



7 Itineraries to visit the Carcassonne area

A complete change of scenery !

- Heritage & Culture
- Landscapes
- Wines & Gastronomy
- Fun activities

NEW
EDITION





Thanks to the efforts of the Tourism Commission, and its **245 members** (tourism professionals, local administrations, individuals, associations and consular chambers), the Pays Carcassonnais has mapped out **7 itineraries** which will take you on a voyage of discovery, titillate your taste buds and enable you to meet some wonderful people.

161 professionals have grouped together to offer you high quality service. They are a diversified lot and are located in places steeped in history, preserved natural sites or workshops where they exercise their skilled crafts. They will be happy to welcome you at their table and in their wine cellars. These men and women are happy to share their best with you, i.e. their history, their knowledge and their skills. As you travel on these itineraries you will meet **the people of the land. Let us be your guide,... on some wonderful by-roads!!!**

Jean Claude PEREZ

Member of Parliament for the county of Aude, Chairman of the 'Pays Carcassonnais' area



SPECIAL FEATURES OF OUR AREA

Wines

Our area can boast **4 grands Crus** : Cabardès, Corbières, Malepère and Minervois (see legend at the beginning of each itinerary) as well as many local wines



An Aude Label for Quality

The **PAYS CATHARE®** trademark designates quality products and services on offer by men and women who are passionate about the Aude area.



We invite you to discover and taste the Pays Cathare by sampling a complete range of offers : Staying in the Pays Cathare, Discovering the Pays Cathare, Active Holidays in the Pays Cathare, Gourmet Tables in the Pays Cathare, and Savouring the Pays Cathare.

A wide range of restaurants

The Aude Pays Cathare is the county with the most 'stars' in the Languedoc Roussillon region! A simplified legend indicates the type of cuisine at each restaurant.

An area which abounds with natural riches

The Aude Pays Cathare county is placed third at national level for the variety of its flora! For example, the Malepère massif is in the Natura 2000 category!

Establishments with TOURISME HANDICAP label

This national label gives reliable information about the accessibility of sites and tourism facilities. It takes into account the four major types of disability (**motor, sight, hearing, and mental**), and guarantees facilities and reception which enable autonomy. The label at each site applies to one, two, three or four types of disability.



WHY THIS GUIDE ?

To help you make the most of what there is to see and do within a radius of 40 km around Carcassonne :

☀ Remarkable sites

Large-scale historical monuments, Abbeys and Castles of the Pays Cathare...

☀ Rural heritage

Mills, chapels, dolmens...

☀ Tastes

Wines, local produce...

☀ Fun activities and sports

Village of books, paper mill, canoeing, kayaking, spelunking, rambling...

☀ Cultural Events

Theatre, concerts, Local Producers' Grand Market...

☀ Contemporary Art

Art and Literature Centre, Mediterranean Images Centre...

☀ Craft of Artisans

Wrought iron work, Glassblower, Sculptor in marble...

☀ Restaurants

From the 'local' restaurant to gastronomic cuisine !

HOW DOES IT WORK ?



→ **7 itineraries by car with a central map** (a more detailed map is available in tourist bureaux) and an explanation to guide you along the way !



→ **7 itineraries: from the shortest to the longest :**

The 1st itinerary (La Malepère : in the footsteps of Philippe Noiret) is the shortest at 55 km and can be done in half a day, to the longest (the 7th : from the Alaric to the Minervois ...)!



→ **For each itinerary the contact details are provided** for the places and people to visit **as well as the Tourist bureaux** (Offices de Tourisme or Syndicats d'Initiative).

Handy to know !

2 sites open 363 days per year :

The Paper Mill at Brousses (p22) and the Conservatory of Bookmaking Arts and Crafts, Michel Braibant Museum at Montolieu, Village of Books (p7).

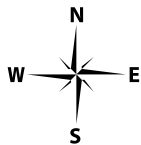
GPS coordinates : provided for all sites which are 'outside villages'

Download this Guide on : www.payscarcassonnais.com 



Itineraries

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 in the footsteps of Philippe Noiret.....page 4
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a stairway to heavenpage 23
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La Malepère : In the footsteps of Philippe Noiret

View from the Malepère massif



*“Between vineyards and woods,
the stones tell the story of this
land where I chose to live.”*

Philippe NOIRET, actor

*“La Malepère, land of vineyards,
woods, and stone.”*

*Small valleys, harmonious
landscapes, where you can see
forever, as far as the Pyrenees!*



1 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 55 km
Total visiting time : 3 hours
Suitable for : everyone

INFORMATION

Mairie de Montréal, service tourisme
☎ 04 68 76 20 05
Maison du Tourisme à Montréal
☎ 04 68 76 39 58 (July/August)

The Massif de la Malepère (registered NATURA 2000 for its orchids and 3 species of bat) offers nature-lovers some superb views over the Aude county and its historical villages.

Blessed with a climate which is subject to Mediterranean and Atlantic influences, the land produces excellent Cru Malepère AOC wines.

● When leaving Carcassonne, take the Limoux road (D118) then 2 km after leaving town, turn right towards Lavalette (D18), go through the village towards Alairac (D211).

● LA CIRCULADE D'ALAIRAC :

The village has a rich architectural and historical heritage : the circulade (circular village) of the Rond Saint Germain, the 13th century church with its Romanesque bell-tower and beautiful gothic porch. Listed crosses in the village (documentation about the circulade d'Alairac available at the grocer's or the town hall).



Go towards the bottom of the village and take the D211 towards :

● ARZENS :

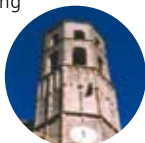
Saint Génès church (Languedoc type with square bell-tower and 13th

century spiral staircase). Admire the tower of the castle (16th century) with its geminate window and the 17th century St Jacques pilgrim's cross. Large cooperative cellar which combines tradition and modernism, pleasant modern wine cellar (wine-tasting, purchase), possibility to book a visit to the cellar. Take the D211, then the D119 towards:

MONTRÉAL :

Park near the Maison du Tourisme and continue by foot.

Montréal used to be a spiritual centre and is, today, a halt on the Paths to St Jacques de Compostelle. The superb fortified Saint Vincent's collegiate church, in the gothic meridional style, built in 1318, not only dominates the village by its great size but also by its location overlooking the Lauragais plains : admire the portal with its many sculptures (16th century), the impressive nave (22 m wide by 53 m long for a total length of 80 metres!), which is bordered by 13 side chapels and continues to a polygonal apse, its walls entirely covered by frescoes, as well as the remarkable Grand Organ.



To see also : the facade of the town hall (18th century house : in the courtyard there are handsome grain measures), chapel of the Angels, well...

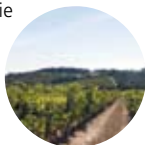
WINE STOP : Continue by driving out of the village (D211) towards Fanjeaux, then follow the signs to the Le Fort vineyard (12th century fortified bastide). Wine-tasting in the cellar of the old Castle, Malepère AOC wines for sale.

Go back the way you came, and in Montréal, take the street on the right indicating 'salle polyvalente'.

At the roundabout, go straight ahead towards the 'Bergerie du Chapitre', recommended halt at :

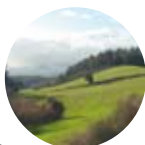
THE 'BERGERIE' DU BOIS DU CHAPITRE :

Botanical walk : the path starts at the place called 'La Bergerie' with its two listed oak trees planted during the reign of Louis XIII (picnic area, water, fireplace) and is a wonderful place to discover the wealth of the massif vegetation (viewpoint : Fanjeaux, the Razès, the Pyrenees). This family walk takes about 1.5 hours. On the road again towards Montclar and you will see :



THE MASSIF DE LA MALEPÈRE :

The road rises through woods, fields and farms. At the Montclar-Villarzel crossroads, it is possible to drive towards Villarzel and 350 m to the left, there is a parking area with a superb view. Remarkable panorama of the Razès, the Corbières (Bugarach peak) and the Pyrenees (Canigou, Madres, Carlit, Saint Barthélémy). Some kilometres further along the crest of La Malepère, the road winds through woods of scrubby green oaks to come out onto an open landscape of hills surrounding the small picturesque village of



MONTCLAR :

Typical village of la Malepère, built on the heights. Open access to the circular village with its original houses, the church dating from the 12th and 14th centuries (dedicated to St Julien and Ste Basillisse, handsome altar in pink marble from Caunes, 2 listed paintings on the western wall, visible traces of the old wooden ceiling) and small pretty town square. Return to Carcassonne on the D43 and the D118.



