



Grand Carcassonne

AND MUCH MORE



SIGHTSEEING | EXPLORING | ACTIVITIES | LOCAL FOOD & DRINK | PRACTICAL INFO

Contents

Test

- * What's your ideal holiday in Grand Carcassonne? 3

Top 15

- * Our essentials 6

Exploring

- * Discover Carcassonne 8
- * Practical information Carcassonne 10
- * Discover Montolieu Book and Art village 12
- * Around Montolieu "In Cabardès" 14
- * Discover Caunes-Minervois the village of Royal marble 16
- * Around Caunes "In Minervois" 18
- * Discover Corbières & Val de Dagne 20
- * The Black Mountain 22

Canal du Midi

- * Along the canal du Midi, Trèbes 23
- * From lock to lock 24
- * Accueil Vélo 26
- * 5 things to know about the canal, services 28

For families

- * The Citadel with children 29
- * Top 7 things to do with children 30
- * Practical info: for families 32

Outdoors

- * Hiking map 34
- * Practical info: sports, leisure & nature 36

Gastronomy

- * Local food, drink and culinary specialities 38
- * Wine tasting the "Vignobles & Découvertes" seal of approval 40
- * Market days 43
- * Local produce 45

Heritage

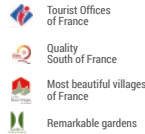
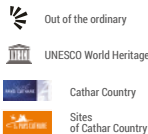
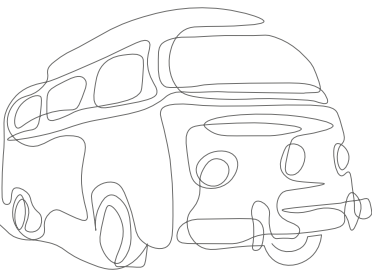
- * Heritage sites 47
- * Opening hours 49

Art & creation

- * Workshops 50
- * Galleries, boutiques and studios 51

Highlights

- * Events calendar 53



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What is your ideal holiday

in Grand Carcassonne?



FOR ME, HOLIDAYS ARE ALL ABOUT...

- Letting off steam, enjoying nature and trying new experiences.
- ★ Quality time with the family and making great memories
- ☾ A change of scene and new discoveries
- ♥ Dolce vita! Good food and relaxation... peace and quiet

IN MY BAG I HAVE...

- ♥ Sun cream, snack, board game, plasters, jacket, umbrella... just in case
- ★ The Tourist Office holiday guide, a book... The essentials
- ☾ Cork-screw, sunglasses, fold-up chair
- Water bottle, cereal bar, cap... to travel light



PEOPLE DESCRIBE ME AS BEING

- ★ Head in the clouds
- Always on the go
- ☾ Epicurean
- ♥ Wonder mum / super dad



MY PERFECT DAY'S HOLIDAY WOULD BE:

- ★ Museums, castles, guided tours, discovery workshops... to marvel at the sights and improve my knowledge
- ♥ Sleeping late, sunbathing, drinks & nibbles, eating out...
Quality wines, market stalls, tasting local products...
- Cycling, hiking, trail-running, canoeing, horseriding, while making the most of the scenery
- ☾ Fun and games, laughter, and souvenir photos galore



THE MEAL I RAVE ABOUT MOST

- ♥ Pasta and ham: simple and effective
- ☾ Menu: Salad with gizzards, cassoulet, chocolate mousse
- ★ A light salad made with local specialities
- A picnic in the great outdoors

★ You love heritage and culture

Head for the abbey of Caunes-Minervois, Montlieu the village of literature and art, or the castles of Lastours
[SEE PAGES 12, 18, 47]

■ You enjoy action-packed holidays

Mountain biking in Aragon, hiking galore, a caving adventure at Accro Grotte in Cabrespine
[SEE PAGES 35, 37]

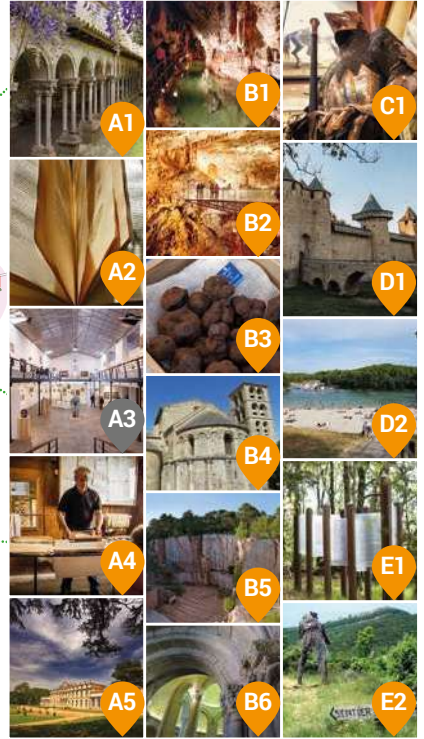
♥ You're happy when the children are happy

Mini farms, Australian park, paper mill, swimming, treetop adventure trails
[SEE PAGES 29, 30, 32]

☾ You're a keen gourmet

Trèbes market, tapas on the banks of the canal, drinks with the winegrowers, a restaurant in the citadel
[SEE PAGES 24, 38, 45]





Getting here

By car

A61 motorway or D6113 road
Distance from main cities

- Marseille 300 km
- Toulouse 90 km
- Albi 100 km
- Paris 800 km
- Lyon 430 km
- Barcelona 250 km
- Brussels 1,040 km

By plane

- Carcassonne Airport (Ryanair flights - Shuttle service with the RTCA bus service)
- Toulouse Blagnac Airport - 1h30
- Perpignan Airport - 1h30
- Montpellier Airport - 2h

By train

Carcassonne train station
1 bd Maréchal Joffre,
opposite the canal du Midi port
and the André Chénier park

Travelling by bus

<https://rtca.carcassonne-agglo.fr>

Journey time to Carcassonne

- Toulouse : between 40 minutes and 1h10
- Narbonne : 30 minutes (Intercity services)
- Perpignan: between 1h30 and 2h
- Montpellier: between 1h30 and 2h
- Barcelona: 3h

Top 15
*Our
essentials*



**2 sites listed as
UNESCO WORLD HERITAGE**

The medieval Citadel and the canal du Midi.



CARCASSONNE

the largest

medieval Citadel in Europe,
The 5th most visited monument
in France.



6 AOC* and 7 IGP* wines

A "Vignobles & Découvertes"
and "Grand Vins en Grand
Carcassonne" destination



**The giant chasm of
CABRESPINE**

Europe's **largest underground
cave** equipped for visitors.



MONTOLIEU,
the only literature village
in the South of France.



CAUNES-MINERVOIS
world capital of crimson-red
marble.

* 6 AOCs (PDOs): Appellation d'Origine
Contrôlée (Protected Designation of Origin)
7 IGP's (PGIs): Indication Géographique
Protégée (Protected Geographical Indication)



Citadel of Carcassonne

The medieval city, a UNESCO
World Heritage site, with 52
towers and 2 remparts is the
jewel of the region.



*Caunes-Minervois village
and abbey*

Red marble and Romanesque art!
The medieval village and
Romanesque abbey of
Caunes-Minervois



Your holiday settings

Canal du Midi, the banks of the
river Aude, Montagne Noire, Mont
Alaric and much more to see
along our 60 local hiking routes.



*Montolieu, village
of literature and art*

To visit Montolieu is like browsing
through a book, with patience,
joy and curiosity. Fifteen or so
second-hand booksellers, artists
and more.



Limousis cave

Enter the magical world of the
cave bear.

A must-see: the astounding
sound and light show.



Our Great Wines

Cabardès, Corbières, Languedoc,
Malepère, Minervois, every
landscape you admire comes
with a wine to enjoy.



The giant chasm of Cabrespine

One of the world's largest caves
equipped for visitors.

Will you dare step onto the glass
walkway?



Jouarnes lake

An oasis in Minervois

Grass and pebble beaches invite
you to rest and unwind in the
shade of the pines.



La Cavayère lake

"Carcassonne beach"! The
dream spot for families just
a 5-minute drive from the
ramparts...



Canal du Midi

Enjoy the soothing tranquillity of
this unique waterway as the sun
filters through the foliage...

A unique site listed as UNESCO
World Heritage.



La Maison de la Truffe (Truffle Centre)

The secrets of the black
diamond of Aude. Within the
mythical triangle, between
Cabrespine, Trassanel and
Villeneuve-Minervois.



The sculpture trail of Mayronnes

Dotted with monumental artworks
set against the sublime backdrop
of the Corbières region, just 10 km
from Lagrasse, officially one of the
most beautiful villages in France.



Abbey of Villelongue

As poetic as it gets. Located
25 kms from Carcassonne,
the abbey nestles amid lush
greenery.



The tree village

Villesèquelade is a village nearby
the canal du Midi. In its center, the
village hosts a remarkable 16th
century elm.



Cassoulet

The ultimate Occitan dish
according to Prosper Montagné.
In a cassole: lingot beans
(haricot beans), meat...



Square Gambetta



Place Carnot



Prosper Montagné market building

The secrets of *Bastide Saint-Louis*

Exploring Carcassonne is like visiting two towns rolled into one! The majestic Citadel and its ramparts, but also the "Bastide Saint-Louis" dating from 1260, the administrative centre for the town's 48,000 residents. The Bastide, the newest part of Carcassonne, can be admired from the medieval Citadel. Just a 10-minute walk away, the Bastide can be reached via the charming Trivalle district by crossing the river Aude on the old bridge, Pont-Vieux. You'll walk up Rue de Verdun towards Place Carnot, the very heart of the town, and to the port on the canal du Midi.

HIGHLIGHTS

- ★ **Stopping for a break at Square Gambetta**, to admire the flower-festooned alleys and the water mirror.
- ★ Climbing the **232 steps of St-Vincent church steeple** to enjoy the unique views over the bastide and the Citadel.
- ★ Visiting the **Saturday morning market** on Boulevard du Commandant Roumens, not forgetting the **Prosper Montagné market halls**.
- ★ Going on a **boat trip on the canal du Midi**, from opposite Square André Chenier.
- ★ Admiring the **multicoloured and Art Deco façades** on Rue de Verdun.
- ★ Visiting the **Fine Arts Museum and the Memorial House** to learn about the extraordinary and tragic story of the poet Joë Bousquet.



Carcassonne beach - La Cavayère

A dreamlike spot just a 9-minute drive or 30-minute bike ride from the ramparts of the Carcassonne Citadel.

In a lush green setting amid hills, garrigue and pine forests, Cavayère lake invites hikers to explore along a 5-km loop trail.

Beaches of sand, grass and gravel, picnic tables and eateries, for the perfect day out!

Activities include a water park, a treetop adventure trail, a waterski machine, paddleboards, pedalos and fishing spots.

*"You must see Carcassonne
before you die"*

(Poem by Gustave Nadaud)

The Citadel of Carcassonne

A monumental experience



It is a rare experience to cross the Citadel drawbridge, a timeless, larger-than-life journey into the greatest fortress in Europe! The medieval Citadel, a UNESCO World Heritage site, invites you to visit this jewel of Carcassonne for a dizzying plunge into 2,500 years of history.



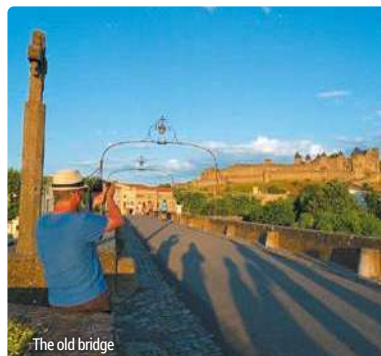
HIGHLIGHTS

- * Exploring the **ramparts** from the **Counts' castle**. Into the bargain, you'll get a unique view over Carcassonne and the surrounding region (Guided tours, audioguides...).
- * Soaking up the **medieval atmosphere** at one of the **museums** of the Citadel, during a **costumed tour** or on a **horse-and-carriage** ride.
- * Admiring the most beautiful stained-glass windows in southern France (14th & 16th century) in the half-Romanesque, half-Gothic **St-Nazaire basilica**.
- * Savouring the ultimate Occitan dish, the famous **cassoulet**, washed down with a wine of character.
- * **Strolling** among the Citadel's outer **bailey**, winding your way through the **cobblestone alleys** lined with little shops, and taking a break to enjoy an ice cream or crepe on one of the little squares oozing with the atmosphere of the South...

The legend of Dame Carcas

👉 Carcassonne under siege by Charlemagne, there's nothing left to eat! To show that she wasn't about to give in, the Saracen princess, Dame Carcas, dropped from the top of the ramparts a pig fed with the last sack of wheat... Upon which, the enemy left camp. To celebrate her victory, Dame Carcas rang out the bells of the city, hence its name "Carcas sonne" (literally, "Carcas rings"). 👉

Inventive, don't you think? Her statue can be seen at the entrance to the Citadel, the Aude gate.



The old bridge



St-Nazaire basilica



Malepère



Chivalry tournament

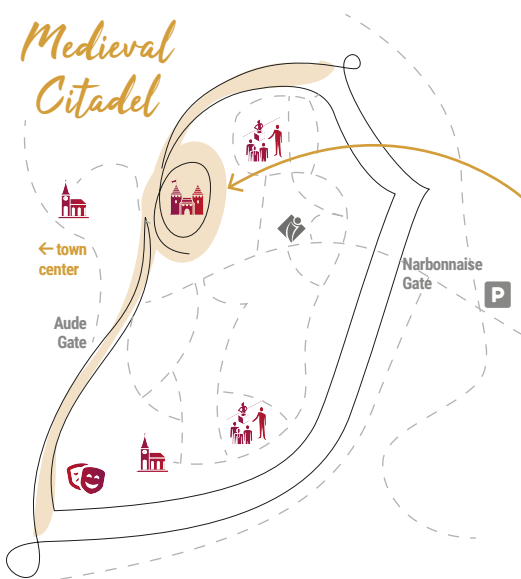
Carcassonne

- * The **canal du Midi** and the **citadel**
- * The **Cavayère** lake, beaches and nautical activities
- * **"Circulade"** round villages: Alairac, Montclar and Preixan.

- * **Hiking** trails, the **St-Jacques de Compostelle (GR®78)** (Way of St. James) Pyrenean piedmont trail, Péiras e Vinhas.
- * **Wine** estates producing **Malepère** and **IGP Cité de Carcassonne** wines.



Medieval Citadel



THE MEDIEVAL CITADEL OF CARCASSONNE

2,500 years of history!

The famous Citadel is a fortified town featuring 52 towers. It can be visited night or day (several pay car parks nearby - access via the ring road).



COUNTS' CASTLE AND RAMPARTS

National Monuments Centre: guided and unguided tours, game booklet. Access to the hoardings, rampart walks and a lapidary museum.

Activities organised during school holidays.
Online bookings recommended. Pets not allowed.

www.remparts-carcaassonne.fr/en

+33 4 68 11 70 70



HIGHLIGHTS

Knight tournaments in summer, Carcassonne music festival in July, night tour (sound and light show) on the remparts in summer, medieval entertainment, St-Nicolas celebrations, torchlight procession in December, etc.

Follow our professional guides [P.48]

TO BE DISCOVERED IN THE CITADEL:

BASILICA ST-NAZAIRE:

+33 4 68 25 27 65

SCHOOL MUSEUM [P.65]:

+33 4 68 25 95 14



INQUISITION MUSEUM:

+33 6 03 84 13 86



HAUNTED HOUSE:

+33 6 03 84 13 86

CITADEL HORSE DRAWN CARRIAGES

+33 4 68 71 54 57 [P.35]



LITTLE TRAIN OF THE CITADEL [P.65]:

+33 6 08 43 88 06



BASTIDE ST-LOUIS (LOWER TOWN)

Located a 10-minute walk away via the Pont Vieux (bridge).

Sights: Place Carnot, canal du Midi.

