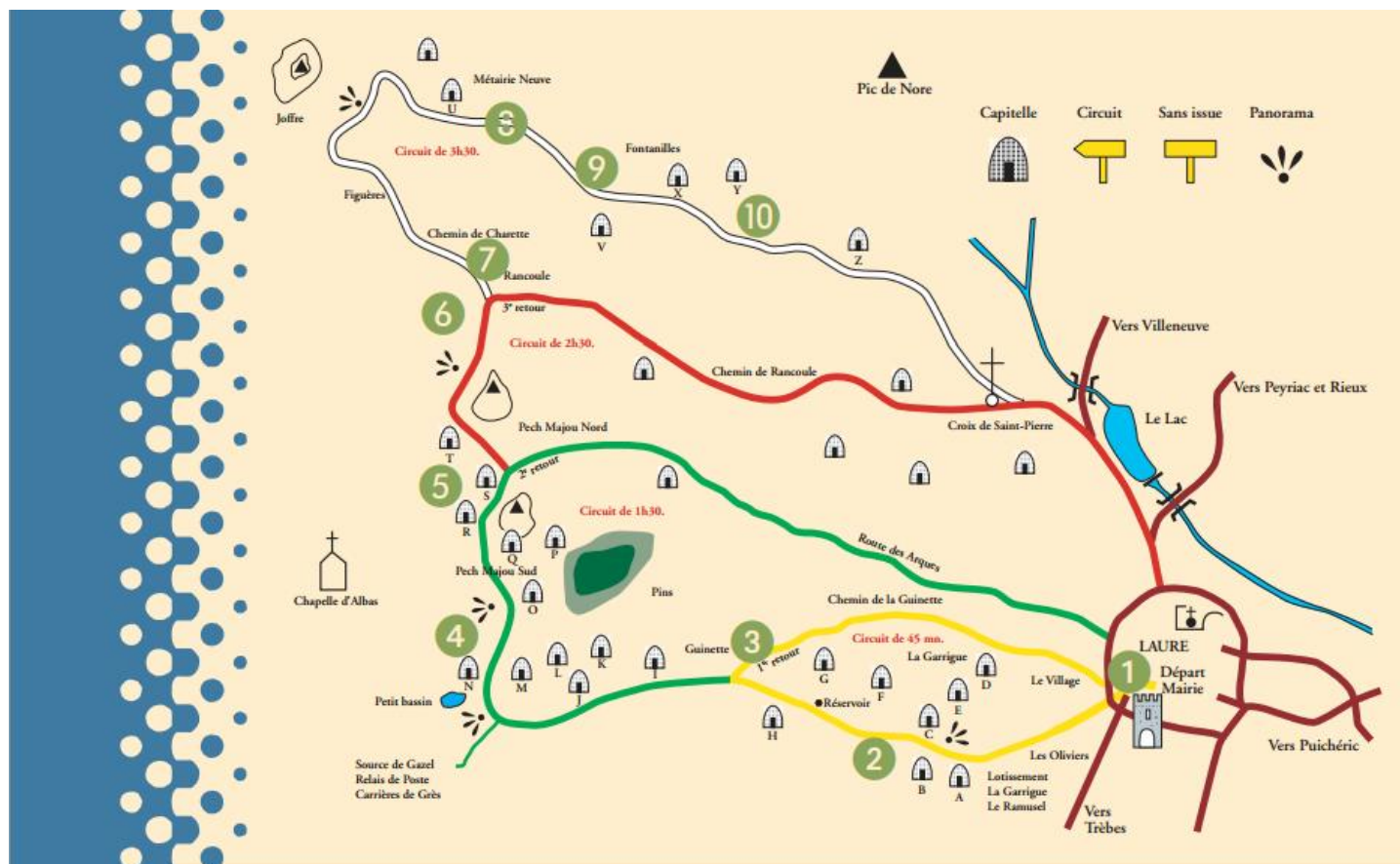


## The Capitelles Trail

### 16. Laure-Minervois

In Laure-Minervois, numerous dried stone shelters subsist in French they are called Capitelles. These Capitelles are the direct trace of the flourishing rural economy of the past.



Length: 4 loops 2.5.7 or 10 km  
Duration: 45 min, 1h30, 2h30, 3h30  
Difficulty: medium

User: family  
Altitude: 90 to 242 m  
Elevation: 152 m  
Marking: yellow  
IGN: 2445 West

*Practical information: you have to go up stairs during the walk  
Each hut as a female name*

Start of the trekking course in front of the Mairie of Laure (Town Hall)

Take "Avenue des oliviers" leading up to the scrub land, after a small distance you'll get to a panel that shows you how to get up to a small capitelle **1**. Go

through an oak grove, then turn left onto a small path, then right to reach a former garden with a renovated capitelle.**2**

Climb a dozen stone steps and go back to into the scrubland. Turn right in order to walk alongside the wall up north. At the water tower, take the Guinette pathway (old cart path)

**3**. Enter the pine forest towards Pech Majou Sud. You'll admire a magnificent view of the Romanesque tower of Chateau Saint Jacques d'Albas **4** and Chateau Villarlong (with its pre-Romanesque chapel, that contains Visigoth remains). Go through a cypress wood. Above a small stream, climb up the stairs, in order to get onto an embankment. Go north, and follow the stone wall **5** and get onto the embankment with the Capitelle, you'll also notice the large enclosure. To the east you'll see a beautiful view over Laure, and the Alaric Mountain. Go down towards Pech Majou Nord (capitelle with a northbound entrance). Then go down to a large square Capitelle **6** (with a dome ceiling, splayed openings northbound and eastbound), access through the stairs. Take the Carretal (cart path) to the west (a straight path of 100m, bordered by renovated low walls). Turn right alongside the wall, then go down to Figueres, cross a large pine tree wood towards La Métairie Neuve **8**. Follow the path leading down towards Fontanilles, cross the stream then go through a Aleppo pine tree, and juniper tree forest leading to Rancoule (with a small square capitelle, in a vineyard). Then follow a path alongside the vineyards. You'll notice a huge square capitelle **10** on your left. At the "enclos" of the Canet bridge you'll see a square capitelle. Go up to St Peters Cross just above the lake, then go back into the village of Laure Minervois.

*Laure Minervois used to be a fortified village it used to be surrounded by a moat and remparts. You can still see two towers (Tour Bousquet, Tour du Portail Neuf) that used to be part of the ramparts. You'll notice St Jean Baptiste church that was modified throughout history.*

*Notes : - the Buadelle church and its Romanesque bell tower at Saint Jacques d'Albas.*

*-La tour Mézolieux : this Gallo-Roman tower is nowadays surrounded by vineyards on the old roman road (the Romieux path).*

*-The covered alley of Saint Eugène, a dolmen that you can find in the Russol woods, an Neolithic burial ground.*

*-Fishing is possible in the lake.*

*The association "Heritage Lauranais" created and maintains this trekking course.*