RESTAURANTS

ARZENS

✕ Restaurant "l'Arzenais, Relais St Jacques" ☎ 04.68.76.27.93

MONTRÉAL

✕ Ferme auberge du Pigné ☎ 04.68.76.10.25
(booking necessary)

✕ Auberge Le Dominicain ☎ 04.68.76.31.10

PREIXAN

✕ Auberge "Le Relais" ☎ 04.68.26.35.54



Restaurant symbols

✕ Gastronomic restaurant

✕ Traditional regional cuisine

✕ Inventive cuisine

✕ Family cuisine

✕ Snack bar

TASTING

WINES

Arzens

Cave La Malepère

☎ 04.68.76.71.71



Montréal

Domaine Le Fort

Route de Bram D63 Montréal

☎ 04.68.76.20.11



SHORT DETOUR, WINES AND TOURISM :

Alaigne

Maison des Terroirs/Syndicat du Cru
Malepère au Domaine de Cazes

Experimental vineyard and ecological walking circuit

☎ 04.68.69.11.56



Cavanac

Vignobles de Carsac

☎ 04.68.79.61.18



LOCAL PRODUCE

Montréal

la Caverne du Dominicain

delicious halt

☎ 04.68.76.31.10

Meats, Small-goods, Roasts,

Cheeses Ferrai

☎ 04.68.76.20.45



ACTIVITIES

Walking and mountain-biking circuits

Walking circuit

Santiago de Compostella pathway GR78

(lecture once a year)

Arzens

Guided visit of the cellar

"La Malepère" in Arzens (booking necessary)

☎ 04.68.76.71.71

Montréal

Visit of painter/sculptor's studio

Marie Claire TOUYA

☎ 04 68 76 29 61 / 06 75 38 54 34

Wine workshops

at the Domaine Le Fort (booking necessary)

☎ 04.68.76.20.11

Visit of the du Barry studio

Painting on porcelain

☎ 06.03.16.44.83

WORTH SEEING NEARBY

VISITS

• Fanjeaux and the Prouille Monastery :

Cathar and Dominican spiritual centres

• Abbaye de Saint Hilaire

• Maison de l'Archéologie in Bram

(Archeology exhibits)

☎ 04.68.78.91.19

• Handmade pottery in Belvèze

du Razès : visit of the former tile
factory with its workshop

☎ 04.68.69.02.02



REMARKABLE 'CIRCULADES' : CIRCULAR VILLAGES

- on the Dominican Path : La Force, Villeneuve
les Montréal, Lasserre de Prouilhe.

- Alaigne

COME BACK FOR

March

"Le Printemps des Notes"

World music in Alairac.

May

Bandas Festival in Montréal

June

Les Estivales

Lectures in Arzens

July/August

Festival International de Folklore à Montréal

August

Organ Concerts in Montréal

Late April to mid-June

"De Circulade en Circulade"

Cultural events in 15 circular villages.

October to May

L'Oreille du Hibou

Theatre and Concert season in Montréal.

☎ 09.51.15.36.75

Around the Village of Books

Montolieu : village of books



"I have had, for this corner of land, an immense love"

Pierre Reverdy

"From the Cabardès to the Canal du Midi», Montolieu, Village of Books, from garrigue to forest."



📌 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 60 km
Total visiting time : 4.5 hours
Suitable for : everyone

INFORMATION

Office Intercommunal de Tourisme in Montolieu
☎ 04 68 24 80 80 
➔ www.tourisme-cabardes.fr

2 roads can take you to Montolieu : the fastest leaving Carcassonne is to follow the signs indicating Toulouse (RD6113) and then turn right after Pezens, towards Moussoulens on the D629 as far as Montolieu.

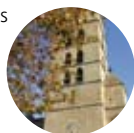
The more picturesque road leaving Carcassonne is to follow the signs indicating Toulouse (RD6113) and turn right towards Pennautier, go through the village and take the D38 towards Ventenac Cabardès then Moussoulens and the D629 as far as Montolieu. This road winds around the hills above the Valley of the Rougeanne.

MONTOLIEU, VILLAGE OF BOOKS :

The village, which used to be fortified, stretches out on a rocky bluff between the steep valleys of the Dure and the Alzeau which join together to form the Rougeanne.

Known for a long time as the 'Church village' making a living from the wool and cloth industry, Montolieu is now the 'Village of Books' : A visit to the Conservatory of Bookmaking Arts and Crafts (Michel Braibant Museum) and the 15 bookshops, some of which are English, German or Spanish (OIT:04.68.24.80.80) as well as the different artisans applying their Bookmaking crafts and Arts will give you the opportunity to explore the old streets of the village. (vestiges of corbels showing Medieval origins, gothic windows ...).

The 14th century **St André's church**, listed as an historical monument, has an impressive bell-tower, 38 metres high !



Note two 13th century statues of the Virgin with Child, one in stone to the left of the altar and the other in polychrome stone above the entry porch.

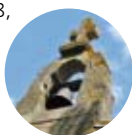
Don't miss the viewpoints, from the bridge on the Saissac road and from the «Place de l'Espérou».

Short halt and wine-tasting, at l'Estanquet, getting some tips from the cellar master, and a look at the 'Atelier', an art exhibition gallery, then the book-binding workshop in the Town Hall street (rue de la Mairie), and the Calligraphy workshop, rue du 8 mai, on the way down to the village outer quarter : Note, as you go along, the wrought iron cross in the square (Place du Pradel) and continue on the rue des Pyrénées towards the Royal Factory (1734).

At the end of the Impasse de la Manufacture, in the former cloth factory, visit the Art Glassmaker's, the Book workshop and a large bookshop.

A few metres further along the Alzonne road, you will come across a former cooperative wine cellar which has been converted into an Art and Literature Centre : not to be missed!

By car or by foot, go towards Fraisse Cabardès on the D148, to discover **Saint Roch hill**, with its chapel and centuries-old cypress trees, a natural site listed on the Heritage inventory.



Surrounded by scrubby garrigue vegetation and dry-stone cabins, you will have a magnificent panoramic view over the village.

On the road again towards Saint Martin Le Vieil on the D64 to visit :



L'ABBAYE DE VILLELONGUE :

In the hollow of the Vernassonne Valley, the attraction of this former Cistercian abbey founded in the 12th century lies in its confidential family atmosphere. It is original for its many sculpted decors representing allegorical figures : griffon, owl, rooster, lion, monk ... and even 2 representations of the Devil! Have fun looking for them in the peaceful cloister which contrasts with the Cistercian rigor of the refectory.

Religious architecture of the 12th, 13th and 14th centuries is revealed as you visit the chapter room and the ruins of the abbey church (the Lay Brothers' Cellar and the Sacristy can be visited upon request).

In the shade of the dovecote, the fishpond - used for breeding Tench and Carp fish for the vegetarian monks - is still in working order, and this since the 12th century. Sit for a moment in the calm of the garden filled with flowers and a superb collection of colourful marrows and pumpkins. (43°18'19 N-2°10'03 E - tel : 04 68 24 90 38).

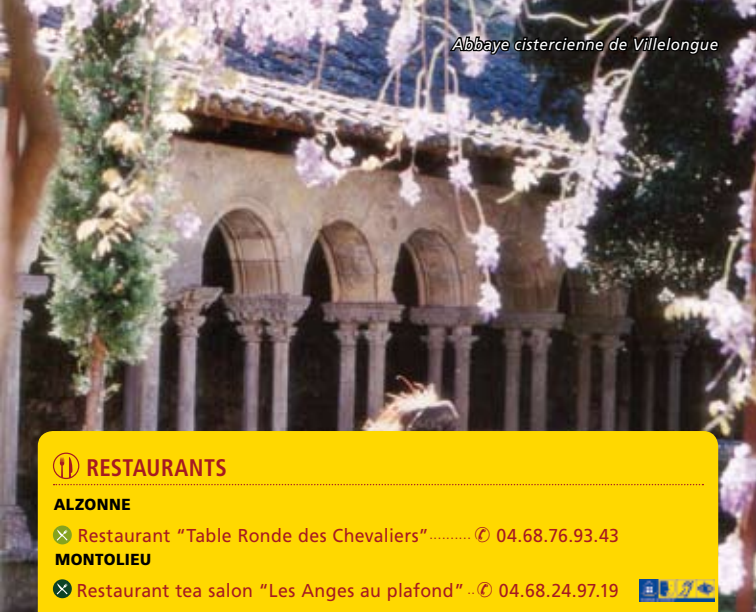
From Saint Martin le Vieil, finish the itinerary by taking the D34, going through Raissac sur Lampy and Alzonne before taking the D33 as far as Villesèquelande.

Go for a boat ride on **the Canal du Midi**, registered on the UNESCO World Heritage list. This exceptional engineering masterpiece was realised by Pierre Paul Riquet in the 17th century under the reign of Louis XIV!



A concentrate of the hydrographical, topographic, geometric and architectural skills of its time, the Canal continues to surprise us today.

The towpaths are maintained for walking and bike-riding in the shade of the centuries-old plane trees. Return to Carcassonne on the D33.



📍 RESTAURANTS

ALZONNE

⊗ Restaurant "Table Ronde des Chevaliers" ☎ 04.68.76.93.43


MONTOLIEU

⊗ Restaurant tea salon "Les Anges au plafond" ... ☎ 04.68.24.97.19 

⊗ Restaurant "Le Marque-Page" ☎ 04.68.24.76.72

⊗ "Le Café du Commerce" ☎ 04.68.24.85.12

PEZENS

⊗ Restaurant L'Ambrosia ☎ 04.68.24.92.53 

Restaurant symbols

⊗ Table gastronomique

⊗ Traditional regional cuisine

⊗ Inventive cuisine

⊗ Family cuisine

⊗ Snack bar

🍷 TASTING

WINES

Alzonne

Domaine des Sesquières

☎ 06.08.45.96.83 / 04.68.76.00.12

Montolieu

Wine cellar L'Estanquet «Regional wines»

☎ 04.68.24.72.12

Pezens

Gilbert Salvo, Wrought iron craftsman

Unique pieces (e.g. 18th century gate)

☎ 04.68.76.09.95

Montolieu Village of Books

Art glassworker, Julienne

Daniaux, « Diversion »

☎ 04.68.24.70.17

BOOK ARTISANS

Montolieu Village of Books

Book-binding workshop, Sandrine

Bernard-Breitel, « Au chat Kireli »

☎ 04.68.24.80.49

Calligraphy workshop, Lucile Gesta

☎ 06.87.10.27.43

Caricature workshop, Laurent Malard

☎ 06.89.38.56.88 / 04.68.24.82.69

Computer Graphics - Photography,
Visual Production

☎ 04.68.78.87.57

Illustrations workshop, Nathalie Louveau

☎ 06.81.17.20.90

🚶 ACTIVITIES

Montolieu Village of Books

Atelier du Livre (Book workshop)

Book-making, individual workshops and school trips (paper manufacture, typography, engravings, marbled paper)
☎ 04.68.24.84.27

Conservatory of Bookmaking Arts

and Crafts : Michel Braibant Museum

Follow the history of books, since the birth of writing and the history of its different supports, to the wonderful adventure of mechanical printing
☎ 04.68.24.80.04

15 bookshops

Vintage and second-hand books and collectors

The Cooperative

Centre for Art and Literature : contemporary art, bibliophilism, lectures, performances, publications of artists' books and welcoming guest authors
☎ 04.68.78.96.29

Montolieu Village of Books and Graphic Arts

Exhibitions and cultural events. Learning workshops for groups and individuals (calligraphy, computer graphics, illumination of manuscripts, caricatures, writing, illustrating, engraving, typography, book-binding, paper manufacture)
☎ 04.68.24.80.04

« L'ATELIER »

Photograph exhibitions, sculptures and paintings by Chris and Francis
☎ 09.51.70.98.20 / 06.07.26.40.86

Exploring the Saint Roch and Capitelles site

Topoguide, circuit 11, available at the Office Intercommunal de Tourisme

The Cactus Garden

Production and sale of cactus and other succulent plants. Visit the gardens : 1000 species!