FINE ARTS MUSEUM

Square Gambetta

☎ +33 4 68 77 73 70



ST-MICHEL CATHEDRAL

52 Rue Voltaire

☎ +33 4 68 25 14 48

ST-VINCENT CHURCH

Rue du Dr Albert Tomey

Climb the bell-tower steps:

☎ +33 4 68 47 29 30

MEMORIAL HOUSE

JOUE BOUSQUET CENTRE:

Rue de Verdun

☎ +33 4 68 72 50 83

VETERAN MEMORIAL CULTURE CENTRE

102 rue Trivalle

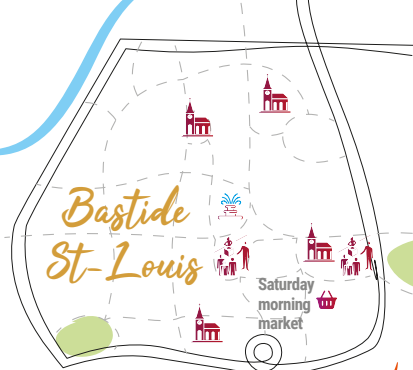
☎ +33 4 68 72 40 16

MAISON LAMOURELLE

BOOK WORKSHOP

Workshops and courses to introduce you to bookmaking crafts and techniques. Book ahead.

☎ +33 4 68 26 00 88



From the bastide to the Citadel

On the RTCA tourist train (from June to September)

☎ +33 4 68 47 82 22



BOAT TRIPS ON THE CANAL DU MIDI [P27]



BIKE RENTALS

EVADÉO CYCLES

Routes, supervision, activities and rentals

14 rue Jean Monnet

☎ +33 4 34 42 88 32

ALTER-RIDE

16 rue Courtejaire

☎ +33 6 67 16 99 10

CYCLOLIB

Self-service electric bikes

☎ +33 4 68 77 73 12



WAY TO SANTIAGO DE COMPOSTELLA

HIKING ITINERARY FROM

CARCASSONNE TO ARZENES - GR®78:

Pyrenean Piedmont trail.

Red-and-white waymarkers.

Starts at the Pont Vieux bridge



CAVAYÈRE LAKE OUTDOOR ACTIVITIES CENTRE

Sandy beaches with landscaped grassy areas. Lifeguarded in summer from 1pm to 7pm. Volleyball courts, small beach cafés.

🚌 Bus lines: 2 & 4



O2 AVENTURE

Adventure trail in the trees, zipwires above the lake

☎ +33 4 68 25 33 83

PARC AQUAVIVA

Floating inflatable play with giant slides

☎ +33 7 81 91 49 12

WATERSKI

Wakeboarding, waterskiing, kneeboarding, wakeskating, paddleboarding, snack bar

☎ +33 6 38 56 72 62

PEDALOS, SURF BIKES, PADDLEBOARDS

☎ +33 6 20 06 27 28

THE AUSTRALIAN PARK

Kangaroos, ostriches, mini-farm, birds and activities for children. Chemin des Bartavelles, **CARCASSONNE**.

☎ +33 4 68 25 86 83



EDUCATIONAL FARM SENSORY TRAIL



Artistic and sensory trail in the heart of nature (free access).

Domaine de Fraisse hotel in **LEUC**

☎ +33 4 68 79 63 63



VISIT OF THE CHOCOLATE FACTORY NOUGALET

Free or guided tour of the different workshops

ZAC Beragne

TREBES

☎ +33 4 68 74 02 63



Municipal Tourist Office of
CARCASSONNE

☎ +33 4 68 10 24 30





Montolieu

Village of literature and art

On the Montagne Noire foothills, the village of Montolieu overlooks the Alzeau and Dure valleys. Enjoy getting lost in this atypical village where books rule.



Montolieu, the only literature village in southern France, with 16 bookshops and multiple artist studios, is a heavenly place for art enthusiasts and literature fans.

Strolling in the narrow streets of the village, you'll come across the Museum of Book Arts & Professions, open all year round for an exciting journey through the history of writing, from its origins to modern day printing.

HIGHLIGHTS

- * **Finding or selling an old book**, a special-edition comic book, an ordinary paperback, or a 19th-century poster or newspaper.
- * Let these works of art take you on a journey in one of the many pop-up **galleries and studios**, the **Museum of Book Arts & Professions** (currently closed for extension work).
- * Explore the flower-festooned narrow streets, discover the unusual dimensions of **Saint-André church**, enjoy the views from Place de l'Espérou over the Dure river and admire the Alzeau river from the 18th-century bridge that straddles it 30 metres above.
- * Wander around the old fabric **factory** premises which have been converted into artists' studios and street-art venues [P50].
- * Climb the hill up to **Saint-Roch chapel** to enjoy a unique panoramic view, the mysterious chapel and the beauty of the ancient cypresses, officially listed as remarkable trees.
- * **Go hiking** along the chapel trails (6 km) or on the banks of the river Dure towards the Alzeau (7 km) [P34].

Keep your eyes wide open

While many artists live here, art can be seen right here on the street in a mix of poetry and humour.

You'll find owls, various characters that watch you, letters spilling into

the gutter, colourful bird boxes, books impaled on a façade or floating towards the sky, free-expression pictures, the petanque-players' bench... and some highly original "cabinets"!





Once upon a time, a Book Village...

The happy story about this village, with 800 residents, and books, would not have been written without the desire, charisma and enthusiasm of Michel Braibant, a Belgian bookbinder who was living in Carcassonne, who sadly died just two years after his lifetime mission was completed in 1992. Aware of the concept of 'book towns' in Europe, he decided to create a new Book Village in Montolieu, which would be home to bookshops and craftspeople, as well as a conservatory for Book Arts and Trades.

Thanks to Michel Braibant's personal collection of books, objects and some rare and ancient tools, together with the donation and purchase of some large machinery, the museum opened its doors in 1991.

Since its creation in early 1990, **the Montolieu Village du Livre et des Arts association** has run numerous events around books: an old book fair, the Bruit de Page book readings, informative workshops, conferences, meetings, exhibitions, etc.



"L'Envol" - Yonel Lebovici



The Abbey in all its poetic beauty

10 minutes from Montolieu

Villelongue abbey, nestled in the heart of the lush green Vernassonne valley, is a mix of Cistercian rigour and extravagant 14th-century sculpture, all in a romantic setting. Of poetic charm, the medieval gardens created in the former monastic enclosure have a few surprises in store, so be sure to explore every nook and cranny!



Aragon



Montolieu, Book and Art village



Abbey of Villelongue

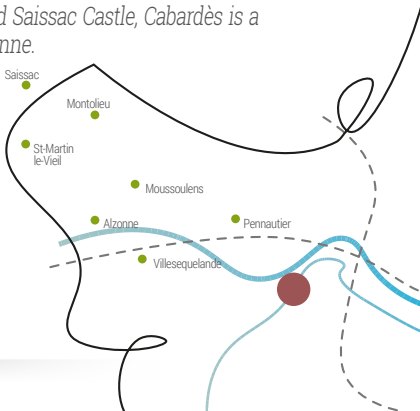
Around the

Montolieu "In Cabardès"

Heading towards the MONTAGNE NOIRE (Black Mountain) and Saissac Castle, Cabardès is a 20-minute drive north-west of the medieval Citadelle of Carcassonne.

- * **Montolieu:** the only VILLAGE OF LITERATURE and art in the South of France.
- * **ART, CULTURE:** museums and galleries,

- * **Abbey** Site in Cathar Country.
- * **Cabardès Vineyard.**
- * Gardens, parks and **forests.**



Places to visit



THE CISTERCIAN ABBEY AND GARDENS OF VILLELONGUE [P13]

ST-MARTIN LE VIEIL

+33 4 68 24 90 38



MONTOLIEU, THE VILLAGE OF LITERATURE AND ARTS

16 bookshops await your visit and 15 art galleries will fill you with wonder.

Tour plan

+33 4 68 24 80 80

bus line: D (Saissac) Departure Carcassonne



MUSEUM OF BOOK ARTS & PROFESSIONS

An exciting journey through the history of writing, from its origins to modern-day printing. 39 Rue de la Mairie.

MONTOLIEU

+33 4 68 24 80 04



CÈRES FRANCO MUSEUM AND COOPERATIVE

Closed for extension work

Discover part of the "raw art" collection. 1,500 works by 20th-century artists from the famous collector, Cères Franco. Route d'Alzonne

MONTOLIEU

☎ +33 4 68 76 12 54



MANUFACTURE CULTURAL CENTRE

Artists' studios in the former factory, street art. Impasse de la Manufacture

MONTOLIEU

☎ +33 6 76 10 86 50



ESCAÏRE FIGUE CACTUS GARDENS

A garden of over a hectare packed with local varieties, exotic plants and cacti. Plants also for sale. Route de Carcassonne

MONTOLIEU

☎ +33 4 68 24 86 59



MEDIEVAL GARDEN

A rose design in the ground that uses the symbolic language of medieval illuminations. Follow the cast-iron bird to the top of the village

SAINT-MARTIN-LE-VIEIL

Free access

☎ +33 4 68 76 01 39

VILLAGE OF ARAGON

The church and its painted-wood collection, the Pierre Sèche and Rural Architecture centre, disc-shaped headstones.

ARAGON

☎ +33 4 68 77 17 87

VILLAGE OF THE TREE

Remarkable tree: the Elm of Sully. Giant wall painting on the wine cellar. Art and Nature center on the canal du Midi bank.

VILLESEQUELANDE



KNIGHTS MUSEUM

Interactive tour of an exhibition on the Middle Ages, with weapons, archery, coin collections and illuminations.

1 ruelle de la Mairie

VILLESEQUELANDE

☎ +33 4 68 71 48 89

☎ +33 6 62 95 66 43



CHÂTEAU DE PENNAUTIER AND ITS GARDENS

Guided tours of the 17th-century chateau and free access to the grounds [P.47].

PENNAUTIER

☎ +33 4 68 72 76 96



THE VINEYARD TRAIL

2 waymarked trails to learn about grape varieties and wine-growing expertise, featuring insect hotels, reptile shelters and picnic spots. Domaine de Garille

ARAGON.

☎ +33 4 68 72 76 96



TRUFFLE CONSERVATORY

Jacques Carriqui
Scientific and educational Truffle Farm in Cabardes on the way to Caunettes-Hautes.

MOUSSOULENS.

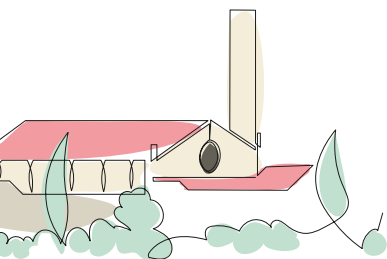
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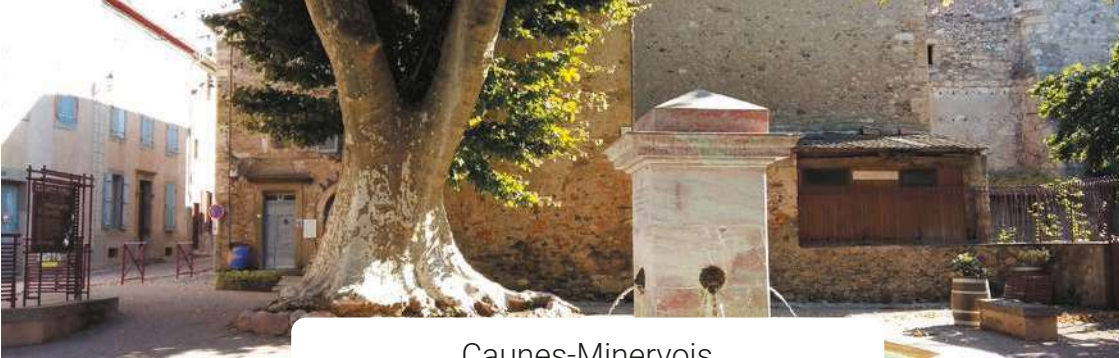


MONTOLIEU

Tourist Information Center

☎ +33 4 68 24 80 80





Caunes-Minervois

The village of Royal marble

The fading light at the end of a summer's day adds warm, soft tones to your walk in the narrow cobblestone alleys of this medieval village.

In Caunes-Minervois, take a leap back in time to observe the signs of a rich Renaissance past...

The village stands on the edge of the Argent Double river, below the Montagne Noire.

Its narrow streets feature the facades of 11th- and 18th-century private mansions that bear witness to the wealth of the local bourgeoisie: the old Vidal house, the Sicard mansion with its mullioned corner windows, or the Alibert mansion and inner courtyard, a beautiful example of the Italian Renaissance influence.



HIGHLIGHTS

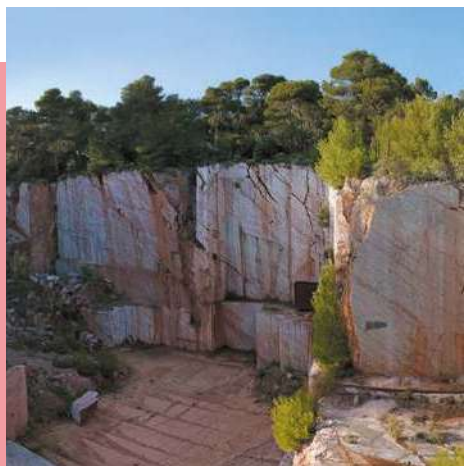
- Strolling in the narrow streets to admire **the Renaissance architecture**.
- Hiking among **the red-marble quarries** or along the footpaths [p34].
- Visiting **the Romanesque abbey** and the comic book exhibition.
- Relaxing on a café terrace in the shade of **plane trees that are 200 years old** and officially listed as remarkable trees.
- Visiting the peaceful site of **Notre-Dame du Cros**.
- **Tasting wine** from the Minervois AOC area.

The "Roy" marble quarries

Caunes-Minervois is world-famous for its crimson-red marble.

It was appreciated by the Romans... and loved by sculptors of the Middle Ages! But the glory days of Caunes marble were much later, lasting from Louis XIV to Napoleon. It was used in a number of royal and imperial monuments, **from Versailles to the Louvre** and from Fontainebleau to Les Invalides and the Opéra Garnier in Paris.

Sightseeing [p16]





The Benedictine abbey
St. Peter and St. Paul

Truly a gem of Romanesque art

REASONS TO VISIT:

- * **The apse:** an **11th-century** masterpiece, especially the lower section, a jewel of the first Romanesque art in Languedoc.
- * The **cloister**, of understated **17th-century** Moorish style, has a few surprises in store. You can access the medieval cloister's lower gallery with "**calade**" cobblestone paving dating from the late **12th century**.
- * The **marble**, inevitably: the church features blue-grey marble in the paving, red Caunes marble in the apse chapel and the shrine, and Carrare marble in the three sculptures.
- * Inside the church, the St Martyrs de Caunes **reliquary** and a **crypt** located beneath the chancel offer a chance to see the remains of the original church founded in 790.
- * Not forgetting... the **comic book exhibitions!** Every summer, in cooperation with the Belgian Comic Strip Centre, the abbey hosts a comic book exhibition of remarkable quality.



The abbey's 11th-century apse



Notre Dame du Cros

A nature getaway for fans of country walks and adrenalin addicts.

On site, a charming chapel with a chancel richly decorated in marble, a spring, a rocky gorge forming a veritable canyon, and rock faces for climbers [p.37] complete the beautiful picture.

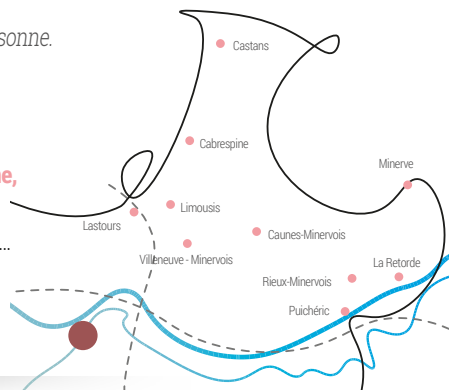
From the village, it can be reached on foot in 30 minutes by following the "Vieux Cros" and "Chemin de Croix" paths, or by driving 1.5 km towards Trausse-Minervois.



Around *Caunes "in Minervois"*

*Between the Montagne Noire and the CANAL DU MIDI,
20 minutes north-east of the medieval Citadel of Carcassonne.*

- * **CAUNES: abbey**, a Cathar Country site, red **marble**, medieval village.
- * **The underground world: Giant CHASM of Cabrespine, Limousis CAVE.**
- * **MINERVOIS vineyards**, olive groves and cypress trees...
- * **Black Truffles** from Cathar Country.



