



INFORMATION

WALKERS

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

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 on forest tracks open to public traffic

- » 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 LES CONQUES : 34 696 29 86 31
-  WEATHER FORECAST: 33 8 99 71 02 66
-  RESCUE SERVICES: 112
-  FOREST FIRE SERVICES: 33 4 68 38 12 05
-  TO PRATS-DE-MOLLO : 33 4 68 39 70 83

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 Natura 2000 network



In the Mont Canigó region, eleven sites are part of the Natura 2000 network, with three managed by the Canigó Grand Site Association, including the «Conques-de-la-Preste» special conservation zone and the «Canigó - Conques-de-la-Preste» special protection zone.



The Prats-de-Mollo-La-Preste national nature reserve is home to a wide range of habitats and species. Forests, heaths, grass, rocks, mountain streams and marshland make up a landscape that changes in line with the altitude. Rare and original plants grow here, such as the Androsace vandellii, Alpine azalea or the glacier buttercup. Among the animals are prestigious local species such as the Pyrenean chamois, the mountain salamander and the bearded vulture. The main aim of a reserve is to preserve outstanding or threatened natural environments: fauna, flora, soils, water, minerals and fossils, above or below the ground (or in the sea). Specific regulations are applied here. More information: www.catalanes.espaces-naturels.fr



SYNDICAT MIXTE CANIGÓ GRAND SITE

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

 Canigo Grand Site / +33 (0)4 68 96 45 86



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CANIGÓ

THE SACRED MOUNTAIN
OF THE CATALANS



Practical information for walkers

Costabona area

Pic du Costabona



- 6 The Miracle pass - 4h
- 7 Mir's tower - 5h
- 9 Forge - Pregon's pass - Mir's tower - 4h30
- 10 The Cal Cabous valley - 5h
- 11 Les Conques - 4h30
- 13 La Coma del Tec - 6h
- 14 The huts of Ullat - 3h
- 15 Costabona via Les Conques - 7h30
- 16 Costabona via La Preste - 8h
- 20 Siern's pass - 4h
- 24 Perafeu - La Preste - 4h30
- 26 Collada del Vent - 5h30
- 27 Set Homes peak - 8h
- Big tour of Costabona - 2 days
- Tour of Canigó, Tour of nature Reserves, Tour of Haut-Vallespir