

CONFLENT-CANIGÓ WALKS

THUÈS-entre-VALLS: the CARANÇA GORGE (as far as the *Carança* refuge)

This is a walk for people who are seeking something exciting and out of the ordinary! On the way, you encounter corniches (paths cut into the side of cliffs), metal walkways installed on the sides of the gorge, and "monkey bridges". You walk above and alongside the fast-flowing Carança river, which is overhung by dense forests and vertiginous cliffs.

This is an exceptional walk - all the way to the Refuge du Ras de la Carança and back.

This walk is inadvisable for people who suffer from vertigo.

Please do not bring dogs or other animals on this walk.

Duration: 8h00 (plus stops)

Distance: 20 km

Waymarks: yellow

Difference in altitude between highest and lowest points: 1000 metres

You climb in total: 1300 metres

Level of difficulty: Hard

ROUTE DESCRIPTION

Start: Thuès-entre-Valls, the entrance to the gorge, where there is a large car park. Altitude 837m.

The village of Thuès-entre-Valls is located on the RN116 main road between Mont-Louis and Olette (the latter lies 6.5 km to the east). Once in the village, follow signs to the car park. Cars must be parked here. Parking charges apply.

0h00: From the car park, cross the footbridge over the Carança river. Follow the path to the left. It crosses the "Little Yellow Train" railway line and climbs quite steeply. From the path you can see the hamlet of Llar, high up on the other side of the Têt valley, and the village of Thuès-entre-Valls below. At a path junction by a hydro-electricity building, go to the left. The path bends to the right and you suddenly find yourself at:

0h45: The start of the first section of *corniche*. The path has been cut into the side of the cliff, and there is a steep drop on your left. After about 400 metres, another path comes up on the left. Carry straight on. Shortly afterwards, at a path bifurcation, take the left fork. (The path to the right climbs to the Refuge de Dona Pa.) Your path goes along further sections of *corniche*, cut into the side of the immense Carança

Mountain code of conduct

- Check the weather forecast
- Go well equipped: with walking shoes or boots, a sunhat and some drinking water
- Keep to waymarked routes
 - Respect fauna and flora
 - Carry out all your litter
- Act in accordance with signs and notices
- Leave gates and fences as you find them
 - Make no unnecessary noise
 - Don't light fires

- Emergency telephone numbers: 112 (or 18 - the *pompiers* fire and emergency service)
- Map: IGN 2250 ET Bourg-Madame Mont-Louis

gorge. The path is mostly quite wide, and there is a handrail to hold on to. But take particular care on the stonier sections of the path.

1h30: Higher up the valley, the path meets the river, and crosses it over the first footbridge. After the bridge, follow the path to the right. Shortly afterwards, note the path which joins from the left - but carry straight on, up the valley. There follows a succession of metal walkways, which go along the side of the gorge, and "monkey bridges". You cross and re-cross the river.

3h00: Stone bridge over a stream descending from the right (the Torrent Roig). (By now you have the Carança river on your left.) There is a waterfall in the torrent, to the right. Continue on the path up the

valley, with the Carança river always close by on your left.

4h30: "Le Cairn" - at a path junction. Ignore the path which turns off to the right ("Thuès par Campilles"), and continue to follow your path up the Carança valley. Shortly after joining a track which descends from the right (from Coll Mitja), and which is followed by the GR10 long-distance footpath, you arrive at the:

5h00: Refuge du Ras de la Carança. The valley is wider now and you have marvellous views towards the surrounding mountains.

Turn back here and follow the path down the Carança valley to:

6h30: The stone bridge over the Torrent Roig. 1.5 km later (after crossing the "monkey bridges" and metal walkways), you reach the path junction which you noted earlier. Here, leave your outward route and take the path on the right. This path has yellow waymarks. It climbs the side of the valley. Then the path descends. Along the way, you have striking views towards the cliffs and corniches on the other side of the gorge. You eventually come down to the river and arrive at a:

7h45: Path junction. Carry straight on, with the river still on your left. You soon emerge from the gorge and return to the car park at the start of the walk.