Places to visit



THE VILLAGE OF CAUNES

Renaissance private mansions and 200 year-old plane trees.
History trail and monumental marble sculpture trail, at the Tourist Office.
☎ +33 4 68 76 34 74

🚌 Departure Carcassonne
Line A (Pépieux)

ROMANESQUE ABBEY OF ST. PETER AND ST. PAUL

Featuring a Roman apse, subterranean medieval cloister, a church built from quarried red marble, a crypt and exhibitions.

Place de l'église

CAUNES-MINERVOIS

☎ +33 4 68 78 09 44



ECO-MUSEUM OF MARBLE

Exhibitions dedicated to marble in Caunes and Occitanie.

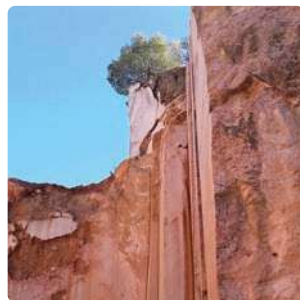
Avenue du Stade

CAUNES-MINERVOIS

☎ +33 4 68 78 09 44

MARBLE QUARRY GARDEN

Allées des Carrières
Free admission



RED MARBLE QUARRIES

Historic Roy quarry (Louis XIV)
Unguided tours (for hikers) and guided tours (marble safari) of quarries still in operation [P.47]
Contact the Tourist Office.

CAUNES-MINERVOIS

☎ +33 4 68 76 34 74





THE GIANT CHASM OF CABRESPINE

One of the 10 most beautiful caves in Europe. Features an exceptional 200-metre high glass walkway and a panoramic viewpoint. Adventure trail with rope bridges and zipwires. Exploration of the underground river. Temperature 14°C - Duration 45 minutes.

CABRESPINE

+33 4 68 26 14 20



LIMOUSIS CAVE

Made up of 8 chambers. The last chamber houses an exceptional mass of aragonite crystal formations reaching a height of 4 metres. Dogs allowed only if carried

LIMOUSIS

+33 4 68 76 96 63



VILLAGE OF MINERVE

A stone village on the edge of the Haut Languedoc Regional Nature Park

+33 4 68 91 81 43



THE TRUFFLE CENTRE

A free interactive museum and shop (selling local products and fresh truffles). Children's treasure hunt.

Avenue du Jeu de Mail

VILLENEUVE-MINERVOIS

+33 4 68 72 35 47



JOULARRES LAKE

Grass beach, inflatable play features, canoes, pedalos, sailing club, eateries. [P33, 36]

AZILLE, HOMPS, PÉPIEUX

+33 4 68 91 18 98



HEPTAGONAL CHURCH AND SCULPTURES BY THE CABESTANY MASTER

5 rue Sainte-Blaise

RIEUX-MINERVOIS

+33 4 68 78 13 98

+33 4 68 78 10 15



HISTORIC TOUR

(QR Codes) in the village

RIEUX MINERVOIS



WAY TO SANTIAGO DE COMPOSTELA

Hiking from **AZILLE** to **CARCASSONNE**

GR®78 « Chemin du Piémont Pyrénéen »



CAUNES-MINERVOIS

Tourist Information Center

+33 4 68 76 34 74



On the way to Lagrasse

Corbières & Val de Dagne

We've just left Carcassonne and already we're entering the Corbières region, heading for Lagrasse and the abbey. You're in Val de Dagne, a characterful region of vineyards and garnigue where the pleasant fragrances of the South surround you.

- * **THE ABBEY OF LAGRASSE**, Cathar country site
- * **ARTISTIC TRAILS**
- * **ALARIC MOUNT**

- * Local **producers** and farmers
- * Medieval **bridges**
- * Tasting **CORBIÈRES** wines



Places to visit

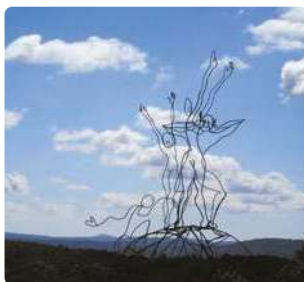
MEDIEVAL VILLAGE OF LAGRASSE

Listed among the "most beautiful villages in France".

☎ +33 4 68 43 15 99

AND ITS BENEDICTINE ABBEY,

split into two sections, one you can visit, the other still under canonic administration.



THE SCULPTURE TRAIL OF MAYRONNES

Unguided hiking itinerary featuring contemporary art sculptures.

5 km or 14 km

MAYRONNES

☎ +33 4 68 43 12 37



POETRY TRAIL

Unguided hiking trail, dedicated to the writer Joseph Delteil who was born in the region. 6 km.

D110 **VILLAR-EN-VAL**

☎ +33 4 68 24 79 38



BALLAD'ART "CHANTE COUCOU" ART TRAIL IN CANTO COCUT

A 3-km walk featuring fifty or so exhibits created by professional and amateur artists.

COMIGNE



TRÈBES

Tourist Information Center
(open april to october)

☎ +33 4 68 78 89 50



TRY OUR FARM PRODUCE



📍 <https://www.bienvenue-a-la-ferme.com>
📍 www.fermiers-audois.fr/en-val-de-dagne

FERME DU PLO

Riding stables, wine tours...

VAL DE DAGNE

LA BOURDASSO BUFFALO FARM,



mozzarella, meat, tearoom, ice cream made from buffalo milk

VAL DE DAGNE

VAL DE DAGNE SPIRULINA

Spirulina production,
VAL DE DAGNE

LA MIELLERIE D'ALBAN

Bee farm, products from the hive
CAUNETTES-EN-VAL

HERBS

CAUNETTES-EN-VAL

FERME DE CARRUS

Goat cheeses
MAYRONNES

MATTHIEU BOUETTE

Goat cheeses, farm fresh eggs,
MAYRONNES

LE MOULIN DE FABI

Olives, oils...
☎ +33 6 16 16 21 85
FLOURE

BELLE LURETTE

Donkey farm, donkey milk soaps
Visits on appointment

☎ +33 6 62 29 69 44
MAS-DES-COURS

BISTROT DE PAYS

VINS DE DAGNE

2 Rue Piétonne
☎ +33 4 68 78 73 72
VAL DE DAGNE



NOTRE-DAME DE CAMBOURAS CHAPEL VILLETRITOUIS

MEDIEVAL STONE BRIDGES

**RIEUX-EN-VAL,
LABASTIDE-EN-VAL,
MAS-DES-COURS, MONZE**

LES BÉNITIERS DE L'ALARIC

Historical monument. A walk to see the clam-shaped concretions.
GPS 43°10'15.9" N 2°29'09.1" E
FLOURE

MIRAMONT CASTLE RUINS

Panoramic view from Mont Alaric.
Hiking itinerary **P34**

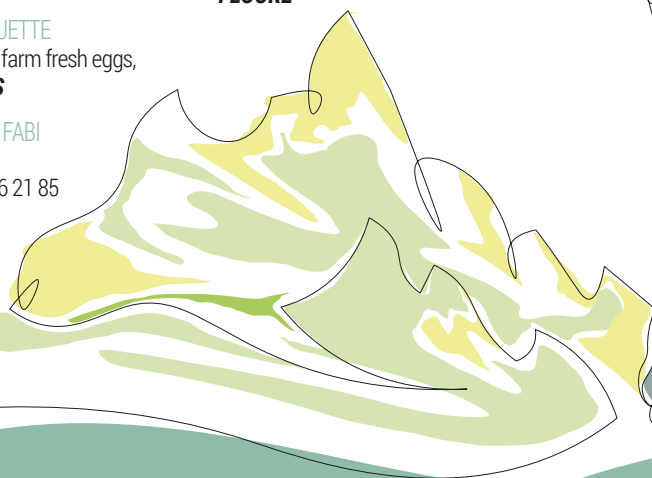
CAPENDU

A "circulade" village.
CAPENDU

COOP ART - LA MARGE 2



A unique art centre in the former Artiste Philippe Aïni wine cooperative.
1 rue Joseph Delteil
SERVIES-EN-VAL
☎ +33 6 21 63 04 31

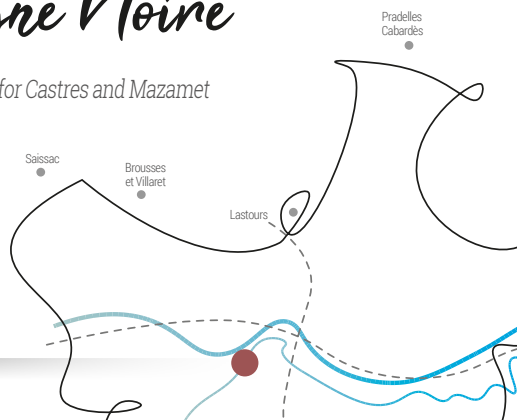




The Black Mountain The Montagne Noire

North of the medieval city of Carcassonne, heading for Castres and Mazamet

- * **CASTLES** of Cathar Country
- * **LAKES** and sources of the CANAL DU MIDI
- * **ORBIEL VALLEY** on the Salsigne ancient gold mining route



Places to visit

SAISSAC CASTLE and its many treasures. Castle of Cathar Country (easy access)

☎ +33 4 68 24 46 01

SAISSAC



VILLAGE OF SAISSAC

Leisure area
Medieval village, panoramic view and museum of ancient professions.

SAISSAC

LAMPY RESERVOIR

North of **SAISSAC**

BROUSSES-ET-VILLARET PAPER MILL

History of paper with production demonstration Water mill and bucolic walk in the heart of the forest.

☎ +33 4 68 26 67 43



ALZEAU WATER INLET and THE RIGOLE DE LA MONTAGNE STREAM

LACOMBE

Forest walks at the canal du Midi sources.



LAPRADE LAKE CUXAC-CABARDES

CASTLES OF LASTOURS

A 2-hour walk to see the ruins of 4 castles and the castrum.

These vestiges can also be observed from the panoramic viewpoint.

☎ +33 4 68 77 56 02

LASTOURS



ROQUEFÈRE, A VILLAGE IN BLOOM

At the foot of the castle and the Cubserviès waterfall (90 m).

BIROTOS LAKE

PRADELLES-CABARDES

at the foot of Pic de Nore (1,211 m), the ice-house hike.



PIC DE NORE

PRADELLES-CABARDES

Highest point of the Montagne Noire 1,211 m

GIANT CHASM OF CABRESPINE

[P.22]



MONTAGNE NOIRE Tourist Office
SAISSAC

☎ +33 4 68 76 64 90



Along the canal du Midi

Trèbes



Trèbes... the canal du Midi and its picturesque marina where you can take out a boat. Trèbes is also a charming village on the banks of the river Aude, featuring narrow streets and the "treasure of Trèbes" in Saint-Etienne church.

HIGHLIGHTS

- * Exploring along the canal du Midi. There's something for everyone! **On foot** of course, but also by **bike** which you can rent locally
- * Relaxing on a **terrace in the port** to enjoy the tranquillity of the site as you watch the **boats gliding past**
- * **Visiting the old village** arranged around the **church** of Saint-Etienne dating from the 14th century
- * Sampling and purchasing **local products**, olives, wines or traditional jams
- * Walking or fishing in the peaceful setting of Trèbes **lake** not far from the **river Aude**



From the port,

Admire the beautiful heritage linked to the canal du Midi and learn the incredible story behind this listed UNESCO World Heritage feature thought up by Pierre-Paul Riquet in 1660.

A 15-minute walk northwards along the canal, leaving the historic centre on your left, you'll head for the 17th century **aqueduct** built by the great Vauban, as well as the **Rode bridge**.

Another must-see is the **triple lock** with its monumental steps covering a height of more than 7 metres. You'll find it 500 metres along the towpath in the opposite direction, heading towards the mill and the lockhouse.



The canal

From lock to lock

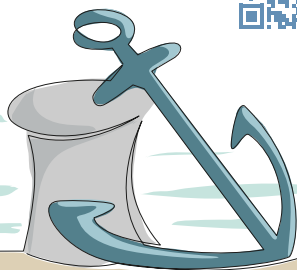
Enjoy the peace and quiet of this unique waterway under the sun's soothing rays filtering through the leaves of the plane trees. The promise of reliving the sensations of the thousands who have sailed here from Riquet, and a chance to admire a whole array of picture-postcard landscapes.

Top 5

- 1 Treat yourself to a **2-hour cruise with commentary**, boarding at Carcassonne (in the port opposite the train station)
- 2 Go for a **bike ride** along the towpath in the shade of the plane trees, starting from Carcassonne
- 3 Stroll by the **locks** and along the towpaths
- 4 Take to the canal in a **rented boat** for a whole week (no permit required) [p.25]
- 5 Go for a meal at a **canalside restaurant** in Herminis (hamlet of Carcassonne), Trèbes, La Redorte, Marseillette or Homs



Close to Carcassonne, the triple lock of Herminis.



TOWNS & VILLAGES	PLACES TO SEE	THINGS TO DO
ALZONNE ≈ 7,4km	Bétéille Lock	
VILLESEQUELANDE ≈ 2,4km	Bridge Picnic tables canal du Midi marble sculpture 🍏	In the village: KNIGHTS MUSEUM [P.48]. VILLAGE OF THE SULLY ELM (remarkable tree) FESTES STABLES Chemin des Sarrels ☎ +33 7 85 89 08 77
CAUX ET SAUZENS ≈ 11km	Villesèque Lock	ART AND NATURE CENTRE Exhibitions and workshops
CARCASSONNE ≈ 8,14km 	Lalande, Herminis and La Douce Locks Port (opposite the train station) St-Jean and Fresquel Locks Harbour master's office ☎ +33 4 68 25 10 48 Restaurants, shops 🍷🍏	BOAT CRUISES: LE COCAGNE ☎ +33 6 50 40 78 50 HELIOS, LOU GABARET AND THE CHALLENGE ☎ +33 6 80 47 54 33  <small>© 2019 Canal du Midi</small> BIKE RENTAL AND SCENIC ROUTES EVADEO CYCLES, ALTERRIDE, CYCLOLIB [P.11]
VILLEDUBERT ≈ 4,61km	Évêque Lock Villedubert Lock	
TRÈBES ≈ 11km 	Pont de la Rode bridge The Orbiel sail-over bridge Triple Lock Picnic tables Restaurants, shops 🍷🍏 Mooring point	OLIVE OIL TASTING AT THE DOMAINE DES PERES OIL MILL Avenue Pierre Curie ☎ +33 4 68 24 51 78  <small>© 2019 Canal du Midi</small> TUK TUK LE BOAT ☎ +33 6 61 91 75 97 Barge rentals ☎ +33 4 30 35 80 78 CANOE AND BOAT RENTAL ☎ +33 4 68 76 22 43
MARSEILLETTE ≈ 3,2km	Marseillette Lock The dry lake of Marseillette Restaurants 🍏	
BLOMAC ≈ 3,5km	Fontfile Lock Saint-Martin Lock	
PUICHÉRIC ≈ 5,7km	Aiguille Lock Unusual architecture Puichéric Lock 🍏	EAURIZON OUTDOOR ACTIVITIES CENTRE Canoeing on the river Aude, archery, canyoning, climbing 51 route Minervoise ☎ +33 4 68 49 99 82
LA REDORTE ≈ 6km 	Argent Double aqueduct La Fabrique mooring point ☎ +33 4 68 27 80 80 🍷🍏	BRAGOS RIDING STABLES Pech de Bragos ☎ +33 6 07 67 08 08
HOMPS 	Jouarres - Azille Lock Port Minervoise Harbour master's office ☎ +33 4 68 91 18 98 Restaurants	JOUARRES LAKE [P.19] MINERVOIS WINE CENTRE ☎ +33 4 68 91 29 48



ALZONNE

PENNAUTIER

VILLALIER

BADENS

LA REDORTE

PUICHÉRIC

CAUX-ET-SAUZENS

CARCASSONNE

TRÈBES

CAPENDU

● AZILLE

Canal du Midi

Accueil Vélo

*Our professionals committed under the national Accueil Vélo bike-friendly label
A national brand that guarantees the quality of cycle-touring services and facilities along the canal du Midi.*

Places to stay

CAMPING



L'ESCALE OCCITANE

CAMPSITE On-site restaurant.

