



8 TOURIST ROUTES TO DISCOVER THE CARCASSONNE AREA

A wonderful place to stay

- Heritage & Culture
- Scenery
- Vines and gastronomy
- Fun activities

FREE



Pays de Carcassonne,
Terre de Séjours



EDITORIAL



Thanks to the efforts of the Tourism Commission, and its **487 members** (tourism professionals, local administrations, individuals, associations and chambers of commerce), the Pays Carcassonnais has mapped out **8 itineraries** which will take you on a voyage of discovery, titillate your taste buds and enable you to meet some wonderful people.

You will be impressed by the wide range of backgrounds of the **137 professionals** who have got together to offer you a high quality service. They are located in places steeped in history, preserved natural sites or workshops and studios where they exercise their skilled crafts. They will be happy to delight your taste buds with their local produce and wine from their cellars. These men and women are happy to share their best with you, i.e. their history, their knowledge and their knowhow.

As you travel along these routes you will meet **the real people of the land**. *Let us take you off the beaten track with some marvellous detours!*

Tamara RIVEL

Chairwoman of 'Pays Carcassonnais'



WHY DO YOU NEED THIS GUIDE BOOK?

To help you make the most of what there is to see and do within 40 kms of Carcassonne:

Outstanding landscaped sites

Historical monuments, Abbeys and Cathar Castles...

Rural heritage

Mills, chapels, dolmens...

Tasting

Wines, local produce...

Recreational activities and sports

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

Cultural Events

Theatre, concerts, Great Local Farmers' Market...

Contemporary Art

Art and Literature Centre, Mediterranean Images Centre...

Craftsmanship

wrought iron work, glassblowing, marble sculpting...

Restaurants

From the small 'local' restaurant to gastronomic cuisine!

HOW DOES IT WORK?

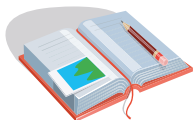


→ **8 routes by car with a central map** (a more detailed map of the area is available from Tourist Offices) and an explanation to guide you along the way!



→ **8 routes : from the shortest to the longest:**

the 1st route "Of Stone and Men" is the shortest (40kms and can be done in half a day), to the 8th route, the longest, "The Canal du Midi and Minervois"!



→ **Contact details are provided for the places and people to visit along each route** as well as the relevant **Tourist Offices** (Offices de Tourisme or Syndicats d'Initiative)

i Handy to know!

2 sites open 363 days per year:

- Paper Mill at Brousses (p26)
- Museum of Bookmaking Arts and Crafts (Michel Braibant) at Montolieu Village of books (p 10).

Places open 7 days a week, year round:

Identified by this symbol



GPS coordinates:

provided for all places which are 'outside villages'

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Crédits photos

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Impression Antoli

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SPECIAL FEATURES OF OUR AREA

WINE COUNTRY

Our area can boast 4 Grands Crus*: Cabardès, Corbières, Malepère and Minervois (see the key at the beginning of each route) as well as many local wines, including the Vins de Pays de la Cité!

* a regional wine classification that designates a vineyard known for its favourable reputation in producing wine



TOGETHER WE AIM FOR QUALITY

The PAYS CATHARE® Cathar Country trademark

designates quality products and services for sale by men and women who are passionate about the Aude area.



South of France Quality

is a scheme guaranteeing quality in the region with its own system of reference, based on external audits and processing of customer satisfaction and complaints.



"Qualité Sud de France" is recognised at national level by the "Plan Qualité Tourisme" which, under one symbol, brings together the measures undertaken to ensure customer satisfaction concerning quality.

"Qualité Tourisme"

This scheme brings together strict quality measures undertaken by tourism professionals who aim to provide high quality service for their customers' satisfaction.

Registered by the Ministry assigned to Tourism, the "Qualité Tourisme™" scheme is a guarantee for customers.



Establishments recognised by the ACCESSIBLE TOURISM ("TOURISME HANDICAP") scheme

This nationally recognised scheme provides reliable information about the accessibility of visitor attractions and tourist facilities. It covers the four major types of disability (all levels of mobility, hearing and visual impairment and learning disabilities), and guarantees a warm welcome and facilities which provide autonomy for the disabled. The rating at each site applies to one, two, three or four types of disability.



A wide range of restaurants

The "Aude Pays Cathare" is the département with the most 'stars' in the Languedoc Roussillon region!

A simplified key indicates the type of cuisine at each restaurant.



An area which abounds with natural riches

The "Aude Pays Cathare" Département ranks third nationally for the variety of its flora! For example, the Malepère massif is in the Natura 2000 category!



Key to the logos

Logos used in this guidebook and their meanings:



**le Cathar Country®
trademark**



**South of France
Quality**



Quality tourism



**Minervois
Winegrowers
Association**



**Local "Cité de
Carcassonne" wine**



**Malepère
Winegrowers
Association**



**Corbières
Winegrowers
Association**



**Cabardès
Winegrowers
Association**



**Cathar Country art
studios**



UNESCO



**Association of main
attractions of Cathar
Country**



Welcome to the farm



**ACCESSIBLE
TOURISM SCHEME**
covering all levels of mobility,
hearing and visual impairment
and learning disabilities



**LOGIS
(Hotels and Restaurants)**



Logis d'Exception
Hotels and Restaurants with
outstanding service, environ-
ment and dining



Refined dining
Listed in one of the three good
food guides: Michelin, Bottin
Gourmand, Gault et Millau



3 chimneys:
Luxury properties, featuring
a comprehensive range of facilities



3 casseroles:
An elegant restaurant serving
refined, creative, gourmet
cuisine that reaches new heights
of culinary art with excellent
service



**Country style
platter**



**Farmers'
market**



Local Café
Friendly place where
the landlord is the
ambassador of his area:
cultural activities, local
tourist information,
local products



**Country inns
with good
eating**



8 Tourist Routes

- **Of Stone and Men:**
from «capitelles» to castles..... page 6
- **Around the Book Village**page 10
- **In the footsteps of Philippe Noiret:**
La Malepère , Cité and Lake..... page 14
- **Minervois Montagne Noire**
unusual encounters &
picturesque scenery page 18



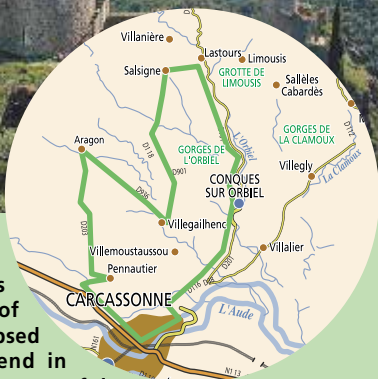
- **Val de Dagne:**
the gentle pleasures of lifepage 22
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a stairway to heaven page 30
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history, vineyards and garigue..... page 34

Of Stone and Men: from «capitelles*» to castles

(*dry stone constructions)



Lastours castles



Here, in the foothills of the Black Mountain, 10 kilometres from Carcassonne, the stones of History are ever-present. Glimpsed through the trees or at a bend in a path, they are situated in a peaceful natural environment of Mediterranean forest and Cabardès vineyards crisscrossed by colourful paths.

i HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 50 km

Total visiting time: 5h

Suitable for people who are physically fit

INFORMATION

Office de tourisme/Syndicat d'Initiative :

OT Montolieu ☎ 04.68.24.80.80

➤ www.tourisme-cabardès.fr

Syndicat d'Initiative du Haut Cabardès ☎ 04.68.47.38.60

➤ www.tourisme-haut-cabardès-aude.com

From Carcassonne, head towards Toulouse on the RD6113 as far as the junction on the express way indicating the village of Pennautier on the right. Drive into the village and take the D203 as far as Aragon;

ARAGON :

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



The village: leaving the Gourguine car park, at the entrance to the village, go along the rue de la Mairie to the Place de l'Abreuvoir (Drinking Trough Square) where there is a national heritage 16th century cross, (crucifixion on one side and the Virgin and Child on the other), and continue through the narrow streets to the rue du Pont-Levis (Drawbridge Street) where you can make out the remains of the old wall of the Castrum and the medieval style garden. From there you take the rue du Paro towards the castle and the church.

The castle: (late 16th, early 17th centuries): the current facade is built

between two narrow 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 surmounted by the vestiges of a bartizan (15th century). The mullion windows are modern restorations.

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.



● **L'église Sainte Marie:** St. Mary 's church (early 14th century): During your visit (instructions at the door) you will see: the pentagonal choir, gothic openings with window tracery and two lancet windows, the circular vault keystone decorated with a protruding head on a plant motif decor. Of the 4 side-chapels, only one dates from the original construction. It has a keystone decorated with an archaistic eagle. The square bell tower built over the old entrance to the 12th century castle chapel, houses a national heritage bell dating back to 1673. To see also: two magnificent statues of the Virgin (15th century in wood and 18th/19th centuries in gilded wood), the high altar, the stoup and the baptismal font in marble from the quarries of 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 your 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 restored and gives an idea of the primitive decoration of the nave. Combining vegetal decoration with a fantastic bestiary, the beams and the corbels hold some identified coats of arms which have made it possible to date the construction 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 reused 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 ...)

For information and visits, call the Aragon Town Hall at 04 68 77 17 87 or outside opening hours 06 11 04 16 19. Entry fee

Leave Aragon and take the D935 to the village of Villegailhenc: take the D118 towards Mazamet and drive 4 kms 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 where you can see the four castles rising up from an altitude of 300 metres amid a landscape where cypress trees reach for the sky: an 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; (Tel. 04 68 77 56 02 for information). There are two permanent exhibitions:

The archaeological exhibition «LASTOURS, 4000 years of history»: See the main discoveries concerning daily life in the old fortified village resulting from over 25 years of archaeological digs!

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, Quertineux and Tour Régine, which have watched over the entry to Cabardès since the High Middle Ages, overlook the Orbiel and the Grésilhou mountain stream.

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

At the foot of Cabaret castle, archaeological digs carried out over more than 25 years have brought to light the medieval village of Cabaret, an important Cathar centre which resisted the Crusading armies. This old fortified settlement called a «Castrum» was composed of about one hundred dwellings and many forges. The village was suddenly abandoned without the inhabitants being able to take the slightest thing with them. Entry fee

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

CAPITELLES OF CONQUES SUR ORBIEL:

Farmers' and shepherds' dry stone cabins built in the 19th century (4 round trip hiking loops, 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

1 star in the 2014 Michelin Guide + "Table de Prestige"



LASTOURS

✕ Bakery « Le Moulin de Lastours » ☎ 04.68.25.23.14

Pastry shop, tearoom, homemade ice creams and garriguet and Cathar Country bread



✕ Restaurant « Le Diable au Thym » ☎ 04 68 77 50 24



✕ Restaurant « Le Puits du Trésor » ☎ 04.68.77.50.24

1 star in the 2014 Michelin Guide



PENNAUTIER

✕ La Table-Cave du Château ☎ 04 68 25 63 48



Restaurant Key

✕ Gastronomic restaurant

✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

TASTING

WINERIES

Aragon (D6118)

Domaine de Cabrol N43°31'03.630 E2°33'08.321

☎ 04.68.77.19.06 / 06.81.14.00.26

Le Druide d'Aragon Café, grocer's, wine cellar

☎ 04.68.26.12.39

Conques sur Orbriel

Domaine Parazols

☎ 06.07.49.15.14

Pennautier

La Table-Cave 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

Lastours

Le Moulin de Lastours (bakery)

☎ 04.68.25.23.14

Le Diable au Thym (restaurant)

☎ 04.68.77.50.24

ACTIVITIES

Aragon

Bike trails SITE-VTT-FFC:

460 kms of trails and 4 walking trails: ATAC

☎ 04.68.77.04.00

Accompanied village tours

Heritage, dry stone path ...