Office de Tourisme Conflent Canigó

Tél : 04 68 05 41 02

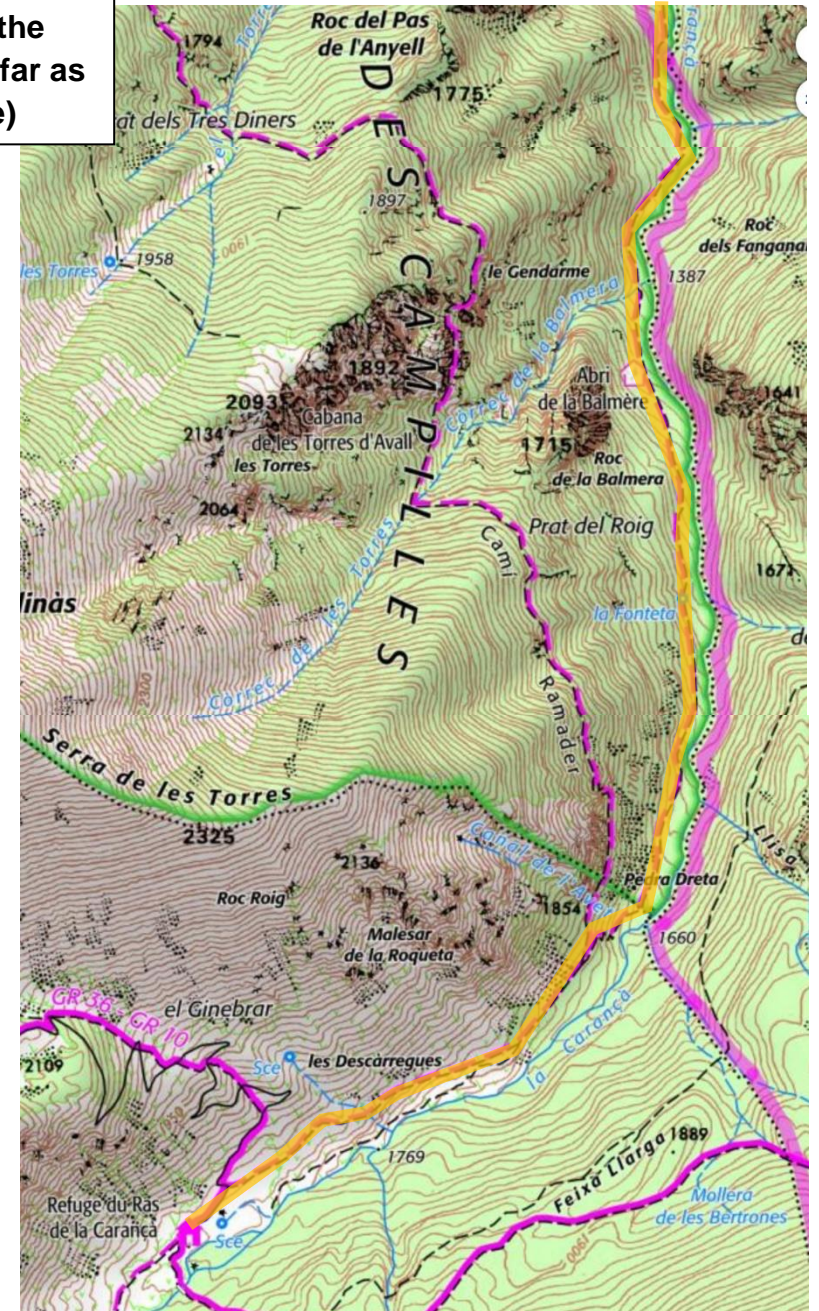
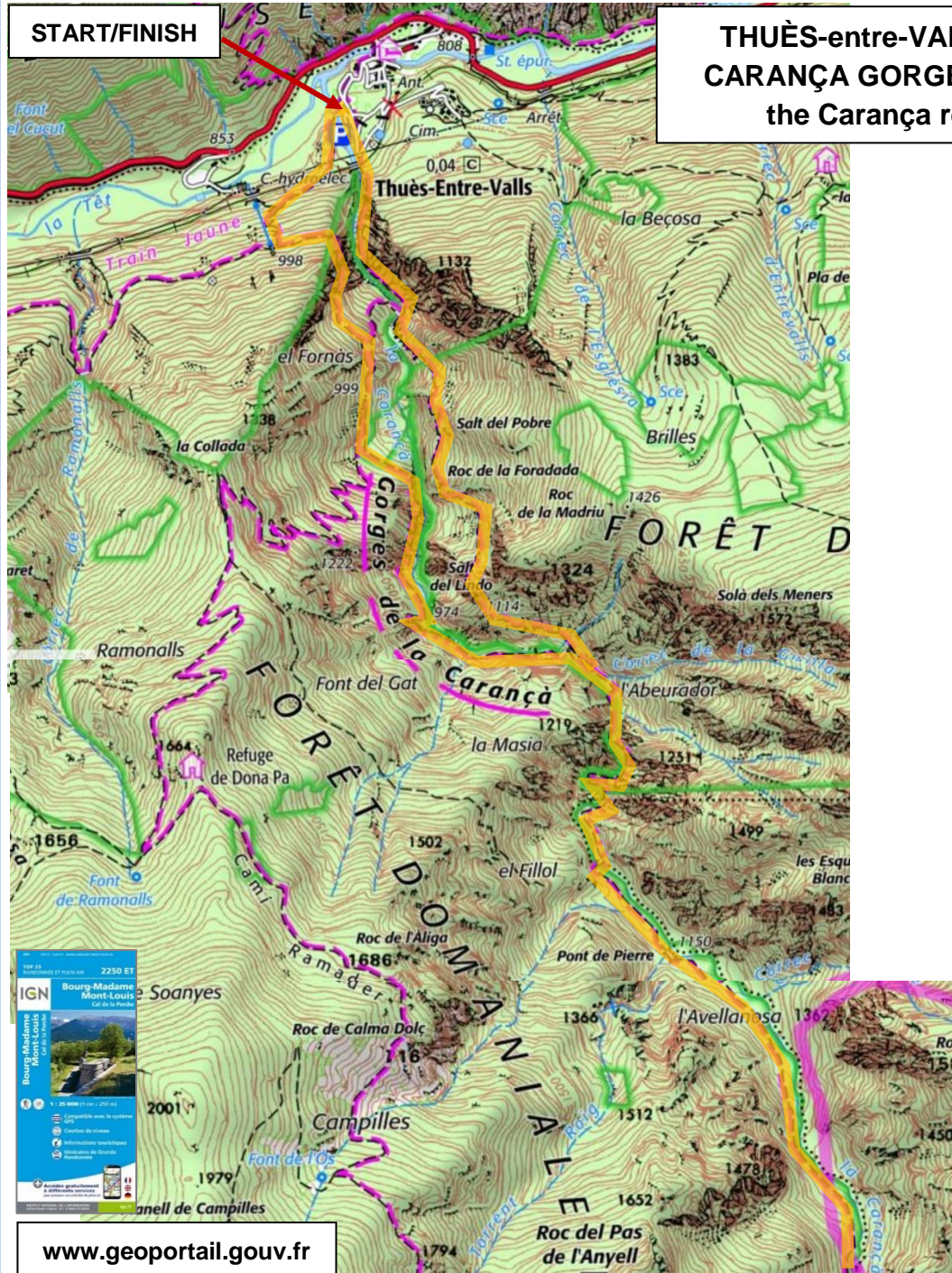
info@tourisme-canigou.fr

