DATA SHEET - RY13

The entire Cathar Trail by mountain bike - level 3
From the sea to the mountains

7 days - 6 nights including 7 days of mountain biking

Level: 3/5



From the Mediterranean to Foix: the entire famous Cathar Trail by mountain bike. Zero transfers, really beautiful mountain biking - dynamic, technical, playful… there is something for everyone ! From the Mediterranean beaches to the mountains of Haute-Ariège, you cross over the garrigues, hills, gorges, forests…without forgetting the Cathar fortresses !

The Cathar Trail by mountain bike: this is true mountain biking, across different terrains and through varied, beautiful landscapes - an incredible historical and spiritual epic.

Strengths

- The entire trail by mountain bike without any transfers (except the return transfer to the departure point, included)
- Real mountain biking (rolling and technical), across varied terrains.
- Famous Cathar chateaux

SCHEDULE

Day 1 : From Port la Nouvelle to Tuchan : 46 km - Elevation: + 1062 m - 953 m

Depart from Port La Nouvelle beach and ride your mountain bike towards the limestone hills of the Corbières. Little by little you leave behind the Mediterranean garrigue and head into the vineyards of Fitou. Via single tracks you reach the gite, perched above Tuchan.
Night in Tuchan.
Double room, Stopover gite

Day 2 : From Tuchan to La Bastide : 49 km - Elevation: + 1380 m - 1320 m

From brilliant mountain biking to discovering the imposing Cathar fortresses of Quéribus and Peyrepertuse, perched on the hilltops of the Corbières. Take time to enjoy the Cathar history and a fantastic panorama over the Pyrénées and Canigou. Then, a superb technical descent directs you to the foot of the Gorges de Galamus from where you will climb up to the hamlet of La Bastide
Night in a farmer's home, in a gite or B&B.
Double room, Stopover gite

Day 3 : From La Bastide to Aigues-Bonnes : 34 km - Elevation: + 1100 m - 1400 m

A pretty descent via a single-track takes you to the foot of the Pech de Bugarach (summit of the Corbières - 1230m). Cross through green meadows before plunging into the 'maquis', defended by three castles - the work of the Lords of Fenouillet.
Night in a farmer's home.
Double room, Stopover gite

Day 4 : From Aigues-Bonnes to Quillan : 35 km - Elevation: + 1100 m - 1400 m

Discover the fortress of the Castle of Puilaurens, perched high on its rocky peak, before riding peacefully through the beautiful forest of Fanges and its giant pine trees. Then a beautiful descent down a single-track road towards the town of Quillan.
Night in Quillan.
Hotel

Day 5 : From Quillan to Comus : 56 km - Elevation: + 1580 m - 300 m

Climb up onto the Plateau de Nébias, passing close to the beautiful Château de Puivert. You can also visit the museum to see musical instruments from the Middle Ages.
Next, continue on towards the vast forest of the Plateau de Sault. Finally, a 'balcony' track along the Langarail hilltops takes you straight into Comus. From this small mountain village, you discover the Pyrénées.
Night in Comus.
Double room, Stopover gite

Day 6 : From Comus to Montségur : 41 km - Elevation: + 1100 m - 1400 m

Ascend the Col de Balagués to admire the superb view across the Pyrénées. Then a crazy descent, fast and then technical, to cross the fantastic Gorges de la Frau. Arrive in Montségur via the Col du Liam or the Vallée de Fougax. Optional climb up to the Pog (castle), an impenetrable citadel and refuge for the Cathar church. Night in Montségur.
Bed & Breakfast

Day 7 : From Montségur to Foix : 32 km - Elevation: + 1150 m - 1700 m

An XC stage featuring a series of single-track descents!! This route takes you to the foot of Roquefixade Castle. You'll cross a series of small passes to reach the heights of Pech de Foix, where you'll be treated to a panoramic view of the entire region.

Then comes the final descent: a technical single track plunging down towards Montgailhard, before reaching the county town of Foix and its castle.

Transfer back to Port-la-Nouvelle and end of the trip.

TRAVEL CONDITIONS

Food :

Your trip might not be the best time to diet, as it's an occasion to taste the local cuisine. We assign great importance to the quality of the food we provide: well-balanced and nutritious and providing ample energy, the specialties of the region are incorporated into each meal.
The picnics are included in the price, made by cookers of you hotel. To avoid the production of unnecessary waste, we ask you to bring a plastic box that we could fill everyday of delights.

