

A FENNEL STEW

Take

A large dose of thermal water at low temperature, a lord of Peyrepertuse, a count of Roussillon, a viscount of Fenouillet, a count of Barcelona, a kingdom of Aragon, some Franks, a kingdom of Majorca and a few Occitans of Languedoc.

Add an ounce of Catalans and a zest of Castilians.

To complete the taste, add a pinch of Wisigoths, some Cathar Perfects, Templars and a touch of white from Rome.

Add some salt and pepper and a good handful of wild fennel.

Boil for a little time and then filter all this mixture in a colander.

Separate the hard substance from the liquid. Take a knife and cut the hard extract into small pieces.

Share unevenly to get the Languedoc-Roussillon, Pyrénées-Orientales, Occitanie, Aude, ...

The remains will be scattered in a few cantons. Cool the juice which comprise the French, Catalan and local Occitan languages. This stew is called "gavach", "gabacho", or "gavatch", depending on the original tradition.

We prefer to call it

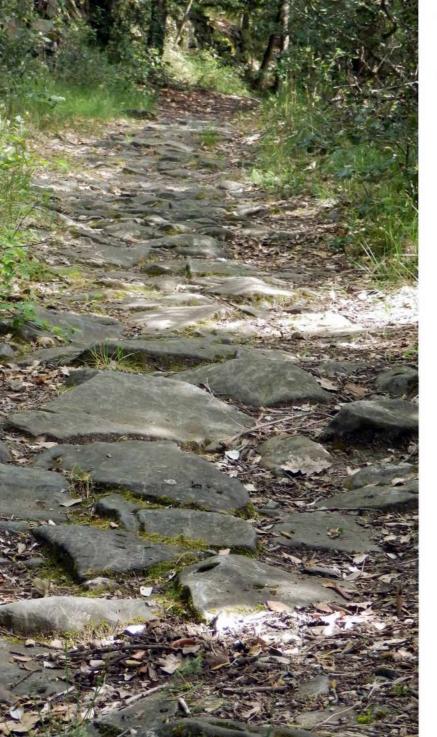
« THE LAND WITHOUT FRONTIERS »



Human footprints
SENSATION- hunting and gathering
MYSTERIES - legends and myths
Ecological renewal
ENCOUNTERS - pure nature
ADVENTURES - sport and trails
Unique Fenouillèdes
Changes of power

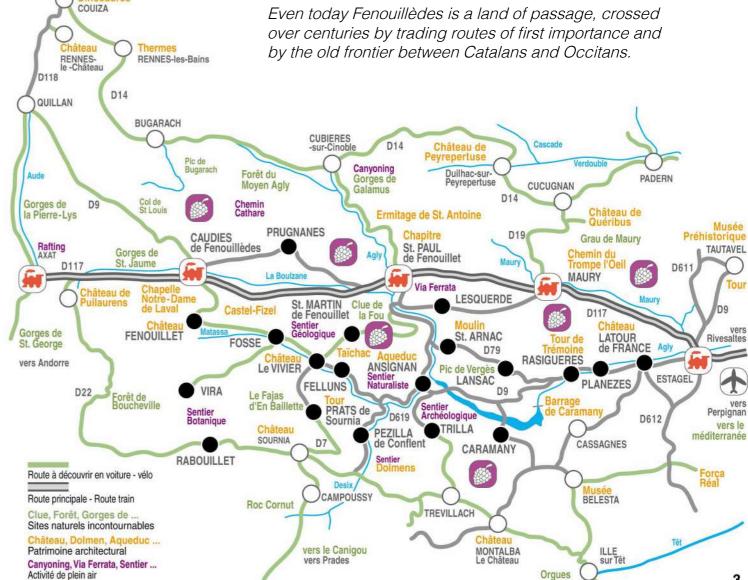


- **ANSIGNAN**
- **CARAMANY**
- **CAUDIES-DE-FENOUILLEDES**
- **FELLUNS**
- **FENOUILLET**
- **FOSSE**
- LANSAC
- **LATOUR DE FRANCE**
- **LE VIVIER**
- **LESQUERDE**
- **MAURY**
- **PEZILLA-DE-CONFLENT**
- **PLANEZES**
- **PRATS-DE-SOURNIA**
- **PRUGNANES**
- **RABOUILLET**
- **RASIGUERES**
- **SAINT-ARNAC**
- SAINT-MARTIN DE FENOUILLET
- **SAINT-PAUL DE FENOUILLET**
- **TRILLA**
- **VIRA**



The land without frontiers

by the old frontier between Catalans and Occitans.





Is it ...
the presence of rivers,
a rich fauna and flora,
and the hot thermal
springs that pushed
man to settle?

In the shadow of
Canigou, the mythical
Catalan mountain, the
valley of the Agly and
its adjoining territory
are formed by the
collision of the two
tectonic plates of Africa
and Furone.

Not far from here, on the site of the *Caune de l'Arago*, nearly 120 fossil fragments, including the famous skull of The *Tautavel* Man, attest the presence of pre-Neanderthals 550 000 years ago. These are the oldest remains of our human family in Europe; they are on display at the *museum of prehistory* at Tautavel

TRACES and Europe.

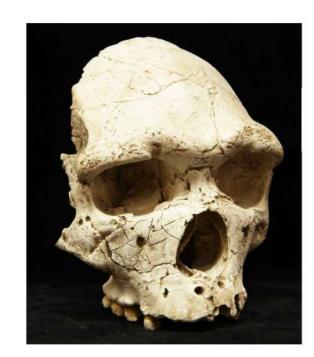
of humans dwellings

The ideal environment has encouraged humans to settle in *limestone caves*, where they left testimonies of their prehistoric life and of their ancient *beliefs*.

Lost at the turn of a vineyard, *dolmens* have been standing for almost *5000 years*. Many have been redesigned, often used to replace the grinding stones of flour and oil *mills* present along the streams. Others have been *forgotten* and remain at the heart of the dense forests of green oaks.









The way of life of our ancestors, based on hunting and **gathering**, is part of the very beginning of humanity. When man practiced neither farming nor breeding, he ate and took care of himself by exploiting **spontaneous natural resources**: hunting, gathering, fishing, collecting honey from wild bees, shellfish.

This **hunter-gatherer** who harvested without producing and survived in past times is the heir to a tradition that dates back to the very beginning of prehistory, from the *Paleolithic*. Today, gathering and hunting are the modern markers of a rural society which became agricultural and pastoral but nevertheless revives these practices: arbutus, mushrooms and morels, wild asparagus, acacia and rosemary but also wild boar, small game and fish participate in the sensations of Fenouillèdes cuisine.

