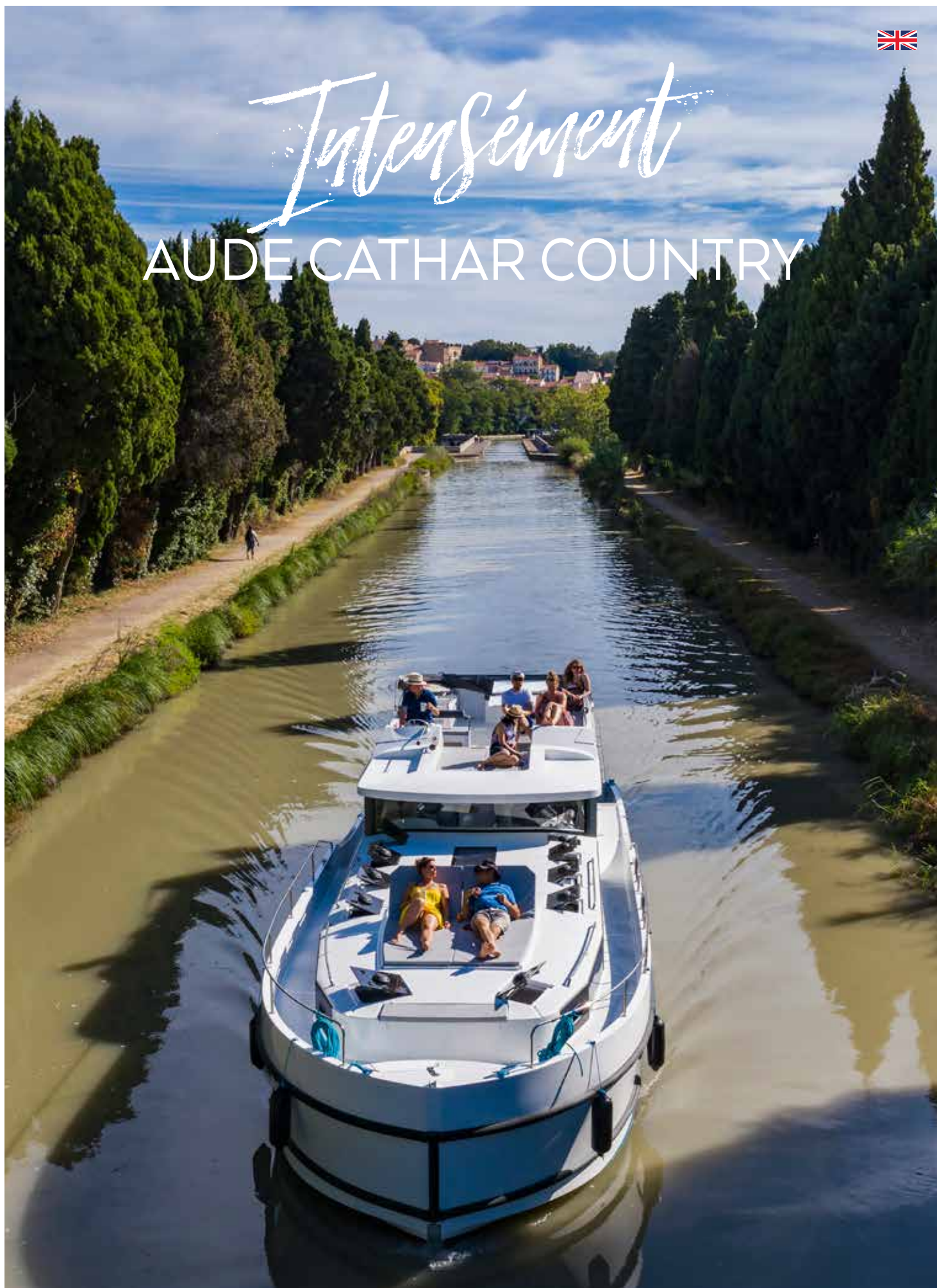




Intensément AUDE CATHAR COUNTRY



“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.

