



INFORMATION

WALKERS

- » Please respect the wildlife.
- » Please remain on signed tracks.
- » Please do not let your dog stray.

CLIMBING AND CANYONING

- » Specific regulations on the Marialles area.

OVERNIGHT CAMPING

- » Only light a fire in authorized areas.
- » Only set up your tent between sunset and sunrise.
- » Please do not drop any of your litter, take it away with you.
- » Please cover your faeces with a stone.

MOTORISED VEHICLES

- » Speed restricted to 30 km/h.
- » No motorised vehicles in time of rain.
- » No motorised vehicles allowed for 24h following heavy rainfall.
- » No motorised vehicles allowed at night.
- » No motorised vehicles of more than 9 passengers or camping-car.
- » Priority to the vehicle travelling up hill.
- » Parking strictly restricted to dedicated areas.

USEFUL CONTACT NUMBERS

- REFUGE OF MARIALLES : 33 4 68 05 57 99
- WEATHER FORECAST : 33 8 99 71 02 66
- RESCUE SERVICES: 112
- FOREST FIRE SERVICES : 33 4 68 38 12 05
- TO CONFLENT CANIGÓ : 33 4 68 05 41 02



SYNDICAT MIXTE CANIGÓ GRAND SITE

www.montourducanigo.fr
www.canigo-grandsite.fr

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You are entering a Grand Site de France !

Welcome to a certified and protected site, which is very much appreciated for the beauty of its scenery. Let's share this open and welcoming territory. Live this unique experience.

The certification



The certification **Grand Site de France** ensures sustainable and respectful management, good preservation of scenery and spirit of the place, a good quality welcome for visitors, and active contribution from inhabitants and partners to the life of the Grand Site.

The biological Reserve

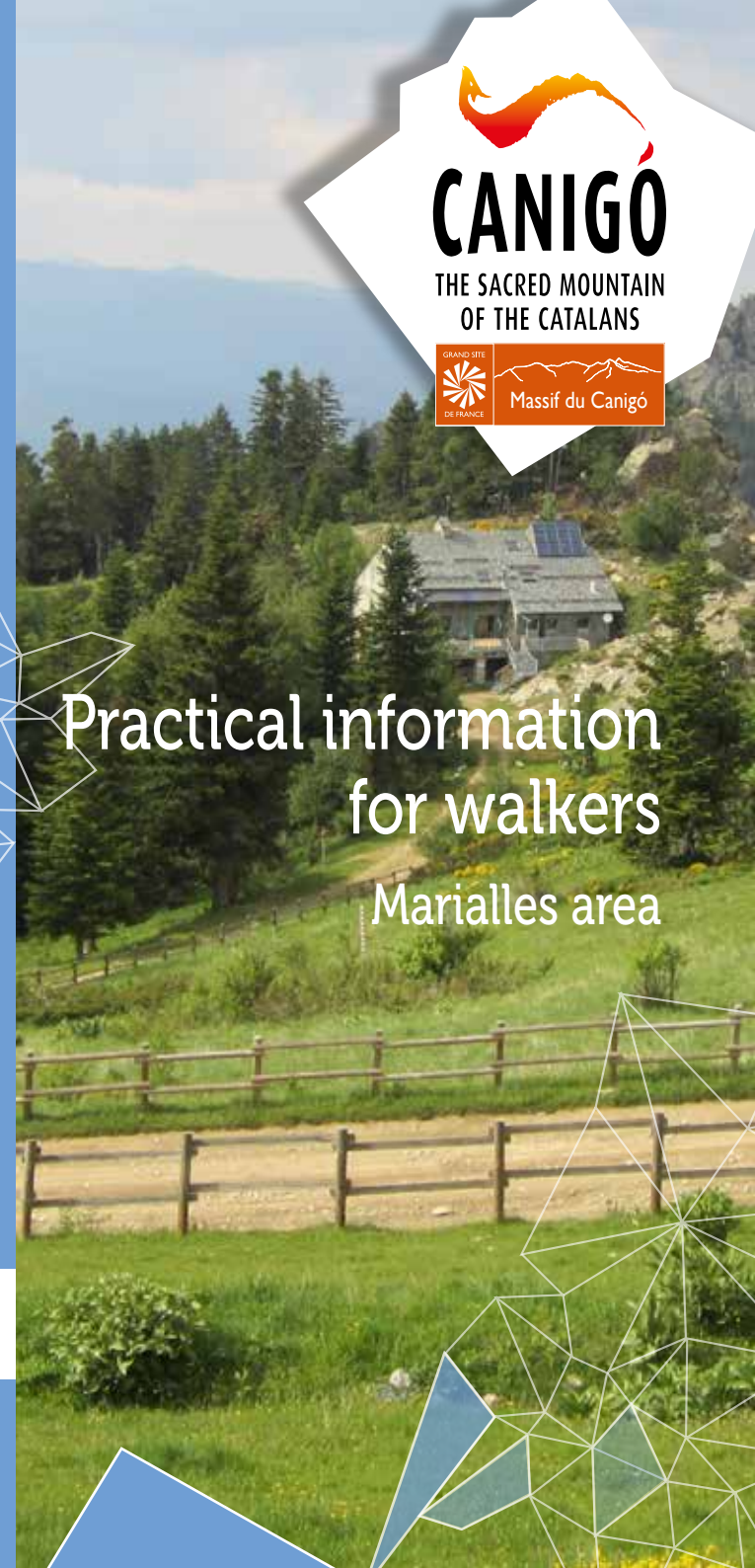


At the heart of the Canigó national forest, covering an area of around 2450 hectares, the Canigó Managed Biological Reserve (pending official approval) is managed by the National Forests Office. A conservation project will be carried out here, aiming to protect the remarkable or threatened local species and habitats.

Abbey



High on a rocky peak, Sant Martí de Canigó Abbey has been looking down on the Cady valley since the 11th century. This jewel of Romanesque art is home to the Beatitudes community, who welcome hikers and pilgrims for guided visits and religious services.



Practical information for walkers Marialles area



- 1 Refuge of Marialles – Canigó Peak (ascent time) - 4h
- 2 El Rander – Mates Roges – Refuge of Marialles - 2h15
- 3 Tour of Sant Martí de Canigó - 4h15
- 4 Casteil - Sant Martí de Canigó 1h35
- 5 Casteil – Gorges of Cadi (ascent time) - 3h30
- 6 Tour of Cogolló - 5h30
- 7 Waterfalls of Sant Vincenç and of the English (ascent time) - 3h
- 8 Pic of Alzina via the winter garden - 2h30
- 9 La Belle Époque - 1h30
- 10 Circuit of Pena - 2h45
- 11 Circuit of Goà tower - 4h30
- 12 Vernet-les-Bains – Refuge of Bonaigua (ascent time) - 3h45
- 13 Balconies by the passes - 4h15
- 14 Coll de Jou - El Rander - 1h20
- 15 El Rander – Refuge of Marialles - 0h40

High mountain trail
 Classified site entrance gate
 Unsupervised refuge
 Picnic Area
 Restaurant
 Water stop
 Belvedere
 Canyoning
 Climbing
 Car park
 Litter bin
 Heritage site
 Info
 Peak
 Fence
 Defibrillator