Hunting and Gathering



Despite the many innovative technologies on

which it depends more and more, our world also

knows how to remind everyone of the well-being

provided by a re-creation in the natural environ-





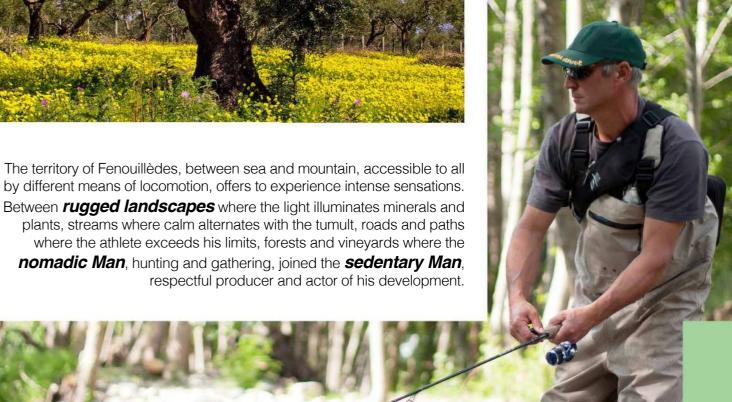




SENSATIONS of the wild Fennel

Wild fennel, very present in the **Mediterranean** diet, is a large umbelliferous plant that has proven medicinal properties. It is partly from this plant – which can found throughout the territory - that the Fenouillèdes originates its name. Introduced by the Romans and still very popular today, its swollen and pale green embryonic bulb expresses in spring all its *delicious smells*

> It can be consumed as a vegetable or simply in a salad, or it can magnify the Eastern omelette. After the summer, the **fennel** produces fine yellow flowers in parasols, which give birth to seeds with aniseed taste that are picked in autumn and which provide throughout the year their aroma at the heart of the Fenouillèdes cuisine.





ment.

Colourful character of Fenouillèdes, André has been exploring since his childhood trails, fields and forests. Excellent connoisseur of wild flora and fauna, he reveals to us his knowledge.

How long have you been hunting?

For almost 55 years! But I followed my grandfather and my father very young. At the time, in all villages, farmers were also hunters:

More than 60 km of rivers in 1st and 2nd categories in the heart of an authentic landscape and preserved for all your wishes, and for all techniques!

My grandfather was a sheep farmer and farm worker. Hunter and gatherer

While pruning the vine, he took the opportunity to hunt the small game: rabbits, partridges, thrushes or pigeons. There was no roedeer yet and the wild boar population was regulating naturally. Then, over time, with the absence of the big predators like the wolf and the abandonment of the lands, the wild boar and deer populations have exploded, to the detriment of small game which has almost disappeared in the Fenouillèdes today.

How did you learn to recognize plant species?

Ce côté-là, je le dois à ma mère et à ma grand-mère qui soignaient toute la famille grâce aux plantes trouvées aux bords des chemins, dans les prairies ou dans les bois.

That side, I owe it to my mother and my grandmother who healed the whole family with plants found along the paths, in the meadows or in the woods. One of my memories refers to a plant called Devil's Bit) (Scabiosa succisa), a little blue plant that grows everywhere, which allowed my grandfather not to lose his nail after receiving a heavy tool on his foot. Thanks to a decoction in which the foot soaked for a few minutes, the hematoma had subsided ... the doctor could not believe it! But the Devil's Bit is not the only one ... the azurite or blue thistle (Eryngium Bourgate) is antibacterial like the sap of birch (Betula Alba); the young shoots of brambles (Rubus spp) make it possible to reduce the sore throat, the yellow chamomile heals the eyes, and even the crushed snails or just their drool, helped to fight pneumonia ... In each house, there was a dictionary of medicinal plants often used as prevention. This knowledge has been lost over time but today we feel a growing demand for a less chemical and more natural medication.

What is your preferred moment when you hunt or gather plants?

Hunting and gathering have become recreational activities and a pretext because I like the feeling of solitude they provide. Faced with nature, when there is no noise, no wind, it is easy to listen and to be in communion with what surrounds us. My best memory is in the forest of Vivier, with its very special atmosphere, during a hunt. On the lookout, I found myself facing a roedeer. It dives his eyes in mine for a few seconds. A magical moment, deep and sincere. There was mutual respect and the deer continued on its way. Life is beautiful and stronger than anything.

erer

- Boat fishing for carnivorous fish and

Practical

information

and addresses

Federation 66

66170 Millas

Departmental Fishing

1 avenue des Bouillouses

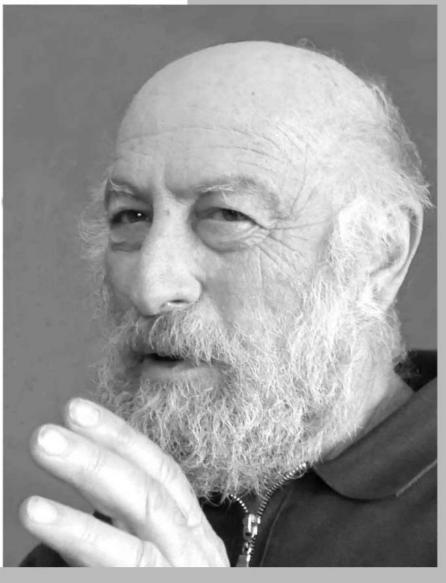
Tél: +334 68 66 88 38

www.cartedepeche.fr

Web: www.peche66.org

federationpeche66@wanadoo.fr

- Carp fishing by night (at the Agly dam), unique in France
- No Kill areas, Leisure Path, Parcours de Loisir,
- Fishing shelters near the lake of the Agly dam, specially equipped: Caramany and Trilla.



Which are your preferred plants?

It is the Mastaguère, a wild dandelion, which grows in the vineyards and is prepared in salad. There are other very tasty plants: couscouil, wild angelica (Angelica sylvestris), or wild salsify, or Goat's Beard (Tragapogon pratensis). I also like wild orchids like the beillette or the Big Blue which appears from April to May.

To whom and how do you transmit your knowledge?

Just like my grandparents and parents, I passed on my knowledge to my son (who has made it his job) and today to my grandchildren. When out walking, the curiosity of children is the best opportunity for transmission because they have a great ability to understand and remember plant names and their uses. In addition, I am involved in the association Taïchoux, whose purpose is to preserve the natural heritage and to raise public awareness.

What is your favorite recipe with local products?

Without any doubt, the fricassee of wild boar, especially the way my wife does it! Brown the bacon and meat, then deglaze with wine vinegar and hot water to tenderize the meat. Then add white wine. This recipe is accompanied by mushrooms taken from the wild as the Cèpe (Boletus edulis) or the Cariolette, a local mushroom also called "faux-mousseron" which grows in May forming fairy-rings, which makes it easily identifiable in a meadow. Finish the meal with a tisane of Verveine (Verbena officinalis) and Lime flowers (Tilia cordata) sweetened with honey from the bees of Felluns. Another recipe is the filet of venison with omelette and truffles, or filet of Perch from the lake at the Agly dam with tapenade, a broth of eel accompanied by potatoes or eels dressed in parsley with local olive oil. For dessert, sugared millas.