Enjoy **your time!**

This is your chance to **experience the real France**, awaken your senses, enjoy every second and make memories in the great outdoors. Rummage around lanes in pretty Aude villages, step inside the winery that whispers to you, gaze at the architecture around you... **Aude is full to bursting with great places, just look around!**

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

L'Aude est un petit paradis **pour les amoureux de la nature** ! Ici la flore et la faune s'épanouissent. Prenez le temps d'observer, de contempler les flamants roses, de sentir le parfum des oliviers, de marcher dans les forêts de la Montagne Noire ou celles des Pyrénées... **Profitez du silence, respirez à pleins poumons** et surtout, ressourcez-vous !

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 9 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 **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, and its UNESCO World Heritage Medieval City is worth a trip to Aude on its own: 3km of ramparts, 52 towers, 2500 years of history... and so much more! Among the 23 Sites of Cathar Country, you'll be spoilt for choice.

www.tourisme-carcassonne.fr

The Citadel of Carcassonne and 7 castles watching over the mountains, candidates for the UNESCO World Heritage list. The dizzying mountaintop castles watching over the land right up to the Mediterranean are: Aguilar, Lastours, Montségur, Peyrepertuse, Puilaurens, Quéribus and Termes. They form an outstanding architectural group around Carcassonne.

Further information about the citadels on: citadellesduvertige.aude.fr



THE CANAL DU MIDI AND 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.



THE MEDITERRANEAN SEA

Endless sandy beaches perfect for family breaks, natural spaces, biodiversity havens home to rare species, lakes and salt marshes form a mosaic of landscapes that are simply exceptional. World-famous, for water sliding sports spots.



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.cotedumidi.com



VINEYARDS IN THE HEART OF THE LANGUEDOC

Where the keyword is diversity. :Fitou, Corbières, Minervois, Livinière, Clape, Quatourze, Cabardès, Malepère, Limoux. Wine is a way of life here with an extensive range of premium products, 10 AOPs (designation of origin), red, rosé, white and sparkling wine. 4 areas approved by "Vignobles & Découvertes" covering the entire Aude vineyard.



Intensément HERITAGE AND CULTURE

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...



RENNES-LE-CHÂTEAU, LAND OF LEGENDS

If you're looking for something completely different, you'll find it in Aude! Legend has it that in the 19th century, in Rennes-le-Château, Abbot Saunière discovered some strange documents, or treasure, that some are still searching for... Nowadays, the sumptuous domain that the abbot had built is open to the public, including: the presbytery, now a museum, the Béthania villa, the gardens and the Magdala tower. Nearby, the Pech de Bugarach, a peak culminating 1,200 metres above the village of the same name, is said to be a sacred mountain...

www.rennes-le-chateau.fr
www.limouxin-tourisme.com



SPIKTRI STREET ART UNIVERSE

Spiktri Street Art Universe is an art centre run by a collective fuelled by their unconditional love of art. Their mission is to bring street art to the masses. To fulfil their mission, there's only one thing to do: let go... Wander around, stay curious, go with the flow in an incredible world, explore imaginary planets... There are countless doors between space and time in the museum where cultures come to life and future trends are created.

www.spiktri.com



VISIT FONTFROIDE ABBEY

Fontfroide Abbey is a unique site where history meets culture with protected and private heritage alongside classic romanesque art and 20th century features. We love the rich collections, beautiful cloister, peaceful grounds and visiting at night! The softly-lit abbey welcomes visitors in July and August at 9.45pm as two performers whisk you back in time to revisit Fontfroide's history on an "epic" adventure. If music be the food of love... enjoy a unique concert at the Abbey beforehand at Fontfroide restaurant.

www.fontfroide.com

#PaysCathareLesApplis



Download our 2 free apps 



CATHAR COUNTRY, THE GUIDE **CASTRUM, THE GAME**



FOCUS ON

NARBO VIA AND THE NARBONNE ANTIQUE

Aude was a major hub for river, sea and land routes in ancient times. The Romans founded Narbo Martius, the capital of Narbonese Gaul, in 118BC. Narbo Via celebrates Narbo Martius in between Toulouse and Montpellier, where the Via Domitia and Via Aquitania once met! Narbo Via has become the best place to get to grips with Roman Antiquity and archaeological research. It is now home to: the new museum and the archaeological sites of the Horreum, in central Narbonne, and Amphoralis, in Sallèles-d'Aude. Together they have a vast collection of over 10,000 items!

