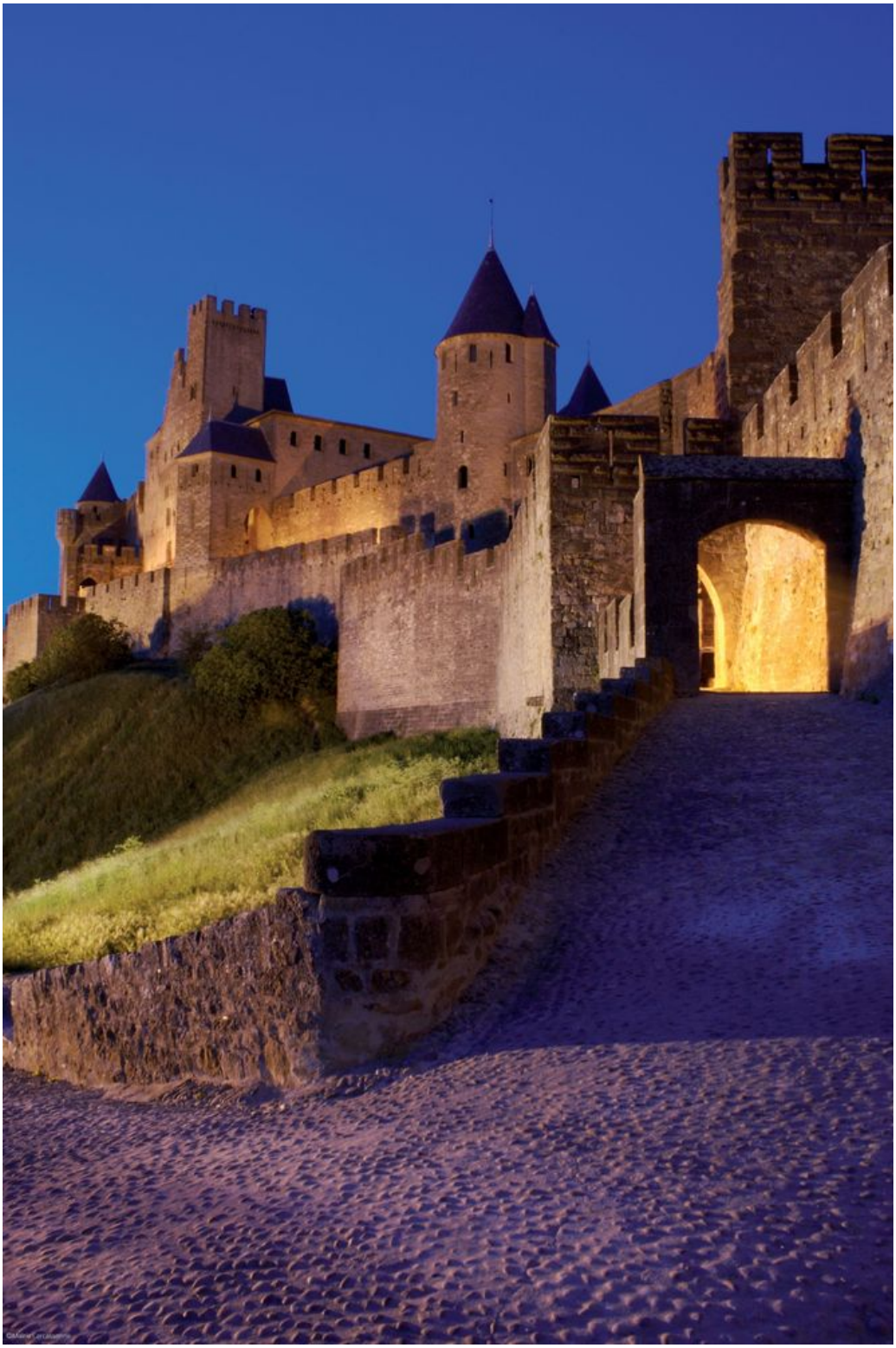
DATA SHEET - RN16

Cycling around Carcassonne
The Cathar Country

7 days/6 nights (5 days of cycling), At your leisure, with your luggage transported by vehicle

Level: 3/5



Explore Cathar Country by bicycle on a circular route starting in Carcassonne, which is famous for its medieval city. Cycle through this region to discover its turbulent medieval history, which was shaped by the Albigensian Crusade. Cathar Country is full of medieval secrets and beautiful natural scenery, which you will have the opportunity to admire during this cycling holiday.

