

# The Cathar country by bike Montségur Around Montségur

**7 days 6 nights – 6 biking days**

**Level: 3/5**



With your family, in pair or with friends, get on your bike to ride on the Cathar Country roads. It is a land rich of histories, where the medieval castles over mountain peaks have an exceptional architecture. This country had also keep a wild and various nature. Between crests and canyons, ride at your own pace along the Cathar trail or on charming small roads and enjoy the time of travel to discover unforgettable places.

## Strengths

- The most beautiful Cathar castles
- Amazing little roads of South of France
- Welcoming accommodation

## SCHEDULE

### **Day 1 : Arrival in Quillan :**

Arrival at Quillan hotel. Free evening to visit the city.

Night in Quillan.

Hotel

### **Day 2 : From Quillan to Mirepoix : Puivert, Chalabre, Camon, Lagarde, Moulin-Neuf : 49 km -**

Elevation: + 296 m

Leave Quillan and ride towards Mirepoix. Discover on your way the remains of medieval castles, during Catharism period, as the castle of Lagarde, or Puivert which in a very good state of conservation.

Night in Mirepoix.

Hotel

### **Day 3 : From Mirepoix to Montségur : Labastide de Bousignac, Belloc, Lérans, Labastide sur l'Hers, Belesta, fontaine de Fontestorbes : 46 km - Elevation: + 600 m**

Leave the city of Mirepoix for a new destination. Ride now to the South, going through others historical sites, as the castle of Lérans, build in the thirteen century. Have a break in the lake of Montbel, large water reservoir of 570 acres where you can swim. The castle of Montségur at the top its rocky spur is waiting for you, above its tiny village.

Night in Montségur.

Hotel

### **Day 4 : From Montségur to Tarascon sur Ariège: Roquefixade, Foix : 51 km - Elevation: + 450 m**

On the road to Foix, ride close to the castle of Roquefixade, on the top of the cliff. The important castle of Foix was the sign of the local power until the end of the Middle-age. It has been classified by the French authorities as an historical monument since 1840. Take your time to visit the old city of Foix before to reach Tarascon.

Night in Tarascon.

Hotel

### **Day 5 : From Tarascon sur Ariège to Comus : Bompas, Appy, Caussou : 47 km - Elevation: + 1060 m**

Ride on mountainous roads in the heart of amazing landscapes, over the "route des corniches", the cliff road. Go through small mountain villages; discover Lordat and its medieval castle or Vernaux and its chapel, built in a special calcareous stone. You approach Comus, village on the plateau of Sault.

Night in Comus.

Gîte

**Day 6 : From Comus to Axat : Niort de Sault, Joucou, Marsa : 40 km - Elevation: - 930 m**

Get on you bikes to reach Niort de Sault. Cross the canyons of Rebenty and the pass of the seven brothers, at 1774 meters high. On the Roc of Niort there are some remains of a castle. Then you continue to the valley of Joucou still very wild.

Night in Axat.

**Day 7 : From Axat to Quillan : Caudiès de Fenouillèdes, Col de St Louis and Parahou : 37 km -**

Elevation: + 450 m

Conclude your stay on pleasant little roads, to finish your trip in Quillan!

End of the stay.

# TRAVEL CONDITIONS

## **Luggage :**

Carrying is limited to business of the day and picnic. Luggage is carried by vehicle. Please allow 1 bag per person, maximum 15kg/bag.

## **Attendees :**

From 2 people.

## **Formalities :**

- A valid official ID
- We recommend travel insurance with repatriation included

## **DEPARTURE AND MEETING POINT :**

Meet on Day 1 at Quillan (SNCF train station)

How to get there:

- By car: Motorway to Carcassonne then D118 to Quillan.
- By train : Carcassonne SNCF train station, then TER bus to Quillan.
- By plane : Carcassonne Airport then shuttle bus to Quillan bus station.

## **Accompanying :**

Free Ride:

Equipped with the orientation material we give you: maps with highlighted route and detailed topoguide, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.

## **Accommodation :**

6 nights in double rooms in hotel, bed and breakfast or half-board lodging.

Double room formula: you sleep in comfortable rooms for 2 people in hotels, guest rooms and sometimes cottages. Sheets and towels are provided. A bathroom is reserved for you.

## RATES

Freedom package - double room	
Registration for 2 people	895€
Registration for 3 people	820€
Registration for 4 people	795€
Registration for 6 people	750€

### The price does not include :

- Drinks,
- Personal expenses,
- Picnics (unless option chosen),
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance,
- Transport and storage of boxes/ cartons/ hard bottom covers.

### The price includes :

- The reservation of accommodation in half board from the dinner of day 1 until the breakfast of day 7,
- Maps with highlighted route, card holder,
- GPS tracks in electronic format . gpx,
- The transport of luggage.

### The price does not include :

- Drinks,
- Personal expenses,
- Picnics (unless option chosen),
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance,
- Transport and storage of boxes/ cartons/ hard bottom covers.

## 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.

#### 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 three 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.

### **Informations :**

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