Dogs welcome

Route départementale 8

● **ALZONNE**

☎ +33 6 13 11 80 20

≡ 3.3 km from canal du Midi

B&B AND RENTALS

THE VILLAGE FOR ALL

GIT'OSTAL

Chemin de Félines

● **CARCASSONNE**

☎ +33 6 38 19 70 89



LA COUR CARRÉE

18 boulevard Barbès

● **CARCASSONNE**

☎ +33 6 16 96 58 42

LE COUVET

31 rue du 4 Septembre

● **CARCASSONNE**

☎ +33 4 68 47 50 25



AUX BELLES VACANCES

10 minutes away from the Citadel of Carcassonne, 700 metres from the canal du Midi, within cycling distance.

Aux Belles Vacances has 4 spacious rooms for 2 to 4 people with access to the garden and swimming pool.

Table d'hôtes meals and "picnic or cycling" packed lunches available on request 24 hours ahead. Wellbeing massages available.

3 rue Adrien Robert

● **CAUX-ET-SAUZENS**

☎ +33 7 67 41 14 57

≡ 2.7 km from canal du Midi



LA BEYTINA

5 rooms, swimming pool. 30 avenue du portail d'amont

● **PENNAUTIER**

☎ +33 4 68 25 48 73

≡ 4.2 km from canal du Midi



PUICHÉRIC CASTLE

A castle lost amid the centuries, hanging gardens above the houses and the plain of Aude. Puichéric castle (15 people) will take you on a journey beyond time. Table d'hôtes meals available. 2 rue de l'église

● **PUICHÉRIC**

☎ +33 6 02 33 74 29

≡ 2.3 km from canal du Midi



LA MAISON DE L'ÉCLUSE

2 guestrooms with continental breakfast included, in an authentic lockhouse dating from 1891, outside the triple

lock of Trèbes. Locked bike shed, ideal for cyclists. Plus battery-charging facility.

16 avenue Pierre Curie

● **TREBES**

☎ +33 6 52 33 92 99

≡ 50 m from canal du Midi

HOTELS

THE ORIGINALS CITY

Zone du pont rouge

110 rue Yves de Kerguelen

● **CARCASSONNE**

☎ +33 4 68 72 76 76



HÔTEL ASTORIA

18 rue Tourtel

● **CARCASSONNE**

☎ +33 4 68 25 31 38

HÔTEL DU PONT VIEUX

32 rue Trivalle

● **CARCASSONNE**

☎ +33 4 68 25 24 99

AU ROYAL HÔTEL

22 boulevard Jean Jaurès

● **CARCASSONNE**

☎ +33 6 81 28 97 84



Find out more

🌐 www.canaldes2mersavelo.com

🌐 www.francevelotourisme.com



FOREST CABINS

Just 500 metres from the canal du Midi, on a 112-hectare estate, 11 wooden cabins perched in the trees offer the quality services and facilities of a hotel with the quirky touch as a bonus! Swimming pool, treasure hunt and a host of activities on site

Domaine de Fourtou

📍 **VILLALIER**

☎ +33 9 70 75 99 00

⚖ 1.7 km from canal du Midi



THE CHÂTEAU DE JOUARRES APARTMENTS

The complex comprises 2 apartment buildings in 5 hectares of private grounds with trees. The grounds and vast swimming pool are a great asset to the site. From studios to 4-room luxury apartments with private patio or loggia. Hameau de Jouarres

📍 **AZILLE**

☎ +33 4 68 40 45 00

⚖ 5 km from canal du Midi

Tasting

WINE CELLARS AND PRODUCERS



VILLA SAINT LÉON

An authentic house oozing with charm in the heart of the village. Heated pool, a garden with varied vegetation and a conservatory with fitness facilities. 2 Rue Traversière

📍 **BADENS**

☎ +33 4 34 42 15 85

APARTMENT COMPLEXES

CERISE CARCASSONNE SUD

1 rue Darius Milhaud

📍 **CARCASSONNE**

☎ +33 4 68 26 20 10

Restaurants

LE VERRE D'UN

2 rue de Verdun

📍 **CARCASSONNE**

☎ +33 4 68 71 43 99

LA RIVE BELLE

Ecluse d'Herminis

📍 **CARCASSONNE**

☎ +33 4 68 26 46 57

LA SAQUETTE BY FRED

9 avenue du Maréchal Foch

📍 **CARCASSONNE**

☎ +33 4 68 71 62 18

BRASSERIE À 4 TEMPS

2 boulevard Barbès

📍 **CARCASSONNE**

☎ +33 4 68 11 44 44

LE 37

37 rue Trivalle

📍 **CARCASSONNE**

☎ +33 4 68 47 35 05

L'OS OU L'ARÊTE

115 rue Barbacane

📍 **CARCASSONNE**

☎ +33 7 49 97 57 49



LE MOULIN DE TRÈBES

Located in front of Trèbes lock, this old mill is now occupied by a restaurant. Open all year round, it serves creative, delicate dishes based on fresh, local ingredients, all prepared with joy and mindfulness by Pascal Ledroit. In the summer season, visitors are invited to dine on the vine-shaded terrace and watch the canal boats travelling through the locks.

2 rue du moulin

📍 **TREBES**

☎ +33 6 31 63 09 79

⚖ 50 m from canal du Midi



LE RELAIS DE SULLY

Pizzeria restaurant, grocery store

📍 **VILLESEQUELANDE**

☎ +33 9 66 91 05 14

⚖ 1 km from the canal



LE SPOT

Homemade and seasonal dishes to share. Wine cellar. Port La Fabrique

📍 **LA REDORTE**

☎ +33 4 30 16 15 51

⚖ 10m from canal du Midi

Information centers

OFFICE DE TOURISME GRAND CARCASSONNE

ANTENNE CANAL DU MIDI
Avenue Pierre Curie

📍 **TREBES**

☎ + 33 4 68 78 89 50

⚖ 50 m from canal du Midi

BUREAU SAISONNIER

Port La Fabrique

📍 **LA REDORTE**

⚖ 50 m from canal du Midi

5 things to know about the canal

Built by Pierre Paul Riquet
by 12,000 men
between 1666 and 1681.



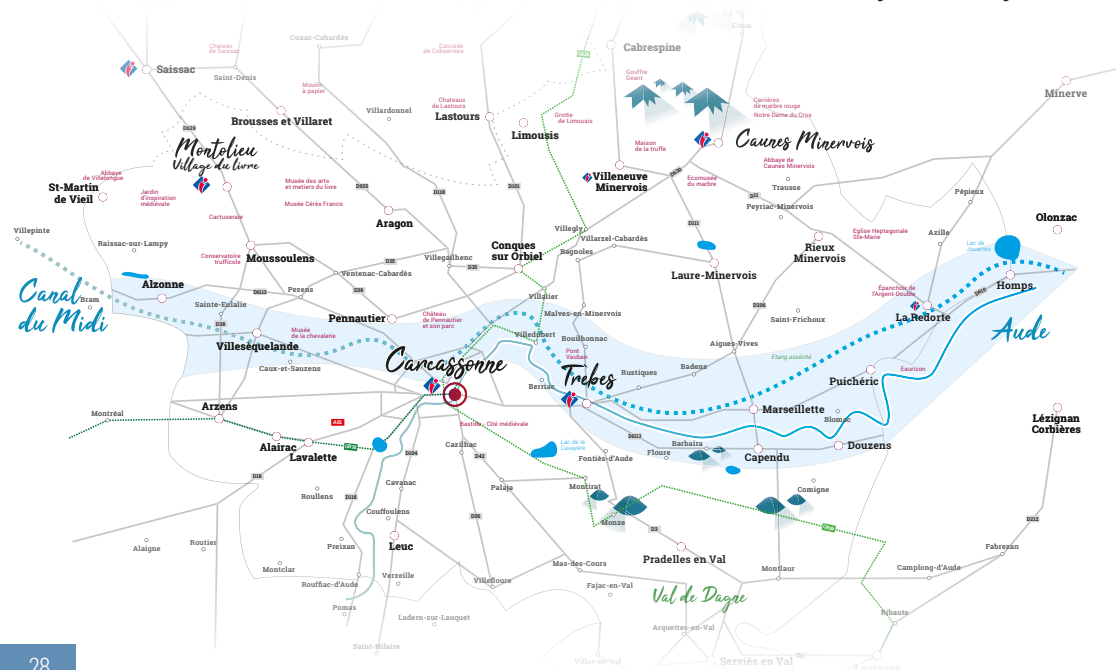
Fed by the
waterways of *Montagne Noire*
(Lampy and St-Ferréol reservoirs).

350 structures
63 locks, 126 bridges,
55 aqueducts and 7 sail-over bridges.

Linking Toulouse and Sète:

240 km long
10 to 20 metres wide
and 2 metres deep.

The Garonne side-canal
was then built in 1857 to
link Toulouse and Bordeaux
via the *Canal des deux mers*





Once upon a time...

The family-friendly Citadel of Carcassonne

Who has never dreamt of playing at knights and fair damsels? The Citadel of Carcassonne makes your dream come true! When you visit Carcassonne, you'll soak up the magic that oozes from this fortified town straight out of a fairytale. So, ready for a day of adventure? We promise you'll make everlasting memories...

THROUGH A CHILD'S EYES: A SPECTACULAR JOURNEY THROUGH TIME

As soon as they pass through the Narbonnaise gate or the Aude gate, children are **amazed by the sheer scale** of the citadel and almost expect a knight to appear at any moment!

You'll wander through the **narrow cobblestone streets lined with boutiques** displaying multicoloured sweets, knight costumes and swords, wooden toys and perfumed soaps...

And you'll stop to buy an ice cream or a crêpe.

Parents ♥: safety! no cars (other than hotel buggies)

ACTIVITIES GALORE FOR LITTLE KNIGHTS AND PRINCESSES

A ride in a horse-drawn carriage or on the little train, a treasure hunt, a medieval knight show, a sound and light display, a visit to the school museum...

The outer bailey makes an ideal playground where children can let off steam: running in the grass, jumping from post to post, climbing the lower part of the rampart wall and, of course, playing at knights!

FOR TEENAGERS

The haunted house or the inquisition museum... there's plenty of choice! In the holiday season you'll see acrobats and street artists, knight tournaments and all sorts of medieval activities.



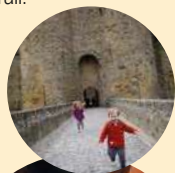
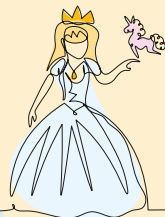
A GREAT ADVENTURE

To reach the ramparts, head up to the counts' castle!

You can walk in the hoardings, inside the towers and **along the top of the rampart wall...** where you'll gaze in awe at all these **fabulous settings...**

Parents ♥: Free admission for children, even when they're grown-ups (up to 18 or 25 years for European residents) - The secured trail.

Tip: The castle and ramparts have lots of steps, including spiral staircases, that are inaccessible to pushchairs. Remember to bring a baby carrier! [P.10]





Top 7 for children



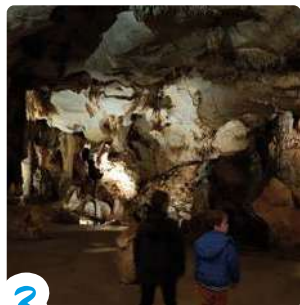
1 AQUATIC FUN

- * Inflatable parks on the water [P.32, 36]
- * La Cavayère treetop adventure park with levels "baby", "bambi" (age 4 years and up, "ouistiti" and "écureuil" (age 5 and up)
- * Pedalos and diving in the lake
- * Canoeing on the river Aude, as well as archery, paddleboarding and climbing, with EauRizon
- * Bathing spots



2 ACTIVITIES WITH ANIMALS

- * Feeding the animals at the Australian park in Carcassonne [P.32]
- * Educational mini farms
- * Farm visits (Bienvenue à la ferme)
- * Walks with donkeys rescued by the Grandes Oreilles refuge
- * Horse and pony rides at our riding stables [P.37]



3 THE MAGIC OF AN UNDERGROUND WORLD

- * In the immensity of the Giant Chasm of Cabrespine, will you be brave enough to step onto the dizzying walkways?
- * For a long time, the Limousin cave was the retreat of cave bears... learn all about them during your visit!



Year-round funfair!

CAUNES-MINERVOIS

📍 Baby Rêve park [P.32]

Best-of

LIST OF MUNICIPAL PLAY AREAS AND PARKS

ALZONNE

Large park with picnic tables

ARAGON AND RAISSAC-SUR-LAMPY

Zipwires

CARCASSONNE

Quai Bellevue,
Île de la Cité,
Square André Chénier,
Square Gambetta, Portail des
Jacobins (merry-go-round)

CAUNES-MINERVOIS

Esplanade de l'Europe on the
riverbank
(recommended car park for
visiting the village and the abbey)



4 LEARN AND CREATE WHILE HAVING FUN [P.47]

- * At the paper mill you'll find out how paper is made [P.48]
- * What was school like in the olden days? Find out in the Citadel of Carcassonne
- * The Brussels comic strip museum comes to Caunes abbey every summer
- * Be dubbed a valiant knight or wield a sword at the Knights Museum



5 FANCY A TREASURE HUNT?

- * Escape games [P.37]
- * Free treasure hunt booklets in the villages of Trèbes, Montolieu and Caunes-Minervois
- * Ask for your game booklet or treasure hunt box at the abbey of Caunes-Minervois, the Giant Chasm of Cabrespine or the Truffle Centre [P.32]



6 LITTLE TRAIN OR BOAT?

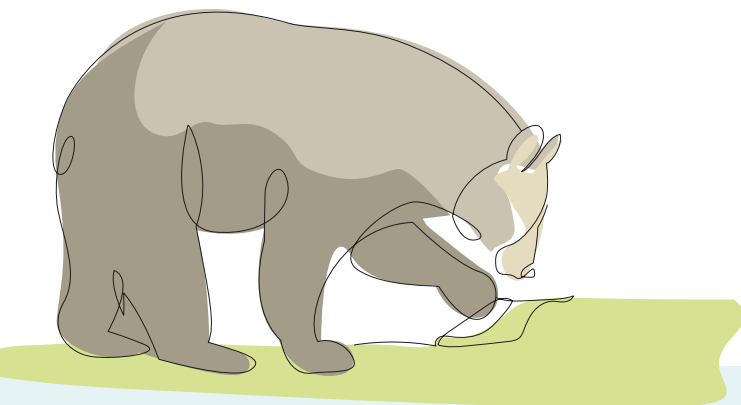
[P.47, 48]

- * In the medieval Citadel
- * From the bastide to the Citadel on the little electric train
- * By boat on the canal du Midi



7 AMID NATURE: footpaths like no other

- * When trees have faces: The sensory trail at Domaine de Fraisse in Leuc
- * The Villar-en-Val poetry trail, a 6-km walk in the footsteps of local poet Joseph Delteil [P.20]
- * On the vineyard trail, at Domaine de Garille, Aragon [P.15]



PALAJA

Large park for all ages, with pump track (*helmets compulsory*)

PENNAUTIER

Acrobatic trail, zipwire, before the bridge, under the plane trees

PUICHÉRIC

On the banks of the Aude (*Eaurizon water sports centre car park nearby*)

RUSTIQUES

At the park

VILLEMOUSTAUSSOU

Acrobatic trail, zipwire, rope nets, play features
Near the gymnasium



For families

TREASURE HUNT BOOKLET FOR SELF-GUIDED TREASURE HUNT

Available on www.grand-carcassonne-tourisme.co.uk

CAUNES-MINERVOIS

☎ +33 4 68 76 34 74

MONTOLIEU

☎ +33 4 68 24 80 80.