The Nature of Fenouillèdes is rich and offers dishes of very diverse quality.

Departmental Federation of Hunters 66

47 Avenue Jean Giraudoux 66000 Perpignan Tél: +334 68 08 21 41 www.fdc66.fr

To find all information regarding location and periods of hunting; cynegetic animations.

Hiking & Hunting

Before hiking, check with the Tourist Office where hunting is taking place. If the hunters have erected warning signs, we recommend that you avoid the route.

Discovering wild plants

Every year at the Festival of The Ramblers (end of May). Free guided tours.

« Chasseur, pêcheur, cueilleur, en Fenouillèdes, trouvez votre bonheur! »

To those who do not like hunting, what could you tell them? Hunting is sometimes perceived negatively. But there is a respect for the animal: we take the animals in function of their numbers. For lack of predators, it's necessary to regulate species to avoid impacting the ecosystem. Sometimes, a special connection can be created with wild animals. Like Oscar, a boar who became domiciled at the carpenter's. He is a pet, like the family dog. Remember, however, that keeping a wild animal is illegal. Formerly, fishing was also very developed: one was allowed to fish manually. Today it's forbidden.

André Assens

Themed walks

- Botanical : Roubials at Maury and Vira,
- Conservatory of the cultivated vines : Planèzes

Further reading

Meeting with our vine growers in the cellars and vaults of the Fenouillèdes.



In your opinion, if the Fenouillèdes was ...

A plant: Thyme (Thymus vulgaris) or the Strawberry tree (Arbutus unedo) because they are typical of the garrigues (uncultivated uplands) of this area.

A flower: The almond (Amygdalus sp.) for the pleasure of sugared pralines; also Mimosa (Acacia dealbata) because it announces the arrival of Spring.

An animal: The boar because it is a rugged animal... like life in Fenouillèdes.

Do you ever think of going somewhere else? Certainly not! Because here are my origins, my roots are anchored here.

Bee orchid,a wild orchid present in the Fenouillèdes

The MYSTERIES that cannot be explained

The omnipresent forces of nature and the blood spilled in past wars have forged the lively and enigmatic character of the people here. Rocky peaks, remarkable trees and water springs alongside Christian crosses, Pagan constructions and grotto chapels.



The Celts, who populated the area, practiced a cult of nature in general, and that of water in particular. It is likely that their successors still perpetuated these rituals in the first centuries of our era. A legend whose historical veracity seems founded, suggests that Notre-Dame de Laval was created to convert the people from their pagan practices





From the twelfth century, the **Order of Templars** comforted the property assets of the Commandery of Mas Deu (Trouillas) thanks to

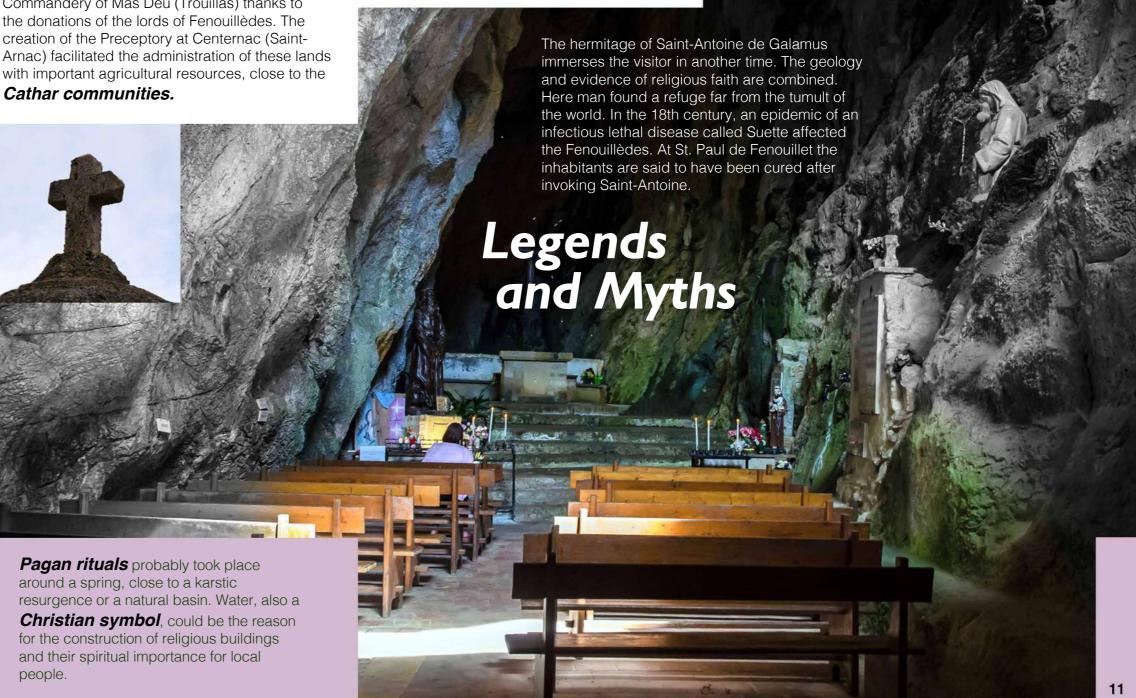
the donations of the lords of Fenouillèdes. The creation of the Preceptory at Centernac (Saint-





The **Pic de Bugarach**, with its inversed summit, is celebrated as one of the safe refuges of the supposed end of the world in 2012. It is an example of the geological and magnetic curiosities, noted by scientists, that give rise to the myth of a passage to an **extraterrestrial world**. From its summit the traveler may contemplate a 360° panorama on the Pyrénées, the Corbiéres and the Mediterranean Sea.

From the foot of the Pic de Vergès, one can see the silhouette of the **enigmatic bridge-aqueduct** at Ansignan. 170 m long and spanning the Agly by 15m, its atypical architecture consisting of a series of 29 arches hides an amazing tunnel passage. The canal is still exploited and was to feed an unfinished project. Despite meticulous archaeological research, the structure remains a mystery ...



Breton blood flowing in her veins, Dominique grew up in the South of France and set her bags in the Fenouillèdes almost 25 years ago. Today she organizes theatre workshops.

How did you come to settle in Fenouillèdes?

We were a group of friends and one of us was from Fenouillèdes. We were looking for a peaceful place to engage in livestock production and, seduced by the beauty of the place, its wildness and its calm, we decided to settle here.

For how long have you been engaged in theatrical work?

Since nearly 10 years. I always played in amateur troops, I seized the opportunity to make it my career; It is a rich human experience. In the Fenouillèdes, provided you accept what life offers you, you have the opportunity to do whatever you want, anything is possible. That's how I started to get interested in the stories and tales of the Fenouillèdes ... I had them transcribed to work with school children.



