



# The Must-sees in the Spotlight!

**1 SAINT-LIZIER**

Take the time to meander these cobblestone streets on your way to visit the Bishop's Palace or take a guided tour of the cathedral, cloister, or the 18th century apothecary.

**5 BETHMALE LAKE**

Enjoy a short 20 minute stroll around this emerald toned beauty, then have a picnic, and why not see if the fish are biting and rent a fishing kit on site. There's a special bassin reserved for kids so no one is left out!

**6 THE CIRQUE OF CAGATEILLE**

First time hiking? Ask our «Little Legs» hikes. With just a little effort, you'll soon find yourself among the «real mountains»! For example: The Cirque of Cagatelle requires a mere 90 minutes from start of finish and an elevation gain of 200 meters.

**3 THE MONT VALIER EXPERIENCE**

You'll see this impressive mountain on almost every hike with a view... we call it the lord of the Couserans. If you feel like it, you could even try the 2 day trek to get to the top! Pitch your tent or spend the night in the mountain refuge of Estagnous.

**7 THE SAINT-GIRONS MARKET**

Every Saturday morning year-round this little slice of heaven sets up on the «Champ de Mars» in Saint-Girons. Open your senses to the sights, sounds, and tastes of this market. You be the judge!

**4 THE MOUNTAIN PASS ROUTE**

On signposts, you'll often see the term «col», rarely used in English, which designates the lowest point on a ridge connecting two peaks. Needless to say, there is a breathtaking view up there! Our Mountain Pass Route goes through the biggest and highest «cols», and is popular thanks to its accessibility to all motorized vehicles.

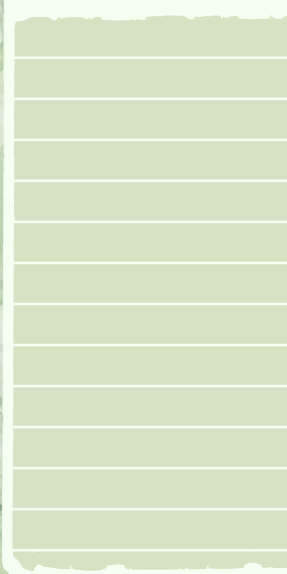
**8 THE ARS WATERFALL**

256 meters tall, the springtime will allow you to view it in all its splendor! Get ready for a 4 hour roundtrip hike that includes 600 meters of elevation gain.

## Open-air markets

- Tuesday**
  - CASTELNAU DURBAN Mornings → Year-round
  - CASTILLON-EN-COUSERANS Mornings → July & August Mornings (1st & 3rd Tuesdays of the month) → September-June
  - ERCE 4 to 7 p.m. year-round
- Wednesday**
  - BIERT Mornings → Summertime
  - SAINTE-CROIX-VOLVESTRE Mornings → Year-round
  - SAINT-LIZIER Mornings → April-November
  - SOUEIX-ROGALLE 4 to 6 p.m. → Year-round
- Thursday**
  - BONAC-IRAZEIN 5 p.m. → end of April to the end of October
  - LA BASTIDE DE SÉROU Mornings → Year-round
  - MASSAT Mornings → Year-round
- Friday**
  - SOULAN 5 p.m. to 7 p.m. → in summertime
- Saturday**
  - SAINT-GIRONS Mornings → Year-round
- Sunday**
  - ENCOMER Mornings → Year-round
  - MASSAT Mornings → Year-round
  - PRAT-BONREPAUX Mornings → Year-round
  - SEIX Mornings → May until October
  - SENTEIN 5 p.m. to 7 p.m. → year round
  - MONTBRUN-BOCAGE Mornings → Year-round

## Ideas to pin



**RVs, Caravans, & Campers**

Stop by one of our caravan friendly parking lots for services adapted to your needs.

**Our Top 10 Churches & Chapels**

You may need to ask for the key in order to take a peek inside one of these hidden gems!

**Outdoor Activities**

The Couserans is your playground! Ready for the grand adventure? Reserve your activity now!

**It's Raining, It's Pouring**

Explore the underground, meet an artisan, go for a swim indoors, and more! With so many options, a rainy day is never boring!

**With Children**

Enjoy a visit to a farm, learn to live along-side nature and track animals, try your hand at mini-golf or archery, or for the bigger kiddos experience a mountaincart. Your kids will love making memories in the Couserans!

### Map Key

- Col Roads
- The Greenway (bike path)
- Preserved natural sites, nature at its finest!
- Museums & interesting know-hows
- Grand Site Occitanie
- Tourism information office
- UNESCO World Heritage site : on the «Way of St.James» pilgrimage route.
- Religious buildings & monuments worth the detour
- Historical buildings & heritage sites
- Picturesque villages
- swimming pools
- White water & aquatic sports
- High-energy outdoor fun! Don't forget to flash the QR code to reserve your spot!
- Viewpoint indicators
- Golf & mini-golf
- Cheese on the farm (farm direct sales usually in early evening)
- Cheese producer (manufacturers with a direct-sales boutique)
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- Viewpoint indicators
- Golf & mini-golf
- Cheese on the farm (farm direct sales usually in early evening)
- Cheese producer (manufacturers with a direct-sales boutique)
- Thematic parks, farms, & gardens
- Must-see!



# Welcome to the Couserans!

IMMERSED IN THE REGIONAL NATURAL PARK OF THE PYRENEES MOUNTAINS IN THE ARIÈGE

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