

# The Cathar Trail on foot From Port-la-Nouvelle 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: the limestone foothills of Plantaurel, the mountainous Ariégoises forests and the Plateau de Sault, the garrigue, vineyards of the Corbières and the smells of the Mediterranean.

## Strengths

- A string of medieval castles nestled in superb scenery
- Landscape diversity: from Mediterranean garrigue to Ariège forests

# SCHEDULE

**Day 1 : From Port la Nouvelle to Durban-Corbières.** :29 km - 7h15 - Elevation: + 600 m - 450 m

Setting off from Port la Nouvelle beach, we head west to the mountains. Through the garrigue and the limestone plateaus, this challenging stage takes us into the Corbières.

Night in Durban.

**Day 2 : From Durban to Tuchan** :28 km - 7h - Elevation: + 800 m - 450 m

In the morning, as the vines gradually take over the scrubland, we pass by the Château d'Aguiar and walk through the land of a thousand Mediterranean smells. Night in Tuchan.

**Day 3 : From Tuchan to Duilhac sous Peyrepertuse** :23.5 km - 6h30 - Elevation: + 700 m - 650 m

Arrival at the Château de Quéribus, guardian of the form Spanish border. We then carry on, crossing through the garrigue and the village of Cucugnan, famous for its legendary parish priest, before finishing the hike in Duilhac sous Peyrepertuse, a beautiful village which stands in the shadow of the castle of the same name. Night in Duilhac.

**Day 4 : From Peyrepertuse to Labastide** :22 km - 5h30 - Elevation: + 850 m - 370 m

After discovering the imposing Château de Peypertuse, you pass along the ridge of the Corbières. Walk to the start of the Gorges de Galamus. Then, passing between holm oak trees and juniper bushes, we arrive in Camps sur Agly, Labastide. Night stay on a farm.

**Day 5 : From Labastide to Aigues Bonnes - Château de Puilaurens** :24 km - 6h - Elevation: + 700 m - 750 m

Continue on towards Caudiès de Fenouillèdes and cross the remarkable Gorges St Jaume. The smells of the garrigue follow us all the way to the hamlet of Aigues Bonnes. Night stay on a farm.

**Day 6 : From Aigues Bonnes Château de Puilaurens to Quirbajou (or Labau)** :26.5 km - 6h30 - Elevation: + 550 m - 400 m

We stop at a real jewel of medieval architecture, the Château de Puilaurens (optional), perched on a rocky outcrop overlooking the Vallée de la Boulzane. At the Gorges du Rébenty, we leave behind the Mediterranean climate for green meadows and mountains. Night in Quirbajou.

**Day 7 : From Quirbajou to Quillan.** :20 km - 5h30 - Elevation: + 520 m - 320 m

Having crossed the forest of the Chalets de Carach, and following the River Aux, you arrive at your final destination, Quillan, capital of the Haute Vallée de l'Aude.

End of trip.

# TRAVEL CONDITIONS

## Attendees:

From 2 people.

## DEPARTURE AND MEETING POINT :

DEPARTURE AND MEETING POINT for the first leg or the two weeks: Meet on Day 1 at Port la Nouvelle SNCF train station

How to get there:

By car : A9 motorway

By train: Port-la-Nouvelle SNCF train station.

By plane: Toulouse or Perpignan Airports then bus to Port-la-Nouvelle SNCF train station

DEPARTURE AND MEETING POINT for the second leg: 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 then shuttle bus to Quillan bus station.

## Accommodation :

As our accommodation is small, please book as early as possible.

Half-board (dinner, overnight stay and breakfast included)

Accommodation options to choose from :

Gîte d'étape: selected for the quality of their welcome, these gîtes offer a friendly atmosphere. In most cases, you'll share 4/6-person dormitories. Sheets and towels are not provided.

Double room option (subject to availability): you sleep in comfortable 2-person rooms in hotels, B&Bs and sometimes gîtes. Sheets and towels are provided.

## Formalities :

- Valid identity card.
- Repatriation insurance recommended.

## Key information and support :

### On your own :

You go on your own, as a couple, with family or friends. We take care of your accommodation, meals, luggage transfer and group.

You have good hiking experience and can find your way with a map and compass. From one stage to the next, you'll follow our My LaRébenne app on your phone, where you'll find your complete file with maps, tracks, accommodation and transporters, as well as all the information you need for your stay. If you don't want the digital folder, but prefer the paper version with the classic navigation tools such as maps, map holder, topo-guide and printed information, please let us know.

If you wish to receive both the digital and paper versions of your file, please allow for a supplement.

Freedom means hiking lightly, at your own pace, and enjoying the pleasures of nature to the full, without worrying about the logistics of your stay. It also means being free to interpret and imagine what the Pyrenees have to say.

### **Difficulty level :**

From 4 to 7 hours walking per day. No technical difficulties. 850m maximum ascent. You must be in good physical condition and be prepared to hike for several days. Know how to find your way with a map, compass and topo-guide. Good mountain experience.

### **Options :**

We've developed our digital navigation application for you to download onto your phone, where you'll find your complete file with maps, tracks, accommodation and transporters, as well as all the information you need for your stay. If you don't want the digital folder, but prefer the paper version with classic navigation tools such as maps, map holders, topo-guides and printed information, please let us know.

If you would like both the digital and paper versions of your file, please allow for a supplement of 40€.

Single room option: + €195

Picnics from D2 to D7: €90/person, for 6 meals provided

Additional night in Port-la-Nouvelle, in a 2- to 3-star hotel, double room, breakfast included: €90/person

Additional night in Port-la-Nouvelle, in a 2- to 3-star hotel, double room, half-board option :110 € /person

Additional night in Quillan, in a 2 to 3-star hotel, double room, half-board package: 80 € /person

Return transfer from Quillan to Port-la-Nouvelle: 50 € /person from 4 people minimum, please contact us!

Return transfer from Foix to Quillan : 50 € /person from 4 people minimum, please contact us!

### **Food :**

This is not the time to go on a diet! Instead, it is an opportunity to taste local cuisine and specialities. The quality of your food is paramount and we take great care to ensure a good dietary balance, sufficient calorie intake and that each meal includes local specialities. You will eat in the hotel.

Picnics (for lunch) are not included.

### **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.

# RATES

## Freedom package - stopover gîte

Registration for 2 people	820€
Registration for 3 people	760€
Registration for 4 people	740€
Registration for 6 people	690€

## Freedom package - double room

Registration for 2 people	890€
Registration for 3 people	860€
Registration for 4 people	840€
Registration for 6 people	790€

### The price does not include :

- Drinks.
- Picnics.
- Insurance.
- Personal expenses and visits to monuments.
- The return transfer.

### The price includes :

- Half-board accommodation
- Luggage transportation
- Digital roadbook or maps with marked tracks

# 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 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 :**

LaRébenne - 10 rue de la Comédie - 09000 Foix - France  
Tel : + 33 (0)5 61 65 20 93 - [contact@larebenne.com](mailto:contact@larebenne.com) - [www.larebenne.com](http://www.larebenne.com)  
Immatriculation tourisme : IM 038100057