

# The entire Cathar Trail on foot – From the mountains to the sea – 1st part From Foix to Quillan

7 days, 6 nights, including 6 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: from the limestone foothills of Plantaurel, the mountainous Ariégoises forests and the Plateau de Sault to 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.
- The return transfer is included.

# SCHEDULE

## **Day 1: From Montgailhard (Foix) to Roquefixade :** 18.5 km - 5h - Elevation: + 720 m - 350 m

Transfer from Foix to Montgailhard in your own vehicle, shuttle bus (1€/person) or La Rébenne can organise a taxi if the shuttle bus is not running.

Set off on your hike towards the Pech de Foix before passing through the Pradière forests and finally reaching the magnificent Château de Roquefixade, from where we can take in the view over the peaks of the Massif de Tabe, including Saint Barthélémy.

Night in Roquefixade.

## **Day 2: From Roquefixade to Pog de Montségur :** 16.5 km - 4h30 - Elevation: + 750 m - 400 m

Starting at the Château de Roquefixade, we walk through the forests towards the Château de Montségur, one of the most significant Cathar sites. Visit the castle (optional) and take in the Massif de Tabe with the towering backdrop of the Pic St Barthélémy. Night in the village of Montségur at the foot of the castle.

## **Day 3: From Montségur to Comus :** 14.5 km - 4h - Elevation: + 700 m - 500 m

A quiet transition stage during which you will travel from Ariège to the Sault country and the beginning of Mediterranean landscapes. After the forest, we cross the superb Gorges de la Frau to arrive in Comus on the Plateau de Sault.

Night in Comus.

## **Day 4: From Comus to Belcaire :** 23 km - 5h30 - Elevation: + 570 m - 750 m

Stroll through the beautiful royal forests of the Languerail Plateau, enjoying a splendid panorama over the Gorges de la Frau. We then reach the small village of Espezel before arriving in Belcaire.

Night in Belcaire.

## **Day 5: From Belcaire to Puivert :** 22 km - 6h - Elevation: + 240 m - 780 m

Leave the Plateau de Sault and cross the Lescal and Picaussel forests towards Puivert, which served as a refuge for poets and troubadours during the Middle Ages. Visit the castle (optional), then, if you wish, take some time to discover the traditional music of the region in the village and museum of Quercorb.

## **Day 6: From Puivert to Quillan :** 23 km - 6h - Elevation: + 700 m - 950 m

This stage takes you towards the capital of the Haute Vallée de l'Aude: Quillan. We pass through the beautiful forest of Quirbajou and the village of Nébias, nestled in the heart of the Audoises Pyrenees.

Return transfer to Foix and night spent in Foix.

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End of trip after breakfast in Foix.

# TRAVEL CONDITIONS

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# RATES

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

Registration for 2 people	670€
Registration for 3 people	595€
Registration for 4 people	570€
Registration for 6 people	525€

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

Registration for 2 people	730€
Registration for 3 people	690€
Registration for 4 people	630€
Registration for 6 people	585€

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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.