narbovia.fr



UNIQUE COLLECTIONS

A monumental wall made up of almost 800 blocks of stone, mainly from the ancient city's Roman necropoles, begins the Narbo Via Museum experience. Spread over more than 3,000 m², the site presents, with more than 580 items, Narbo Martius under the Roman Empire with an overview of the current excavations in the area. Replicas of the ancient port and bygone monuments bring history to life for visitors. Amphoralis is a dozen kilometres from the ancient city of Narbo Martius and was an amphora factory that overlooks archaeological digs so you can experience ancient pottery and venture a little deeper into Gallo-Roman everyday life...

narbovia.fr



A PIONEERING ARCHITECTURAL PROJECT

The museum design was awarded to Foster+Partners with the Adrien Gardère studio for the museum display and Nîmes-based executive architect Jean Capia. The walls were built using the concrete Sirewall technique. The museum is inspired by Roman architectural techniques with a modern flavour. Its horizontal layers are made from local earth reminiscent of stratigraphy in archaeology, making the museum a bridge between the past and present!



Intensément MEDITERRANEAN SEA

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
salindelapalme.com



THE CABANA EXPERIENCE

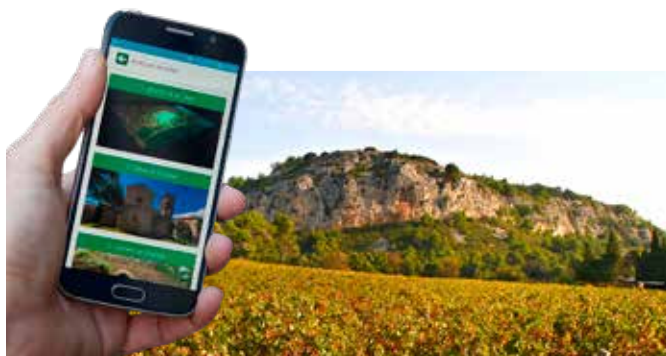
The true luxury of a holiday is the simple pleasures. Don't you agree? Warm sand, sea air, the sound of waves lapping on a nearby shore and ... a lovely, colourful plate of food in front of you. Enjoy a quiet cocktail, some tapas or a seafood platter in a pop-up restaurant... For example, check out the 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.



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



FOCUS ON

SEA AND LAKE THINGS TO DO / SLOW MO AND IN THE FAST LANE

KAYAK ADDICT

This kayak trip on the lagoon takes you to the “edge of the Earth”. Garrigues and vineyards, lakes and untamed islands... Go with the flow and gaze at the landscape wavering between land and sea. Look down to see the underwater residents and reconnect with nature as you glide along! Make a pitstop on Ile de l’Aute for your own history-packed island adventure before heading back to the water sports centre...

www.portmahonsigean.fr/kayak



‘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 Elite Mondiale Junior Wingfoil and Kite Board freestyle Final – Saint-Pierre-la-Mer.

www.cotedumidi.com



THE MEDITERRANEAN ROUTE (EUROVELO 8)

The Aude section of the European EuroVelo 8 bike path introduces you to everything the Narbonnaise Nature Park has to offer by mountain bike, all-terrain bike or gravel bike.

The vineyard views from Leucate are simply breathtaking. Next comes the ever-magical sea resort of La-Franqui and the sprawling Les Coussoules beach running to the start of the Canal de la Robine in Port-la- Nouvelle. Sainte-Lucie Nature Reserve looms ahead, a biodiversity gem where you can spot flamingos on the lakes. The towpath provides a change of scene with locks setting the pace towards Narbonne where you can soak up its outstanding heritage and famous “Belle Epoque” market before cycling along the beautiful rows of umbrella pines lining Canal de Jonction right up to Sallèles-d’Aude and Argeliers... unmissable!

www.lamediterraneeavelo.com



Intensément LIFESTYLE

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 Gruissanais, 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



VINEGAR, LIKE FINE WINE

Two artisans in a multi-faceted winemaking region have managed to elevate wine residue to another level. Laurent Faure and Cyril Codina have taken the classic condiment and enhanced it using ancient methods. The two "creators" welcome visitors to their workshops in Coursan and Lagrasse to share the secrets behind making it.

granhota.com

vinaigrescodina.com



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

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! Castelnaudary IGP lingot beans are essential to a good cassoulet with their unique taste and melt-in-the-mouth texture. Be sure to try them during your stay, washed down with a glass of Corbières or Minervois wine of course!

www.castelnaudary-tourisme.fr

A dish to be enjoyed and celebrated





FOCUS ON

IN SEARCH OF LOCAL EXPERTISE

FROM HIVE TO TOAST!

