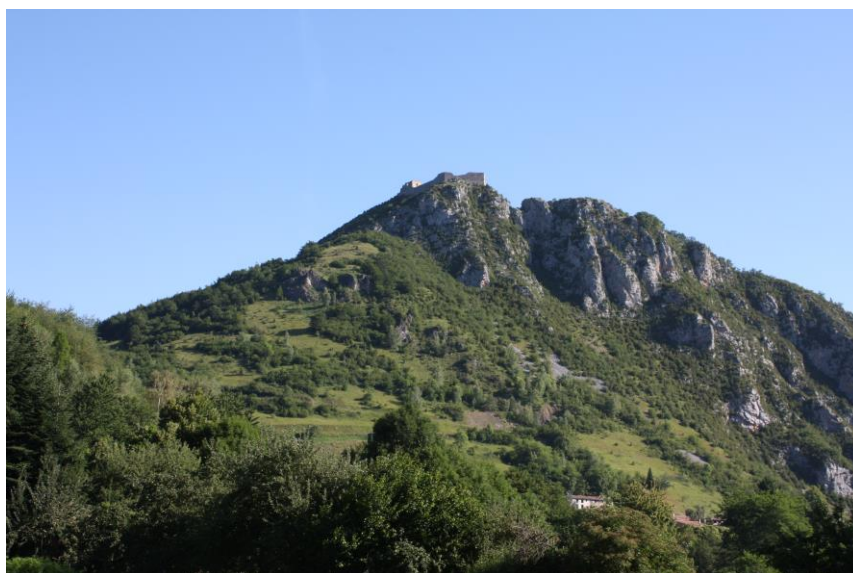


# The Cathar trail Selection version

Self guided tour  
7 days-6 nights, 6 walking days



Level 2/5

From castle to castle, proudly standing on their rocky outcrops, you follow the Cathar Way, that of the "Perfect Ones", men who were the bearers of a religion that shook the Catholic Church to its foundations in the 13th century. Initially used as military posts to guard the Spanish border, the majestic buildings served as a refuge for the Cathars. They were veritable fortresses where people could live, train, defend themselves and pray. The panoramic view is the best way to see the enemy coming... You're treading on a place steeped in heritage, where hundreds of Good Men and Good Ladies have followed their faith.

Based in Foix, in the heart of Cathar country, the LaRébenne team has selected the most beautiful sites and châteaux for you to visit.

Choose from a range of self-catering or double room options, and every evening you'll be welcomed into a friendly atmosphere in quality accommodation.

## HIGHLIGHTS:

- Historic route: a full variety of beautiful castles
- Diversity of landscapes: from the forests of the Ariège to the Mediterranean garrigue
- The quality and friendliness of the accommodation you choose: gîte or double room

## PROGRAMME

### **Day 1: From Roquefixade to Montségur**

16,5 km / 5 hours Elevation change: + 741 - 610 m

After visiting the castle of Roquefixade and admiring the superb panorama of the mountains of the Pays d'Olmes area, we follow the trail through forests towards the château of Montségur, one of the most important Cathar sites.

### **Day 2: From Montségur to Comus**

14,5 km / 4 hours Elevation change: +783 -502

In the morning, take your time to visit the castle and then an easy stage awaits you, passing from Ariège into the pays de Sault where the Mediterranean influences begins. After the forest, we cross the superb gorges de la Frau to arrive in Comus on the plateau de Sault.

### **Day 3: From Comus to Puivert and Puylaurens (shorter stage available)**

20 km / 5h- Elevation change: +500 -790

We continue towards beautiful forests on the Sault plateau, until La Bénague.

Transfer to the château de Puivert, a refuge for poets and troubadours of the Middle Age and then to the castle of Puylaurens. A short walk of 5km leads you to Aigues-Bonnes to your accommodation.

### **Day 4: From Puylaurens to Labastide**

20km/ 5h30. Elevation change: +780m -875m

The stage starts by the gorges of St Jaumes towards Caudiès de Fenouillèdes. The climbing allows going at the feet of the famous Bugarach Mount, before to reach Labastide, hamlet of the end of the world.

### **Day 5: From Labastide to Peyrepertuse**

15km/ 4h. Elevation change: +370m -343m

We walk to the superb gorges of Galamus. Then passing between oaks and juniper bushes you climb the crest of Corbières to discover the imposing castle of Peyrepertuse.

### **Day 6: From Peyrepertuse to Queribus**

11Km / 4h. Elevation change: +911 -300

From Peyrepertuse, we descend via the scrubland to the village of Cucugnan, famous for the legend of its priest. Arrival at the castle of Queribus, where the ancient Spanish stands. Appointment in the castle for the transfer back to the point of departure. Night in Roquefixade.

### **Day 7: Roquefixade**

Breakfast and end of the trip.

### **OPTION: additional walking stage => 8 days 7 nights including 7 days of walking**

#### **Day 1: From Montgailhard (Foix) to Roquefixade**

18km / 5h30 Difference in altitude: +994m -623m

Transfer from Foix to Montgailhard by city shuttle or by taxi provided by LaRébenne if the city shuttle is not available.

Start the walk towards the Pech de Foix, then through the forests of Pradière, finishing on a magnificent arrival at the Château de Roquefixade, from where we can admire the peaks of the Tabe massif, including Saint Barthélémy.

Night in Roquefixade

## DURING YOUR STAY

### **ORGANISATION:**

#### **Self guided tour**

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 landscapes have to say.

### **LUGGAGE:**

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

### **ACCOMODATION : 5 in full board, 1 night in half-board**

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

- **Double room formula:** 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 included in the price, made by cooks of your hotel. To avoid the production of unnecessary waste, we ask you to bring a plastic box that we could fill everyday of delights.

### **NUMBER OF PARTICIPANTS:**

Starting from 2 people.

## BEFORE YOUR DEPARTURE

### **PRICES:**

See fares 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 2/5**

This walk is suitable for adults in good physical condition who can walk between 4 and 6 hours a day (for younger people, please contact us). The route presents no technical difficulties. Be able to find your way with a map and roadbook. Good mountain experience.

### **PERIOD:**

From mid-April to October.

**DEPARTURE AND MEETING POINT:** Departure from Roquefixade.

### **How to get there:**

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

By train: SNCF train station of Foix.

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

## **THE PRICE INCLUDES :**

- Full-board accommodation: from dinner on day 1 to breakfast on day 7,
- Luggage transport,
- Transfers,
- The digital roadbook

## **THE PRICE DOES NOT INCLUDE :**

- Drinks,
- Insurance,
- Personal expenses,
- Picnic lunch on day 1,
- Picnic lunch on day 7,
- Accommodation the day before departure,
- Visits to monuments.

## **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.

### **CONTACT**

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