CARCASSONNE - Unesco World Heritage Site -





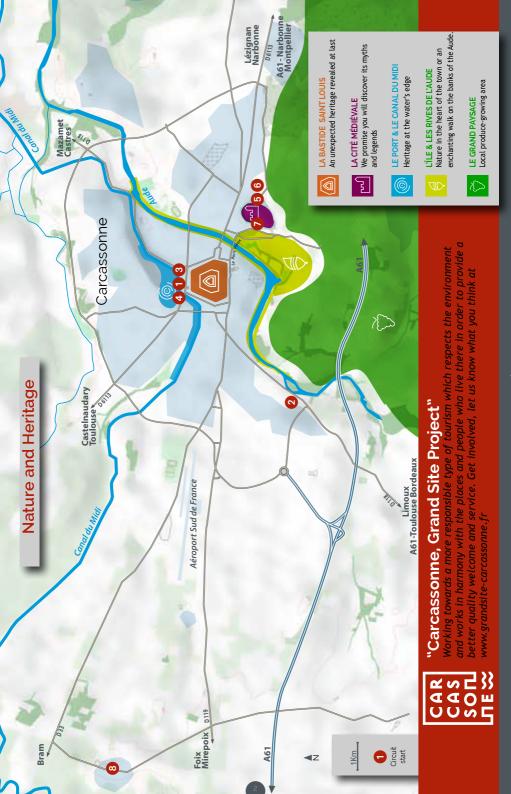












Walking Spirit!

The walking spirit in Carcassonne is the desire to discover the Medieval City, the Bastide Saint Louis, the landscape or the banks of the water in a different way: from the edge of the Canal du Midi, the Aude or the Lac de la Cavayère.

There's a lot to explore with your family and friends! The town and the surrounding area can be discovered through the hiking routes like the GR36, which joins the Bastide Saint Louis to the Lac de la Cavayère and passes by the Medieval City, or the GR78, which is the Piémont Pyrénéen route towards Saint-Jacques de Compostelle...

All you need are good shoes, water and...

From the Bastide to the Cité

...Voilà! Happy Hiking!

Dagge 1-6

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PRACTICAL INFO AND RECOMMENDATIONS

112 European emergency number

17 gendarmerie (police)

3250 : Météo France (weather)

15 : SAMU (ambulance)

18 pompiers (fire brigade)

+33 (0) 4 68 71 50 50 Taxi

Bike Hire:

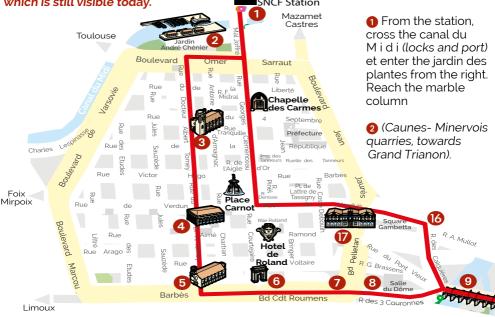
Evasion 2 roues - 85 allée d'Iéna : +33 (0)4 68 11 90 40

Génération VTT - Port du Canal du Midi: +33 (0)6 09 59 30 85

On towpaths, non-cycle paths or voie verte (green route), cycle traffic is, according to current regulations, subject to the authorisation of the VNF. Email your query to us.adve.dt-sud-ouest@vnf.fr



The crusade against Albi lead to the King of France's victory over the Viscount of Carcassonne. The city was then radically modified and the two districts, Saint-Vincent and Saint-Michel, which were at the foot of the ramparts, were destroyed. To rehouse the population, Saint Louis built a fortified town (ville neuve on the regular map), which is still visible today.



Follow rue Albert Tomey opposite. ③ Pass in front of Saint-Vincent church (xıv°), the Halle aux grains ④ the Saint-Michel cathedral ⑤ (xııı°-xıv°) and end up at promenade Barbès.

CIRCUIT INFORMATION

Distance : 5,5 km

Difficulty Level: Easy

Duration: 🗱 2 h
Start: SNCF station

Signage: 1 - 2 unsigned,

2 to 11 : ___

11 to 1 : unsigned.

