

à découvrir ...

Plan et contact



Sentier des lagunes de Nabias



Vestiges de la lande originelle,
les lagunes font partie des
éléments forts du paysage ainsi
que du patrimoine biologique et
culturel des Landes



ARUE

A Roquefort, suivre la direction de Bordeaux par la D932N. Au rond point, prendre à droite la petite route vers le quartier de Nabias puis à gauche le chemin de terre qui mène au site



Le bon plan du petit marcheur

A proximité l'église de Guinas est le point de départ d'une boucle de randonnée très agréable. Le site de détente du Ginx est idéal pour la pique nique à l'ombre du préau d'une ancienne école. C'est également un lieu d'exposition sur la vie rurale (ouvert de 8H à 20H du 01/04 au 30/09)



Pour plus de renseignements, contactez l'Office de
Tourisme: 05 58 44 86 06 ou 05 58 44 67 56
www.tourisme-landesdarmagnac.fr

Les lagunes, sources de vie



Les lagunes sont des milieux naturels fragiles. Formées à l'époque glaciaire, ces cuvettes d'eau étaient essentielles à la vie des hommes. Devenus rares, ces habitats remarquables abritent une faune et une flore spécifiques d'un intérêt patrimonial fort qu'il est indispensable de préserver.

Une histoire de trains



En 1914, le département des Landes bénéficie du plus fort kilométrage de voies ferrées par habitant. Grâce à ces lignes, la forêt landaise va connaître son essor. Après la seconde guerre mondiale, le réseau va progressivement cesser son activité. Aujourd'hui, d'anciennes voies ferrées sont réhabilitées en chemins ou voies vertes.

Distance 4,5 km - Temps 1h20

Une espèce menacée:
Le Fadet des Laïches



- Sentier Pédestre balisé 
- Ancienne voie ferrée 
- Parking voitures 
- Panneau "La Grande Lagune" 
- Panneau "La Petite Lagune" 
- Panneau "Histoire des trains" 
- Aire de pique-nique 
- Végétaux à découvrir sur le parcours
(noms latins, français, gascons) 

Quelques consignes à respecter:

En empruntant ce sentier, vous allez découvrir un milieu fragile avec des habitants qu'il faut protéger. Comportez-vous en invité discret. Ne faites pas de bruit qui pourrait effrayer les animaux. Ne cueillez pas les plantes ni les fruits. N'abandonnez aucun débris.

Son habitat: la molinie



Le sentier est ouvert au printemps et en été,
Il est fermé en période de chasse et en hiver

The lagoons of NABIAS (ARUE)

Noticeboard n° 1 (greater lagoon)

A little history...

Remains of the original moorland, the lagoons, « las lagüas » are an important part of the landscape, a natural and human heritage of the Landes de Gascogne. Before the drainage of the Landes, pine forest plantations, and maize culture, there were many more lagoons, 4000 for example in 1979. They were scattered around the wet-lands between the Marsan and the north of the Medoc.

These lagoons date from the end of the Ice Age, 10 000 years ago. They are the result of ice blocks melting, which left small shallow circular depressions in the sandy soil of the moorland.

The water in these pools comes only from rain and underground water.

The relationship between man and the lagoons go back as far as the Neolithic Age, about 2500 years J.C.

Archeological research shows us that in prehistoric times, there was human life around several lagoons.

In fact in later times, activities such as fishing, hunting, and providing water for animals were concentrated around about the pools, as shown in photographs taken by Felix Arnaudin. The lagoons also provide material for numerous myths and legends.

Noticeboard n° 2 (smaller lagoon)

Specific fauna and flora ...

The water in the lagoons is acid and lacks nutrients. This problem, combined with fluctuating temperatures and water levels create hard conditions in which only certain plants and animals can survive. The vegetation grows in circles in the pools according to their supply of humidity.

On the outer edge of the lagoon, we can find tufts of "molinie" (*molinia caerulea*), dog grass (*agrostis canina*), "écuelle d'eau" (*hydrocotyle vulgaris*), and four-angled heather (*erica tetralix*).

These are typical plants of wet-land, an example of which we can see on the north-west side of the greater lagoon.

On the next layer, temporarily covered by the water in winter and spring, there are protected species such as false water-cress of Thore (*Thorella verticillatimundata*), "rossolis intermédiaire" (*Drosera intermedia*) and " littorelle à une fleur" (*Littorella uniflora*) which form fragile carpets of amphibious grass.

