

CONFLENT-CANIGÓ WALKS

PY: the CANTAPOC CIRCUIT

This walk is mostly in shady forest of the Rotja valley, in the Py nature reserve. Occasional springs may be found along the way. The route follows long-established paths which were formerly used as "transhumance" routes, along which shepherds drove their herds up to summer pastures and back. Some sections of the paths are paved - like "packhorse trails".

Please note that dogs should not be taken into the nature reserve.

This walk should not be undertaken when rivers and streams may be flowing very strongly - such as on rainy days, or shortly before or after periods of heavy rain.

Duration: 3h00 (plus stops)

Distance: 6.7 km

Waymarks: yellow

Difference in altitude between highest and lowest points: 300 metres

You climb in total: 390 metres

Level of difficulty: Fairly long, but not difficult

ROUTE DESCRIPTION

Start: A nature reserve information notice board, by a small car park, in the upper part of the village of Py - altitude 1028m.

To reach Py: from the western end of Villefranche-de-Conflent, on the RN116 main road, take the D6 road, which is signposted for Sahorre. Travel on that road for several kilometres, passing through the settlements in Fuilla, then through the village of Sahorre. After a few more kilometres on the D6 road, you arrive in Py.

1 From the starting point, descend on the path which immediately crosses a mountain stream on a stone bridge.

Follow the path which climbs the slope in the forest opposite. The path bears to the right.

2 The path emerges from the forest, by a path fork. There is a fine view over the Rotja valley. The Tour de Goa is just visible in the distance.

At the path fork, ignore the path which descends to the left. Carry straight on.

Mountain code of conduct

- Check the weather forecast
- Go well equipped: with walking shoes or boots, a sunhat and some drinking water
- Keep to waymarked routes
 - Respect fauna and flora
 - Carry out all your litter
- Act in accordance with signs and notices
- Leave gates and fences as you find them
 - Make no unnecessary noise
 - Don't light fires

3 At another path fork, ignore the path which goes up to the right (it is going in the direction of a place called Prat Barrat, but it is not signposted as such). Carry straight on. Your path passes alongside several drystone walls. It also crosses a mountain stream called the Correc del Sola de Balaguer.

4 At another path fork, follow the path which descends to the left, and leave the path which climbs straight ahead, in the direction of a place called the Pas de Rotja.

5 You pass in front of a former large "cortal" (a stone building where grazing animals were kept at night for safety). Cross the river by a footbridge.

You climb to a fairly flat grassy area. You follow the path to the right. The path climbs to another grazing area. You turn sharp left there and walk along the side of this area. The path soon re-enters forest.

- Emergency telephone numbers: 112 (or 18 - the *pompiers* fire and emergency service)
- Map: IGN 2349 ET Massif du Canigou

Further along are the remains of former terraces and the ruins of a drystone cabin, and of a cortal.

6 At a path junction, you meet a path coming from the right, from the Pas de Rotja. Go straight ahead.

Cross a bridge over a stream called the Rec de les Saletes. All the way along the next section ("Cantapoc"), notice several indications of former livestock farming: former cortals on either side of the path, the path paving, and former cultivated terraces, or *feixes*, which were supported by drystone walls.

7 Path junction. Ignore the path on the left and keep to the path going straight on. It heads in the direction of Py.

Cross the River Rotja again, on a large bridge. Then cross a stream on a smaller bridge. Climb up to the village. There, turn to the left. Go through the village, back to the starting point of this walk.

Office de Tourisme Conflent Canigó

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(Translation 2019 by A.M.)

Adresses et informations utiles

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Les Balises	GRØ	GRØT	GRØP	PR	PR
Bonne Direction Continuité					
Changement de Direction Tourne à Gauche					
Changement de Direction Tourne à Droite					
Mauvaise Direction					

Bonne Conduite en Montagne

- Se renseigner sur les conditions atmosphériques
- Être bien équipé : chaussures, chapeau, eau...
- Rester sur les sentiers balisés
- Respecter la Faune et la Flore
- Ramener ses déchets
- Respecter la réglementation affichée
- Ne pas oublier de refermer les barrières
- Rester silencieux et discret
- **- Ne pas faire de feu**

Météo : 08 99 71 02 66
Urgences : 112 ou 15
Pompiers : 18

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Py

Cantapoc



Distance : **6,7 km**

Dénivelé Positif : **300 m**

Difficulté : **Facile**

Balissage : **Jaune**

Temps : **3h00 (Hors arrêts)**

Dénivelé Positif Cumulé : **390 m**



Sentier découverte

Empruntant les anciens chemins de transhumance, cet itinéraire ombragé, jonché de sources, dévoile les chemins empierrés et les nombreuses cabanes et cortals utilisés par les habitants du village le long de la Rotjà.

Veuillez noter que les chiens ne sont pas admis au sein de la réserve naturelle de Py. A éviter les jours de pluie et de crues.