Practical information and addresses

The must-see hermitage Saint-Antoine de Galamus and the Gorges de Galamus

The Hermitage is open from 15

March to 15 November
From 15 March to 30 April: 10hrs
to 17hrs
From 1 May to 30 September:
10hrs to 19hrs
From 1 October to 15 November:
from 10hrs to 17hrs
Manager: Jérome OCCHIPENTI
Tél: 33 (0)6 10 51 41 02.
There are two entries to the
Hermitage. One by a footpath from
the car park, the other by steps

Traffic control at the Gorges de Galamus (July/August)

from the roadway.

Vehicles may not overtake in the gorge Alternating single-file passage operates between 13hrs and 19hrs. Diablines (electric vehicles) are available for visiting the gorge.

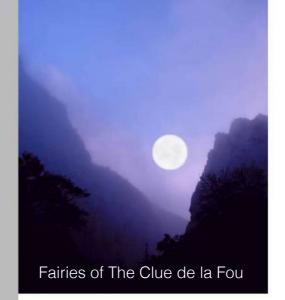
The Fajas d'en Baillette

A walking road starting from Le Vivier (4hrs/ 11.5km / 577m d+) A walking road guide may be downloaded free from www.tourismefenouilledes.com

Dominique Morin

For you, where is the most mysterious place in Fenouillèdes?

There are many but Taïchac remains a very special place. Where calcareous and granitic soils meet, natural wells dripping along the rock allowed the establishment of a Roman villa. Today a castle, the building is still there, facing Canigou, overlooking the massif of Boucheville and the peak of Vergès. The atmosphere conjures stories of shattering lives and the current place, partly abandoned, has a fairy tale aspect, Sleeping Beauty, frozen in time.



Which is your favourite tale?

The one that children prefer! The tale of the man who searched for his fortune. It is the story of an unfortunate man who took advice from the hermit of Galamus. «Where can I find my fortune?" he asked him? The hermit replied: «Go to the summit of Bugarach and let yourself be guided by the spirit of the place. The man set off. On the way he met a wolf with no appetite, a living tree and a very unhappy woman. He promised everyone to help them. Arrived at the summit of Bugarach the man waited, closing his eyes to immerse himself in the spirit of the place. At that moment, a voice rose in the sky carried by the tramontana: «What do you want? «. «I would like to find my fortune", he replied. The voice told him «Follow your path and you will find your luck..." the rest remains to be discovered!

What are the other emblematic tales of Fenouillèdes?

There is of course the legend of the washerwoman fairy of the Clue de

Mysteries Myths and legends

Discover the mysteries of Fenouillèdes :

45 pathways (on foot or bicycle) for all

Themed pathways:

- Geology : Saint-Martin de Fenouillet
- Dolmens : Trilla
- Archaeology : Caramany
- Historical : Fenouillet and Saint-Paul de Fenouillet
- Tour of optical illusions at Maury

Further reading

Contes populaires et légendes du Languedoc et du Roussillon, Claude SEIGNOLLE, Presses de la Renaissance, 1977 Piche Vinaigre, Hervé GROUILLER, La Pensée universelle (1980).

« The Fenouillèdes, with its strange and wild landscape, is part of these territories which are richly endowed with exciting places, the sometimes very old vestiges that enhance and lend credence to these beliefs. The truth is sometimes not very far »

la Fou that no one may see for fear of being changed into stone, the legend of the underground gorges of Galamus leading straight to the underworld or the formidable treasure of Rennes-le-Château. There are also many stories relating to trees and forests: the Fajas d'en Baillette (great beech) would be a door between two worlds, the illustrations of Giono's book «The man who planted trees» are directly

inspired by the Vira and its heritage. Dolmens are still hidden, intertwined in the roots of the holm oak, ... The sites once pagan and then Christianized are recurring subjects, as are the old castles, witnesses of the tangled history of the Fenouillèdes. The most famous stories are related to the Cathars and refer with more or less freedom to historical facts. Older people will tell you love stories of shepherds and noble ladies ... The Fenouillèdes, with its strange and wild landscape, is part of these territories which are richly endowed with exciting places, the sometimes very old vestiges that enhance and lend credence to these tales. The truth is sometimes not very far ...

For you, what is the most remarkable moment in Fenouillèdes?

Every year at the beginning of August, there is the Blues festival de Fenouillet. One year, a heavy rain has forced the organizers to give the concert in the village church. With the ancient stonework, the human warmth and the extraordinary acoustics the atmosphere was great. That is also the Fenouillèdes, meeting with people from all horizons in improbable places for a unique experience, with lots of sharing, friendliness and intergenerational transmission. Through the theater, children are very receptive to local stories and culture.

If Fenouillèdes was ...

One element: the stone because it is everywhere in landscapes, castles, villages ... we can lie on a stone and contemplate the beauty of the world.

A character in a fairytale : A fairy washerwoman at the Clue de la Fou: cheeky and discreet.

A sound: the noise of the wind in the Gorges de Galamus.

Do you think you would leave Fenouillédes one day?

We do not know what tomorrow will bring... perhaps. But for the moment I find my fulfillment here. When I leave my house in front of the Sabarda tower, in the valley of Aigues-Bonnes or the sunset from the plain of Roussillon, facing the mountain and its colors of charcoal, I remain very sensitive to the beauty of the place and its history. And above all I remain admiring and humble in front of the people who lived here in harsh conditions for centuries.

12 13

of the past

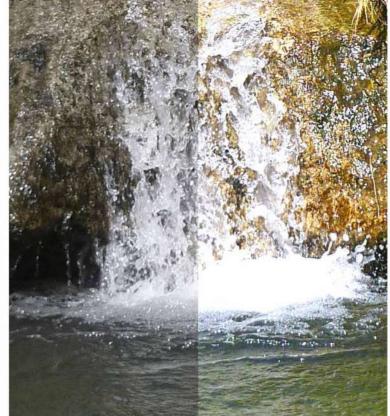
The economic activity is closely linked to the *geological complexity* of the Fenouillèdes. The soil is rich in iron, feldspar, gypsum, granite, copper, tin, silver that man has been extracting since Neolithic times. This industrial activity has left an enduring mark on the country.

Man has exploited *hydraulic energy* in all its forms to increase the local economy. Logging has been around for a long time. In the Middle Ages it was facilitated by the transport of tree trunks on the Boulzane and Agly rivers. The territory contains ancient water

mills for grinding grains and olives, hydroelectric power generation for local factories and sawing timber.











today

Guided by the ancestral know-how, artisans and producers know how to magnify the resources by practicing organic or rational culture. Here, cows, sheep, goats and pigs live in the open. Ancestral economic activities reappear gradually. They are all oriented towards the same goal: to sublimate what nature offers.

