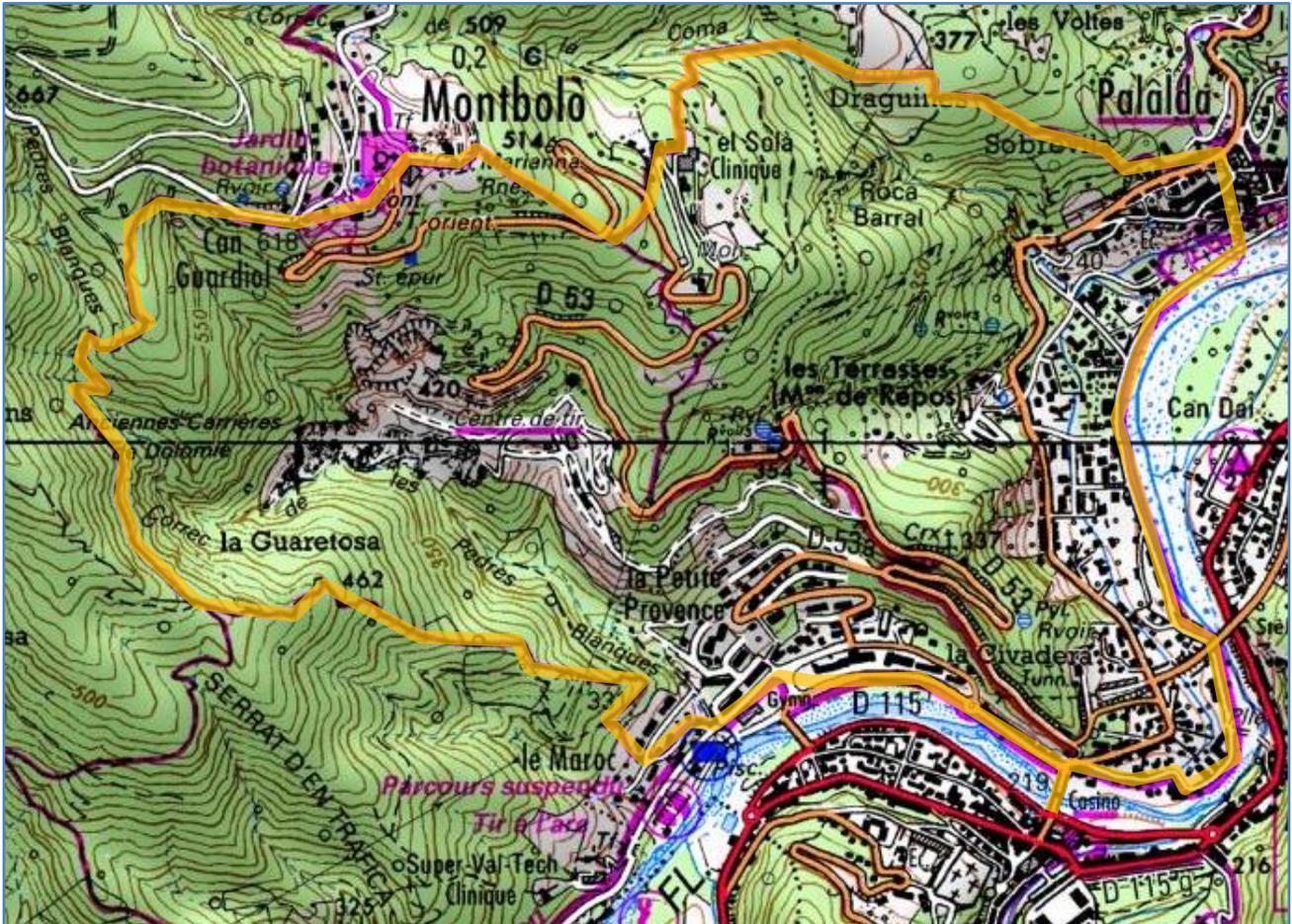


## Amélie-les-Bains - Montbolo - Palada

Vallespir, Pyrénées-Orientales, France

Duration: about 3.5 hours walking

Climb: 450 metres



Map: IGN 1: 25,000 2449 OT (Céret)

On Géoportail:

<http://tinyurl.com/z7cable>

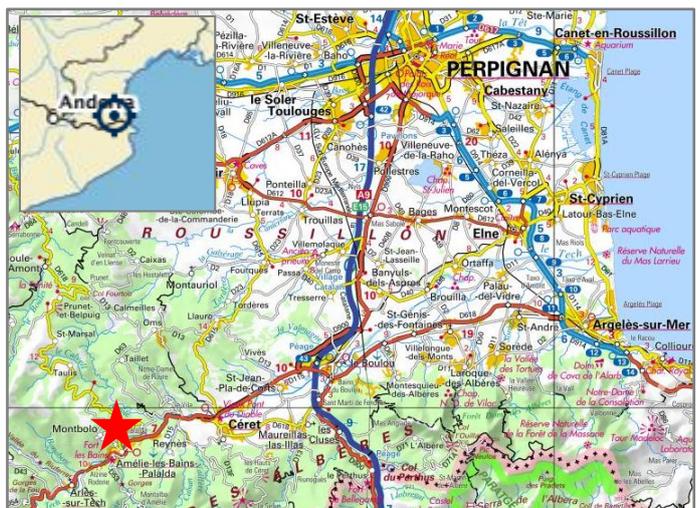
See Walk 18 in "Les Pyrénées-Orientales... à pied", FFRandonnée topo-guide, 2015 (in French)

Alan Mattingly  
September 2016

More walks:

[www.walks-vernetlesbains-canigou.eu](http://www.walks-vernetlesbains-canigou.eu)

[www.wikiloc.com](http://www.wikiloc.com)



**START:** On the bridge over the River Tech (D618), with Amélie-les-Bains town centre behind.

We cross the bridge and we turn left. We follow the road with palm trees, with the river on our left, to a large car park, on the right.

We cross the car park and we go to the right of a public garden, along the Rue de la Riviera.

With a swimming pool on our left, we turn right into the Rue Héliopolis.

At a junction with the Rue des Ginestas, we follow a path between houses, on the right.

The path takes us up into woodland above the town.

The path climbs quite steeply, for some distance.

Another path joins from the left. We continue straight ahead.

After a further long climb, we arrive at the upper part of Montbolo.

We descend towards the church, with a nearby botanical garden, geological display and viewpoint. There are excellent views over Amélie-les-Bains and the coastal plain.

Opposite the church, on the other side of a road, with a car park on the left and the *mairie* on the right, is a paved track which descends in the direction of Palada and Amélie-les-Bains. We follow that track.

We are now on the *Ronde du Canigó*. This path has red-and-yellow waymarks. We follow these waymarks for the rest of the walk.

The path crosses a road. At a path bifurcation, we go to the left (for Palada). We cross the road again. At a large building which is a healthcare centre, we go to the left of the building.

The path descends through woodland and eventually reaches the upper part of Palada.

We descend through the pretty, narrow streets of Palada and we reach the road alongside the River Tech.

We turn right and we follow this road all the way back to Amélie-les-Bains.