Attendees :

- Departure from 2 people for the freedom formula with luggage carrying by taxi.
- Departure from 6 people for the formula freedom with assistance vehicle.
- Departure from 6 people for the formula with mountain bike instructor with luggage carrying by taxi.
- Departure from 8 people for the formula with ATV instructor and assistance vehicle.

Luggage :

You only carry the business of the day and the picnic. Luggage is carried by vehicle (or assistance vehicle). 1 piece/person and limited to 15kg/piece.

Formalities :

Identity documents: Bring a valid national identity card or passport, depending on your nationality. A visa may also be required.
Supporting documents: Please bring proof of medical insurance. If you are a citizen of a European country, remember to bring your European Health Insurance Card.
Travel insurance: We recommend taking out travel insurance covering medical expenses, assistance, repatriation and cancellation.

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 :

Full board. Accommodation to choose between:
Formula lodging stage: selected in particular for the quality of their reception, you find in the cottages a friendly atmosphere. Most often you share dormitories with 4/6 people. Sheets and towels are not provided.

Double room formula: you sleep in comfortable rooms for 2 people in hotels, guest rooms and sometimes cottages. Bed linen and towels are provided.

Difficulty level :

Physical level: 2/3
You have a good physical condition and regularly practice mountain biking at least part of the year. From 32 at 49kms per day with cumulative positive gradients of 1650 m maximum.
Technical level: 2/3
You master downhill braking and the trajectory of the bike. You will ride on paths or trails sometimes rolling, sometimes technical (steeper, with small obstacles).

Options :

Mountain bike hire
There is no mountain bike hire available in Port-La-Nouvelle. However, it is possible to hire 2 types of mountain bike: full-suspension mountain bikes and full-suspension ATVs, with pick-up and drop-off handled by our partner shop in Carcassonne. Please contact us for more information.
Extra night
To make things easier for you, you can opt for an extra night at the start of the tour, in Port la Nouvelle. Our partner 3-star hotel-restaurant is on the seafront, 2 km from the station.
Prices
- Night in a 3-star hotel in Port la Nouvelle, single room, dinner and breakfast included: €135/person
- Overnight stay in a 3-star hotel in Port la Nouvelle, double/twin room, dinner and breakfast included: €100/person
- Picnic lunch prepared by the hotel on day 1: €10/person

Please specify your choice on the registration form.
Accommodation :
- Accommodation in a double room or twin room

Price per person: €70 /pers
The double room option is only available for the Freedom package and is subject to availability. Please contact us for further details.
- Accomodation in a single room : €210/person

Options subject to availability: please contact us.

Accompanying :

Four formulas to choose from:
Mountain bike in freedom with carrying luggage by taxi: From 2 people.
Equipped with the orientation material we give you: digital topo-guide and GPX tracks, you go alone to discover circuits designed by our team. You are guided by carefully prepared directions, for maximum precision.

ATV with assistance vehicle (from 6 people):
The assistance vehicle joins you at different times during the day's stage, and transports your picnic, water, extra clothes and a complete toolbox in case of mechanical problems. Enjoy your day with a light bag. The driver of the vehicle also gives you advice for each step, helps you manage your effort, and can most of the time answer your questions about the region visited.

Mountain biking with a state-certified instructor with luggage transport by taxi. Individual registration on the dates scheduled by LaRébenne. Free departure for established and private groups, contact us.
Accompanied by a professional mountain bike certificate, you ride without worrying about the route to follow.
Our instructor, specialist of the region, guides you and gives you, if you wish, the right advice to make you outstanding mountain bikers. Thanks to his knowledge of the route, he adapts to your group to manage schedules and effort throughout the day. Freed from group management, your only concern is to please you on your mountain bike.

ATV with state certified instructor and assistance vehicle (from 8 people).

RATES

Formula with qualified instructor and luggage carrying by taxi	
Individual registration	1190€

Self-guided package - gîtes d'étape	
Registration for 2 people	1365€
Registration for 3 people	1125€
Registration for 4 people	1095€
Registration for 6 people	975€

The price includes :

The return transfer Foix - Port la Nouvelle, with your bikes and luggage,
The reservation of accommodation,
Half board + picnic from the dinner of J1 in the evening and until the picnic of J7,
The transport of luggage.
The GPS tracks
For the freedom formula: maps, map holder, topo-guide, GPS with recorded tracks, a GPS gate.
For the formula with guide: no more problems of orientation, the qualified guide takes care of everything during the whole stay.

The price does not include :

- Accommodation the day before departure,
- Drinks and personal expenses,
- The picnic of the J1,
- Mountain bikes and personal mountain bike equipment (helmets, gloves),
- The visit of the monuments,
- Transportation to the meeting point and insurance.

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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