

The entire Cathar Trail on foot – From the sea to the mountains

From Port-la-Nouvelle to Foix

Circuit in two parts : two sets of 7 days, 6 nights, including 6 days of hiking, Circuit in one go : 14 days, 13 nights, including 13 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 Port la Nouvelle to Durban-Corbières : 29 km - 7h15 - Elevation: + 600 m - 450 m

Setting off from Port la Nouvelle beach, we head west to the mountains. Through the garrigue and the limestone plateaus, this challenging stage takes us into the Corbières.

Night in Durban

Day 2 : From Durban to Tuchan : 28 km - 7h - Elevation: + 800 m - 450 m

In the morning, as the vines gradually take over the scrubland, we pass by the Château d'Aguilar and walk through the land of a thousand Mediterranean smells. Night in Tuchan.

Day 3 : From Tuchan to Duilhac sous Peyrepertuse : 23.5 km - 6h30 - Elevation: + 700 m - 650 m

Arrival at the Château de Quéribus, guardian of the form Spanish border. We then carry on, crossing through the garrigue and the village of Cucugnan, famous for its legendary parish priest, before finishing the hike in Duilhac sous Peyrepertuse, a beautiful village which stands in the shadow of the castle of the same name. Night in Duilhac.

Day 4 : From Peyrepertuse to Labastide : 22 km - 5h30 - Elevation: + 780 m - 590 m

After discovering the imposing Château de Peypertuse, you pass along the ridge of the Corbières. Walk to the start of the Gorges de Galamus. Then, passing between holm oak trees and juniper bushes, we arrive in Camps sur Agly, Labastide. Night stay on a farm.

Day 5 : From Labastide to Aigues Bonnes - Château de Puilaurens : 24 km - 6h - Elevation: + 700 m - 750 m

Continue on towards Caudiès de Fenouillèdes and cross the remarkable Gorges St Jaume. The smells of the garrigue follow us all the way to the hamlet of Aigues Bonnes. Night stay on a farm.

Day 6 : From Aigues Bonnes Château de Puilaurens to Quirbajou (or Labau) : 26.5 km - 6h30 - Elevation: + 550 m - 400 m

We stop at a real jewel of medieval architecture, the Château de Puilaurens (optional), perched on a rocky outcrop overlooking the Vallée de la Boulzane. At the Gorges du Rébenty, we leave behind the Mediterranean climate for green meadows and mountains. Night in Quirbajou.

Day 7 : From Quirbajou to Quillan. : 20 km - 5h30 - Elevation: + 520 m - 320 m

Having crossed the forest of the Chalets de Carach, and following the River Aux, you arrive at your final destination, Quillan, capital of the Haute Vallée de l'Aude.

End of trip.

Day 8 : From Quillan to Puivert (D8 for those who follow the 2 circuits) : 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 gite.

Day 9 : From Puivert to Belcaire (D9 pour ceux qui enchainent les 2 circuits) : 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 10 : From Belcaire to Comus (D10 pour ceux qui enchainent les 2 circuits) : 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 11 : From Comus to Montségur (D11 for those who follow the 2 circuits) : 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 12 : From Pog de Montségur to Roquefixade (D12 for those who follow the 2 circuits) : 16.5

km - 4h30 - 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 13 : From Roquefixade to Foix (D13 for those who follow the 2 circuits) : 18.5 km - 5h - Elevation:

+ 500 m - 350 m

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 14 : Foix (D14 for those who follow the 2 circuits) :

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	1320€
Registration for 3 people	1260€
Registration for 4 people	1180€
Registration for 6 people	1120€

Freedom package with luggage transfer by cab - double room

Registration for 2 people	1395€
Registration for 3 people	1370€
Registration for 4 people	1290€
Registration for 6 people	1220€

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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.