Take a left, passing in front of the portail des Jacobins (xviiie) (3) (to the right, caserne Laperrine where the 3rd RPIMA is based). Go straight ahead to pass in front of the Montmorency bastion (xvie) (7). Cross and on the right there is the dome of the old hospital, (8) the rue des Trois Couronnes. (9) Cross the pont-Vieux over the Aude (Notre-Dame de la Santé chapel, xive).

(Notre-Dame de la Santé chapel, xive). After the bridge, turn right and follow the rue Barbacane to the Saint-Gimer church (built by Viollet-le-Duc). Pass this and work your way up the cobbled road which enters the Cité from the porte d'Aude (f).

From the Bastide to the City

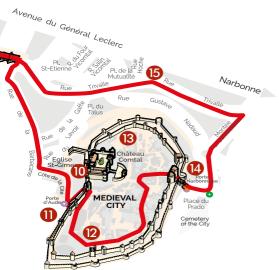




Enter the ramparts (first group of medieval fortifications in Europe. Some stretches of the galloroman wall from the IIIth century neighbour the fortifications of the XIIIth century). Viollet-le-Duc's restorations in particular (XIXth) support the summit of the buildings. Turn right and take in the Saint-Nazaire basilica (2) (XIIth-XIXth) remarkable stained-glass windows, one of the oldest gothic constructions south of the Loire. If you go left, follow the rue du Plô to the place Marcou, then go left towards the entrance to the Château comtal (3) (ancient residence of the Trencavel viscounts, largely reconstructed, HQ of the royal administration).

(2) Go down the rue Cros-Mayrevieille and exit the ramparts through the Porte Narbonnaise (tourist office in the left tower).

Go straight ahead, then descend left at the roundabout. Go down the monté Combéléran, then turn off to the left on rue Trivalle. Pass the maison de Montmorency, then the Notre-Dame de l'Abbaye church **6** and arrive back at the pont-Vieux **9**. Cross the Aude, take rue des Calquières on the right and go straight across the Square Gambetta **6**.



Follow rue de Verdun, pass the musée des Beaux-Arts (7), then take rue Courtejaire on the right. Walk through the place Carnot (8) (Neptune fountain), then go back up rue Clémenceau to get back to the station.

The ville basse or bastide Saint Louis.

The origin of the Bastide comes from the decision to construct a second town on the left bank of the Aude after the destruction of the neighbourhoods around the Cité between 1255 and 1260. The "bourg neuf"(new neighbourhood) created on royal order in 1247 is modelled on the fortified towns of the South West. On a given perimeter right-angled plots called "carrons" were designed. This space is dedicated not only to housing, but also to gardens and farming. The churches are situated on the same north-south axis and organised around a large central square which sometimes has covered market stalls where the daily market takes place, highlights economic role of this type of urbanisation.

Le Pont Vieux with its 14 stone arches was constructed in the xIVth century to link ville basse with ville haute.





From the Medieval City to the Bastide Saint-Louis, the banks of the Aude will seduce walkers in search of tranquillity and freshness. There are several kilometres of riverbank and a "parcours de santé" (fitness route) which will satisfy fitness fanatics.

LOOP 1: BOIS DE PIBOULETTE

Itinerary: follow the green arrown signs

From the carpark of the stade la plaine Mayrevielle, follow the green arrow signs towards the "Plaine Mayrevieille – Centre de Loisirs"; first, go along the stadium on your left and the river on your right, then the Centre de Loisirs building; At the fork, turn right; go along a playground. At the crossing, turn off left and walk the length of a low stone wall on your right. Return to the fork. Go straight ahead to return to the starting point.

As this circuit is very short, it can be combined with other loops.

CIRCUIT INFORMATION

Difficulty level: easy - **Start**: Plaine Mayrevieille

Loop 11: 2,2 km

: 8 km Duration: 50 10 mn, 11 40 mn Duration: 🐠 1h, 👯 3h15

Signage: La Piboulette Signage: Domec

Loop 2 : 7 km **Loop** 4 : 15 km

Duration: 5 1h15, **3** 4h15 Signage: La Fageole

Duration: 5√20 40 mn, **½** 2h15 Signage: Païcherou



At the Water's Edge



LOOP 2: PAÏCHEROU

(Mayrevieille-Pont Vieux- Païcherou)

From the carpark of the stade la plaine Mayrevielle, follow the blue arrow signs on the right, always following the river on your left. Arrive at "Chemin de la Jasso", turn off left, then take the first left.

