



Gardiole & Garrigue tour

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Distance : 5,5 km Variant : +1,8 km

Option 1 : Parcours de santé / Pioch Michel + 900m

Option 2 : Viewpoint / Pioch Madame + 900m



2½
hour



1 hour

Level



Fairly technical trail, with fairly rough climbs and descents on stony paths. Recommended to all hikers and experienced mountain bikers. It offers a remarkable panorama of the coastline, the Mediterranean Sea, the Aresquiers Woods, the old saltworks and lakes of Frontignan and on a clear day it is possible to see the Pyrenees.

Departure point : Nikolas-Karabatic Gymnasium, Chemin de Carrièreasse et Rabassou.

Latitude: 43.45600283701023
Longitude: 3.752387224884046.

- 1 Take the exit at end of the car park and follow the road.
- 2 540 m Continue on the stony path.

- 3 750 m Pass the barrier to get on the fitness trail.
- 4 1,000 m Once you arrive on the loop of the fitness trail continue straight on.

Option 1 : Fitness trail / Pioch Michel:
At the middle of the loop, take the trail on your left to the viewpoint (cul-de-sac -500 m round trip). At the end of the loop, you arrive at stage 5. Continue straight ahead.

- 5 1,440 m Continue slightly to the left.
- 6 1 840 m At the water tank n° 191, take the descent to the right.

Option 2 : Viewpoint / Pioch Madame (cul de sac 900 m round trip):
Take the trail on the left side of the water tank.

- 7 3,150 m After the chain, take a right, as if to retrace your steps on the dirt track going downhill.
- 8 3,800 m Continue straight on downhill.
- 9 4,290 m Turn right up before the road.
- 10 4,650 m Continue straight on.
- 11 4,750 m Go down the road to the left.
- 12 4,900 m Continue straight on downhill.
- 13 5,030 m Take a right on the stony path that goes back to the old quarry and leave the road.
- 14 5,200 m At the junction stay on the left and then go slightly downhill.
- 15 5,320 m Between the rocks carry on straight ahead towards the plateau. At the end, turn slightly to your right (small climb).
- 16 5,680m Take the exit between the rocks and bear to the left for the descent. At the bottom, turn left to arrive at the Nicola Karabatic Gymnasium car park.