☎ 04.68.24.86.59



WORTH SEEING NEARBY

- Explore the Alzeau and Dure Gorges
- Pays Cathare castle in Saissac
- Biches de Picarel deer farm in Saissac
- Paper mill at Brousses
- Picturesque village of Aragon.

COME BACK FOR

January

- « Les Ampéfolies du Cabardès »
Moussoulens Wine and Truffle Festival

Easter weekend

- «Vintage books fair» in Montolieu

April/May

- «Escritura» Occitan literature and culture in Montolieu

June

- « Cactus Fair » 3rd weekend,
La Cactuseraie Montolieu

July/August

- Concerts on Thursday evenings at

the «Café du Commerce» in Montolieu

- Concerts at the Abbaye de Villelongue



August

- **Abbaye de Villelongue :**



Open on Wednesday evenings

- **Picnic lunch with Pays Cathare producers** on 15 August.

• **Pays Cathare producers' market** Montolieu (Thursday before 15 August weekend)

- «**Night of the Papyvores**»



14 August at Moulin de Brousses (paper mill) (jazz, French songs...)

☎ 04.68.26.67.43

September

- «**Marrow Festival**» 3rd weekend, Abbaye de Villelongue



• «**Art Crafts and Skills Day**»,
Heritage Day Sunday, Montolieu.

December

- «**Truffle Markets**» Moussoulens.

April to October

- **Concerts** « Les Anges au Plafond »
Restaurant, Montolieu

All year

- **Literary and artistic events** at the Museum of Bookmaking Arts and Crafts and the Montolieu.



Montolieu Village of Books

Of Stone and Men : from Capitelles to Châteaux!



Castles of Lastours

In the foothills of the Montagne Noire, 10 kilometres from Carcassonne, in a peaceful natural environment, a crisscross of paths through Mediterranean forest and Cabardès vineyards, the stones of History are ever-present, at the turn in a path, a glance through the trees.




i HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 50 km
Total visiting time : 5 hours
Suitable for : people who are physically fit

INFORMATION

Office de tourisme/Syndicat d'Initiative :
OIT Montolieu..... ☎ 04.68.24.80.80
➤ www.tourisme-cabardès.fr 
St Ilhes Cabardès..... ☎ 04.68.11.12.40

- When leaving Carcassonne, head towards Toulouse on the RD6113 as far as the crossroads on the express way indicating on the right the village of Pennautier.

Drive into the village and take the D203 as far as Aragon.

ARAGON :

Discover this small picturesque village, where the houses blur into the rocky substrata, built in an amphitheatre design on a limestone outcrop, overlooking the Trapel and the La Valette streams.



- The village :** From the drinking trough square with its historical 16th century cross, listed as an Historical monument (crucifixion on one side and Virgin with Child on the other), stroll through the narrow streets of this delightful authentic village to arrive at the Draw-Gate street (rue du Pont-Levis) where the vestiges of the old wall of the Castrum can be imagined. From there, join the rue du Paro to go to the Castle and the church.
- The Castle** (late 16th, early 17th centuries) : the layout of the current facade is organised between two square towers. The castle has been greatly modified over time and includes remarkable elements in the middle of the facade :

the door (16th, 17th centuries) framed by two columns resting on coffers with a diamond-shaped design, is under the vestiges of a bartizan (15th century). The mullion windows were placed in modern times.

From the Medieval period, only a fragment of wall remains. The part which gives onto the dry ditch is a reminder that the fortification used to surround the entire extremity of the outcrop, site of the Castrum.

Saint-Marie's church : After collecting the key (see sign on church door), you will see : the north portal (some elements from the primitive 12th century church), the pentagonal choir (on each of its faces, there is a gothic bay with a pointed arch with two lancet windows), the circular keystone has a plant décor and holds a protruding head. Of the 4 side chapels, one has a keystone decorated with an eagle. The square bell-tower pierced with pointed arch bay openings contains a bell which is listed as an Historical Monument and dates from 1673. To see also : two magnificent statues of the Virgin (15th century in wood and 18th century in gilded wood), the altar, the stoup and the baptismal font in pink marble from Caunes Minervois (the same marble as used in the petit Trianon) as well as the gilded wood tabernacle from the end of the 17th century.



Finish the visit by admiring the decorated elements (corbels and beams) of the timber framework, beautifully preserved and rediscovered in 1988. The final span has been completely renovated and gives an idea of the primitive decoration of the Nave. Combining themes of plants and foliage scrolls, with fantastic animals, the beams and the corbels are decorated with coats of arms dating from the early 14th century.

Go out of the church and look at the mouldings of six disk-shaped steles in the "priest's garden". They were among those found in the cemetery wall and around the village. Small Christian funeral monuments, these steles used to be placed on burial places in the cemetery.

Don't leave without enjoying a good look at the surrounding countryside.

The « Dry-stone and Rural Architecture » Centre : below the church, this museum explains dry-stone architecture (terraces, low walls, cabins ...)



Finish the visit of Aragon with the Museum of traditional wine-making tools. For information and visits, call the Town Hall of Aragon on 04 68 77 17 87 or 06 11 04 16 19 outside opening hours.

Go out of Aragon and take the D935 as far as the village of Villegailhenc: take the D118 towards Mazamet and drive 4 km then take the D411 on the right to Salsigne: you will go past the old gold mines and you can make a stop at the Montfermier Belvedere Lookout from which you can see the four Castles rising up at 300 metres in altitude surrounded by a landscape where cypress trees reach for the sky : exceptional panorama!

THE CASTLES OF LASTOURS :

Drive down to the village of Lastours (Park in the free compulsory car park at the entrance to the village) and go to the renovated old textile factory, called «Rabier» (Tel. 04 68 77 56 02 for information). There are two permanent exhibitions :



The archeological exhibition «LASTOURS, 4000 years of history»: See the main discoveries from 25 years of archeological digs in the old fortified village!

The geological, botanical and zoological exhibition «LASTOURS, Worlds to discover»: prepares the visitor to appreciate an exceptional environment!

The old factory also gives access to the walking paths to visit the site, which will make you dizzy and inspire you. These 4 castles, Cabaret, Surdespine, Quartineux and Tour Régine, which have surveyed entry to the Cabardès since the High Middle Ages overlook the Orbiel watercourse and Grésilhou stream.

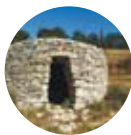
Here you will also see «Le Trou de la Cité», (the Hole from the City). It is the biggest cave at Lastours where there are about forty in all. The «Princess with the necklace», burial place of a young girl dating from 1500 years ago was located in a cavity nearby called «the necklace shelter». Her body was covered with objects including amber beads and jewellery resembling Mycenaean or Egyptian art.

At the foot of the Cabaret castle, archeological digs carried out over 25 years have brought to light the medieval village of Cabaret, important Cathar centre which resisted the Crusading armies. Old fortified habitat called a «Castrum», it was composed of about one hundred dwellings and several forges. These were suddenly abandoned without the inhabitants being able to take with them the slightest thing.

Go back towards Carcassonne on the D101 and stop at the :

CAPITELLES DE CONQUES SUR ORBIEL :




Farmers' and shepherds' cabins since the 19th century, built from dry-stones (4 round trip walks, about 1 hour for each).




During the summer, stop at the 14th century church in Conques to admire the 15th century reredos. Return to Carcassonne on the D101.