Turn right and go along the campsite (the channel of the river on your left). Arrive at the Parcours du Cœur and its sports facilities. End of path. Then turn left on the bridge (Lîle area). After the bridge, go right, then second right (playground) to get back on the path which goes along the river. Arrive at Pont Vieux and cross it. After the bridge, go left along the banks of the river again to Païcherou and la CAF. (Towards Ecole des Arts). Keep going straight. Follow the river path to Pont Garigliano. Before this bridge, turn right. Go over the bridge, then arrive back at the starting point by taking the route to the roundabout or by taking the stairs on the left after the bridge.

LOOP 3: DOMEC

(Mayrevieille - Pont de l'Avenir - Domec - Païcherou)

From the carpark of the stade de la plaine Mayrevieille, follow the red arrow signs. Identical itinerary to loop 2 until the Pont-Vieux. Go under the Pont-Vieux then the Pont-Neuf via the path along the river. Arrive at the pont de l'Avenir. Before the bridge, exit the path right. Go over the bridge. After the bridge, go left and left again towards Berges de l'Aude. Turn right along the river to Pont-Neuf. Go under the bridge through a tunnel. (Lovely view of the City and Pont-Vieux) Then turn right down la rue des Calquières. Turn left and you arrive at Pont-Vieux.

Pass in front of the hôtel des Trois Couronnes. Go along the river again via the riverbank to Païcherou and the CAF. (Towards Ecole des Art). Keep going straight and follow the path along the river to Pont Garigliano.

Before the bridge, turn right. Go over the bridge, then arrive back at the starting point by taking the route to the roundabout or by taking the stairs on the left after the bridge.

LOOP 4: LA FAGEOLE

(Mayrevieille – hippodrome de la Fageole – Païcherou)

From the carpark of the stade de la plaine Mayrevieille, follow the black arrow signs, going along with the river on your left. Identical itinerary to loop 3 until the pont de l'Avenir. Go under the bridge and railway. Keep going straight. Keep following the path along the river. Arrive at la Fageole. To get back to the starting point, either take the pont de l'Avenir and follow to the plaine Mayrevieille via loop 3 or take the Pont-Vieux and follow loop 2.

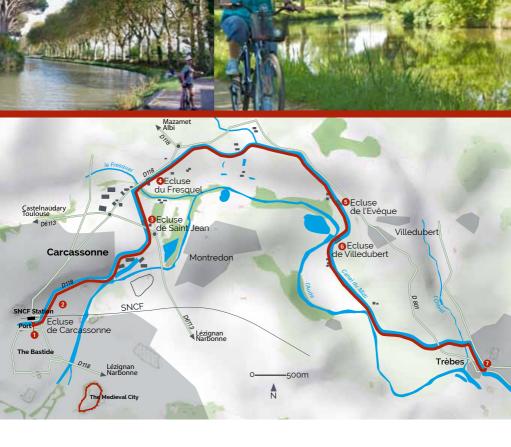
The Transportation of wood on the water in 1895

Although the Aude today is non navigable, the river was used in the 19th century as a means of transporting wood.

The floating rafts called "carras" were made up of a dozen trees attached with lines of hazel. They formed two levels on which planks were fixed to aid with manoeuvring. The Aude was an impetuous river that crossed rapids (raveches). so "Carras-siers" needed to be very dextrous in order to avoid shallow waters (magres) or beaches (remolhs). The tools required to drive consisted of an iron harpoon fixed on the end of a pole: "l'harpa". The last "Carras" passed through Rouffiac about forty years ago. Ox-drawn carts replaced them, followed by the railway, and finally by lorries.

Extract by Joseph Maffre Gallica library.





This small part of the canal du Midi allows you to discover the diversity of the landscapes bordering the riverbanks, the range of fragrances from the trees as well as the bridges and locks. A veritable haven of peace at the water's edge where you can see the locks and their keepers, river and fishing boats...

CIRCUIT INFORMATION

Distance: 11 km (One Way)

Difficulty level: Easy

Duration: M 2h30 - № 1h Start : Port de Carcassonne

Signage: None. Follow the canal via the towpath. From Trèbes, return by bus is pos-

sible (Line n°10) Stop Pierre Loti. (Monday to Saturday only)

www.carcassonne-agglo.fr - Tel: +33 (0) 4 68 47 82 22

This circuit is suggested, but the canal du Midi, with a length of 240km, also offers other linear circuit walks. Everyone is free to choose their own distance whether it be long or short.