☎ 06.11.04.16.19

Lastours

Lastours Castles tour

☎ 04.68.77.56.02

Pennautier

Tour of the 17th century Castle

(National Heritage) and its formal park laid out by

Le Notre

☎ 04.68.72.76.96

Puichéric

Rock-climbing, potholing, and white water sports with EAURIZON in Puichéric

☎ 04.68.49.99.82

Villarszel Cabardès

Accompanied walking circuit, free of charge

with tour of pre-Romanesque 9th and 10th century Chapel + Visigothic cemetery and museum: 3 hours (booking necessary for the museum)

☎ 04.68.77.02.11

WORTH SEEING NEARBY

• Montolieu, Village of books

• Saissac: Cathar Country castle

• Brousses paper mill

• Limousis cave

COME BACK FOR

March/April

• « Chasse aux oeufs », Easter Sunday Egg hunt, Pennautier Castle

April/May/June

• Les randos du Mercredi, free accompanied hikes on Wednesdays - 04.68.72.13.28 (Black Mountain hiking department)

3rd week-end in May

• « la journée des moulins » Brousses paper mill - 04.68.26.67.43

3rd week-end in June

• Randonnée VTT Mountain-bike ride « Cap Nore »

Whitsun Week-end

• Festirando Montagne Noire 04.68.47.38.60 (Syndicat d'Initiative du Haut Cabardès) and 04.68.72.13.28 (Black Mountain hiking department)

July/August

• « Les Cabardièses » Piano Festival in Pennautier

Mid July to Mid August

• Visites guidées des Châteaux de Lastours, Guided tours of Lastours castles - Wednesdays and Thursdays at 10 am - 04.68.77.56.02

August

• Festival « Jazz sous les Chataigniers » Jazz under the Chestnut trees Festival in the park of

Roquefère Castle (1st week) - 06.52.08.78.57

• Festival « Guitares à travers chants » guitar and songs in the Black Mountain (+ guitar lessons) 06.29.52.00.90

• Balade nocturne thématique Themed evening walk in Aragon - 06.11.04.16.19

August (2nd week end)

• Campement médiéval cabaret in Lastours Castles (medieval sketches) - 04.68.77.56.02

14th August

• « La nuit des Papyvres » Moulin de Brousses (jazz, French songs) 04.68.26.67.43

September-October-November

• Les randos du Mercredi, free accompanied hikes on Wednesdays - 04.68.72.13.28.

October

• « de ferme en ferme en Montagne Noire » From farm to farm in the Black Mountain» (1st Sunday) 04.68.94.30.28

November

• Fête de l'agneau, de la châtaigne et du vin Primeur Lamb, chestnuts and young wine festival in Villardonnell

17th century Pennautier Castle



Around the village of books

Montolieu Village of books



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

Pierre Reverdy

«From Cabardès to the Canal du Midi», Montolieu, Village of books, from garigue to forest.*

(*Mediterranean scrubland)



i HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 60 km
Total visiting time: 4h30
Suitable for: everyone

INFORMATION

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

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

The more picturesque but also more complicated route from 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 to Montolieu. This road winds around the hills above the Rouganne Valley.

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 Alzeu which join to form the Rouganne.

Known for a long time as the 'Church village' very early on dependent on the wool and cloth industry, Montolieu is now the 'Village of books': A visit to the Bookmaking Arts and Crafts Museum (Michel Braibant) and the 12 or so bookshops offering vintage and second-hand books, some of which are in English, German or Spanish (Tourism Office: 04 68 24 80 80) as well as the various artisans applying their bookmaking arts and crafts, will give you the opportunity to explore the streets of this picturesque village. (See the remains of corbels showing medieval origins, gothic windows ...) A map of the heritage is available at the



Office de Tourisme.

The 14th century national heritage église de St André - St. Andrew's church has an impressive bell-tower more than 38 meters 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'.

A short stop for tasting at the Cave des Oliviers where you can learn from the cellar man's vast oenological knowledge and visit the art exhibition then explore the outskirts of the village: the 1723 wrought iron cross and the sculpture «l'Envol» a work by Yonel Lebovici at Place du Pradel, take the rue du Collège towards the former national heritage Manufacture Royale (1734) .

At the end of the Impasse de la Manufacture, visit the buildings and remains of the 19th century cloth factory where woollen cloth for the army and bales of textile and tweed buttons were made until 1968. Visit also the Atelier du Livre (book workshop) by appointment at 04.68.26.88.90.

By car or on foot, take the D148 towards Fraisse Cabardès to explore the national heritage site of **Colline Saint Roch**, the chapel and centuries-old cypress trees (car park and 7 km hiking loop).

Surrounded by scrubby Mediterranean garigue vegetation dotted with dry stone huts, there is a wonderful panoramic view over the village.

Return to the road and head towards Alzonne then Saint Martin le Vieil by the D64 to visit:

L'ABBAYE DE VILLELONGUE :

In the hollow of the Vernassonne Valley, the charm 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, cock, 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.

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

In the shade of the dovecote, the fishpond - used for breeding tench and carp 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 of medieval-inspired design, which is filled with flowers and a superb collection of colourful marrows and pumpkins. (43°18'19 N-2°10'03 E - phone: 04 68 24 90 38).

From Saint Martin le Vieil (visit the medieval-inspired garden), end the route by taking the D34, through Raissac/Lampy and Alzonne before taking the D33 to Villesèquelande.

Go for a boat ride on **the Canal du Midi**, registered on the UNESCO World Heritage list. This exceptional engineering masterpiece was designed and constructed 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

✕ Restaurant « Chez Martine et Claude » ☎ 04.68.76.90.47

La Pujade 06 13 11 80 20

MONTOLIEU

✕ Restaurant / Wine bar « L'Apostrophe » ☎ 04.68.24.80.18

✕ « Le Café du Commerce » ☎ 04.68.24.85.12

✕ « Salon d' Ici » ☎ 06.30.26.81.63

Snacks with vegetables from the village market gardens «second hand bookshop and tearoom» and «Table Conviviale» set menu

MOUSSOULENS

✕ Café de village « Le Romarin » ☎ 04.68.24.92.13

PEZENS

✕ Restaurant L'Ambrosia ☎ 04.68.24.92.53

1 star in the Michelin Guide

Restaurant Key

✕ Gastronomic restaurant

✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

🍷 TASTING

WINERIES

Alzonne (D08)

Domaine des Sesquières

☎ 06.08.45.96.83 / 04.68.76.00.12

La Pujade

Camper van area

☎ 04.68.76.90.47 / 06.13.11.80.20

Montolieu

«La Cave des Oliviers» wine cellar

☎ 04.68.78.29.97 / 06.22.54.15.08

Pezens

Les Celliers de la Voie Romaine

☎ 04.68.24.90.64

Raissac sur Lampy

Les Celliers de la Voie Romaine

☎ 04.68.76.00.50

LOCAL PRODUCE

Alzonne

« Chez Martine et Claude » La Pujade

☎ 04.68.76.90.47 / 06.13.11.80.20

Pezens

Les Celliers de la Voie Romaine

☎ 04.68.24.90.64

Raissac sur Lampy

Les Celliers de la Voie Romaine

☎ 04.68.76.00.50

👤 ACTIVITIES

Montolieu Village du Livre

L'Atelier du Livre

Traditional printer (typography), engraving, paper marbling, paper making. Lessons for children and adults (booking required). Initiation workshop, free visit.

School trips: themed discovery classes and initiation day

☎ 04.68.26.88.90 - 06.38.68.49.42

Musée des Arts et Métiers du Livre (Michel Braibant)

Follow the history of the book, from the birth of writing and the history of the material used, to the wonderful adventure of mechanical printing. Guided tours on the first Sunday of each month from 2 to 3pm.

Montolieu Village du Livre et des Arts Graphiques Exhibitions and cultural events

Educational workshops and lessons for groups and individuals: calligraphy, illumination of manuscripts, caricatures, writing, illustrating, engraving, typography, book-binding (the bookbinder is at the

Museum every Thursday) manufacture of "vegetable paper" at the Bookmaking Arts and Crafts Museum (Michel Braibant)

☎ 04.68.24.80.04

12 bookshops

Vintage and second-hand books, collectors and new books - buy and sell

Bouquiniste salon de thé « Salon d'Ici »

second hand bookshop and tearoom - cookery lessons and introduction to photography walks

☎ 06.30.26.81.63

« LABO.ARTS.TORY »

Guillaume Chartier's painting and wood sculpting studio

☎ 06.24.47.06.61

Exploring the Saint Roch and Capitelles site

Circuit 11, available at the Office Intercommunal de Tourisme

«Aimetti» studio and gallery painter

☎ 09 51 78 80 14/06 51 37 45 58

«Côté jardin» art studio

Paintings, engravings, Geneviève Gourvil's poetry

☎ 04 68 78 08 61 / 06 89 73 78 77

"Au coin de la Rue» art studio

Martine Ségala's drawings and sculptures

☎ 04.68.24.80.95

«l'Art de Riens» studio

Dorothée Fréau: artist, papier-mâché

☎ 04 68 24 40 39

«Le petit Paradou» pony treks Muriel Olivier:

☎ 04 68 24 89 45 / 06 77 19 37 17

Pezens

Gilbert Salvo, Wrought-iron craftsman

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

☎ 04.68.76.09.95

St Martin le Vieil

Garden of medieval inspired design and troglodyte caves,

from the bottom of the village follow the wrought iron bird!

Rando-jeu

(more information on page 39)

Explore the Pays de Carcassonne region with 3 discovery

trails fun for the whole family


Check with the Office de Tourisme de Montolieu and/or the Abbaye de Villelongue.




WORTH SEEING NEARBY

- Explore the Alzeau and Dure Gorges from the view

points in the village of Montolieu

- Cathar Country castle in Saissac 

- Paper mill at Brousses 

- Picturesque village of Aragon.

- St Martin le Vieil: Garden of medieval inspired design and troglodyte caves from the bottom of the village follow the wrought iron bird

COME BACK FOR

January

- « Les Ampéfolies du Cabardès »

Moussoulens Wine and Truffle Festival

Easter weekend

- « Salon du Livre ancien » Vintage book fair in Montolieu

April/May

- « Escritura » Occitan literature and culture in Montolieu

June


- « Foire aux Cactus » Cactus Fair 3rd weekend La Cactuseraie Montolieu

- « Rendez-vous aux jardins », Garden tours, La Rougeanne in Moussoulens, La Forge de Montolieu

July/August

- **Concerts** on Thursday evenings at the «Café du Commerce» in Montolieu

July to October

- **Concerts** at the Abbaye de Villelongue 

August

- **Déjeuner champêtre** Picnic lunch with Cathar Country producers on 15 August

- **Assumption Day Mass** in the Abbaye de Villelongue

- **Marché** Cathar Country farmers' market Montolieu

September

- « Journées des Métiers d'Art et du Savoir Faire », Arts and Crafts and skills days, European Heritage days weekend, Montolieu.

