

1 Depart from the Tourist Office, head towards the Perthus building opposite,

Go around it to the left, along the pond to the fishing port. Viewpoint cave dwellings.

- 2 Continue on « Avenue Marx Dormoy », take the small path that runs alongside the pond, continue along the path parallel to « Chemin des Ragues ». When you arrive at the restaurant, take the road on the right, after having passed the nautical centre, make a detour on the left to observe the "Lavoir du Polygone". Laundry built in the 18th century.
- 3 Back on the road at the end take the Cabioch path and then turn right. Continue along « chemin du Polygone », « avenue des Cols Roux » and on the left « avenue des Aigrettes ». Cross the roundabout, either take a left direction « Caraon » until the traffic lights then turn right for 600 m and join the « passage St Léger » or direction Pont Flavien (built in the 1st century BC), follow the Touloubre river, arrive at « Pont de la Roquette » turn left, take the « passage St Léger » and viewpoint on "Cornillon-Confoux".
- 4 Turn left then right « Chemin du Bion ».

Take the dirt track then back to the road, at the small wall turn right onto the small path.

At the intersection of the 3 paths, turn left. At the crossing of the cistern, go straight on, then arrive on the road, turn left.

- 5 Arrive on the D 16B, turn right and then left towards the stables of Haut Canadel. Continue on the right then left « Chemin de Courroyes ». At the intersection, cross the bridge over the Canal of St Chamas, arrive on the D10 and take the road opposite. In the middle of the climb turn left. There is a view of the "Castle of old Miramas".
- 6 Arrive at the village variant by the Poudrerie\* follow the yellow markings on the right or follow the blue markings to cross the main street of old Miramas. Viewpoint on the pond and St Chamas, go down then cross the square of the fountain and turn left. Go along the cemetery on the right, then left and follow the yellow signs again.
- 7 Arrive on the D10, take the path from old Miramas to Lunard, after this tough test, go straight on then after about 200 m take the path on the right. At the crossroads turn left and then after the descent turn left. Take « rue des Platanes » and then left into « chemin des Ecoliers ». Turn left into « rue des Cyprès » then take « chemin de la Glacière », after 100 m turn into « chemin Journet », cross the railway bridge and continue on the right then left into « chemin de la Brasserie ».
- 8 Cross the road to join « Avenue St Exupéry » and enter the Boisgelin district. Take the dirt track on the right. Viewpoint "Poudrerie and old Miramas". Arrive at the orientation table, cross the « Pont de l'Horloge », built at the end of the 19th century, 62m long and 23m high, the clock dates from 1902. Go back down by the Pénitents rise to return to the Tourist Office.

## SAINT-CHAMAS NATURE AND DISCOVERY TRAIL

## \*Opening hours of the Park of the Poudrerie:

From September to June:
Every Wednesday and 1st, 3rd Sunday
from 9am to 5pm
(6pm from April to October)

School holidays:
Please contact the SIANPOU
for more information
Tel: 04.90.58.27.93

## **TOURISM OFFICE:**

From October to April :
From Monday to Friday
from 9am to 12pm and from 1.30pm to 5.30pm
and Saturday from 9am to 12pm

May, June and September:
From Monday to Saturday
from 9am to 12pm and from 1.30pm to 5.30pm

July and August:
From Moday to Saturday
from 9am to 12pm and from 2.00pm to 6.00pm

Phone number: 04.90.50.90.54

