



Intensément libre

AUDE PAYS CATHARE



“THE TOP 10” REASONS FOR VISITING AUDE

To make **the most of the sun**

With **300 days of sun per year**, Aude is one of France's sunniest départements. Come and fill up on Vitamin D!

To visit **the whole of France in just one place!**

Aude is known for **the richness and diversity of its countryside**. Don't we call it 'little France'? **Vineyards as far as the eye can see, beaches, high mountains, gorges**, it's impossible to get bored, you can go from one landscape to another, or one activity to another, in just a few moments.

To **recharge your batteries...** in the heart of **wild nature**

Aude is a little paradise **for nature lovers!** Here flora and fauna flourish. Take the time to look around you, to study the flamingos, to smell the scent of the olive trees, to walk in the forests of the Black Mountains or the Pyrenees... **Enjoy the silence, fill your lungs with fresh air**, and, most importantly, recharge your batteries!

To **travel through time**

Set off on a breathtaking journey **through all the periods in history**. From the dinosaur age to the present day, via ancient Rome and the Middle Ages, **Aude has incomparable sites and monuments...**

To **eat well**

You simply need to browse around the many markets in the region to understand **the importance of 'eating well' in Aude**. Be tempted by **Aude's culinary specialties**, cassoulet, of course, oysters and mussels from Leucate and Gruissan, Truffle of the Cathar Country, olives, honey, cheeses, Lauragais poultry, coured meats from the Black Mountains or the Pays de Sault...

To **taste the best wines**

Those who appreciate wine can follow the wine routes **to taste the best wines from the 8 PDO** direct from **the friendly wine producers' vineyards and cellars!**

To **let off steam**

Whether in nature or sport! **Aude is a perfect destination for sportsmen and women of all kinds**. There's something for everyone, mountain biking, rafting, cycling, horse riding, tree walking, kitesurfing, hiking, climbing, and many more... Choose yours and... **let off steam!**

To **stroll around picturesque villages**

Aude has many typical villages which are pleasant to stroll around, where you can **discover the unexpected, magical places, secret places....** There are villages dedicated to books, villages with legends and mysteries, villages dedicated to craftsmen and women, fishing villages or the most beautiful village in France...

To **have fun and party!**

For party lovers, Aude is also a very festive destination! **Between carnivals, music festivals, theatre, or simple village fêtes** you will find somewhere to party all year long!

To **meet the Audois!**

And, of course, you have to come to Aude to meet us! **One thing is certain, you'll like Aude...** and the Audois! **Meet the men and women who live here**, come and share their expertise, their laughter, their accent and a few slices of their lives; **experience the Aude rhythm!**

THE MUST-SEES

Whether inland or on the coast, Aude has a wealth of unmissable sites. Coastal getaways, small cities full of character or monumental architecture, there is so much to see and explore... the hardest part might be choosing....



Carcassonne, its medieval Cité, classed as a UNESCO world heritage site, is reason enough to visit Aude. 3km of ramparts, 52 towers, 2,500 years of history... no excuses!

www.tourisme-carcassonne.fr



THE CANAL DU MIDI ET DE LA ROBINE

Classed as a UNESCO world heritage site, with its locks and bridges, including many original ones, its towpath, perfect location for hiking or mountain biking... And, of course, the canal cruises with pleasant mooring sites for discovering villages, regional producers, wine tasting cellars and restaurants.



THE MEDITERRANEAN SEA

Miles of sandy beaches, world famous spots for watersports, perfect beaches for family holidays!



NARBONNE

The ancient city... its historic centre, crossed by the Canal de la Robine, is a little marvel, with the Archbishops' Palace, a true medieval fortress, and its Gothic cathedral, one of the tallest in France!

www.narbonne-tourisme.com

THE CHÂTEAUX AND ABBEYS OF THE LAND OF CATHARS

Vertiginous citadels, abbeys, medieval cities... some twenty medieval sites invite you to experience the Middle Ages in all its splendour!

www.payscathare.org

VINEYARDS IN THE HEART OF THE LANGUEDOC

Where the keyword is diversity. Fitou, Corbières, Minervois, Clape, Quatourze, Cabardès, Malepère and Limoux. Here wine is a way of life, with a very wide range of quality products, including 8 protected designations of origin for reds, rosés, whites and sparkling wines, and three regions awarded the 'Vignobles & Découvertes' label, covering the whole Aude vineyard.