Farmers, wine producers, potters, artisans, artists have found the perfect breeding ground for cultivating their imagination and talent. They work with local materials and strange rocks and value aromatic plants.

Wealth ...

Thanks to a *diversity of soils* – granite, marl, limestone and shale –, men have implanted the vine since the 19th century. There are several *Appellations of Origin Protected* in dry wines and sweet wines. The vineyard is now the main agricultural activity, gradually caught up by livestock which finds its marks of *nobility*.

Since time immemorial, each parcel was exploited in the form of *faiches* (terraces retained by dry stone walls). They are still present but gradually covered by the forest of evergreen oaks.



In the same way, **the irrigation canals**, still very often in good working order, were not used to irrigate the vineyards but food crops. They also allowed the use of hydropower as in the channel of the monks, which forms a vaulted tunnel through St. Paul de Fenouillet.





With a sharp and penetrating eye, the golden eagle scrutinizes the vast expanse of its territory. Many couples, nesting in cliffs, are recorded in the Special Protection Area of Basses-Corbières.

The nesting season start at the beginning of the year with the nuptial parade in flight.

On the lookout for small game or small birds, it is dependent on its natural environment. The Fenouillèdes offers him a jewel still preserved from urban fragmentation and agricultural desertification.

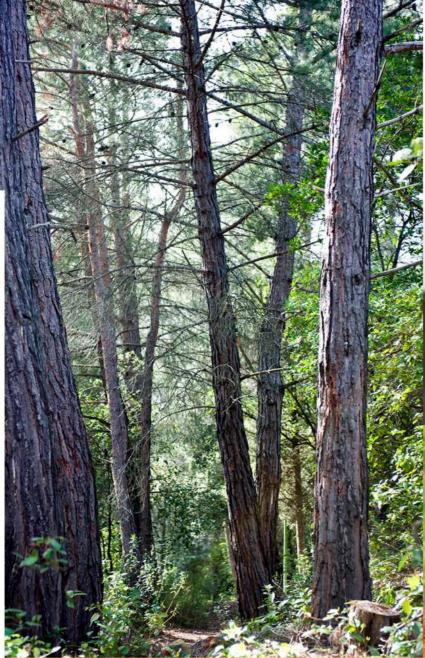
Raise your eyes, it may be watching you...

Animal ENCOUNTERS

The particular geomorphology of Fenouillèdes makes it a meeting point between *Mediterranean and mountain influences*. Maquis (acid soil), garrigue (calcareous scrubland), riparian forest, evergreen oak forests, grassland with orchids, bare rocks populated with lichens and large beech tree forests collide and merge.







At a silent step, at the bend of a path, a taichou, i.e. a badger. The bushes shudder, perhaps a wild boar. Majestic acrobats on the steep mountain ridges, a chamois and a mouflon (wild sheep) come to drink water from a spring. Laying on the lauze, the rapatane (a small common lizard) fled between the faults of the dry stone wall to escape the flight of the circaète Jean le Blanc.

Dozens of wild vultures fly over the valley. At the top of a peak or a castle, a golden eagle glances at you, kites greet you. In tumultuous waters, brown trout wriggle.

At night, thousands of bats hunt for moths dazzled by starlight and the fox comes out of its burrow.

You are a guest in their habitat.

Nature Pure

Nightfall is the perfect time to make beautiful encounters with animals in their natural habitat. The song of the birds then joins the grating of the bats and the croaking of the midwife toads which fill **the silence**; the crickets stridulate.

The Fenouillèdes harbours innumerable cavities with thousands of bats, a clear evidence of the presence of insects. Far from being vampires who cling frantically to the hair, these mammals benefit from an important naturalistic follow-up in the Fenouillèdes, the only protected site in the Pyrénées-Orientales.



Adeline Brissaud is a biologist and ecologist, but above all she is passionate about Nature, the butterflies and birds. Working for the Mixed Syndicate of Prefiguration of the Regional Natural Park Corbières Fenouillèdes, she is in charge of animating the Special Protection Area (SPA) Basses Corbières designated in 2002 to protect especially large raptors and their environments.

What large raptors can be observed in the Fenouillèdes?

In the Fenouillèdes, there are many species of large raptors whose preservation is important at both national and European level.

The Golden Eagle (Aquila chrysaetos) and Bonelli's Eagle (Hieraaetus faciatus), may also scavengers such as the Griffon Vulture (Gyps fulvus), the Black vulture (Aegypius monachus) or the Bearded Vulture (Gyphaetus barbatus). For migratory birds, the Egyptian Vulture (Neophron percnopterus) or the Shorttoed Snake Eagle (Circaetus gallicus) which is also scavenging. Most of these species nest on the cliffs; this is also the case of the Peregrine Falcon (Falco peregrinus) and the Great Horned Owl (Bubo bubo). Other raptors are present such as the Variable Buzzard (Buteo spp.) or the Red Kite (Milvus milvus).

Encounters

The wild animals



Info Natura 2000 :

Practical information

and addresses

Bugarach

«Roman Bridge».

scavenger species.

To go further

The vulture observatory at

In the Sensitive Natural Area (ENS)

Free access (universal access), the

observatory is located at the col du

Rouilhe from the path leading to the

Display boards of information on the

Infos: LPO de l'Aude +33 68 49 12 12

"The birds of Basses-Cor-

bières" (Free at the Tourist

Office, limited stock)

www.bugarach.fr/rapaces.htm

«Templar Castle and Cass-Rats

www.corbieres.n2000.fr

Information about the creation of the Corbières-Fenouillèdes Regional Natural Park:

2 rue de la Cave coopérative BP06 11350 Tuchan +33 4 68 33 99 80 Facebook : PNR.Corbieres.Fenouilledes

The bird-watchers path at Ansignan

An easy 3km walk punctuated with panels presenting the different species of birds living in the area. Educational games for children at the Mill site in Ansignan. The trail passes through the aqueduct bridge and near a reptile shelter.

For you, which is the most emblematic?

Without hesitation, it is the Bonelli's eagle, one of the rarest breeding raptors in France. Previously common, there are today in France only thirty couples including two couples on the SPA Basses-Corbières. It is a typical raptor of the Mediterranean basin which needs a particular environment to breed and feed (specific cliff and open environments, low scrublands). The Bonelli's Eagle is recognizable by the characteristic white spot on his back and the contrast between its dark wings and his white body. It has a wingspan of 150 to 170 cm: it is smaller than the Golden Eagle. It feeds on small mammals and small birds and can travel long distances. It usually nests on the cliff side and lays 1 to 2 eggs. It is a native species and couples are maintained over years.

Why is Fenouillèdes an ideal area for large raptors?

The more a territory has different and particular environments, the more likely it is to cover the species' requirements for their maintenance and reproduction. In the Fenouillèdes, one can note the presence of cliffs, drylands and scrubland, vineyards, forests, pastures, old buildings and old walls where prey can hide. Climate, humidity, altitude, vegetation vary with atypical geomorphology. And finally, the Fenouillèdes is still relatively protected from the impact of human infrastructure and disturbances.