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 :

When you arrive in Carcassonne, you can check into your hotel before setting off on a self-guided tour of the city.... The citadel is listed among UNESCO's World Heritage Sites.

Day 2 : From Carcassonne to Rennes-les-Bains, via Limoux : 68 km - 5h - Elevation: + 950 m

Starting from Carcassonne, France's second most popular tourist destination after Mont Saint-Michel, head to Limoux to sample its renowned Blanquette de Limoux, a traditional sparkling wine with a history dating back to the 16th century. Continue on to the Couiza region. Cross this area to reach Arques and its 14th-century castle.
It is possible to shorten this stage.

Day 3 : From Rennes to Lagrasse (visit to the gorges and abbey) : 58 km - 4h30 - Elevation: + 920 m

After exploring Arques and its heritage, head to Lagrasse and the western Corbières, an area of wild natural beauty that is emblematic of the region. Upon your arrival, you can take a tour of the abbey. According to legend, the abbey was founded in the 8th century by Charlemagne.

Day 4 : From Lagrasse to Cucugnan: The castles of Durfort and Termes : 53 km - 4h - Elevation: + 910 m

Continue your exploration of Cathar history by heading to the ruins of Durfort Castle and the mighty fortress of Termes Castle. After a few kilometres, you will arrive in the medieval village of Cucugnan, which offers superb views of the Corbières.

Day 5 : From Cucugnan to Rennes-les-Bains, via Quéribus, Peyrepertuse and the Galamus Gorges : 53 km - 4h30 - Elevation: + 1150 m

After admiring the impressive Quéribus Castle, which is perched on a rocky outcrop, head to the former royal fortress of Peyrepertuse Castle. Then continue on to the Gorges de la Galamus to admire another of nature's masterpieces. Finally, head to Rennes-les-Bains to spend the night.
It is possible to shorten this stage.

Day 6 : From Rennes-les-Bains to Carcassonne : 69 km - 5h - Elevation: + 920 m

In the morning, head to the famous village of Rennes-le-Château and discover its mysterious history. Then, as you finish your stay, travel along the pleasant roads that pass through small villages. Green landscapes will accompany you all the way to Carcassonne and its medieval city.
It is possible to shorten this stage.

Day 7 : Carcassonne :

End of trip after breakfast.

TRAVEL CONDITIONS

Attendees :

From two people.

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.

Accompanying :

Self-guided tour.
Set off on your cycling holiday on a date that suits you and enjoy complete peace of mind. We take care of everything, from booking your accommodation to transporting your luggage and planning your itinerary. All you have to do is cycle! Using your roadbook and our navigation app, you can follow a route that we have designed for you at your own pace and entirely independently. This is an ideal package for those who want to combine freedom, comfort and peace of mind while discovering the most beautiful cycling routes.

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.

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.

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.

RATES

Self-guided package - double room	
Registration for 2 people	1075€
Registration for 3 people	1030€
Registration for 4 people	975€
Registration for 6 people	895€

The price does not include :

- Transport to the departure point and from the arrival point;
- Packed lunches;
- Dinners on the 1st and 6th days in Carcassonne;
- Drinks and personal expenses;
- Optional equipment hire (bicycles, accessories) (prices on request);
- Visits or activities not included in the programme;
- Travel insurance (cancellation, assistance, repatriation);
- Any services not mentioned under 'The price includes'.

The price includes :

- 6 nights in a double room or a twin room;
- Breakfasts;
- Half-board from dinner on the 2nd day to dinner on the 5th day;
- Transport of one piece of luggage per person (max. 15 kg) between each stage;
- Tourist taxes;
- A personalised, printable roadbook (digital roadbook in PDF format) and access to our smartphone navigation app;
- Tracking of your booking via your personal 'My La Rébenne' account;
- Logistical organisation and preparation of your stay;
- 24-hour telephone support.

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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