DATA SHEET - RP11

The Cathar trail - Selection version
Free roaming tour

Self guided tour , 7 days-6 nights, 6 walking days

Level: 2/5



From castle to castle, proudly standing on their rocky outcrops, you follow the Cathar Way, that of the "Perfect Ones", men who were the bearers of a religion that shook the Catholic Church to its foundations in the 13th century. Initially used as military posts to guard the Spanish border, the majestic buildings served as a refuge for the Cathars. They were veritable fortresses where people could live, train, defend themselves and pray. The panoramic view is the best way to see the enemy coming... You're treading on a place steeped in heritage, where hundreds of Good Men and Good Ladies have followed their faith.
Based in Foix, in the heart of Cathar country, the LaRébenne team has selected the most beautiful sites and châteaux for you to visit.
Choose from a range of self-catering or double room options, and every evening you'll be welcomed into a friendly atmosphere in quality accommodation.

Strengths

- Historic route: a full variety of beautiful castles
- Diversity of landscapes: from the forests of the Ariège to the Mediterranean garrigue
- The quality and friendliness of the accommodation you choose: gîte or double room

SCHEDULE

Day 1 : From Roquefixade to Montségur : 16.5 km - 5h - Elevation: + 741 m - 610 m

After visiting the castle of Roquefixade and admiring the superb panorama of the mountains of the Pays d'Olmes area, we follow the trail through forests towards the château of Montségur, one of the most important Cathar sites.

Day 2 : From Montségur to Comus : 14.5 km - 4h - Elevation: + 783 m - 502 m

In the morning, take your time to visit the castle and then an easy stage awaits you, passing from Ariège into the pays de Sault where the Mediterranean influences begins. After the forest, we cross the superb gorges de la Frau to arrive in Comus on the plateau de Sault.

Day 3 : From Comus to Puivert and Puylaurens (shorter stage available) : 20 km - 5h - Elevation: + 500 m - 790 m

We continue towards beautiful forests on the Sault plateau, until La Bénague.
Transfer to the château de Puivert, a refuge for poets and troubadours of the Middle Age and then to the castle of Puilaurens. A short walk of 5km leads you to Aigues-Bonnes to your accommodation.

Day 4 : From Puilaurens to Camps sur Agly : 22 km - 6h30 - Elevation: + 780 m - 875 m

The stage starts by the gorges of St Jaumes towards Caudiès de Fenouillèdes. The climbing allows going at the feet of the famous Bugarach Mount, before to reach Camps sur Agly, hamlet of the end of the world. Bed and breakfast with half-board

Bed & Breakfast

Day 5 : From Camps sur Agly to Peyrepertuse : 16 km - 4h30 - Elevation: + 670 m - 640 m

We walk to the superb gorges of Galamus. Then passing between oaks and juniper bushes you climb the crest of Corbières to discover the imposing castle of Peyrepertuse.

Day 6 : From Peyrepertuse to Queribus : 10 km - 3h - Elevation: + 450 m - 200 m

From Peyrepertuse, we descend via the scrubland to the village of Cucugnan, famous for the legend of its priest. Arrival at the castle of Quéribus, where the ancient Spanish stands. Appointment in the castle for the transfer back to the point of departure. Night in Roquefixade.

Day 7 : Roquefixade :

Breakfast and end of the trip.

Option : Day 1 : From Montgailhard (Foix) to Roquefixade : 18 km - Elevation: + 994 m - 623 m

OPTION: 1 extra day of walking, 8-day/7-night stay including 7 days of walking
Day 1: From Montgailhard (Foix) to Roquefixade
18km / 5½ hours Elevation: +994m -623m
Transfer from Foix to Montgailhard by city shuttle (€1/person) or personal vehicle.
The hike starts at Pech de Montgailhard, then through the forests of Pradière, ending with a magnificent arrival at the castle of Roquefixade, where we can admire the peaks of the Tabe massif, including Saint Barthélémy.
Overnight stay in Roquefixade.

TRAVEL CONDITIONS

Attendees :

From two people.

Accommodation :

5 in full board, 1 night in half-board
2 formulas to choose from :
Double room formula: you will sleep in comfortable 2 person rooms in hotels, bed and breakfasts, and sometimes hostels. Sheets and towels are provided. A bathroom will also be reserved for you at certain locations.
Gîte formula : we choose our group cottages according to their Hospitality and Welcome. You will find a friendly atmosphere there. In most cases, you will share a small 4-6 beds dormitory with other people. Sheets and towels are not provided in most of cases.

Departure and meeting point :

Departure from Roquefixade.
How to get there:
By car: RN 20 from Toulouse and exit to Foix. Follow the direction of Roquefixade.
By train: SNCF train station of Foix.
By plane: Toulouse airport and shuttle to reach the centre town.

Formalities :

- Valid identity card.
- Repatriation insurance recommended.

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€.
Accommodation the day before departure in Foix or Roquefixade, in a gîte d'étape or hotel.
Single room supplement (see website for rates).
OPTION: 1 extra day of walking, 8-day/7-night stay including 7 days of walking: +€95/person
Day 1: From Montgailhard (Foix) to Roquefixade
18km / 5½ hours Elevation: +994m -623m
Transfer from Foix to Montgailhard by city shuttle (€1/person) or personal vehicle.
The hike starts at Pech de Montgailhard, then through the forests of Pradière, ending with a magnificent arrival at the castle of Roquefixade, where we can admire the peaks of the Tabe massif, including Saint Barthélémy.
Overnight stay in Roquefixade.

This option includes :
Half-board accommodation in Roquefixade
Picnic lunch for the following day
Luggage transfer from Foix to Roquefixade

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.

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 :

Physical level 2/5
This walk is suitable for adults in good physical condition who can walk between 4 and 6 hours a day (for younger people, please contact us). The route presents no technical difficulties.
Be able to find your way with a map and roadbook. Good mountain experience.

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.

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

Self-guided package - gîtes d'étape	
Registration for 2 people	1190€
Registration for 3 people	1010€
Registration for 4 people	990€
Registration for 6 people	910€

Self-guided package - double room	
Registration for 2 people	1290€
Registration for 3 people	1200€
Registration for 4 people	1150€
Registration for 6 people	1020€

The price includes :

- Full-board accommodation: from dinner on day 1 to breakfast on day 7,
- Luggage transport,
- Transfers,
- The digital roadbook

The price does not include :

- Drinks,
- Insurance,
- Personal expenses,
- Picnic lunch on day 1,
- Picnic lunch on day 7,
- Accommodation the day before departure,
- Visits to monuments.

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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