🍴 RESTAURANTS

ARAGON

⊗ Restaurant "La Bergerie" ☎ 04.68.26.10.65  «Prestigious Table»    

LASTOURS

⊗ Bakery "Le Moulin de Lastours" ☎ 04.68.25.23.14 
Pastry shop, tea salon, « house » ice creams and garriguet and Pays Cathare bread



⊗ Rural auberge "Le Diable aux Thym's" ☎ 04 68 77 50 24 

⊗ Restaurant "Le Puits du Trésor" ☎ 04.68.77.50.24 
1 star in the Michelin Guide

PENNAUTIER

⊗ Les Chais du Château ☎ 04 68 25 63 48

SALSIGNE

⊗ Ferme auberge de Combestremière ☎ 04 68 77 06 97  
Weekends and by reservation

Restaurant symbols

⊗ Gastronomic restaurant

⊗ Traditional regional cuisine

⊗ Inventive cuisine

⊗ Family cuisine

⊗ Snack bar

TASTING

WINES

Conques sur Orbriel

Domaine Salitis

☎ 04.68.77.06.97

Domaine Parazols

☎ 06.07.49.15.14



Lastours

Château le Bouchat-Alaux

☎ 06 11 71 90 94 (July and August)



Pennautier

Les Chais du Château

☎ 04 68 25 63 48



Château le Bouchat-Alaux :

La Tuilerie

☎ 04 68 47 30 03 / 06 11 71 90 94



LOCAL PRODUCE

Aragon

Café « le Druide d'Aragon » and local

produce « La Maison du Cabardès »

☎ 04 68 26 12 39

Lastours

Wines "le bon filon"

July - August

☎ 06.11.71.90.94

Salsigne

Farm produce from the Ferme
de Combestremière

☎ 04 68 77 06 97



ACTIVITIES

Aragon

Bike trails SITE - VTT - FFC :

460 km of trails, 4 walking trails : ATAC

☎ 04 68 77 04 00

Bagnoles

Horse-riding trails

Au pré de Jolie

☎ 06 61 17 50 90

Conques sur Orbriel

Initiation to motorised 2-wheelers
for 6-17 year-olds

(1/2 day, day, week) MOTO LIBERTE 11

☎ 04 68 77 07 27

Puicheric

Rock-climbing, spelunking,

and live water sports

with the company EAUORIZON

☎ 04 68 49 99 82



Villarzels Cabardès

Accompanied walking




circuit, free of charge

with visit of pre-romanesque 9th /10th century

Chapel + wisigothic cemetery. (booking necessary
with Mr Louis Guiraud - lasts 3 hours)

☎ 04 68 77 02 11

WORTH SEEING NEARBY

- Montolieu, village of books
- Saissac : château Pays Cathare 
- Brousses paper mill 
- Limousis cave 
- Villarzels archeological museum, Moural des Morts wisigothic cemetery (5th to 7th centuries) and
- pre-romanesque 9th /10th century Chapel

COME BACK FOR

May

« Art Aragon et Artistes »

Sculptures and Paintings in the streets
at the Prieuré d'Aragon.

June

Mountain-bike ride « Cap Nore »

3rd weekend in Villegly

July/August

« Les Cabardièses »

Piano Festival in Pennautier

July/August

Sound and Light show at
the castles of Lastours

(at the Belvédère) Thursdays



August

Festival «Jazz under the Chestnut trees»

In the park of the Château de Roquefère (1st week).

October

« De Ferme en Ferme en Montagne Noire »
(1st Sunday)

☎ 04.68.78.00.55

November

Fête of lamb, chestnuts and
Primeur wine in Villardonnell

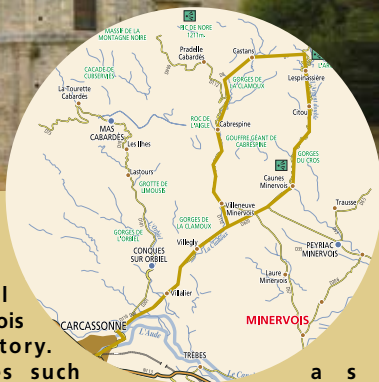


« Art, Aragon et Artistes » at the Prieuré d'Aragon

Minervois Montagne Noire : Unusual encounters and picturesque scenery



Caunes Minervois Abbey



From the foothills to the Montagne Noire, the Clamoux Gorges offer an exceptional panorama. Entering the Minervois means also entering History. There are exceptional sites such as the abbey at Caunes-Minervois, the giant chasm of Cabrespine and marble quarries. On the way to the mountains you will see dolmens, taste local produce, and even go for a walk with lamas!

1 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 87 km

Total visiting time : 5.5 hours

Suitable for : everyone

INFORMATION

Office de tourisme/Syndicat d'Initiative :

Villeneuve..... ☎ 04.68.71.20.14

Rieux..... ☎ 04.68.78.13.98

Azille..... ☎ 04.68.91.59.61

Caunes Minervois..... ☎ 04.68.78.09.44

➤ www.caunesminervois.com

- To go to the Minervois area, from Carcassonne, take the Mazamet road. Upon leaving Carcassonne, at the Bezons roundabout, turn right, towards Caunes Minervois (D620).

● CAUNES MINERVOIS :

As soon as you enter the town, an 8-metre high marble sculpture reminds you that you are in the area of the famous red marble used in the construction of many monuments including the «Trianon» at Versailles, the Paris Opera House, the Great Mosque in Cordoba, and Saint Peter's in Rome... Leave your car at the Europe car park and go towards **the Abbey and its two-level cloister**, located in the medieval village. The Tourism Office proposes a guided visit of the site. The Abbey was on a pilgrimage route. You can also visit the many artists' studios in Caunes Minervois : Pottery studio, Imagination workshop, Painters' dens, or other Artists' houses and their fashion creations and artistic jewellery... You mustn't miss the Hôtel Restaurant d'Alibert and its

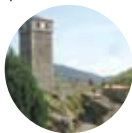


magnificent surrounds. Before embarking on your tour of the Montagne Noire, make a halt on the Trausse Minervois road. As you leave Caunes Minervois on the Trausse road, you will come across the remarkable site of **Notre-Dame du Cros**! Organised around a chapel dedicated to the Virgin, the exceptional grounds and facilities make it an excellent spot for relaxing in the shade of the plane trees : the Cros gorges, the spring, the marble quarries, and the steep cliffs are appreciated by climbers and walkers alike.



Go back to the Departmental road 115 and in the centre of the village of Caunes Minervois, take the **CITOU** road. A small mountain road will take you through the valley of the Argent Double and will take you from the Minervois plain to the foothills of **the Montagne Noire**. Drive through orchards and market gardens where sweet onions grow, to the village of Citou. Depending on the seasons, local fruit and vegetables are for sale along the way. You can also observe a delightful Romanesque chapel!

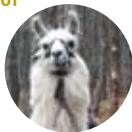
Take the road back to **LESPINASSIERE**, see the square tower of the medieval castle built in the 12th century, in the centre of the village. Walk around the outside of the castle at your leisure. Enjoy the view. On the horizon : the Pyrenees !



Chestnut trees line the way as far as **CASTANS**. This is a country of shale stone. At the crossroad of St Pons and the Col de Salette, turn left towards "Castans" (D9)

Castans stands out for its strong link with the number seven : 7 hamlets, 7 springs, 7 bells in the parish church. This part of the Montagne Noire is covered by more than 50 km of signposted walking trails.

Take the Pradelles road (D9) to go and meet **the Lamas of the Montagne Noire**. Jean Louis and H el ene invite you, year-round, to visit their lama farm or go for lama rides in the forest. Original rides for the young and the young at heart!



Continue this road, at the next crossroads take the **CABRESPINE** road, which winds through the green valley of t h e Clamoux (D112).

Cabrespine, village where the physician Pierre Duhem decided to finish his days, is a pleasure to visit with its picturesque small streets, and, in particular, for its curious street with six bridges.

About 2 km after the village, take the road on the right via **the Giant Chasm of Cabrespine**, this cave which is remarkable for its size and the quality of its karstic elements is currently in the process of registration on the UNESCO world heritage list. This site is accessible for all publics and there are picnic tables at your disposal. To return, take the road to :



VILLENEUVE MINERVOIS :

This village is typical of the region with its shady boulevards and plane trees. In Villeneuve you and your family can explore the mill which is still active, paths will take you to dolmens and capitelles, and Mr Chaix's Paleontology and History museum (04.68.26.12.14). Art lovers, make a stop at the Wrought Iron workshop «La Marquise». And finally, if you are travelling between December and February you will be lucky enough to taste the great specialty of Villeneuve Minervois : Truffles! Colourful markets are

organised around this production !

Take the D111 departmental road to visit **the windmill at Villeneuve Minervois** which is still active.

Go back the way you came, take the D112 again to go back to Carcassonne.



RESTAURANTS

CAUNES-MINERVOIS

☒ Café - Restaurant "La grande Fontaine" ☎ 04.68.78.00.63

☒ Restaurant "d'Alibert" ☎ 04.68.78.00.54

☒ "La Cantine du Curé" ☎ 06.79.85.99.03

June to September

☒ Salon de thé "La Marbrerie" ☎ 04.68.79.28.74

Glaces artisanales - mobile : 06.80.40.40.58

CITOU

☒ "Table familiale L'Oustal" ☎ 04.68.78.08.99

Open in evenings, reservation necessary

LESPINASSIÈRE

☒ Café - grocery - Restaurant "Les Ardeillès" ☎ 04.68.78.01.07

Reservation necessary - mobile : 06.77.10.80.20

TRAUSSE-MINERVOIS

☒ Café - Restaurant "L'Amandier" ☎ 04.68.78.23.07

mobile : 06.70.92.83.73

Restaurant symbols

☒ Gastronomic restaurant

☒ Traditional regional cuisine

☒ Inventive cuisine

☒ Family cuisine

☒ Snack bar

TASTING

WINES

Bagnoles



Château du Donjon 
(guided visit of the 13th century Keep)

☎ 04.68.77.18.33

Caunes-Minervois



Celliers du Palais Abbatial

☎ 04.68.78.00.98

Château Villerambert-Julien  
(Wine-tasting in the 16th century chapel)

