

# Contact

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Opening hours:  
Monday to Saturday from 14 to 19h.  
In July and August, from 10 to 19 h.



- Others hiking itineraries

Our partners :

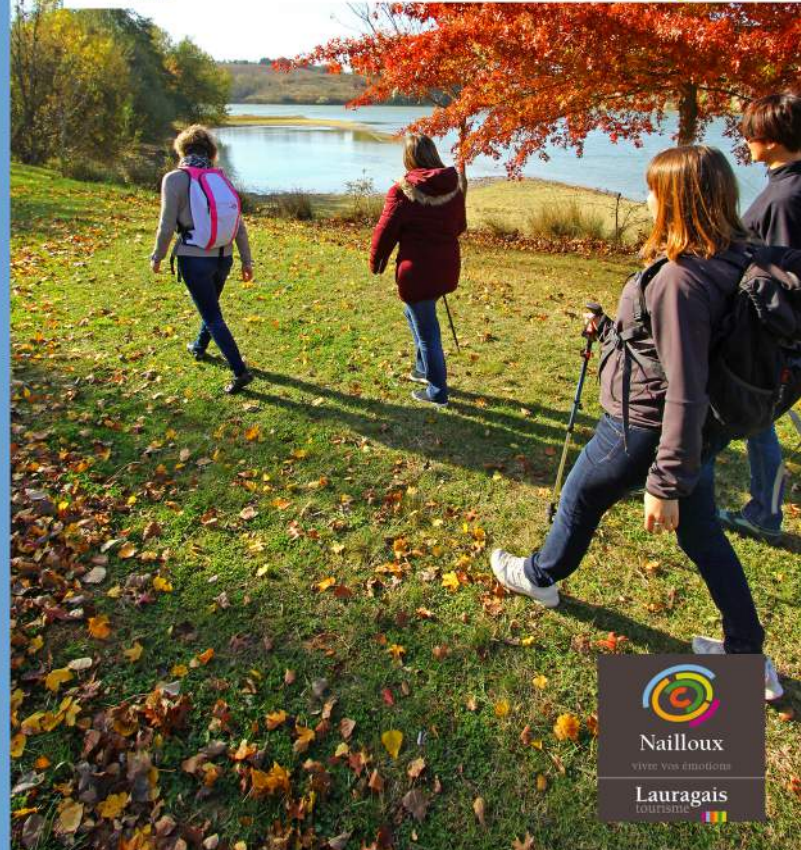


Photo credits: Céline Deschamps, Philippe Benoist, Daniel Vienne  
Do not throw on public roads

# Footpath 5



# From Seyre to Lake Thésauque



Seyre is situated in the heart of the Lauragais countryside which spreads over approximately 2000 km<sup>2</sup> and across three counties: the Haute-Garonne, Torn and Aude. It is characterized by the natural beauty of the countryside which varies according to the crops planted and the seasons. A lot of wheat is cultivated on Lauragais territory. In the past, the Lauragais was renowned for the cultivation of wood, which was a plant used to make a blue dye during the 16th century. But the real touristic highlight of the Lauragais is the Canal du Midi which crosses it completely.

# Le Pays Lauragais

**Technical details:**  
Start: In front of the church of Seyre  
Difficulty: easy  
Time: 1h30, 3h30 if you walk around the lake  
7 km A/R, 12km if you walk around the lake

**Sign Posting:**  
Wrong direction  
Right direction  
Change of direction

**Hiking Rules:**  
Know and respect the countryside  
Take your rubbish away with you  
Don't pick the flowers  
Look at the animals without upsetting them  
Don't make a fire  
Stay on the footpaths

# Finding your way



# Itinerary

1 - Leaving from Seyre church, turn right after the roundabout, then turn left following the signs to Monestrol. Continue to walk along the road for about 650m. Go past the Seyre village sign.

2- When you get to the sign-post "Le Baylou", take the dirt track and go straight down it.

3- Then go up the road leading to the castle of Roquefoulet. Turn right. Go down the road D25. At the bottom of this road, turn left, then left again until you reach the carpark of the Thésauque Lake.

4- Take the little road between plane trees until you reach the lake.

5- Now you can walk around the lake (5.6km) and discover its Nature Trail.