Whether you are a lover of art or heritage, whether you are thirsty for culture or sensations, take a cultural and festive break in Aude. Explore medieval towns and cities, stroll through the narrow streets of charming villages, contemplate history from the peaks of the 'Vertiginous Citadels', experience the atmosphere of festivals throughout the year, admire the expertise of artists and craftsmen and women.

YOU'LL LOVE...



THE CÉRÈS FRANCO COLLECTION IN MONTOLIEU

Montolieu, a village devoted to books and graphic arts, filled with old bookshops and artists' studios, is home to the Cérés Franco cooperative, an old wine cellar now converted to a genuine Museum of Naïve Art. It houses a remarkable collection of ground-breaking, contemporary art and also hosts temporary exhibitions. The 2020 "Les voleurs de feu" exhibition will certainly broaden your horizons.

www.collectionceresfranco.com

www.grand-carcassonne-tourisme.fr



VISIT FONTFROIDE ABBEY AT NIGHT!

A pearl of Cistercian art that combines the sobriety of Romanesque art with the abundance of the Gothic period, Fontfroide Abbey is a masterpiece of medieval religious architecture. We love the richness of its collections, the freshness of its cloister, the serenity and calm of its gardens, but we especially enjoy discovering it at night! A timeless visit where the play of light plunges you into a magical atmosphere, simply unforgettable. (July and August only). In the evening, after a gourmet dinner at the Table de Fontfroide, stay for a concert by Jordi Savall...

www.fontfroide.com



MOVE TO THE JAZZ AND ELECTRO VIBRATIONS OF THE AUDE FESTIVALS

Lovers of electro will definitely choose the sparkling atmosphere of Limoux, the home of Blanquette. Here, decks, samples, scratch, rhythm boxes and synths set the tone. There are many ingredients and the recipe can be changed to suit, but the result is the same, an explosive cocktail of 'Bulles Sonores'! If you prefer jazz, then maybe the sounds and gourmet dishes of the château de l'Hospitalet are for you. There, in the heart of the Clape massif, in a summer atmosphere with scents of scrubland, brass, bass, sousaphones and piano resonate... Every season has its festival! The village of Duilhac-sous-Peyrepertuse reflects the excitement that brings it to life during the '811 Festival Vertiges Contemporains', where there is a constant stream of concerts, exhibitions, and performances.

www.audetourisme.com/en/activities/events.php



DID YOU KNOW?

Limoux Carnival

In terms of a popular festive spirit, Limoux has a carnival with centuries-old origins, which lasts... 3 months! Every weekend from January to the end of March, hundreds of carnivaleers invade the streets of the city. The event culminates with the procession, trial and condemnation of King Carnival on the last Sunday of March.

www.limoux.fr

A real whirlwind of activity!



FOCUS ON

“THE ROMAN EMPIRE”

Since Ancient Times, Aude has been located at a crossroads linking rivers, land and sea routes. In 118 BCE, the Romans founded Narbo Martius, capital of Gallia Narbonensis, thus demonstrating the importance of this historic period for Aude and the significance of the evidence that remains. Today, there are several sites where we can learn more about these Ancient Times: Amphoralis in Sallèles-d'Aude, the Eburomagus museum in Bram, the Via Domitia or Roman Granary in Narbonne. NarboVia, the Museum of Ancient Narbonne, will open its doors in Autumn 2020, bringing the history of the region to life.

visit-lanarbonnaise.com

www.narbonne-tourisme.com



**PAYS CATHARE
LE GUIDE**



**CASTRUM
LE JEU**





Intensément MÉDITERRANÉE

With nearly 50km of sandy beaches, seaside resorts and nature zones follow on from one another. Saint-Pierre-la-Mer, Narbonne-Plage, Gruissan, La Palme, Port-la-Nouvelle, Leucate... Each resort has its own atmosphere and a wide range of activities. There is something for everyone, with boardsports, watersports and seaside activities, hiking... Have a change of scenery using the cycle routes or boat connections. Spend time on the mythical Chalets beaches at Gruissan, or beaches suitable for families, or wild beaches shaped by the dunes.