TRÈBES

☎ +33 4 68 78 89 50



TREASURE HUNT BOXES

CARCASSONNE

(www.chasseurs-de-tresors.com)

☎ From €8 - from 5 yo

☎ + 33 4 68 10 24 30

EXPLOR'GAMES

Des chemins entrelacés

Interactive investigation around La Cavayère Lake

CARCASSONNE

☎ +33 4 68 25 33 83

Les Trésors de la Terre

Interactive investigation of 4km through the vineyards

VILLENEUVE-MINERVOIS

☎ Adults : 24€ for 2 people

Children: 6€

☎ +33 4 68 26 16 02

EXPLORER'S BOOKLET

At the Abbey of **CAUNES-MINERVOIS** (exhibitions in association with the Brussels comic strip museum)

TREASURE HUNT

At the Truffle Centre

VILLENEUVE-MINERVOIS

MILLS PAPER MILL

BROUSSES-ET-VILLARET

Guided tours and workshops all year round

☎ From €12

After each tour, craft 2 sheets of paper (€3)

MUSEUMS

SCHOOL MUSEUM

CARCASSONNE [P.48]

KNIGHTS MUSEUM

VILLESEQUELANDE [P.48]

ART ACTIVITIES

EDUCATIONAL WORKSHOPS ON THE THEME OF BOOKS DURING SCHOOL HOLIDAYS

Calligraphy, caricature, binding, illustrations, typography, printing.

At the book museum

MONTOLIEU

☎ 3h: €35 (by reservation).

☎ +33 4 68 24 80 04

STONE CUTTING WORKSHOP

MONTLAUR

☎ +33 4 68 78 43 65

BOOK WORKSHOP

Visits, workshops and courses. PEP Maison Lamourelle. During school holidays, by reservation.

CARCASSONNE

☎ +33 4 68 26 00 88

EDUCATIONAL AND ARTISTIC TRAILS

FUN ACTIVITIES

BABY REVE CHILDREN'S PARK

CAUNES MINERVOIS

Fun fair : merry-go-round, trampolines, games, bouncy castles.

☎ Children €10,

Adults free

☎ +33 7 85 33 46 40

SLIDES, WATER PLAY FEATURES, WATER BABIES ... [P.36]

Swimming pools of

CARCASSONNE, CAPENDU PEYRIAC-MINERVOIS

ADVENTURE TRAIL

Freely accessible, before the bridge in **PENNAUTIER**.

ROYAL KIDS

Covered play area. **CARCASSONNE**

☎ Children: from €8

☎ +33 4 68 77 88 80

JUMP'R PARC

Trampolines and indoor play features, from 8 years

CARCASSONNE

☎ 1h: €11

☎ +33 9 73 28 99 11

FUN JOUARRES,

JOUARRES - PEPIEUX LAKE

Inflatable play features

☎ From €7

☎ +33 9 74 56 75 67

CANOEES, PEDALOS, PADDLEBOARDS

[P.44]

LA CAVAYERE LAKE

CARCASSONNE

► 02 ADVENTURE FOREST ADVENTURE PARK

📞 Adults: €20
Children: €10
☎ +33 4 68 25 33 83

► WATERSKI MACHINE

📞 Paddleboards: from €7 to €10
Waterski machine: €20 for 1h
☎ +33 6 38 56 72 62

► PEDALOS

For 2 to 6 people
📞 €10 to €25 per ½ hour,
€15 to €35 per hour
Surfbikes, Paddleboards:
€7 to €10
☎ +33 6 20 06 27 28

► PARC AQUAVIVA

Water park:
📞 €12/h or €16 for 2h
Waterjump option: +€5
All-day pass: €22
☎ +33 7 81 91 49 12



With animals

MINI FARM WITHIN A WINE ESTATE

Château de l'Amiral
AIGUES-VIVES [P.41]

HORSE DRAWN CARRIAGES

CITADEL OF CARCASSONNE

📞 Children €5.50
Adults €9
☎ +33 4 68 71 54 57

KNIGHT TOURNAMENTS

CITADEL OF CARCASSONNE

in summer
📞 Children €8 - Adults €12

LES PETITS CHEVALIERS DE LA CITE

Pony rides and pony games during
school holidays

CITADEL OF CARCASSONNE

📞 €5
☎ +33 6 73 00 18 65

HORSE RIDING

[P.37]

THE AUSTRALIAN PARK

CARCASSONNE

📞 Adults: €11.90
Children: €8.90

LE REFUGE DES GRANDES OREILLES

For the whole family, donkey rides
and "escargoline" carts for people
with disabilities.

3 chemin des Carmes

CAUNES-MINERVOIS

📞 Visits to the mini farm: €2
Rides: from €20
☎ +33 6 89 93 21 32.

LES PONEYS D'ADELE

Route du Villar

LABASTIDE-EN-VAL

📞 From €10
☎ +33 6 73 00 18 65

EDUCATIONAL FARM

Domaine de Fraisse

LEUC

Open visit

LE PETIT PARADOU

Accompanied pony rides, maintenance
DIY, care (feeding, grooming,
learning to ride, liberty training).
Adventure trail.

Chemin de l'horto de Villeneuve

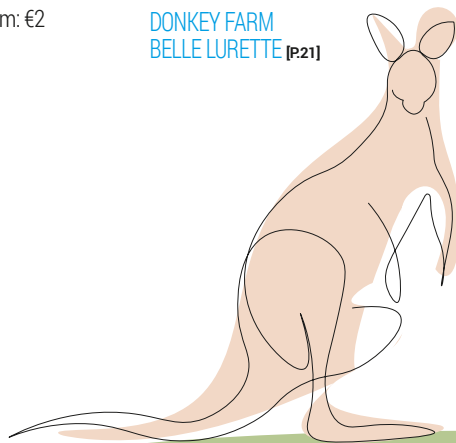
MONTOLIEU.

📞 From €5
☎ +33 6 77 19 37 17

DONKEY FARM

BELLE LURETTE

[P.21]



Special

Teenagers



HAUNTED HOUSE

CITADEL OF CARCASSONNE

☎ +33 6 03 84 13 86
📞 €9

JUMP'R PARC

CARCASSONNE

LA CAVAYÈRE LAKE

Waterski machine, treetop
adventure trail, water park,
pedalos...

CARCASSONNE

PLANETE BOWLING

35 Rue Alfred de Musset

CARCASSONNE

☎ +33 4 68 10 09 62

WIN'KART KARTING

Route de Bram

CARCASSONNE

📞 From €13
☎ +33 4 68 25 67 07

ESCAPE GAMES

[P.37]

EAURIZON

Outdoor sports &
watersports centre

[P.36]

PUICHÉRIC

ADVENTURE PARK

[P.37]

ACCRO GROTTE ADVEN-
TURE CAVE IN CABRESPINE
AND UNDERGROUND RIVER
CABRESPINE

JOUARRES LAKE

Waterpark, canoes

Map of HIKING TRAILS



RANDO GRAND CARCASSONNE



Get instantly every detail
OF EACH OF OUR HIKES

Trails | Guidebook | Practical informations

DOWNLOAD THE TOPOGUIDES AS PDF



<https://rando.grand-carcassonne-tourisme.fr/en>

AND FOLLOW OUR HIKING ROUTES
WITH OUR FREE APP



Available on the
App Store

GET IT ON
Google play



Cabrespine



GR 78



Montlieu



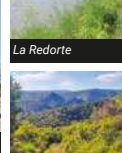
Castans



La Redorte



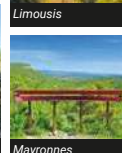
Caunes-Minervois



Limousis



Conques-sur-Orbiel



Mayronnes



Villar-en-Val



Villarsel Cabardès



ACCESS & DIFFICULTY

Very easy

Easy

Average

Difficult



Grande Randonnée (long-distance hiking trail)

Loop trail

Crossing

Site Remarkable sites

Walking times are given as an indication only and vary from one person to another

Mountain bike area

Vignobles & Découvertes



Sports, leisure & nature

MOUNTAIN GUIDES

NICOLAS DREUX

☎ from €15

☎ +33 6 21 63 41 68

XAVIER PHAN

Rando XP

☎ +33 6 67 22 21 96

CYCLING & MOUNTAIN BIKING

FCC MTB SITE 95

Cabardès Pays Cathare
8 waymarked trails

ARAGON

☎ +33 6 37 69 64 10

GUIDED BIKE RIDES IN THE VINEYARDS

LAURE-MINERVOIS

☎ Adults: €15

Children: €10

☎ +33 6 78 74 18 65



PUMPTRACKS

AZILLE, BARBAIRA, PALAJA

Free access

BICYCLE RENTAL

EVADEO CYCLES

☎ from €17

☎ +33 4 34 42 88 32

ALTER-RIDE

Electric and specialised bike rental

CARCASSONNE

☎ +33 6 67 16 99 10

☎ From €10 for 2 hours



CYCLOLIB

Self-service E-bike rentals

CARCASSONNE

☎ +33 4 68 77 73 12

☎ €3 per hour

QUADBIKE QBX CYCLES

4-wheeler off-road bikes

4 trails from 1 to 3 hours
(except July & August)

ARZEN, ARAGON

☎ +33 6 88 58 27 16

WATER SPORTS

EAURIZON

Outdoor activities & watersports centre.

Canoeing, paddleboarding, rafting, archery, etc.

PUICHERIC

☎ From €15

☎ +33 4 68 49 99 82

SAILING CLUB

boats, sailboats and pedalos

☎ +33 6 69 34 93 76

CANOEING & KAYAKING

☎ +33 6 17 63 24 22

JOUARRES LAKE

LES PROMENADES DU CANAL

CANOE AND BOAT RENTAL

+33 4 68 76 22 43

TREBES

OUTDOOR ACTIVITIES

CENTRE

Raymond Chésa
La Cavayère lake

CARCASSONNE [P:11]

SWIMMING

LES BAINS DE MINERVE POOL COMPLEX

Indoor and outdoor swimming pool

Sauna / Hammam

Chemin de Sainte-Marie,

PEYRIAC-MINERVOIS

☎ Adults: €6.20

Children: €5

☎ +33 4 68 24 67 89



POOL COMPLEX

Indoor and outdoor
Pool, spa, water slides

CARCASSONNE

☎ +33 4 11 20 03 30

☎ Adults: €7

Children: €5.80

INDOOR SWIMMING POOL

Rue de la Gare

CAPENDU

☎ Adults: €2

Children: €1.40

☎ +33 4 68 79 00 38

OUTDOOR SWIMMING POOL

Route de Carcassonne

MONTOLIEU.

July and August

☎ Adults: €3

Children: €1.50

☎ +33 4 68 24 84 53

LAKES

Lifeguarded bathing in summer

LA CAVAYÈRE LAKE

CARCASSONNE

JOUARRES LAKE

AZILLE

RIDING STABLES AND PONY CLUBS

L'ORGE SUCRÉE
Avenue du stade
CAZILHAC

📞 From €22
☎ +33 6 19 67 47 26

LA GOUTARENDE
CUXAC CABARDES

📞 From €8
☎ +33 4 68 26 66 49

BRAGOS FARM
Pech de bragos
LA REDORTE

📞 from €7
☎ +33 6 07 67 08 08

DOMAINE DE FRAISSE
Equine ethology,
autism-friendly holidays,
organic restaurant
LEUC

📞 From €20
☎ +33 6 82 66 66 98

LE CHEVAL PAR NATURE
MONTIRAT

📞 From €25
☎ +33 6 48 08 90 43

PLO RIDING STABLES
Horseriding and wine
tours
VAL DE DAGNE

📞 From €15
☎ +33 6 30 75 23 76

POMMAYRAC RIDING
STABLES
Domaine de Pommayrac
VERZEILLE

📞 from €35
☎ +33 4 68 69 49 60

LE THOU RIDING STABLES
Avenue de la Montagne
Noire
VILLEMOUSTAUSOU

📞 from €30
☎ +33 4 68 47 63 83

SAINT-PIERRE STABLES
Domaine Saint Pierre du
Trapel
VILLEMOUSTAUSOU

☎ +33 6 09 79 70 39

FESTES STABLES
Chemin des Sarrels
VILLESÈQUELANDE

☎ +33 7 85 89 08 77

CHEVAL MALEPERE
VILLARZEL DU RAZES

📞 From €20
☎ +33 6 76 84 41 25

PONIES AND DONKEYS

LE PETIT PARADOU
LES PONEYS D'ADELE
LE REFUGE DES GRANDES
OREILLES [P.33]

ADVENTURE COURSE

ACCRO GROTTE
ADVENTURE CAVE OF
CABRESPINE

📞 €44 - 3h
☎ +33 4 68 26 14 20

TREETOP TRAIL
02 AVENTURE [P.11]
CARCASSONNE

📞 From €10

CLIMBING
NOTRE-DAME DU CROS
CAUNES-MINERVOIS

Guidebook on sale at the
Grande Fontaine café
(€10)
For supervised sessions
enquire at the Eaurizon
sports centre
☎ +33 4 68 49 99 82

POTHOLOGING
THE UNDERGROUND
RIVER

Giant chasm of
Cabrespine
📞 €56 - 3h
☎ +33 4 68 26 14 20

FITNESS TRAIL
ALARIC LAKE
CAPENDU

ILE DE LA CITE
CARCASSONNE

GOLF
Domaine d'Auriac
Route de Saint- Hilaire
CARCASSONNE

📞 From €46
☎ +33 4 68 72 57 30

FISHING

BOAT CRUISES [P.11, 25]
Along the canal du Midi

GARDENS
ESCAÏRE FIGUE CACTUS
GARDENS [P.15]
MONTOLIEU

📞 €4

MEDIEVAL GARDEN [P.49]
**SAINT-MARTIN-LE-
VIEIL**

CHÂTEAU DE PENNAUTIER
GARDENS [P.15]

"RENDEZ-VOUS IN THE
GARDENS"
in june: **PEPIEUX,**
VAL DE DAGNE,
PENNAUTIER,
MOUSSOULENS.

"REMARKABLE TREES"

ESCAPE GAMES
LE MAS DE K
CARCASSONNE

📞 lemasdek.com
📞 From €20

ODYSSEY ADVENTURE
140 rue André Ampère
Z.I. la Bouriette
CARCASSONNE

📞 From €24
☎ +33 9 83 88 37 90

CARCAESCAPE
CARCASSONNE

📞 From €17
☎ +33 6 13 19 57 48

THE OENOLOGIST
Château Guilhem,
MALVIES

☎ +33 4 68 31 14 41

NATURE WALKS &
YOGA
ESPRIT TELLURIQUE
LAURE-MINERVOIS,
CARCASSONNE

📞 From €20
☎ +33 6 26 63 24 76

NATURE ACTIVITIES &
OUTINGS
LE CHANT DES
GRENOUILLES
Environmental education,
nature activities and
Phytocosmetic
workshops.
PEZENS

☎ + 33 6 50 96 42 70

SENSITIVE NATURAL
AREAS PROGRAMME
📞 aude.fr





Eating, drinking and cooking local

The art of living is an institution in Grand Carcassonne. Naturally, driven by a taste for the authentic and respect for the environment, our producers invite you to visit the farms, estates and markets to share their expertise.

Grand Carcassonne, a destination boasting the Vignobles & Découvertes seal of approval, invites holidaymakers to learn about the terroir directly from the winegrowers as you enjoy tasting their wines, or to prepare an evening meal from ingredients purchased fresh from the morning's local market.

The Wine *To-do List*



TASTING WITH A VIEW OF THE BEAUTIFUL CITADEL OF CARCASSONNE

Fancy a "belle époque" tasting session? **Le Comptoir de la Cité**, the former Art-Nouveau Palais de la Micheline, a listed historical monument showcased by Les Vignobles Foncalieu, invites you to a themed wine-tasting session on opening days.

Head for the **Domaine Lycée Charlemagne tasting cellar** to sample organic wines under a beautiful vaulted ceiling painted by the artist Harillo [P.42]

📍 **CARCASSONNE**



TASTING LIKE A PROFESSIONAL

Bénédicte, winegrower and oenologist, will guide you through a whole whirlwind of aromas, flavours and tastes. 2½ hours to learn to detect and identify all the aromas and flavours present in a wine.

📍 Château l'Amiral,
AIGUES VIVES [P.41]



OENOLOGUE IN THE VINEYARD

Surrounded by vineyards against the backdrop of the Pyrenees, spend a weekend with a difference in a "**safari**" tent. Enjoy the jacuzzi bath installed on the terrace before tasting the estate's own wine in the company of the Brunel family.

📍 Le Siestou, **LAURE-MINERVOIS**

🔗 <https://www.grand-carcas-sonne-tourisme.fr/votre-sejour/reserver-un-hebergement/>



The quality label

Vignobles & Découvertes

created in 2009 and awarded by Atout France
on recommendation of the Conseil Supérieur de l'Enotourisme,

guarantees visitors get
services and facilities of high standards
and **the best possible organisation of their stay.**

Wine enthusiast?