Bees have worked hard in Aude... Come and enjoy the fruit of their hard work with Cathar Country honey at the Miellerie des Clauses. Children and adults can experience a whole host of tastebud-tingling honey flavours: Rosemary, Acacia, Lavender, Chestnut, Maquis, Garrigue, Forest and more. Experience all the flavours and aromas of the different varieties: you're bound to find a new favourite! Fill your basket with golden nectar and take the fragrance of our garrigue home with you.

miellerie-des-clauses.com



HATS OFF

The Haute Vallée de l'Aude was one of the top French regions for millinery for over 150 years. A few die-hards put their all into reviving the last French millinery in 2019 to turn wool into hats and protect this unique heritage. Take a spin around the Montcapel millinery shop in Montazels. Will you fall for the timeless felt hat that the workshops have been making here for over 100 years?

www.montcapel.com



CABANEL DISTILLERY

Have you tried Cabanel's crème de menthe (mint liqueur)? It's a little gem that is going home in your suitcase. Unearth it at the iconic Maison Cabanel, a Carcassonne institution. The legendary factory has been keeping the spirit trade alive since 1868 making wine, spirit and plant-based liqueurs. The shop has held onto its original atmosphere and the artisan workshop celebrates its legacy: old copper stills, fantastic vats, labelling machine and corking machine. Prepare for a trip back in time.

etscabanel.fr



GOOD TO KNOW

During your stay, come and meet our producers and craftspeople to take a look behind the scenes of their unique expertise when you visit their workshops, studios and farms. A chance to take home with you some of the local delights and treasures of Aude. For more than 30 years, the Pays Cathare® brand has showcased the culinary, economic and cultural heritage of Aude. The brand unites some 900 professionals in a quality approach that aims to offer the very best of Aude in every field!

www.payscathare.com

Intensément NATURE OUTDOOR

White water sports, hiking, fishing, cycling, mountain biking and more. Aude is a year-round destination bursting with outdoor adventure: it's a playground for families and nature lovers where everyone will find their happy place. Whether you're an adventure lover, thrill-seeker or just want to unwind, Aude has everything you could dream of! Don't forget to pack your cycling gear, hiking boots, fishing rod... and definitely bring your swimsuit.

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.pyreneesaudois.com



FISHING FAN

Get to grips with fly fishing in catch and release zones and take the family on a fishing trip at special areas set up on river and lake banks. The Haute-Vallée de l'Aude and mountain lakes on the Montagne Noire are famous for being great for trout fishing. The banks of the Aude River and canal du Midi run through areas home to populations of carp, wels catfish, pike, zander and perch... NB: In 2024, the department of Aude will be hosting a round of the World Fly Fishing Championships!

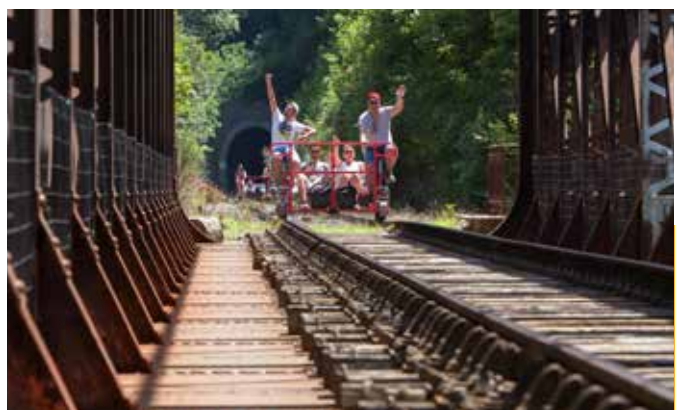
www.fedepêche11.fr



PUT ON YOUR WALKING SHOES! 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.

www.audetourisme.com



DID YOU KNOW?