- « Journées Européennes du Patrimoine », European Heritage Days, Montolieu, St Martin le Vieil, Alzonne, Saissac, Brousses et Villaret

- **Concours d'épouvantails** scarecrow competition in the Abbaye de Villelongue 04.68.24.90.38

December

- « Truffle markets » Moussoulens. 

April to October

- Restaurant **concerts** at «Les Anges au Plafond» Montolieu

- **Concerts** at «l'Apostrophe» Montolieu

Year round

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

In the footsteps of Philippe Noiret : Malepère: Cité and Lake

view from the Malepère massif



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

Philippe NOIRET

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

*Rolling hills, harmonious
landscapes, where you can see
forever, as far as the Pyrenees! A
land of local Carcassonne wine, a
haven of peace and coolness: a stone's
throw from the bustle of the medieval Cité. »*



1 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 70 km

Total visiting time: 4h

Suitable for: everyone

INFORMATION

Office de Tourisme de Carcassonne

☎ 04 68 10 24 30

➤ www.tourisme-carcassonne.com

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 Département and its villages steeped in history.

- From Carcassonne, take the Limoux road (D118) then 2 kms after leaving town, turn right towards Lavalette (D18) and 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 Rond Saint Germain, the 13th century church with its Romanesque bell-tower and beautiful gothic porch. See also the listed crosses in the village (literature about the circulade d'Alairac is available at the grocer's or the Town Hall).



Return to the bottom of the village and take the D211 towards:

- ARZENS: 1ST STAGE ON THE PYRENEAN PIEDMONT SECTION OF THE ST. JAMES PILGRIMS' WAY (CHEMIN DE ST. JACQUES)**

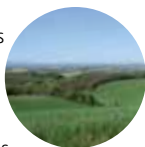
L'église Saint Génès is a Languedoc type church with square bell-tower and 13th century spiral staircase. Admire the tower of the castle (16th century) with its geminate window and the 17th century St Jacques (St. James) pilgrim's cross.



THE MALEPERE MASSIF

Go past «L'Arzenais» café and continue straight on along the Malepère road towards the Domaine Rose et Paul: at the top take a moment to admire the gentle slopes of the rolling Ariège hills at your feet and the sparkling Pyrenees opposite you, in silence broken only by bird song: welcome to the Malepère Massif, so close to Philippe Noiret's heart.

Keep going as far as the junction and turn left, towards Montclar.



MONTCLAR:

This typical village of La Malepère, is built on the heights.

Free access to the circular village with its original houses, the church dating from the 12th and 14th centuries (dedicated to St. Julien and St. Basile, handsome altar in pink marble from the quarries of Caunes Minervois, 2 listed paintings on the western wall, visible traces of the old wooden ceiling) and its delightful little on your steps.

Continue towards Carcassonne on the D43 as far as the D118. At the roundabout, take the second exit then cross the bridge towards «Pomas, Verzeille» D43.

At Pomas, keep going towards St. Hilaire (D43) and 4 kms further on turn left towards de Leuc (D104).

LEUC:

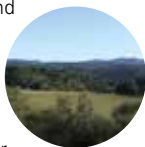
Leave your car in the «Les berges du Lauquet» car park. The path along the Lauquet is landscaped and the park is shady. You can also go to the heart of the village where the gothic style église St. Pierre (St. Peter's church) stands.



In the village, admire the imposing national heritage Castle «Castrum de Leoco» which was mentioned in texts as early as 1110. The round tower which overlooks the Lauquet is said to date from that time. The south-west half remains of the vast rectangular edifice with four corner towers and a powerful keep. It was the work of the Archbishop Pierre de la Judie (1372).

The trompe-l'oeil fresco by a local artist illustrates this small country town.

Go back the way you came and head towards Villeflore on the D60. Enjoy this pretty little road lined with garigue vegetation, vines and green oaks. This is typical Mediterranean vegetation.



VILLEFLORE:

Drive through the village towards Mas des Cours, on a small road where there are some photo opportunities (for your safety avoid going down the paths and tracks on each side of the road as it borders a military training area).

MAS DES COURS:

Make a halt in this wonderful place, a miniature village in a refreshing relaxing decor. Ruin of the 16th /17th century castle. There is a good spot to picnic by the Lauquette



stream, just beyond the small hump back bridge and the little 14th / 17th century church, passing by the 17th century cross.

From Mas des Cours, you can either make a detour via l'Asinerie «Belle Lurette» taking the route towards Fajac en Val and Pech d'Aspe: 1.6 kms from Mas de Cours then go back the way you came or you can take the road to Palaja D242 towards Carcassonne. This very beautiful, narrow winding road will afford you spectacular views over the Aude countryside, the Corbières, the Pyrenees, the Montagne Noire (Black Mountain), wind turbines and beautiful lac de la Cavayère.



PALAJA:

At the entrance to the village take the little road on the left to la Romengade as far as the old 19th century aqueduct.

See the gothic St Etienne church. As you leave the village on the Cazilhac road, take a look at St Foulc Priory, with vestiges of the old abbey bell tower. Go through Cazilhac, under the motorway bridge and at the roundabout of the ring road, take the first exit on the right towards:



LAC DE LA CAVAYERE:

Lac (lake) de la Cavayère is a magnificent 18 hectare water reservoir. Located a stone's throw from the Cité of Carcassonne, it enjoys an exceptionally peaceful quiet setting in a natural environment. A good place for walking and relaxing (it takes about 1 hour to walk around the perimeter), there is a wide choice of activities to share with your friends and family. Acrobatic tree park, beach volleyball, children's playground, mini golf, pedalos, fishing with permit (Fédération Nationale de Pêche), mountain-bike and hiking trails crossing the GR 36 long distance hiking trail.

What's more, you can go for a swim on the well equipped beaches patrolled by lifeguards during the summer season. The Australian Park, 2 kilometres away, offers the opportunity for young and old to discover Australian fauna and the Aboriginal culture.

Return to Carcassonne via the Montlegun hamlet.

📌 RESTAURANTS

ARZENS

- ✕ Restaurant « l'Arzenais » ☎ 04.34.42.23.23
Homemade cooking, takeaway meals

CAZILHAC

- ✕ Restaurant « À la table de Flo » ☎ 06.76.51.89.37
Campsite «A l'ombre des oliviers» - Tapas



PALAJA

- ✕ Restaurant Café de Pays « L'arbre du Voyageur » ☎ 04.68.24.05.95



Restaurant Key

✕ Gastronomic restaurant

✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

TASTING

WINERIES

Arzens

Domaine Rose et Paul  

Chemin de Malepère (N43°11.715' E002°12.455')

See also: wild flower meadow, picnic area, facilities for camper vans

☎ 06.03.92.91.11

Cavanac

Vignobles de Carsac 

Caveau de Cavanac ☎ 04.68.79.88.21

LOCAL PRODUCE

Arzens

Boucherie charcuterie Pettenuzzo

Specialities: the sausage! and ready meals

☎ 04.68.25.12.75

Mas des cours

L'Asinerie « Belle Lurette »

soap, cosmetics made from donkey milk

☎ 04.68.78.96.65

ACTIVITIES

GR36 hiking trail from the Cité to lac de la Cavayère then heading towards the Corbières.

Lac de la Cavayère

Parc acrobatique forestier O2 Aventure


2½ hours of fun for all the family (2 zip wire circuits above the lake)

☎ 04.68.25.33.83 / 06.07.96.04.55

Parc aquatique

(water park) with large scale inflatable structures adults/children (15 June to 5th September)

☎ 07.81.91.49.12

Australian Park 

Discover the Australian fauna (kangaroos, emus, etc.) Aboriginal culture and fun workshops ☎ 04.68.25.05.07

Médiathèque Grain d'eau - media library

4 chalets: adult, young people, tourism and refreshments (1st July to 31st Aug).

☎ 04.68.10.35.57 - www.carcassonne-agglo.fr

Surf bikes / Kids' park (playground)

An unusual machine designed from a floater, a pair of handlebars and pedals: no particular skills are required for this activity.

Pedalos / Refreshments

☎ 06.75.77.45.93

Beach Volley Ball playing areas available (Lake)

Carcassonne

L'Atelier du Livre - (book workshop)


Traditional printer's (typography), engraving, paper marbling, paper making lessons for children and adults (booking required)

Initiation workshop, free visit. School trips: themed discovery classes and initiation day

☎ 04.68.26.88.90 - 06.38.68.49.42

Golf de Carcassonne (18-hole golf course)


☎ 04.68.72.57.30

Croisière sur le Canal du Midi 

(cruise on the Canal du Midi with Hélios Lou Gabaret's boats)

Port de Carcassonne - 43°13'03.05-2°21'03.46

☎ 06.80.47.54.33

Location vélo/cyclotourisme 

Génération VTT - Bike hire/ mountain bike generation cycle touring

Hire a mountain bike (audio guides available, guides, themed loops: bike+canoe+tasting, bike+Abbaye de St Hilaire tour+tasting, bike+boat, bike+tour of estate+tasting, bike+castles) ☎ 06.09.59.30.85

Promenades insolites de la Cité médiévale

(unusual walks in the historic fortified city)

Petit train de la Cité (tourist road train)

☎ 04.68.24.45.70 / 06.08.43.88.06

Cazilhac



Equitation à Cazilhac (horse riding)

"L'Orge sucré" at «A L'ombre des oliviers» campsite

☎ 04.68.79.65.08 / 06.19.67.47.26

WORTH SEEING NEARBY

VISITE

- Medieval Cité of Carcassonne and the Canal du Midi (UNESCO world heritage) 
- Bastide St Louis de Carcassonne
- Abbaye de St Hilaire (abbey) 
- Fanjeaux and the Prouilhe Monastery
- Montréal with its Collegiate church

COME BACK FOR


January St Vincent's day Carcassonne

February Carcassonne carnival

March

- « La Grande Lessive » hang out your artwork on the washing lines set up around the town
- « Femmes en jeu(x) » Carcassonne cultural events to highlight women and gender parity around international Women's Day.
- « Le Printemps des Notes » in Alairac: world music concerts

April

- Course de 6,5 km en couple running  for couples (HIM AND HER)
- Fête du Pays de Carcassonne (Easter weekend): Local farmers' market, Arts and crafts market and tourist village, Cité of Carcassonne and area

May

- Courses Hippiques Carcassonne (horseracing)
- Semaine du Jazz (jazz week)

June

- « Les Estivales d'Arzens » programme of free talks in Arzens

June/August

- Festival de Carcassonne (theatre, variety shows, dance, opera, shows and concerts - entry fees apply to some shows and concerts, others are free)
- Medieval activities

June/September

- Festival des vents d'Ange (organ) • Bastide St Louis Carcassonne
- Festival d'orgues de la Cité de Carcassonne – organ festival

14 Juillet (Bastille Day – national holiday)

- Spectacle pyrotechnique - firework display at medieval Cité of Carcassonne

August (4th week-end) Feria de Carcassonne (Annual Fair)