Ask for your Wine Lover guide to find all the best
addresses along the Route des Grands Vins.

➔ www.grand-carcassonne-tourisme.fr/la-destination/le-vignoble/



FANCY A PICNIC IN THE VINEYARD?

Order your picnic from La Table Cave, the restaurant at Château de Pennautier, and let them take care of everything: charcuterie, cheese, tapenade, fruit and the château's own wine.

📍 **PENNAUTIER**

[P.40]



WINE MATURED UNDERGROUND?

Visit the Limousis cave and the giant chasm of Cabrespine and go home with some rather unusual wines matured at a constant temperature of 14°C!

📍 **LIMOUSIS and CABRESPINE**

[P.19, 46]



JOIN A WINE-GROWING WORKSHOP

After getting your palate accustomed by tasting two single-variety wines, armed with a graduated cylinder, you'll create your very own blend. Next, it's up to you to bottle your wine and add your customised label.

📍 Château Auzias **PENNAUTIER**

[P.40]

ALCOHOL ABUSE IS DANGEROUS FOR HEALTH. DRINK RESPONSIBLY.

Tasting our great wines

An invitation to explore our wine-tourism destination



AOC Languedoc

Nourished by the Mediterranean sun and the rich soils, the wines of Languedoc - red, white, rosé and sparkling - each have their own special character.

Extending across 245,000 hectares, the Languedoc Occitanie vineyard is one of the most vast

www.languedoc-aoc.com



AOC Cabardès

Grape varieties:

Grenache, Syrah, Merlot, Cabernet
Rich, dense flavour. Complex aromas of garrigue, spice and ripe berries with hints of liquorice.

www.aop-cabardès.fr

1 CHÂTEAU AUZIAS

✦ Original Wine Tour, wine-making workshop

[P.50]

Domaine de Paretlongue

PENNAUTIER

☎ +33 6 08 09 03 55

2 CHÂTEAU DE PENNAUTIER WINE CELLAR LONGERIL WINES

✦ Wine-tasting workshops, vineyard picnics

PENNAUTIER

☎ +33 4 68 25 63 48

3 DOMAINE LA MIJANE

✦ On the banks of the canal du Midi

Carrefour de Bezons

Route de Caunes

VILLEMUSTAUSOU

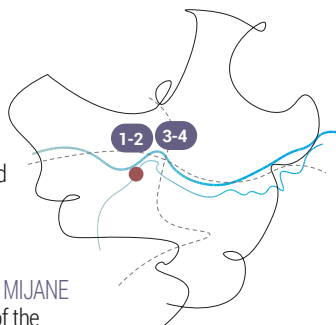
☎ +33 4 68 10 99 71

4 LE DOMAINE DE BRAU

✦ Geo walk in the vineyards ; lodges.

VILLEMUSTAUSOU

☎ +33 4 68 13 01 41



AOC Corbières

Grape varieties:

Carignan, Syrah, Grenache Noir, Mourvèdre, Cinsault
Elegant, fleshy red wines with hints of red fruit, spice, pepper and liquorice. Fresh and fruity rosé wines. Full, well-balanced white wines with aromas of exotic fruit and white blossom.

www.20decorbières.com

1 CHÂTEAU FONTENELLES

✦ «Made in Douzens» encounters with the winegrowers
78 avenue des Corbières

DOUZENS

☎ +33 6 11 02 48 41

2 DOMAINE PY

✦ «Made in Douzens» encounters with the winegrowers
114 avenue des Corbières

DOUZENS

☎ +33 6 07 45 49 63

3 DOMAINE SAINTE MARIE DES CROZES

✦ «Made in Douzens» encounters with the winegrowers
50 avenue des Corbières

DOUZENS

☎ +33 6 59 00 67 90

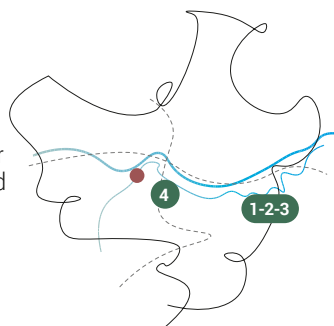
4 DOMAINE CALMEL ET JOSEPH

✦ Gîtes. Honey and olive oil production.

Ch. de la Madone

MONTIRAT

☎ +33 4 68 72 09 88





AOC Malepère

Grape varieties:

Carignan, Syrah, Grenache Noir, Mourvèdre, Cinsault Rich, powerful red wines with aromas of red berries evolving into fruit compote and woody notes. Full, lively rosé wines with notes of citrus fruits or redcurrants.

www.vins-malepere.com

1 DOMAINE ROSE ET PAUL

✦ Les jeudis en Malepère event
Chemin de la Malepère
ARZENS
☎ +33 6 03 92 91 11

2 LES VIGNOBLES DE VENDEOLE

✦ Cooperative cellar, shop
ARZENS ROUTIER
☎ +33 4 68 76 71 76

3 CHATEAU DE CAUX

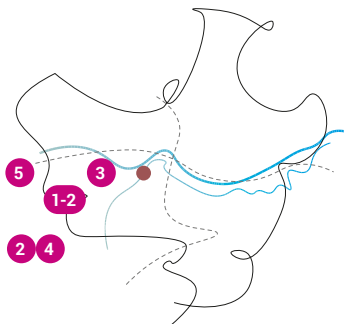
✦ A vineyard walk followed by wine tasting on the banks of the canal du Midi.
✦ Les jeudis en Malepère event
CAUX ET SAUZENS
☎ +33 4 68 26 97 39

4 CHATEAU GUILHEM

✦ Accommodation and vineyard picnics
7 avenue de la promenade
✦ Les jeudis en Malepère event
MALVIES
☎ +33 4 68 31 14 41

5 LES CÈDRES DE ROBERT

✦ Les jeudis en Malepère event
Chemin de Robert
VILLESISCLE
☎ +33 4 68 78 43 63



AOC Minervois

Grape varieties:

Carignan, Grenache, Syrah, Lourdèbre, Iladonner Pelut, Cinsault, Picpoul, Terret, Aspiran for the rosé and red wines. Bourboulenc, Maccabeu, Marsanne, Roussanne and Vermentino for the whites.

www.leminervois.com

1 CHÂTEAU DE L'AMIRAL

✦ Vineyard walks, oenology workshops and mini farm.
14 avenue de l'Amiral Gayde
AIGUES-VIVES
☎ +33 6 83 51 68 88

3 CHÂTEAU DU DONJON

✦ Picturesque 13th-century keep.
2 allée Galinière
BAGNOLES
☎ +33 4 68 77 18 33

2 CHÂTEAU GUERY

4 avenue du Minervois
AZILLE
☎ +33 6 75 74 33 45

4 CHATEAU ARMORIA

LAURE MINERVOIS
☎ +33 6 10 25 12 01

5 CHÂTEAU SAINT-JACQUES D'ALBAS

✦ Accommodation / Concerts.
Le Bas
LAURE-MINERVOIS
☎ +33 4 68 78 24 82

6 DOMAINE FONTAILLE HAUT

✦ Tours and tasting. Bike rides in the vineyard (prior booking compulsory), Fontaille le Haut
LAURE-MINERVOIS
☎ +33 6 78 74 18 65

7 DOMAINE VILLEPEYROUX-FOREST

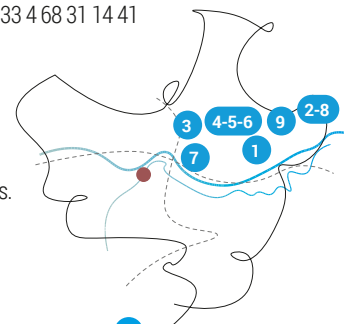
✦ Hameau de Villepeyroux
MALVES-EN-MINERVOIS
☎ +33 6 85 30 85 40

8 LES CÔTEAUX DU MINERVOIS

Wine cooperative
Avenue des Cathares
PÉPIEUX
☎ +33 4 68 91 41 04

9 DOMAINE DES HOMES

✦ On the edge of Estagnol wild life reserve
Route de Puichéric
RIEUX-MINERVOIS
☎ +33 4 68 78 10 51





IGP Cite de Carcassonne

Typical and authentic wines with fruity flavours. Cabernet, Sauvignon, Cot, Merlot, Pinot noir and Syrah for the red wines.

Bourboulenc, Carignan, Chardonnay, Chasan, Chenin blanc and Clairette for the whites.

www.vins-citedecarcassonne.com

1 LE COMPTOIR DE LA CITÉ FONCALIEU

✦ Afterwork sessions, tasting workshops
Avenue Général Leclerc
CARCASSONNE

☎ +33 4 49 03 01 30

1 DOMAINE LYCÉE CHARLEMAGNE

✦ View of the Citadel, local products, tours with commentary, art
Route de St-Hilaire
CARCASSONNE

☎ +33 6 74 63 39 10

1 LES VIGNOBLES DE CARSAC

✦ Wine cooperative
380 allée du Vendémiaire
CAVANAC

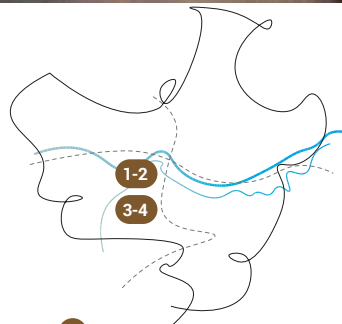
☎ +33 4 68 79 61 18

1 DOMAINE ST-MARTIN

✦ Olive oils

LEUC

☎ +33 4 68 79 82 77



● IGP Côteaux de Minervois

● IGP Côteaux de Peyriac

● IGP Aude Val de Dagne

● IGP Aude Côtes de Lastours

● IGP Aude Côtes de Prouilhe

All tasting cellars accredited by: ALCOHOL ABUSE IS DANGEROUS FOR HEALTH. DRINK RESPONSIBLY.

More than Di...Vine !

Vineyard walks,
Masterclass...



Biking, visits, stays, tasting, walks, exhibitions, masterclasses

SINCE 2015
BY

Grand Carcassonne
Aude • Pays Cathare • Occitanie

carcassonne
agglo



SCAN FOR COMPLETE
SCHEDULE

ALCOHOL ABUSE IS DANGEROUS FOR HEALTH. PLEASE DRINK RESPONSIBLY

Market days

weekly

Monday

**CASTELNAUDARY,
MIREPOIX,
MONTOLIEU** (Les Ares verts: 5-7pm)

Tuesday

CARCASSONNE
(smaller than the Saturday market)
**CAUNES-MINERVOIS,
RIEUX-MINERVOIS,
MONTLAUR** (at 5pm),
OLONZAC

Wednesday

**LA REDORTE,
LAURE-MINERVOIS,
RUSTIQUES,
VILLENEUVE-MINERVOIS,**

Thursday

**ALZONNE,
CAUNES-MINERVOIS,
CARCASSONNE**
(smaller than the Saturday market),
**MIREPOIX,
RIEUX-MINERVOIS**

Friday

**AZILLE,
MONTOLIEU**
(Domaine de Peyremale: 9-12am)

Saturday

ARAGON (In summer - Espace Collin'),
**CARCASSONNE
CAUNES-MINERVOIS,
RIEUX-MINERVOIS,
REVEL, COMIGNE**

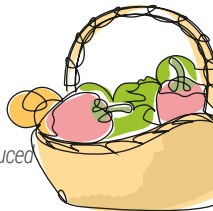
Sunday

TRÈBES
Canal du Midi port,
**CONQUES-SUR-ORBIEL,
ST-CHINIAN**

Recommended for

*Locavores**

*Locavore: Person who consumes only local products produced within a short distance of their home.



Spring

Fête de l'asperge, asparagus festival, May in Alzonne

Fête de la cerise, cherry festival, June in Trausse-Minervois.

Goût de France, French food festival in Grand Carcassonne.



Summer

Truffes & Terroir, truffle & local produce festival, end June in Roullens

Fête du Melon, melon festival, end of July in Pezens

Local farmers' markets and farmers' villages



Autumn

Fête de l'oignon doux, onion festival, early September in Citou.

Foire du vin, de la pomme et du riz, wine, apple and rice fair, October in Aigues-Vives-d'Aude.

Fête de la châtaigne, chestnut festival, end of October in Castans



Winter

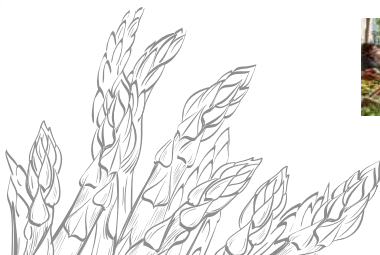
Foires au gras, poultry fairs, December in Rieux-Minervois and Carcassonne.

Marchés aux truffes, truffle markets, December, January and February in Villeneuve-Minervois and Moussoulens



Farm shops
and produce packs

[P.45]



Ingredients for a good cassoulet

- * **The cassole**, a terracotta dish made in Castelnaudary, with a tronconical shape for better heat distribution.
- * **Lingot beans**: A type of haricot bean grown only in the Lauragais region.
- * For the **meat**: pork rind, duck or pork or duck-leg confit.
- * In the traditional Carcassonne cassoulet a piece of French **partridge** is added.
- * The **slow-cooking method** preferably on the hob, frequently stirring to break the skin
- * At the end of the cooking time it should be delicately served while **bubbling hot**.
- * It is accompanied by a **red wine** from the Corbières, Minervois, Cabardès or Malepère vineyards. Not forgetting a delicious country **loaf**... to mop up the sauce, naturally.



***"To cook good food
requires excellent ingredients",***
as Prosper Montagné said



LES COMPAGNONS DE PROSPER MONTAGNÉ [P.55]

This brotherhood is united in the aim of keeping alive the memory and principles of this great local man, a master chef and author of the very first Larousse encyclopaedia of gastronomy.

As epicureans down to the core, they are proud defenders of French cuisine! A celebration of food for catering professions and restaurant owners.



Cabanel, an institution

An unusual shop and workshop with ancient copper stills, magnificent vats, a labelling machine, a corking machine and other reminders of ancestral expertise.

Jean-Marc Gazel and his sister represent the 4th generation to perpetuate the distilling trade by making aperitifs and liqueurs based on wines, spirits and plants.

Or-kina, La Micheline "the Citadel of Carcassonne liqueur" and the drink that has been in great demand lately: crème de menthe, crème de citron, crème de mandarine, etc.



Local produce

FARM SHOPS

DRIVE FERMIER AUDOIS

Place your order by 2pm on Monday and collect your farm produce On Tuesday in **CARCASSONNE** or **PENNAUTIER**

TOUTOPRÉ

Order between Friday evening and Monday evening. Delivery to a pick-up point On Thursdays in **ST-MARTIN-LE-VIEIL, VILLARDONNEL, VILLEGAILHENC, VENTENAC CABARDÈS AND CARCASSONNE**

DOMAINE PEYREMALE

Organic vegetables and cheeses every Friday from 10am to 12am Route de Saissac in **MONTOLIEU**

LES ARES VERTS

Sale of organic vegetables every Monday from 5pm to 8pm Route de Carcassonne in **MONTOLIEU** Every Tuesday evening from 4pm to 7pm at the carshare car park **TREBES**

MURIEL VAYRE

Farm shop on the plain Fridays from 4pm to 7pm in **MAYREVIEILLE**

DONA CARCAS

Shop pick-up point **PEYRIAC-MINERVOIS**

LES JARDINS DE ST PIERRE, VILLEMOSTAUSSOU (Villalier road)

24/7 ORGANIC VEG OUTLET

DOMAINE PEYREMALE MONTOLIEU in the village

LES ARES VERTS MONTOLIEU

DOMAINE DE FESTES MOUSSOULENS

CARCASSONNE FOOD TOURS

Enjoy a unique culinary experience when you choose a guided Market Tour, a Carcassonne Gourmet Tour, or a Vineyard Tour by bike ☎ +33 6 03 89 44 00

COCOA AND GRAPES

Chocolate & Wine Tasting Food Tour of Carcassonne **CARCASSONNE** ☎ +33 7 50 94 10 26

VIN EN VACANCES CAUNES-MINERVOIS

☎ +33 6 42 33 34 09

TASTE DU LANGUEDOC WINE TOURS AZILLE

☎ +33 6 50 12 59 98

COOKERY CLASSES

LES MARMITES DE NATHALIE Inventive cookery lessons based on organic products and local ingredients, with Nathalie Nahourm. In **MONTOLIEU** and at home ☎ +33 6 30 26 81 63

LA TABLE D'ÉMILIE

Fresh seasonal produce, cookery lessons in which you'll prepare a meal and sample your results along with a glass of local wine. **CAUNES-MINERVOIS** ☎ +33 4 68 78 70 10

Bienvenue à la ferme



Pioneering the principle of **local distribution channels** and farm shops, **more than 30 years ago** these farmers created the brand "**Bienvenue à la ferme**" ("welcome to the farm") as a means of recognition of the quality of their produce.

