



TREKKING THE CATHAR WAY

The GR367 Sentier Cathare in southern France

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Guidebook to walking the 260km Cathar Way (Sentier Cathare or GR367) through the Languedoc region of southern France. The route is inextricably linked with the history of the Cathars, a heretical Christian sect who were subjected to a crusade in the thirteenth century, and the impressive Cathar castles, built on jagged rocky precipices, are a special highlight. The trail follows ancient footpaths, jeep tracks and country lanes and calls for a moderate level of fitness as it sweeps from sea level to 1300m across the rugged hill ranges of the Corbières and Fenouillèdes.

The guide describes the main route from Port-la-Nouvelle to Foix in 13 stages and also includes the slightly more direct north variant, as well as suggestions for shorter itineraries. Summary statistics introduce each day's walking and are followed by step-by-step route description illustrated with clear mapping. There are also details of facilities available en route and accommodation listings. An introduction covers all the practicalities, with comprehensive advice for planning your trip, in addition to a wealth of information about the region's fascinating history and the intriguing Cathars themselves.

The trail traverses rocky hills and meanders through woodland, vineyards, ancient villages, gorges and plateaus. As well as the rich Cathar heritage, there are also historic wine-producing towns, sites associated with the French Resistance of WWII and mysterious places steeped in ancient legend. The guide is a perfect companion to discovering the Cathar Way and the captivating stories of this distinctive region.

Key marketing points

- A popular, well-waymarked trail which links several of the world-famous 'Cathar castles' of south-west France.

About the author

Luke and Nell are hikers, travellers and bloggers who detail their slow-travel adventures around the world on their blog whatifwewalked.com. Inveterate world backpackers, they started the blog in 2017 when they walked the 2000km Via Francigena from Canterbury to Rome. Since then they have walked extensively in Europe photographing, writing and blogging about trails in Germany, Spain, Portugal, the Faroe Islands, Scotland and beyond. This is their first guidebook for Cicerone.

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