



## Salines & Lakes tour

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Distance : 15,5 km

 3½ hours  1h45 mins

Level    

This flat-field circuit, around the Ingril Lakes, opens onto the landscapes of the lagoon, the old saltworks, the Aresquiers Woods and the Frontignan coastline to discover an exceptional flora and fauna.

Note: During winter or after heavy rains, the trail can be very muddy.

Departure point from the parking "Plan du Bassin" situated behind the train station in the town center.

Latitude: 43.44503165679929  
Longitude: 3.760037061576895.

- 1 Take the road on your right just before the railway bridge (rue des Cheminots) and continue.
- 2 2,110 m Pass under the bridge by turning right.
- 3 2,430 m Before the entrance gate of the old saltworks, turn left and follow the path.

- 4 3,390 m Continue straight ahead. Enter the Aresquiers Woods, then leave towards the Ingril Lakes.
- 5 3,780 m Take the first path to the left.
- 6 4,320 m When you see the "Bois des Aresquiers" sign, take the small path to the left and follow the fence to the wood.
- 7 4,740 m Go straight to the Aresquiers fountain and have a break. Follow the marked trail "Sentier d'Emilie", the sign is yellow.
- 8 6,680 m Leave the buildings on your left, go to the gate and take the path to the car park.
- 9 6,950 m Leave car park. At the stop sign, take the bike path to the right to the Aresquiers Bridge. On the bridge, enjoy the panorama of the Mediterranean Sea, the Ingril et Vic lakes, the Rhône Canal to Sète, the Aresquiers Woods, the Gardiole Massif and the Abbey at Villeneuve-les-Maguelone.
- 10 11,270 m At the roundabout, continue on the bike path. Cross over the bridge and see the Marina on your left.
- 11 13,180 m At the roundabout, follow the sign "Frontignan town" and continue on the bicycle path.
- 12 13,870 m Turn right. Take the bike path towards "Frontignan town" passing under the bridge, then over the canal bridge.
- 13 14,000 m On the roundabout, continue on the bike path that runs alongside the stadium, towards "Frontignan town center"
- 14 15,100 m Just before the railway bridge, take a right and head towards the canal. Turn left to pass under the railway bridge and then right to cross the canal bridge. Turn right and follow the quay until you arrive at the "Plan du Bassin" car park.

L'étang des Mouettes (Les Mouettes Lake) At stage 11, take the path on the left which goes around the lake "Etang des Mouettes", before returning to stage 12.