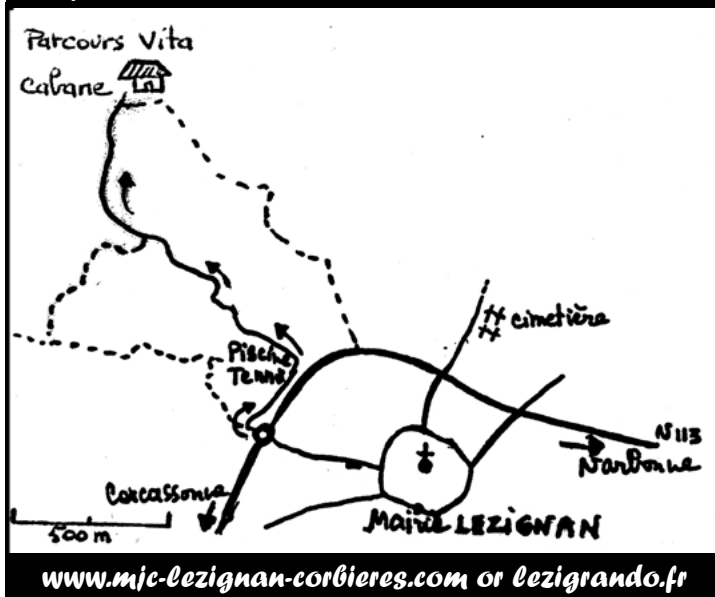


## To meet at the « PARCOURS Vita » in Lézignan

From the town center take the Avenue des Pins (going west). Cross the roundabout on the D6113, then take the first on the right (Av. Gaston Bonheur). Pass the swimming pool and the tennis courts on left hand. Continue app 1500m on the tarmac road towards the pine forest, following the yellow markers. When the road forks, get straight on up still reaching a covered wooden shelter and park your car near at hand.

**Infos :** MJC 04 68 27 03 34 / Nicole Clareto 04 68 27 54 63



Ne pas jeter sur la voie publique © MJC Espace Multimédia tous droits réservés



## Family walks July and August 2018 at Lézignan-Corbieres

Accompanied by members of the **Lezig'zagueurs**  
(hiking/rambling club based at the Maison des Jeunes)  
*Much to see and a lot to learn about the local countryside*



**Friday and Tuesday  
Let's go !**

**Family walks at Lezignan organised by the Lezig'zagueurs,  
from the MJC, as part of the town's summer festivities.**

**Meeting point at the «Parcours Vita» in Lezignan's Pinède  
map on the backpage**

**Free activity/registration on place**

**Children must be at least 6 years old and must be accompanied**

**Friday mornings : Start at 9.30 for a 2 hours walk**

Bring water, a hat and sensible walking shoes. A partner will give you informations on theme of the walk.

**Tuesdays (nightwalks) :**

**Start at 20.30 for a 2 hours walk**

Bring a torch and a windbreaker if you can ! At the end of the walk, a free welcome aperitif will be offered by the town.

**July 2018**

<b>Friday July 13th 9.30</b>	<b><i>The vineyards</i></b>
<b>Tuesday July 17th 20.30</b>	<b><i>Windmills</i></b>
<b>Friday July 20th 9.30</b>	<b><i>Mediterranean forest</i></b>
<b>Tuesday July 24th 20.30</b>	<b><i>Windmills</i></b>
<b>Friday July 27th 9.30</b>	<b><i>La Pinède and the botanic pathway</i></b>

**August 2018**

<b>Friday August 3rd 9.30</b>	<b><i>The vineyards</i></b>
<b>Tuesday August 7th 20.30</b>	<b><i>Windmills</i></b>
<b>Friday August 10th 9.30</b>	<b><i>Wall of beehive</i></b>
<b>Saturday August 11th 18.30</b>	<b><i>Wine grower's S<sup>e</sup> Suzanne</i></b>
<b>Friday August 17th 9.30</b>	<b><i>La Pinède and the botanic pathway</i></b>
<b>Tuesday August 21st 20.30</b>	<b><i>Windmills</i></b>
<b>Friday August 24th 9.30</b>	<b><i>Pastoralism and fixed low walls</i></b>
<b>Friday August 31st 9.30</b>	<b><i>Wall of beehive</i></b>

***La Pinède and the botanic pathway***

The paths go through the pine forest. The area is also closely watched for signs of fire.

On this botanic pathway, you will find 25 notices about local vegetation and his diversity.

*Partner : Jean-Pierre Pigassou*

***Mediterranean forest***

15000 years of forest history since the last Ice Age, 150 years of natural growth since 1860, a walk of 150 minutes to learn about the pine forest of Lezignan today and in the future.

*Partner : Patrick Valette – ONF engineer*

***The vineyards***

Accompanied by the song of the cicadas, we will discover the Garrigue and the pine forest. On the way back, a wine grower will meet us in the vineyard so that we can learn more about the varieties of grapes used in the production of AOP Corbières wine. He will answer the questions and invite us to have a wine tasting.

*Partner : Daniel Sendrous – President of the Chai des Vignerons*

***Source St Jaume (spring)***

By following the yellow markers we will discover the Capitelles, the paths and cross ravines before listening to the S' Jaume springwater. A stop at the Croix where the wine growers pray on every August 11th on S' Suzanne's day for the rain coming.

*Partner : the cicadas*

***Windmills***

In the early evening we'll go to the Mourel de Crabit to discover the magnificent panorama of the Pic du Nore, the plains of the Aude aera and the Minervois villages.

*Partner : the wind*