September

- Rondes des vendanges - 11.5km race around the medieval Cité of Carcassonne and the Canal du Midi
- Semi marathon Carcassonne
- Festival de la magie – magic festival

September to May

- Soirées musicales - musical evenings in the Palaja church de Palaja - 04.68.79.62.33

October

- Fête des vendanges grape harvest festival Carcassonne
- Fête Médiévale- Medieval fair Cité de Carcassonne
- Festival international de la magie - International magic festival Carcassonne

November Cross international de la Cité - cross-country run

December

- Magie de Noël et Foire au gras - Christmas magic and «fat» fair (goose and duck products)
- Fête de la St Nicolas - festival in the Cité of

Minervois Montagne Noire: unusual encounters and picturesque scenery



Abbaye de Caunes Minervois (abbey)

From Piedmont to the Montagne Noire, the Clamoux Gorges offer an exceptional panorama. Entering the Minervois area means also entering History. There are exceptional sites such as the Romanesque abbey at Caunes-Minervois, the Giant Chasm of Cabrespine and red marble quarries. On the way to the mountain 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: 5h30

Suitable for: everyone

INFORMATION

OT Haut Minervois Caunes :

☎ 04.68.76.34.74

➤ www.tourisme-haut-minervois.fr



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 crimson 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 superb chevet, located in the medieval village. Following the signs of the "historical route", admire the renaissance mansions including the Hotel Restaurant d'Alibert and as you walk along the narrow streets discover artists' studios: artistic jewellery, painting, pottery. Before embarking on your tour of the Montagne Noire, make a halt on the **Trousse Minervois** road. As you leave Caunes Minervois you will come across the remarkable site of **Notre-Dame du Cros**! Organised around a chapel dedicated to the



Virgin, the exceptional natural setting 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 D115 and in the centre of the village of **Caunes Minervois**, take the **Citou** road. A small mountain road will take you through the Argent Double valley 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 season, local fruit and vegetables are for sale along the way. You can also glimpse a delightful Romanesque chapel!

Set off again towards St. Pons and discover:

LESPINASSIERE a village clinging to the mountain whose 12th century keep sits imposingly among ancient medieval fortifications. Walk around the outside of the castle at your leisure. Enjoy the view. On the horizon: the Pyrenees!



2 kms to the left after the exit from the village, keep going through this shale stone and chestnut tree landscape towards CASTANS by the D9, or make a stop at the Col de Salette Pass, where 3 départements meet (Aude, Tarn, Hérault) Fontaine des 3 Evêques (Three Bishop Spring). A favourite for cyclists

A distinctive feature of Castans is its strong link to the number 7: 7 hamlets, 7 springs and 7 bells in the parish church. This part of the Montagne Noire is crisscrossed by more than 50 kms of signposted walking trails.

Take the Pradelles road (D9) to go and meet **the Lamas of the Montagne Noire**. Jean Louis and Hélène invite you, year round, to visit their lama farm or go for forest walks with their lamas. Original for the young and the young at heart!

Continue along this road and at the next junction take the road towards Cabrespine through the green valley of the Clamoux (D112).

Cabrespine, the village where the physician Pierre Duhem chose to end his days, is a pleasure to visit with its picturesque narrow streets and in particular its strange street with six bridges.

About 2 km after the village, take the road on the right via **the Gouffre géant** (Giant Chasm) of **Cabrespine**, this cave which is remarkable for its size and the quality of its vast karst system is one of the 10 most beautiful underground caves in Europe. This site is accessible for everyone and picnic tables are available. Take the return road towards:



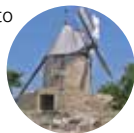
VILLENEUVE MINERVOIS :

The village is typical of the region with its shady boulevards and plane trees. In Villeneuve you and your family can explore the paths which will take you to see dolmens and capitelles (dry stone constructions) not forgetting **the Palaeontology and Prehistory museum** (Mr Chaix: 04.68.26.12.14). Art lovers, make a stop at the wrought iron art studio "**La Marquise**". 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 these in winter.

You can visit **the Maison de la Truffe** du Languedoc (Languedoc Truffle House) museum space dedicated to the mysteries of the "black diamond"

Take the D111 to visit **the windmill at Villeneuve Minervois** which still operates.

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



RESTAURANTS

CAUNES-MINERVOIS

☒ Café de Pays « La Marbrerie » ☎ 04.68.79.28.74

Local produce, tea salon, locally made ice creams

Shaded terrace non-stop service 7/7 in high season



☒ Café Restaurant « La Grande Fontaine » ☎ 04.68.78.00.63

☒ Restaurant « d'Alibert » ☎ 04.68.78.00.54

16th Century Mansion

CABRESPINE

☒ « Le Caput Spina » ☎ 06.15.97.20.71

Food van with shady terrace on the banks of a stream

CITOU

☒ « Table familiale L'Oustal » ☎ 04.68.78.08.99

Terrace with panoramic views – booking necessary for the evening



LESPINASSIÈRE

☒ Café de Pays : Bar Restaurant grocer's

« Les Ardeillès » ☎ 04.68.78.01.07

terrace with panoramic views - mobile : 06.77.10.80.20



VILLENEUVE

☒ « La Table du Pareur » ☎ 04.68.10.01.16

☒ « L'Auberge de la Clamoux » ☎ 04.68.26.15.69



Restaurant Key

☒ Gastronomic restaurant

☒ Traditional and regional cuisine

☒ Inventive cuisine

☒ Family cooking

☒ Snack bar

TASTING

WINERIES

Caunes-Minervois

Château Villerrambert-Julien

(Wine-tasting in the 16th century chapel)

☎ 04.68.78.00.01



Villalier

Cellier des Capitelles

☎ 04.68.77.16.69



Villeneuve-Minervois

Domaine Bénazeth, Moulin à vent

☎ 06.30.61.30.01



LOCAL PRODUCE

Caunes-Minervois

Atelier magasin de Pain d'épices PAIN D'OR

baking and sale of gingerbread

☎ 04.68.26.13.80 / 06.12.29.62.10

Produits charcutiers Icher

pork butcher and deli - salt cured meat, foie gras,

home-made preserves

☎ 04.68.78.00.45

Cave à vins, produits régionaux à La

Marbrerie - Wine cellar, regional produce

☎ 04.68.79.28.74 / 06.80.40.40.58

Lespinassière

Regional produce on sale at Café

de Pays Restaurant Les Ardeillès

☎ 04.68.78.01.07 / 06.77.10.80.20

Villalier

Cellier des Capitelles

☎ 04.68.77.16.69



Villeneuve-Minervois

L'Olivette « L'Or des Maux »

Tours, tasting and sale of olive oil

☎ 06.07.85.04.33

ARTS AND CRAFTS

Caunes-Minervois

Atelier du Monestier

Creation of Jewellery

☎ 06.24.00.88.99

Atelier de Poterie - Pottery studio

Lionel Postal

☎ 04.68.78.48.53



Villeneuve-Minervois

Ferronnerie d'Art La Marquise



wrought iron art studio and shop

☎ 04.68.71.53.86

ACTIVITIES

Randonnées pédestres - hiking

- Topoguide (23 loops) available from the Office de Tourisme
- Boucles des Villages perchés (hilltop villages loop) 04.68.26.63.65 le G.R.A.A.L (Castans) 07.61.53.95.98

Cabrespine

Gouffre Géant de Cabrespine

Guided tour - 43°21'32N-2°27'25E

☎ 04.68.26.14.22

Castans

Tour of the lama farm, hikes and mini-hikes

"Les Lamas de la Montagne Noire"

☎ 04.68.26.60.11

Caunes-Minervois

Romanesque Abbaye St Pierre et St Paul tour

☎ 04.68.78.09.44

Circuit de visite du village médiéval

tour of the medieval village

Guided tours (July – August)

Office de Tourisme ☎ 04.68.76.34.74

Escalade à Notre Dame du Cros

Rock-climbing, Eaurizon supervision

☎ 04.68.49.99.82

Visites guidées des carrières de marbre et découverte du musée du marbre: La Marbrerie (Guided tour of the marble)

☎ 04.68.79.28.74 (mason's yard)

☎ 06.80.96.22.26 (quarry)

Villeneuve-Minervois

Le Moulin à vent - windmill

☎ 06.30.61.30.01

La Maison de la Truffe

☎ 04.68.26.14.20

Dolmens et capitelles (dry stone constructions)

WORTH SEEING NEARBY

- Les Glacières - ice reserves between Castans and Pradelles
- Lac de Pradelles (swimming)
- Musée Archéologique de Villarzel Cabardès Visigothic Cemetery + Stone graves + pre-Romanesque 9th/10th century Chapel: 04.68.77.02.11
- Les Glacières de Pradelles-Cabardès - ice reserves

COME BACK FOR

January

- **Marchés aux truffes** - truffle markets at Villeneuve Minervois

February

- **Marché et Nuit de la Truffe** - truffle

market and night à Villeneuve Minervois

March

- **« Exposition d'Art contemporain »**

Contemporary art exhibition at the Centre Méditerranéen de l'Image, Château de Malves

☎ 04.68.71.65.26 - www.graph.cmi.org

May

- **Fête de la Cerise** Cherry Festival Trausse Minervois "Arts market"

- **« Marché de l'Art »** at Malves (3rd weekend):

45 Artists (painting, sculpture, photos...)

- **« Nightshot »** Night of video and multimedia creation (last Saturday in the month) Malves

- **« Exposition d'Art contemporain »** Contemporary art exhibition at the Centre Méditerranéen de l'Image Château in Malves

June

- **Fête de la Sculpture et du Marbre**

Marble and sculpture Festival in Caunes Minervois

- **Les Balades Vignerannes** - walking tours in the Haut Minervois vineyards

July/August

- **Les Balades Vignerannes** du Haut Minervois

- **Las F'Estivadas** de la Montagne Noire

- **Truffes et Patrimoine** - Truffles and heritage (Villeneuve, Cabrespine or Trassanel)

- **Les samedis vigneron**s - Winemakers' Saturdays in Caunes Minervois

- **Musique et terroir** Music in Caunes Minervois

- **Baroque en Minervois** - Baroque music in the Villarambert quarry in Caunes Minervois (last weekend of August)

- **« Vendredis classiques »**

Classical Fridays at the Caunes Minervois Abbey

- **« Les Mardis »** de Villeneuve Minervois

(Tuesday concerts, theatre in Villeneuve Minervois...)