Riverbanks and Locks 🌘



- 1 Cross the bridge which passes over the canal and join the towpath which goes along the B road for Mazamet-Albi, passing in front of the Hotel
- 2 Keep following the towpath until Trèbes which passes by 5 écluses (locks)
- 3 Ecluse de Saint Jean
- 4 Ecluse du Fresquel
- 6 Ecluse de l'Evêque
- 6 Ecluse de Villedubert
- 1 L'écluse de Trèbes and its port.

Opportunity to visit the village of Trèbes. Return via the same itinerary on foot or bike or return on the bus n° 10 (go to the port, cross the canal bridge and turn left, rue Pierre Loti with a bus stop of the same name).



The canal du Midi and its technical prowess

To realise the impossible dream of "linking the Atlantic to the Mediterranean", it required the genius of an engineer along with considerable resources.

Pierre Paul Riquet was the man who personally engaged a considerable amount of money in this enterprise with the support of Louis XIV and the General Estates of Languedoc.

Between 1662 and 1681, the work was carried out from a bypass at the waters of the Lac de Saint Ferreol in order to direct them to the edge of Naurouze, which is the joining point where the waters meet in order to feed the canal. One section of the water goes towards the Mediterranean and the other towards the Garonne. This project, particularly in Carcassonne, underwent many trials. In 1681 during the initiation of this project, it passed 2km to the north of the Bastide. Effectively, the town refused to finance the works for the passage of the canal. It was only between 1787 and 1810 that the people of Carcassonne accepted the new route when they realised the problems it could solve. Today, it is property of the state and managed by Voies Navigables de France. It has been recognised by Unesco since 1996 and has become a true tourist destination.





This other small section of the canal du Midi leads you to discover other natural landscapes in an environment that is both pastoral and peaceful...

CIRCUIT INFORMATION

Distance: 13 km 🕅 (there and back) and 23 km 🚳 (there and back)

Difficulty Level : Easy **Duration :** M 3h - № 2h

Start: Port of Carcassonne (*To avoid taking the road, you can start from Impasse des Tramways directly on the towpath*) 2

ways allectly off the towpath) 2

Signage: None. Follow the canal via the towpath.

This circuit is suggested, but the canal du Midi, with a length of 240km, also offers other linear circuit walks. Everyone is free to choose their own distance whether it be long or short.



In the shade of the canal du Midi



- ① Cross the pont Marengo which passes over the canal and opposite the station, follow the road on the left along the banks of the canal. (Promenade du canal)
- ② Go down the Avenue Pierre Sémard then the impasse des Tramways to join the start of the towpath.
- 3 For hikers keep following the towpath to the Ecluse d'Herminis 4 and for cyclists to the Ecluse de Villesèque.
- **5** When you get up to Sauzens, take care when crossing the D₃₃.

Return via the same walking or bike route.

Social and cultural heritage of the Canal du Midi

The Canal du Midi, which stretches over a length of 240km, passes through ten different types of landscape. In Carcassonne, there is the Fresquel valley. The project of classifying the areas around the canal is underway, as this will ensure the preservation of agricultural areas between Bram and Carcassonne and in particular, between the villages of Alzonne, Sainte-Eulalie, Villesèquelande and Caux. Effectively, until now, the classification only concerned the canal itself. Apart from this, it seemed important to preserve the landscapes surrounding it with the symbolic plane trees and the immediate surrounding area. The canal could therefore fit in to the protected landscape. This is a rational and concerted approach in which two complementary perimeters have been defined: the sensitive zone which is directly visible from the canal and the influence zone which has further-reaching perspectives. The State and the local communities are working together closely in this project.



At the gates of Carcassonne, the Pech Mary hill offers hikers shade beneath its pine trees and an unusual view over the Medieval City, the plain of the Aude and the Montagne Noire.

