

WALKS IN THE CATHAR REGION

Cathar Castles of south-west France

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Walks in the Cathar Region offers 22 walks based on the once strategically important castles that dominate the foothills of the Pyrenees. The collection of walks explore the castles and other locations which featured in Cathar history (mostly the 13th century) ensuring that this is an interesting and valuable guide to this area.

Each walk has as its focal point a castle or other location associated with the Cathars. Summaries of the historical connections of each location with the Cathar period are given, and together these relate the story of the downfall of the Cathar Church, from the massacre in Béziers in 1209 to the siege at Montségur in 1244, which ended with the burning alive of over 200 believers who refused to renounce their Cathar faith.

Key marketing points

- Comprehensive walking guide to the region
- Supported by a strong marketing campaign in the outdoor media
- Popular short-haul destination, with good climate

About the author

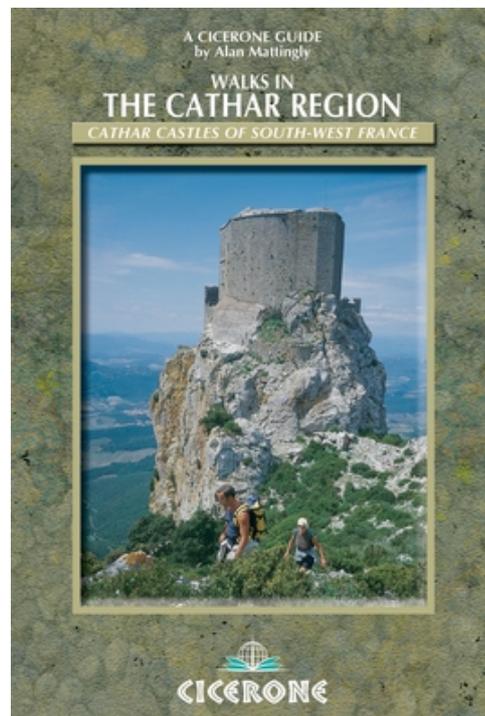
Alan Mattingly was director of the Ramblers' Association from 1974 to 1998. He has also held various other posts in the outdoor field, including that of chairman of the Council for National Parks. He is now based in a small town in the eastern Pyrenees which lies just below the 9,000ft Pic du Canigou.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

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