www.tourisme-canigou.com

(Translation 2018 by A.M.)

START/FINISH

THUÈS-entre-VALLS: the
CARANÇA GORGE (as far as
the Carança refuge)



www.geoportail.gouv.fr

Adresses et informations utiles

Office de Tourisme de Conflent
Canigó
Tel. 04 68 05 41 02
www.tourisme-canigou.com

Mairie de Thuès-entre-Valls
1, Rue de la Soulane
66360 Thuès-entre-Valls
Tel. 04 68 97 06 96

Météo : 08 99 71 02 66

Secours

- Urgence : 112 ou 15
- Pompiers : 18
- Gendarmerie : 17
- PGHM : 04 68 04 51 03

Bonne Conduite en Montagne

- ✓ Se renseigner sur les conditions atmosphériques
- ✓ Etre bien équipé : chaussures, chapeau, eau.....
- ✓ Rester sur les sentiers balisés
- ✓ Respecter la Faune et la Flore
- ✓ Ramener ses déchets
- ✓ Respecter la réglementation affichée
- ✓ Ne pas oublier de refermer les barrières
- ✓ Rester silencieux et discret
- ✓ **Ne pas faire de feu**



Photo-reporter en taguant vos plus belles photos de randos #justcanigo sur Instagram



Photos visibles sur notre page Facebook, devenez fan en flashant le QR code ci-contre ou sur [facebook.com/TourismeConflentCanigó](https://www.facebook.com/TourismeConflentCanigó)




Conflent Canigó
Office de Tourisme

Thuès-entre-Valls

Les Gorges de la Carança (jusqu'au refuge)