Nature lovers will be delighted with the Narbonnaise Regional Natural Park in the Mediterranean. This area, rich in biodiversity, is home to an exceptional flora and fauna, natural areas, vineyard landscapes, typical villages of the Languedoc ...

YOU'LL LOVE...



VISIT THE SALT FLATS OF GRUISSAN AND LA PALME

A thousand-year-old activity, the salt harvest has shaped the landscapes and the people along this part of the coast. Come and discover this ancestral expertise in a carefully preserved environment. The salt flats at Gruissan, with their magical colours, spread out at the edge of the village. Take a break for refreshment at La Cambuse du Saunier, a friendly restaurant serving local cuisine and seafood that is one of a kind. In La Palme you will learn about the history of salt and the secrets of the local workers, either on board a small train or by horse-drawn carriage.

www.lesalindegruissan.fr - www.salindelapalme.com



THE CABANA EXPERIENCE

The true luxury of a holiday is the simple pleasures. Don't you agree? Warm sand, sea air, the sound of waves lapping on a nearby shore and ... a lovely, colourful plate of food in front of you. Enjoy a quiet cocktail, some tapas or a seafood platter in a pop-up restaurant... For example, check out the Kat Officiel at La Franqui with direct access to Les Coussoules beach: A most unusual place! There's a lounge bar with cosy corners where you can enjoy a bite to eat or a drink and bohemian-style decor that blends well with the relaxed atmosphere.

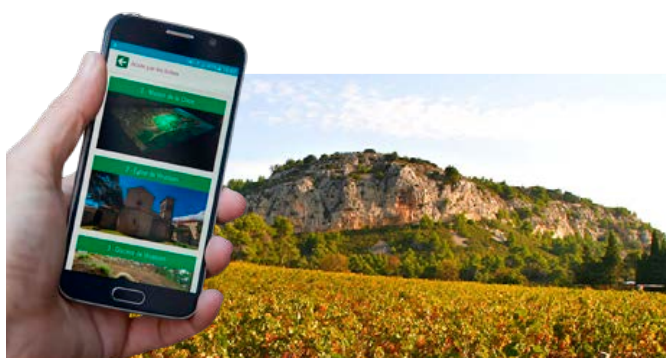
visit-lanarbonnaise.com



DISCOVER NATURE AT ITS PUREST

As a protected site, the regional nature reserve of Sainte-Lucie offers a condensed view of typical Mediterranean landscapes. On the island of Sainte-Lucie, a stunning walk takes you through pine forests and garrigues to beautiful viewpoints, looking down onto the Canal de la Robine and the lagoons of Bages-Sigean and Ayrolle. Enjoy the changes in atmosphere each new season brings: wind among the pine trees, the cicadas, light reflecting on the lagoons, and the scents of Mediterranean plants. Those with a keen interest in history and archaeology will get to discover the traces of a rich past.

www.parc-naturel-narbonnaise.fr



DID YOU KNOW?

An App. For Discovering Nature!

The Massif de la Clape extends from the town of Narbonne to the Mediterranean coast. A natural space renowned for its abundance of flora and fauna. Through the 'la Clape insolite' mobile app, you can discover what was at one time an island with an area of almost 15,000 hectares, at the heart of the Narbonne Regional Natural Park, in the Mediterranean region. Gruissan, the Ravine of Oeil Doux, Fleury d'Aude and more. Listen to the history of these incredible places!

www.parc-naturel-narbonnaise.fr

Remarkable walks are on the agenda!



FOCUS ON

‘PLANET RIDE’!

