LaRébenne
VOTRE COMPAGNON DE VOYAGES

DATA SHEET - RP19

The path of the “Good Men” : Integral Cross-border from Montségur to Berga

7 days - 6 nights - including 7 walking days

Level: 3/5



From Ariège to the Spanish Catalonia, cross the Pyrenean passes and follow the tracks of the last Cathars…
During the Middle Ages, the Pyrenees - far from the French and Spanish kingdoms - was a region of commercial and cultural exchange. Goods, peoples and ideas have crossed the mountains and made the lords of Ariège and Catalonia become powerful.
In this time of spiritual freedom, the Cathar religion’s expanded itself in southern France. But the Catholics have intervened. A few years after the fall of Montségur, the Bonshommes – who were the last Cathar apostles – ran away from Ariège and the « Holy Inquisition”, to finally find refuge in Catalonia.
The Bonshommes path follows the tracks taken by the Cathars. Along this path you discover the Pyrenean culture, hospitable villages, Romanesque churches as well as the grandiose scenery of the Pyrenees.
We invite you to follow the footsteps of the “Good Men” along this border path from France to Spain. Emotions and beautiful landscapes guaranteed.

Strengths

- Discover a fascinating story
- Path from north to south of the Pyrenees

- Ariege and Catalogne :different culture and landscapes

SCHEDULE

Day 1 : MONTSEGUR- COMUS : 15 km - 4h - Elevation: + 746 m - 475 m

In the morning you'll visit the castle, then an easy transition stage from Ariège to the pays de Sault where the Mediterranean influence begins. After the forest, we pass through the superb gorges de la Frau to arrive at Comus on the plateau de Sault.
Overnight stay in a hostel dormitory or a double room, depending on the package chosen.

Stopover gite, Double room

Day 2 : COMUS – AX LES THERMES (or ASCOU) : 24 km - 7h - Elevation: + 720 m - 1170 m

Departure from Comus for a beautiful stage over the Col de Balaguès, which offers superb views of the entire central Pyrenees chain. We pass through the village of Montaillou and its castle, which was the last Cathar stronghold in the Haute Ariège. Arrival and overnight stay in the centre of Ax-les-Thermes (hotel) or in the village of Ascou (dormitory-style guesthouse), depending on the package chosen.
Stopover gite, Hotel

Day 3 : AX LES THERMES (ASCOU)- MERENS : 22 km - 6h30 - Elevation: + 1100 m - 1000 m

Ascent to the Col de Joux via the Orlu valley (360° panorama). Arrive at Mérens to enjoy the hot springs nestling in an unspoilt setting. In the village, we discover the 11th-century Catalan-style Romanesque church.

There is no accommodation in Mérens! If you have chosen the dormitory-style stopover accommodation option, you will take the train from Mérens (13 mins) to reach the 'Gîte de l'Hospitalet' stopover accommodation. If you have chosen the double room option, we offer a circular walk and you will spend a second night in Ax-les-Thermes at the same hotel.
Stopover gite, Hotel

Day 4 : AX-HOSPITALET-PORTA-BELLVER CERDANYA : 22 km - 7h - Elevation: + 1010 m - 1000 m

Taxi transfer to Porta from Ax-les-Thermes or L'Hospitalet to reach the starting point of your hike for the day.

We climb up the pastoral Campcardos valley to reach the 3-nation border (2517m) at the Portella Blanca (France, Spain, Andorra), then the Isards pass and the Negres d'Envalira peak.
Transfer and overnight in Bellver de Cerdanya.

Hotel

Day 5 : BELLVER DE CERDANYA – REFUGE SANT JORDY : 11 km - 5h - Elevation: + 750 m - 300 m

After crossing the Sierra del Cadi, the vegetation becomes more Mediterranean and the smells change. The terrain becomes gentler in the Cadi National Park.
Overnight in a mountain refuge (no luggage and no double room this evening).
Mountain refuge

Day 6 : REFUGE SANT JORDY– GOSOL : 24 km - 7h - Elevation: + 950 m - 1050 m

Passing at the foot of the Pedraforca, a mineral fortress, there is an undeniable parallel with the castle of Gosol, which protected an area where the Cathars took refuge.
Overnight in the ancient village of Gosol, nestling in the heart of the Cadi-Moxero Natural Park.

Hotel

Day 7 : GOSOL-Fumanya-BERGA : 15 km - 4h30 - Elevation: + 420 m - 866 m

Transfer from Gosol to Fumanya. The final leg takes you to the sanctuary of Queralt, through the Mediterranean forest and on to Berga. Many Cathars from Languedoc took refuge here. The Montserrat mountains can be seen in the distance.
Transfer back to Montségur. End of the tour.

TRAVEL CONDITIONS

Attendees :

From two people.

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.

Formalities :

- Valid identity card,
- European Health Insurance Card (EHIC): this is a card certifying your entitlement to health insurance (care in case of need is covered) anywhere in Europe. Individual and nominative, it is free and valid for one year. You can obtain it on request from your Caisse d'assurance maladie (by telephone or at the counter); no documents are required. You will receive your card within 15 days. If the delay is short, you can obtain a certificate,
- Repatriation insurance is compulsory.

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.

Luggage :

You only need to carry your personal belongings necessary for a day at a time. Bags will be transported by vehicle (except day 5). Please respect the luggage limit of one bag per person, maximum weight of 15kg/bag.

Difficulty level :

Physical level 3/5
You have a good physical shape and are prepared to go walking for several days.
Sustained hiking on trails. Steps between 6 and 7 hours with an average elevation change from 400 meters to 1000 meters maximum.

Departure and meeting point :

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

Options :

Arrival the day before departure and overnight in Foix or Montségur in a gîte or double room,
Single room supplement.

Accommodation :

5 nights in hotels or gites, 1 night in refuge, FULL BOARD FORMULA
2 formulas to choose from :
Double room formula (except on day 5): 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.

Extra charge: our accommodation provider in Gosol charges an extra €75 if you arrive on Fridays and Saturdays, as well as on certain public holidays. We'll be happy to advise you on this point, so please don't hesitate to contact us!

RATES

The price includes :

- Full-board accommodation: from dinner on day 1 to picnic on day 7,
- Luggage transport,
- Transfers during your stay,
- Transfer back to departure point,
- maps with route highlighted
- Detailed digital roadbook

The price does not include :

- Drinks,
- personal purchases,
- picnic on Day 1,
- accommodation the day before departure,
- personal material,
- visits of monuments 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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