Distance : 20,00kms

Temps : 8h00 (Hors arrêts)

Dénivelé Positif : 1000m

Dénivelé Positif Cumulé : 1300m

Difficulté :  **Difficile**

Balissage : **Jaune** 

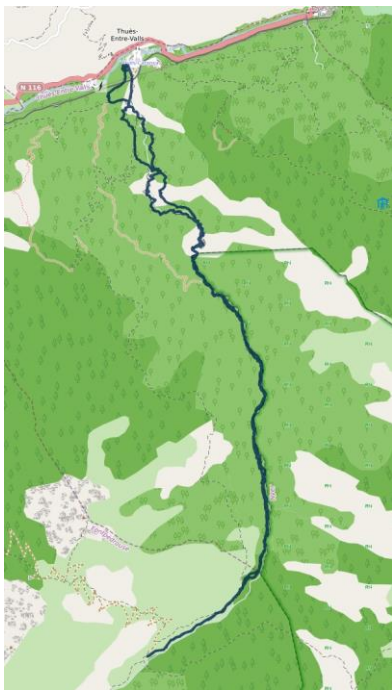
Insolite

Itinéraire déconseillé aux personnes souffrant de vertige.

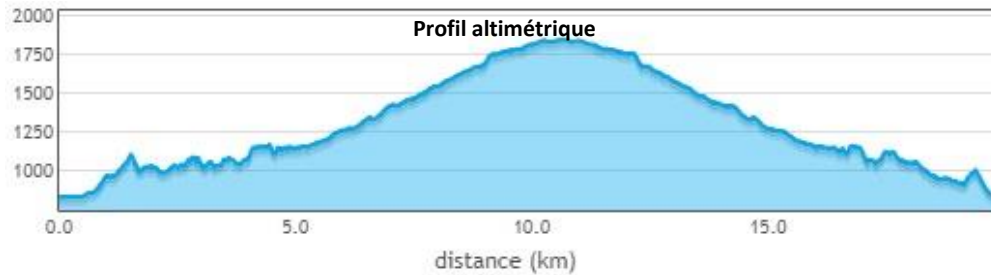
Nos amies les bêtes ne sont pas admises.

Avis aux amateurs de sensations ! Au programme, corniches, passerelles, ponts de singe, le long du torrent de la Carança, avec ses à-pics vertigineux, sa forêt dense. Une randonnée hors du commun jusqu'au refuge !





Carte IGN 1/25eme 2249 ET



Les Balises FFRandonnée Pyrénées-Orientales

	GR@ GR@T	GR@P	PR	PR
Bonne Direction <i>Continuité</i>				
Changement de Direction <i>Tourne à Gauche</i>				
Changement de Direction <i>Tourne à Droite</i>				
Mauvaise Direction				

Départ : Parking des Gorges de la Carança - altitude 837 m -

Accès en voiture : Prendre la RN 116 direction Mont-Louis. Thuès-entre-Valls est à 6,50kms de Olette. Entrer dans le village et suivre les indications jusqu'au parking (obligatoire et payant).

0h00 : Depuis le parking, emprunter le pont sur votre droite. Le long de l'ascension, vous pouvez apercevoir le hameau de Llar sur les hauteurs et le village de Thuès-entre-Valls en contrebas.

0h45 : Début de la corniche. Après 400m, laisser le sentier qui part sur votre gauche et continuer sur la corniche. Le sentier, parfois caillouteux, parfois plus large, est sécurisé par une main courante.

1h30 : Première petite passerelle. La traverser et continuer sur votre droite. Les passerelles et ponts de singes se succèdent, enjambant le torrent à plusieurs reprises.

3h00 : Pont de pierre. Remarquer sur la droite la petite cascade du Torrent Roig.

4h30 : Le Cairn. Laisser le sentier qui part à droite (Thuès par Campilles), et redescendre le sentier sur votre gauche.

5h00 : Refuge du Ras de la Carança. Belle vue sur les pics aux alentours. Redescendre par le même sentier jusqu'au pont de pierre.

6h30 : 1,50kms après le pont de pierre, laisser l'itinéraire et partir par une sente qui remonte à droite, balisée en jaune.

Après être monté quelques minutes, la sente redescend et dévoile des points de vue sur les corniches et les falaises.

7h45 : Embranchement. Continuer sur votre droite en longeant le torrent de la Carança, jusqu'au retour au parking.