At sea or on the lakes, the Narbonne area and its 200 days of wind a year is ranked among the best spots in the world for windsurfing, funboard and kitesurf... ideal for fans of boardsports! Board or kite? Beginner or seasoned pro? 12 spots to have fun all year round! Courses and schools, equipment rental, there is something for everyone!

Certain major events punctuate the Aude boardsports year, from the legendary Mondial du Vent in Leucate, attended by the best kitesurfers from around the world, and the Défi Wind and Défi Kite in Gruissan to the Junior Kitesurf Freestyle World Cup in Saint-Pierre for the youngsters.

www.visit-lanarbonnaise.com/fr/les-spots-de-glisse





Intensément ART DE VIVRE

How about if your adventure in Aude was also the chance for a gourmet break? On a whim, go to meet a region rich in flavours, between land and sea. Great chefs' tables, family inns, regional dishes, gastronomic feasts... The people of Aude have maintained an Epicurean way of thinking, which is passed down through the generations, and which prioritises quality above all else (Marque Pays Cathare and Vignobles & Découvertes).

Here wine is a way of life, with a very wide range of quality products, with 8 protected designations of origin, reds, rosés, whites and sparkling wines. Meet our winemakers in the many cellars and estates, they will talk about their land with passion. Shared moments around the tasting of their best wines.

YOU'LL LOVE...



OYSTER CABINS

Take a short boat trip out to sea and find out more about artisanal fishing and oyster farming on the salt-water lagoon at Leucate. You will learn all about oyster farming techniques, the nutritional properties of oysters and what makes the 'Cap Leucate' oyster so special. To round it all off, you'll get the chance to enjoy a tasting session in the oyster cabins!

La Perle Gruissanaise, at the end of Les Chalets beach, in Gruissan, is open every day to buy or sample seafood. Sit down on the terrace, tuck in and enjoy!

gruissan-mediterranee.com - www.tourisme-leucate.fr



MAISON GUINOT IN LIMOUX

Come and discover the secrets and magic of sparkling wine in one of France's oldest wine estates which has been growing and producing Blanquette and Crémant de Limoux for five generations, since 1875. Maison Guinot has created a unique experience where visitors can learn all about the production of this sparkling wine in an unusual and innovative way.

www.blanquette.fr



TERRA VINEA, INTO THE BOWELS OF THE EARTH

Imagine a vast gallery, forming the entrance to the largest underground wine cellar in the South of France, leading 80 metres below the ground! Here you are! Immerse yourself in this underground cathedral for a journey through the history of wine. Walk in the footsteps of the Romans, thanks to a reconstructed Gallo-Roman villa, then move forward to the Middle Ages and pay a visit to a reconstructed tavern.

www.terra-vinea.com

DID YOU KNOW?

Cassoulet

The signature dish of Aude! A recipe, an expertise and a tradition that is present in the lingot beans, the cassole earthenware pot, the farmer and finally on your plate! You simply must try it during your stay, accompanied by a glass of wine from Corbières or Minervois.

www.castelnaudary-tourisme.fr

A tasty dish that is worth celebrating!





FOCUS ON

THE BLACK TRUFFLE AND OLIVE, A LONG AUDE TRADITION!

It's not very widely known, but Aude produces high quality truffles. The colourful truffle markets take place each year from the beginning of December until the end of February. It's during this period of the year that the aroma is most intense and the truffles have most flavour. Visit the 'Maison de la truffe d'Occitanie' in Villeneuve-Minervois to get all the information on this fabulous mushroom. Or enjoy special days discovering the secrets of the truffle and the men and women who grow it and cook with it!

www.maisondelatruffedoccitanie.com

Visit the 'l'Odyssée de l'Olivier', the only interpretive centre in the Languedoc, which tells the story of olive growing throughout the ages. Grown exclusively in Occitania and harvested by hand, the Lucques olive, with its outstanding culinary properties, is nicknamed the 'green diamond' and can be recognised by its crescent shape. Light, sound, background noise and multimedia screens help you to discover the number one tree of the Mediterranean.

www.loulibo.com





Intensément NATURE OUTDOOR

Do you love sport, nature, relaxing, new experiences? Don't forget to pack your swimming costume or your walking boots or even your cycling Lycra! White water sports, hiking, cycling or mountain biking... In every season, Aude is a perfect destination for your outdoor activities. It's a real playground for families and lovers of nature and open spaces, everyone can find their happiness here. Whether you are fond of adventure, nature, sensations or simply looking for moments of relaxation, Aude offers you everything you dream of!

