

# The path of the "Good Men" 1st part : French Path, from Foix to Mérens les Vals

## French Path, from Foix to Mérens les Vals

7 days - 6 nights - including 6 walking days

Level: 2/5



During the Middle Ages, the Pyrenees, at the far edges of the French and Spanish kingdoms were a commercial and cultural exchange region. Goods, people and ideas crossed the mountains and made the lords of Ariège and Catalonia powerful.

In this time of spiritual freedom, the Cathar faith expanded in southern France. But the Catholic church soon intervened. Several years after the fall of Montségur, the last Cathar apostles, the "Bonshommes", fled from Ariège and the Inquisition to seek the protection of the Catalan lords.

The Path of the "Good Men" retraces this perilous exile to encounter Pyrenean culture, villages, chateaux and the unspoiled mountain landscapes.

We invite you to walk in the steps of the "Bonshommes" along this itinerary dotted with magnificent, unforgettable landscapes.

## Strengths

- Discovery of a fascinating history

- Path from north to south of the Pyrenees
- The unmissable Catharism place : Montsegur

# SCHEDULE

## **Day 1: FOIX (Montgailhard) -ROQUEFIXADE.** :18 km - 5h30 - Elevation: + 994 m - 623 m

Transfer from Foix to Montgailhard by the urban shuttle (or included if the shuttle is not available). Departure of the hike from the Pradières forest, to finish with a magnificent arrival to Roquefixade castle from where we'll admire the peaks of the Tabe massif, which the most impressive summit is the Saint Barthélémy. Overnight in Roquefixade.

## **Day 2 : ROQUEFIXADE-MONTSEGUR** :17 km - 5h - Elevation: + 950 m - 600 m

After a tour to Roquefixade castle and admiring the superb panorama over the mounts of the pays d'Olmes, we'll walk through forests to reach the castle of Montségur, one of the most important Cathar sites.... Overnight in Montségur.

## **Day 3 : MONTSEGUR-COMUS.** :15 km - 4h - Elevation: + 750 m - 500 m

In the morning we visit the castle then enjoy a gentle transition stage from Ariège to the pays de Sault where the mediterranean influences begin. After the forest, we pass through the superb gorges de la Frau to arrive to Comus on the plateau de Sault. Overnight in Comus.

## **Day 4 : COMUS-REFUGE DU CHIOULA** :14 km - 4h - Elevation: + 720 m - 290 m

The Montaillou village and its castle was the last Cathar bastion in High Ariège. The refuge of the Plateau de Sault became dangerous because of the Inquisition and Montaillou was the point of departure to exile. The long journey began... Overnight in a mountain refuge (double room not available on this stage).

## **Day 5 : REFUGE DU CHIOULA-ORLU trough Ax les Thermes.** :16 km - 4h - Elevation: + 219 m - 919 m

Superb descent into the Ascou valley and its lake to arrive in Orлу valley (possibility of visiting a wolf park and a mountain observatory, in option). Overnight in Orлу.

## **Day 6 : ORLU-MERENS.** :19 km - 5h30 - Elevation: + 1062 m - 775 m

From the Orлу valley we pass through the mountains along shepherds' paths and forest trails to Mérens where we discover its magnificent romanesque church and enjoy a bath in the natural warm springs. Overnight in Mérens.

## **Day 7 : MERENS TO FOIX :**

Return to Foix by train (included in price), or relax at the thermal spa in Ax-les-Thermes (optional) then return to Foix by train.

# TRAVEL CONDITIONS

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# RATES

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

Registration for 2 people	710€
Registration for 3 people	620€
Registration for 4 people	590€
Registration for 6 people	560€

## Package with qualified guide and luggage transfer - double room

Registration for 2 people	760€
Registration for 3 people	715€
Registration for 4 people	640€
Registration for 6 people	620€

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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.