

The Cathar country by bike Around Montségur

Accommodation in selected hotels or guest houses
7 days 6 nights - 6 biking days

Self guided tour

Level 2/3



With your family, in pair or with friends, get on your bike to ride on the Cathar Country roads. It is a land rich of histories, where the medieval castles over mountain peaks have an exceptional architecture. This country had also keep a wild and various nature. Between crests and canyons, ride at your own pace along the Cathar trail or on charming small roads and enjoy the time of travel to discover unforgettable places.

History, Culture and Nature, 3 inseparable words in the Cathar country

HIGHLIGHTS:

- The most beautiful Cathar castles
- Amazing little roads of South of France
- Welcoming accommodation

PROGRAMME

Day 1: Arrival in Quillan

Arrival at Quillan hotel. Free evening to visit the city.
Night in Quillan.

Day 2: From Quillan to Mirepoix : Puivert, Chalabre, Camon, Lagarde, Moulin-Neuf

49 km - 3 hours - Elevation change: +313 m

Leave Quillan and ride towards Mirepoix. Discover on your way the remains of medieval castles, during Catharism period, as the castle of Lagarde, or Puivert which in a very good state of conservation.
Night in Mirepoix.

Day 3: From Mirepoix to Montségur : Labastide de Bousignac, Belloc, Léran, Labastide sur l'Hers, Belesta, fontaine de Fontestorbes

46 km - 3 hours - Elevation change: +603 m

Leave the city of Mirepoix for a new destination. Ride now to the South, going through others historical sites, as the castle of Léran, build in the thirteen century. Have a break in the lake of Montbel, large water reservoir of 570 acres where you can swim. The castle of Montségur at the top its rocky spur is waiting for you, above its tiny village.
Night in Montségur.

Day 4: From Montségur to Tarascon sur Ariège: Roquefixade, Foix

51 km - 3h30 - Elevation change: +452 m

On the road to Foix, ride close to the castle of Roquefixade, on the top of the cliff. The important castle of Foix was the sign of the local power until the end of the Middle-age. It has been classified by the French authorities as an historical monument since 1840. Take your time to visit the old city of Foix before to reach Tarascon.
Night in Tarascon.

Day 5: From Tarascon sur Ariège to Comus : Bompas, Appy, Caussou

47 km - 3 hours - Elevation change: +1064 m

Ride on mountainous roads in the heart of amazing landscapes, over the "route des corniches", the cliff road. Go through small mountain villages; discover Lordat and its medieval castle or Vernaux and its chapel, built in a special calcareous stone. You approach Comus, village on the plateau of Sault.
Night in Comus.

Day 6: From Comus to Axat : Niort de Sault, Joucou, Marsa

40 km - 3h - Elevation change: - 931 m

Get on you bikes to reach Niort de Sault. Cross the canyons of Rebenty and the pass of the seven brothers, at 1774 meters high. On the Roc of Niort there are some remains of a castle. Then you continue to the valley of Joucou still very wild.
Night in Axat.

Day 7: From Axat to Quillan : Caudiès de Fenouillèdes, Col de St Louis and Parahou

Conclude your stay on pleasant little roads, to finish your trip in Quillan!
End of the stay.

For pre-existing groups, we adapt the level, the length, the price
and the programme according to your wishes.

Contact us !

DURING YOUR TRIP

SUPERVISION:

Self guided tour :

You set off alone, equipped with the orientation equipment provided by us : detailed digital roadbook and maps with routes highlighted, to discover the circuit which has been designed by our team. You will be guided by the instructions we have carefully prepared, with the highest level of precision.

LUGGAGE TRANSPORT:

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle. Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

ACCOMMODATION: 6 nights in hotel, guests houses or gîte on half-board formula

Double room formula: you will sleep in comfortable 2 person rooms in hotels, guest houses or gites. Sheets and towels will be provided. A bathroom will also be reserved for you at locations. (Single room option – see our website for pricing).

FOOD:

Your trip might not be the best time to diet, as it's an occasion to taste the local cooking. We place great importance to the quality of the food we provide: well-balanced and nutritious, providing lots of energy with the specialties of the region incorporated into each meal.

Picnics are not included in the price.

NUMBER OF PARTICIPANTS:

Starting from 2 people.

BEFORE YOUR DEPARTURE

PRICES:

Have a look on our prices on our website.

REGISTRATION:

At La Rébenne we like to give our customers as much information as possible about our trips and to create a strong relationship with them. Sharing and pleasure are really important parts of our trips.

Contact us

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ou +33(0)6 81 53 77 75

Sale contract and deposit

You'll receive the contract and the insurance policy. We'll consider the registration done when we will have received the contract signed and the deposit corresponding to 40% of the total price of your stay. Once all that is done, we'll send you a confirmation letter.