YOU'LL LOVE...



WHITE WATER RAFTING DOWN THE AUDE

On a discovery or sport course in the wild gorges of Saint-Georges and Pierre-Lys in the Pyrenees, discover white water and rafting, with no technical skills required. Guaranteed emotions! Carefully planned routes allow you to get started or hone your skills in competition. Numerous clubs and hospitality providers open all year round will welcome and take care of you.

www.pyreneesaudioises.com



AUDE IS ALSO GREAT FOR MOUNTAIN BIKING.

A sport of discovery, it's for everyone, amateurs and enthusiasts. Another way to discover the Land of Cathars thanks to its 6 sites accredited by the French Federation of Mountain Biking, their managed and marked trails over several thousand km, with shorter and longer circuits, rugged or not so, accessible to beginners as well as experienced mountain bikers.

Ask for our mountain bike brochure ! www.audetourisme.com



CYCLING ALONG THE SIDE ROADS

It is no coincidence that Tour de France stages regularly take place in Aude. Aude is a paradise for cycle tourism: pedal past lagoons and flamingos, soaking up the magical atmosphere, take the "coastal road" along the Mediterranean, cycle across the Minervois plain, through valleys, hills, vineyards and scrubland, or climb the iconic Pyrenees mountain passes. When you choose a tourism facility that is certified 'Accueil Vélo', you can be sure of a personal welcome, and services and equipment set up to your specifications.



DID YOU KNOW?

Journey to the Centre of the Earth?

Aude has a large number of underground caves and caverns - more than 570 in total! Ordinary tourists can enjoy a unique underground experience, exploring Aude's specially adapted, equipped caves. Two sites, in particular, offer an extremely memorable visitor experience: the Gouffre Géant de Cabrespine, the largest cave in Europe, famous for its glass balcony with a 200 m drop, complete with a cave adventure trail and Park. The Grotte de l'Aguzou, with its rich diversity of minerals, provides helmets, lighting, overalls and a picnic for tourists visiting its underground trails.

www.gouffre-de-cabrespine.com

www.grotte-aguzou.com

Unique walks combining potholing and hiking!



FOCUS ON

AUDE, A **HIKER'S** PARADISE

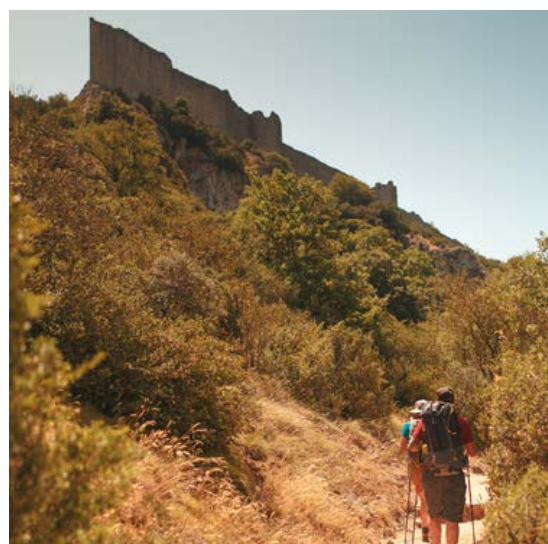
Aude has several long distance footpaths that criss cross the department as well as numerous circuits, suitable for both occasional or experienced walkers, ideal for exploring the local countryside. Aude has a diversity of landscapes and walks to suit all tastes and levels: along the canal, through a forest, exploring Pyrenees mountain peaks or a short, botanical stroll. The choice is vast, from undemanding family strolls to genuinely sporting hikes! Ask for suggestions for walks at one of the local Tourist Offices; they will have some useful information for you!