☎ 04.68.78.00.01


Le Clos du Marbrier

☎ 04.68.78.49.19 / 06.85.91.27.57  

Domaine Benjamin Taillandier

☎ 06.79.85.99.03

Malves en Minervois

Château Malves Bousquet 


☎ 04.68.72.25.32

Sallèles Cabardès

Château La Villatade 

☎ 04.68.77.57.51

Villalier

Cellier des Capitelles 


☎ 04.68.77.16.69

Villegly


Château Villerambert-Moureau 

☎ 04.68.77.16.40

Villeneuve-Minervois

Domaine Bénazeth au Moulin 

☎ 06.30.61.30.01

Château les Chanoines 

☎ 04.68.26.13.61

LOCAL PRODUCE

Caunes-Minervois


Spice bread PAINDOR

☎ 06.12.29.62.10

Pork small-goods Icher

Meat salting, foie gras, home-made preserves

☎ 04.68.78.00.45

Bakery GIRAUD 

Cathar bread, Garriguet

☎ 04.68.78.05.90

Wine cellars, regional produce at La Marbrerie

☎ 04.68.79.28.74 / 06.80.40.40.58

Lespinassière

Regional produce on sale at Café
Restaurant Les Ardeillès

☎ 04.68.78.01.01 / 06.77.10.80.20

Villeneuve-Minervois

Tour of the Truffle plantations

☎ 04.68.26.16.19 (town hall)

ARTS AND CRAFTS

Caunes-Minervois

Atelier du Monestier

Creation of Jewellery

☎ 06.24.00.88.99

Atelier de Poterie

Pottery workshop

☎ 04.68.78.48.53

Villeneuve-Minervois

Wrought iron "La Marquise"

☎ 04.68.71.86.19



ACTIVITIES

Walking tours

Cabrespine

Gouffre Géant de Cabrespine

Underground safari 43°21'32N-2°27'25E

☎ 04.68.26.14.22



Castans

Visit of the farm, mini-
walk and lama riding :

" Les Lamas de la Montagne Noire "

☎ 04.68.26.60.11

Caunes-Minervois

Rock-climbing at Notre Dame du Cros

Accompaniment by Eaurizon

☎ 04.68.49.99.82

Villeneuve-Minervois

Dolmens et Capitelles

WORTH SEEING NEARBY

- The Ice reserves between Castans and Pradelles
- Lac de Pradelles (swimming)
- Villarzel Cabardès Archeological Museum + Wisigothic Cemetery of Moural des Morts (5th to 7th centuries). Stone tombs + Pre-romanesque 9th/10th century Chapel : Louis Guiraud 04.68.77.02.11
- "The ice reserves of Pradelles Cabardès"
Christine Truc animates commented visits of the Ice reserves, booking necessary.
☎ 04 68 26 32 97

COME BACK FOR

January

Truffle markets

at Villeneuve Minervois

March

«Contemporary Art exhibition»
at the Centre Méditerranéen de l'Image

Château de Malves

☎ 04.68.71.65.26

www.graph.cmi.org

May

«Spring in the vineyards»

Events in the cellars

«Art market»

at Malves (3rd weekend): 45 Artists
(painting, sculpture, photos...)

« Nightshot »

Night of video and multimedia creation

(final Saturday in the month) Malves

«Contemporary art exhibition»

at the Centre Méditerranéen de

l'Image Château de Malves

June

Marble and Sculpture Festival

at Caunes Minervois

Wine tours in the Haut Minervois

Cherry Festival Trausse Minervois

July/August

Wine tours in the Haut Minervois

«Fridays» and «Classic Fridays»

At the Abbaye de Caunes

«Tuesdays»

at Villeneuve Minervois (concerts, theatre...)



September

Sweet onion festival at Citou

Wine tours in the Haut Minervois



October

«Great Trails»

(exhibitions, tastings, music, cinema ...)

Chestnut Festival at Castans

«Stone, Marble and Decorative Arts»

Caunes Minervois

Farm to Farm in the Montagne Noire

(1st Sunday)

November

Truffle markets at Villeneuve Minervois

«Contemporary Art exhibition»

At the Centre Méditerranéen de l'Image

Château de Malves

☎ 04.68.71.65.26

www.graph.cmi.org

Reinette apple festival at Citou



December

Truffle markets at Villeneuve Minervois

Christmas markets and concerts

Gouffre géant de Cabrespine



At the Sources of the Canal du Midi!

Alzeau water supply



In the heart of the Montagne Noire, the area around Saissac offers preserved calm open spaces.

The typical villages, on the mountain sides, give a panoramic view over the Pyrenees mountain chain.

In this sunny land, water is omnipresent : canalised, tamed in the 17th century by the genius that was Pierre Paul RIQUET. The water supplies the Canal du Midi by the channel of the mountain from the Alzeau water supply to the large Lampy dam.

This exceptional historical treasure is listed on the UNESCO World Heritage list!

i HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 85 to 100 km
Total visiting time : 5.5 hours
Suitable for : everyone

INFORMATION

Office de tourisme/Syndicat d'Initiative :
OT Les Cammazes ☎ 05.63.74.17.17
Château de Saissac ☎ 04.68.24.46.01
OIT Montolieu ☎ 04.68.24.80.80
➤ www.tourisme-cabardès.fr

- Leaving Carcassonne, follow the RD6113 towards Toulouse.
2 km after the village of Pezens, turn right towards Moussoulens, then Montolieu Village of Books to arrive at :

● **SAISSAC :**

Typical village of the Montagne Noire, Saissac is built in a semicircle above the confluence of the Aigubelle and the Vernassonne streams. The streets, one above the other, all face exceptional scenery and give an incomparable view over the Pyrenees mountain chain.

At the southern end of the village, near the church of Romanesque origin, the Château is built on a rocky outcrop.

- **The Castle of Saissac**, which is one of the largest in the



region, was rebuilt after the crusade against the Cathars at the end of the 13th, early 14th centuries. From this period the remains of a powerful keep and quadrangular towers remain on the first terrace.



In the 16th century, Renaissance style additions were made. One of the main buildings from that period, has been restored and now shelters the Monetary Treasure Museum of Saissac. This treasure amounted to 2000 deniers (coins) dating from between 1250 and 1270 and is one of the oldest buried royal treasures to be found in the Languedoc.

This modern and entertaining exhibition deals with medieval moneys : mining of metals, striking of coins, exchange, and their role in trade and conflicts...

The Wars of Religion also brought about modifications to the buildings when openings were pierced in the walls to cater for cannons.

Recent digs have brought to light the outbuildings of the Château with their ovens.

At the foot of the fortress the vestiges of the former walled village of Saissac remain. This village was at the centre of a large network of shaded pathways and was protected by the Toulouse gate.

These old stones tell us the story of the changes at Saissac throughout time: Roman occupation, Crusade against the Albigensians, development from the 15th to the 19th centuries with the wool business.

Wander through the narrow village streets and admire the corbelled half-timbered houses, the fountains, the medieval gate and the defence towers.

Leave Saissac on the D4 (indicated Arfons) to go to **the Lac de Lampy**. Make a stop at the Picarel deer farm. (450 stags, dams and brockets live in the grasslands and forests, see them from very close-up, try some brocket meat or some deer paté or dried deer sausage).



The Lampy-neuf dam which was completed in 1782 is the second water reserve for the Canal after the Saint Ferréol Lake. Construction of the dam was necessary to supply the Canal de la Robine between Narbonne and Port la Nouvelle. The dam and the lake constituted part of the extension of the ingenious system of the Canal du Midi, one century after it opened.

On the edges of the lake, the Arboretum du Lampy tells the stories of the Fables de la Fontaine in their natural setting, surrounded by centuries-old trees.

Go back to Saissac, go through the village to take the road to Saint Denis (along the way sheep, cattle and horse farms), then in the village take the road to Lacombe to make your way to :

THE ALZEAU WATER SUPPLY AND THE RIGOLE (CHANNEL) :

More than anything else, the Montagne Noire is the Mountain of the Waters. The density of the hydrological network is what made it possible for Pierre Paul Riquet to build the Canal du Midi.



Listed on the UNESCO World Heritage List, and listed as a Historical Monument, it is considered to be one of the most extraordinary Civil Engineering feats of the modern age. At the time the idea of building a canal to join the Atlantic Ocean to the Mediterranean Sea

was not new. However, the idea of a regular water supply by canalising the waters of the Montagne Noire, was a major factor in the decision to build the Canal. The Alzeau water supply dam was built from 1667 onwards and it remains the highest supply point (684m) as well as being the departure point for the water which supplies the canal.



Until the end of the 19th century there were no roads into the forests and only the alley along the Rigole channel enabled road transport. This exceptional site remains today a fun place for a promenade.

Above the Alzeau water supply, the old forge has been converted into a restaurant. It used to manufacture iron balls and chains as well as bullets. Just next to it, the guard's house is an excellent starting point for a walk.

Take the road back to Saint Denis (it is possible to explore the lake and its themed walks "the water paths"). Continue towards Brousses, making a delicious stop at the Mazet pralinery to taste Nadine's sugar-coated walnuts, hazelnuts and almonds. Then arrive at :

● THE BROUSSES AND VILLARET PAPER MILL :

Located at the end of the Dure valley, in the middle of enormous granite blocks, between chestnut tree and scrubby green oaks, this paper mill is the last one in the Languedoc to still function.



This is what remains of a rich paper industry at Brousse dating from the late 17th century. The mill perpetuates the tradition of hand-made paper.

In a place with its old machines where you can feel history, the Mill proposes : the discovery of a product which is extraordinary and yet very common : paper.

Experiment with a thousand-year-old craft : hand-made paper and you will have the opportunity to make your own paper!

Without forgetting the enchanting and romantic surrounds of this place!

● Go back to Carcassonne on the D118 via Villegailhenc.




