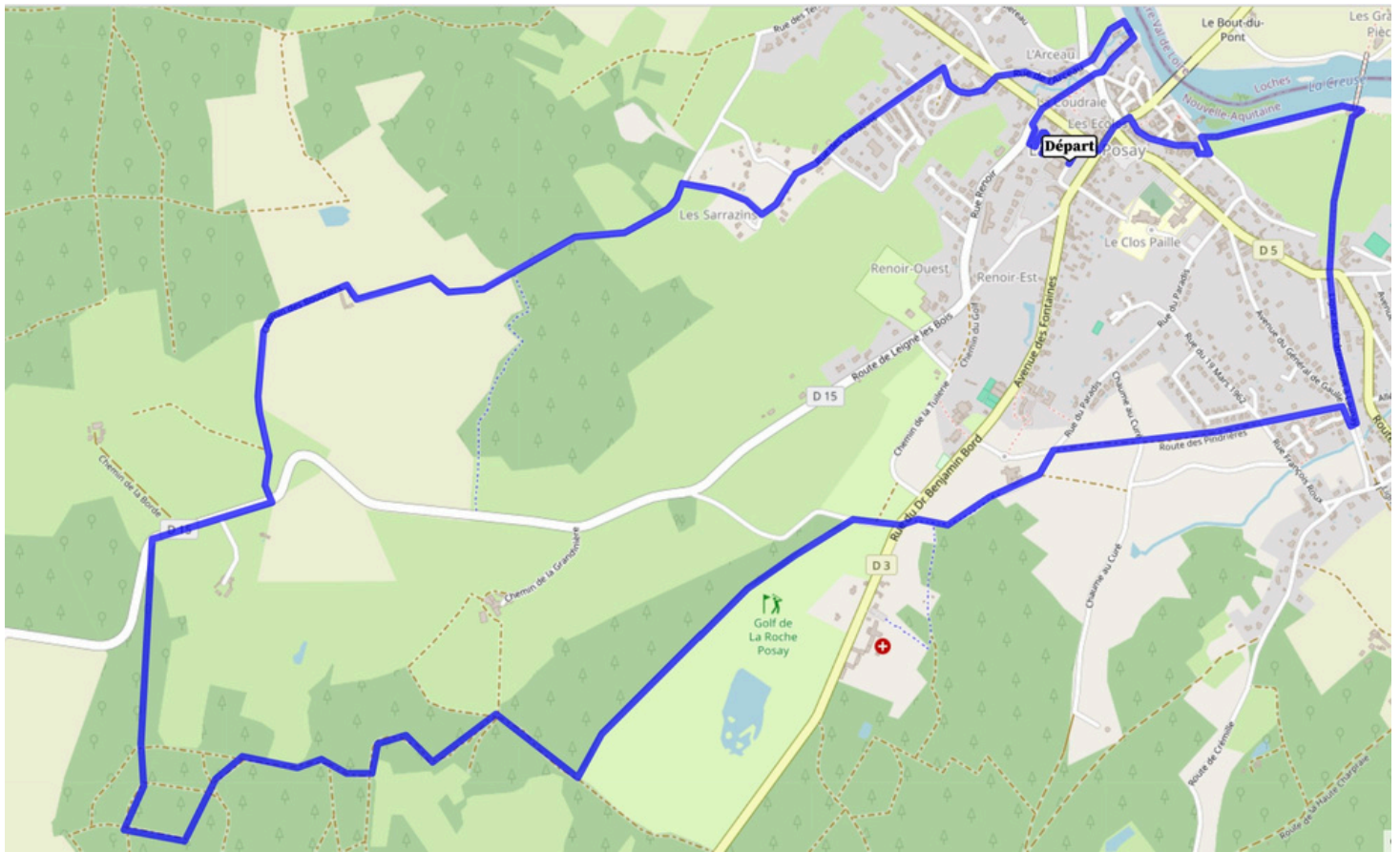


RED Circuit 11.5km



Step 1: Departure from the Tourist Office. Turn left onto Rue Pierre Nonnet.



Step 2: Go back up Rue Louis Caillaud.



Step 3: Turn right onto Rue Renoir.



Step 4: Continue straight on into the dead end.



Step 5: At the exit of the stairs, take Rue de la Cale opposite and go down to the bottom of the street.



Step 6: At the bottom of the street, turn left and cross the bridge to reach Rue des Tanneries. Go back up the street.



Step 7: At the top of the street, go straight onto Rue de l'Arceau.



Step 8: At the end of the street, go straight onto Rue du 8 Mai 1945 and follow the street.



Step 9: At the intersection, turn left onto Chemin des Sarrazins. Then go straight on.



Step 10: Turn right onto Rue des Hirondelles.



