

# **The entire Cathar Trail on foot – From the sea to the mountains – 2nd part From Quillan to Foix**

**7 days, 6 nights, including 6 days of hiking**

**Level: 3/5**



The castles proudly stand on rocky peaks. You follow the path, carved out eight centuries ago, to reach the summit. Initially serving as military posts guarding the Spanish border, these majestic buildings served as refuges for the Cathars. These are true fortresses where one would live, train, defend and worship. From the summit, you'll take in a wide panorama, all the better to spot the enemy arriving...Following in the footsteps of hundreds of faithful men and women, you walk along paths soaked in heritage.

Visit the most remarkable Cathar chateaux, nestled in magnificent landscapes: the limestone foothills of Plantaurel, the mountainous Ariégoises forests and the Plateau de Sault, the garrigue, vineyards of the Corbières and the smells of the Mediterranean.

## **Strengths**

- A complete trail on foot.
- Diverse landscapes: from the Ariège forests to the Mediterranean garrigue.
- A string of châteaux from the Middle Ages, nestled in stunning scenery.

# SCHEDULE

## **Day 1 : From Quillan to Puivert : 23 km - 6h - Elevation: + 950 m - 700 m**

Leave the capital of the Haute Vallée de l'Aude: Quillan. We pass through a beautiful forest and the village of Nébias, nestled in the heart of the Audoises Pyrenees. Arrive in the remarkable village of Puivert and its famous castle which served as a refuge for poets and troubadours during the Middle Ages. Then, if you wish, take some time to discover the traditional music of the region in the village, at the Museum of Quercorb.

Night in a gîte.

## **undefined : From Puivert to Belcaire : 22 km - 6h - Elevation: + 780 m - 240 m**

Passing over the Puivert Plain and lake, you arrive on the Plateau de Sault, crossing the forests of Lescal et Picaussel. The Pyrenees are beginning to reveal themselves. Night in Belcaire.

## **Day 3 : From Belcaire to Comus : 23 km - 5h30 - Elevation: + 750 m - 570 m**

Stroll through the beautiful royal forests of the Plateau de Languerail, enjoying a splendid panorama over the Gorges de la Frau. We then reach the small village of Comus where Anne will be waiting for you. Night in a village at the end of the Earth !

## **Day 4 : From Comus to Montségur : 14.5 km - 4h - Elevation: + 500 m - 700 m**

A quiet transition stage during which you will travel from Aude to Ariège. After the forest, we cross the superb Gorges de la Frau to arrive in Montségur, one of the most historically significant Cathar sites. Night in the village at the foot of the castle.

## **Day 5 : From Pog de Montségur to Roquefixade : 16.5 km - 5h30 - Elevation: + 550 m - 750 m**

Starting at the Château de Montségur, we walk through the forests towards the Château de Roquefixade. Visit the castle (optional), take in the Massif de Tabe with the towering backdrop of the Pic St Barthélémy. Night in the village at the foot of the castle.

## **Day 6 : From Roquefixade to Foix : 18.5 km - 5h - Elevation: + 500 m - 350 m**

Altitude Difference : +500m -350m Set off on the final stage of the Cathar Trail. From the limestone foothills, you enjoy magnificent panoramic views across the mountains of the Olmes countryside, the Massif de Tabe and the summit of St Barthélémy. After an ascent to the Pech de Foix, you re-descend via the GR footpath to Montgailhard. Transfer from Foix to Montgailhard by shuttle bus or by taxi, which will be organised by La Rébenne if the shuttle bus is not running. Night in Foix.

## **Day 7 : Foix :**

Breakfast and end of trip.

# TRAVEL CONDITIONS

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# RATES

## Freedom package with luggage carried by cabs - stopover gîte

Registration for 2 people	660€
Registration for 3 people	595€
Registration for 4 people	570€
Registration for 6 people	530€

## Freedom package with luggage transfer by cab - double room

Registration for 2 people	710€
Registration for 3 people	670€
Registration for 4 people	620€
Registration for 6 people	595€

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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](mailto: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.

<b>100% secure payment</b>
You can pay by credit card (faster) or bank transfer.


## 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.