Château de Saissac

📍 RESTAURANTS

FONTIÈS CABARDÈS

✕ Restaurant "Club 620" ☎ 04.68.26.53.48

LACOMBE

✕ Restaurant "À la prise d'Alzeau" ☎ 04.68.25.46.94 
43°23'15N- 2°13'32E

Restaurant symbols

✕ Gastronomic restaurant

✕ Traditional regional cuisine

✕ Inventive cuisine

✕ Family cuisine

✕ Snack bar

🍷 TASTING

WINES

Villegailhenc

Vignobles Alliance

Caveau

☎ 04.68.77.10.79

Domaine de Cazaban



Organic wines

☎ 04.68.72.11.63 / 06.58.06.22.74

LOCAL PRODUCE

Brousses et Villaret

La Pralinerie du Mazet with its Cabardises

43°20'37 - 2°14'37

☎ 04.68.26.64.05 / 06.03.54.11.93

Caudebronde

Maison de la Montagne Noire

Local produce boutique (July/August)

☎ 06.09.69.46.05

Saissac

Picarel venison meat and small-goods

☎ 04.68.24.44.08

Villardonnell

Bonnafous butcher and small-goods maker



☎ 04.68.26.51.59

🚶 ACTIVITIES

1st category fishing at the lakes of Laprade, le Lampy and Saint Denis.
Trout fishing at the Saint Pierre lake (snack bar)

Boat ride on the Canal du Midi

43°13'03.05 - 2°21'03.46

☎ 06.80.47.54.33

Brousses et Villaret

Artistic activities at the Brousses paper mill



43°20'47N-2°15'21E

☎ 04.68.26.67.43

Cuxac Cabardès

La Goutarende horse-rides

☎ 04.68.26.66.49 / 06.80.63.74.27

Albejot horse-rides

☎ 04.68.24.44.03

Cooking classes and photography tours at the Domaine de la Bonde

with Nathalie GRANDIN

☎ 04.68.26.57.16 / 06.30.26.81.63

Fontiers Cabardès

Musical events

End of week, year-round at the Club 620

☎ 04.68.26.53.48

Saissac

Picarel deer farm

42°22'28N-2°10'01E

☎ 04.68.24.44.08

🏞️ WORTH SEEING NEARBY

- "Les Chemins de l'eau" (Water pathways) walking paths and the Laprade-Basse interpretation trail.
- "Eaux apprivoisées" (Tamed waters) village circuits
- Lakes of Saint Ferréol (swimming), Montagnes, Cammazes, Laprade-basse and la Galaube dams
- Montolieu, Village of Books. Aragon, typical Cabardès village.
- Abbaye de Villelongue at Saint Martin le Vieil.
- Lakes of Saint Ferréol (swimming), Montagnes (swimming), Pradelles (swimming).
- Museum and Garden of the Canal du Midi at St Ferréol
- Cubserviès waterfall.


🏠 COME BACK FOR

June/September


Art exhibitions :

Saissac market square

July

Cultural shows at the Château de Saissac 

14 August

«La Nuit des Papyvores» (Night of the Papyvores) Moulin de Brousses 

(jazz, French songs...)

☎ 04.68.26.67.43

Early Autumn

Braying of the deer at Picarel (Saissac)

October

«From Farm to Farm in the Montagne Noire»

(1st Sunday)

☎ 04.68.78.00.55

Le Haut Cabardès : A stairway to Heaven!

Access to the Châteaux de Lastours



10 minutes from Carcassonne,
get away from it all in the cool,
the greenery and the charm of a
small steep-sided valley watered
by the «Orbiel» stream!

i HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 110 km

Total visiting time : 6 hours

Suitable for : the physically fit

INFORMATION

Syndicat d'Initiative du Haut Cabardès :

Les Ilhes Cabardès ☎ 04.68.11.12.40

➔ www.tourisme-cabardes.fr

- Leaving Carcassonne, take the Mazamet road on the D118 as far as the roundabout then follow the road marked «Lastours, Mas Cabardès (D201)».

Between Conques and Lastours turn right onto the D111 towards :



● THE LIMOUSIS CAVE :

A veritable voyage to the centre of the earth, the cave will take you back in time, it was home to Cave Bears! Fashioned by an underground stream, once the waters receded, the cave was decorated by superb concretions including the exceptional aragonite chandelier. This formation is unique in the world for its size (4m high by 10 metres wide) and for its beauty. A 45-minute guided visit (1st March to 30 November /year-round group bookings) will take you through this cave which is at a constant temperature of 14°C, summer and winter! The cave even serves as cellar for a wine called «Améthyste» aged in oak barrels.

It is possible to visit **Saint-Michel's church**, gothic remodelled in 1661, by calling 04.68.77.12.74 (Careful : poor GSM reception!) Go back towards :

● LASTOURS :

Go to the old factory called «Rabier» from which you will be able to walk around the 4 castles located at 300 metres



altitude in a landscape spiked with cypress trees : exceptional view ! These 4 castles, which have protected the Cabardès area since the High Middle Ages, overlook the Orbiel stream, in its steep-sided valley. For a long time these fortresses protected the mines of the Montagne Noire and during the Crusade against the Albigensians, the lords were at the forefront of the resistance movement.

You will have the rare opportunity to observe the results of the digs of the «Castrum», medieval walled village at the foot of the castles. The archeological exhibition «Lastours, 4000 ans d'histoire» (Lastours, 4000 years of history) can be visited free of charge at the entrance to the castles.



Continue on the D101 towards Mas Cabardès to reach :

LES ILHES CABARDÈS :

Look at the vaulted street, the 16th century church and its magnificent baptistery in pink marble from Caunes Minervois (the same marble was used in the construction of the Petit Trianon at Versailles).

Continue on the D101 as far as the crossroads with the D9 to arrive at :

ROQUEFÈRE :

Small picturesque flowered village, where shale and greenery mingle around the waters of the Rieutort, dominated by its 12th century castle.

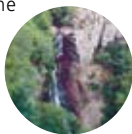


As you wander around the narrow streets, admire the general overview of the village from certain points.

Take the road towards Cubserviès (7 kms) located at the entrance to the village :

THE CUBSERVIÈS WATERFALL :

The village is worth a visit just for its location, a veritable eagle's nest dominating the high valley of the Rieutort. From here you can admire the 90-metre-high Cubserviès waterfall!



Have a look at the Notre Dame Chapel (10th and 11th centuries) and at the Saint Jacques shell at the entrance, which suggests that the village used to be a halting place on the pilgrimage to Santiago de Compostella.

Continue for 1 km on the road towards :

THE SAINT SERVIN CHAPEL :

In this enchanting place, far from the noise and any houses, stands the only Romanesque chapel of the High Cabardès (11th and 12th centuries), to still have its old cemetery. In this mysterious enchanting place, you will not have to fight to find a place to have a rest, unless it be with the sheep grazing peacefully in this peaceful spot... Call the person responsible for the restoration of this place on 05.63.61.58.83 (Careful : poor GSM reception) if you wish to visit the interior (groups only).



Continue as far as the crossroad (at the wash trough) and turn right on the D1009, go through the agricultural plateau of Pradelles Cabardès, from where you have an interesting view of the Aude plain and the Pic de Nore. From here, you have 3 possibilities :

Either : Continue then turn left to go up to the Pic de Nore, the highest point of the Montagne Noire at 1211 metres high, with a panoramic view

and beautiful stretches of heather in flower when the season is right!

Or : continue then turn right to go to the Pradelles Cabardès lake (swimming and snacks),

Or : continue then turn right (before the lake) towards :

● LABASTIDE ESPABAÏRENQUE :

This small twisted steep village is worth a stop and a wander in its picturesque narrow streets. At the end of the village, there is Saint André's church and a wash trough (espabaïrenque means «outside the walls»).

Go back to the village of Roquefère and continue to the crossroad indicating on the right :

● MAS CABARDÈS :

This village which clutches the slopes and has its feet in the Orbiel stream, boasts one of the prettiest bell-towers in the Cabardès. Saint-Etienne's church with its 12th century bell-tower and 2 storeys of geminate windows, houses a magnificent 15th century reredos, reminiscent of the Provence style reredos. Go for a walk in the streets and look at the many 16th century houses (half-timbered corbelled houses), the Weavers' Cross (16th century cross, worked on both sides with some traces of colour). Climb up to the ruins of the medieval castle (13th century) from where you will have a wonderful view of the entire village, the Orbiel valley and old cultivation terraces. And finally, walk past the home of Doctor Ferroul, Mayor of Narbonne and leader of the Midi Viticole Revolt in 1907.



Leave the village and continue towards Miraval :

As you go by, make a stop at the Saint Pierre de Vals Collegiate church : the entrance is through the gate in the curious cemetery (seen from above, its walls are in the shape of a heart!). This vast edifice used to be the place of worship for the inhabitants of Miraval, La Tourette and Les Martyrs.

● MIRAVAL CABARDÈS :

This small village has a handsome wash trough, the ruins of the castle of Raimon de Miraval, famous troubadour, and the Notre Dame de la Lauze church (17th century, open between 2:00 and 5:00 pm).

Go back the way you came, and at the crossroad, turn right, towards La Tourette.

The picturesque narrow winding road will take you to the steep small streets of the village of :

● LA TOURETTE CABARDÈS :

The smallest village in the Cabardès but which houses a very unusual 12th century octagonal bell-tower, and a 17th century reredos (to open, call 04.68.26.30.21).

Return to Carcassonne : you can either go towards Mas Cabardès then Lastours on the D101,

Or : continue the road after La Tourette, then join the D118 and go back to Carcassonne via Cuxac Cabardès and Villegailhenc.



