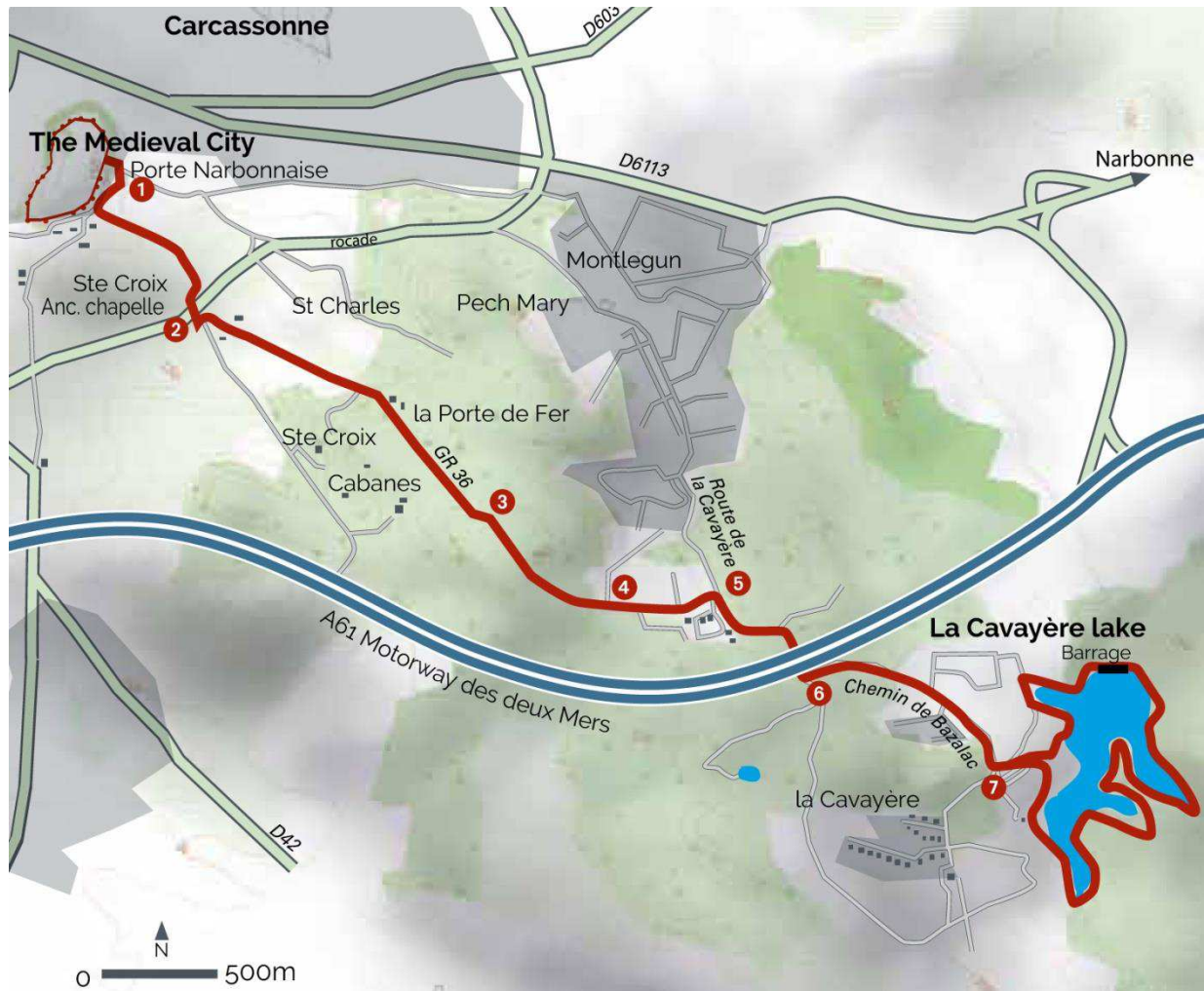


LANDSCAPES AND LAKE

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.




Distance : 16 km

Difficulty Level : Medium

Duration : 1h45

Start : Porte Narbonnaise (Medieval City)

Signage : ① to ⑦  (GR36), ⑦ to ⑦ , ⑦ to ①  (GR36)

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 Tel : +33 (0)4 68 47 82 22



Route description :

- ① 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.
 - ④ 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.
 - ⑦ 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.

History / Good to know : 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