CIRCUIT INFORMATION

Distance: 7,5 km

Difficulty Level: Medium – some difficult areas for cyclists

Duration: 🐠 50 mn, 👯 2h

Start: Porte Narbonnaise (Medieval City)

Signage: 1 to 3 (GR36), 3 to 9 9 to 1 GR36)



City and Landscapes



- From the porte narbonnaise of the Medieval City, go along the cemetery and take a left in the direction of Sainte Croix. Pass under the pont de la rocade (ring road bridge).
- 2 Go in the direction of Porte de Fer and the white and red signs (GR36) until you arrive at a plateau and an intersection.
- 3 Turn left after the large cypress tree on the path leading to Pech Mary and keep going straight ahead by crossing an alley with cypress trees and following the yellow signs to an iron barrier.
- 4 After the barrier, keep going straight and you pass through a pine forest which opens out onto a large plateau.
- **5** Continue straight and get onto a small path which forks to the left and brings you to a hill and a cul de sac: panoramic view over the Medieval City, the Carcassès plain and the montagne noire
- 6 Retrace your steps to the plateau.
- 7) After the "Espaces Verts de Pech Mary" sign, turn right down a small path below Pech.
- 3 Join the white and red signed route again (GR36), keep following the road straight going along the ring road.
- At the intersection, turn right down the GR36 to get back to the Medieval City

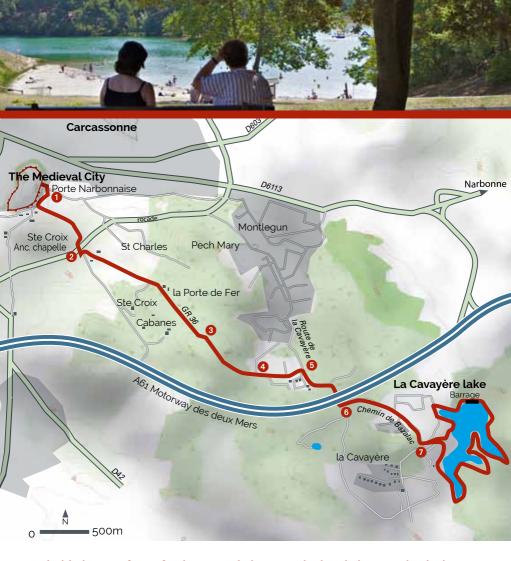


Amongst Mediterranean and Atlantic Fragrances

A visit to a city with geographical and cultural origins set in an agricultural landscape in the midst of vines and wooded hills. The history of vines and country wine has been a strong element in the meetings and exchanges between populations since the days of antiquity. Grapes from the Atlantic (merlot,

cabernets,cot) mix with traditional Mediterranean grapes (carignan, cinsault, grenache, syrah). Both types (caladoc, chenanson.

marselan, chasan) thrive here. The grapes' adaption to these different pedoclimatic situations allows for the production of rich and complex fruity wines which are incredibly delicate and have a remarkable freshness. These are named IGP Cité de Carcassonne. IGP is available in three colours and has become a great ambassador for the City and its history which is strongly linked to wine trade.



A veritable haven of rest, freshness and pleasure, the lac de la Cavayère is the ideal rendezvous for walkers, fishing lovers and fitness fanatics: footpaths and cycle paths accessible around the lake, bathing (3 supervised beaches during peak season), rowing, all water sports except those which use motorised engines.

CIRCUIT INFORMATION

Distance: 16 km

Difficulty Level: moyen
Duration: ॐ 1h45, ॑॑ 4h

Start: Porte Narbonnaise (Medieval City)

From the lac de la Cavayère, return possible by bus (line n°1 bus stop "lac de la Cavayère". Monday to Saturday only) www.carcassonne-agglo.fr Tél : +33 (0)4 68 47 82 22



Landscapes and Lake



- From the porte narbonnaise in the Medieval City, go along the cemetery and take a left in the direction of Sainte-Croix.
- 2 Follow the direction of Porte de Fer and the white and red signs (GR36) until you arrive at a plateau and an intersection.
- 3 Don't take the left turn, but instead keep on the same white and red signed path: you cross a pine wood and then go down the path which goes along the Relais de la Cavayère (Chambre d'hôtes (guestrooms)) on the left.
- (a) Arrive on a small road (Chemin des Bartavelles), keep going straight and go along an old stadium (on the right) to get onto the Montlegun à la Cavayère road.
- 5 Take a right down the cycle path.
- 6 After the motorway bridge, turn left to the lake.
- ? You can take a tour of the lake by walking along the path which borders it and return to the City using the start route. Also the possibility to take the bus (line 1) which will bring you to the Medieval City. (Stop: Lycée Jules Fil)



The lac de la Cavayère

The lac de la Cavayère is a leisure complex in a natural setting which occupies over 40 hectares of land on the doorstep of Carcassonne. This lake has 18 hectares of water and is surrounded by woods and garigues. It is home to copious typical Mediterranean vegetation and has valleys of three different courses of water (Bazalac, Mitgé and Montirat streams), which gives it an entirely original make-up.