The Train Rouge du Pays Cathare et du Fenouillèdes invested in railbikes ! Hop on one of the Train Rouge's 12 railbikes or e-railbikes from Axat station on an experience to remember with family, friends or workmates. Settle back and gaze at the village roofs and forest scenery. The muscle-powered light vehicle gives you a thrill as it speeds into pitch black tunnels and bridges towering above the Aude River that once transported wood to the Haute-Vallée.

www.veloraildutrainsrouge.fr



FOCUS ON

PUT PEDAL TO THE METAL ON AUDE'S ROADS AND PATHS

Aude is jam-packed with bike tourism routes for novice or experienced cyclists to feast their eyes on incredible scenery.

Along the canal du Midi, deep in a forest, vineyard, a quick ride on the coast or challenging trek on the rolling Lauragais roads or winding Corbières routes, Aude has a variety of landscapes to suit any ability and taste. You're spoilt for choice.

Check out the website for a selection of the best cycling loops and visit Tourist Information for some top tips to make your outing wheelie special!

www.audetourisme.com



THE WAY FROM THE PIEMONT PYRENEEN GR® 78 TO SANTIAGO DE COMPOSTELA:

The Ways of Saint James burst with heritage and meaning. Hikers meet the locals, fellow ramblers, culture and nature as they walk by iconic UNESCO sites and Grands Sites Occitanie alongside more secretive Way of Saint James heritage... this is your chance to recharge, slow down and enjoy.

The Aude path runs along the GR® 78 Piémont Way to Saint- Jean-Pied-de-Port through the region for 130km, from Mont Caramel to East of Bize-Minervois as far as Malegoude (Ariège). Interestingly enough, old land registers mention the pilgrims that the road is named after: Camin Romieu.

Along the canal du Midi from Minervois to the bastide towns of Carcassonne, Montréal d'Aude and Fanjeaux. The Piémont Pyrénéen path is still little-known so pilgrims love it for its peaceful landscapes, beautiful churches, abbeys and little villages.

After a day out walking, hikers will have earned a tasty cassoulet in Carcassonne or Castelnaudary served with Minervois and Malepère wine.





NATURE ROUTES

THE CATHAR TRAIL

The Sentier Cathare, is, without doubt, one of the most famous trails in France, also known as GR® 367. 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



THE CANAL DU MIDI AND 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.



THE CANAL DU MIDI BIKE PATH IN MONTSÉGUR

The bike path on the former railway line between Bram and Lavelanet in Ariège now runs from the canal du Midi to Montségur. The secure path introduces you to the wonderful railway and natural heritage with educational panels, fruit orchard exhibitions and 70 structures, bridges, aqueducts and tunnels.

www.audetourisme.com

DAYTRIPS



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

CARCASSONNE - 60 km loop

Explore the Minervois vineyards, history and natural heritage at impressive sites and sample local food and drink! Head to the medieval village of Caunes-Minervois among the vines. It's famous for its architecture, wine, abbey and marble! A trip to the abbey is a must, followed by a stroll around the village to drink in the incredible architecture. Then a trip to Villeneuve-Minervois, the Aude truffle capital where you can visit the Maison de la Truffe d'Occitanie to unearth the secrets of the local Black Gold. The Gouffre Géant de Cabrespine cave system in the Montagne Noire is mind-blowing: at 80m wide and 250m deep, it makes you feel small! Visitors love the glass footbridge over the chasm and sound and light show!



NARBONNE - 75 km loop

The day starts in Montredon-des-Corbières with a trip to Les Chocolatiers Cathares and the world of sweet treats. You'll know everything there is to know about chocolate after the guided tour. Your outing continues a few miles away at Fontfroide Abbey, one of the biggest in Europe that's still in exceptional condition. Stop at the wine tasting cellar then the abbey's restaurant. Narbonnaise en Méditerranée Regional Nature Park is home to Bages, a fishing village perched on a rock overlooking a lagoon with breathtaking views. Wind along steep paths! Hit the road again to another lakeside village, Peyriac-de-Mer: the pontoons over the water make for an unforgettable nature outing. End the day in Terra Vinea and its sprawling cave network. Learn about wine making and vine growing through the ages.



