

## Winter activities in the region

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Due to its geographical position, the village of Saillagouse allows you a quick access to nine ski resorts nearby.

For more information about ski areas in the region: [www.neiges-catalanes.com](http://www.neiges-catalanes.com)

The Puigmal area - Espace Outdoor Experiences 4 seasons allows you to carry out 4 outdoor activities with marked, safe and free access routes, whatever your level:

- Espace Ski de Rando® (nordic skiing): 5 marked trails. Details [there](#)
- Station Nordik Walk® (nordic walking): 5 marked trails. Details [there](#)
- Espace R-Bikes® (mountain bike / electric mountain bike): 9 marked trails. Details [there](#)
- Station de Trail®: 11 marked trails. Details [there](#)



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