When is the best time to observe them?

Vultures and other birds of prey are often flying around midday, taking advantage of updrafts to gain altitude and soar. Sparrows are more likely to be seen or heard at dawn and dusk. However, every moment is favorable for observation. The most important thing is to open your eyes, and look skyward (preferably with binoculars) and wait for the encounter. Each sighting is a privileged and precious moment.

In what way are these species threatened?

They are threatened in many ways: the closing of habitats or their disappearance by artificialization, disturbance during sensitive periods (reproduction), electrocution, shocks (terrestrial or aerial), voluntary poisoning or not, poaching and the changes in agricultural practices. That's why the Special Protection Area (Natura 2000) is an essential tool for the protection of these emblematic species.

Your most cherished moment with these birds? Whenever you have the good fortune to observe them! More precisely, one day in the Causses, I found myself surrounded by more than 200 Griffon Vultures circling around me. They were so close that you could see the details of their plumage with the binoculars. This moment lasted for about two hours, enough to make magnificent ethological observations! I think they were enjoying the rising air currents after a good lunch. They left as they came. It was fantastic.

Adeline Brissaud

How to avoid disturbing them when hiking?

On must avoid the paths too close to the cliffs because this causes disruption during nesting period. Also, avoid making too much noise, to stray from marked trails or degrade environments. Respect nature and its inhabitants often leads to rewarding encounters.

« Every observation is a privileged moment »

f Fenouillèdes was ...

... A migratory bird : The Black-eared wheatear (Oenanthe hispanica) because of its habitat – vineyards.

... A raptor: the Bonelli's Eagle of course! For its specificity, the preservation of the environment and its rarity.

... A night bird: The Eagle owl, the Grand Duke of Europe for the cliff faces.



18



In paragliding or ULM, go high and enjoy a **spectacular view** of the Fenouillèdes. Let yourself hover, contemplate, breathe, enjoy.

Energy

Safely harnessed to the rock, try the Via Ferrata experience. Pull on your arms, push on your legs and do not forget to admire this *vertiginous* landscape under your feet. How about canyoning? Throw yourself in the water to discover the gorges of Galamus otherwise. Let the *freshness* of the place seize you. Rafting or kayaking it will be up to you to tame the currents.

Face the Tramontana on the steep paths of the «mysterious» Tourèze.

At the bend of a pass, raise your head

At the bend of a pass, raise your head towards Quéribus, then gripping the brakes, descend the slopes on the trail of the Knights Templars).



And if you still have some **strength** left in your legs, try the trail version adventure.





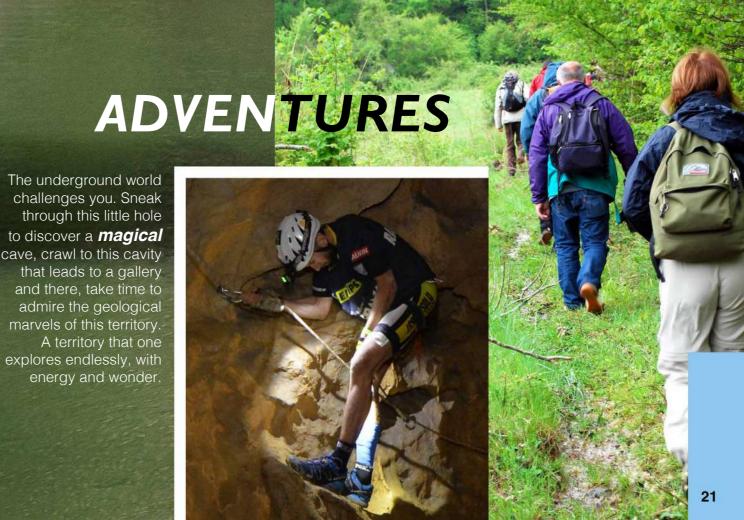
Kilometer after kilometer, take time to appreciate the scent of Rosemary (Rosmarinus officinalis), and

Land

also Juniper (Juniperus communis.). Let the garrigue guide your steps on these marked trails, bathed in the sun and rocked soothed by the cricket songs. Hiking is natural in the Fenouillèdes.

Air

At the end of your journey, find *comfort* by tasting the local specialties.



Benoît Leblanc has been the organizer of the Corbières-Fenouillèdes Trail Station since 2017. With a sommelier experience, he wished to find a new orientation in the accompaniment of the Activities of Full Nature. A good example of complementary activities.

Since when have you been running?

Since always ... but the starting point of a regular practice began during my preparation for the 2014 Medoc marathon. Now I run day and night!

What is your motivation? What do you feel?

Motivation is as much physical as psychological. The sensation generated by the trail during and after the race, is difficult to describe. I could give the following image: reaching the summit. One can see very far, very high. After the effort, one has the pleasure of contemplating the landscape and finger-touch the surrounding ridges. Also, running stimulates the imagination because at the start of a trail, one cannot help imagining the obstacles, the encounters, the technical issues, the terrain that lies ahead etc. It's a special moment when one faces oneself, find solutions to certain problems, concentrating only on essentials. At the same time, I don't wish to isolate myself, but rather to share the moment and to be in contact with the environment in which I run.

Who are your role models?

Stéphane Brogniart, Scott Jurek or Antoine Kupricka because they first engage in introspection prior to the performance. It is a philosophy of life.

Practical information and addresses

Station de Trail Corbières Fenouillèdes

Home base: Tourist Office in Saint-Paul de Fenouillet

9 courses from 5km to 66km

access free (departing from Maury, Caudiès-de-Fenouillèdes and Saint-Paul de Fenouillet)

Trail station at Maury:

long options, short options, VMA **Vertical semi-kilometer** to the Gorges de Galamus : 3.5km / 542m d+

Mobile application free to download with possibility to be guided by GPS and chronometer.

Complete services (caretaker, showers)

Organisation of accommodation possible (in co-operation with Font-Romeu and Saint-Cyprien)

Adventures

On the run

The term «marathon» comes from the Greek word meaning «place of fennel». That's the reason why they named the famous town of Marathon, which was surrounded with fields of wild fennel. The Fenouillèdes is the land of marathon and wine for excellence!

Canyoning and speleology for the whole family at the Gorges de

www.gorgesdegalamus.fr

Via-Ferrata: 2 routes free access (accompaniment recommended for the inexperienced)
For the whole family:
La Pitchona (1h30, 180m, 80m d+)
Sportspersons: La panoramique (3h to 4h, 900m, 300m d+); from 1.70m

Hiring material at St Paul de Fenouillet

arms raised.

Nautism: the lake at the l'Agly dam

Swimming: Municipal pool at St-Paul de Fenouillet and Prats-de-Sournia, safe river-bathing at Fosse. How do you reconcile trailing with your activity as sommelier?