CASTELNAUDARY - 63 km loop

You'll be dazzled by all this lovely land has to offer and its myriad little gems! First stage: Saint-Papoul fortified village where you visit the abbey-cathedral, cloister and opulent baroque features. The nearby round village of Bram celebrates its vibrant history which you can learn about at the Eburomagus archaeology museum. The nearby Maison des Essarts hosts top notch temporary exhibitions! Make a pitstop in Montréal to soak up the epic Saint Vincent Collegiate Church and take part in an oenology class at Domaine Le Fort, or do taste some Malepère wine in Villemesle at Les Cèdres de Robert. Fanjeaux, hilltop village overlooking all of Lauragais. Saint Dominic moved here to preach against the Cathars. A walk around the medieval town with its wonderful heritage (medieval and modern) is a joy and very educational.



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:



THE CATHAR TREASURE

Head to Château d'Arques to get to grips with the Cathar Treasure buried in a mysterious and terrifying crypt since the Crusaders captured Montségur in 1244! As soon as you step into the underground sanctuary, the door slams shut and players are imprisoned by a fearsome secret society. You have one hour to find the precious treasure and escape... A realistic experience exploring Cathar history in a site listed as a "Monument Historique"!

www.travelrealfrance.com



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

DISCOVER THE AUDE WHILE HAVING FUN

Luc-sur-Orbieu Escape Room

The future of winemaking is in your hands: find Irma and Auguste Fabre's lost vintage and foil the money-grabbing fraudsters' plans. Trapped in the castle cellar, you have to solve the riddles and put your tastebuds to the test with a tasting session in this exciting escape room inspired by actual events.

www.famillefabre.com



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

Travel Real France

contact@travelrealfrance.com
www.travelrealfrance.com

Aud'etour

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

Glisse & Kite

Spécialisé sports de glisse, stages, initiations
geraldine@glisseetkite.com
www.glisseetkite.com

Les pépites du sud

www.lespepitesdusud.wine

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
bureaudeguides11@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
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+33 4 68 78 58 90
contact@grand-carcassonne-tourisme.fr
www.grand-carcassonne-tourisme.fr

OFFICE DE TOURISME DE CASTELNAUDARY LAURAGAIS AUDIOIS

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accueil@castelnaudary-tourisme.com
www.castelnaudary-tourisme.com

OFFICE DE TOURISME CORBIÈRES SALANQUE

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

OFFICE DE TOURISME INTERCOMMUNAL AU CŒUR DES COLLINES CATHARES

CATÉGORIE II

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

OFFICE DE TOURISME DE GRISSAN

CATÉGORIE I

80 boulevard du Pech Maynaud
11430 GRISSAN-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

PAYS TOURISTIQUE CORBIÈRES - MINERVOIS

2 place des Vosges
11200 LÉZIGNAN-CORBIÈRES
+33 4 68 27 57 57
info@promotion.ptcm.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.limouxin-tourisme.com

OFFICE DE TOURISME DE LA CÔTE DU MIDI

CATÉGORIE I

31 boulevard Jean Jaurès
11100 NARBONNE
+33 4 68 48 14 81
bonjour@cotedumidi.com
www.cotedumidi.com

OFFICE DE TOURISME INTERCOMMUNAL DES PYRÉNÉES AUDIOISES

CATÉGORIE II

Square André Tricoire
11500 QUILLAN
+33 4 68 20 07 78
tourisme@pyreneesaudioises.fr
www.pyreneesaudioises.com

OFFICE DE TOURISME INTERCOMMUNAL DE LA MONTAGNE NOIRE

19 place de la Mairie
11310 SAISSAC
+33 4 68 76 64 90
contact@tourisme-montagnenoire.com
www.tourisme-montagnenoire.com



HOW TO GET HERE



Autoroute des Deux Mers (A61):

Exits à 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 à 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: Londres Stansted,
Edimbourg, Manchester,
East Midlands
- Italy: Cagliari
- Ireland: Dublin, Cork
- Belgium: Bruxelles-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

AGENCE DE DÉVELOPPEMENT TOURISTIQUE DE L'AUDE

Allée Raymond Courrière - 11855 Carcassonne cedex 9 - Tél. + 33 4 68 11 66 00
documentation@audetourisme.com - www.audetourisme.com/en - www.payscathare.org

@audetourisme

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ALCOHOL ABUSE IS DANGEROUS FOR YOUR HEALTH, CONSUME WITH MODERATION