On the tour of the lake, you discover the diversity of the landscapes and ecological features and pass through areas of both freshness and aridity, from woods to wilderness, from shade to bright light. In the centre, there is an island inhabited by birds, which is devoted to the nesting of ducks and other aquatic species.







Through vines and thickets, overlook the Medieval City of Carcassonne, then stroll through the garigue towards Palaja against a backdrop of the Pyrenees.

- From the Saint-Gimer church, go up the slope of the Porte d'Aude (GR36) and enter the City via the Porte d'Aude. The route goes right and passes in front of the Saint-Nazaire basilica, then exit via the Porte Narbonnaise.
- 2 After the pont-levis bridge, cross the square and turn right, going along the cemetery. Take the first left towards Ste-Croix and go along a vineyard. Reach a fork opposite a road. Go right and then under the bridge.
- 3 Continue straight ahead (yellow signs) to the motorway. Cross the bridge and continue 120m.
- 4 Turn left and follow the path through broom trees which comes back down towards the vineyard, then go back up. (Towards Pech Ange)

CIRCUIT INFORMATION

Distance: 9 km

Difficulty Level: ₩ Easy

Mo Medium with some difficult areas

Duration: ∅ 1h30, 🕅 3h

Start: Saint-Gimer Church (Medieval City)
Also possible to start the circuit from the Pont Levis bridge

2 to avoid going back into the City.

Signage: 1 to 3 (GR36) 3 to 3 (GR36)





From the Medieval City to the Saint Foulc Priory



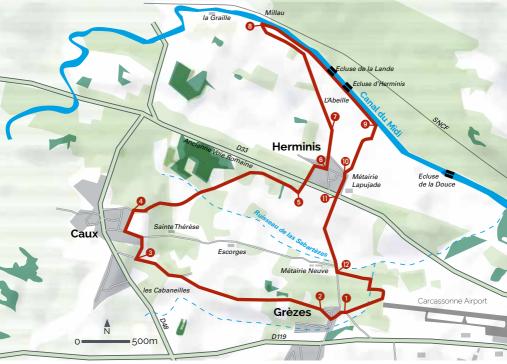
- **5** On the plateau, go right into the undergrowth and go down towards the Cazaban estate. After having passed a long plot, reach an intersection (information board). Take a left along a field to go back up and then another left into the undergrowth. At the road, go right for 100m.
- **(3)** Join a path on the right and continue to the Saint-Foulc priory. Cross the field in front of the priory to join the D42: (follow it right for 150m), then take the path on the right in the Cazaban estate. Turn right then left along the vines.
- **7** Go back up right along a stream, cross a pine forest and find the route along which you came.
- Via the route along which you came, which crosses the motorway, return towards Carcassonne.



The Pigeonnier de Cazaban

The Saint-Foulc priory, which is also called the "pigeonnier de Cazaban" (the Cazaban dovecote), is a magnificent 17 meter-tall square tower. It was recorded in the inventory of historical monuments on 24th April 1953. The origins of this priory date from the start of the 11th century. Over the 13th and 14th centuries, the lords of Palaja were buried in the cemetery close to the church. It was desecrated and partially destroyed in the course of the 12th century. In spite of this, chaplains were appointed until the end of the 18th century and religious services were celebrated in the parish church. The destruction and burying of the church and adjoining cemetery were recorded in the 19th century.





At the gates of Carcassonne on the path of the roman road between Hebromagus (Bram) and the via Domenetia (Narbonne), this walk over fields, through vines and the shade of the Canal du Midi has been developed by the "Amis du Patrimoine de Grèzes-Herminis" (Friends of the Heritage of Grèzes-Herminis) especially for you to enjoy.