In the underwater zone, we can see the « renoncule aquatique » (*Ranunculus aloleucos*) and the « millepertuis des marais » (*Hypericum elodes*) with yellow and white flowers on the surface of the water, and "utriculaires" (*Utricularia sp*) small carnivorous plants which feed on insects. There are also water-lilies (*Nymphaea alba*), which show that the water in which they grow is too rich, due to excess organic matter (leaves, branches...)

The lagoons are inhabited by birds such as kingfishers (*Alcedo atthis*), grey hérons (*Ardea cinerea*), moorhens (*Gallinula chloropus*) and ducks, which enjoy the peace and quiet of the site.

Of the amphibians, there are agile and russet frogs (*Rana dalmatina et Rana temporaria*), green frogs (*Pelophylax kl. esculentus*), green and meridional tree-frogs (*Hyla arborea et Hyla meridionalis*), common toads (*Bufo bufo*), the palmed triton (*Triturus helveticus*) and spotted salamander (*Salamandra salamandra*). All these benefit from the favourable conditions for their reproduction. The viviparous lizard (*Zootoca vivipara*), the grass snake (*Natrix natrix*), and a few rare dragon-flies can be seen: the « leucorrhine à front blanc » (*Leucorrhinia albifrons*) and one of the most endangered species of butterfly called "fadet des laïches" (*Coenonympha oedippus*) which lays its eggs on the "molinia".

Bats come too and feed on the insects found in these areas.

Last but not least, there are otters and European minks, wildboar, (*Sus scrofa*), deer, (*Capreolus capreolus*) and stags (*Cervus elaphus*) that all come frequently to drink and wallow in the water.

The lagoons are in this **rare and fragile** environment, conditioned by the unique physical characteristics of the moorland plateau. 85% of them have disappeared between 1979 and 2008. There remain 430 in the Landes of which 60% have been disturbed by man to dry the area for production of maize and pine-trees.

However, it is essential to preserve the environment of the lagoons because they provide a home for flora and fauna, many species of which must be protected.

Noticeboard n° 3:

The history of the train in the Landes de Gascogne.

In 1914, the department of the Landes was one of the best to be equipped with a railway network. The reasons for this are historical, geographical and geological.

At the beginning of the eighteenth century, those rare travellers who passed through the Landes were dismayed to find a bleak landscape, flooded in winter and dried-out in the summer. A few shepherds walking on stilts, suffering from swamp fever looked after their small flocks of sheep.

The coastal areas were constantly threatened by shifting dunes caused by the wind. In 1780, Nicolas Bremonnier (1738-1809) undertook to stabilize the dunes and Jules Chambrelent (1817-1893) drained the moorland to plant trees. At the end of the eighteenth century, a quarter of the department of the Landes was planted with trees (250 000 hectares).

The country people made a difficult living with their smallholdings: animals, crops, and products of the forest.

Napoleon III realized that forests planted on a million hectares with just one species of tree (maritime pine) could produce enormous wealth. But it was not enough to decide to plant trees, a workforce was then necessary to build access to the moorland.

The sandy nature of the soil meant that stones would be needed to build roads. The only way to transport stones was by rail, hence the great number of railway lines.

In 1854, the Bordeaux-Dax line came into operation by the "Compagnie des Chemins de Fer du Midi", in spite of many problems during the construction. But all the new stations: Ychoux, Labouheyre, Morcenx continued to be inaccessible to the public through lack of roads. The law of 25th May 1857 allowed the construction of roads to attain the stations of Pierroton, Marcheprime, Factice, Candou, Ychoux, Labouheyre, Laluque et Dax. An agreement was made between the State and the "Compagnie des Chemins de Fer du Midi", that the Compagnie would build 500 km of roads: 12 locomotives, 400 wagons, and 100 km of side tracks would be used. The work on the roads was completed by 1861.

From 1875, the "Compagnie des Chemins de Fer du Midi" constructed new minor railroutes: the Roquefort-Casteljaloux line was thus built in 1893.

The aim of this network was to enable exportation of wood, resin, and products of the forest. It also developed road constructions with the transportation of materials, allowing small mines (lignite) and other industries to operate. This network was also used as a passenger line.

All almost of the lines were closed permanently after the Second World War.