For those with an appetite for physical exertion, who enjoy the frisson of the start line, there are a number of trail runs organised throughout the year.

Put on your walking shoes!

audetourisme.com

Put on your walking shoes!





NATURE ROUTES

THE CATHAR TRAIL

The Sentier Cathare, is, without doubt, one of the most famous trails in France, also known as GR367. From Port-la-Nouvelle on the shores of the Mediterranean to Foix on the borders of the Pyrenees, 12 stages including 9 in Aude are dotted along this 250km trail. Through a succession of landscapes, each more captivating than the last, the trail will lead you to the famous Vertiginous Citadels, Aguilar, Quéribus, Peyrepertuse, Puilaurens, Puivert, Roquefixade, Montségur and Foix ... The bravest can even continue on the 'Chemin des Bons Hommes', to Spain.

www.lesentiercathare.com - www.camidelsbonshomes.com



LE CANAL DU MIDI ET DE LA ROBINE



With its 240km length, the Canal du Midi, the work of Pierre-Paul Riquet in the 17th century, is classed as a UNESCO World Heritage Site and is an exceptional example of technical and architectural prowess. From Toulouse to the Mediterranean Sea, take the route along the waterway, follow it lock by lock. On foot or by bike, experience a unique place at your own pace, discovering a region and its inhabitants, the cereal plains of Lauragais, the vineyards of Minervois as far as the Narbonnaise Regional Natural Park in the Mediterranean.



A GOOD TIP - THE CANALAPP

Choose your route - either following the waterway or a circular route - and select the length and difficulty to discover the richness of the canal's cultural heritage and the regions it crosses. For an hour, or longer...

App free to download from the AppStore and GooglePlay - English version available!

www.canal-du-midi.fr



DAY TRIPS BY CAR

Here are a few of our suggestions to ensure you don't miss any of Aude's multiple and varied riches!

STONE, WATER AND WINE - 45 km

Start off in Minerve, a significant site in the history of the Languedoc, with stunning scenery that is certainly worth an extended visit! Then head for the cool surroundings of the Canal du Midi in the Hamlet of Le Somail where you can browse and rummage through the hundreds of shelves at the old "Trouve Tout du Livre" bookshop with its 50,000 books! After a lunch by the canal, head for the Olive Cooperative in Bize-Minervois where you'll be introduced to the secrets of olives! Finish off with a Lucques du Languedoc olive oil and olive tasting session, with commentary. Finally, round off this lovely day, in nearby Ventenac-en-Minervois, sampling the wines produced by the local wine cooperative, on an old canal barge.



BECOME A KNIGHT, STUNTMAN OR ... ABORIGENE - 40 km

Begin by visiting the 4 Lastours Castles, important Cathar sites during the Middle Ages. Marvel at the amazing landscapes! Then enjoy a unique experience at the Gouffre Géant de Cabrespine, a vast cave with Glass Balcony: with a 200 metre drop beneath your feet. Head towards Carcassonne city walls, just a few km away. At the Centre for Medieval Living History, you'll learn everything there is to know about knights, their equipment and everyday objects. You can also visit the musée de la chevalerie (Museum of Chivalry) in Villesèquelande (12 km from Carcassonne). An interactive trip for adults and children! To round off your day, head back to Carcassonne! Take the lac de la Cavayère route (treetop adventure park, water park) and take a detour via Australia! On the agenda: kangaroos, ostriches, gold prospecting and an aboriginal make-up workshop.



UPPER VALLEY OF THE AUDE, AN ENIGMATIC AND HISTORIC LAND - 60 km

A day combining mystery, culture and excitement! Start the day by visiting the Château of Puivert, the birthplace of Courtly Love, a concept developed by troubadours. Head to Quercorb Museum nearby where you can discover the instrument room which houses musical instruments from the Middle Ages. After which, adrenaline junkies can throw themselves into the Aude and white water raft down the impressive Gorges de la Pierre Lys. In the afternoon, you can set out to hunt buried treasure, hidden since ancient times: the village of Rennes-Le-Château is known throughout the world thanks to its priest, Abbot Béranger Saunière, who left behind numerous riddles and constructions. Visit the Estate's museum, gardens and church.



