

# Hike

## 8 Fontfrède trail

### CÉRET

Travelling through Céret means discovering a city marked by the history and imprint of Catalan culture and traditions echoing with a heritage preserved through the centuries.

Céret has always been a source of inspiration for the greatest masters of Modern Art, as well as the greatest artists of Contemporary Art. You can find their works at the Modern Art Museum, a museum of European scale.

Céret takes advantage of its wonderful location between sea and mountain to offer Cérétans and tourists a multitude of outdoor activities. Hiking and mountain biking adapted to all levels, including paragliding on the tops of Céret, bungee jumping or canyoning in the Canyon du Gour des Anelles.

### FONTFREDE TRAIL

During World War II, these mountain roads were roads leading to freedom. At Fontfrède, a shack housed German soldiers guarding the border. But many foreigners and French people managed to cross the Pyrenees from Céret with the help of Resistance smugglers. Just after the war, the town of Ceret received the French medal for recognition and Croix de Guerre with a Bronze Star. This trail passes through chestnut groves which in the early twentieth century were important commodities. Chestnuts were consumed by both men and animals and the wood was used by weavers to make baskets, while the barrel makers used it in the manufacture of crates, drums, and barrels for wine.

### TO DISCOVER

'Stèle des évadés' monument.

Beautiful views.

Beautiful chestnut trees.

Picnic spot.

Museum of Modern Art and the Museum of Instruments (Music) Ceret.

### ONLINE MAP



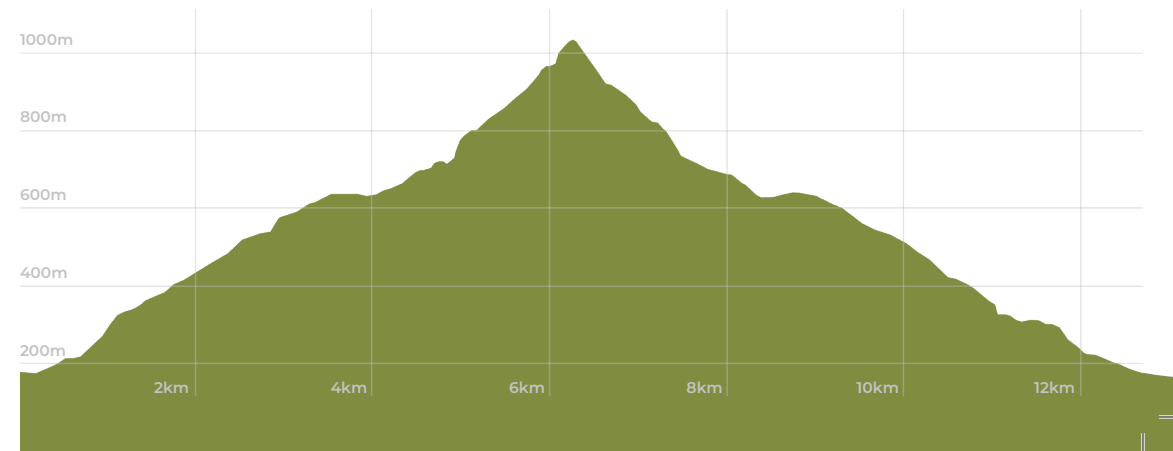
### CÉRET

830m d+

DIFFICULTY



5h15 - 13 km





## Departure : Place des Marronniers in Céret.

**0 min :** Go along the street 'rue des Capucins', then take the narrow path on the right which runs the length of a narrow irrigation canal.

**10 min :** At the crossroads, go straight ahead, passing through a chestnut wood.

**1** **20 min :** At the intersection with the road du Balcon de Céret, follow the road for a few meters on the right until you reach an observation post with panoramic views. Then go back to the intersection of the trail and the road and take the path on the right that goes up into the woods. Continue straight forward, pass a paved road and two tracks.

**2** **50 min :** Cross a third trail and continue straight. Follow the main path and ignore the side trails.

**1h15 :** At the fork turn right.

**3** **1h25 :** At Pla Bulat, cross the road to continue on the opposite path. Ignore all side trails.

**1h40 :** Reach the road and stay on the right.

**4** **1h45 :** Take the trail on the right with a rather steep slope. Pass by 2 trails and keep going straight.

**2h20 :** Cross twice the road et continue straight on the little trail turning into a steep path leading to the fountain.

**2h30 :** Arrive at the fountain of Fontfrède, 1021m. altitude.

**Return :** Take the same route.