September

- **Fête de l'oignon doux** - Sweet onion festival at Citou

- **Les Balades Vignerannes** du Haut Minervois

October

- **Fête de la Châtaigne** - Chestnut Festival in Castans

- **De Ferme en Ferme** en Montagne Noire From Farm to Farm in the Montagne Noire (1st Sunday)

November

- **« Exposition d'Art contemporain »**

Contemporary art exhibition at the Centre Méditerranéen de l'Image Château in Malves

☎ 04.68.71.65.26 - www.graph.cmi.org

December

- **Marchés aux truffes** Truffle markets in Villeneuve Minervois

- **Marchés et concerts de Noël** - Christmas markets and concerts

November to April

- **Les samedis culturels d'hiver** cultural winter Saturdays in Villeneuve Minervois (concerts, theatre)

Year round

- **Jazz au caveau** - Jazz in the Caunes Abbey cellar once a month (except July, August and January) and exhibitions



Meeting the lamas

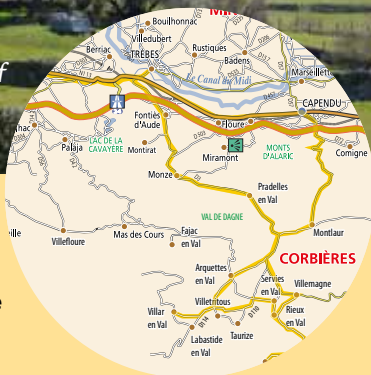
Val de Dagne: the gentle sweetness of life

Romanesque church of Villar en Val



" Here time goes on foot " an invitation to the sweetness of life a stone's throw from the medieval Cité

Hiking paths organised around poetry, sculpture, churches, chapels, bridges, characterful miniature villages, the Canal du Midi... you'll be surprised by the Val de Dagne!



1 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 94 km

Total visiting time: 5h

Suitable for : everyone

INFORMATION

Office de Tourisme de Trèbes



☎ 04 68 78 89 50 ➤ www.ot-trebes.fr

Association « Art de vivre en Alaric »

☎ 04 68 24 45 16 / 04 68 24 05 82

➤ www.alaric-web.com

Leave Carcassonne on the RD 6113 towards Narbonne.

Stop at Trèbes to visit the southern gothic style church with its 320 corbels painted in the 14th century.

You can also enjoy the beauty of the Canal du Midi which flows through the town. A marina as well as a triple lock, a Vauban aqueduct and the very beautiful Pont de la Rode complete the picture of this magnificent UNESCO world heritage listed site. Then go back the way you came towards Carcassonne to take the road towards Lagrasse on your left after the rail tunnel.

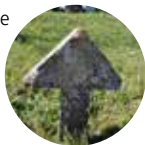
Go through Fontiès d'Aude and visit **Monze**, a delightful village nestled at the foot of the Montagne d'Alaric: admire the fortified village and the 12th century bridge.

You will cross a beautiful agricultural plain surrounded by wild rocky masses whose colours change according to the season but are always colourful and wild year round.



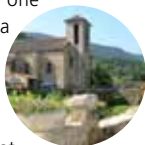
After Pradelles en Val (just before you arrive in Pradelles, visit the Chapelle Ste. Magdeleine de Commelles), take the D714 on your right towards d'Arquettes en Val which will be on your right as you continue straight on to:

Villar en Val: leave your car in the car park at the entrance to the village just before the bridge and take off to explore the Sentier de Poésie (Poetry Path – 6 kms, 1½ hours). Here, displays of Joseph Delteil's most famous quotations will carry you away through the deep forests with the scent of boxwood and the sound of the rippling streams, a wonderful moment of calm and relaxation.



Cross through the village and as you leave it, discover the charming Romanesque 12th century church, with its beautiful Lombard bands, placed like a jewel in its setting of cypress and olive trees with, in the background, the rolling hills and the seigniorial castle.

Something unusual: in the cemetery, a triangular shaped funeral stele will intrigue you. Several explanations have been put forward, one of which says that the person, a non Catholic (possibly a Protestant) could have been accepted in this place.



Go back the way you came and after 3 kms, take the road towards:

Labastide en Val: at the entrance to the village take a look at the welcome board and the pretty little cariole. A stroll around the village is a must: see the wash house, fountains, little water channels, water troughs, bridges and the church.

Go back the way you came and continue towards Serviès

en Val. After Villetritouls take the D110, at **Rieux en Val**

take the road to Mayronnes. As you leave the village take a look to your left. You will be surprised by the beauty and



surroundings of the Romanesque footbridge – there is a nice

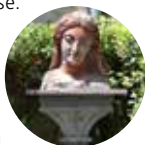
shady picnic area. You reach Mayronnes by a road running along the foot of a cliff dotted with waterfalls and refreshing natural pools.

Mayronnes: a pretty little village nestling at the foot of the Lacamp mountain. Lacamp is a 10th century village – strange coins have been found here dating back to the former inhabitants of the Corbières, the «Volcae Tectosages».

The village is better known today for its Sentier Sculpturel (Sculpture Trail) which delights hikers and contemporary art lovers alike. This artistic event is set against a backdrop of exceptional scenery and attracts a large number of visitors each year.

Go back to Rieux en Val and take the D110 towards Lagrasse.

At the junction with the D3 (Château Villemagne on your left) take the road to Carcassonne. When you reach the junction with the D114 bear right to:



Montlaur: this village whose beautiful homes are witness to the tradition and wealth of local winegrowing is still lively, especially with its well-known Tuesday market (at 4:30 pm year round).

Do not leave without having seen the romantic park around Montlaur castle, once owned by Edouard Niermans, the famous architect (Hôtel Negresco in Nice, Hôtel du Palais in Biarritz, Paris Hotel in Monaco and also the Moulin Rouge, the Marigny Theatre and the Casino in Paris); majestic cypress trees, the river, box tree landscaped gardens and Italian gardens...

Set off again by the D57 towards Capendu, a remote road, which rises to the Alaric Massif, with a striking panoramic view over the Aude Plain and the Montagne Noire from the Col du Fer à Cheval. (Horse shoe pass)

A little further on, you will notice on your left an odd contraption. This is left

from equipment used in limestone extraction; one can see the rotary screens which were used to calibrate the crushed stones, sorted by granulometry and stocked in the various tremies.

Outlet pipes fed the dump trucks which supplied construction sites, particularly road works, as well as the lime kilns which produced our renowned building lime and lime for liming the soil and treating vines. In fact, this great natural resource was a great local wealth, adapted to our environment.

Go through Capendu to get back to the D6113 towards Carcassonne.

RESTAURANTS

TRÈBES

✕ La poissonnerie moderne 04.68.78.26.72
By the side of the canal – fish specialties

✕ Le Moulin de Trèbes 04.68.78.97.57
Terrace by the side of the canal opposite the three locks

SERVIÈS EN VAL

✕ Café Restaurant « Ô Bapla » 04.68.79.45.53
Typical village café

Restaurant Key

✕ Gastronomic restaurant

✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

TASTING

WINERIES

Monze

Domaine de la Lause

(Sustainable agriculture certification) 1st prize
«Agritourisme du Languedoc Roussillon 2010»
identification and classification of grapevines trail
04.68.78.73.11

Villemagne

Château Villemagne

12th century watchtower, old priory of the Abbaye de Lagrasse (abbey), botanical identification and classification of grapevines trail, facilities for camper vans, N43°05'31" E2°32'59"
04.68.76.29.53 / 04.68.24.06.97

LOCAL PRODUCE

Trèbes

Domaine des Pères

Olive and olive oil producer, facilities for camper vans
09.67.19.51.78

Confiturerie de l'écluse (the jam maker at the lock)

Tasting and sale of jams, onion marmalade, wine jelly, thyme, rosemary
04.68.78.65.00 / 06.20.62.10.22

Office de Tourisme

(local produce shop)
04.68.78.89.50 - www.ot-trebes.fr

Monze

Domaine de la Lause

04.68.78.73.11

Villemagne

Château Villemagne

04.68.76.29.53 / 04.68.24.06.97

Montlaur

Boucherie Marcerou 04.68.24.00.27

ACTIVITIES

Trèbes

Visites guidées de l'église

Guided tours of the church year round for groups or individuals: Tourist Office Trèbes 04.68.78.89.50

Monze

Randonnée pédestre Hiking, identification and classification of grapevines trail

Villemagne

Randonnée pédestre

Hiking, botanical identification and classification of grapevines trail, Château Villemagne.

Villar en Val

Randonnée pédestre Hiking the poetry path

Mayronnes

Randonnée pédestre Hiking the Sculpture Trail

Montlaur

Ferme équestre « Le Plo Outfitter »

Horse riding (day or ½ day), Western riding holidays, donkey hire. N 43° 7' 3.3558" E 2° 32' 29.475"

04.68.24.05.82 / 06.83.64.05.07 **Pradelles**

en val

Visite commentée de la chapelle romane

Guided tour of the Romanesque chapel of the old Ste Magdeleine de Commelles priory 06.31.76.10.42 / 04.68.24.05.83

WORTH SEEING NEARBY

VISITE

- Carcassonne (Medieval city, Bastide St Louis, Canal du Midi, lac de la Cavayère)
- Abbaye de Lagrasse (abbey)

Rando-jeu (more information on p39)

Explore the Pays de Carcassonne region with 3 discovery trails, fun for the whole family

Check with the Office de Tourisme in Trèbes and/or the Domaine de la Lause in Monze..



COME BACK FOR

May

- « **La Lause en Fête** » (Ascension weekend) Festive entertainment all day long (hiking, farmers' market, musical entertainment...) in the Domaine La Lause Monze.
- « **Fête de l'humour et des plantes** » humour and plants in Montlaur
- **Fête de la randonnée** (pédestre, équestre et VTT) à Montlaur.

June


Over the whole area of Val de Dagne:

- « **De ferme en Ferme** » 04.68.24.06.97 (from farm to farm)
- « **Total Festum** » a festival to celebrate the Occitan and Catalan cultures

June/July

- **Les Festivales** in Trèbes


July

- **Evening market** «Artisanat et Saveurs» crafts and flavours Trèbes
- **Farmers' market** in the castle in Villemagne - 04.68.76.29.53 

July and August

- Office de tourisme in Trèbes: Free tasting, sale of wine and arts and crafts studios

August

- **La Grande Deltheillerie** Villar en Val country poetry festival in tribute to the writer Joseph Delteil
- **Animation Nocturne** evening entertainment under the stars (meal with the local producers) at the Domaine La Lause Monze
- **Farmers' market** at the Domaine La Lause in Monze 

December

- **Christmas Market** (1st weekend) Trèbes

Labastide en Val



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, clinging to the mountain sides, give a panoramic view over the Pyrenees mountain chain.

In this sunny land, water is everywhere: tamed and channelled in the 17th century by the genius that was Pierre Paul RIQUET. The water supplies the Canal du Midi by the "rigole de la montagne" mountain water channel from the Alzeau Water Supply through the large Lamp reservoir to Vauban's Vault in Cammazes.

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

📍 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 85 à 100 km

Total visiting time: 5h30

Suitable for: everyone

INFORMATION

OT Les Cammazes 📞 05.63.74.17.17

➤ www.lescammazes-tourisme.fr

SI Haut Cabardès 📞 04.68.47.38.60

OT du Cabardès au Canal du Midi 📞 04.68.24.80.80

➤ www.tourisme-cabardès.fr

Château de Saissac 📞 04.68.24.46.01

● Leaving Carcassonne, follow the D6113 towards Toulouse.

2 km after the village of Pezens, turn right towards Moussoulens, then Montolieu Village of books to:

● SAISSAC:

Typical Montagne Noire village, Saissac is built in a semicircle above the confluence of the Aiguebelle 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 castle 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 vestiges of a powerful keep and quadrangular towers are still standing 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 houses 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 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 embrasures were pierced in the walls to house cannons.

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

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 trade.

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 (towards Arfons) to go to **lac du Lampy**.

