

# The Cathar country by bike, around Montségur

## The land of Montségur

**7 days / 6 nights (6 days cycling), 2 or 3-star hotels and guesthouses, Dinners and breakfasts are included**

Level: 3/5



Set off on a bike ride through Cathar Country, a region dotted with medieval castles perched on rocky peaks. Rich in history, this region has also preserved its wild and varied natural environment. As you cycle, the landscapes unfold before you, offering panoramic views of mountain ridges and deep river gorges. Take a leisurely cycle ride through the area along charming little roads, making the most of each break to explore historic sites steeped in emotion.

### Strengths

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

# SCHEDULE

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

Upon arrival, check into your hotel and spend this free day strolling through the narrow streets of Quillan at your leisure. The town takes its name from the three surrounding hills, known as the 'Trois Quilles' (Three Skittles), on which it is built. Perched on the right bank of the river, the castle overlooks the lower town. Built in the 14th century, the castle was used to administer the archdiocese of Narbonne and could also serve as a residence. Today, you can enjoy magnificent views of the town and the surrounding mountains from the top of the castle.

## **Day 2 : From Quillan to Mirepoix : 49 km - Elevation: + 296 m**

Begin your cycling trip towards Mirepoix. As you cycle, admire the well-preserved remains of medieval castles linked to the history of the Cathars, such as Lagarde and Puivert.

## **Day 3 : From Mirepoix to Montsegur : 46 km - Elevation: + 600 m**

Leave Mirepoix and head south, passing historic sites such as the 13th-century Léran Castle. Take a break at Lake Montbel, which covers 570 hectares and is perfect for swimming. Perched on its rocky hilltop, Montségur Castle dominates the village and immerses you in the history and legends of the Cathars.

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

En route to Foix, take in the sight of the Château de Roquefixade, perched on a cliff. In Foix, be sure to visit the Château des Comtes de Foix, which has been designated a historic monument since 1840. Take the time to explore it, or continue directly to Tarascon-sur-Ariège to conclude this stage.

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

Take the Corniches road, which is lined with spectacular scenery. Pass through several mountain villages, such as Lordat, home to a medieval castle, and Vernaux, which boasts a chapel made of tuff stone. Next, you will reach Comus, a small village situated on the Sault plateau.

## **Day 6 : From Comus to Axat : 40 km - Elevation: - 930 m**

Continue towards Niort-de-Sault via the Gorges de Rebenty and the Col des Sept Frères pass (1,774 metres). You will then discover the ruins of an ancient castle on the Roc de Niort before crossing the wild Joucou Valley.

## **Day 7 : From Axat to Quillan : 37 km - Elevation: + 450 m**

Travel along beautiful roads to Quillan, where your cycling holiday ends.

# 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	1050€
Registration for 3 people	1030€
Registration for 4 people	995€
Registration for 6 people	930€

## 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

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## 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 :**

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