I am from Bordeaux. Cabernet and Merlot flow in my veins. Naturally, I oriented my training in the world of wine, as a sommelier. The common denominators between these two activities is, the sensation, the art of living, and being epicurean! The Vertical Marathon of the Vineyard allows me to create this link: the course, changing from year to year, allows one to understand the landscapes, and to share, beyond the simple aspect of the performance. An illustration marks this idea: we talk with friends about a race, a run over a glass of wine, and at the top, we just want to share our emotions with another glass.

Why does the Fenouillèdes lend itself so well to racing?

The Fenouillèdes is a rugged territory, no high mountain, it is not very well known but it offers the possibility of a total disconnection; it's technically gratifying, and then, we can return to life basics. When we run in the Fenouillèdes, it's like a return to the animal state, especially at night. We meet wild boars and bats, the slightest noise stimulates all the imagination anchored in us and gives us goose-pimples. One feels so alive!

What is your best memory on the Fenouillèdes trails?

There are many, but the one that marked me most took place on the path of the caves, after Roc Paradet and its viewing point on the peak of Bugarach. I was with friends, it was almost dark. In a straight line, as we were leaving a meadow, we found ourselves followed by a group of grazing horses who then caught up with us. They took up our pace and accompanied us for several hundred meters, very curious. Their breaths were close and their moving bodies formed phantom shadows. It was magical.

If Fenouillèdes was ...

- ... A sport: Trail of course! Trailing is meditation in motion, it is struggling against the "tramontane" wind, it is discovering different landscapes and their colors. Fenouillèdes is a mosaic of sensations and scents.
- ... A summit: Bugarach for its mysteries, its rumours. It is close by, but few people reach the summit or discover its sinuous and deep water-filled crevices.
- ... A sender: a pioneer, someone who discovers a lost place and shares its secrets.

23



Canyoning at the Gorges de Galamus

Frontières Artificielles

The construction of the *dam* on the Agly revealed vestiges of major archaeological importance that recount the life of humans from the Neolithic period to the Middle Ages: ovens, silos, remains of houses and graves. These discoveries present singularities which remain enigmatic.





The ultimate refuge of the Cathars, Quéribus castle was fortified after it was seized by the kingdom of France to defend the border with the kingdom of Aragon until the treaty of the Pyrenees.

an overlong EXPLANATION

A **frontier landmark** in a country without borders? Stone carved and polished by the wind, it is a relic of a bygone era when the Fenouillèdes was a land of battle and conquest of power.

Generally of modest construction, villages punctuate spectacular landscapes. The gigantism of certain constructions marks the past wealth and the importance represented by the Fenouillèdes.

Like optical illusions, the powerful castles spring from the rock. **The citadels** of vertigo dominate the horizon and embrace a series of **signal towers**.



Unusual Fenouillèdes



Frontières Naturelles

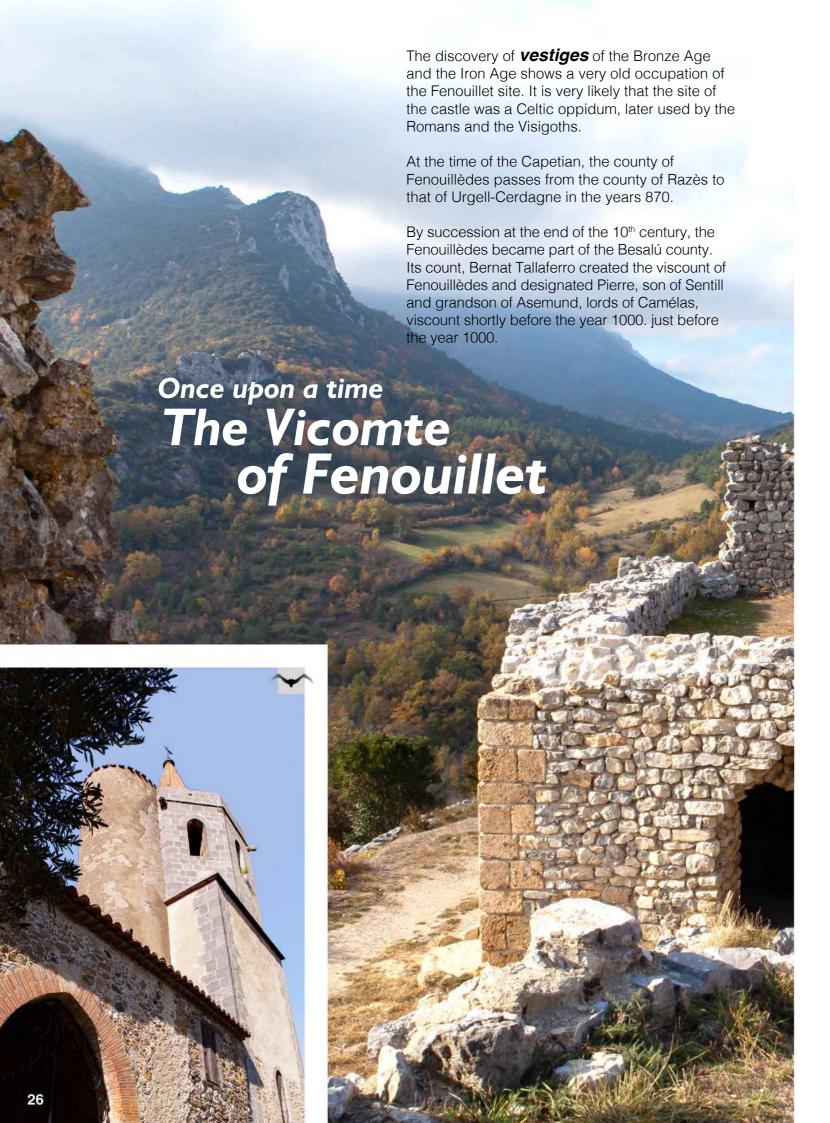
Jean Sabatier, great master of the

plaster sculpture of Languedoc in the 16th century, created the decorations of the collegiate of the

Chapter of Canons.

Natural Frontiers

The territory bears evidences of an important seismic activity due to the presence of the North Pyrenean fracture, the contact zone between African and European tectonic plates. For proof, there are hot springs, faults, cluses and characteristic geological features. Another particularity, the limestone rock, modeled by infiltrating subterranean water, forms a fascinating karstic relief and its caves, stalactites and stalagmites.



The Fenouillet family, who reigned on the vicomté until 1263, passes in 1111 under the influence of the comte of Barcelona. This country which had always guarded its independence by taking advantage of its geographical situation a little beyond the borders came under the control of the king of France in 1258 with the Treaty of Corbeil-Barcelona which clarifies the *feudal relations* between France and Catalonia.