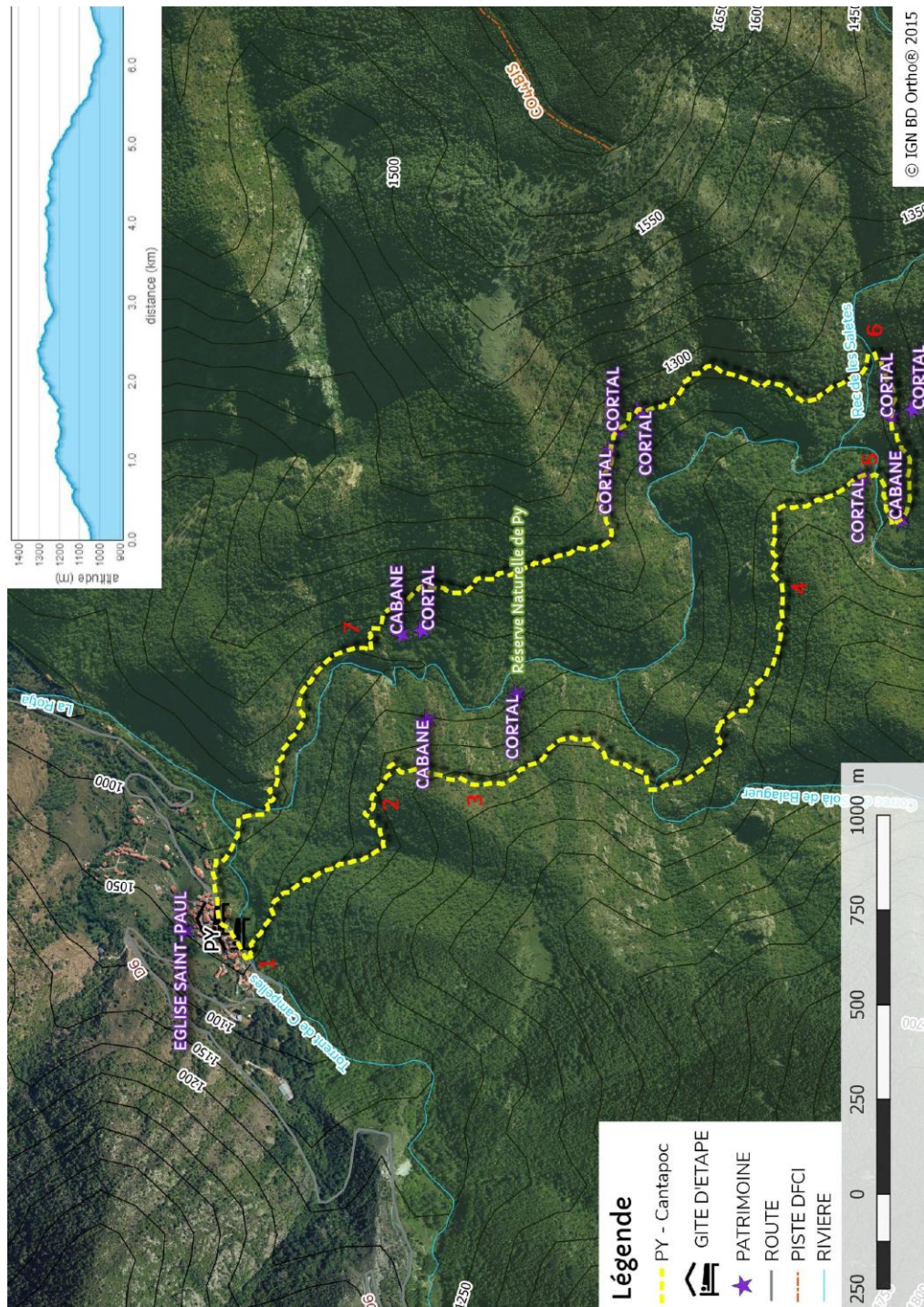


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Départ : Panneau d'information de la réserve naturelle – altitude 1028 m

Accès motorisé : depuis la RN116, rejoindre la D6 au niveau de Villefranche-de-Conflent en direction de Sahorre, puis Py.

- 1** : Du panneau d'information, descendre le chemin, traverser le petit pont de pierre et emprunter le sentier qui monte à droite.
- 2** : Le sentier sort de la forêt et offre un beau point de vue sur la vallée de la Rotjà et la Tour de Goa. Laisser le sentier qui descend à gauche et continuer en face.
- 3** : Ignorer le sentier qui part à droite vers Prat Barrat et continuer tout droit. L'itinéraire longe de nombreux murs en pierres sèches et traverse le Correc del Solà de Balaguer (ruisseau).
- 4** : Embranchement. Prendre le sentier qui descend à gauche et laisser le sentier qui file en face vers le Pas de Rotjà.
- 5** : Passage devant un ancien cortal et traversée de la rivière par une passerelle. Après être remonté sur un replat herbeux, emprunter le sentier à droite qui remonte vers une prairie que l'on longe par la gauche (ruines d'une cabane et un peu plus loin d'un cortal).
- 6** : Embranchement. Ignorer le sentier à droite qui remonte vers le Pas de Rotjà continuer en face et traverser le Rec de les Saletes. Tout au long de cette partie, remarquer les nombreux vestiges de l'activité agro-pastorale : cortals de part et d'autre du chemin, chemin empierré, feixes (terrasses de cultures soutenues par des murs en pierres sèches...)
- 7** : Embranchement. Ignorer le sentier à gauche et continuer tout droit sur le sentier qui revient vers le village de Py. Traverser la rivière sur le pont et remonter vers le village, avant de rejoindre le point de départ.

