

**The path of the “Good Men”**  
**Cross-border from Montségur to Berga**  
**7 days - 6 nights - including 7 walking days**

**Self guided tour**

**Level 3/5**



From Ariège to the Spanish Catalonia, cross the Pyrenean passes and follow the tracks of the last Cathars... During the Middle Ages, the Pyrenees - far from the French and Spanish kingdoms - was a region of commercial and cultural exchange. Goods, peoples and ideas have crossed the mountains and made the lords of Ariège and Catalonia become powerful.

In this time of spiritual freedom, the Cathar religion's expanded itself in southern France. But the Catholics have intervened. A few years after the fall of Montségur, the Bonshommes – who were the last Cathar apostles – ran away from Ariège and the « Holy Inquisition», to finally find refuge in Catalonia.

The Bonshommes path follows the tracks taken by the Cathars. Along this path you discover the Pyrenean culture, hospitable villages, Romanesque churches as well as the grandiose scenery of the Pyrenees.

We invite you to follow the footsteps of the “Good Men” along this border path from France to Spain. Emotions and beautiful landscapes guaranteed.

**HIGHLIGHTS:**

- Discover a fascinating story
- Path from north to south of the Pyrenees
- Ariège and Catalogne :different culture and landscapes

## PROGRAMME

### **DAY 1: MONTSEGUR- COMUS**

14.5 km/ 4h +746m -475m

In the morning you'll visit the castle, then an easy transition stage from Ariège to the pays de Sault where the Mediterranean influence begins. After the forest, we pass through the superb gorges de la Frau to arrive at Comus on the plateau de Sault. Overnight in Comus.

### **DAY 2: COMUS – AX LES THERMES (or ASCOU)**

24 km/ 7h +721m -1171m

Departure from Comus for a beautiful stage over the Col de Balaguès, which offers superb views of the entire central Pyrenees chain. We pass through the village of Montailou and its castle, which was the last Cathar stronghold in the Haute Ariège. Arrive and spend the night in the centre of Ax les Thermes or in the village of Ascou.

### **DAY 3: AX LES THERMES (ASCOU)- MERENS**

18km/ 5h30 +1100m -1100m

Ascent to the Col de Joux via the Orlu valley (360° panorama). Arrive at Mérens to enjoy the hot springs nestling in an unspoilt setting. In the village, we discover the 11th-century Catalan-style Romanesque church. Overnight in an inn in the heart of the village.

### **DAY 4: MERENS-PORTA-BELLVER DE CERDANYA**

18 km/ 7h +1011m -1000m

In the morning, we take the famous train (spiral tunnel through the mountains) or transfer by vehicle to Porté-Puymorens and the Mediterranean Pyrenees.

We climb up the pastoral Campcardos valley to reach the 3-nation border (2517m) at the Portella Blanca (France, Spain, Andorra), then the Isards pass and the Negres d'Envalira peak.

Transfer and overnight in Bellver de Cerdanya.

### **DAY 5: BELLVER DE CERDANYA – REFUGE SANT JORDY**

15 Km/ 5h30 +750m - 300m

After crossing the Sierra del Cadi, the vegetation becomes more Mediterranean and the smells change. The terrain becomes gentler in the Cadi National Park.

Overnight in a mountain refuge (no luggage and no double room this evening).

### **DAY 6: REFUGE SANT JORDY– GOSOL**

7 hours, 24 kms, +950m, -1050m

Passing at the foot of the Pedraforca, a mineral fortress, there is an undeniable parallel with the castle of Gosol, which protected an area where the Cathars took refuge.

Overnight in the ancient village of Gosol, nestling in the heart of the Cadi-Moxero Natural Park.

### **Day 7: GOSOL-Fumanya-BERGA**

15 km/ 4h30 +420m – 866m

Transfer from Gosol to Fumanya. The final leg takes you to the sanctuary of Queralt, through the Mediterranean forest and on to Berga. Many Cathars from Languedoc took refuge here. The Montserrat mountains can be seen in the distance.

Transfer back to Montségur. End of the tour.

## DURING YOUR TRIP

### **SUPERVISION:**

SAS LaRébenne au capital de 5000€ RCS de Foix - 10 rue de la Comédie - 09000 Foix  
Tel : 05.61.65.20.93 / 09.77.89.93.37 / 06.81.53.77.75 - contact@larebenne.com - www.larebenne.com  
RCP : 115 769 365 MMA Atout France: IM009100007 N° de TVA FR 3350215707600014 Garant : Groupama N° 4000714358/0 –  
N° SIRET : 502 157 076 00014 NIF FR 33502157076 APE:7911Z

### **Self-guided formula :**

You can go on your own, as a couple, with your family or with friends. We'll look after your accommodation, meals, luggage transfer and group.

You have a good experience of hiking. From one stage to the next, you follow the maps and detailed digital roadbook that we have carefully prepared for you.

Going on your own means hiking lightly, at your own pace, and taking full advantage of the pleasures of nature without worrying about the logistics of your stay. It also means being free to interpret and imagine what the Pyrenees have to say.