This was the time of the *fortifications* of the « citadels of vertigo ». Fenouillet, too vast to be quarded, was dismantled.

Between the Treaty of Corbeil and that of the Pyrenees signed in 1659, the Fenouillèdes was subject to the terrible invasions by great forces, the English, the Aragonese ... not to mention the black plague. Villages were burned, some several times.

Thus, the castle of Fenouillet was leveled by the duke of Ventadour in 1595 and the village was occupied in 1635 by the Spaniards.

The displacement of the **border** between France and Spain, on the current site of Perthus, installed a period of relative peace.

Following the Treaty of Corbeil, the royal power materialized by the establishment of the *viguerie* at Caudiès-de-Fenouillèdes until 1789.

At that date, the Fenouillèdes was divided: the largest part was attached to the department of Pyrénées-Orientales while the high valleys of Boulzane and Aude, were placed in the department of Aude.

The Fenouillèdes remains to this day the *link* between Catalan and Occitan cultures.

A change of power

The signal towers

The signal towers were located at strategic points, mainly at the top of mountains.

They were part of a medieval **defensive system** to signal the approach of enemy troops, by a system of fires and smoke in order

to warn other checkpoints.

During the day the smoke was visible from a distance. At night, the flash from the fire served as a signal and made it possible to give precisions about the assaulting armed forces: a cloud of smoke was equivalent to 500 men on foot. These signals that were called "faraons" or "farons" were sent by the "Farahoner" following the information transmitted by the forward observers, four to five per tower.

Known and used by the Romans, this process was improved and extended by the Carolingians who used these signal towers located mainly in the South of France (Corsica, Provence, Languedoc). Roussillon had a uniform and homogeneous network of towers dating from the 11th and 12th centuries.

The nobles who feared attacks on their dwelling places (very often castles), built this defense system to protect themselves.. In Fenouillèdes we may mention, among others, the Torre del Far (Tautavel), the Tower of Trémoine (in Rasiguères) and that of Prats de Sournia which served as relay in the defence network of Roussillon.





The emblematic Castles

The unforgettable Château de Fenouillet: Free access, interpretative

Signal Towers at Lansac and Prats de Sournia: Free access

The Castles of the Cathar Country, notably:

- Queribus (Cucugnan, open all year)
- -Peyrepertuse (Duilhac-sur-Peyrepertuse, open all year and falconry show)
- Puilaurens (Lapradelle-Puilaurens, open all year and mediaeval festival)



The Fenouillèdes Wines

The Fenouillèdes benefits, thanks to the variability of its soils, of multiple terroirs which produce several Protected Designations of Origin including those of the famous Natural Sweet Wines (VDN) Maury, Rivesaltes and Muscat de Rivesaltes, to which may be added the dry wines: Côtes du Roussillon and Côtes du Roussillon-Villages (Caramany, Latour-de-France and Lesquerde). Thanks to its rigorous producers and the wine tourism, our territory is labeled Vignobles & Découvertes since 2011.



The Red Train

Our trip will take you through famous vineyards, framed by breathtaking landscapes, followed by deep forests of fir, oak, and beech. A route punctuated by the Cathar castles. In season, the "Tastings at Quai": enjoy a break to taste the local wines and the crispy almond cookie of St Paul.

The train runs from April to October

Info timetable and special trains: + 33 4 68 200 400 E-mail: info@tpcf.fr / www.tpcf.fr



Discovery of Fenouillèdes for all tastes

- ... traveling on its panoramic routes (Michelin Guide)
- ... personalized with a professional guide specialized in history, geography or viticulture
- ... digital with the application IZI Travel
- ... independently on the thematic pathways
- ... in a relaxed atmosphere with summer walks

Information at the Tourist Office



Events

In addition to major events such as the Fête de la Randonnée (10 themed hikes, animations, local products market) or the Vineyard Vertical Marathon (42km, 1200m of height, discovery-tasting of Fenouillèdes wines on the course), the Fenouillèdes offers many artistic, musical and local events.

Find all the events on our calendar of events.

PRACTICAL INFORMATION

HEALTH CENTRE of SAINT-PAUL-DE-FENOUILLET

Avenue Georges Pézières Saint-Paul-de-Fenouillet Tel: +33 4 11 63 00 10 Open from Monday to Friday from 8h to 12h and from 14h to 18h Permanence on Saturday morning

HEALTH CENTRE of LATOUR-DE-FRANCE

Avenue Général de Gaulle Latour-de-France Tél +33 4 68 86 79 01 Open from Monday to Friday from 8h to 12h and from 14h to 18h

LOCAL MEDICAL SERVICE of MAURY

43 avenue Jean Jaurès Maury Nursing, massage and other health professionals

MEDICAL CABINET of CAUDIES-DE-FENOUILLEDES

3 av de la Poste 66220 Caudiès-de-Fenouillèdes Tél: +33 4 68 59 90 88 Monday to Friday: 17h – 19h (no appointment) Saturday morning 10h - 12h (no appointment)

CHEMIST SHOPS

Saint-Paul de Fenouillet, Maury, Caudiès-de-Fenouillèdes, Latour-de-France, Sournia. Pharmacy on call: 3237

EMERGENCY NUMBERS

112 ou 18 Fire brigade

17 gendarmerie (St-Paul de Fenouillet, Latour-de-France, Ille-sur-Têt)

Cash dispensers

Saint-Paul de Fenouillet/Estagel : Banque populaire and Crédit agricole Maury/Sournia: Banque postale

The "Land without frontiers" is committed to sustainable development: do not forget to sort your waste and take it away after your picnic.

To avoid wildfire risks, all fires are prohibited during the summer months. Do not throw your cigarettes anywhere!



Legends of the photographs

p.2: paved Roman road from Prades to Carcassonne (carrairasse, used as a path of transhumance in Sournia)

p.2 : View of the Maury depression, Quéribus and the vinevards

p.10: Templar and Christian crosses

p.11: Iron block several meters high in Lesquerde

p.15: « Català burro, gabach porc » ("Catalan ass, Occitan sow") expression used in commercial exchanges between Occitans and Catalans

p.15: «Ací quand n'y a pas patanes amb caulets y a caulets amb patanes. » a local expression meaning « Here, when there are no potatoes with cabbages, there are always cabbages with potatoes"

p.16: The Golden Eagle, Schreiber's bats, boreal lynx

p.20 : via-ferrata

p.24 : Tombstone of Ava de Fenouillet (Hospice d'Ille sur Têt)

p.24: Ramparts of Latour-de-France

p.24 : Hermitage Saint-Antoine at Galamus

p.26 : Chapel Notre-Dame-de-Laval

AGLY FUN TOUR, mobile application that will accompany you in the "Land without frontiers" in real-time.

WHAT TO DO? WHERE TO EAT? WHERE TO SLEEP? AGENDA Free download to Android and i-phone.