Payment of outstanding balance

Payable one month before departure. If you register less than a month before departure you'll be asked to pay the whole price at the registration. Once the payment has been made, you'll receive a full list of information about your stay.

Validation

Once the payment has been made, you'll receive a full list of information about your stay.

PROCEDURES

- Passport or ID is compulsory
- We recommend to get a European Health Insurance card (check with the NHS)
- Repatriation insurance as well.

DIFFICULTY LEVEL: 1.5/3

You are on good physical form and practice regularly biking, or another physical activity. Stages from 40 to 51 km by day, with medium daily positive elevation change of 1050 m.

PERIOD:

From April to October.

DEPARTURE AND MEETING POINT:

Departure from Quillan (11).

How to get there:

By car: South of France motorways A61 to Carcassonne, then N118

By train: Quillan train and bus station

By plane: From Carcassonne airport, there is a shuttle to join the train station of Quillan.

THE PRICE INCLUDES:

- Booking of accommodations on half board basis, from day 1 dinner to day 7 breakfast,
- Maps with routes highlighted,
- Detailed digital roadbook (with electronic GPS tracks),
- Daily luggage transport.

PRICE DOES NOT INCLUDE:

- Drinks,
- personal purchases,
- picnics,
- personal cycling equipment (helmet, gloves etc),
- bicycles,
- transportation to the meeting points,
- insurances.

OPTIONS:

- + 1 day or – 1 day
- 3 day formula: tailored program of 3 stages, that you personally choose.
- Supplementary night's stay before or after the trip.
- Supplement for an individual room.
- Bicycle and bag rental

Consult us

INSURANCES

According to the regulations, La Rébenne has professional civil liability insurance. However every customer must have an individual civil liability but also a comprehensive insurance in case of any accident during the stay.

We offer 3 different kinds of insurances:

Package # 1: comprehensive insurance

It includes multiple guarantees in case of invalidation, lost luggage, repatriation, medical expenses and interruption of your stay. This insurance is subscribed by Assurever.

Package # 2: cancellation insurance

It only concerns invalidation before departure. This insurance is subscribed by Assurever.

Check our insurance prices on our website
<http://www.larebenne.com/infos-pratiques/assurances.html>

RECOMMENDED EQUIPMENT:

Good preparation is the key to enjoying your trip. Here are some advice and equipment to help you to prepare your cycle and your bag.

2 bags: 1 small 10 litre rick sack to put the equipment for the day in (cell phone, camera, rain clothes...)
1 big bag, carried by vehicle.

LEISURE BIKE OR MOUNTAIN BIKE

Be sure your bike is in good order and all these points are verified and checked:

- if you are a group bring one substitution road bike
- check your milometer
- tyres
- brakes (and brake cables)
- chain
- transmission system
- wheels
- suspension (make sure there's no leak)
- steering system

Keep in mind: a clean bike is easier to check!

REPAIRING EQUIPMENT

To avoid any mechanical problem you'll be asked to bring:

- 1 spare tyre and 1 inner tube
- 1 bicycle pump
- a puncture repairing kit
- a set of Allen keys
- a small pair of pliers
- a tyre and a piece of tyre
- a tool to take off and put back your chain

You can also take your own tool box made of:

- a brake cable
- some spokes
- a derailleur cable
- oil for the chain
- a rag
- a lock

EQUIPMENT

- helmet (essential) + cap and headband
- cycling gloves and warm gloves
- glasses
- a pair of shoes with wedges
- a pair of shorts
- T-shirt (avoid cotton ones)

BACKPACK FOR THE DAY

- water (at least 3 litres a day per person)
- high energy food or dried fruits
- your repairing kit
- a windcheater
- your picnic
- sun-cream (and lip balm)
- toilet paper and a lighter
- medicine (see below)
- 2 LR6 batteries a day (for the GPS)
- your mobile phone

PICNIC: (not included)

Bring a plastic lunchbox (to avoid any unnecessary waste) and reusable cutlery

LUGGAGE:

You'll have it back every evening at the hotel.

Don't forget to bring a warm sweater, a small toilet bag, a towel, a light pair of shoes, and clothes

MEDECINE:

The instructor for guided tours will carry a first aid box but it's necessary to have at least some medicines such as:

- a mosquito repellent
- a disinfectant and gauze compresses
- Band Aid
- protection cream for your bottom
- your own pills
- water disinfectant pastilles
- a survival blanket

Don't hesitate to check with your doctor for any further information.

AFTER YOUR STAY

Let us know what you think! And to make sure that these fond memories of your trip live on, we'd be delighted to receive any photos, videos, montages or comments you may have made during your tour.

CONTACT

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