UNUSUAL SITES

There are a range of amazing and unusual trips where you can immerse yourself in a mysterious, distant past, travel along one-hundred year old tracks ... Or even venture into the heart of Africa! Here are a few examples of some more unusual visits that we've picked out for you:



LAND OF LEGENDS

If you're looking for the unusual, you can get your fill in Aude! Each period has its legends and each place its mysteries. Legend has it that, at Rennes-le-Château, Abbot Saunière discovered a strange treasure, which some are still searching for today... It's also said that the 1200m high Pech de Bugarach, above the village of the same name, is a sacred mountain...

www.rennes-le-chateau.fr



THE AFRICAN RESERVE IN SIGEAN

Go on a photo safari among the giraffes and elephants... You can do that in Aude, at the African Reserve in Sigean. More than 3,800 animals live there in semi-freedom. Part of the visit is completed in your car, consisting of a tour around the lions, bears, giraffes, rhinoceros... and a part is on foot where you rub shoulders with camels, chimpanzees, alligators...! An incredible visit, which is both fun and educational at the same time!

www.reserveafricainesigean.fr



THE RED TRAIN OF THE CATHAR AND FENOUILLEDES REGIONS

Discover this one hundred year old railway line, which links Axat and Rivesaltes. Depending on the season and the route chosen, you travel by covered or open-top train, to discover a mosaic of landscapes. There is a commentary on the trip.

www.lettrainrouge.fr

A FUN WAY TO DISCOVER AUDE

Escape Games and treasure hunts

Aude has a variety of unusual activities to enjoy with friends and family: escape rooms for teenagers or treasure hunts, in which you're the hero... Exciting experiences that are part adrenaline rush part puzzle solving... Warning: there's no guarantee you'll succeed but you're sure to have fun!

Contact local Tourist Office to buy your Kit or visit our website www.audetourisme.com where you'll find a list of addresses for escape games and treasure hunts!



USEFUL INFORMATION

BEFORE YOUR STAY

Plan your holidays and depart with a clear mind. To help you organise your stay, accommodation, visits and activities, several specialist agencies are there to help you, advise you, and make reservations according to what you want. They also offer all-inclusive themed stays. Book online or contact the following Reception Agencies directly :

Sudfrance.fr

contact@sudfrance.fr
www.sudfrance.fr

Trésor Languedoc Tours

contact@tresor-languedoc.com
www.tresor-languedoc.fr

Aud'etour

pascale@aude-tour.com
www.aude-tour.com

Glisse & Kite

Specialising in boardsports, courses, beginners' lessons
geraldine@glisseetkite.com
www.glisseetkite.com

L'Espinet vayamundo

info.lespinet@vayamundo.eu
www.lespinet.com

DURING YOUR STAY

The association of Guides and Speakers in the LAND OF CATHARS

Groups together some fifteen professional guides, at your service for all types of visit (heritage, nature...). They can lead tours in various languages. To find out everything about Aude and its riches!

www.guidespayscathare.com
planning.asso.guides@gmail.com

Office of Accompanying Guides PYRÉNÉES AUDIOISES

Thanks to their thorough knowledge of the land, the guide will not only take away the problem of choosing the best route according to various parameters (weather, altitude, curiosities) but will also lead you on the right path so you don't have to fight with maps and GPS. Day or half-day hikes possible.

www.bureau-guides-aude.com
bureauesguides11@gmail.com



LIST OF TOURISM BOARDS

OFFICE MUNICIPAL DE TOURISME DE CARCASSONNE

CATÉGORIE I

28 rue de Verdun - 11000 CARCASSONNE
+33 4 68 10 24 30
accueil@carcassonne-tourisme.com
www.tourisme-carcassonne.fr

OFFICE DE TOURISME GRAND CARCASSONNE TOURISME

CATÉGORIE II

2 square Gambetta - 11000 CARCASSONNE
+33 4 68 78 58 90
contact@grand-carcassonne-tourisme.fr
www.grand-carcassonne-tourisme.fr

