



Tabé's Tour

- ✓ **Difficult trek, over 8 years old.**
- ✓ **7 days, possible in 5 or 6 days.**
- ✓ **Simple rent of a donkey.**
- ✓ **campsite or wilderness camping, accommodation is possible in 2 stages.**
- ✓ **Starting point and end : Unac.**
- ✓ **Altitude between 700 and 1870m.**
- ✓ **July–october**
- ✓ **Dogs allowed**

Loop hike to discover the Tabé's Massif, dominated by the Pic Saint Barthelemy and located between the Ariège valley and Montsegur. You see very open landscapes and breathtaking views of the Pyrenees and Ariège Valley.

The first part takes place in mountain, between 700 and 1700 m on marked trails through forests and mountain pastures.

You hike close to the Chioula refuge and the famous village of Montailou. It was a Cathar stronghold.

On the fourth day after passing the crest, you access the massif of Tabé. You cross on its southern flank until Appy pond nestled in his circus.

The terrain is very rough that's why we do not accept young children on this circuit. It is better to have already hiked with a donkey to pass more easily the difficult passages. Trails are not always marked with paint and sometimes not visible, so you have to be able to find your way in the mountains. Finally, note that in case of fog the only solution is ...waiting

Simple rent of a donkey

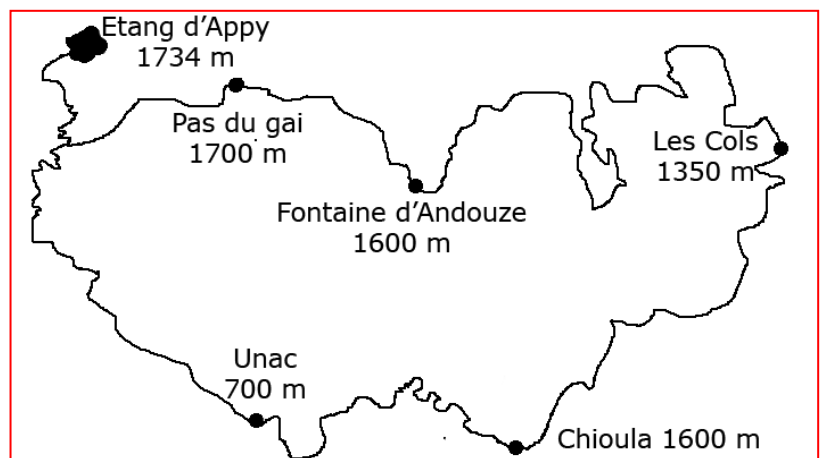
The steps day by day

Day 1 : from Unac (700 m) to Chioula (1600 m) 5h

You leave the bottom of the valley where Unac is sheltered to reach the first heights and discover a wonderful panorama of the Pyrenean range.

You can go camping in the wild or camp near the refuge.

Accommodation: Chioula refuge
tel.+33(0)5 61 64 06 97
<http://www.refugeduchioula.com/>
No provisions available.



Day 2 : from Chioula (1600m) to Les Cols (1350 m) 4h

You follow the GR 107 (Path of the Cathars) that takes you at the Col de Balaguès and at the village of Montailou dominated by small remnants of his castle.

Cross the Country of Aillou, Tea at 1200 m above sea level which has just 4 villages. You join the Aude village of Camurac, above which you go camping at Les Cols. You can also sleep in the gîte La Marmite Camurac.

Accommodation and meals. Tel +33(0)4 68 20 73 31 <http://www.gites-camurac.com/> No provisions available.

Day 3 : from Les Cols to Fontaine d'Andouze (1600m), 5h

You reach the village of Comus.

You cross forests and large mountain pastures.

You continue your walk until Andouze Fount where you establish your camp.

Day 4 : from Fontaine d'Andouze to Pas du Gai (1700m) 4h

You start the high mountain part without villages or accommodation.

You reach the peaks by non-marked trails. The landscape is very open and you get a spectacular view over Ariège valley. You bypass the talc quarry and you go camping in Gai Pas, near the stream.

Day 5 : from Pas du Gai (1700m) to Appy Pond (1730m) 4h

You walk on the southern flank of the massif. Landscape is beautiful. You have a superb view of the Pyrenees range. You cross the mountain pastures and you pass near pastoral huts. Maybe you'll have the chance to observe isard, mountain sheep and marmots. You plant your tent near Appy lake.

Day 6 : Walk around Appy Pond (1730 m and more),you can choose the duration

Beyond Appy pond, the paths are not suitable for donkeys. So you'll leave it in the park, and walk for a day or a few hours. If you are courageous, you can climb on the top of Pic Saint-Barthélémy (2348 m), discovering on one side Ariège Valley and on the other side, Montsegur Castle on his "pog".

