

The path of the “Good Men” : Integral Cross-border from Montségur to Berga

7 days – 6 nights – including 7 walking days

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.

Strengths

- Discover a fascinating story

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

SCHEDULE

Day 1: MONTSEGUR- COMUS :14.5 km - 4h - Elevation: + 746 m - 475 m

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) :21 km - 7h - Elevation: + 721 m - 1171 m

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 :18 km - 5h30 - Elevation: + 1100 m - 1100 m

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 - Elevation: + 1011 m - 1000 m

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 - Elevation: + 750 m - 300 m

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 :24 km - 7h - Elevation: + 950 m - 1050 m

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 - Elevation: + 420 m - 866 m

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.

TRAVEL CONDITIONS

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RATES

Freedom package with luggage carried by cabs - stopover gîte

Registration for 2 people	860€
Registration for 3 people	705€
Registration for 4 people	670€
Registration for 6 people	640€

Freedom package with luggage transfer by cab - double room

Registration for 2 people	895€
Registration for 3 people	780€
Registration for 4 people	720€
Registration for 6 people	660€

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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

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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.


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.