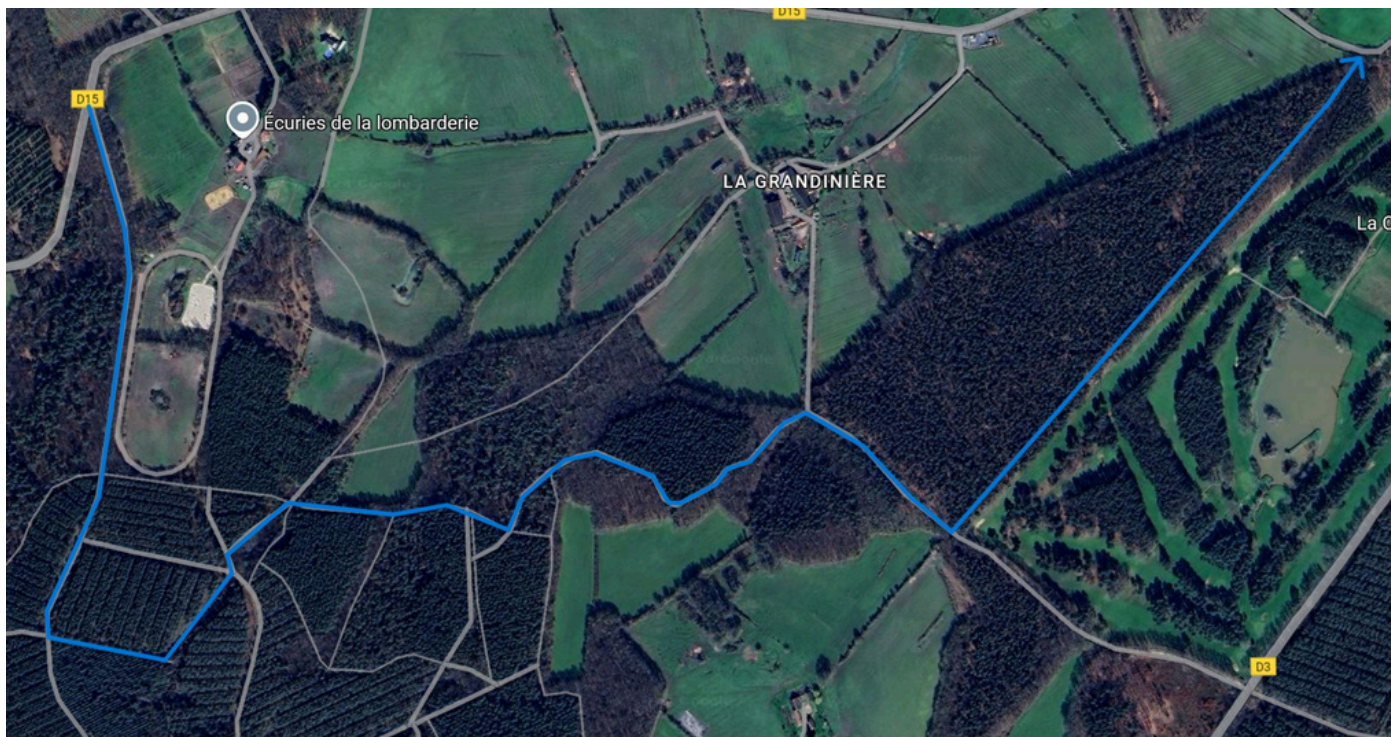
Step 11: Turn left and continue straight for 1.9 km.



Step 12: At the intersection, turn right onto the D15. Then continue straight for 450 m.



Step 13: Turn left onto the footpath and follow the route of the next stage.



Step 14: After turning, follow the footpath for 750 m and turn into the 3rd path on the left then follow the route indicated on the image (using Google Maps if necessary). Follow the golf course through the forest and join the road.



Step 15: Back on the road, cross Rue du Dr Benjamin Bord and continue straight on the path for 500 m.



Step 16: Turn right onto the footpath and continue straight ahead, ignoring the first 2 intersections.



Step 17: At the intersection, turn right onto Rue Générale de Gaulle.



Step 18: Then turn directly left onto the pedestrian path. Then continue straight on to Avenue de la Gare.



Step 19: Cross Avenue du Gare and continue straight on the footpath.



Step 20: Go down the 2 stairs to reach the Baignade and turn left.



Step 21: Continue straight on the footpath. At the end of the path, turn left onto Rue des Remparts.



Step 22: Turn right onto Rue des Noyers.



Step 23: Turn right onto Rue de Guyenne and continue straight on this street then onto Rue Duguesclin.



Step 24: Turn left onto Rue Bourbon and continue straight on Cour Pasteur.



Step 25: Cross the Place de la République to reach the Tourist and Thermal Office.