

# Ginoles



It's so easy to overlook the village on the hill above you, but if you were ever curious to see and experience rural France, just step out of the main gate turn right and a quick 5 minute walk up the hill, will take you into a different world.

The origins of Ginoles are definitely very old and certainly pre-date the Gallo-Roman era. There are references in ancient texts to *Castrum Ginolis*, and its thermal springs. The presence of these natural hot springs almost certainly attracted people to this region, which in turn brought agriculture. Due to the sunny climate, since Roman times the cultivation of Olive's was an important activity, and many retaining walls called 'terraces' were built on the mountainsides and are still visible especially when one is in the village. Ginoles is also known for its orchards. In the nearby locality named "Prat Fa" it is said that once there was a "Fanum" there which is a small rural temple of antiquity

Ginoles had a successful period, with the opening of the Spa which had two hot springs named Prosper and Rosita, located down the hill at Ginoles Les Bains, unfortunately these have since closed.

There is a tour of the village you can take by following the "Orange Boards" This starts at The Baths, passes The 3 Crosses, the Church, and finishes up at the Viewing Point.

There are also 4 footpaths that start from the village:

**The Path of Olives.** A gentle walk through centuries old olive trees and the smell of the Mediterranean scent.(thyme, rosemary lavender) with beautiful view of the village (1 Hour)

**The Cathar Way:** A harder footpath that crosses the ledge between Ginoles and Coudons. Upon arrival there are superb views of the Pyrenees. (4 hours)

**Belvedere of Mousquiere, Pass d'En Roual, Coudons.** An easy walk up to Carach, that passes through lots of interesting and protected flora (Orchid & Ophrys). The path becomes a bit harder to Mousquiere with very beautiful view on the Pech de Bagarach. At the d'En Roual pass rejoin the Cathar Trail towards Coudon, (5h 15m)

**The Path of Olives and Roc de Capio:** This starts off as an easy path, but then does become difficult, but the reward is amazing and stunning views from the Roc de Capio (3h.30m)

These footpaths and trails allow you to stroll through the olive trees and flowers or hike on the peaks among firs and deer.

