

• DIFFERENT STAGES

From that trip, you can easily imagine an easier walk, once every two days, move to another spot and walk from there.

• ACCOMODATION

Genuine accomodation is available every day, gîte or refuge, either bedrooms or 4 to 6 beds small dormitories.

A donkey park is set near by. Booking is compulsory to make sure, otherwise carry a tent in case.

You can also camp in the neighbourhood of the refuge. Sometimes, you can be charged for sanitary use and common room. Camping in the wild is always possible in that area and we shall indicate some nice places.

• MAPING

1/25 000 TOP 25 map reference AX LES THERMES 2148 ET (INSTITUT GEOGRAPHIQUE NATIONAL edition) is compulsory.

• PRICE

• One week hire/one donkey - year 2007

including only the donkey, its pack-saddle and bags. Accomodation and maps will be priced separately

6 days: 224 euros 7 days: 257 euros For 3 donkeys or more : -10 % .

Add the transportation of the donkeys: 49 Euros

Global price with half board

including the donkey, its pack-saddle and bags, accomodation, transportation of the donkey and maps.

half-board (night+breakfast+evening meal)

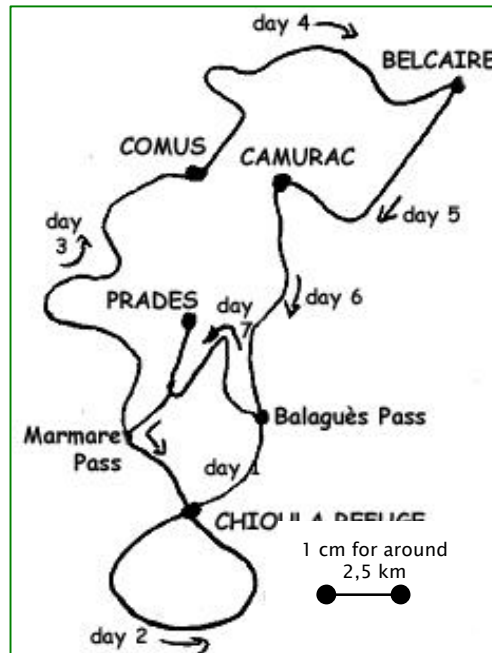
6 days and 5 nights: **adult: 339 €- kid less 4 years: 228€- kids 4 to 10 years:268 €**

7 days and 6 nights: **adult: 397 €- - kid less 4 years: 266 €- kids 4 to 10 years:313€**

half-board + picnic

6 days and 5 nights: **adult: 397 €- kid less 4 years: 269 €- kids 4 to 10 years:317 €**

7 days and 6 nights: **adult: 465 €- kid less 4 years: 313 €- kids 4 to 10 years:368 €**



Up to Sault Plateau



TECHNICAL LEAFLET

• Accomodation or tent

This trip is ideal for families wanting an easy walk : often on a pastoral path or forest trail (no big heights), young kids can stay on the donkeys' back. Short walk every day.

An accomodation is possible at each step of the trip. If camping in the wilderness, you can pitch your tent near the springs we recommend.

• Easy walk

You will cross the grassy mountains and forests of the soft Chioula Plateau. You will come across the tiny Aillou region, a 1200 m high plateau which shelters four villages; among them Montailou is dominated by the sparse walls of its castle.

• 7 days

• Starting point

Prades

In the end, you reach the wide Sault Plateau, scattered with red-tile roofed hamlets.

• End of walk

Prades

Prades village is both the starting point and the end of the trip.

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•TRIP DESCRIPTION

• DAY 1: from PRADES (1250 m) to CHIOULA REFUGE (1600 m)

Leaving Prades behind, you walk up to Marmare pass, from where you reach Chioula refuge and its wonderful panorama on the Pyrenean ridges, going through grassy mountains and forests.

Chioula refuge.accommodation Tel 05 61 64 06 97

Possible camping near the refuge. No providing



• DAY 2: WALK AROUND CHIOULA REFUGE

Right in the middle of the forests and the pastures, Chioula refuge is the starting point of many easy walks . On one side you are above the Ariège Valley, with Sault Plateau on the other side, surrounded by beautiful landscapes.

• DAY 3: from CHIOULA REFUGE (1600 m) to COMUS (1200 m)

Along wide pastoral and forestry tracks, you will eah Aude departmnet, towards Comus, a charming village, where you'll meet Anne and her excellent welcome in her gîte.

Gîte .Tel 04 68 20 33 69 Possible meals in the gîte ;Providing at Camurac (2 km).

• DAY 4: from COMUS (1200 m) to BELCAIRE (1000 m)

You follow the path making a loop in the Pays de Sault, throughout the forests and come to Belcaire village. You can spend a pleasant day by a small lake, where walkers enjoy fishing in the morning and swimming in the afternoon (either planning a day extra or cancelling the walk on Chioula Plateau planned on day 2. Hôtel 04 68 20 31 05 . All shops. Providing

• DAY 5: from BELCAIRE (1000 m) to CAMURAC (1200 m)

Along forest tracks, you reach the small village-street of Camurac, on Sault Plateau with huge drinking troughs. You can spend a night and have a good meal in the gîte "La Marmite", where to meet Michel.

Gîte. Tel 04 68 20 73 31. Provisions



• DAY 6: from CAMURAC (1200 m) to CHIOULA REFUGE

You walk across Aillou Country , a small plateau with 4 villages, half of it in Aude, half in Ariège department, which doesn't make life so easy for the few hundreds of inhabitants. You go through Montailou.Even if the ruins of its castle are scarce, the 20 inhabitants village is well-known history.Pamiers bishop, Jacques Fournier , a very famous inquisitor (and ethnologist beforehand), left many registers in which he recorded the village inhabitants'testimonials. Taking those documents as a basis that accurately described the life of lower and modest classes, Emmanuel Leroy Ladurie wrote his history book «Montailou, village occitan ».

■ DAY 7: from CHIOULA REFUGE (1600 m) to PRADES (1250 m)

You reach Prades along a forest track bordered with blueberries and raspberries.

day 1	2 hours	
day 3	4 hours	
day 4	4 hours	
day 5	4 hours	
day 6	4 hours	
day 7	3 hours	