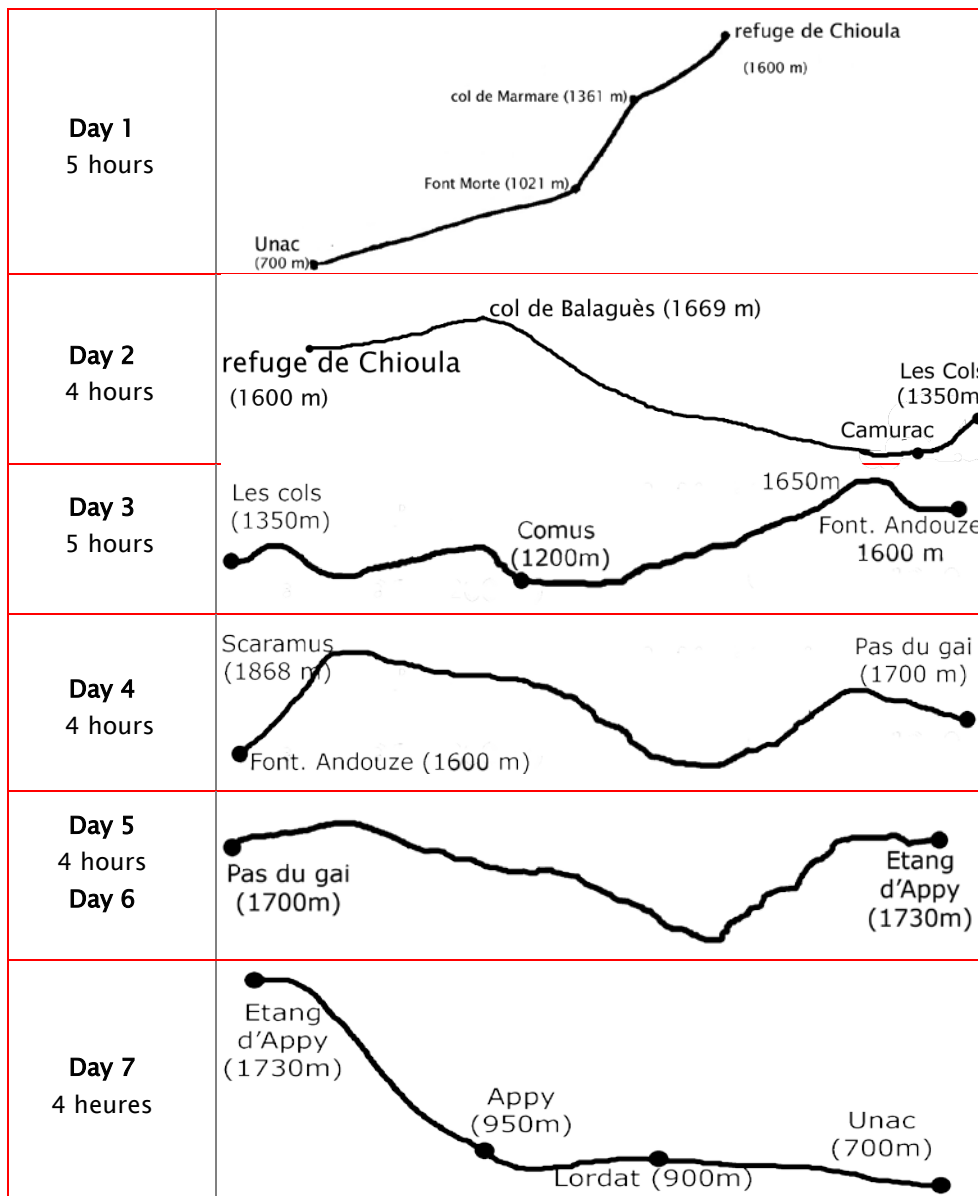
Day 7 : from Appy Pond (1730m) to Unac(700m) 5h

It's the last day of hiking.

You quit the heights to reach the villages.

You go down until Unac admiring the Romanesque churches of Axiat and Vernaux.

The times indicated are the time you go on hike, excluding breaks.



Accommodation and providing

This walk has been planned without any accommodation and you have to carry your tent. But you can choose to sleep in accommodation the two first stages.

You must carry one week food. Think about this to reckon your load.

You will find pastoral shelters on your way. They can be opened and available for all but they may be busy.

Equipment

Compass and height measure may be useful in case of nasty weather.

Pack up with warm clothes. Boussole et altimètre vous seront utiles.

Map

Map 1/25000 TOP 25 référence AX LES THERMES 2148 ET by Institut Géographique National is compulsory.

La période

Possible walk from July to September.

In case of bad weather forecast, you'd better cancel this type of trip, as you might be stuck in the same spot, because of a heavy mist.

Price 2018

Rent of a donkey with its pack-saddle, rope and bags. A donkey carries 40 kg, the luggage of 2 or 3 people.

7 days	325 €
6 days	298 €
5 days	258 €

Donkey 2 : -10%
Donkey 3 and more : -15%

For more information: +33(6).85.34.20.22 or contact@la-ferme-aux-anes.com

You have to fill the [form](#) to book and to do a transfer bank of 30% of the price.