Wherever you see this sign, don't hesitate to visit for high-quality products straight from the farm. Look out for the little flower displayed by member farms.



MARIONS LES CHOCOLATS

Ateliers chocolats

PENNAUTIER

☎ +33 6 15 47 62 12

LOCAL PRODUCE SHOPS

LE DRUIDE D'ARAGON GROCERY

ARAGON

☎ +33 4 68 26 12 39

LA FERME

CARCASSONNE

☎ +33 4 68 25 02 15

BERGÉ FRÈRES PRODUCERS'

GROCERY

CARCASSONNE

☎ +33 4 68 47 68 77

CHEZ JULIEN

CARCASSONNE

☎ +33 4 68 26 34 32

LA BORIETA

FARM BOUTIQUE

CARCASSONNE

☎ +33 4 68 25 86 65

LES FRERES POPOTE

Delivery of ready-to-cook recipe packs in Aude. Local groceries, wine shop and local products.

CARCASSONNE

☎ +33 6 26 63 11 04

LES FERMERS OCCITANS

CARCASSONNE

☎ +33 4 68 77 58 96

LE COMPTOIR DE LA CITE

CARCASSONNE

☎ +33 4 49 03 01 30

L'OENOLOGUE FROMAGER

CARCASSONNE

☎ 04 34 42 25 75

BEL AIR DISTILLERY

CASTELNAUDARY

☎ +33 4 22 84 02 00

GRANHOTA, VINAIGER WORKSHOP

COURSAN

☎ +33 6 32 92 62 20

LE PANIER DE CAROLE

LAVALETTE

☎ +33 4 68 26 95 11

LE SPOT

LA REDORTE

☎ +33 6 95 06 93 21

L'ABEILLE NOIRE

MONTOLIEU

☎ +33 6 75 12 53 37

LE CELLIER DES VIGNERONS DE LA

VOIE ROMAINE

PEZENS

☎ +33 4 68 24 90 64

DONA CARCAS

PEYRIAC-MINERVOIS

☎ +33 6 70 61 51 32

CONFITURERIE DE L'ECLUSE

TREBES

☎ +33 6 20 62 10 22

DOMAINE DES PÈRES

TREBES

☎ +33 6 75 99 01 68



THE TRUFFLE CENTRE BOUTIQUE

VILLENEUVE-MINERVOIS

☎ +33 4 68 72 35 47



LE SULLY GROCERY

VILLESEQUELANDE

☎ +33 9 66 91 05 14

The producers, chocolate-makers, butchers, bakers and pastry makers of Cathar Country can be found on <https://www.grand-carcassonne-tourisme.fr/votre-sejour/savourer-boire-et-cuisiner-local/producteurs-locaux>



Truffle house museum



Malves menhir



Epok'tour



Church of Raissac sur Lampy

Heritage sites

ABBEYS & CHURCHES

CHURCH WITH PAINTED WOOD

FEATURES

ARAGON

SAINT-JULIEN & SAINTE-BASILISSE
CHURCH

AZILLE

ABBEY OF CAUNES-MINERVOIS

[P:19]

Adults: €6
Children: €2.50



NOTRE DAME DU CROS CHAPEL

CAUNES-MINERVOIS

SAINT-JEAN CHAPEL

CITOU

NOTRE DAME DE LA NATIVITÉ
CHURCH

(Art Deco)

LESPINASSIERE

SAINT-ANDRÉ CHURCH

MONTOLIEU

MADELAINE CHAPEL

PEZENS

SAINT-MICHEL CHURCH

"Volutisme" fresco by painter
Harillo

RAISSAC SUR LAMPY

HEPTAGONAL CHURCH

RIEUX-MINERVOIS [P:19]

Free roam €2
Guided tour €3
Free for children

ABBEY OF VILLELONGUE

SAINT-MARTIN-LE-VEIL [P:15, 16]

Adults: €6
Children: €1



SAINT-ETIENNE CHURCH

TRÈBES

Open for Sunday morning mass

CANAL DU MIDI BOAT CRUISES

LES BATEAUX HELIOS ET LOU
GABARET

CARCASSONNE

1h45 or 2h30.

Adults: from €7 to €12.50
Children: from €6 to €7.50
+33 6 80 47 54 33

BATEAU LE COCOGNE

CARCASSONNE

1h15 or 2h

Adults: from €8 to €10
under 13s: from €6 to €8
+33 6 50 40 78 50

CAPITELLES(DRYSTONE CABINS)

VILLENEUVE-MINERVOIS

/ ARAGON / MONTOLIEU /

VILLEGLY. LAURE-MINERVOIS /

CONQUES-SUR-ORBIEL

For hikers to see [P:34, 35]

RED MARBLE QUARRIES

CAUNES MINERVOIS

Guided walks (safari)

Contributions welcome
Tourist Office contact
+33 4 68 76 34 74.

DOLMENS & MENHIRS

MENHIRS

MALVES AND RIEUX EN VAL

DOLMEN DE

LA MADELEINE D'ALBESSE

MONZE

DOLMEN DES FADES

PÉPIEUX

DOLMEN DU PALET DE ROLAND

VILLENEUVE-MINERVOIS

Tomb of Roland and dolmen of
Roque Traucado

CHÂTEAUX & CASTLES

MEDIEVAL CITADEL AND COUNTS'

CASTLE OF CARCASSONNE [P:10]

under 26s: free
over 26s: from €9.50



CHÂTEAU DE PENNAUTIER

[P:15 & 52]

Book ahead for a guided tour of
the château: €10

CASTLES OF CATHAR COUNTRY

The 4 castles of **LASTOURS**

Adults: €8
Children: €3.50 to €5
Access to panoramic viewpoint: €3

SAISSAC CASTLE

Adults: €5
Children: €3



CAVE & CHASM [P:19]

GIANT CHASM OF CABRESPINE

Adults: €14.90
Children: from €8.60



LIMOUSIS CAVE

Adults €10.90
Children from €6.90



MILLS

PAPER MILL

BROUSSES-ET-VILLARET [P.22]

Adults: €10.50
Children: €6

WINDMILL

VILLEGLY

MUSEUMS - COLLECTIONS

ECO-MUSEUM OF MARBLE & SOILS

CAUNES-MINERVOIS

Adults: €4
Children: €1
+33 4 68 78 09 44

LA MARBRERIE

CAUNES-MINERVOIS

+33 4 68 79 28 74

MUSEUM OF BOOK ARTS & PROFESSIONS [P.12]

MONTOLIEU

Adults: €5
Children: €3.50



MUSEUM OF FOSSILS AND MINERALS

PÉPIEUX

+33 6 68 75 90 84

JEAN NICLOUX ARCHAEOLOGY MUSEUM

RUSTIQUES

COOP ART - LA MARGE [P.21]

SERVIES-EN-VAL

€5

CLAUDE JOURNET MUSEUM

VILLARZEL-CABARDÈS

+33 4 68 77 17 36

TRUFFLE HOUSE MUSEUM [P.19]

VILLENEUVE-MINERVOIS

Adults: €7.50
Children: €4.50



PALAEONTOLOGY/PREHISTORY MUSEUM

VILLENEUVE-MINERVOIS

+33 4 68 26 12 14

KNIGHTS MUSEUM

VILLESÈQUELANDE

Adults: €6
Children: €4



MUSEUMS OF CARCASSONNE

SCHOOL MUSEUM - THE CITADEL

Adults: €4
Children: €3
+33 4 68 25 95 14



INQUISITION MUSEUM IN THE CITADEL

Adults: €10.50 - Children: €7.50
Students: €9.50
+33 6 03 84 13 86



FINE ARTS MUSEUM

Free admission
+33 4 68 77 73 70



MEMORIAL HOUSE AND JOË BOUSQUET CHAMBER

Free admission
+33 4 68 72 45 55

TOURS

CITADEL TRAIN

Children €4 to €6
Adults €7
+33 6 08 43 88 06



RTCA TOURIST TRAIN

One way ticket €4
Return ticket 6€
+33 4 68 47 82 22

GUIDED TOURS

Association of Cathar Country tour guides

www.guidespayscathare.com

CARCASSONNE TOURS

Group of 4 tourist guides, costumed tours, quirky tours, night tours, private tours by vehicle

From €15
+33 6 15 56 53 38

EPOK TOUR

1½-hour costumed tour
Minimum 6 participants

CITADEL OF CARCASSONNE

From €5 to €15
+33 7 66 10 57 96

FABIENNE CALVAYRAC

+33 6 88 17 11 31

TOURIST OFFICE GROUP TOURS SERVICE

+33 4 68 78 89 50

HISTORIC VILLAGE TRAILS

CAUNES-MINERVOIS [P.16]

FLOURE

History tour QR code
+33 4 68 79 12 05

MONTOLIEU [P.12]

SAINT-MARTIN-LE-VIEIL

Trail to visit Les Cruzels, the keep, the corner tower and the castle's curtain wall and gardens of medieval inspiration.

PENNAUTIER

History trail
+33 4 68 25 35 79

RUSTIQUES

Waymarked history trail with commentary, medieval garden, archaeology museum. Every Tuesday and Friday from June to September.

+33 6 86 11 64 69

RIEUX MINERVOIS

Great idea

Request your
RED GUIDE by TPPO
(Tourisme Pays Occitan)



Opening hours

PRACTICAL INFO

Sites	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec		
Counts' castle Citadel of Carcassonne	9.30am - 5pm Closed on 1 st January			10am - 6.30pm - Closed on 1 st May						9.30am - 5pm Closed on 25 th December				
Caunes-Minervois Abbey	Closed	10am - 12 noon / 2pm - 5pm Closed on 1 st , 2nd & 3 rd February		10am - 12 noon / 2pm - 6pm		10am - 6pm	10am - 7pm		10am - 6pm	10am - 12 noon 2pm - 6pm	10am - 12 noon / 2pm - 5pm Closed on 24 th , 25 th , 26 th , 30 th & 31 st December			
Marble quarry safaris	Closed			Every wednesdays (9am) and sundays (9am) by reservation							Closed			
Museum marbre et terroir	Closed					Saturdays and Sundays 2pm-6pm	2pm - 6pm		Saturdays and Sundays 2pm-6pm	Closed				
Giant Chasm of Cabrespine	Closed	2.30pm - 5.30pm		10am - 12.30pm / 2pm - 5.30pm			10am - 6pm		10am - 12.30pm / 2pm - 5.30pm		2pm - 5.30pm Closed from 10 th December			
Limousis Cave	Closed		2.30pm - 4.30pm	10.30am - 12.30pm / 2pm - 5.30pm			10am - 6pm		10.30am - 12.30pm 2pm - 5.30pm	Oct: 10.30am - 5.30pm 1 st Nov > 11 th Nov: 2pm - 5.30pm Guided tours: 2.30pm/4.30pm		Closed		
Church of Rieux-Minervois	Closed				Tuesday to Saturday 10am - 12.30pm / 1.30pm - 6pm. Sundays for groups by appointment only						Closed			
Truffle Centre Villeneuve-Minervois	Monday to Saturday: From 10am to 12 noon - From 2pm to 6pm			From 10am to 12.30pm - From 2pm to 6.30pm			From 10am to 1pm - From 2pm to 7pm		From 10am to 12.30pm From 2pm to 6.30pm		Monday to Saturday: From 10am to 12 noon - From 2pm to 6pm			
Castles of Lastours	Closed	9.30am - 5pm		9am - 6pm			9am - 8pm		9am - 6pm	Daily 9.30am - 5pm		10am - 5pm - 2nd to 10 th Dec: plus Sat. & Sun. Closed on 25 th December		
Abbey of Villelongue Saint-Martin le Vieil	Closed			Wednesday to Sunday 2pm to 6pm. Saturday: closure possible at 4pm Please enquire,			2pm - 6.30pm daily Saturday closure possible at 4pm: please enquire		Wed to Sun 2pm to 6pm. Sat. closure possible at 4pm - please enquire.	Closed				
Museum of literature and graphic arts Montlieu	Tuesday to Sunday 2pm - 5pm Closed on monday			Tuesday to Friday 10am to 12 noon and 2pm to 6pm Saturdays & Sundays 2pm to 6pm Closed on monday						Tuesday to Sunday 2pm - 5pm Closed on monday				
Céres Franco Museum and Cooperative Montlieu	Closed for renovation works													
Saissac Castle	Closed	10am - 5pm weekends, bank holidays and school holidays		10am - 6pm			9am - 8pm		10am - 6pm	10am - 5pm	10am - 5pm weekends, bank holidays and school holidays			
Brousses paper mill.	Saturdays, Sundays, bank holidays and school holidays and from Monday to Friday by reservation. Guided tours at 11am, 2.30pm, 3.30pm & 4.30pm		10am - 12 noon / 2pm - 6pm Guided tours from Monday to Friday at 11am and 3.30pm, and on Saturdays, Sundays, bank holidays and daily during school holidays at 11am, 2.30pm, 3.30pm & 4.30pm					10am - 7pm Guided tours at 11am, 12 noon, 2pm, 3pm, 4pm, 5pm & 6pm.		10am - 12 noon / 2pm - 6pm Guided tours from Monday to Friday at 11am and 3.30pm, and on Saturdays, Sundays, bank holidays and daily during school holidays at 11am, 2.30pm, 3.30pm & 4.30pm. In September Guided tours at 11am, 2.30pm, 3.30pm & 4.30pm		Saturdays, Sundays, bank holidays and school holidays and from Monday to Friday by reservation. Guided tours at 11am, 2.30pm, 3.30pm & 4.30pm		
Escaïre Figue cactus gardens Montlieu	Tuesday to Friday 2pm - 7pm Saturday & Sunday 8am - 7pm			Tuesday to Friday 2pm - 7pm Saturday & Sunday 8am - 7pm									Tuesday to Friday 2pm - 5pm Saturday & Sunday 8am - 7pm	
Knights museum Villesèquelande	Book ahead			From 10am to 12 noon and from 2pm to 6pm. From 2pm to 6pm on Sundays									Book ahead	
Château de Pennautier	Book ahead for groups of 8 people or more.					Individual tours from 1 st June to 15 th September on Wednesdays and Fridays at 11am. + By reservation for groups of 8 people or more.				Book ahead for groups of 8 people or more.				
Château de Pennautier gardens	UNGUIDED TOURS: Monday to Saturday from 10am to 5pm.			Monday to Sunday from 10am to 5pm									UNGUIDED TOURS: Monday to Saturday from 10am to 5pm.	
Lagrasse Abbey	10am - 5pm From 14 th January		10am - 6pm - until 16 th June			10am - 7pm from 17 th June to 12 th September			10am - 6pm from 3 rd Sep. to 31 st Oct.	10am - 5pm from 1 st Nov. to 17 th Dec.				



Art & creation

STREET ART IN THE CELLAR

📍 VILLESEQUELANDE

Avenue Marcellin Albert

A monumental fresco adorns the walls of the cooperative wine cellar.

1000 m² of walls support the works of street artists Arkane and Primal, assisted by No Luck (artists of the agency Line Up). An open-air museum!

OLD LOCK HOUSE

📍 VILLESEQUELANDE, ON THE CANAL DU MIDI

The Arts and Nature center offers exhibitions, a café, a bookshop area... You can access it on foot in 10 minutes, by an artistic trail. It is the result of a residency of three artists: Ursula Caruel, Anna Sarda and Marion de la Fontaine who in 2023 create installations with "the tree" in the spotlight.

