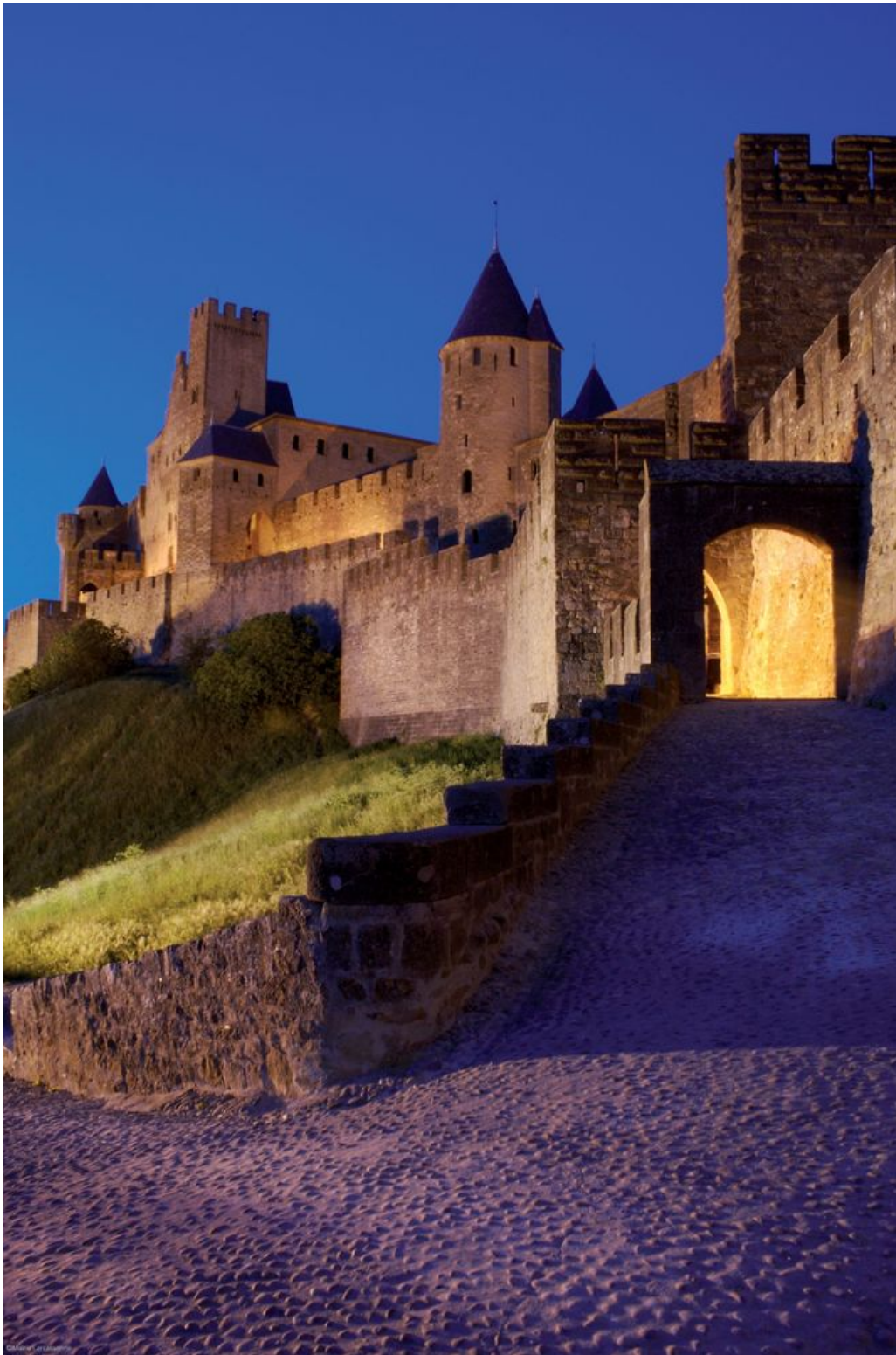


# **The Cathar country by bike Carcassonne Around Carcassonne**

**7 days 6 nights – 5 biking days, At liberty, with baggage carried  
by vehicle**

**Level: 3/5**



Discover the Cathar country by bike from Carcassonne and its medieval walled town. Get on your bike and discover this fabulous region, its middle-aged bustling history at the time of the crusade against the Albigeans. The Cathar country hosts plenty of medieval secrets and shows you its natural richness, beautiful landscapes and impressive cultural heritage.

## Strengths

- A journey rimmed with several medieval vestiges
- A preserved nature
- Get into the heart of the local culture: historical, natural and gastronomic

# SCHEDULE

## **Day 1 : Arrival in Carcassonne :**

Arrival at Carcassonne hotel. Free evening in the superb walled-town, stroll between its numerous paved streets... The citadel is listed among UNESCO's World Heritage Sites.

Night in Carcassonne.

Hotel (B&B)

## **Day 2 : From Carcassonne to Rennes les Bains via Limoux : 68 km - 5h - Elevation: + 950 m**

Leave Carcassonne walled town, the 2nd most visited French tourist site after the Mont-St Michel, and reach Limoux and its famous 'Blanquette', a traditional sparkling wine since the 16th century. Follow your way to the Pays de Couiza. Cross this territory and rejoin Arques and its castle from the 14th century.

Night in Rennes les Bains.

## **Day 3 : From Rennes to Lagrasse : Gorges and Abbey : 58 km - 4h30 - Elevation: + 920 m**

After the discovery of Arques and its rich heritage, reach Lagrasse, in the western Corbières, which is still a natural and wild area, typical of this territory. Once you are arrived there, take your time to visit the Abbey of Lagrasse. This abbay was created, according to a legend, by Charlemagne during the 8th century.

Night in Lagrasse.

Bed & Breakfast

## **Day 4 : From Lagrasse to Cucugnan : Durfort and Termes castles : 53 km - 4h - Elevation: + 910 m**

Keep discovering the Cathar country history and ride towards the ruins of Durfort castle. Reach the powerful fortress Termes, keeping the medieval spirit. Cucugnan village is waiting for you after a few kilometres, offering you a great view over the Corbières vineyards.

Night in Cucugnan.

Hotel

## **Day 5 : Cucugnan, Quéribus, Peyrepertuse, Gorges de Galamus, Rennes les Bains : 53 km - 4h30**

- Elevation: + 1150 m

After the contemplation of Queribus castle, at the top of its rocky spur, ride towards the castle of Peyrepertuse, an ancient royal fortress. Continue your visit through the Gorges de Galamus and admire another nature's masterpiece. Head for Rennes les Bains and relax in this charming thermal city.

Night in Rennes les Bains.

Bed & Breakfast

## **Day 6 : Rennes les Bains, Rennes le Château, Carcassonne : 69 km - 5h - Elevation: + 920 m**

Ride over Rennes le Chateau legendary village and discover its passionating enigmatic history. Then, finish your stay over pleasant roads, over the course of small villages and green surroundings. You arrive peacefully to Carcassonne and its medieval walled town.

Night in Carcassonne.

Bed & Breakfast

### **Day 7 : Carcassonne :**

End of the trip after breakfast.

# TRAVEL CONDITIONS

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# RATES

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

Registration for 2 people	820€
Registration for 3 people	770€
Registration for 4 people	730€
Registration for 6 people	680€

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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.