① Opposite the carpark in front of the castle which housed Catherine de Médicis during her stay in 1579, take the rue des Saumes . In the village, the adjoining house displays a cross in the foyer, (the Paschal lamb carrying its cross), with an entirely modelled façade, whilst opposite, a semblance of a seat has taken the place of a fountain and a drinking trough dating from the last century. Go back up the Grand-Rue on your right, turn left and you are on rue Maissonnier. At N*7, you are in front of the house which belonged to a man called Albert, a poet and farmer – 1905-1968.

CIRCUIT INFORMATION

Distance: 11 km

Difficulty Level: Mi Easy of Medium

Duration: ***** 2h30, ***** 1h30

Start: At the entrance to Grèzes (In the direction of the airport), beside the cemetery. (7 km from the centre of Carcassonne)

Signage:



Grapes, Fragrances and Discoveries

- ② Go right and continue straight on the Caux path. (there is a rogation cross on the left at the start of a grassy slope which leads to the peak from which the beautiful Pyrenees and montagne noire are visible on a clear day).
- 3 Take the rue des cerisiers on the right, then the 2nd left down Avenue St Marc, then Avenue Maurette on the right
- ◆ Take Avenue d'Herminis on the right. This climb takes you through the middle of the local vines stock including Cabernet, Merlot, Syrah and Chardonnay. On your right there is a vine with a majestic stump, Carignan, which will catch your eye! After the cabin and the slight slope in the path, continue right through the closely cropped vines and the hedge which continues. Keep following the cropped vines.
- (5) At the end, turn left to enter Herminis; be careful when crossing the D33 and keep going straight on to the Colombies estate path: one of the four fiefs of Herminis from the 11th century with Lapujade, Marrel and Bellissens. Continue to the estate's exit and take the Pech-Redon path on the right: This offers a panoramic view of the montagne noire and the Pic de Nore as well as the Limousis, Cuxac, and Pradelles wind farms
- The circuit continues down a steep tarmac road for 600m with the rue du canal on the left
- Then take the path on the left (Chemin Lalande) across the vineyards and fields which are very colourful from the spring. There is rape, then golden swaying wheat and lastly, magnificent sunflowers before you get to Milhau: This route allows you to get an idea of man's labour over the past centuries; hard labour for all those involved: the Canal du Midi
- (3) Keep going along the canal, the Lalande and Herminis locks to arrive at Abreuvoir: this place, built with large stones, goes down a slight slope into water to allow cattle, cows and horses to drink.
- Q Leave the canal and go back up on the right via the grassy path. Keep going straight, pass the water treatment plant.
- (1) Get onto rue du Préfet Poubelle; innovator of waste separation (1884). View of another fief, Lapujade, property of the château de Serres. 100m away is the 3rd fief, Bellissens. (old residence of prefect Poubelle). Cross the D33.
- ① Take the tarmac route towards Grèzes to the stadium and the rogation cross
- **12** Then turn left through the short-cropped vines in an easterly then southerly direction to reach the foot of the runway of the Sud de France airport.

Get back to the carpark which adjoins the cemetery.

Prefect Eugène Poubelle

Eugène-René Poubelle was a jurist, administrator and French diplomat. He gave his name to waste bins following decisions that he made, as prefect of the Seine from 1883, to make Paris more hygienic. It was this that led to the decisions he made on the 24th November 1883 and the 7th March 1884 which obliged property landlords to provide their tenants with communal containers equipped with a lid and sufficient capacity to hold domestic waste. The decision also anticipated waste separation: three boxes are compulsory, one for general waste, one for paper and cloth and one for glass, earthenware and oyster shells. He was the general counsellor of Aude for the Saissac region between 1898 and 1904, president of the Société centrale d'agriculture de l'Aude (Aude Central Agricultural Society) and an ardent ambassador of midi wine. He is buried in the cemetery in Grèzes.

Aude, land of Hiking, Culture, Spirituality, Families, Sport, Nature...



Comité départemental de la randonnée pédestre de l'Aude

Maison Départementale des Sports 8, rue Camille-Saint-Saëns - 11000 Carcassonne Tél. +33 (0)4 68 47 69 26, contact@auderando.fr, http://www.auderando.fr



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Municipal Tourist Office

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This guide has been created in partnership with the Syndicat Mixte du Grand Site de la Cité de Carcassonne.



www.grandsite-carcassonne.fr Carcassonne Projet Grand Site