📍 RESTAURANTS

LASTOURS

⊗ Restaurant "Le puits du Trésor" ☎ 04.68.77.50.24
1 star in the Michelin Guide



⊗ Auberge rurale "Le Diable aux Thym's" ☎ 04 68 77 50 24



⊗ Bakery « Le Moulin de Lastours » ☎ 04.68.25.23.14
Pastries, tea salon, "house" ice creams, garriguet and Pays Cathare bread



PRADELLES CABARDÈS

⊗ Restaurant "Les Pailhès" ☎ 04.68.26.12.20

⊗ « La buvette du Lac » snack bar ☎ 04.68.26.59.55
Open : July/August

ROQUEFÈRE

⊗ Auberge rurale "Le Sire de Cabaret" ☎ 04.68.26.31.89



SALSIGNE

⊗ Ferme Auberge de Combestremière ☎ 04.68.77.06.97



Restaurant symbols

⊗ Gastronomic restaurant

⊗ Traditional regional cuisine

⊗ Inventive cuisine

⊗ Family cuisine

⊗ Snack bar

🍷 TASTING

WINES

Conques sur Orbiel

Domaine de Parazols-Bertrou + Musée



☎ 06.07.49.15.14

Château Salitis



☎ 04.68.77.16.10

Pennautier

Château Le Bouchat-Alaux



☎ 04.68.77.50.52 / 06.11.71.90.94

LOCAL PRODUCE

Lastours

"Le bon filon" wine cellar

July-August

☎ 06.11.71.90.94

Mas Cabardès

Mas Cabardès Grocery

☎ 06.83.67.86.89

Salsigne

Combestremière farm



☎ 04.68.77.06.97

Roquefère

Armand beehives



(honey, spice cake, aniseed or honey cakes, chestnut cream...)

☎ 04.68.26.32.16

La Fénil de Roquefère

☎ 04.68.26.33.57

🚶 ACTIVITIES

Walking tours : Association
des Villages Perchés

☎ 04.68.26.32.97 ou 04.68.26.63.65.

"Les randonnées du Mercredi"
(Wednesday Walks)

Free accompanied walk/consult calendar at Tourist
office or Communauté de Communes (Christine)

☎ 04.68.11.12.46/04.68.11.12.40

Conques sur Orbiel

Initiation to motorised 2-wheelers

for 6-17-year-olds

(1/2 day, day, week) MOTO LIBERTE 11

☎ 04 68 77 07 27

Limousis

Limousis Cave

43°20'33N-2°24'49E

☎ 04.68.77.50.26

Pradelles Cabardès

Swimming in the lake.

👁 WORTH SEEING NEARBY

- Pic de Nore.
- Lac de Pradelles Cabardès.
- Les Capitelles de Conques sur Orbiel.
- "The ice reserves of Pradelles Cabardès"

Christine Truc animates commented visits of the Ice reserves, booking necessary. ☎ 04 68 26 32 97

👉 COME BACK FOR

May

Walking tour «Lo Camin de la Cebo»

Mazamet Occitan Festival and walk
at Labastide Esparbaïrenque, with old-
fashioned picnic, coffees, drinks and cakes.

June

Wine-tasting of the new «L'Améthyste,
Cuvée précieuse» vintage
wine aged in the Limousis cave.

July/August

Sound and Light show at the
Châteaux de Lastours



August

Festival «Jazz under the Chestnut trees»
at Roquefère in the castle park (1st week).

October

«From Farm to Farm» presentations

☎ 04.68.78.00.55

From Farm to Farm in the Montagne Noire
(1st Sunday)

☎ 04.68.78.00.55

From the Alaric to the Minervois : History, Vineyards and Garrigues

*View of the Montagne Noire
from the Alaric Massif*



Vineyards stretch out on the plains between the Alaric and the Montagne Noire. Following the Canal du Midi will take you to exceptional sites: Rieux Minervois rotunda church, Château de Miramont, circular villages, works of art on the Canal, locks and groups of dolmens.

📌 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres : 130 km
Total visiting time : 8 hours
Suitable for : everyone

INFORMATION

Office de tourisme/Syndicat d'Initiative :
Trèbes ☎ 04 68 78 89 50
➤ www.ot-trebes.fr 📄 📞
Homps ☎ 04 68 91 18 98
Azille..... ☎ 04 68 91 59 61
Rieux..... ☎ 04 68 78 13 98
Caunes..... ☎ 04 68 78 09 44
➤ www.caunesminervois.com

- Leave Carcassonne by the RD6113 towards Narbonne : at the **Trèbes** intersection (southern-style gothic church with painted corbels, late 13th century), turn right to go towards Lagrasse. Go though Fontiès and visit :

● **MONZE :**

Charming place nesting at the foot of the Alaric Mountain : admire the Carbonac Tower and the 12th century bridge.



Leaving Monze, take the tourist agricultural road on the left which goes through the Alaric massif, last foothills of the Corbières, marking the northern limit, towards the Château de Miramont...

Once you have gone over the **Col des Paillasses** (magnificent viewpoint, very impressive), stop at the ruins of the **Château de Miramont** (1/2 hour visit), former Wisigoth stronghold built by King Alaric II. Later it was the scene of a medieval battle between the deposed knight Chabert de Barbaire and Simon de Montfort. A few switchbacks later, take the GR36 as far as the **Bénitiers de Floure**, dolomitic site overlooking the valley of la Bretonne (40 min).

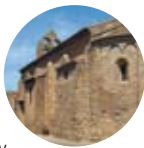
CAPENDU :

Circular village dominated by rocks and the church (handsome Saint Martin's chapel from the Romanesque period in the cemetery)

Moux : Grave of Henri Bataille.

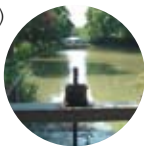
DOUZENS :

(Gothic church and former Commandery of the Knights Templar) turn left onto the D357 towards **Blomac** (church in 1st Languedoc Romanesque style) : go through the low plains of the Aude county.



At the crossroad with the D610, turn right towards **Puichéric**.

Just before entering Puichéric, turn left (before the bridge) onto the D111 indicating **St Frichoux**. After 3km, you will arrive at **the Canal du Midi** and on your right you will see **the Ecluse de l'Aiguille** (lock). The sculptures of the lock keeper add extra charm to this halt. Go back to Puichéric characterised by its church in the Languedoc gothic style. (visits by reservation – Tel : 08.79.62.57.21: bell-tower and Romanesque frescoes from 12th century). At the last crossing in the village (opposite the Post Office), you can do canoeing, kayaking, canyoning or rock-climbing with the professionals of Eaurizon.



Go to **La Redorte** by following the D610 for 4 km then turn left onto the D11.

When the sloping road crosses the Canal du Midi you will see on your right a handsome stone structure with several arches : this is **the Argent Double Spillway**. It was built according to plans by **Vauban** in the 17th century, by a master builder from Béziers, Jean David, and is designed to evacuate surplus water.



Go for a walk along the tow path, go under the eleven arches and admire the alignment of oak trees.

Take the D610 to the village of **Homps**. About 4 km along the way on your left you will see in the middle of the vineyards, an irrigation aqueduct, and a little further along you will pass a venerable white pyramid poplar tree, easy to recognise because of its silvery leaves.

In the village go towards the port : one of the only places on the Canal where barges can turn around.

Leave the port and go to **Pépieux** along the communal road which goes by the **Lac de Jouarres** where you will be able to stop for refreshments

PÉPIEUX :

Southern-style gothic church (14th century) with a baptismal font, in Caunes Minervois marble, where a frog holds reign. According to the legend, the devil, when trying to disturb the holy priest's sermon, was turned into a frog and condemned to finish his days on the font. (open year-round from 9:00am to 6:00pm). A few kilometres from the heart of the village, in a pine wood, there is the famous «Dolmen des fades» (the Fairies Dolmen) which is the largest dolmen grave in the south of France (24 m long)!

From Pépieux, go to AZILLE on the D206.

AZILLE :

Via the D206. Park your vehicle along the promenade lined with centuries-

old plane trees planted where the ditches of the medieval walled city's dry moat used to be. You will notice vestiges of **the old city walls**, the tower of the Syndicat d'Initiative tourist office, the Portail Neuf fortified gate, which leads into the Medieval part of the town. Here you will see Saint Julien's church, in the Languedoc gothic style and built in one building campaign in the 14th century. It stands with its massive bell-tower at a height of 36 metres. Inside, there is a stone polychrome statue of the Virgin, a major 14th century gothic work of art and worth the visit. The church is open every day from 10:00 am to 4:00 pm. Every Wednesday and Saturday, from June to September, at 11:00 am, **visits of the bell-tower** are organised by the Syndicat d'Initiative. From the bell-tower you have a fantastic view of the vineyards stretching to the foot of the Alaric mountain.

Leave Azille on the D206, towards **Rieux-Minervois** : where plains give way to Serres landscapes : sandstone mounds where scrubby green oaks and pines grow and where stone for the local monuments is quarried. You will drive past the Château de Floris, nestling among its pine trees. The castle is indicative of the wealth of this wine-making region in the middle of the 19th century.

RIEUX MINERVOIS :

In the old village of RIEUX MINERVOIS you will see **the Romanesque church dedicated to Saint Marie**. This heptagonal rotunda (11th to 12th centuries) is built on the precepts of the biblical verse from the book of Proverbs chapter 9 : «Wisdom hath built herself a house, she hath hewn her out seven pillars.»



You can visit the church on your own or with a guide. **It is unique in the world for its architecture and sculptures**, its cupola with 7 spans shelters the edifice which is admirably decorated with sculptures by **the Maître de Cabestany**, famous 12th century sculptor, and includes the famous Virgin in the «almond shaped glory».



Leave Rieux to go towards **Peyriac Minervois** : at the exit of Peyriac, turn left towards Laure Minervois on the D35 : this road is a veritable fireworks display in autumn (go for a walk on the site called Crapam : low hill from which you will see the terraced lands of the Aude : les Balcons de l'Aude).

