

**The Coastal Way étape 7A - Lit et Mixe > Moliets et Ma&acirc;**

**Distance : 33,750 km**

**0,000 km** - We leave the church. Take the avenue of the church. Go straight.

**0,200 km** - Turn right at Avenue du Marensin. Pass the roundabout. Go straight on towards Cap de l'Homy.

**1,400 km** - Turn right towards Cap de l'Homy. Pass the camping des Vignes

**5,900 km** - Take the Yons stone track on the left. Go to the forest house.

**9,400 km** - We arrive at the forest house (right) and at the fountain of Yons (on the left) at a distance of some 30 m. The track is split in two. Turn right onto the Pyramid Forest Road. ATTENTION, do not take firefighter access.

**16,000 km** - We reached a tarmac road which we crossed to take just opposite the tarmac road of the forest house of Jaougue.

**17,200 km** - We passed the forest house of Jaougue. Continue along the paved road to the bottom of the dune where a sandy path takes to the left.

**20,500 km** - Take the sandy path that climbs the dune. We join a tarmac road that a track follows in parallel. Follow the bike path (tarmac road to the right).

**21,600 km** - The track cuts the main road to be parallel to it (road to the left). Continue on this same track which gradually moves away from the

main road.

**22,100 km** - We reach a small asphalt road that we take to the right.

**22,300 km** - We arrive at the birth of a cycle path on the left. Do not take it but continue straight on the stone road. NOTE On the left, a private sign leads to the Col Vert campsite.

**25,200 km** - We crossed the bridge (Nasse bridge) of the current of Huchet by a very sinuous forest track. Borrow the bridge.