

THE CATHAR WAY

A walker's guide to the Sentier Cathare

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The Cathar Way - the Sentier Cathare - is a popular, well-waymarked trail which links several of the world-famous 'Cathar castles' of south-west France.

A challenging, fascinating and rewarding route, it is not an arduous mountain trek. The trail runs for about 250 kilometres, from the Mediterranean coast, westward to the historic town of Foix. It can be walked in two weeks or less by anyone who is well-equipped and moderately fit. Good-quality accommodation is available at regular intervals along the entire length of the trail.

The trail traverses the dramatic foothills of the Pyrenees mountains, a beautiful countryside which enjoys plenty of sunshine and which is rich in wildlife.

The highlights of the Cathar Way are the 'castles in the sky' like Quéribus, Peyrepertuse and Montségur. These incredible medieval fortifications will forever be associated with the ill-fated Cathar 'heresy', which was brutally suppressed in the thirteenth century.

Key marketing points

- There is great interest in the Cathar region and its history and castles. Several low-cost regional airports (Toulouse, Perpignan) now service the region.
- Companion to the author's 2005 Walks in the Cathar Region guide.

About the author

Alan Mattingly was director of the Ramblers' Association from 1974 to 1998. He has also held various other posts in the outdoor field, including that of chairman of the Council for National Parks. He is now based in a small town in the eastern Pyrenees which lies just below the 9,000ft Pic du Canigou. When not exploring the Pyrenees on foot, Alan writes and also teaches English. He is author of Walks in the Cathar Region published by Cicerone.

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