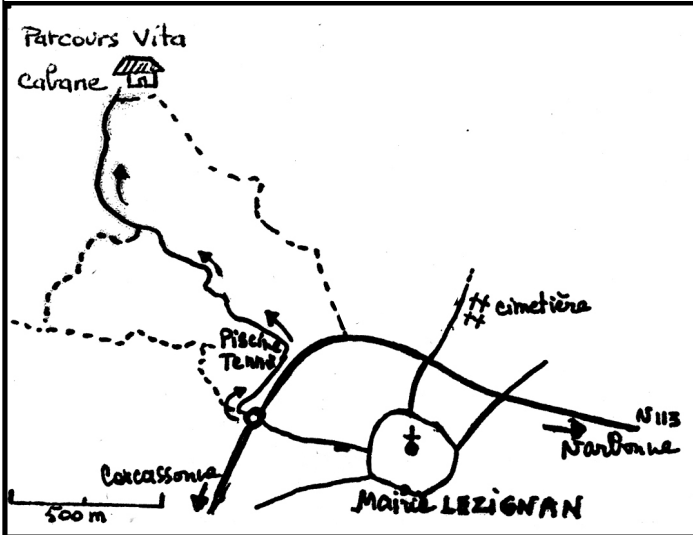


To meet at the « PARCOURS Vita » in Lézignan

From the town center take the Avenue des Pins (going west). Cross the roundabout on the D6113 (former N113), 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 following the roadsign « Parcours Vita » still reaching a covered wooden shelter and park your car near at hand.



www.mjc-lezignan-corbieres.com

FFRandonnée 
Association affiliée


Au cœur
de
Lézignan-Corbieres



Family walks July and August 2013 at Lezignan

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 mornings and
Tuesday evenings**

Friday mornings and Tuesday evenings, 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 (pine forest) > the map is on the backpage
Children must be at least 6 years old and must be accompanied
Free activity/registration on place

Fridays : Start at 9.30 for a 2 hours walk

Bring water, a hat and sensible walking shoes. At the start a fireman will give you informations on forest fire.

Tuesdays & Saturday July 13th (nightwalks) :

Start at 20.30 for a 2 hours walk

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

July 2013

Friday July 12th 9.30	<i>La Pinède and the botanic pathway</i>
Saturday July 13th 20.30	<i>The windmills - Panorama of fireworks</i>
Friday July 19th 9.30	<i>The regeneration of the forest</i>
Tuesday July 23rd 20.30	<i>Night walk towards the windmills</i>
Friday July 26th 9.30	<i>La Pinède and the vineyards</i>

August 2013

Friday August 2nd 9.30	<i>Windmills and the wall of ancient beehive shelters</i>
Tuesday August 6th 20.30	<i>Night walk towards the windmills</i>
Friday August 9th 9.30	<i>La Pinède and the vineyards</i>
Friday August 16th 9.30	<i>La Pinède and the botanic pathway</i>
Tuesday August 20th 20.30	<i>Night walk towards the windmills</i>
Friday August 23rd 9.30	<i>Source St Jaume (spring)</i>
Friday August 30th 9.30	<i>Windmills</i>

La Pinède and the botanic pathway

The paths go through the pine forest which has been upset by storms and heavy snow. 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 – Environment representative

The regeneration of the 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

La Pinède and 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 St Jaume springwater. A stop at the Croix where the wine growers pray on every August 11th on St Suzanne's day for the rain coming.

Windmills and the wall of ancient beehive shelters

In the morning sun or 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.