

## INFORMATION



Across the Catalan part of the Pyrénées Méditerranée, there is a vast range of hiking trails suitable for all levels in this fantastic natural environment. There are 1,860 kilometres of waymarked hiking trails, a preserved natural environment with the Canigó Massif - Grand Site de France, the Pyrénées-Catalanes Regional Natural Park and the Marine Natural Park of the Gulf of Lion. Added to that, 9 natural reserves and the very first marine reserve in France (created in 1974), the Catalan part of the Pyrénées Méditerranée is a reference for the preservation of biodiversity. The [Hiking maps from the ADT of the Pyrénées-Orientales](#) features walks of varying distance, as well as more sporty hikes across the local area and the whole department.

### Ideas for hiking in the foothills of the mountains

- ❖ [Pyrénées-Cerdagne](#)
- ❖ [Pyrénées Catalane - Exploring the trails](#)
- ❖ [Conflent - Canigou](#)
- ❖ [Canigó - Grand Site de France](#)
- ❖ [Vallespir](#)
- ❖ [Aspres-Thuir](#)

Other hiking trails further north in the area of Corbières and Fenouillèdes at the following link:

- ❖ [Agly-Fenouillèdes](#)

Around Perpignan Méditerranée, there are 36 towns, some towers and lakes, as well as

- ❖ [Agly Valley](#)
- ❖ [Perpignan Méditerranée](#)

To the south, there are some beautiful views from the Vermeille Coast and Albères mountains, the last foothills of the Pyrenees. Find out more on the map, and other ideas for the area [here](#)

Our department also boasts some of the long 'GR' hiking trails for hikes over several days. You can cross the Pyrenees along the GR10, go around the Pérics mountains from one refuge to the next, set off on the Tour du Canigó to the very core of the Catalan soul, hike around the highest Catalan peak, the Capcir, the wild Pyrenees. Find all the hiking information and advice you'll need on the [website for the Comité Départemental de la Randonnée Pédestre](#) (Departmental Committee for Hiking).

Enjoy the natural environment in complete safety by choosing to hike with a qualified guide. Find the list of these qualified professionals, as well as the full list of hikes, for both visitors and locals, on our website [www.tourisme-pyrenesorientales.com](http://www.tourisme-pyrenesorientales.com)

For a safe hike and to make sure you see everything there is to see, you'll find all the advice, directions, brochures and contact details you'll need on our social networks [Facebook](#), [Instagram](#) and [YouTube](#).

## MEDIA RELATIONS OFFICE

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## PYRÉNÉES MÉDITERRANÉE EN PAYS CATALAN

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