

The Cathar trail – Selection version Free roaming tour

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.

Strengths

- 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

SCHEDULE

Day 1: From Roquefixade to Montségur : 16.5 km - 5h - Elevation: + 741 m - 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 - 4h - Elevation: + 783 m - 502 m

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: + 500 m - 790 m

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 : 20 km - 5h30 - Elevation: + 780 m - 875 m

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 : 16 km - 4h30 - Elevation: + 670 m - 640 m

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 : 10 km - 3h - Elevation: + 450 m - 200 m

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: Day 1: From Montgailhard (Foix) to Roquefixade : 18 km - Elevation: + 994 m - 623 m

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

TRAVEL CONDITIONS

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RATES

Freedom package with luggage carried by cabs - stopover gîte

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| Registration for 2 people | 870€ |
| Registration for 3 people | 760€ |
| Registration for 4 people | 695€ |
| Registration for 6 people | 660€ |

Freedom package with luggage transfer by cab - double room

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| Registration for 2 people | 940€ |
| Registration for 3 people | 820€ |
| Registration for 4 people | 760€ |
| Registration for 6 people | 710€ |

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GENERAL INFORMATION

How to subscribe ? :

No, no automatic forms!

At LaRébenne, we prefer to keep in touch with our travelers. We like to talk to you about our travels, and we want to maintain this relationship with you. Exchange, sharing and pleasure remain our ambition for LaRébenne travels.

Don't hesitate to contact us directly to talk about hiking or biking.

contact@larebenne.com

+33 561 652 093

+33 681 537 775


Registration, deposit and validation

Once you've chosen your trip, it's quick and easy to register!

* Either go directly to your tour's page on our website and click on registration.

* Or we can work with you to create a tailor-made tour, and send you a personalized link to your registration form.

The registration is effective when we receive your registration form with your acceptance of the general terms and conditions of sale, accompanied by the deposit of 30% of the tour price. You will then receive an acknowledgement of receipt of your registration.

| 100% secure payment |
|---|
| You can pay by credit card (faster) or bank transfer. |
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Payment of balance

The balance must be paid one month before the departure date. You will find your invoice on your My LaRébenne space, as well as a payment link to the balance of your stay.

Invitation to depart

On receipt of payment of the balance, your travel diary will be available in your customer area on My LaRébenne, where you will find all the information you need for your trip, as well as your invoice.

Insurance :

In accordance with regulations, each participant in a LaRébenne trip must hold individual civil liability as well as individual multi-risk cover to protect themselves against incidents or accidents that may occur before or during the tour or bike trip.

Assistance mainly covers search and rescue, repatriation and medical expenses. It comes into play as soon as a medical report makes it possible to decide on repatriation. Repatriation, known as "premature return", can also be arranged for reasons other than the insured's own, such as the death of a family member (see cases in the insurance booklet). Beforehand, in regions far from medical facilities and difficult to access, you must agree to the organization of first aid using local resources (4X4, porters, horses, etc.).

This contract also covers loss, theft or delayed delivery of baggage, as well as interruption of stay.

The insurance protects against the financial risk of cancellation. It is very important to have this type of insurance in case of cancellation due to a health problem or for professional reasons.

We suggest you take out one of the five policies we have selected, bearing in mind that we only act as an intermediary between you and the insurer. Any additional insurance is invoiced per person and must be taken out on the day of booking:

- "Multirisque" contract (4.5%), minimum premium 15 euros:
Repatriation assistance + tour interruption + luggage + cancellation.

[See the complete contract](#)

- "Cancellation" contract (2.5%), minimum premium 10 euros:
Cancellation only.

[See the complete contract](#)

- "Repatriation assistance" contract (1.6%), minimum premium of 10 euros:
Repatriation assistance + tour interruption + luggage.

[See the complete contract](#)

As far as "civil liability abroad" is concerned, only French residents are covered.