

**The Coastal Way étape 8A - Moliets >Vieux Boucau**

**Distance : 10,900 km**

We leave the church of Moliets and Mâa.

**0 km** - Go to the pediment behind the town hall. Take rue des PÃˆlerins for 30 m to the 1st road - trail to Moliets pond - on the right.

**0 km 100** - Continue on this path through woods. Pass the wooden walkway. Turn right towards the wastewater treatment plant.

**0 km 400** - We come to butter the fountain / lavoir of Notre Dame. Take the small path on the left just before the wash house.

**0 km 650** - Continue by a small path in the forest to arrive at a track that you will take to the right.

**0 km 900** - We arrived at a pumping station. Take the trail on the left.

**1 km 300** - Go along this path that borders a brook in the woods to reach a tarmac road down the dune .. Cut the road and continue in front.

**1 km 600** - Progressing under wood to the footbridge of the Biscoudan to arrive at a footpath at the panel - Moliets Forest -. At the crossroad, turn left.

**1 km 800** - We go with the pond of the Prade to its left.

**3 km 300** - We have reached a road with a bridge at 30 m on the left. Take the white road on the right (sign - Messanges Forest -).

**3 km 500** - Leave the white road and take the track on your left.

**4 km 300** - Leave the trail and turn right at the bottom of the dune.

**4 km 800** - You come to a T-junction. Turn left.

**5 km 600** - We arrived at a crossing of tracks in X. Go straight.

**5 km 800** - We reached a paved road. Turn right.

**6 km 250** - After the first camping, take the track on the left. We will have the semaphore of Messanges to the right after 700 m of progression then the pond of Moisac on the left.