LAURE-MINERVOIS :

Turn left and, opposite the church, take the road indicated St Frichoux. At the exit from the village at the Domaine Vignalet, Mr Labadie, wine-maker and coachman-story-teller extraordinaire will take you on a coach ride to the vineyards and the Capitelles (dry-stone cabins). Go as far as **St Frichoux**, where you will appreciate the local Balcons de l'Aude area.



Go back towards **Aigues-Vives**, going close to **the dried lagoon of Marseillette**, rice-and apple-growing area where vineyards remain present.



Take the D206 towards **Badens** to go back to Carcassonne.



Châteaueu Maître de Cabestany

📍 RESTAURANTS

FLOURE

Au Château de Floure ★★★★★

Logis d'exception et Relais Nature et Silence



⊗ "Le Poète disparu" ☎ 04.68.79.11.29

⊗ "La Terrasse de l'Alaric" ☎ 04.68.79.11.29

HOMPS (on the banks of the Canal du Midi)

⊗ Restaurant Les Tonneliers ☎ 04.68.91.14.04

⊗ Restaurant "En bonne compagnie" ☎ 04.68.91.11.24

TRAUSSE-MINERVOIS

⊗ Auberge "L'amandier" ☎ 04.68.78.23.07

Restaurant symbols

⊗ Gastronomic restaurant

⊗ Traditional regional cuisine

⊗ Inventive cuisine

⊗ Family cuisine

⊗ Snack bar

🍷 TASTING

Wines :

Azille

Château Guéry

☎ 04.68.91.44.34



Badens

Château La Grave

☎ 04.68.79.16.00



Homps

Chai du Port Minervois

☎ 04.68.91.29.48

Cellier des Chevaliers de Malte

☎ 04.68.91.22.14



Laure-Minervois

Domaine Pratmajou Arnaud

☎ 04.68.78.04.30

Château Fabas Augustin

☎ 04.68.78.17.82

Domaine La Tour Boisée

☎ 04.68.78.10.04

Cellier Lauran Cabaret

☎ 04.68.78.33.59/04.68.78.12.12

Domaine Vignalet

Wine and coach rides

☎ 04.68.78.12.03/06.72.08.91.89

Château St Jacques d'Albas

(11th century church + 16th century mill + 19th century windmill + picnic area under pine trees and with facilities + international jazz/classical concerts)

Monze

Domaine la Lause

« certification Agriculture raisonnée »

☎ 04.68.78.73.11

Peyriac-Minervois

Domaine Santorin

☎ 04.68.78.16.51

Puicheric

Domaine La Forge-Carbou

☎ 04.68.43.72.96/06.83.16.88.40

Rieux-Minervois

Cellier de Mérinville

☎ 04.68.78.10.22

Domaine des Homs

☎ 04.68.78.10.51 ou ☎ 06.09.74.94.92.

Rustiques

Château CANET

(picnic area with facilities in area with vineyards and pine trees)

☎ 04.68.79.28.25 / 06.33.55.98.73

Saint Frichoux

Domaine Pujol Izard

☎ 04.68.78.15.30 / 06.76.85.15.53 / 06.11.16.68.35

LOCAL PRODUCE

Badens

Cros Biscuit-makers

(hazelnut régalets, onion badenques ...)

☎ 04.68.79.12.23


Floure

Olive oil tasting «Moulin de Fabi»

☎ 04.68.79.15.55

Trèbes

«La Confiturerie de l'écluse» Jam-makers

☎ 04.68.78.65.00 / 06.20.62.10.22 

ACTIVITIES

Swimming at the Lac de Jouarres.

Azille


Initiation to wine-tasting :

Workshops every 1st Saturday in the month "Ô Soleil d'Oc "

☎ 04.68.91.31.72 / 06.19.43.31.05

Floure

Visit of the Oil Mill "Au Moulin de Fabi "

☎ 04.68.79.15.55 / 06.16.16.21.85 

Hompis

"Croisières du Midi"

Boat-rides on the Canal du Midi

☎ 04.68.91.33.00

Laure-Minervois

Coach-rides at the Domaine Vignalet



☎ 04.68.78.12.03

Puichéric

Accompaniment and Hire : Canoe and Kayak, Canyoning, Rock-climbing and spelunking at Eaurizon


☎ 04.68.49.99.82

WORTH SEEING NEARBY

- L'Abbaye de Caunes Minervois 
- Le gouffre géant de Cabrespine 
- L'étang asséché de Marseillette
- Le massif de l'Alaric
- La Montagne Noire

COME BACK FOR

January

- **Pork Fair** at Puichéric 

April

- **Theatre Festival** at Peyriac (regional amateur festival) national Festhea festival selection
- **International Brass Band Festival** «Sulfate de cuivres» at Rieux Minervois

May

- « **Trésors d'Alaric** » 1st May at Capendu : Grand Local Produce Market + sports events (running races, orienteering, races, mountain-bike circuit and walks) + concerts + free fun activities for children and adults + traditional meal.
- **Féria d'Azille** : week end of 1st May.
- « **Le Printemps dans les Vignes** » wine festival
- **Cherry Festival** at Trausse Minervois 


June

- **Féria d'aigues-Vives**
- **Wine tours in the Haut Minervois**
- **Rice planting-out day** at the Rizière de l'Étang de Marseillette


July/August

- **Organic Fair** at Azille
- **Wine tours in the Haut Minervois**
- «**Thursdays**» at La Redorte (concerts, theatre...)
- **Night markets at Azille** (13/7 and 14/8)
- **Night markets at Trèbes** (10/7)
- **International Jazz and Classical Music Concerts** at Château St Jacques d'Albas Laure Minervois

September

- **Sweet Onion Festival** at Citou 

October

- « **Les Grands Chemins** » (exhibitions, tasting, music, cinema...)
- **Apple and Rice Fair** at Aigues Vives 

Décember

- **Foie Gras and Duck Confit Fair** at Rieux Minervois
- **Christmas Markets and Concerts**

November to January :

- **live pressing and oil-making** «Moulin de Fabi»

November to July :

- **CRIC E CRAC** cultural season at **Piémont d'Alaric** (theatre, music, dance...) Le Chai 04.68.79.73.98

May to December :

- **Les Théophanies de Rieux Minervois** (concerts, lectures, exhibitions and workshops)

Legend of logos



MINERVOIS
Appellation d'Origine Contrôlée
Cru Minervois

**Syndicat du Cru
Minervois**



**Vins de pays de la
Cité de Carcassonne**



AOC MALEPÈRE
**Syndicat du Cru
Malepère**

CORBIÈRES

qualité grand cru AOC

**Syndicat du Cru
Corbières**



AOC CABARDÈS
Vins de Pays - Vins d'Occident
**Syndicat du Cru
Cabardès**



**La marque le Pays
Cathare ® registered
trademark**



**Pays Cathare Art
Studio**



**Association of main
Pays Cathare sites**



Welcome to the farm



**Tourism & Handicap
Label**

With 4 types (Motor, Mental,
Hearing, Sight)



**LOGIS
(Hotels Restaurants)**



**Les Logis
d'Exception :**

establishments which stand
out for the high quality of their
service, their setting and their
cuisine.



Table distinguée :

Distinguished in one of the
three reference guides (Mi-
chelin starting at 1-star, Bottin
Gourmand, starting at 1-star,
Gault et Millau, starting at 2
chef's caps)



3 fireplaces :

High quality establishments,
offering a wide range of services
to make your holiday perfect



3 cooking pots :

An elegant restaurant which
proposes a gourmet table,
refined and creative cuisine, and
meticulous service.

PHOTO CREDITS

Alain Falvard - Mairie de Montréal - Syndicat AOC Malepère - Pierre Davy - Association Tourisme Montagne Noire Cabardès - Claire Malis - Pierre-Henri Ilhes - Cru Minervois G. Deschamps - Lionel Postal - Christine Truc - Graph - Mairie d'Aragon - Mairie d'Alairac - Henri Gaud - Mairie de Saissac - M. Eloffe

CREATION

Résonance communication

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PRINTING

Antoli : www.antoli.net



Please help us to improve our service by answering this questionnaire :

How many people are there in your family ?

- 1 2 3 4 and more

In which age group are you ?

- 25 26 to 35 36 to 45
 45 to 55 55 and over

Where are you from ? Town : Country :

What is your profession ?

- Employee Technician Self-employed
 Executive Farmer Senior executive
 Not employed

Where did you find this Guide ?.....

Which itinerary did you do ?

Why did you choose this itinerary ?

You thought our information was :

- very satisfactory satisfactory somewhat satisfactory
 not satisfactory

You thought the welcome you received at the different sights seemed :

- very satisfactory satisfactory somewhat satisfactory
 not satisfactory

You thought the quality of the food was :

- very satisfactory satisfactory somewhat satisfactory
 not satisfactory

You thought the diversity of the different products/services was :

- very satisfactory satisfactory somewhat satisfactory
 not satisfactory

If you were to give a mark to the itinerary you did, you would give :

- 1/5 2/5 3/5 4/5 5/5

Suggestions/Remarks :

If you wish to receive information about our territory, Please leave your contact details :

Family name : First name :

Address :

Tel : Email :

I agree to receive information at my email address.

PLEASE RETURN THIS QUESTIONNAIRE TO THE FOLLOWING ADDRESS : 1 promotional article will be offered for each reply!



Pays Carcassonnais
 BP 30168
 14, rue du 4 septembre
 11 004 CARCASSONNE

Tel. : 04 68 26 73 79
 Fax : 04 68 25 01 01
 Email : secretariat@payscarcassonnais.com
 Site : www.payscarcassonnais.com



Aude Pays Cathare Quelle histoire !

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