

## 159 - La Balmette

This hike from the Col de Jau, in the Pyrénées-Orientales of France, takes us to the valley of La Balmette, somewhat above 2,000 meters of altitude. In the valley we have a great panoramic view, surrounded by peaks such as Madrès, Roc Nogre and Salt del Burro.

- From the parking space (1) we cross the road and enter the dirt road on the other side.
- In half an hour we arrive at the Refuge of Calhau (2). We walk past the refuge on the right side through a gate. The road forks and we take the path to the right, going uphill slightly.
- About 20 minutes later we see a milestone on the left (3). We ignore the trail to the left and stay on the dirt road.
- About 10 minutes later the dirt road turns left. We go to the right onto a trail, marked with a few milestones (4).
- In about 5 minutes we come out again on the dirt road (5). We cross it and continue on the trail on the other side, signposted with milestones. About 5 minutes later we cross the dirt road again (6) and continue on the trail on the other side.
- About 25 minutes further on we cross the stream La Castellane (7) and another 15 minutes later again (8).
- From here it takes about 15 minutes to reach the valley of La Balmette (9), near the Refuge of La Balmette.
- The way back is via the same route.

### Fact Sheet

Duration: 4:00 hrs.  
 Distance: 13.7 km.  
 Route type: Round trip  
 Path type: Dirt roads, trails  
 Marking: Yellow, milestones  
 Total difference in altitude: 594 m.  
 Highest point: 2,052 m.  
 Difficulty: Medium (4/15)

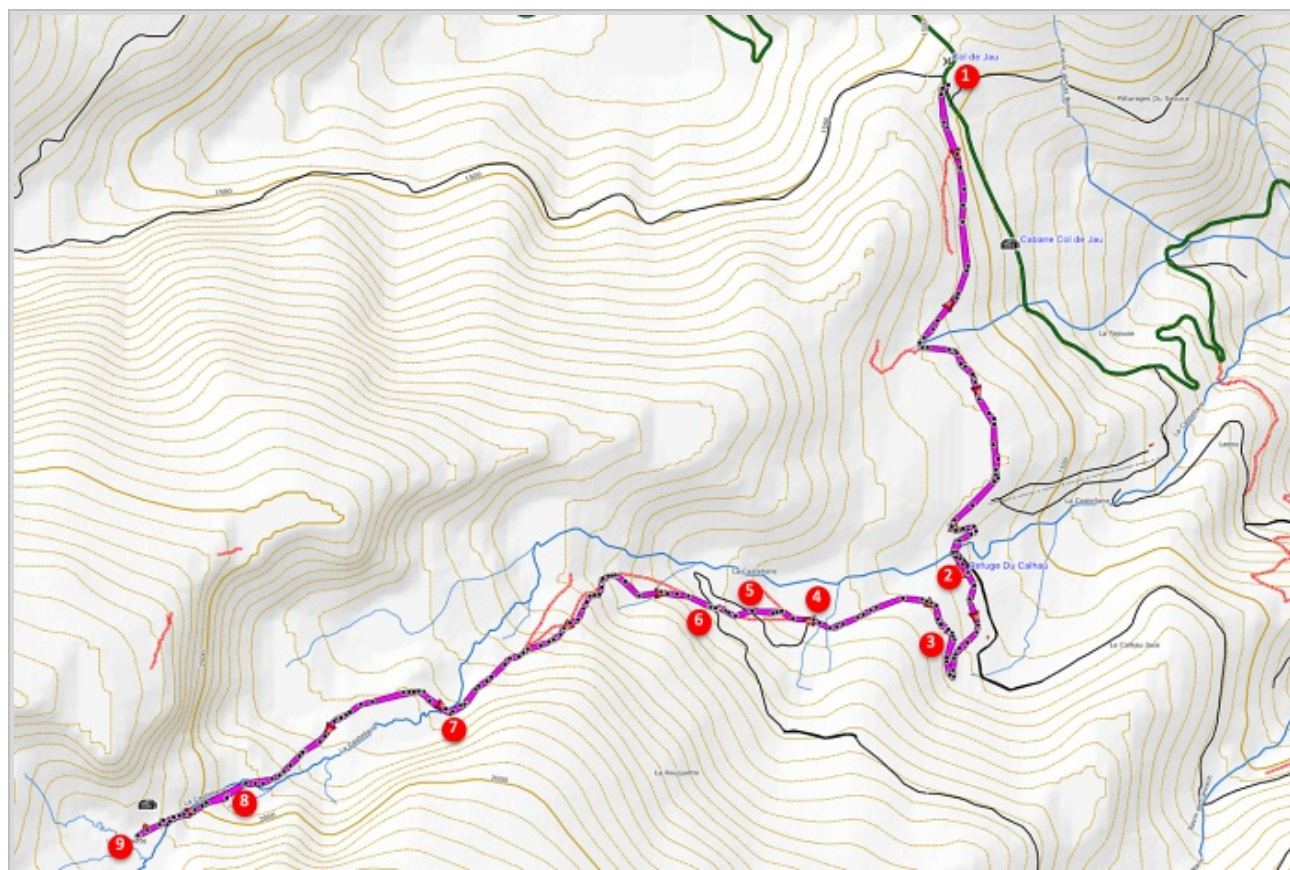


### How to get there?

From Spain (Puigcerdá) we follow the N116 through France for about 20 kilometers. Before arriving in Mont-Louis we take the D118 towards Les Angles / Lac des Bouillouses. We follow the D118 for about 30 kilometers until we find on the right the D17 road towards Escouloubre / Roquefort, which we enter. We follow the D17 for about 15 kilometres and past Roquefort-de-Sault we turn right on the D-84 towards Cunozoûls and Col de Jau. We follow this road for about 11 kilometers until we reach the pass, where there is a parking lot to leave the car.



GPS Coordinates:  
 Latitude: N 42 41.283  
 Longitude: E 2 15.057



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