### **LUGGAGE :**

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle (except day 5). **Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.**

### **ACCOMODATION : 5 nights in hotels or gites, 1 night in refuge, FULL BOARD FORMULA**

#### **2 formulas to choose from :**

- **Double room formula (except on day 5):** you will sleep in comfortable 2 person rooms in hotels, bed and breakfasts, and sometimes hostels. Sheets and towels are provided. A bathroom will also be reserved for you at certain locations.
- **Gîte formula :** we choose our group cottages according to their Hospitality and Welcome. You will find a friendly atmosphere there. In most cases, you will share a small 4-6 beds dormitory with other people. Sheets and towels are not provided in most of cases.

### **FOOD:**

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

The picnics are prepared by the kitchens of the places we stay. To avoid any unnecessary waste, we ask you to bring a plastic box, which will be filled out each morning by the meal-preparers.

### **NUMBER OF PARTICIPANTS:**

Starting from 2 people.

## **BEFORE YOUR DEPARTURE**

### **FEES:**

See fare on our website

## **REGISTRATION:**

At La Rébenne we like to inform our customers about our trips and to create a strong relationship with them. Sharing and pleasure are a really important part of our trips.

### **Contact us**

contact@larebenne.com  
Tél/Fax +33(0)5 61 65 20 93  
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 will be done, we'll send you a confirmation letter.

## **Balance outstanding payment**

It has to be paid 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 done, you'll receive a full list of information about your stay.

## **Validation**

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

## **PROCEDURES**

- Passport or ID is compulsory
- We recommend getting a European Health Insurance card (check with the NHS) and repatriation insurance as well.

## **DIFFICULTY LEVEL:**

### **Physical level 3/5**

You have a good physical shape and are prepared to go walking for several days.

Sustained hiking on trails. Steps between 6 and 7 hours with an average elevation change from 400 meters to 1000 meters maximum.

## **PERIOD:**

From end of Mai to October.

## **DEPARTURE AND MEETING POINT:**

Departure from Montségur.

## **How to get there:**

By car: RN 20 from Toulouse and exit to Foix. Follow the direction of Lavelanet and then Montségur.

By train: SNCF train station of Foix.

By plane: Toulouse airport and shuttle to reach the centre town and train to Foix.

## **THE PRICE INCLUDES:**

- Full-board accommodation: from dinner on day 1 to picnic on day 7,
- Luggage transport,
- Transfers during your stay,
- Transfer back to departure point,
- maps with route highlighted
- Detailed digital roadbook

## **PRICE DOES NOT INCLUDE:**

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Drinks, personal purchases, picnic on Day 1, accommodation the day before departure, personal material, visits of monuments and insurance.

## **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. Every extra insurance is charged per person and must be subscribed on the registration day.

**We offer 2 formulas to choose from : multirisks and cancellation.**

### **Package n° 1 : Multirisks**

It offers a choice of complete guarantees for cancellation, loss of luggage, repatriation insurance, medical fees and stay's interruption. This package is subscribed from APRIL Voyages.

### **Package n° 2 : Cancellation**

It covers you only in case of impediment (of medical order) before the departure. This package is subscribed from APRIL Voyages.

More information following : <http://www.larebenne.com/infos-pratiques/assurances.html>

## **RECOMMENDED EQUIPMENT:**

As a good preparation if often synonymous with a successful stay, here are some tips to take in your materials list to make your trip happens in the best conditions (not exhaustive list):

### ***YOUR LUGGAGE***

If possible, limit your luggage to one bag by person: type sport bag about 55l. These bags are transported by vehicle. We will give you labels to attach to luggage.

### ***YOUR BACKPACK***

1 medium backpack to put the equipment for the day (around 30 litres)

### ***THE BOTTOM OF BAG***

- A rainwear.
- Water two litres minimum.
- A first aid kit: Double-skin plaster, disinfectant and gauze compresses, water disinfectant pastilles, aspirin, personal medicine and a survival blanket.

**(Don't hesitate to check with your doctor for any further information)**

- Your personal items: camera, hat, binoculars...

### ***YOUR SHOES***

Light trekking shoes, covering up the ankle. First of all they have to be comfortable, waterproof and breathable. A good maintenance of the ankle is indispensable.

If you have to buy a new pair of shoes, we advice you to try it before to start the trip. Do not choose a smaller size than your everyday shoes because of your feet will inflate during the walk.

### ***YOUR CLOTHES***

- A windproof and waterproof jacket (gore tex, poncho...)
- A sweater or a fleece jacket
- Comfortable pants for walking
- A short, t-shirts and breathable underwear
- Clothes and personal laundry
- A cap and a pair of gloves
- A bathing suit (for some holidays)

### ***FOR YOUR PIC-NIC***

- A hermetic plastic box (0,5L) with a waterproof lid, big enough for on portion of food, with your initials written on both parts.
- Cutlery (fork, knife and spoon).
- Food for race (energetic food, dried fruits...).

### ***SMALL MATERIAL***

- Light and airy shoes for the evening
- A pair of telescopic baton or « shepherd baton»
- Sunglasses and sun cream
- Lip stick

- Hat, cap or bob
- Camera, binocular...
- A small toilet bag with towel
- An electric torch (frontal if possible) with extra batteries
- Toilet paper and lighter
- A first aid kit

## 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.

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### CONTACT

- Phone: 00335.61.65.20.93

- Mobile: 00336.81.53.77.75

-Mail: [contact@larebenne.com](mailto:contact@larebenne.com)

- Address: 10 rue de la Comédie - 09000 FOIX

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