OFFICE DE TOURISME DE CASTELNAUDARY LAURAGAIS AUDIOIS

CATÉGORIE I

Place de la République
11400 CASTELNAUDARY
+33 4 68 23 05 73
accueil@castelnaudary-tourisme.com
www.castelnaudary-tourisme.com

OFFICE DE TOURISME CORBIERES ROUSSILLON TOURISME

2 route de Duilhac-sous-Peyrepertuse
11350 CUCUGNAN
+33 4 68 45 69 40
info@corbieresroussillontourisme.com
www.corbieresroussillontourisme.com

OFFICE DE TOURISME INTERCOMMUNAL AU COEUR DES COLLINES CATHARES

CATÉGORIE III

6 place du Treil - 11270 FANJEAUX
+33 4 68 24 75 45
tourisme@ccplm.fr
www.collinescathares.com

OFFICE DE TOURISME DE GRIISSAN

CATÉGORIE I

80 boulevard du Pech Maynaud
11430 GRIISSAN-PORT
+33 4 68 49 09 00
office.tourisme@gruissan-mediterranee.com
www.gruissan-mediterranee.com

OFFICE DE TOURISME LEUCATE MÉDITERRANÉE

CATÉGORIE I

Espace Henry de Monfreid - 11370 LEUCATE-PORT
+33 4 68 40 91 31
info@leucate.net
www.tourisme-leucate.fr

OFFICE DE TOURISME INTERCOMMUNAL DE LÉZIGNAN-CORBIÈRES

2 rue Guynemer - 11200 LEZIGNAN-CORBIÈRES
+33 4 68 93 78 18
officetourismeintercommunal@ccrlcm.fr
www.tourisme-corbieres-minervois.com

OFFICE DE TOURISME DU LIMOUXIN CATÉGORIE II

7 avenue du pont de France - 11300 LIMOUX
+33 4 68 31 11 82
tourisme@cc-limouxin.fr
www.tourisme-limoux-in-aude.fr

OFFICE DE TOURISME DE NARBONNE CATÉGORIE I

31 rue Jean Jaurès - 11100 NARBONNE
+33 4 68 65 15 60
info@narbonne-tourisme.com
www.narbonne-tourisme.com

OFFICE DE TOURISME GRAND NARBONNE TOURISME

CATÉGORIE I

1 avenue du Forum - 11100 NARBONNE
+ 33 4 68 48 14 81
info@grandnarbonnetourisme.fr
www.visit-lanarbonnaise.com

OFFICE DE TOURISME INTERCOMMUNAL DES PYRÉNÉES AUDIOISES

CATÉGORIE II

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HOW TO GET HERE



Autoroute des Deux Mers (A61):

Exits at Castelnaudary (exit 21),
Bram (exit 22), Carcassonne Ouest (exit 23),
Carcassonne Est (exit 24)
Lézignan-Corbières (exit 25),
Narbonne Sud (exit 38).

Autoroute 'la Languedocienne' (A9):

Exits at Narbonne Est (exit 37),
Narbonne Sud (exit 38),
Sigean-Port la Nouvelle (exit 39),
Fitou - Leucate (exit 40)



TGV Lines -

Paris and Lille-Europe and
major regional lines

LGV Spain

Madrid Barcelona
Narbonne Carcassonne

Main SNCF stations

- Carcassonne
- Castelnaudary
- Narbonne



Carcassonne Airport

www.aeroport-carcassonne.com

- United Kingdom: London Stansted,
Glasgow, Edinburgh, Manchester, East
Midlands

- Ireland: Dublin, Cork

- Belgium: Brussels-Charleroi

- Portugal: Porto

www.ryanair.com

Toulouse Airport, 1 hour from Carcassonne:
www.toulouse.aeroport.fr

Montpellier Airport, 1 hour from Narbonne:
www.montpellier.aeroport.fr



LE SUD
A SON HISTOIRE

UNE DESTINATION OCCITANIE *Sud de France*

AGENCE DE DÉVELOPPEMENT TOURISTIQUE DE L'AUDE

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