The Lampy-neuf dam which was completed in 1782 is the second water reserve for the Canal after lac de Saint Ferréol. 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.



Or explore the village of:

● **LES CAMMAZES:**

This village is the gateway between the midi-Pyrénées and Languedoc-Roussillon regions. In the High Languedoc Regional Nature Park, the village of Cammazes is situated at an altitude of 610 metres **in an environment where water and greenery** are everywhere. There are hiking tracks and the GR7 (long distance hiking trail) goes through here (tour around the lake, holy crosses circuit, walk by the water and through the pine needle forest with its charcoal cauldrons and its 300-year-old beech tree etc.).

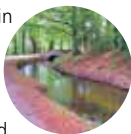
The waters of the black Mountain at the crossroads of history:

As early as the 17th century **the rigole de la Montagne** (Mountain water channel), work of **Pierre Paul Riquet**, made it possible to supply water to the Canal du Midi (UNESCO World Heritage listed). The channel passes under the D629 road **in a vaulted or pierced tunnel** designed and constructed **by Vauban**, "**la voûte de Vauban**" that you can admire in the village. During the 20th century **the Cammazes dam** was built at the entrance to the village. It supplies drinking water to 230 towns and villages.

Go back to Saissac, go through the village and at the exit, take the D103 on your left to Saint Denis (along the way sheep, cattle and horse farms), then in the village take the road towards Lacombe to make your way to:

THE ALZEAU WATER SUPPLY AND LA 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.



The Canal du Midi is UNESCO World Heritage listed and a national heritage site. 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 link the Atlantic Ocean to the Mediterranean Sea was not new. However, the idea of feeding it with a regular water supply by channelling 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 special place for a stroll.



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 hiking loops "the water paths"). Carry on to towards Brousses via le Villaret to:

THE BROUSSES AND VILLARET PAPER MILL:

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



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

In a place steeped in history, with its old machines, at the Mill you can learn about a product which is extraordinary and yet an everyday item: paper.

Experiment with a thousand-year-old craft: hand-made paper and you will have the opportunity to make your own! Without forgetting the enchanting and romantic setting of the place!

Go back to Carcassonne on the D6118 via Villegailhenc.

📍 RESTAURANTS

BROUSSES ET VILLARET

✕ La Table du Rébombier 📞 04.68.26.47.72

Visit the vegetable garden - mobile : 06.86.28.68.76 - GPS : 43°21 15 - 2°14 24

LES CAMMAZES

✕ Café de Pays « Le Salon de Vauban » 📞 05.63.74.26.34

Organic savoury pastries available non-stop (gluten and lactose free) and tearoom



Restaurant Key

- ✕ Gastronomic restaurant
- ✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

TASTING

WINERIES

Villegailhenc

Les Vignerons du Triangle d'Or

☎ 04.68.77.10.79

ARAGON (D6118)

Domaine de Cabrol

N43°31'03.630 E2°33'08.321

☎ 04.68.77.19.06 / 06.81.14.00.26

LOCAL PRODUCE

Saissac

Le Cabas d'Oc

☎ 04.68.24.42.08

Trésors d'Oc

Local produce, wine cellar and wine bar, tapas d'Oc, coffee, wifi.

☎ 04.68.24.58.11 / 06.03.47.57.72

Les Cammazes

Café de Pays « Le Salon de Vauban »

Delicatessen, Lauragais saffron, pastel and local beverage (la frénette – made from ash leaves)

☎ 05.63.74.26.34

Pisciculture du Laudot

Local trout based products: smoked trout, trout paté, mousse, soup

☎ 05.34.43.69.71

ACTIVITIES

1st category fishing

Lac de la Galaube (Lacombe), la Rigole de la Montagne, bassin de St Denis, la Dure and lac de Laprade-Basse (Cuxac Cabardès), l'Alzeau - le Linon (Saint Denis-Bousses et Villaret), le Lampy (Saissac)

2nd category fishing

Lac des Cammazes

Privately-owned lakes at Saissac

Lac Pica + snack bar (drinks, picnic)

☎ 04.68.24.40.98

Boat rides on the Canal du Midi

43°13'03.05 - 2°21'03.46 (Carcassonne)

☎ 06.80.47.54.33

Brousses et Villaret

Artistic workshops at Brousses paper mill

43°34'92N-2°25'56E

☎ 04.68.26.67.43

Fontiers Cabardès

Musical entertainment

at the weekend year round at Club 620

☎ 04.68.26.53.48

Les Cammazes

L'Etrier de la Montagne Noire

Horse or pony riding and trekking

☎ 05.63.74.14.71 / 06.13.53.62.91

Pisciculture du Laudot

(Unesco World Heritage listed «Canal du Midi» stream) Recreational fishing in a natural lake – eat your own catch, (access for children from 2 years and people with physical disabilities)

☎ 05.34.43.69.71

Le Salon de Vauban

Cultural and artistic workshops, shop, reading area and art gallery

☎ 05.63.74.26.34

Saint Denis

Location de VTT en Montagne Noire

(mountain bike hire)

☎ 06.03.48.87.64 / 04.68.47.61.82

WORTH SEEING NEARBY

- "Les Chemins de l'eau" et le sentier d'interprétation de Laprade-Basse - "water pathways" hiking trails and the Laprade-Basse interpretation trail.
- Circuits villages des "eaux apprivoisées" - "Tamed waters" villages circuits
- Montolieu, Village of books
- Aragon, typical Cabardès village
- Abbaye de Villelongue in Saint Martin le Vieil (abbey)
- Lakes: Saint Ferréol, des Montagnes, Pradelles and Lampy (swimming).
- Musée et Jardin du Canal du Midi à St Ferréol Museum and Garden
- Cascade de Cubserviès waterfall.
- Châteaux de Lastour

COME BACK FOR

May

- « la journée des moulins » Paper mill in Brousses 04.68.26.67.43 (3^e week end)

May-June

- Week end de Pentecôte (Whitsun): Festirando Montagne Noire 04.68.47.38.60 (SI Haut Cabardès) and 04.68.72.13.28 (see randonnées M.Noire)

July

- Fête Fermière à Saissac - Farmers' festival in Saissac 04 68 24 40 22
- Spectacles culturels - cultural shows in Saissac Castle
- Feu d'artifice au château de Saissac Firework display in Saissac castle (13th July)

July/August

- Spectacles culturels au Château de Saissac 04 68 24 46 01
- Balade nocturne aux Cammazes evening walks in Cammazes (see the «cauldrons» with a picnic) 05.63.74.17.17.
- Expositions artistiques - exhibitions in place du marché in Saissac 04 68 24 40 22
- Festival « Guitares à travers chants » Guitar and song Festival in Montagne Noire (+ guitar classes) 06 29 52 00 90

14th August

- « La Nuit des Papyvres » Brousses paper mill (jazz, French songs...) ☎ 04.68.26.67.43

September

- « Marché de l'été indien » 3rd Sunday «Indian summer market» at Cammazes (producers and craftsmen) - 05.63.74.17.17

October

- « De Ferme en Ferme en Montagne Noire » from farm to farm (1st Sunday) ☎ 04.68.94.30.28
- Les Cammazes : Journée « Nature » Nature day (mushrooms) 05.63.74.17.17

The 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

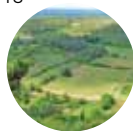
Number of kilometres: 110 km
Total visiting time: 6h
Suitable for people who are physically fit

INFORMATION

SI du Haut Cabardès... ☎ 04.68.47.38.60
✉ sih cabardès@orange.fr
Service Randonnées CDC Montagne Noire
☎ 04.68.72.13.28

Leaving Carcassonne, take the Mazamet road on the D118 as far as the roundabout then follow the road marked «Lastours, Mas Cabardès (D101)».

Between Conques and Lastours turn right onto the D111, 2 kilometres further on turn left towards:



LIMOUSIS CAVE:

A real journey 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 tour (1st March to 30th November /year-round group bookings) will take you through this cave which remains 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.

L'église Saint Michel (St. Michael) you can visit this gothic church, which was remodelled in 1661, by calling 04.68.77.12.74 (Careful: poor GMS reception!) Go back the way you came towards:

LASTOURS:

Go to the old «Rabier» textile factory. A well maintained hiking path leads

you to the site where you can walk around the 4 castles located at an altitude of 300 metres in a landscape spiked with cypress trees, an exceptional view! These 4 castles, which have guarded entry to Cabardès since the High Middle Ages, overlook the Orbiel and the little Grésilhou mountain stream, hidden in the deep 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 de Cabaret», the medieval walled village at the foot of the castles. The archaeological exhibition «Lastours, 4000 ans d'histoire» (Lastours, 4000 years of history) can be visited free of charge at the entrance to the castles. Keep going along the D101 towards Mas Cabardès to:



LES ILHES CABARDÈS :

Look at the vaulted street, the 16th century church and its magnificent baptistry in pink Caunes Minervois marble (the same marble was used in the construction of the Petit Trianon at Versailles). Keep going along the D101 as far as the junction with the D9 to:



ROQUEFÈRE :

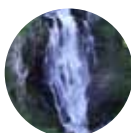
This is a small picturesque flowered village, where shale and greenery blend harmoniously around the waters of the Rieutort. It is dominated by its 12th century castle.

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

Take the country road (D8009) towards Cubserviès (7 kms) located at the entrance to the village:

THE CUBSERVIÈS WATERFALL:

The village, a veritable eyrie dominating the high Rieutort Valley, is worth a visit just for its location. From here you can admire the 90-metre-high Cubserviès waterfall!



Don't forget to take a look at the 17th century Notre Dame de la Roque Chapel and at the Saint Jacques scallop shell at the entrance, which suggests that the village used to be a halting place on the St. James Pilgrims' Way (chemin de St Jacques de Compostelle). Continue for 1 km on the road towards:

THE SAINT SERNIN CHAPEL:

In this delightful place, far from the noise and any houses, stands the only Romanesque chapel (11th and 12th centuries) of the High Cabardès to still have its old cemetery. In this mysterious, enchanting place, finding a place to rest will not be a problem – the only competitors for the space are the sheep grazing quietly in this peaceful spot ... If you would like to book to see inside, call the person responsible for the restoration of this magical place on 05.63.61.58.83 (groups only).



Continue as far as the crossroad (at the wash house) and turn right on the D1009, cross the agricultural plateau of Pradelles-Cabardès, from where you

have an interesting view of the Aude plain and the Pic de Nore (peak). From here, you have 3 possibilities:

Either: keep going along this road and then turn left on the D9 on to the D112. Go right towards Pradelles-Cabardès. At the entrance to the village, turn left to go up the Pic de Nore, the highest point of the Montagne Noire at an altitude of 1211 metres, with a panoramic view and beautiful stretches of heather in flower when the season is right!

Or: follow the same directions, but turn right before the village to go to Lac de Pradelles-Cabardès (swimming and snacks),

Or: continue then turn right on the D9 towards:

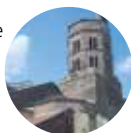
● LABASTIDE ESPABAÏRENQUE:

This small steep twisted village is worth a stop to wander around its picturesque narrow streets. At the end of the village, there is Saint André's church and a wash house (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 clings to the slopes has its feet in the Orbiel stream and boasts one of the prettiest bell-towers in the Cabardès. Saint-Etienne's church with its 12th century octagonal bell-tower and 2 storeys of gminate windows, houses a magnificent 15th century reredos, reminiscent of the Provence style reredos. Take 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 agricultural terraces. Finally, walk past the birthplace of Doctor Ferroul, Mayor of Narbonne and leader of the Midi Viticole Revolt in 1907.