Open from May to October



UNIQUE ART BETWEEN THE VATS

📍 RUE JOSEPH DELTEIL, SERVIES-EN-VAL

Artist Philippe Aini has brought his life, artworks and collections to a small village near Lagrasse where you can now find "Coop Art" La Marge 2, the art centre for self-learning in the village's former wine cellar. 1,000 m² devoted to raw art, "his utopia" as he calls it.

Open from June to October. [P21]

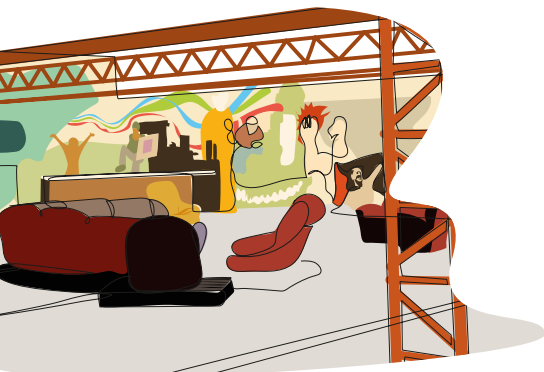
THE OLD FACTORY

📍 IMPASSE DE LA MANUFACTURE, MONTOLIEU

The machinery has yielded to arts, plants grow through the open windows, and trickling water can be heard along with birdsong... Welcome to the manufacture culture centre.

This venue featuring street art, photos, drawings, carvings, jewellery & sculptures oozes with creative energy... And to prolong the pleasure, you can dine and stay at the Apostrophe. [P15]

Opened from May to October





Muriel Gourdon Ceramics



Galleries, boutiques and studios

Artists & craftspeople

ALZONNE

**MURIEL GOURDON
CERAMICS**

Boutique & workshop,
classes and courses
☎+33 6 29 98 56 44

ARAGON

CREA LATINA

Knitting, crochet, sewing,
craft jewellery
☎+33 6 45 50 16 16

AZILLE

**METALLO TEXTILE ART
WORKSHOP**

Natalie Magnin et David
Vanorbeek
☎+33 6 17 77 17 58

JENNIFER DENNIS

Painter
☎+33 4 68 65 27 83

CARCASSONNE

**MAISON DES METIERS
D'ART DE LA CITE**

☎+33 6 09 20 69 71

OCCITAN WORKSHOP

Cabinet-making
☎+33 6 26 19 56 10

UPHOLSTERY ARTS

Upholsterer, decorator
and restorer
☎+33 6 21 71 19 65

PIERRE BIAU

Creation and restoration
of bronze and wood art
objects
☎+33 4 68 71 60 60

**LOUIS ALBERT
JEWELLERY**

☎+33 4 68 25 43 89

**ZARNO CLAY
MODELLING**

☎+33 6 84 91 93 18

TOILES DE LU

Paintings
☎+33 6 72 83 10 15

ZANDART

Painting
☎+33 6 41 91 02 66

CITE POTIERE

Craft potters community
☎+33 9 50 28 97 66

THE BOOK WORKSHOP

Workshops and courses
to introduce you to
bookmaking crafts and
techniques.
☎+33 4 68 11 20 50

CAUNES-MINERVOIS/ CARCASSONNE

MARBLE WORKSHOP

Thierry Auneau Sculptor
☎+33 6 79 63 74 03

CAUNES-MINERVOIS

**LE MONESTIER
WORKSHOP**

Bob Kimberley jewels
☎+33 6 24 00 88 99

LIONEL POSTAL

Pottery
☎+33 6 71 62 44 46

NELE BOUDRY STUDIO

Painter
☎+33 4 34 58 93 73

LA FORESTIERE

Photo gallery
☎+33 6 50 12 59 98

**LES TRAITS DU PAPIER -
ILLUSTRATOR**

Lessons and workshops
☎+33 6 80 72 60 87

ARTS TRAIL

"Parcours des arts"
in the summer - Map at
the tourist information
center

CITOU

BEATRICE SAINT-ANDRE

Paintings on canvas
or on red marble, art
lessons
☎+33 6 34 23 69 37

LA REDORTE

STUDIO 14

Art gallery, ceramics,
art and textile design
workshops
☎+33 6 17 40 40 63

SERGE LOUIS TUQUET

Painter
☎+33 6 80 61 46 32

LAURE-MINERVOIS

**SACRED ART & ICONS
STUDIO**

☎+33 6 27 75 51 69

LAVALETTE

OD/ARC EN CIEL

Illumination artist
☎+33 6 58 20 53 53

LES AIGUILLES D'ISA

Creator of bags from
recycled jeans and
textiles
☎+33 6 18 52 35 04

MAYRONNES

SCULPTURE GARDEN, GALLERY & STUDIO

Christian Jacques
☎ +33 6 72 67 21 84

JAN-BA STUDIO

Sculpture

☎ +33 4 68 43 12 37

MONTOLIEU

GAELE FERRADINI STUDIO & GALLERY

Drawings, linocuts and
serigraphs
☎ +33 6 16 73 58 11

JEAN-YVES LE BRETON STUDIO & GALLERY

Painter
☎ +33 6 81 71 54 54

AIMETTI STUDIO & GALLERY

Painter
☎ +33 6 51 37 45 58

HARILLO ART STUDIO

Contemporary paintings
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LAULEC

Drawing, illustration
☎ +33 6 25 82 58 55

CHRIS & FRANCIS STUDIO

Painter & sculptor,
photographer
☎ +33 6 07 26 40 86

C L'ENDROIT

Boutique selling ceramics,
sculptures, paintings,
illustrations, textile
creations
☎ +33 6 95 76 99 01

POTERIE DE LA BASCULE

Pottery
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IL ÉTAT UNE FOIS... WORKSHOP & BOUTIQUE

Interior deco
☎ +33 6 09 15 04 80

LABEL BLEU JEWELS WORKSHOP

☎ +33 6 82 51 32 53

LA TOUR STUDIO ROBERT BLASS

Painting, drawing
☎ +33 6 82 51 32 53

CLASSES AT THE MUSEUM OF BOOK ARTS AND PROFESSIONS

Educational graphic arts
workshops
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ILLUSTRATION / COMIC STRIP DRAWING

Workshops with illustrator
Nathalie Louveau
☎ +33 6 81 17 20 90

CARICATURE

Workshops with Laurent
Malard
☎ +33 6 89 38 56 88

PHOTOGRAPHY WALKS FOR BEGINNERS

☎ +33 6 30 26 81 63

GRANDE OURSE GALLERY

Paintings, drawings
☎ +33 6 76 10 86 50

AU COIN DE LA RUE: MARTINE SEGALA

Drawing, sculpture
& GENEVIEVE GOURVIL
STUDIO & GALLERY
Painting, engraving
☎ +33 6 89 73 78 77

SACANAGEM STUDIO

Creative board games,
comic strips
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L'ENVOI ARTISTIQUE CULTURE CENTRE

Art galleries and
temporary exhibitions
☎ +33 6 41 54 34 83

LA COMPAGNIE DES VOYAGEURS

Photographs
☎ +33 6 72 43 65 49

AND CREATIVE PICTURES

☎ +33 6 95 34 63 33

PALAJA

DECI DE L'ART

Nicole Gleizes
Artist
☎ +33 6 25 56 32 13

JOEL PORTA

Contemporary painter
☎ +33 4 68 79 65 16

PENNAUTIER

POLI ART & DESIGN MULTIPLEX GALLERY [P.50]

Creators
☎ +33 6 07 82 01 32

PUICHERIC

AUX SENS DU BOIS
Carpenter, cabinetmaker
☎ +33 6 11 87 83 62

JOEL BARTHES

Sculptor & Creator
☎ +33 4 68 43 74 91

HERMOSO ARTS & CRAFTS

Painting, renovation,
upholstery
☎ +33 6 12 69 35 97

GEORGETTE VERGNES

Gilding
☎ +33 6 80 21 52 12

RAISSAC-SUR-LAMPY

CATHERINE'S WORKSHOP
Needlework and knitting
☎ +33 6 87 23 10 08

RUSTIQUES

VG VITRAUX
stained-glass windows,
19 avenue de l'Europe
☎ +33 6 47 00 91 68

SAINT-FRICHOUX

ARLETTE MOUTON
Painter & sculptor
☎ +33 6 48 07 56 52

TREBES

L'ART ET LA MANIERE

Paintings
☎ +33 6 51 55 78 05

VAL-DE-DAGNE

L'AGE DE PIERRE STUDIO

Sculpture
☎ +33 4 68 78 43 64

VENTENAC-CABARDES

EDITIONS DU CABARDES
Publication of illustrated
books and games
☎ +33 4 68 24 96 81

VILLEGAILHENC

MATOM
Workshop & boutique
Creation of furniture and
designer items
☎ +33 6 19 73 01 86

VILLENEUVE-MINERVOIS

GINÈS AZNAR
Wrought ironwork
☎ +33 6 30 47 60 28

VILLESEQUELANDE

ARTS AND NATURE
CENTRE
Exhibitions, workshops
Caux et Sauzens Lock
house

Carpark at 1.5 km "espace
Michel Escande"
☎ +33 6 88 64 12 38





Highlights of the year

Spring

MARCH

 TRUFFLES & HERITAGE FESTIVAL
CABRESPINE, VILLENEUVE, TRASSANEL

 SPRING MUSIC FESTIVAL
ALAIRAC

APRIL

OLD AND SECOND-HAND BOOK FAIR
MONTOLIEU (Easter)

 ARGENT DOUBLE TRAIL RACE
CAUNES-MINERVOIS

WORLD ART DAYS
MONTOLIEU

EASTER EGG HUNT
CHÂTEAU DE PENNAUTIER

MAY

 ASPARAGUS FESTIVAL
ALZONNE

 MONTAGNE NOIRE FESTIRANDO
HIKING & MOUNTAIN-BIKING FESTIVAL

Summer

JUNE

LES ESTIVALES DE LA MALEPÈRE
CONFERENCES
ARZENS

LES MOUSTOUSSADES
BANDAS (BRASS BANDS) FESTIVAL
VILLEMOUSTAUSOU

 TRUFFLE MARKET
ROULLENS

 CAP NORE - MTB
VILLEGLY

 CHERRY FESTIVAL
TRAUSSE-MINERVOIS

CACTUS FAIR
MONTOLIEU

FARM FESTIVAL
VAL DE DAGNE

ALL SUMMER LONG
 LOCAL FARMERS' MARKET
SEVERAL VILLAGES

NIGHT MARKETS
TRÈBES

 VILLENEUVE-MINERVOIS
TUESDAYS
VILLENEUVE-MINERVOIS

 LA REDORTE THURSDAYS
LA REDORTE

 CONCERTS AT VILLELONGUE
ABBEY
VILLELONGUE

 LES VENTS D'ANGES ORGAN
FESTIVAL
CARCASSONNE

 LES ESTIVALES DE RUSSOL
LAURE MINERVOIS

 MONTAGNE NOIRE GUITAR
FESTIVAL
MONTAGNE NOIRE

VINEYARD WALKS
SEVERAL VILLAGES

MALEPÈRE THURSDAYS
VILLAGES OF MALEPÈRE

 JAZZ FESTIVAL AT LA
MANUFACTURE
MONTOLIEU

SOUND & LIGHT SHOW
IN THE CITADEL
CARCASSONNE



Key

 Music |  Sport |  Local produce |  Theater

JULY

🎵 CONVIVENCIA
CANAL DU MIDI

🎵 FESTIVAL OF CARCASSONNE
CARCASSONNE

🏰 TREASURES OF ALARIC
CAPENDU

MELON FESTIVAL
PEZENS

THE CITADEL ABLAZE WITH THE 14TH
JULY FIREWORKS
CARCASSONNE

🎵 PAGES OF JAZZ FESTIVAL
MONTOLIEU

AUGUST

🎵 FESTIVAL OF CAUNES
CAUNES-MINERVOIS

AUDE ARTS FESTIVAL
MONTOLIEU

🎵 ROQUEFERE JAZZ FESTIVAL
ROQUEFERE

FERIA
CARCASSONNE

Autumn

SEPTEMBER

MARBLE WEEK
CAUNES-MINERVOIS

MEDIEVAL FESTIVAL
VILLESÈQUELANDE

🏰 TASTES IN MINERVOIS
TOURING EVENT

SWEET ONION FESTIVAL
CITOU

OCTOBER

• THE FASCINATING
"VIGNOBLES & DÉCOUVERTES"
WEEKEND

• GRAPE HARVEST FESTIVAL,
• NOUVEAU WINE EVENINGS

SEVERAL VILLAGES

🏰 CHESTNUT FESTIVAL
CASTANS

🏰 WINE, APPLE AND RICE FAIR
AIGUES-VIVES

🎭 LE CHOUETTE FESTIVAL
RIEUX-MINERVOIS

FARM FESTIVAL
MONTAGNE NOIRE

Winter

ALL WINTER LONG

🏰 TRUFFLE MARKETS AND
PRODUCTS OF AUDE
VILLENUEVE-MINERVOIS,
MOUSSOULENS

DECEMBER
CHRISTMAS MAGIC
CARCASSONNE

🏰 POULTRY MARKET
CARCASSONNE

POULTRY FAIR
RIEUX MINERVOIS

JANUARY

🏰 TRUFFLE AND WINE FESTIVAL
AMPÉLOFOLIES DU CABARDES
MOUSSOULENS

SAINT-VINCENT FESTIVAL
CARCASSONNE

INTERNATIONAL POLITICS MOVIE
FESTIVAL
CARCASSONNE

FEBRUARY

THE OCCITAN FORTNIGHT
FASETZ LA LENGA EN CABARDÈS
VILLAGES OF CABARDÈS

NIGHT OF THE TRUFFLE
VILLENUEVE-MINERVOIS



Find all the dates

on www.grand-carcassonne-tourisme.co.uk/your-holiday-with-us/events/



SAINT JACQUES MUSIQUES
LAURE MINERVOIS
THÉÂTRE DES 3 CONQUES
CONQUES SUR ORBIEL

THÉÂTRE NA LOBA
PENNAUTIER

THÉÂTRE DANS LES VIGNES
COUFFOULENS

L'ENVOIÉE
CARCASSONNE AGGLO

THÉÂTRE JEAN ALARY
CARCASSONNE
THEOPHANES
RIEUX-MINERVOIS

JAZZ AU CAVEAU
CAUNES-MINERVOIS

FEP D'ALZONNE
ALZONNE

Cultural seasons

GRAND-CARCASSONNE-TOURISME.CO.UK



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- ✦ Restaurants
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- ✦ Excursions, practical info...

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🔗 www.grand-carcassonne-tourisme.fr/todyslow



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Tell us about your stay,
give us your opinion by
scanning this QR Code



Good reasons *to come and see us*

Our Quality promise

✓ We offer a **warm, attentive and personalised welcome** all year round, thanks to our **multilingual** team of professional holiday advisers who are always ready to help and **happy to share with you their love for the region.**

Don't hesitate **to tell us about your experience**, whether it was perfect or could be improved.

We wish you a pleasant and helpful experience

✓ We offer **free Wifi** in our relaxation areas and **documentation** sections where you'll find brochures, magazines and event calendars.

✓ **Accredited by Accueil Vélo and Tourisme & Handicap**, our branches propose bike-friendly and disability-friendly facilities and services.

Finding the right info

✓ We know the region like the back of our hand and are here to **make your life easier on holiday.**

✓ We can help you to search and **make bookings for you** including last-minute requests for a taxi, accommodation, restaurants, activities, etc.

✓ We offer customised advice that truly meets your needs.



GRAND CARCASSONNE TOURIST OFFICE



Category II listing
contact@grand-carcassonne-tourisme.fr
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11000 CARCASSONNE
☎ +33 4 68 78 58 90



CABARDÈS

1 pl. Jean Guéhenno
11170 MONTOLIEU
☎ +33 4 68 24 80 80



CANAL DU MIDI

12 av. Pierre Curie
11800 TRÈBES
☎ +33 4 68 78 89 50



MINERVOIS

3 ruelle Monestier
11160 CAUNES-MINERVOIS
☎ +33 4 68 76 34 74

