow until you arrive at a main pathway crossroads where you can hear the river below.

Then, take the right hand path which goes down to the river. Take the ford over the river which goes uphill becoming a small tarred road. Here there is a signpost; go left following the sign “Les 2 Fontaines”. There is private property close by; please do not encroach it. The tarred way peters out and the path twists and climbs until you reach the 4<sup>th</sup> marking post; here, follow the yellow markers. On coming to an intersection, take the path to the right and continue straight ahead to the “**Font dels Simiots**”. Leaving this spring, turn off the path and take the one marked on a sign saying “Les 2 Fontaines”. This pathway goes South East and follows a cliff face where you get a magnificent view of the plain and the sea.

At the next intersection, take the path ahead marked “Fontaine de la Vernosa”. Continuing on this path, you come to an opening where is a shaded picnic spot just above. There is a signpost “Point d’eau”; go down the path for 10 metres to the freshwater spring – “**Font de la Vernosa**”.

Leaving the spring, go downhill towards the plain and take the small path on the righthand which continues downwards. You come to an intersection which you crossed coming up; take the one which has several turns and becomes a small tarred road. To the left are the ruins of the “**Chapelle de Roca Vella**”. Continue on towards the village until you reach the chapel of “Sant Sebastia” which has recently been restored. Go right immediately past the Chapel and take the “**Chemin de la Florentine**” which takes you through well maintained allotments to the old village. Cross the metal bridge and turning left and then right up the slope; continue on a further 150 metres to the church.

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