



DATA SHEET - RN16

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 Albigaeans. The Cathar country hosts plenty of medieval secrets and shows you its natural richness, beautiful landscapes and impressing 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 abbey 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 passionnating 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

Attendees :

From 2 people.

Formalities :

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

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 hotels and bed and breakfast in half board (except in Carcassonne, B&B).

Double room formula: you sleep in comfortable rooms for 2 people in hotels, guest rooms. Sheets and towels are provided. A bathroom is reserved for you. (Single room option - See rates on our website).

Food :

No question of dieting during your stay but it is rather an opportunity to taste the local cuisine. We attach great importance to the quality of food: dietary balance, energy intake and specialty of the country are the ingredients of each meal.

Picnics are not planned, as well as diners on days 1 and 6 in Carcassonne. Diners on other days are included.

Difficulty level :

Physical level: 2/3

You have a good physical condition and regularly practice cycling part of the year. Stages of 50 to 70km per day with positive gradients of 900 m per day on average.

DEPARTURE AND MEETING POINT :

Departure from Carcassonne (11).

How to get there:

By car: Highway of the south of France.

By train: Carcassonne train station.

By plane: Carcassonne airport then shuttle to the city center.

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.

Options :

- +1 day or -1 day,

- Formula 3 days: tailor-made program from the 3 stages you choose yourself,
- Additional accommodation before or after the stay,
- Single room supplement,
- Bike rental (rental price subject to return of bikes by the customer in Quillan).

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- Formula 3 days: tailor-made program from the 3 stages you choose yourself,
- Additional accommodation before or after the stay,
- Single room supplement,
- Bike rental (subject to return of bikes by the customer in Carcassonne).

RATES

Freedom package - double room	
Registration for 2 people	995€
Registration for 3 people	895€
Registration for 4 people	795€
Registration for 6 people	750€

The price does not include:

- Drinks,
- Personal expenses,
- The diners of days 1 and 6 in Carcassonne,
- Picnics,
- Personal bike equipment (helmets, gloves),
- Bicycles,
- Transportation to the meeting point,
- Insurance.

The price includes:

- The reservation of accommodation,
- Maps with highlighted route, card holder,
- GPS tracks in electronic format . gpx,
- 2 nights in bed and breakfast in Carcassonne,
- 4 nights half board: dinner, night and breakfast included,
- The transport of luggage.

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

+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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