Leave the village and continue towards Miraval :

On your way, stop at the ruins of Saint Pierre de Vals Collegiate church: the entrance is through the gate in the strange cemetery (seen from above, its walls form 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 house, the ruins of the castle of Raimon de Miraval, famous troubadour, and the Notre Dame de la Lauze church (17th century).

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 small steep 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 back towards Mas Cabardès then Lastours on the D101,

Or: keep going 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
- ✖ Country inn « Le Diable aux Thym » ☎ 04 68 77 50 24 
- ✖ Bakery « Le Moulin de Lastours » ☎ 04.68.25.23.14 
Pastries, tearoom, 'home-made' ice creams, garriguet traveller's cake,
a local speciality) and Cathar bread

LES MARTYS

- ✖ Bar-Restaurant « Les Trois Fontaines » ☎ 04.68.26.66.03

PRADELLES CABARDÈS

- ✖ Bar-Restaurant « la Buvette du lac » ☎ 04.68.26.59.55

ROQUEFÈRE

- ✖ Country inn « Le Sire de Cabaret » ☎ 04.68.26.31.89  
- ✖ « La Fénial » ☎ 04.68.26.33.57
snacks and local produce

Restaurant Key


- ✖ Inventive cuisine
- ✖ Snack bar
- ✖ Traditional and regional cuisine

🍷 TASTING

WINERIES

Conques sur Orbriel


Domaine de Parazols-Bertrou + Museum

☎ 06.07.49.15.14 


LOCAL PRODUCE

Lastours

Country inn: Le Diable au Thym

☎ 04.68.77.50.24 

Bakery Le Moulin de Lastours

☎ 04.68.25.23.14 

Roquefère

Les ruchers d'Armand

«bee-keeper, honey-harvester» (honey,
spice bread, aniseed or honey cakes,
chestnut cream, pollen, propolis...)

☎ 04.68.26.32.16 / 06.38.95.59.32

La Fénial de Roquefère




sale of local produce (jam, honey, biscuits, wine)

☎ 04.68.26.33.57

🚶 ACTIVITIES


Cabrespine

Gouffre de Cabrespine

☎ 04.68.26.14.22   

Lastours




Tour of the four castles

☎ 04.68.77.56.02 

Limousis

Grotte de Limousis

43°20'33N-2°24'49E

☎ 04.6.26.14.20 - 04.68.77.50.26   

Pradelles Cabardès

Swimming in the lake - lifeguard in summer

Roquefère

« Les Ruchers d'Armand Oulès »

Visit the honey farm (booking required)

☎ 04.68.26.32.16

Randonnées pédestres

« Les randos du Mercredi »

“Wednesday hikes” Free accompanied hikes

☎ 04.68.72.13.28 / 04.68.47.38.60

« Association Villages Perchés »

hilltop villages association ☎ 04.68.26.63.65

👁 WORTH SEEING NEARBY

- Many signed hiking trails
- Pic de Nore • lac de Pradelles-Cabardès
- Ice reserves of Pradelles-Cabardès
- Les capitelles de Conques sur Orbriel

❤ COME BACK FOR

April/May/June

Les randos du Mercredi, «Wednesday hikes”

Free accompanied hikes - 04.68.72.13.28 (scc
randonnées M.Noire)

May

« lo camin de la ceba », Walking tour around
Labastide Esparbaïrenque, with entertainment - 04
68 26 30 78

Whitsun Week-end

Festirando Montagne Noire

04.68.47.38.60 (SI Haut Cabardès) and

04.68.72.13.28 (scc randonnées M.Noire)

Juin

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

July (last Sunday)

Messe à St Sernin

- mass near Cubservies à

10:30 am. Information at 05.63.61.58.83

August (2nd week end)

Campement médiéval de Cabaret

medieval camp in Lastours Castles

(medieval sketches) - 04 68 77 56 02

Mid-July/Mid-August

Guided tours of the castles of Lastours

on Wednesdays and Thursdays at 10 am -

04.68.77.56.02 

End July – Beginning August

Festival « Guitares à travers chants » Guitar
and songs in Montagne Noire (+ guitar lessons) -

06.29.52.00.90

August (1st week)

Festival « Jazz sous les Châtaigniers » jazz
under the chestnut trees in Roquefère castle park -

06.52.08.78.57

September-October-November

Les randos du Mercredi - 04.68.72.13.28

October

Manifestation « de ferme en ferme »

from farm to farm - 04.68.94.30.28

The Canal du Midi and Minervois: history, vines and garrigues*

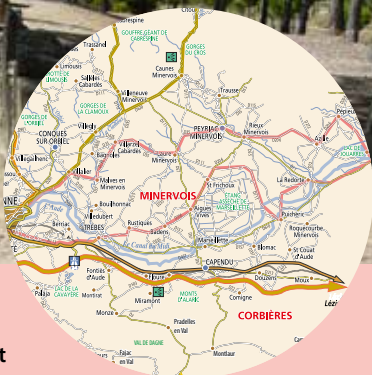
Fades Dolmen, Pépieux

(*Mediterranean scrubland)



An appointment with varied landscapes and History

Between the Canal du Midi and the Montagne Noire, landscapes and winegrowing plains open out before you. Travelling alongside the Canal du Midi, will take you to exceptional sites: Rieux Minervois rotunda church, engineering structures on the Canal, locks and groups of dolmens



1 HANDY TO KNOW

PRACTICAL INFORMATION

Number of kilometres: 115 km
Total visiting time: 7h
Suitable for: everybody

INFORMATION

OTourisme Haut Minervois Caunes :
☎ 04.68.76.34.74

➤ www.tourisme-haut-minervois.fr

Office de tourisme de Trèbes

☎ 04.68.78.89.50 ➤ www.ot-trebes.fr

Leave Carcassonne on the RD 6113 towards Narbonne. Stop at Trèbes to visit the southern gothic style church with its 320 14th century painted corbels. You can also enjoy the beauty of the Canal du Midi which flows through the town. A marina as well as a triple lock, a Vauban aqueduct and the very beautiful Pont de la Rode complete the picture of this magnificent UNESCO world heritage listed site.

After crossing the canal carrying bridge in Trèbes, take the D206 on your left towards:

RUSTIQUES «A VILLAGE IN HISTORY»

Following a signed trail you can explore this old village: see the church, the Tomb of the Commandeurs, the castle, the winegrower's garden, the medieval garden and above all don't miss the archaeological museum!

Continue along the D206 towards Badens and Aigues Vives: get close to Marseillette dry lake. Millions of years ago, the whole area right up to the Montagne Noire was covered by the sea! Today the area produces rice, apples and of course grape vines have kept their place.

Stay on the D206 and at the junction, 1 km after **ST. FIRCHOUX** (where you

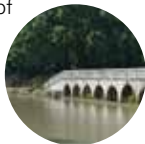
have a great view over the Balcons de l'Aude), take the D111 towards:



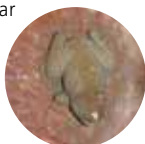
PUICHERIC You arrive by the Canal du Midi and on your right at the Ecluse de l'Aiguille (Needle Lock) the lockkeeper's sculptures add extra charm. Go back towards **PUICHERIC** which is easily recognisable because of its Languedoc gothic church (tours by appointment 04.68.43.72.96 / 04.68.43.70.16) with free tasting at the Domaine La Forge Carbou: the bell tower with a panoramic view and **especially the very old frescoes in the choir**, not forgetting the Marie-Madeleine stained glass window. At the exit from the village at the last junction, opposite La Poste (post office) you can go canoeing, try your hand at **archery, canyoning or rock climbing** with professional **Eaurizon** guides.

Go to **LA REDORTE** following the D610 for 3 kms then take the first on your left (D72). After the bridge on **the Canal**, go down to the left towards the Port La Fabrique. From here you walk along the tow path, above the eleven arches of the Argent Double outfall. Built in the 17th century by Jean David a master mason from Beziers, according to plans drawn up by Vauban, this beautiful piece of stone masonry was designed to evacuate excess water.

Go back to the D 610 towards the village of **HOMPS** (marina on the Canal du Midi and Maison des vins du Minervois) cross over the bridge and head for PEPIEUX on the side road which runs along the edge of **Lac de Jouarres** where you can make a refreshing stop.



In **PEPIEUX** you will find a 14th century southern gothic church with a stoup in Caunes marble where a frog sits in state: legend has it that the devil, having disrupted the sermon of some holy priest, was turned into a stone frog and condemned to finish his days in the stoup (open year round from 9am to 6pm). In a pine wood a few kilometres from the heart of the village, 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: Park along the promenade of hundred year old plane trees planted on the old ditches of the fortified town; you will see a few vestiges of the **ancient ramparts**, the tower, the fortified Portail Neuf (new gate) through which you enter the medieval part of the town (historical route). Here you will find St. Julien's Languedoc gothic church built in one go in the 14th century. It stands beside its massive bell tower, notable for its height of 36 meters. Inside, a polychrome stone Virgin, one of the major gothic works of the 14th century, is well worth the visit. The church is open every day from 10 am to 4 pm and on Mondays and Fridays from June to September at 11 am there are **tours of the bell tower** where you can view the magnificent scenery of the winegrowing plain which stretches out to the foot of the Alaric. You leave Azille by the D 206 towards

RIEUX MINERVOIS:

Here plains give way to a landscape of glass houses: rocky sandstone elevations where oaks or pines grow and stone for local monuments is quarried. You will drive past the Château de Floris, nestling among pine groves. The castle is indicative of the wealth of this wine making region in the middle of the 19th century.

In the old village of RIEUX MINERVOIS you will find the **Romanesque church dedicated to Saint Mary**. This heptagonal rotunda (11th and 12th centuries) was



built as a reminder of the Biblical reference from the Book of Proverbs, chapter 9 «Wisdom has built her house; she has set up its seven pillars». You can explore this church on your own or with a guide. It is **unique in the world for its sculptures**. Its 7 sided dome, which crowns the whole admirably, is decorated with sculptures by **Maitre (Master) de Cabestany**, a famous 12th century sculptor.



● Leave Rieux going towards **PEYRIAC MINERVOIS**: at the exit to Peyriac, go left towards Laure Minervois on D35 this road is a true feast of flamboyant colours in autumn.

● **LAURE MINERVOIS** is a typical wingrowers' village: explore the many wine growing estates as well as the Capitelles (dry stone constructions) hiking path.

Keep going on the D35 towards Villarzel Cabardès: on your left, at «le Bas» hamlet, you will discover the Chateau St Jacques d'Albas estate, a former priory on the St. James Pilgrims' Way (Chemin de St. Jacques): an 11th century chapel, a 16th century mill, a 19th century windmill (tours on request at the winery).

