

# The entire Cathar Trail by mountain bike Level 5 From the sea to the mountains

6 days – 5 nights including 6 days of mountain biking

Level: 3/5



From the Mediterranean to Foix: the entire famous Cathar Trail by mountain bike. Zero transfers, really beautiful mountain biking – dynamic, technical, playful... there is something for everyone ! From the Mediterranean beaches to the mountains of Haute-Ariège, you cross over the garrigues, hills, gorges, forests...without forgetting the Cathar fortresses !

The Cathar Trail by mountain bike: this is true mountain biking, across different terrains and through varied, beautiful landscapes – an incredible historical and spiritual epic.

## Strengths

- The entire trail by mountain bike without any transfers (except the return transfer to the departure point, included)
- Real mountain biking (rolling and technical), across varied terrains
- Famous Cathar chateaux

# SCHEDULE

## **Day 1 : From Port-la-Nouvelle to Tuchan :** 52 km - Elevation: + 1062 m - 953 m

Depart from Port La Nouvelle beach and ride your mountain bike towards the limestone hills of the Corbières. Little by little you leave behind the Mediterranean garrigue and head into the vineyards of Fitou. Via single tracks you reach the gîte, perched above Tuchan.

Night in Tuchan.

Double room, Stopover gîte

## **Day 2 : From Tuchan to La Bastide :** 50 km - Elevation: + 1380 m - 1190 m

From brilliant mountain biking to discovering the imposing Cathar fortresses of Quéribus and Peyrepertuse, perched on the hilltops of the Corbières. Take time to enjoy the Cathar history and a fantastic panorama over the Pyrénées and Canigou. Then, a superb technical descent directs you to the foot of the Gorges de Galamus from where you will climb up to the hamlet of La Bastide

Night in a farmer's home, in a gîte or B&B.

Double room, Stopover gîte

## **Day 3 : From La Bastide to Quillan :** 66 km - Elevation: + 1880 m - 2045 m

A pretty descent via a single-track takes you to the foot of the Pech de Bugarach (summit of the Corbières - 1230m). Cross through green meadows before plunging into the 'maquis', defended by three castles - the work of the Lords of Fenouillet. Discover the fortress of the Castle of Puilaurens, perched high on its rocky peak, before riding peacefully through the beautiful forest of Fanges and its giant pine trees. Then, a beautiful descent down a single-track road towards the town of Quillan.

Night in Quillan.

Hotel

## **Day 4 : From Quillan to Comus :** 56 km - Elevation: + 1580 m - 300 m

Climb up onto the Plateau de Nébias, passing close to the beautiful Château de Puivert. You can also visit the museum to see musical instruments from the Middle Ages.

Next, continue on towards the vast forest of the Plateau de Sault. Finally, a 'balcony' track along the Langarail hilltops takes you straight into Comus. From this small mountain village, you discover the Pyrénées.

Night in Comus.

Double room, Stopover gîte

## **Day 5 : From Comus to Montségur :** 41 km - Elevation: + 1290 m - 1400 m

Ascend the Col de Balagués to admire the superb view across the Pyrénées. Then a crazy descent, fast and then technical, to cross the fantastic Gorges de la Frau. Arrive in Montségur via the Col du Liam or the Vallée de Fougax. Optional climb up to the Pog (castle), an impenetrable citadel and refuge for the Cathar church. Night in Montségur.

Bed & Breakfast

## **Day 6 : From Montségur to Foix :** 32 km - Elevation: + 1050 m - 1700 m

A cross-country stage with a succession of descents along single-tracks. This circuit leads you to the foot of the Château de Roquefixade. Pass over small mountain passes to reach the heights of the Pech de Foix and a panoramic view across the whole surrounding area. Then, the final descent: a technical single-track takes you down towards Montgailhard and on to the county town of Foix and its château.

Return transfer to Port-la-Nouvelle and the end of the trip.

# TRAVEL CONDITIONS

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# RATES

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

Registration for 2 people	930€
Registration for 3 people	790€
Registration for 4 people	720€
Registration for 6 people	660€

## Formula with assistance vehicle

Registration for 6 people	940€
Registration for 8 people	870€

## Formula with qualified state instructor and assistance vehicle - lodging

Registration for 6 people	950€
Registration for 8 people	870€

## Formula with qualified state instructor and assistance vehicle - lodging

Registration for 8 people	1070€
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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.