VILLARZEL CABARDÈS:

A hiking trail (6.5kms) will take you to the pre-Romanesque 9th/10th chapel and the Visigothic necropolis of "Moural des Morts": 42 stone graves have been unearthed. The necropolis seems to have been occupied from the very end of the 5th century to the 7th century. The Museum, in the heart of the village, will enable you to discover all the objects of this wonderful place. Keep going on the D735 towards:



MALVES EN MINERVOIS:

In the heart of the village, a 15th century castle and its park will welcome you. Artistic and cultural entertainment takes place throughout the year (see GRAPH) and will also enable you to discover its 16th century painted ceilings. Returning to the D38 towards Villalier, on your right 500m from the exit from Malves, a menhir standing 5m high out of the ground (for a total of 9m!) is the oldest and best known megalith of the region: an information board explains all the legends!



● Go back to the road as far as D620 towards Carcassonne.

RESTAURANTS

AZILLE

✕ Restaurant La ferme d'André..... ☎ 04.68.91.52.00

Veg patch produce, shady terrace, farm animals



LA REDORTE

✕ Café de Pays Restaurant, glacier « Le Rivassel »



..... ☎ 04.68.32.35.90

Panoramic view over the Canal du Midi

RUSTIQUES

✕ Camping « La Commanderie » 04.68.78.67.63

Open July/August

PUICHERIC

✕ « Le break » 04.68.91.32.47

Brasserie - Pizzas - Snacks - terrace (close to Aude and Canal du Midi bike park)

Restaurant Key

✕ Gastronomic restaurant

✕ Traditional and regional cuisine

✕ Inventive cuisine

✕ Family cooking

✕ Snack bar

TASTING

WINERIES

Aigues Vives

Château l'Amiral

Wine discovery workshop: initiation, wine and chocolate, create your own wine. Discovery tours in the vineyards, outstanding heritage, (tomb, 19th century barn) facilities for camper vans

06.83.51.68.88

Azille

Château Guéry

04.68.91.44.34

La Redorte

Domaine les Pénitents Bleus

04.68.91.54.74 / 06.16.28.94.02

facilities for camper vans

Bagnoles

Château du Donjon

(guided tour of the 13th century keep)

04.68.77.18.33

Laure-Minervois

Château d'Argères

12th century tenant farm, Gallo-Roman cemetery and descendants of Jean Pierre Cros-Mayrevieille, 19th century historian and journalist: the "Saviour" of the Cité of Carcassonne!

E43°17'54,4524 N2°30'50,6016

04.68.78.27.73 / 06.88.09.14.64

Cellier Laurant Cabaret

04.68.78.33.59/04.68.78.12.12

Domaine Vignalet

04.68.78.12.03 / 06.72.08.91.89

Château St Georges d'Albas

(11th century church + 16th century mill + 19th century windmill + international jazz and classical concerts)

04.68.78.24.82

Peyriac Minervois

La Tour St Martin - cooperative winery

04.68.78.11.20

Puichéric

Domaine La Forge Carbou

Winery in the heart of the village, painting exhibitions, groups welcome (access for the disabled)

04.68.43.72.96 / 06.10.76.46.24

Rieux-Minervois

Domaine des Homs

04.68.78.10.51

Cellier de Merinville

04.68.78.10.22

Rustiques

Château Canet

Picnic area in the vineyard and pine wood

04.68.79.28.25 / 06.33.55.98.73

LOCAL PRODUCE

Aigues vives

Bakery Cros

Specialities: hazelnut biscuits aperitif onion biscuits (open in the mornings only)

04.68.79.12.23

Rieux-Minervois

Cellier de Mérinville

04.68.78.10.22

Trèbes

Domaine des Pères

Olive and olive oil producer, facilities for camper vans

09.67.19.51.78

La Confiturerie de l'écluse

Tasting and sale of jams, onion marmalade, wine jelly, thyme, rosemary

04.68.78.65.00 / 06.20.62.10.22

Office de Tourisme

local produce shop

04.68.78.89.50 - www.ot-trebes.fr

ACTIVITIES

Azille

Visite du clocher Azille

(tour of the bell tower)

04.68.91.59.61

Laure Minervois

Balade vigneronne dans le vignoble en VTT

Mountain bike discovery and tasting tours in the vineyards : Joan Fournil - Domaine Fontanille Haut

06.78.74.18.65

La Redorte

Café de Pays Le Rivassel - Bike hire

04.68.32.35.90

Malves en Minervois

Le GRAPH, Centre

Méditerranéen de l'Image

04.68.71.65.26

Peyriac Minervois

Centre aquatique « Les Bains de Minerve »

04.68.10.56.00

Puichéric

Encadrement et locations

Equipment rental and activity supervision

Canoeing, kayaking, canyoning, rock climbing, archery, stand up paddle and potholing supervised by Eaurizon

04.68.49.99.82

Rustiques

Musée archéologique Jean Nicloux

06.86.11.64.69 / 09.50.60.57.49

Rieux Minervois

Guided tour of the Romanesque church

(capitals by Maître de Cabestany) Rieux accueil

☎ 04.68.78.13.98

Villarzél Cabardès

Musée archéologique Claude Journet

+ Visigothic cemetery tour + pre-Romanesque chapel

☎ 04.68.77.02.11

Swimming in Lac de Jouarres

Rando-jeu (more

information on page 39)

Explore the Pays de Carcassonne region with 3 discovery trails fun for the whole family

Check with the Office de Tourisme de Caunes Minervois and/or le Café de Pays le Rivassal à la Redorte



📍 WORTH SEEING NEARBY

- Abbey, medieval village, Caunes Minervois marble
- Gouffre géant de Cabrespine - Giant Chasm 
- Maison de la Truffe and Moulin à vent (wind mill) Villeneuve Minervois
- Marseillette dry lake
- La Montagne Noire – Black Mountain
- Homps: marina, Maison des Vins de Minervois (selection of 200) ☎ 04 68 91 29 48



❤️ COME BACK FOR

January

- **Concert du Nouvel An** - New Year Concert in Laure Minervois (2nd WE) - ☎ 04.68.78.12.19

April

- **Festival de théâtre** regional amateur theatre
- festival Festhea national festival selection in Peyriac

May

- **Féria d'Azille** - Annual Fair 1st May week end
- « **Le Printemps de Laure** » entertainment in wine cellars
- **Fête de la cerise** Cherry Festival in Trausse Minervois

June

- **Les Balades Vignerones du Haut Minervois** - walking tours in the vineyards
- **Journée « repiquage du riz »** rice transplanting in the l'Étang de Marseillette paddy fields

July/August

- **Les Balades Vignerones du Haut Minervois** walking tours in the vineyards
- **Les « Jeudis » de La Redorte** La Redorte Thursdays
- **Les mercredis de pleine lune de Laure Minervois** - Full moon Wednesdays (evening hike)
- **Les marchés nocturnes d'Azille** - evening market in Azille 13th July and 14th August)
- **Le marché nocturne de Trèbes** evening market on 11th July

October

- **Foire de la Pomme & du Riz d'Aigues Vives** Apple and Aigues Vives rice Fair

December

- **Foire au gras à Rieux Minervois** «fat» fair (goose and duck products)
- **Christmas markets and concerts**

May to December

- **Les Théophanies de Rieux Minervois**  (concerts, talks, exhibitions and music lessons)

Year round

- **Les Musicales de St Jacques d'Albas** in Laure Minervois (gastronomic dinners, jazz and classical music) - ☎ 04 68 78 24 82



Capital by Maître de Cabestany

Découvrez en jouant !

Des **rallyes-découvertes**, en **famille** ou entre **amis**, à organiser comme bon vous semble. Une façon **ludique** et **originale** de visiter une ville ou un site en vous **amusant**, en **toute autonomie**...



... et découvrir la diversité des trésors cachés de nos régions !

Dans le Pays de Carcassonne

**ABBAYE DE VILLONGUE
& ST MARTIN LE VIEIL**

Version numérique
Android & Apple
Téléchargement gratuit

» Voir Page 13



**ST MARTIN LE VIEIL
LA REDORTE**

Version imprimable
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sur notre site web

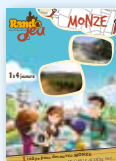
» Voir Page 38



MONZE

Version pochette
Dans les offices de
tourisme du Pays
Gratuite

» Voir Page 26



Mais aussi...

CHERBOURG
LE HAVRE
LE MANS
NANTES
PARIS
PORNIC
ST MALO
ST MAUR DES FOSSÉS
SENLIS
VINCENNES
...



Tous nos parcours :

www.randojeu.com



A recognised scheme which LINKS THE WHOLE AREA

There are 31 in Languedoc Roussillon, 5 in Pays de Carcassonne (see "Restaurants" section).

Café de Pays (local cafés):

are **friendly places where the landlords or landladies are proud of their area.** They are true lovers of local produce and passionate about local history and traditions.

Places where people share their love of the gastronomic, cultural and built heritage:

- **Wines** chosen from the local AOC
- **Assiette de Pays** local produce supplied by **local farmers**
- **Cultural and tourist literature** (a show or entertainment organised locally or by other Cafés de Pays, when they do not produce one of their own!)

*They are the Ambassadors
of our area!*



More information : www.bienvenueaupays.fr



*A travers tout le département,
retrouvez des produits
qui garantissent la qualité et l'authenticité
du savoir faire artisanal !*

CGAD - ZA de l'Arnouzette - Rue Faraday - 11000 CARCASSONNE
Tél. 04 68 25 15 06 - Fax 04 68 47 39 49
Email : cgad1laude@gmail.com

GALAXIE PAYS CATHARE

Gilles Goujon ★ ★ ★

Auberge du Vieux Puits
FONTJONCOUSE

Jean-Marc Boyer ★

Le Puits du Trésor
LASTOURS

Jérôme Ryon ★

La Barbacane
CARCASSONNE

Franck Putelat ★ ★

Le Parc
CARCASSONNE

Lionel Giraud ★

La Table Saint-Crescent
NARBONNE

Philippe Deschamps ★

Le Domaine d'Auriac
CARCASSONNE

Fabien Galibert ★

La Bergerie
ARAGON

Daniel Minet ★

L' Ambrosia
PEZENS

Alexandre Klimenko ★

Klim&Co
LEUCATE

Gérald Garcia ★

Château La Pomarède
LA POMARÈDE



m.payscathare.com

AGENCE DE DEVELOPPEMENT TOURISTIQUE DE L'AUDE

SUR LES CHEMINS DE L'HISTOIRE



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PAYS CATHARE

LE SUD
A SON HISTOIRE



www.audetourisme.com

LE GR® 36
LE SENTIER CATHARE
LE GR® 77
LE GR® 7 ET GR® 78 CHEMIN
DE ST JACQUES
LE CANAL DU MIDI ET DE LA ROBINE
LE TOUR DU GOLFE ANTIQUE
(GR® DE PAYS)

À RETROUVER DANS LES TOPOGUIDES® :
L'AUDE PAYS CATHARE,
GR® 36 TRAVERSÉE DE L'AUDE
PAYS CATHARE
LE PAYS DE LA HAUTE VALLEE DE L'AUDE,
LE PAYS DE LA NARBONNAISE,
LE PAYS CARCASSONNAIS, ... À PIED.

Financial partners of this guide:



Download the Guide on: www.payscarcassonnais.com

